



MONTHLY MEANDERS

PREZ SEZ

HAPPY NEW YEAR!

Hope everyone had a happy holiday. The Wheelmen holiday party was at a new venue in 2008. The Illy's had left a legacy that would be difficult, if not impossible to meet, but Pam Burke rose to the occasion. Great location, awesome food and a great selection of holiday tunes...not that you could hear any of them due to the happy chatter. I tend to gauge a successful party, by how many people you have to forcibly throw out at the end...we had quite a few. Thanks Pam for a great job!

I want to remind everyone that our club meeting location has changed for 2009. The change was made because Wheeling High school decided to start charging for the use of their facilities. After much searching and consideration, a new location has been chosen. The February 5th and March 5th meetings will be held at the Hoffman Estates Library, 1550 Hassell Rd in Hoffman Estates. The big advantage of the change is that the room is free!!! Another positive is that the location is right across the expressway from the Honey Do start, so it's very easy to get to. Our February meet-

ing will feature speakers from the Illinois League of Bicyclists and the Active Transportation Federation (formally CBF). I'm anxious to find out why the name changed from CBF to ATF. What other forms of transportation will the organization advocate? Segways? If you too are curious, come to the meeting and find out.

On another note, as I sit here typing this up, I find myself glancing out the window from time to time at the wide expanse of white...snow, that is. I know most of you are chomping at the bit to get out and ride, but I'd like to encourage you all to use the "off season" to cross train. I know from personal experience that doing too much of what you love can lead to burn out. That happened to me in my hockey days. For those that didn't know, at the age of 37, I decided to learn to play ice hockey. I spent the next 9 years taking every clinic possible, playing on two teams and generally living at ice rinks. Finally, it hit...burn out. No, not just burn out, crash and burn out. Now all my gear sits in the basement. I would hate for that to happen to my bike and yours, so I encourage

you to skip daily spin classes in the winter and get outside. Cross country skiing is the perfect cycling winter sport. It uses the same type of clothing, well not the padded shorts, unless you fall a lot, but the winter layering technique is the same. You will build up a sweat quickly and CC skiing is arguably the best cardio workout there is. For those of you who don't have skis or claim there is no place to go there is snowshoeing. Here all you need are snowshoes. No special skills or hiking trails are required. Wherever you can walk, you can snowshoe. If fact this winter's freeze, thaw, freeze, snow is perfect for snowshoeing. The "claws" on the bottom of the snowshoes will prevent slipping on the under layer of ice that has formed over the last couple of wacky weather weeks. So don't hate winter, embrace it. After all, unless you are planning on moving south, you can't avoid it. As the old saying goes, "if you can't beat em, join em"!

Let it snow!

Meg Ewen

February, 2009

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Club Officials

Elected Officers

President

Meg Ewen 630/540-1704

V.P./Ride Chair

Brian Blome 847/358-4807

& Pat Calabrese

Treasurer

Johannes Smits 630/893-2835

Secretary

Kevin Moore 847/577-8490

Membership

Rich Drapeau 847/808-1476

Publicity Chair

Sheri Rosenbaum 847/368-1762

luv2bike80@hotmail.com

Appointed Officers

Harmon Chairman

Open

Newsletter

Ella Shields 773/594-1755

St. Pat's Ride

Tom & Deb Wilson 847/632-1412

Chairmen

Banquet

Kris Woodcock 847/833-8127

Harmon Data Base

Mary Kay Drapaeu 847/808-1476

Mileage Statistician

Joe Irons 847/359-0551

Newsletter Mailing

Kris Woodcock 847/833-8127

Picnic

Al & Cindy Schneider 847/696-2356

Refreshments

Open

Ride Line

Frank Bing 847/634-1439

Web Page

Jim Boyer 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 Rich Drapeau with all name, address and phone number changes at 847/808-1476

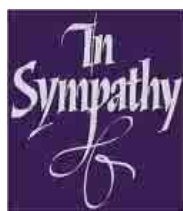
2009 MEMBERSHIP RENEWALS

Renewal date is February 1.

If you have not renewed this is your **last newsletter**. If you misplaced your renewal form use the membership application on page 7.

New 2009 Membership cards will be mailed out with the March newsletter.

If you have any questions contact Rich Drapeau at 847/808-1476.



We extend our deepest condolences to Linda Heeter on the death of her husband, Jerry

Duchowicz.

Our thoughts and prayers are with you.



CLUB MEETING

The meeting will be on Thursday, February 5, 7:00 p.m. at **OUR NEW LOCATION**, the Hoffman Estates Branch Library, 1550 Hassell Road, in Hoffman Estates. It is located off of 90 and Barrington Road (SE corner on Hassell Rd).

Our guest speakers will be representatives from the League of Illinois Bicyclists (LIB) and the Active Transportation Alliance (formerly CBF).

We will also discuss the St. Patrick's Day Ride and recruit volunteers.

Board Meeting

The next board meeting TBA.

QUICK TIPS:

Tight Tires. Installing a tight clincher tire can kill your thumbs.

You know the drill: You make sure the air is out of the tube and you push for all you're worth, but those last several inches of rubber refuse to go up and over the rim.

Before you resort to tire levers and risk pinching a hole in the new tube, do this: Hold the obstinate section in place with one hand, then use the other to go around wheel. Squeeze the tire together so its beads (the bottom circumference on each side) go to the rim's recessed center well. This has the effect of making the tire larger relative to the rim. Then try that stubborn final section again.

It also might help to wrap your fingers over the top and slide the bead up with the heel of your hands. Wow, goes on!

Please Your Knees. Cyclists are fond of kidding runners, "You'll be one of us some day!" That's because weight-bearing sports like running are tough on knees while bike riding is much kinder. A common knee injury among runners is chondromalacia, the degeneration of cartilage under the kneecap. If you're a sufferer, cycling can actually help stabilize and strengthen your knees as long as you obey 2 rules:

First, adjust the saddle a bit higher to so there is less knee bend at the bottom of the pedal stroke (and, therefore, less bend at the top). Second, avoid lengthy, seated climbs and grinding in big gears. Spin smaller gears so pedaling resistance stays light-to-moderate. Stand more on hills, particularly on those that are long and steady. From roadbikerider.com



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 *bring money for lunch/snacks
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WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday	10:00 am	Show N Go Rides	25 +	Willow Stream Park - The 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	n/a
Sunday	10:00 am	Cuba Marsh Show N Go Rides	25 +	Cuba Marsh is West on US12 to Ela Rd, south to Cuba Rd. West to parking lot on left	n/a
Tuesday & Thursday	10:00 am	Deerfield Bakery Ride	25-45	Willow Stream Park - The 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	Art Cunningham 847/ 963-8746 Earle Horwitz 847/374-1129

If you would like to put on an activity (rides, hiking, ethnic dinner, x-c skiing, etc) this winter call a board member and they will have it put on the ride line. Or send it to me for the newsletter.

Call the ride line for Winter activities 847/520-5010



VOLUNTEERS NEEDED FOR BIKE RODEO

Every year the Wheelmen help the Buffalo Grove Police dept with their Bike Rodeo. This event is geared towards kids to teach them bike safety as well as to promote cycling. Once the kids sign up at the registration desk, they come to our station where we make sure their helmets are fitted properly. Sometimes the parent's helmets need adjustments, too. From there the kids get their bikes checked out by a local bike shop and then on to a host of obstacle courses.

I need volunteers to help out with this event. It's great fun interacting with the kids, parents and police. And you know how often I seem to interact with our men in blue.

The Bike Rodeo is Saturday May 9th (rain date May 16th). We need two shifts of two people each. First shift 11am-1pm and second shift 1pm-3pm (so you still can get a morning ride in). A pizza lunch is provided and usually served out of their SWAT van.

Contact Sheri Rosenbaum at Luv2Bike80@hotmail.com or 847-971-4573 to volunteer your time.

NOT MAINTAINING A YEAR-ROUND WEIGHT-TRAINING PROGRAM

This is a biggie. Many cyclists make the effort to improve their muscular fitness in the off-season. But as soon as the roads clear or daylight lengthens, weight training is the first thing to get dropped from the routine.

I believe this is a serious mistake. If you decide not to make off-bike strength and power training a year-round pursuit, you will fail at getting stronger.

Let's take the opposite example: A strength/power athlete wants to gain endurance in his off-season. Let's also say there's a need for

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SIGN UP TO WORK THE ST. PATRICK'S DAY RIDE



Join us for the first invitational ride of the season on March 22! The 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!



A special thank you to all of you who signed up early at the Christmas party. Your help is greatly appreciated. We will start sending confirmations to individuals in mid February and reminders in early March.



We will need volunteers to staff the following areas.



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.



Join the fun, sign up for a job!

Contact Tom or Deb Wilson at 847-632-1412 or email us at tomwilson@wideopenwest.com



Fuel Up for Low Temps

On a 2-hour midsummer ride you might drain 2 bottles. But when you do the same ride in autumn or winter when the temperature is 30F (18C) degrees cooler, you find yourself barely finishing even one bottle.

You just don't feel as thirsty in low temperatures so it's easy to forget to drink. That's a danger because fluid requirements vary little between hot and cold temperatures

There's no need to significantly increase your caloric intake during cold weather, but you may want to have a snack before you ride. Digesting it will add some heat to your body via metabolism, sort of like putting another log on the fire.

It's a good idea, too, to carry food on every winter ride in case you need emergency energy. Make sure it isn't something that will freeze and be difficult to eat. Energy gels are a good

choice if stored inside the warmth of your jacket.


As in summer, you must keep drinking, too. Remember the three times to take a sip: when you're thirsty, when you're not thirsty, and in between. Don't be fooled because it's cold and you feel like you don't need to drink.

Obviously, you still sweat on winter rides, and a considerable amount of fluid is used during breathing. Inhaled air must be moistened in your throat and lungs. When you exhale, fluid is lost in that cloud of steam you see. To make matters worse, you also lose fluid through increased urine production in cold temperatures.


It's best to use a sports drink, which does double duty by supplying calories and electrolytes as well as fluid. Drink 8-12 ounces before starting, then 4-8 ounces every 15-20 minutes during the ride.



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(Continued from page 3)

this athlete to improve body composition (a nice way to say "lose fat").

This guy begins cycling and gradually gets to 100-150 miles (160-240 km) per week. His body composition is positively affected, but eventually he decides to stop the "cardio" work.

The nice thing is, his body comp might stay the same (assuming no big change in diet). But what happens to his VO₂ and other measures of aerobic fitness that improved during months of cycling? Everything returns to the baseline level of fitness before he got on the bike.

Now guess what happens to endurance athletes who don't maintain some form of strength/power training throughout the year. When they want to call on their newfound strength and power at the peak of the season, they don't have it.

The smart solution is to resistance train throughout the riding season. Sure, you taper a week or 2 here or there before key races or big rides. And yes, your in-season weight training volume is greatly reduced.

But that's enough to keep the hard-earned benefits. Your gains in strength and power will be available when you need them most. from roadbikerider.com

CYCLING INDOORS

While stationary riding can be monotonous and probably the most boring activity imaginable it has many advantages beyond preventing weather and darkness from disrupting your training. In fact, stationary cycles or rollers can be used effectively to be a key component of a broad cycling training program, especially during the inclement seasons.

Why Cycling Indoors?

There are many reasons to consider stationary cycling, but the biggest is its impact on your pedaling and riding technique. The smooth and constant nature of a stationary bike's pedal stroke encourages good cadence, but a set of rollers are amazing for this effect. The factor of balance comes into play without the self-stabilizing effects of speed in full play, so every cyclical twitch in your stroke is disruptive. High cadences can be tested under a technique microscope, and flaws worked out until your steering and pedaling are incredibly smooth and efficient.

Clearing out lactic acid speeds recovery by reducing post training soreness and stiffness. Many athletes shave their legs to ease massages, but jumping on the trainer for 20 minutes of gentle spinning after a hard workout, at 55% of your maximum heart rate, is cited as superior to massage for recovery by many testimonials.

Trainers are also convenient. They allow riders to avoid darkness, seasons, or rainy days, and eliminate the paraphernalia and hazard required for dealing with such elements. Indoor cycling provides an optimal opportunity to determine maximum heart rate. The time spent riding to a suitable road for training can be eliminated, and a planned riding program can increase the benefit or cut down the time commitment for training. Both effort and adherence to a planned workout are enhanced by cutting out distractions and disruptions of cars, sewer grates, curves, rocks, trees and trails. Further, you can now train at the same time as you catch up on the news or read.

Making Stationary Training Palatable

Stationary cycling has the drawback of being monotonous, or at least once you get the hang of balancing on rollers. Sitting and sweating in place between the same four walls is by itself less than palatable to most psychological makeup's. However, there is much a stationary cyclist can do to make the workout pleasant.

One good approach is to train with friends. Have a buddy or two bring their equipment over, if it is available, meet at a local gym to use multiple machines.

Focusing on the workout can make the time pass without boredom. Keeping track of your heart rate monitor, your odometer and that of your pacer, and adhering to a planned program can provide some-

(Continued on page 7)

Photocopy as needed for your friends

National Bicycle Month 2009



- Celebrate National Bicycle Month with your own personal Bike Month License Plates.
- Plates are approved and shipped by the Secretary of State directly to you.
- Plates may be displayed during April and May 2008. The cost for the Bike Month Plates is \$28.00.
- A copy of this years plate is shown above. A color image can be seen at www.bikelib.org.
- Plates are numbered from 1 to 350 with number preference given to last years plate holders.

IMPORTANT

The Secretary of State mails all plates. We must send a COMPLETE, CURRENT, LEGIBLE photocopy of your regular license plate registration card. If your plates expire in APRIL or before you can not use your 2008 registration card. You can renew up to two months early at a Secretary of State office near you.

PLEASE PRINT LEGIBLY OR TYPE

Name _____ Signature _____

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E-Mail _____

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

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Current Plate Number _____ Expiration Date _____

Car Make _____ VIN# _____

I want the same plate number as last year: yes _____, no _____, Plate Number _____

I would like a lower number if available: yes _____, no _____

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

(Continued from page 5)

thing other than boredom to concentrate on. Simply riding hard enough to fall into The Zone can make the workout fly by, which is barely an option for those without the amenity of the deserted country roads in my area.

Use a fan, which keeps you cool and comfortable, simulates riding, and is a pleasant distraction. Drinking also makes the ride more comfortable by cutting out the unease associated with the onset of dehydration. It's easy to forget to drink, and this takes away from the experience. When fixed equipment is quality and stable enough for sprinting out of the saddle, it can make up for the missing attention to balance which is a part of training on rollers.

Finally, combine activities. Try to read books, or listen to video or audio learning tapes. Watch videos of racing footage, and sprint while the guys on the screen do. Listen to music or radio newscasts. Public media channels such as CBC-1 run international newscasts from all over the world at night, which is a prime time for using rollers. While evening television news is a popular candidate, the quality and slant of coverage leaves much to be desired.

Try watching Casablanca while you get in your training mileage, but be wary of simply listening to music if you have a hard time following a movie while watching your balance. Music is often suggested to time your interval efforts, but a study of untrained men and women found that they rode an average of 27% longer when cycling in silence than when listening to music. Another study of trained cyclists found that a poorer workout resulted from turning up the stereo.

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 email with other club members without having to know everyone's individual email address. You must subscribe to the group before you can send a message. Follow the instructions required by Yahoo to complete your registration.

NOTE: Due to spam and email address hijacking concerns, subscription to the Yahoo Group is limited to current members of the Wheeling Wheelmen Bicycle Club only. If you have questions about club membership, rides or events, please send an email to: wheeling@wheelmen.com

To Subscribe send an email message to:
wheelingwheelmen-subscribe@yahoogroups.com

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

To post a message send your message in an email to:
wheelingwheelmen@yahoogroups.com

The group name is: **wheelingwheelmen** and is available at: pgroups.yahoo.com/group/wheelingwheelmen

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
February 5
NEW LOCATION
see page 2 for directions



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

B&G CYCLERY
131 E. Rollins Rd, Round
Lake Beach, 847/740-0007

BICYCLE CONNECTION OF SCHAUMBURG
1226 N Roselle Rd.
Schaumburg, 847/882-7728

BOB'S BIKE SHOP
141 S. Vine St., Park Ridge

874/825-4438
CAMPBELL ST. BIKES
13 W. Campbell St.
Arlington Hts. 847/222-7887

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

OAK PARK CYCLERY
1113 Chicago Ave.
Oak Park, 708/524-2453

RUNNER'S HIGH & TRI
121 W. Campbell, Arlington
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We support:

- *The League of American Bicyclists
- *The League of Illinois Bicyclists
- *Active Transportation Alliance
- *Buffalo Grove Bike Rodeo
- *Bicycle Federation of Wisconsin

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 \$35 and should be sent to:

League of American Bicyclists,
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