



MONTHLY MEANDERS

PREZ SEZ

Well, this will be my last message as Wheelmen President. I want to thank all the Board Members for their support during my time "in office". It is really their hard work and the unsung work of many volunteers that make the Wheeling Wheelmen a successful cycling club. I'm confident that the next President will enjoy the same level of support.

While, I may no longer be President, I will still be involved as the Banquet Chair for a while. The banquet may or may not have already occurred by the time you get this newsletter, but am looking forward to another successful and well-attended Wheeling event. Speaking of events, we had a nice showing at the

Harmon Volunteer Pizza party. About 50 people showed up and enjoyed deep dish pizza. The club is very appreciative of the time and effort it takes to put on the Harmon and this party is my way of saying "Thanks"!

Ride Smart, be safe.

Meg Ewen

November 2010

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Holiday Party Sunday, December 12

3:00 pm –8:00 pm

L'Olivo Pizzeria & Cafe
1602 E Algonquin Rd, Schaumburg, IL
(in Park Place Shopping Center, corner of
Algonquin & Thorn Tree)

Please RSVP to Pam Burke by Dec. 2

The club will be providing dinner.
Please see Pam at the banquet to sign up to
bring appetizers, dessert or drinks.
Otherwise e-mail Pam at pamelaburke2000@yahoo.com,
or leave a message at 630-872-9238.

L'Olivo is BYOB.



Nov. 7

Club Officials

Elected Officers

President	
<i>Meg Ewen</i>	630/540-1704
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>Rich Drapeau</i>	847/808-1476
Publicity Chair	
<i>Joe Beemster</i>	847/215-2314

Appointed Officers

Harmon Chairman	
<i>Todd Berlin</i>	todd.berlin@rrd.com
Newsletter	
<i>Ella Shields</i>	773/594-1755
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	847/632-1412
Chairmen	
Banquet	
<i>Meg Ewen</i>	630/540-1704
Harmon Data Base	
<i>Emily Qualich</i>	
Mileage Statistician	
<i>Cindy Schneider</i>	847/696-2356
Newsletter Mailings	
<i>Joe Beemster</i>	
Picnic	
<i>Al & Cindy Schneider</i>	847/696-2356
Refreshments	
Open	
Ride Line	
<i>Frank Bing</i>	847/634-1439
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 Rich Drapeau with your new e mail or mailing address at 847/808-1476 or e mail him at wheeling@wheelmen.com

FINAL TOP 20 MILES

Come to the banquet and find out the top mileage.



REMINDER

The annual banquet is Sunday November 14 at Buca Di Beppo from 12:30—3:00 p.m.

If you have not signed up there is still time, please contact Meg Ewen, 630/540-1704 or e mail her at ibagoalie@comcast.net

Board Meeting—TBA

**Next club meeting
February 2011**



What will YOU do when the snow falls?

Looking for a way to keep fit and have outdoor fun this winter? Northwest Nordic Ski Club invites you to come cross-country ski with us!

We have a full schedule of day trips and weekend/week-long trips, as well as social activities and monthly meetings.

The club has been in existence for over 30 years, and we welcome skiers of all levels, from beginner to racer. Check our website at www.nwnordicskiclub.com, or call Don at 847-358-8814. See you on the trail!



Illinois now has permanent, year-round "Share the Road" specialty license plates! Make a statement when you drive – and make cycling safer at the same time. These great-looking plates deliver a key message while raising money in a new "Share the Road Fund" specifically for LIB's bicyclist and motorist education efforts.

The State will begin production when 1500 reservations have been received. **Reserve your plates today!** Here's how:

- Fill out the reservation form (one per

car) and a check for \$17 (per car) to "Secretary of State". Mail to LIB, 2550 Cheshire Dr., Aurora, IL 60504. We will forward completed forms and checks to the Secretary of State. The state deposits the \$17 into the education fund.

- When 1500 is reached, you'll be notified to finish your order through the Secretary of State. An additional \$34 includes a one-time switchover fee and the state's share of the first year's fee. The plates will be sent to you. Each year afterwards, the Secretary of State will send a renewal form (like you currently get), but for \$22 above the cost of standard plates. \$20 of this goes to the education fund.

Obtain reservation form at

www.bikelib.org/wp-content/uploads/2010/08/OrderPermanentPlateForm.pdf

8th Annual Amling's Cycle Holiday Toy Ride

Friday, December 10

Details in next month's newsletter

WEEKLY RIDES

Day	Time	Ride/Start	Miles	Directions	Ride Host
Saturday	10:00	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	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	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	n/a

SHOW & GO TRAIL RIDES

Date	Time	Ride/Start	Miles	Start/Directions	Trail
Sunday Nov 7	10:00	<i>Super Dawg Ride</i> North Branch Trail— Botanic Garden	36	Caldwell Woods— located at the corners of Milwaukee & Devon Ave, Chicago We'll go to Super Dawg after ride	Paved
Saturday Nov 20	10:00	Elgin / Geneva Prairie Path Loop	45	East Dundee Depot Go west on Dundee to Higgins, then rt. on River Rd by DQ, Go 2 blocks. Park by depot bldg on left.	Paved

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

Clip in Without Looking

Clipless pedals are easier to enter than the old toe-clip-and-strap type. With those, you had to flip the pedal upright and maneuver your foot through the opening formed by the pedal and strap.

But we still see riders who haven't honed their clipless technique. They need to look down while engaging the pedals. That's time-consuming and even dangerous.

It's also easy to remedy. Here's how to clip in almost automatically while still looking up the road.

---**Ready.** Practice in an empty parking lot or other traffic-free area. Clip in just as you would at the start of a ride, from a standing start straddling the bike. Let's say that you normally begin with your right foot on the pedal.

---**Set.** Push off and clip in the left foot while looking at the pedal. The left crankarm should be straight up. Watch as you clip in and out several times. Fix in your mind the pedal's location and how

your foot moves to engage it.

---**Go.** Next, push off and clip in without looking. Check your mental image of where the pedal is. If you miss, look down, clip in once, then unclip and immediately try again with your eyes up the road.

Repetition is the key. Do 25 entries each day for 3 days and you'll be a wizard.

Tip! Learn to clip in with the other foot, too. It's shocking how good you can be with one foot but how clumsy the other one feels. Be ready for anything by being adept with both feet.

Fact! Why do you "clip in" when you have "clipless" pedals? This jargon has mystified many newcomers to cycling. The term "clipless" originated because the newfangled pedals did away with toe clips and straps. Too bad "strapless pedals" didn't catch on.

From roadbikerider.com

16th Annual BTC

BICYCLE TOUR OF COLORADO

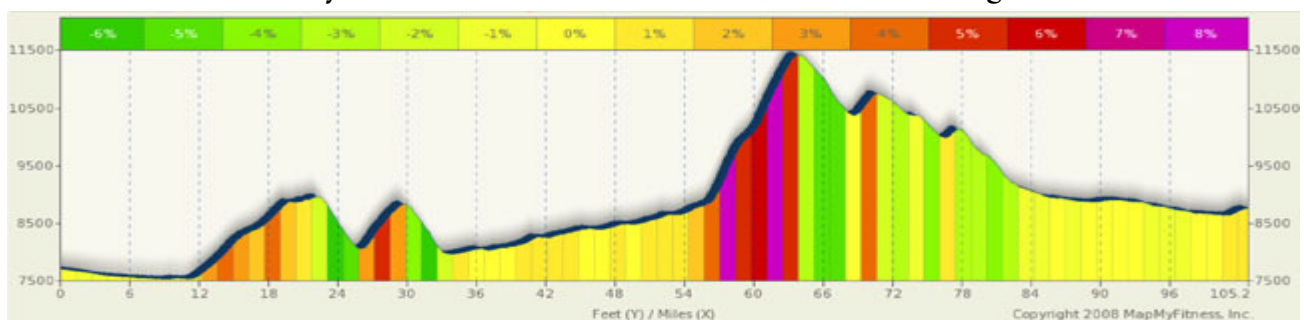
Slumgullion Pass, Spring Creek Pass, LaManga Pass, Cumbres Pass, Sargent Pass-NM,

Wolf Creek Pass, North Cochetopa Pass, Day Off in Pagosa Springs

BY: C. Brian Hale

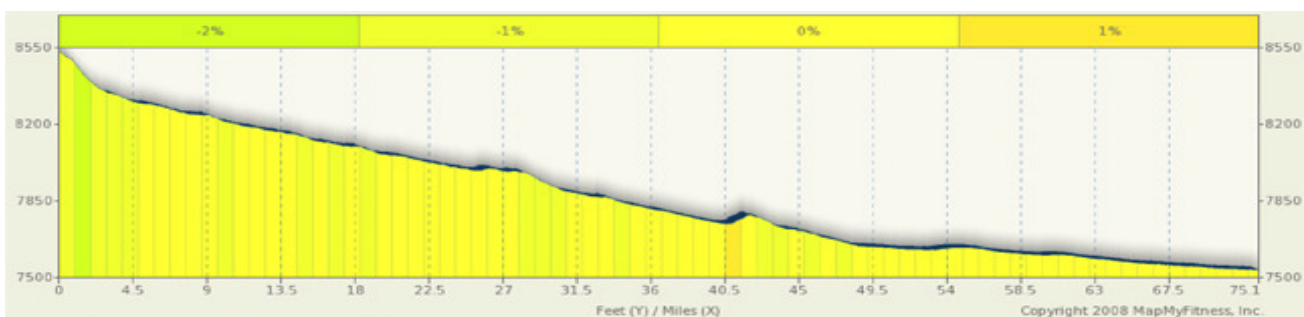
June 20–26, 2010 The BTC this year entered new areas and even a new state. The San Luis Valley can be a hot place in the summer (South Park Valley is worse) the tour spent a good amount of time in the San Luis Valley, and Gunnison was the best location of the ride. A good start!! At over a mile high in Gunnison at 7,703'

Day 1... Gunnison to Creede 106 miles, 8430 feet climbing.



At 106 miles, this was the hardest day. A few miles along the Blue Mesa Reservoir, enjoying the cool of the morning, came to a very abrupt end as we turned south and started a nine mile climb up the hard side of **Slumgullion pass** at 11,361' with an ascent of 9 1/2% grade a short and descending at 8%, and then another long 7 1/2% energizing ascent climb up **Spring creek Pass** then descend over the Continental Divide at 10,901'. We grit our teeth and got it done. The views of Lake City as we climbed, and again the view of the Rio Grande headwaters were spectacular. What goes up must go down and today is no different. From the top of the Spring Creek Pass begins a gradual descent with mellow, downhill rollers. From these mountains form the headwaters of the Rio Grande River. We enter into the colorful old mining camps of the Silver Thread which offer rich history, with stories of the infamous Alfred Packer cannibalizing his companions, scenic beauty and rugged backcountry roads around Creede. We end up at 8,852' in the midst of Colorado's mining history, the Underground Mining Museum and vast mountainous areas. A spectacular first day ride and a great warm-up. We had a monster day. The awesome Spring Creek downhill lasted most of the way to Creede. I was showing 20+ mph even after 90+ miles.

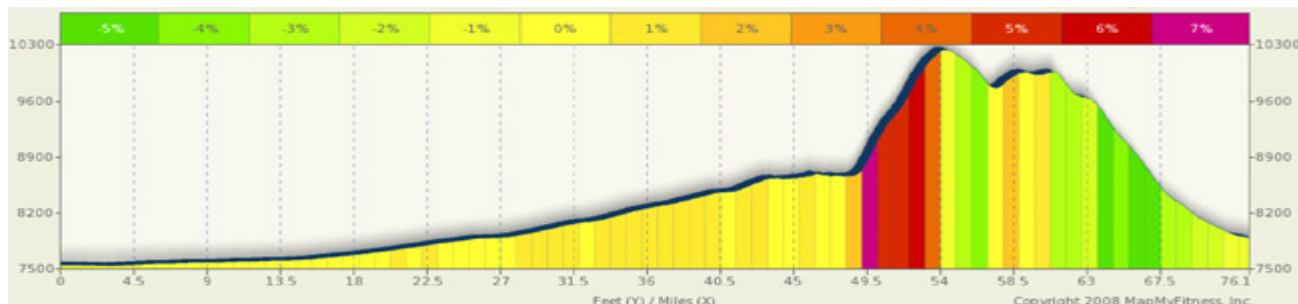
Day 2 Creede to Alamosa (80 miles) 579 ft of climbing.



In short, it was a downhill day! We also FROZE OUR KEESTERS OFF!!! IT was 28°F at one point!!! From Creede to South Fork you follow the Rio Grande through a beautiful wide valley that occasionally closes into a bit of a canyon. This was the coldest and most scenic part of the day. It's a fascinating desert like landscape with a river running through it. From South

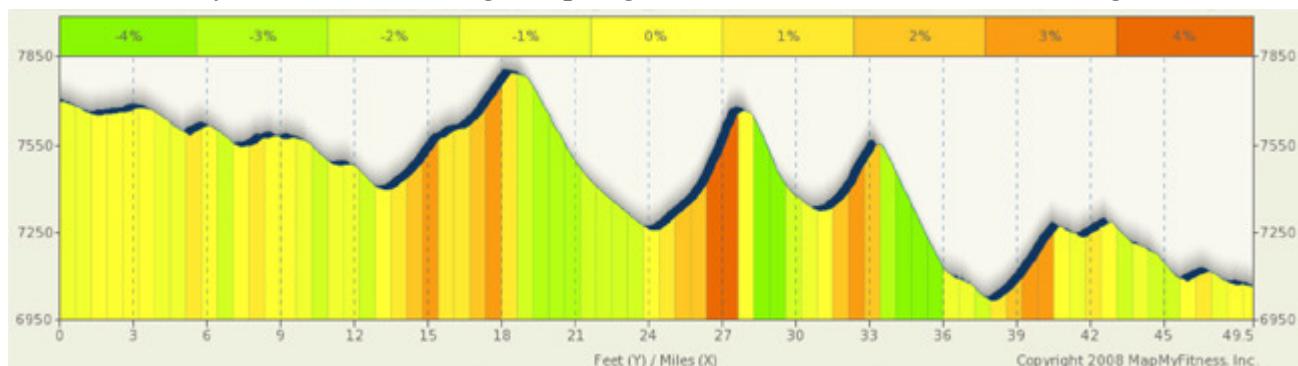
Fork to Del Norte, its east into the San Luis Valley. You pull away from the hills and find yourself in a more or less treeless agricultural valley surrounded by high mountains. It's quite an impressive valley. It's flat into Alamosa. Blanca Peak, the 4th tallest of the "54", 14,000' peaks in Colorado with a height of 14,345', rising up in the distance. Ten of those 54 peaks are in the Sangre de Cristo Range.

Day 3 Alamosa to Chama, NM. 77 miles and 3514 feet of climbing



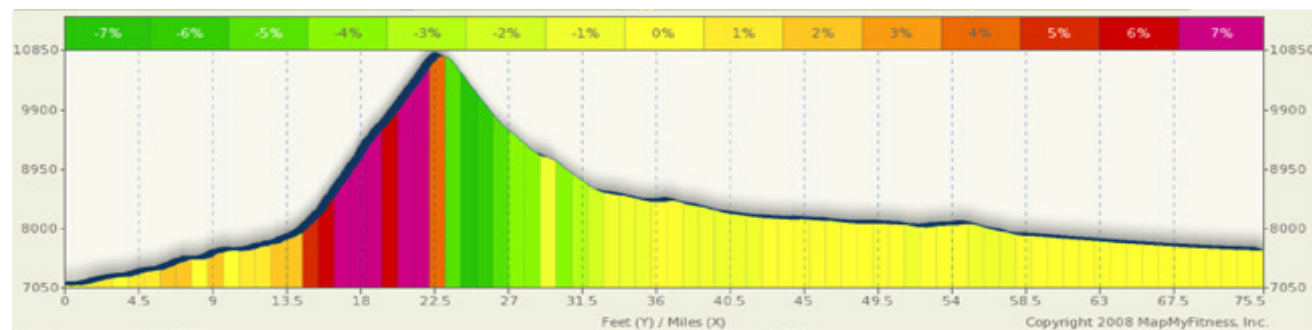
From Alamosa to Antonito, think only two things... Flat and agriculture. The first 16 miles were completely flat, and after that 1% grade for the next 12 miles to Antonito. We were pace-lining and just ROCKING In this 28 mile segment, you gain an amazing 375 feet. Through the Conejos River Valley, six (6) miles up a 7% grade to the top of LaManga Pass, 10,320', and then a steep four (4) mile climb to the top of Cumbres Pass, 10,022', 4 miles from the border. As you descend Cumbres Pass, we saw several railroad crossings and smoke from the historic narrow gauge steam powered train on its way up the valley. The home of the Cumbres & Toltec Scenic Railroad. Sheer beauty!

Day 4 & 5 Chama to Pagosa Springs. 51 miles and 3314 feet of climbing.



Rolling rolling rolling. This was a cycling day to reflect on the mountain beauty surrounding us as we rode for the second time over the Continental Divide. I can tell you this part of the state is scenic, hilly, and hot. Through the San Juan National Forest into Pagosa Springs at 7,079'. 50 miles of awesome scenery and then a gentle descent. We were ready for some serious partying and food. The city opened up their arms and embraced our presence. We had some great CABINS thanks to DAN WIESSNER and slept in beds instead of our blow up mattresses. This is one of Coloradan's most desired vacation spots.

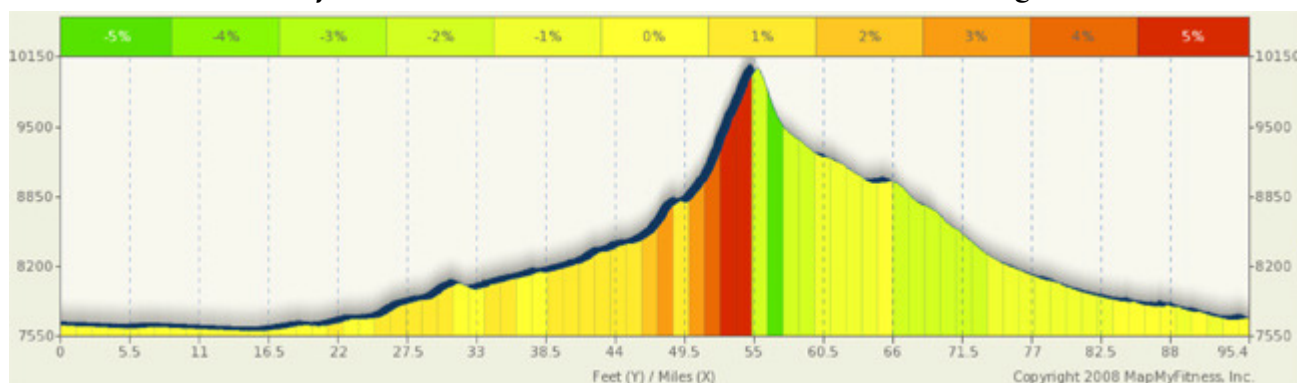
Day 6 Pagosa Springs to Center. 75 miles and 4362 feet of climbing



We crossed over the Continental Divide for a third time at Wolf Creek Pass, 10,850'. This climb offers a 6½% grade with a climb of 8 miles to the summit. On the descent, you will start heading down right away. You will cycle through a snow shed and the descent becomes a bit steeper. We passed by the Fun Valley RV campground, from the Chevy Chase movie, National Lampoon's Vacation. It is just like in the movie!! Then on to a gorgeous valley as you cycle on into the San Luis Valley farm land to the small farming community of Center at 7,645' with views of the Sangre de Cristo Range. We were PACELINING all the way into town trying to beat the RAIN. A panoramic view of 10 of the 54 peaks in Colorado with an elevation over 14,000'. What awesome surroundings to relax in while enjoying the last Colorado Rocky Mountain evening of the tour!!

The most scenic parts of this ride were in the morning out of Pagosa Springs and the climb and descent on Wolf Creek Pass. The view back toward Pagosa Springs was fantastic.

Day 7 Center to Gunnison. 95 miles and 2700 feet of climbing



Heading home! The second longest ride of the 2010 BTC at 95 miles and climbing nine (9) miles up **North Cochetopa Pass**, 10,149', and the fourth time over the Continental Divide this tour. The first 20 miles were pan-cake flat. We did some nice cruising through the agriculture of the San Luis Valley as we headed north. There isn't much traffic here. The 2,000 feet+ ascent up the 6% grade reaches the summit at approximately mile 55. This is a rather fun and fairly easy climb for a pass, and then a 40 mile descent down the wide open road.

This by far was the GREATEST SCENERY OVERLOAD I have ever seen!!! Down through Cochetopa Canyon and into the peaceful Tomichi Creek Valley, we pace-lined for almost thirty (30) miles. It was unbelievable!!! Dan Wiessner took an amazing (21) YES, FRIENDS, twenty-one MILE PULL!!! Top that one!! PS we were doing 20+ the whole way!!!

This ride is almost too much to write about and impossible to share other than a simple explanation of UNFORGETTABLE!!!

Thanks to all of you riders that shared this experience with me. I had an absolute blast!!! The soreness in my legs did not go away for 1.5 weeks!!! That says it all friends!!!

References from:

National geographic/topo, Mapmyride, BTC route summaries, Personal notes



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The **Wheeling Wheelmen Bicycle Club** 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@yahogroups.com

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

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

Please consider an e-mail of our monthly newsletter to help keep club dues low and help the environment by reducing paper consumption Please indicate your choice: Send via e-mail I prefer a paper copy

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

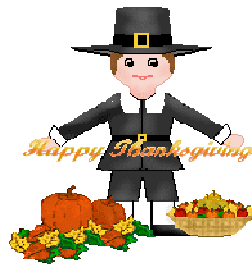


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Next Club Meeting
February 2011



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
661 Central, Highland Park
(847) 432-0015

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

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

GEORGE GARNER CYCLERY
1111 Waukegan Rd.,
Northbrook, 847/272-2100

LIBERTYVILLE CYCLERY
740 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, Arling-
ton Hts., 847/670-9255

SPOKES
69 Danada Square E,
Wheaton 630/690-2050
1807 S. Washington, #112
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
45 Arlington Hts Rd
Elk Grove Village
847/439-3340
1313 N. Rand Rd,
Arlington Hts.
847/398-1650
203 W. Northwest Hwy
Barrington, 847/382-9200

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,
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