



MONTHLY MEANDERS

PREZ SEZ

How do we measure up to other bike clubs? We recently participated in a survey with the League of American Bicyclists and here are the results from the 130 clubs that responded. Wheeling Wheelmen numbers from 2006 in parenthesis, some are estimates....

The average club has 325 members (315).

Dues \$17 (\$15).

250 rides per year (300).

One major invitational with 600 participants, average fee \$25 (St Pats-100, \$10, Harmon- 700, \$20).

Two-Thirds are incorporated and one-third have 501 (c)(3) tax status (We are incorporated and not sure of tax status).

Annual budget is about \$40,000 with primary expenses being insurance, newsletter and ride expenses. (We had income of \$26,600 and outlays of \$31,375. We had a low turnout for both invitationals last year).

11 clubs have paid staff. (Note to self for next board meeting).

10 clubs have over 1,000 members with the largest having 6,800.

40% are actively engaged in advocacy or educational activities. (We participate in Bike Rodeo, and interface with CBF and LIB).

This could be a breakthrough year for national legislation that will help promote bicycling as an alternative mode of transportation. With a Democratic congress and Bush's recent State of the Union speech emphasizing the need to reduce our dependence on foreign oil, there should be some opportunities to make a little headway. Sounds like the LAB is all over this and the March Bike Summit in DC is going to target the congressional committees that will promote our cause. Hopefully this will trickle down to the local level and result in improving riding conditions for all of us. Stay tuned for future alerts to contact your local and nations reps. It does not take a lot of voices to make our presence known.

Your board is hard at work in the off season getting ready for the kick off to a

new season. The St Pats invitational is just about ready to rock. This late January/February cold snap should make for plenty of cabin fevered riders ready to get out and ride. Get those oven's fired up for making cookies and other goodies for our guests on March 18th. Our ride season starts on the 17th with the St Pat's pre ride. Special thanks to Tom and Deb Wilson for organizing the St Pats and Brian Blome and Pat Calabrese for getting the ride schedule organized.

Johannes Smits has taken on the task of organizing our finances. He's putting together a spreadsheet which will greatly improve tracking our income and expenses.

Dan Wiessner is the new voice of the ride line. Thanks Dan.

Thanks for listening.

Rich Drapeau

MARCH, 2007

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Welcome New Members

Jerry Horwitz, Northbrook

Club Officials

Elected Officers

| | |
|---------------------------------------|---------------|
| President | |
| <i>Rich Drapeau</i> | (847)808-1476 |
| V.P./Ride Chair | |
| <i>Brian Blome</i> | (847)358-4807 |
| <i>& Pat Calabrese</i> | |
| Treasurer | |
| <i>Johannes Smits</i> | (630)893-2835 |
| Secretary | |
| <i>Kevin Moore</i> | (847)577-8490 |
| 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 | |
| <i>Ella Shields</i> | (773)594-1755 |
| 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 |
| Mileage Statistician | |
| <i>Joe Irons</i> | (847)359-0551 |
| Newsletter Mailing | |
| <i>Jennie Pfeifer</i> | (847)342-8823 |
| Picnic | |
| <i>Al & Cindy Schneider</i> | (847)696-2356 |
| Refreshments | |
| <i>Frank & Pat Illy</i> | (847)923-5910 |
| Ride Line | |
| <i>Dan Wiessner</i> | (847)540-9118 |
| Web Page | |
| <i>Jim Boyer</i> | (847)541-1325 |

Newsletter Policy

We can always use information for the newsletter. I'd love to hear from you. Send or e-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month

Ella Shields
7516 W. Devon Ave.
Chicago, IL. 60631
eshieldsbike@yahoo.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



MARCH CLUB MEETING

The March meeting will be on Thursday, March 1, 7:00 p.m. at Giordano's Pizza, 270 N. McHenry Road, Buffalo Grove, (in Buffalo Grove Town Center Mall).

Please RSVP to Mary Kay or Rich Drapeau by February 27 at (847)808-1476.

St. Pat's Tee shirts should be available at the pizza party please check the web site for updates. The long sleeve Kelly green tee shirts are \$10.00 each for members.

WEEKLY RIDES

TUESDAY/THURSDAY Deerfield Bakery Rides with 25/45 mile routes leave Willow Stream Park, at 10:00 A.M. These rides are normally show and go with cue sheets provided if requested. Willow Stream Park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking on the right. Phone Art Cunningham at 963-8746 or Earle Horwitz 374-1129 for more information.

SATURDAY (through 3/10)
Rides with 25/45 mile routes leave Willow Stream Park (see above), at 10:00 A.M. These rides are normally show and go with cue sheets provided if requested.

SUNDAY (through 3/11)
Rides start at 10:00 a.m. from Cuba Marsh. The rides may or may not have cue sheets. The mileage, destination and speed are determined by the weather and riders. Cuba Marsh is West on US12 to Ela Rd, south to Cuba Rd. West to parking lot on left

SATURDAY (as of 3/24)
HONEY DO RIDES with 30-58 mile options leave the Grassy Meadow Forest Preserve at **9:00 a.m.** The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90. Questions? Call Frank Illy at 847/923-5910 or Brian Hale at 847/426-3290

MARCH ETHNIC DINNER

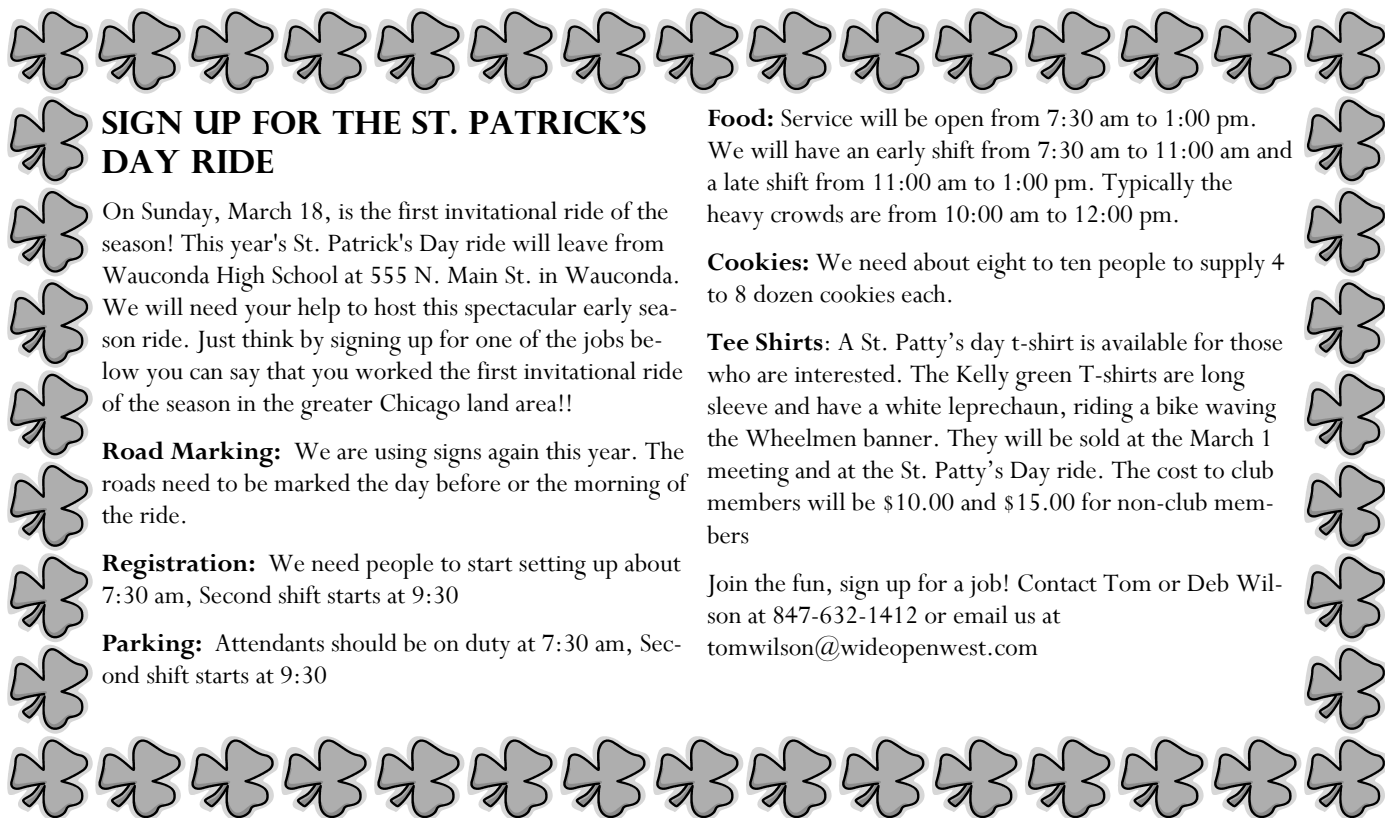
Siri Thai II
40 West Palatine Rd., Palatine
847/776-7600
Sunday, March 11
5:00 p.m.



There's something about Thai food: it's exotic, but not too out there. It's sort of like Chinese, but more complex. It's sort of like Indian, but more accessible.

Siri Thai II, offers excellent service and reasonable prices on a menu with plenty of variety. The kitchen does wonderful things with seafood as well as other meats, and also offers nine different vegetarian dishes, most of them featuring some type of tofu, a mainstay of Thai cuisine. <http://www.sirithairestaurant.com/>

RSVP to Sheri Rosenbaum by March 4th either phone or e-mail 847-368-1762 or Luv2Bike80@hotmail.com



SIGN UP FOR THE ST. PATRICK'S DAY RIDE

On Sunday, March 18, is the first invitational ride of the season! This year's St. Patrick's Day ride will leave from Wauconda High School at 555 N. Main St. in Wauconda. We will need your help to host this spectacular early season ride. Just think by signing up for one of the jobs below you can say that you worked the first invitational ride of the season in the greater Chicago land area!!

Road Marking: We are using signs again this year. The roads need to be marked the day before or the morning of the ride.

Registration: We need people to start setting up about 7:30 am, 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 7:30 am to 1:00 pm. We will have an early shift from 7:30 am to 11:00 am and a late shift from 11:00 am to 1:00 pm. Typically the heavy crowds are from 10:00 am to 12:00 pm.

Cookies: We need about eight to ten people to supply 4 to 8 dozen cookies each.

Tee Shirts: A St. Patty's day t-shirt is available for those who are interested. The Kelly green T-shirts are long sleeve and have a white leprechaun, riding a bike waving the Wheelmen banner. They will be sold at the March 1 meeting and at the St. Patty's Day ride. The cost to club members will be \$10.00 and \$15.00 for non-club members

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

| March 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 | | |
|---------------------|--------------------|---|--|---|-------------------------|---|
| Date | Time | Ride Name | Starting Location | Directions | Miles | Ride Host |
| Sat. 3/17 | 10:00 | St. Patrick's Day Pre-Ride | Wauconda H.S. | Rt. 12/59 to Old Rand Rd. in Wauconda, then 2 mi. NW to school | 16, 20 36 mile loops | Tom & Deb Wilson 847/632-1412 |
| Sun. 3/18 | 8:00-10:30 | St. Patrick's Day Ride | Wauconda H.S. | See above Everyone Works | | Chairmen: Tom & Deb Wilson 847/632-1412 |
| Sat, 3/24 | 10:00 | Apple Cider | Kildeer School | Old McHenry Road, just north of Long Grove Shopping District | 36 | Kevin Moore 847/577-8490 |
| Sun. 3/25 | 10:00 | Honey Lake Loop | Willow Stream Park Buffalo Grove | First light north of Lake/Cook Rd. & Buffalo Grove Rd. turn left (Checker Rd.) for 1/2 mile | 32/40 | Len & Reinhilde Geis 847/679-0279 |
| Sat. 3/31 | 9:00 | Let's Do It Honey (Reverse Honey Do) | Grassy Meadow, Douglas Forest Preserve | On Central Rd. 1-1/2 mi. West of Roselle Rd. Just North of I-90. | 40/48 | Brian Hale 847/426-3290 |

ALWAYS CALL THE RIDE LINE FOR LAST MINUTE CHANGES 847/520-5010

CLUB JERSEYS

We would like to put in another order for club jerseys this spring. We need 25 items to make an order. You can order short sleeve jerseys, sleeveless jerseys, a thermal vest or a wind shell vest, any one of these count as an item toward the 25 total items needed. The jerseys are made by Voler Team Apparel and come in four cuts; men's club (a looser fit); men's race (a more fitted look); women's club and women's race. They come with a 20" zipper or for \$2.00 more you can get a full zipper. The jerseys will run about \$57.50, the wind shell vest \$52.50 and the thermal vest \$86.50. Club members who have ordered jerseys or vests have been very pleased with the fit, fabric, and design. You can see a color version of the jersey on the club web site. (www.wheelmen.com)

At this time we are putting together a list of people that are interested in getting a jersey or vest. If we have enough interest we will start taking orders (collecting money) in March. Call or email Tom Wilson now if you have any interest in getting a jersey or vest. (847-632-1412 or tomwilson@wideopenwest.com)



GROUP RIDING

With the start of the riding season, some reminders for riding in a group:

1. Be predictable

- In a group, your actions affect those around you, not just yourself
- Riders expect you to continue straight and at a constant speed
- Signal your intention to turn or slow down before you do so

2. Use signals

- Use hand signals to indicate turns and point out hazards to others
- Left or right arm straight out to indicate left or right turn
- Left arm out and down with palm to the rear to indicate stopping

3. Give warnings

- Ride leaders should call out right turns, left turns and stops in addition to signaling
- Announce turns before the intersections to give riders a chance to position themselves
- Try to avoid sudden stops or turns except for emergencies

4. Change positions correctly

- Slower moving traffic stays to the right; faster traffic to the left

- Pass slower moving vehicles on the left; announce your intention to do so

- Announce passes on the right clearly as this is not a usual maneuver

5. Announce hazards

- Most cyclists do not have a full view of the road while riding in a group
- Announce potholes and other hazards so others can avoid them
- Call out the hazard and point down to it, either left or right

6. Watch for traffic from the rear

- The last rider should frequently check for overtaking cars
- Announce "car back" clearly and loudly
- It is also helpful to announce "car up" on narrow roads or when riding two abreast

7. Watch out at intersections

- Leader should announce slowing or stopping at intersections if necessary
- Cyclists should not follow others through intersections without scanning

- Each cyclist is responsible for checking cross traffic; if you must stop, signal

8. Leave room for cars

- On narrow road or during climbs, leave space between every three or four riders
- Motorists will utilize the shorter passing intervals to pass the group
- Good relations with motorists is the responsibility of every cyclist

9. Stop off road

- When stopping for mechanicals or regrouping, always move clear off the road
- Only if conditions permit should you move back onto the road as a group
- Always yield to traffic in the roadway

10. Ride single file

- It is illegal in some areas to ride more than two abreast
- Ride single file between intersections; double up when the group stops
- When taking the lane, double up and take the whole lane

From: www.bikeleague.org



THREE RIVERS RIDE

Why drive long mileage for bike tours in other states. Try the Grand Illinois Trail And Parks ride (GITAP). It's close to home, delightfully scenic, features good food and friendly folks, and all profits go to advancing bicycling in Illinois. Sponsored by the League of Illinois Bicyclists, with the cooperation and assistance of the Illinois Department of Natural Resources, the ride is a celebration of Illinois' unique trails and state parks.

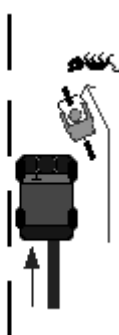
The GITAP is set for Sunday, June 17, to Saturday, June 23, 2007. It begins this year in Oswego, travels along the Illinois River's I & M trail to Starved Rock State Park, heads north along the Rock River to Rockford, then follows the Fox River back to Oswego. Minimum distance is 315 miles, but many extra loops allow for a 565-mile week

The ride includes camping at state parks (a motel package is also available), breakfast and dinner every day, luggage transfer and T-shirt, door prizes, and a unique touring experience around northern Illinois. Also available is the unique Veolsophie program sponsored by the Illinois Humanities Council, featuring lively evening discussions of travel themed literature.

As a special incentive, a bike club with 5 or more members signing up for GITAP will increase their club's contribution to LIB by 5% of their GITAP fees. Help your bike club aid the League of Illinois Bicyclists (LIB) in its efforts to make bicycling better – and have a week of fun at the same time.

For more information and a registration form, use the web at www.bikelib.org/gitap, e-mail Chuck Oestreich at oestreich@qconline.com, or call him at 309-788-1845.

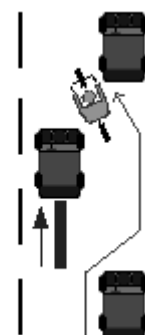
BICYCLE SAFETY



You innocently move a little to the left to go around a parked car or some other obstruction in the road, and you get nailed by a car coming up from behind.

How to avoid this collision:

1. Never, ever move left without looking behind you first. Some motorists like to pass cyclists within mere inches, so moving even a tiny bit to the left unexpect-



edly could put you in the path of a car. Practice holding a straight line while looking over your shoulder until you can do it perfectly.

Most new cyclists tend to move left when they look behind them, which of course can be disastrous.

2. Don't swerve in and out of the parking lane if it contains any parked cars. You might be tempted to ride in the parking lane where there are no parked cars, dipping back into the traffic lane when you encounter a parked car. This puts you at risk for getting nailed from behind. Instead, ride a steady, straight line in the traffic lane.

3. Use a mirror. If you don't have one, go to a bike shop and get one now. There are models that fit on your handlebars, helmet, or glasses, as you prefer. You should always physically look back over your shoulder before moving left, but having a mirror still helps you monitor traffic without constantly having to look behind you.

From: <http://bicyclesafe.com/>

Photocopy as needed for additional applications



May 2007 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 2007. A sample of this year's plate is pictured above in black and white. The colors are: a light blue background with black and red printing. A color picture of the plate can be seen on the League of Illinois Bicyclist web site at www.bikelib.org.

The plate sets are numbered from 1 to 400. Priority will be given to those who ordered plates last year. All remaining plate sets are issued on a first-come-first-served basis. The cost of each plate set is \$28. To order your set, please fill out this form and return it along with your payment and a photocopy of your car's current license plate registration.

You may also find a copy of this order form at the LIB web site.

PLEASE PRINT LEGIBLY OR TYPE

Name _____ Signature _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-Mail _____

(This will only be used to contact you about your plate order)

Business Name (Only if using as shipping address) _____

Shipping Address (If different than above) _____

Driver's License Number _____

Current Plate Number _____ Expiration Date _____

Car Make & Model _____ VIN# _____

Without a copy of your car's current registration, your application cannot be processed.

Please make your **\$28 check or money order** payable to League of Illinois Bicyclists.
Mail it, along with this form and a **photocopy of your car's current registration** to: LIB, c/o Laura Kuhlman,
1s110 Normandy Woods Lane, Winfield, IL 60190. Phone: 630-462-5427, FAX: 630-462-5428

FINDING MOUNTAINS IN BUFFALO GROVE?

It might have been blustery outside, but on Sunday January 28th it was pretty toasty inside, as a dozen Wheelmen “enjoyed” a 90 minute spin class. As we were taken through our paces, Marilee, our energetic Colorado native instructor, had us jamming to classic rock from the 60s and 70s as well as gasping for air as we climbed to 12,000 feet over Pikes Peak. The class was sprinkled with coaching tips on proper pedal stroke, body position and breathing technique. While in position three and climbing, she had us singing the chorus to ‘Joy to the World’ and ‘American Pie’. This wasn’t because the Wheelmen are known for their great vocal range...it was to teach proper breathing while in a climb. The concept is to inhale deeply through your nose and slowly exhale while singing. So the next time you’re climbing Signal Hill or Blackhawk, belt out a tune. Who knows, the next American Idol could be a Wheelmen.

Thanks to all those that participated and made the afternoon lots of fun.

Sheri Rosenbaum



WHERE DID THAT RIDE GET IT’S NAME?

This month we uncover the truth around BDSR. Seems like the fast riders like to refer to themselves as “Big Dogs”. Others who are not so fast or people operating motor vehicles may have other choice names... but I’ll leave that for another day. Anyway, this ride used to be a spring training route for the fast riders . Thus they named it Big Dog Spring Ride or BDSR for short.

MEDICAL DECAL— The club is providing members with this special decal.

The Medical Information Carrier System (MICS) is a medical information decal system for use with safety helmets. It includes a reflective decal which attaches to the outside of the helmet to alert emergency caregivers of the presence of the system. Inside the helmet is a carrier which holds a data form. The data form includes identification, emergency contact, medical history, medication, and allergy information. This information could be of critical importance in the event of a mishap .

In addition to the assurance our members will receive from the use of the system, it is produced at a workshop for handicapped workers in PA. That is an additional benefit the system provides.



FOR SALE

Merlin Lightspeed, 57", Extralight tubing, Zipp Wheels, Campy Record 10. Phil Kellogg Design \$3200

Call Virginia Savio at 847-438-8066

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: \$25 Individual dues: \$20

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
March 1, 2007
at Giordano's Pizza



Daylight Savings Time -March 11



CLUB DISCOUNTS

The following local 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 & TRI
121 W. Campbell , 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