



MONTHLY MEANDERS

April, 2013

BOARD BANTER

As your president, I would like to review some of the issues and activities involving our bicycle club. They are not arranged in any priority, but communicated to let you know what your club is involved in and how we are doing.

Treasury Status as of 12/31/2012

Income	Expenses
Harmon Hundred \$16,200	Harmon Hundred \$10,290
St. Pat's Day ride \$7,289	St. Pat's Day Ride \$3,113
Membership \$3665	Donations \$3,325
Banquet \$1,700	Banquet \$2,540
Advertisement \$100	Holiday Party \$1,418
	Insurance \$752
	Other \$3,073
Total Income 2012 \$28,954	Total Expenses \$24,511

As a result of this favorable outcome, we were able to increase our contributions for 2013. These included: League of Illinois Bicyclists, Active Transportation, League of American Bicyclists, Bicycle Federation of Wisconsin, Working Bikes and The Chain Link.

After 11 months, following our application to the U.S. Internal Revenue Service, the Wheeling Wheelmen are now classified under Section 501 (c) (7) as a not for profit organization. Basically this IRS classification exempts our club from paying Federal income tax. It took a lot of work in gathering all of our past documents and filling out the extensive questionnaire, but it was worth it and is something we needed to do. We now only send an update annually to the IRS which we have done for 2012

Our Constitution and Bylaws were amended to conform to the IRS language, eliminate some

past offices and include the St. Pat's, Harmon and Newsletter heads as appointed officers. We improved our insurance coverage that will help protect these individuals as well as the Board from actions under Directors and Officers Liability. This insurance is an addition to the club's General Liability coverage. Incidentally the Constitution and Bylaws are posted on our web site.

One of our members, Roland Cooper has volunteered to head up the Harmon Hundred ride after Todd Berlin led it for the past three years. The event will be held on Sunday September 8th. Wilmot High School and the Eagle Lake and Bassett rest stops have been reserved. The club is participating in the LIB's mass distribution of bike ride brochures to numerous cyclists and bike shops throughout the State. This event cannot be held without everyone's help.

The Wheelmen participated in the Chicagoland Bike Swap this year held at the U of I Circle facility on Saturday March 9th. There were 1700 attendees and we distributed many of our ride brochures as well as talked to numerous people about our organization and activities. Thanks to Ella Shields, Pam Burke, Marianne Kron, Peggy Reins and Chad McCoy for manning our table.

Our upcoming meeting on Thursday April 4 will be held at the McArthur Middle School. We have invited Andrew Jennings, the Village Planner of Wheeling and Marissa Dolin of Active Trans. They will be discussing how a complete Pedestrian and Bicycle plan was developed for the Village. Bob Dominski and I were on the advisory committee and worked closely with the village and Active Trans in developing this undertaking. It was an exciting experience and I'm sure you will find it of interest.

Joe Beemster

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April 22

Club Officials

Elected Officers

President

Joe Beemster 847/215-2314

V.P./Ride Chair*

Pat Calabrese 847/358-4807

Treasurer

Johannes Smits 630/893-2835

Secretary

Dave Waycie 847/577-6307

Membership

Mitch Rosset 847/376-8152

Publicity Chair

Barb Barr 224/578-0624
Powerbarb53@gmail.com

Appointed Officers

Harmon Chairman

Roland Cooper 847/732-0432
rscooper3@gmail.com

Newsletter

Ella Shields 773/407-4712

St. Pat's Ride

Anna & George Swietczak 312/969-1010

Chairmen

Banquet

Meg Ewen 630/540-1704

Harmon Data Base

Emily Qualich 847/ 821-1009

Mileage Statistician

Emily Qualich 847/ 821-1009

Newsletter Mailings

Joe Beemster 847/215-2314

Picnic

Al & Cindy Schneider 847/696-2356

Refreshments

Open

*Ride Coordinator

Sheri Rosenbaum 847/971-4573
luv2bike80@hotmail.com

Web Page

Jim Boyer 847/541-1325

Newsletter Policy

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

Ella Shields

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 Mitch Rosset with your new address or e mail address at 847/376-8152 or e-mail him at wheelmen.com.

APRIL CLUB MEETING

The club meeting will be on Thursday, April 4, 7:00 p.m. at McArthur Middle School, 700 Schoenbeck Road, Prospect Heights, meet in the library.

Our guest speakers will be Andrew Jennings the Wheeling Village Planner and Marissa Dolan of Active Transportation Alliance to discuss **Designing an effective Cycling/Pedestrian plan for a community.**

BOARD MEETING — THE NEXT BOARD MEETING TBA

INVITATIONAL'S

April 28, Folks on Spokes Easter Ride, Park Forest, IL.
18/26/36/50/62 miles, www.folksonspokes.com

SOME GOOD RESOURCES FOR PLANNING A BIKE TRIP

Biking Bis - list of some of the top multi-day sponsored bicycle rides for 2013, listed by state www.bikingbis.com

Bicycle Tour Network - a service that matches touring cyclists with the best tours available. www.bicycletournetwork.com/index.php

Bikeride.com - the ride starts here cycling event finder, sorts by location and date www.bikeride.com

Bike Tours Direct - One-Stop Resource for Bike Tours Worldwide www.biketoursdirect.com

Bike Tour Finder - on Facebook— searches out and posts unique, challenging and fun bike tour vacations from self guided day trips to week long challenging tours.



When we don't ride we ski... Rich Drapeau, Marianne Kron, Joe Beemster, Frank Bing, Vince Kelley and Earle Horwitz enjoying the day at Alpine Valley.

April 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 *bring money for lunch/snacks
	Date	Time	Ride Name	Starting Location/ Directions	Miles
Sat. 4/6	9:00	Honey-Do Ride	Grassy Meadow Forest Preserve The F.P. is on Central Rd., 1 1/2 miles west of Roselle Rd, just north of I-90.	30-58	Len & Reinhilde Geis 312/209-0279
	9:00	Lou's Commute	Lakewood Forest Preserve West on IL 176, south on Fairfield to parking lot on left, east side of Fairfield.	41	Dan Wiessner 847/736-3484
Sun. 4/7	9:00	Sunday Short Ride	Long Grove Commons RT. 22 & Old McHenry Roads Park north of the PNC Bank	~31-55	Len & Reinhilde Geis 312/209-0279
Sat. 4/13	9:00	Who Let the Dogs Out	Evergreen School, Union, IL I-90 west to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to School	48	Dave Waycie 847/845-9663
	9:00	Honey-Do Ride	Grassy Meadow Forest Preserve The F.P. is on Central Rd., 1 1/2 miles west of Roselle Rd, just north of I-90.	30-58	Tony Vercillo 847/691-7049
Sun. 4/14	9:00	Sunday Short Ride	Long Grove Commons RT. 22 & Old McHenry Roads Park north of the PNC Bank	~31-55	Joe Beemster 847/867-6724
Sat. 4/20	9:00	Honey-Do Ride	Grassy Meadow Forest Preserve The F.P. is on Central Rd., 1 1/2 miles west of Roselle Rd, just north of I-90.	30-58	Mitch Rosset 847/814-3107
Sun. 4/21	9:00	Sunday Short Ride	Long Grove Commons RT. 22 & Old McHenry Roads Park north of the PNC Bank	~31-55	Virginia Savio 847/254-9515
Sat. 4/27	9:00	Honey-Do/ Super Do Ride	Grassy Meadow Forest Preserve The F.P. is on Central Rd., 1 1/2 miles west of Roselle Rd, just north of I-90	30-70	Mitch Rosset 847/814-3107
	9:00	Walworth Flats	McHenry Co College Rt. 14 one mile past IL 176 in Crystal Lake. Meet in north parking lot.	58	
Sun. 4/28	9:00	Sunday Short Ride	Long Grove Commons RT. 22 & Old McHenry Roads Park north of the PNC Bank	~31-55	Dave Waycie 847/845-9663

Be sure to be on the Yahoo group and/or Facebook for last minute changes

WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	25-45	Willow Stream Park - 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	Kilian Emanuel 847/296-7874
Tuesday	6:00 pm	Working Stiff's Ride	18-27	Stempel Parking Lot On the west side of Old McHenry Road, behind the Read Oaks Store. West of IL 53, Long Grove, IL	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Trail rides Wednesday 4/3 4/17 4/24	10:00 a.m.	Blue Star Memorial Woods	16/32	East Lake Ave., Glenview. East of Waukegan Rd, between Wagner and Harms near overhead trail bridge. Parking lot on the south side of E. Lake Ave.	Emily Qualich 630/569-6910
4/10	10:00 a.m.	Des Plaines River Trail	20-30	Meet in the parking lot on the north side of Dundee Rd., east of Milwaukee Ave. Trail is crushed limestone	Mitch Rosset 847/814-3107
Wednesday starts April 10	5:30 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Anna Swietczak 312/ 969-1010 Joe Beemster 847/215-2314
Thursday Starts April 11	6:00 pm	Thursday Night Ride	30	Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road, park at shelter B.	Paul Lefevre 847/670-3501

PROCEDURE: IN QUESTION-ABLE WEATHER SITUATIONS

If the ride host considers the weather forecast to be severe enough to cancel the ride, he/she should post a message on the Wheeling Wheelmen Yahoo Group (wheelingwheelmen@yahoo.com). These conditions can include very high chance of rain or snow, severe winds, or other unsafe conditions.

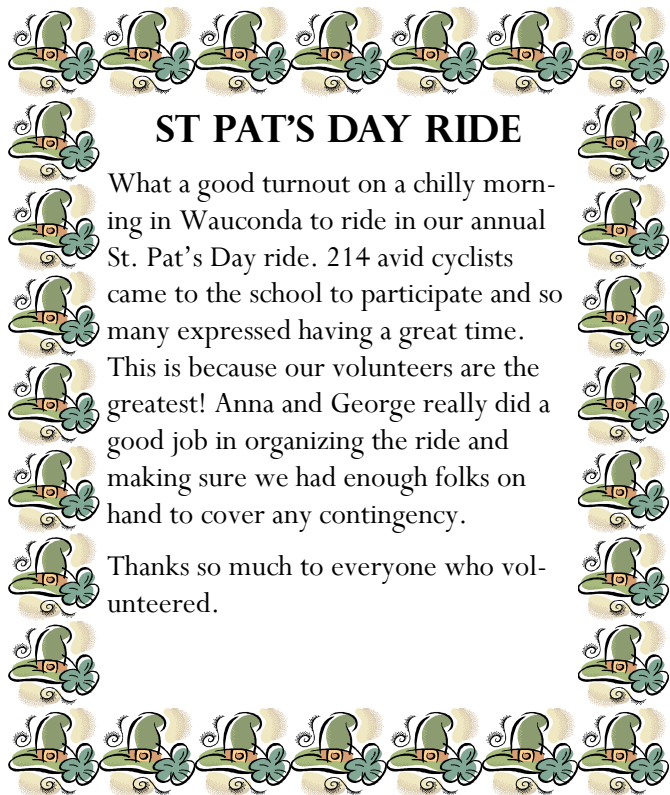
- If the ride host decides to cancel the ride, he/she should post a message

to the Yahoo group no later than 2 hours before the scheduled ride start time.

- Of course, the host may post the message earlier, like the night before, if there is really no question that the ride will be cancelled. Or, if the host wants to decide in the morning, he or she can post a notice to watch for an update in the morning. Generally, more communication is better than less.

- Riders are encouraged to use the Yahoo group, but if a rider cannot access the Yahoo group, the host can be contacted at the phone number listed on the ride schedule.

Every member should consider subscribing to the Yahoo group especially if they are planning on doing rides starting in the outlying areas. Instructions for subscribing to our Yahoo Group are listed on page 7. We also encourage people to join the Wheeling Wheelmen Facebook page and ride information is posted there, too.



ST PAT'S DAY RIDE

What a good turnout on a chilly morning in Wauconda to ride in our annual St. Pat's Day ride. 214 avid cyclists came to the school to participate and so many expressed having a great time.

This is because our volunteers are the greatest! Anna and George really did a good job in organizing the ride and making sure we had enough folks on hand to cover any contingency.

Thanks so much to everyone who volunteered.



HELP NEEDED FOR BIKE RODEO

Every year the Wheelmen help the Buffalo Grove Police Department with their Bike Rodeo. This event is geared towards teaching kids bike safety, as well as promoting cycling. Once the kids sign up at the registration desk, they come to our station where we make sure their helmets are fitted properly.

The event is in May, however at this time we do not have the specific date. Please check our website for updated information.

Barb Barr needs volunteers to help out with the Rodeo. She needs two shifts of two people each. First shift is 11 am-1pm and 2nd shift is 1pm-3 pm. A pizza lunch is provided.

Please contact Barb at 224/578-0624 to volunteer and to get more details.

HOW TO TACKLE TENDONITIS

Tendonitis is one of the most common overuse injuries in the endurance athlete. For cyclists, it often shows up as pain just below the kneecap, in the ankle or at the front of the shoulder. Tendonitis is simply an inflammation (an *-itis*) of the connective tissue between muscle and bone.

It most often strikes in the early season as your body adapts to the ramp-up in mileage. But you can suffer from it any time you push volume or intensity faster than your body can tolerate. The injured area will often loosen up a bit 10-15 minutes into a ride. But that doesn't mean it's better.

Tendonitis is painful, it stinks, and it's discouraging. But it's also treatable. Here's how:

---**Take your meds.** Your doctor will probably prescribe an anti-inflammatory medication. Follow the dosing instructions faithfully. This is not a "pain pill." It's to reduce inflammation. If you take it only when you're hurting, you won't get the true benefit -- and you'll take longer to heal.

---**Ice it.** As a physical therapist I know a few sessions of therapy will heal you quicker. If you want to treat tendonitis yourself, start with ice massage. I recommend freezing water in

paper cups. Then peel down the top portion so you have a big ice cube but enough cup left to keep your fingers from freezing. Use it to massage the painful area for 8-10 minutes several times a day. Do it over a towel to catch the drips.

---**Protect it.** This may mean taking several days off while you let the meds and ice do their job. It may mean spending a couple of days "riding in the water" at your local pool where your feet won't be clipped into the pedals. Choose activities that produce only stress-free movement so the tendon's micro-tears can heal.

---**Study your training diary.** It's rare when a cyclist can't pinpoint the cause of tendonitis. It could be a change in equipment, position, riding terrain, mileage or effort. It could be something as innocent as a business trip or family obligation that keeps you off your bike for several days. Then you try to make up the missed training in one ride, and your body says "No!" Record key factors so you can avoid making the same mistake next time.

If caught and treated early, tendonitis will be little more than a speed bump to your cycling. If you try to ignore it and ride through it, that speed bump is likely to become a wall that stops you altogether. Remedy tendonitis -- now!

From RoadBikeRider.com

**Wheeling Wheelmen Board Meeting
February 24, 2013**

Present: Joe Beemster, Roland Cooper, Mitch Rosset, Ella Shields, Johannes Smits, Anna Swietczak, Dave Waycie

The meeting was called to order at 5:00 pm.

Treasurer's Report: A brief financial summary will be printed in the next newsletter (April).

Membership Report: A clarification from last month. While the membership year is the calendar year, membership cards will "expire" in March, as in the past, to allow members some time to get renewals in. There have been requests to provide for online renewals, but due to the associated fees, no action is planned at this time. Recommendations for services with small or nonexistent fees are welcome.

IRS Status: We are golden with the IRS. Joe will file the annual financial report, which is our only obligation.

Critical Documents: There are several documents that are important to club history and tax status, which have been difficult to find in the past. Jim Boyer will set up a secure online storage location for electronic documents. Also, the Secretary will retain hard copies of any critical documents.

Member Meetings: The following are scheduled:

February 7	Cancelled due to weather and the speaker's illness.)
March 7	Village Cyclesport – at the new Arlington Heights store
April 4	Active Transportation Alliance

St. Patrick's Day Ride: We are receiving great cooperation from the owners of Main Street Outfitters in Wauconda. The ride coincides with their "Shamrock on the Block" events, which may help turnout. Anna is coordinating.

Harmon: We welcome Roland Cooper, who has agreed to serve as Harmon Coordinator. He has made personal connection at Wilmot High School. Discussed promotional ideas.

Chicago Bike Swap: We will have a booth (table) at the Chicago Bike Swap March 9 at U of I Circle to promote the club.

Newsletter Articles: April newsletter – Joe Beemster will do the front page. This issue will include a brief 2012 financial report.

Other business: The site has been reserved for the club picnic – same as last year.

Next Board Meeting: Sunday, March 24, 5:00 pm. Joe will host.

The meeting was adjourned at 6:09.

Dave Waycie, Secretary

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Ask for your
*Wheeling
Wheelmen
Discount*

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@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

BIKE EXPO SALE



April 4-7, 2013 | State Fair Park Wheel & Sprocket

THUR 4-9 FRI 12-9 SAT 10-6 SUN 11-5 FREE ADMISSION

Bike Expo Sale has over 2000 bikes and thousands of accessories for sale at the best prices of the year only during this 4-day exclusive event.

Many manufacturer representatives from the top brands as well as the expert staff from Wheel & Sprocket will be available to assist with everything cycling.

Exhibitors from over [50 rides, tours, clubs and other cycling organizations](#) will be on-hand to present the many excellent events, tours, trails, races and other opportunities to ride throughout the state.

The Bike Expo is held at the Wisconsin Exposition Center at **State Fair Park, in West Allis, WI.** bikeexposale.com

Wheel & Sprocket has just opened a shop in Evanston



VILLAGE CYCLE SPORT

Friday, April 12, noon-9 pm

Saturday, April 13, 10 am-6 pm

Sunday, April 14, 10 am-6 pm

1326 N. Rand Rd.

Arlington Hts.

The sale will be held in their parking lot

visit villagecyclesport.com
for more information



**Wheeling
Wheelmen**

P. O. Box 7304
Buffalo Grove, Il.
60089-7304
wheeling@wheelmen.com



We are on the web
wheelmen.com



SAVE THE DATES

Picnic - Sunday, July 7
Harmon Hundred - Sunday, Sept. 8
Banquet - Sunday, Nov 10

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

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,
Arlington Hts. 847/670-9255

SPOKES
69 Danada Square E,
Wheaton 630/690-2050
1807 S. Washington, #112
Naperville, 630/961-8222

TREK BICYCLE STORE – HIGHLAND PARK
1925 Skokie Hwy
Highland Park trekhp.com
847-433-8735

THE CYCLERY
575 Ela Road
Lake Zurich
847/438-9600

VILLAGE CYCLESPORT
45 Arlington Hts Rd
Elk Grove Village
847/439-3340
1326 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