



MONTHLY MEANDERS

November 2013

COLORADO ROCKY MOUNTAIN BICYCLE TOUR-2013

By Dan Wiessner, Brian Hale and Jim Boyer

Day One –The first day was a nice run from Loveland to Estes Park, the doorway to Rocky Mountain National Park. Estes is famous for the elk wandering around town and the Stanley Hotel which inspired Stephen King to write the Shining. We got our first views of spectacular scenery on Devil’s Gulch Road while climbing, of course! The school apparently did not turn on its hot water heaters for the showers and the water was as cold as snow melt from the 12,000’ peaks above town. Riders took it in stride, however and made quick work of the process!

Day Two - The second day was more challenging. We needed to leave early each day to reduce chances of getting caught in storms that typically start in the afternoon most days. So it was a 5:00 am wake up call to break camp, eat and get ready to ride at dawn around 6:00. From Estes Park we rode south along the Peak to Peak Highway to

Golden. Peak to Peak has no big individual climbs but it is never flat; 72 miles and 6042 feet of climbing that day were a real eye opener to the character of this tour. We got into Golden pretty tired; no brewery tour at Coors for this bunch!



Day Three – The third day was the “Queen Stage” of the tour, meaning it was the most difficult. It sure was, with 10,192 feet of climbing over 3 separate mountain passes in 85 miles. The climbs were similar to Huntington Road in Algonquin in grade but many miles long.

A few blocks from Golden High School the road went straight up. Switchback after switchback took us the 6 miles up to the top of Look-

out Mountain past Buffalo Bill’s grave.

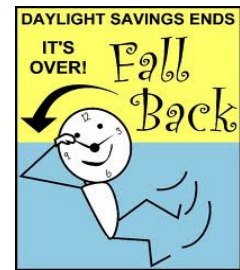
After we enjoyed a nice long downhill run, the road tilted up even more to Squaw Pass and the adjacent Juniper Pass. This climb was our first over 11,000 feet in altitude, so the few days of acclimation we had really helped. Not much oxygen up there. It was made more difficult due to quite a lot of highway construction with one way traffic in many places.

Yet another exhilarating downhill brought us to the cute town of Idaho Springs. Ravenous after the first two climbs and quite tired of Gatorade and fruit, we opted for a quick deli lunch. Refreshed, we headed up toward Berthoud Pass, the third pass of the day. This one is also over 11,000 feet. We had to ride a short stint on Interstate 70 but that fortunately turned out to be quick and non-eventful. As we moved towards Berthoud the skies began to look quite dark and

(Continued on page 4)

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Sunday, Nov. 3

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 rrkite99@aol.com

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
e.qualich@comcast.net

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!! Contact Mitch Rosset with your new address or e mail address at rrkite99@aol.com

FINAL TOP 20 MILES

Come to the banquet and find out the top mileage.



REMINDER

The annual banquet is Sunday, November 10 at Chandlers at the Schaumburg Golf Club 12 pm-4:30 pm

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

The next board meeting is Monday, November 18, 7:00 p.m. at the home of Joe Beemster.

All Board members are requested to attend.

WELCOME
new members

Joseph Zhang, Buffalo Grove
Beata & Victor Godyn, Kildeer
John Weiszmann, Elk Gove Village

PHYLLIS HARMON PATH DEDICATION

On a terrific day, we all paid homage to our founder, Phyllis Harmon, at the dedication of the Dundee Trail. Members from at least five bike clubs attended. Most of Phyllis's family were present along with many dignitaries from the Northern suburbs. Following the Wheeling Village presentation, Joe Beemster reviewed all of the contributions Phyllis has made in promoting safe bicycle riding.

The dedication plaque is on the south Dundee trail prominently displayed at one of the entrances. Phyllis really enjoyed all the festivities.



Left to Right

Front Row: Pam Kaloustian, Joe Beemster, Virginia Savio and Phyllis Harmon

Middle Row: Dave Waycie, Kilian Emanuel, Roland Cooper, Velda Knorr, Marianne Kron, Reinhilde Geis

Back Row: Mitch Rosset, Ulfert Brockmann, Kurt Schenhoff, Larry Frank, Paul LeFevre, Len Geis, Bob Dominski, Dennis Ellertson

WEEKLY RIDES					
Day	Time	Ride	Miles	Start-Directions	Ride Host
Tuesday & Thursday	10:00 am	Deerfield Bakery Ride	25-40	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	n/a
Saturday & Sunday	10:00 am	Show N Go Rides	25 +	Willow Stream Park See above	n/a

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

TRAIL RIDES

There will be three trail rides offered in November.

Saturday, Nov 2, 10 AM

We will ride an ever changing trail. Starting in South Elgin we will ride parts of the Prairie Path, Great Western and Fox River Trails. The path is a mix between crushed limestone and paved. What is neat about this route is the variety of areas we will traverse; forest, farmland, industrial, federal, airport, residential, riverfront and historical.

The ride will be held as a "No Drop" and although only 36 miles long it ends up to be an enjoyable and strenuous workout. There is a neat little place to stop after for food and hot soup.

Location: South Elgin 1101 Raymond Street (approximate address). This is a small park district parking lot near the con-

fluence of the Fox River and Prairie Trails. The major intersection is Route 25 and Route 20.

Sunday, November 17, 10 AM

Des Plaines River Trail, We will start at Half Day Forest Preserve (first parking lot) and ride North. An old favorite, the start is off Milwaukee Ave just North of Route 22. The ride will last around two and a half hours.

Thanksgiving Day Weekend.

Let's ride Deer Grove but leave the actual date open for a later consensus of weather and availability. Look for updates on the Wheelmen Yahoo site and web site.

Questions or concerns please e-mail me

Mitch rrkite99@aol.com

PROCEDURE PROCESS: IN QUESTIONABLE 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@yahoogroups.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.

we worried about rain. We donned the rain gear and moved on but it turned west of us so we kept on plugging. The tour folks stopped us several times to make sure we were OK as we kept moving steadily upwards and finally made it over the top. Cold up there, we added layers and zipped up for the descent. Fortunately our route took us down quickly to the relative warmth of about 8000 feet on the road to Fraser just outside Winter Park. Fraser is known as the “Ice Box” of the US for its cold temps. The NICE riders who had arrived earlier had already picked up our luggage and quickly helped with the tents. Always a post ride priority, we quickly found a nearby restaurant/pub to refuel... but then worried about a dubious morning forecast as well. The iPhones said cold and rainy.... ☹

Day Four – Well, it was cold (low 40’s) but no rain, so the group headed north on relatively flat roads towards a new set of mountains for 96 miles. We zipped along pretty well trading pulls as a group. Eventually, we got to the foothills and then headed up to Rabbit Ears Pass. Rabbit Ears going north is easier than the other way but we were tired given the first three days and glad to see the top. Rabbit Ears has three summits; first is the lower altitude Muddy Pass, then the East Summit/Continental Divide around 9600 feet followed by the West Summit. After that, we got a nice fast descent slowed by a couple of trucks braking. It is not wise to pass trucks on the shoulder unless there is plenty of room so we played the waiting game until we could pass safely. It felt so good to get down in the sun again around 7500’ just outside Steamboat Springs! Steamboat was where we had rented a condo for our day off. First stop was for food; a really good Mexican place! P.S. We ate Mexican food A LOT since it is both prevalent and very good in Colorado. A couple of the guys opted out of the last two days and volunteered to follow us and provide “Sherpa” support in their car. Bravo!

Day Five- We stored the bikes in the

garage and did maintenance as necessary. Many loads of laundry were done.... We found a little market steps away and everybody bought food (and liquor) for the collective group. We were joined by Verne Aebli, a former Wheelmen member, who now lives near Denver. Good times, lots of laughs, pizza, beer and wine! Steamboat Springs is a great place to visit any time of year. You’ll have to use Google to learn why this town high in the Rockies is named Steamboat!

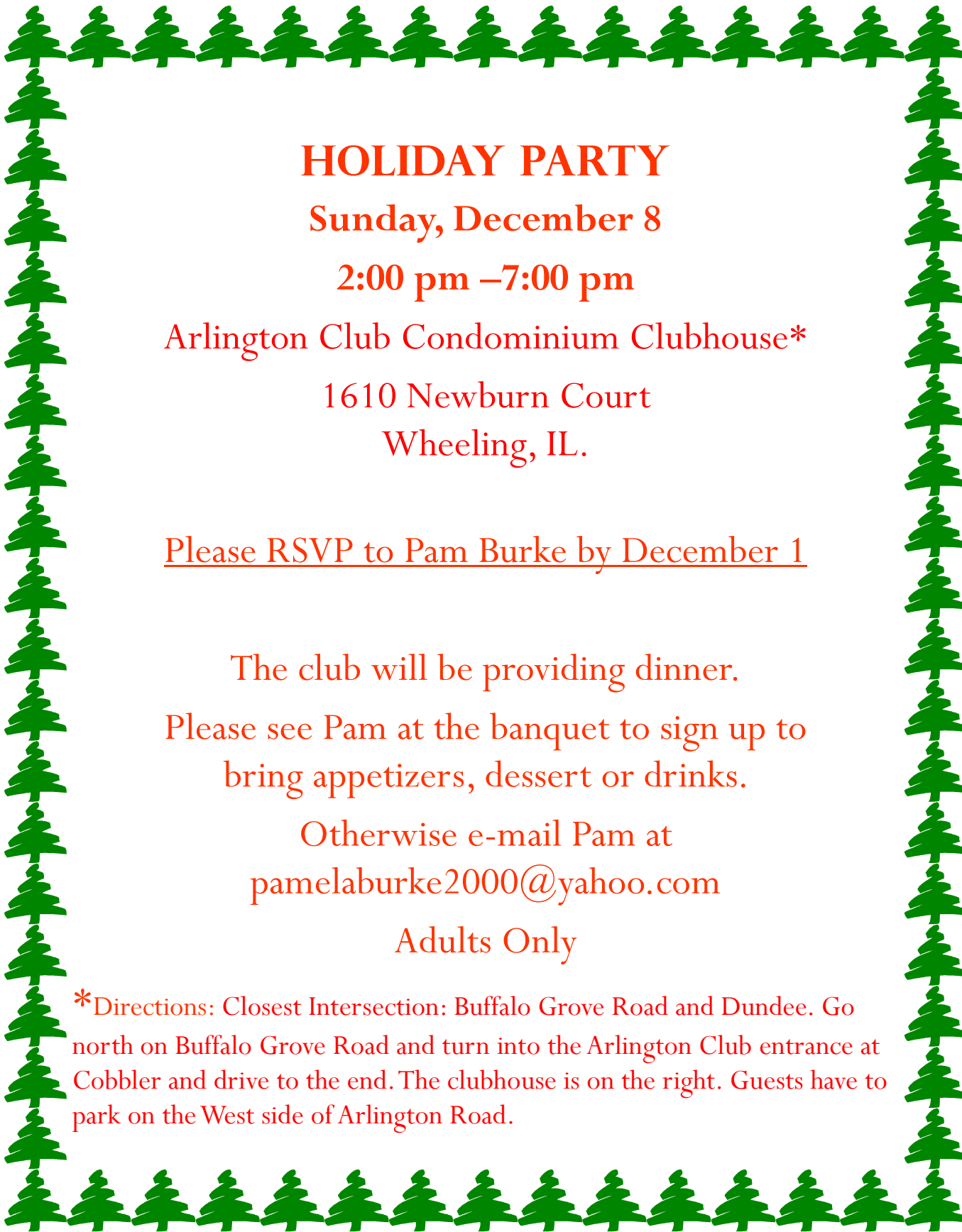
Day Six – The start of Day 6 found us in high spirits, much rested and relaxed. We were able to rejoin the route not too far from the condo “saving” us about 3 miles. CRMBT was not to be cheated as Rabbit Ears going south is no picnic. It got everybody heated up fast after a 40 degree start. So we loaded the Sherpa van with plenty of extra clothes on the way up. This was a “short” day of 57 miles with pretty much all downhill after that first climb. Our destination was the tiny town of Walden, a town of some 600 people. Some of us had been here the year before with BTC so we knew the places to get food and literally ate our meals at the same places we liked last June. Walden is also somewhat of a cross-roads for self-supported cycle tourists. We met one cyclist, Josh Laskey, on his way from Washington, DC to Portland, OR. He is riding for the Climate Ride organization and blogging his adventures at cambiophilia.tumblr.com. His journal entry for August 9th details his encounter with the Wheeling Wheelmen. Another self-supported cyclist told us he was from San Diego and is in his seventh week of riding with no real destination in mind. There was another cyclist at the Moose Creek Café from Norway also riding across the US.

It got cold overnight so the outdoor campers added layers as the indoor “campers” slept blissfully in the school cafeteria. However, as an outdoor guy, my late night trip to the bathroom yielded a huge sky full of bright stars all the way

down to the horizon with lightning off in the distance in one spot; most likely more than 50 miles away. You don’t see THAT around Chicago!

Day Seven – It was unusually cold taking down the tents, getting ready and eating breakfast but we needed a dawn start for the last day’s century. Our climb was Cameron Pass but we needed flat roads and a valley of over 30 miles to get there. This climb was absolutely gorgeous. The pass had huge rock faces, some snow fields, hardly any evidence of human activity. We could see why Walden bills itself the “Moose Watching Capital of the World”. Very little traffic going by and the scenery was some of the finest I have seen out here. At the top of the pass, we re-grouped for a photo under the Cameron Pass sign. (see photo) Moving down from there the pace quickened but the descent was very long and very gradual. Basically, we dropped from 10,000 feet to the end in Loveland at about 5600 feet over more than 30 miles. The drop was mostly through the Poudre River Canyon which topped even Cameron’s climb as the finest scenery I have ever experienced out here. The river is along the road is rough; tumbling over boulders, rocks and even has some wild rapids. At times the canyon is so narrow the road seems to close in above you with cliffs hundreds of feet high. We came out of the canyon with about 20 miles left. These last 20 were undulating but we powered on to the end, now in upper 80 degree warmth. The “scheduled” 106 turned out to be 108 so again, CRMBT did not make it easy!

So, in summary, everybody made it safely, amazingly with few bike problems and with no flat tires. We rode 466 miles and spent 34.3 hours actual “saddle time” riding. I think we all agreed that this tour was the most challenging we’d ever done mostly because of all the climbing; 32,719 in total. A true Colorado bicycling adventure to be remembered with many stories to tell.



HOLIDAY PARTY

Sunday, December 8

2:00 pm –7:00 pm

Arlington Club Condominium Clubhouse*

1610 Newburn Court

Wheeling, IL.

Please RSVP to Pam Burke by December 1

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

Adults Only

*Directions: Closest Intersection: Buffalo Grove Road and Dundee. Go north on Buffalo Grove Road and turn into the Arlington Club entrance at Cobbler and drive to the end. The clubhouse is on the right. Guests have to park on the West side of Arlington Road.

Wheeling Wheelmen Board Meeting October 7, 2013

Present: Joe Beemster, Roland Cooper, Brian Hale, Ella Shields, Johannes Smits, Dave Waycie

The meeting was called to order at 7:00 pm.

Treasurer's Report: Checking account balance \$23,155. Harmon results appear to be much better than last year, though not all bills are in. Bill Bergeron has agreed to do an audit of the club's books.

Harmon: Many positive comments and few complaints. Also – while there were minor accidents, there were no ambulance calls this year.

Jerseys: There appears to be sufficient interest to do a re-order of the existing design. That will be done as soon as possible. We need a minimum of 15 jerseys.

The plan for the new design is to have the final design along with ordering information at the Banquet. We will also have fit samples at the Holiday Party. The goal is for delivery early spring, probably mid-April.

2014 Board: Candidates: Sheri Rosenbaum – Vice President/Ride Chair, Pam Kaloustian – Publicity. Other board members have agreed to stay on.

Phyllis Harmon Bike Trail: Dedication is Friday, October 11, 10:30 AM.

Newsletter: November – Colorado Ride story. December/January – 2013 recap, with financial report.

Next Board Meeting: Monday, November 18, 7:00. Joe Beemster will host.

The meeting was adjourned at 8:15.

Dave Waycie, Secretary

REST ASSURED THIS WINTER

Start next season stronger than ever

Short days and cool temps make this time of year natural for taking a break from regular -riding. But before you hang up your bike and pack on enough pounds to fill out a Santa suit, follow this off-season advice from Stephen Cheung, PhD, -coauthor of *Cutting-Edge Cycling*.

First, ditch the term off-season says Cheung. Think of it more as downtime. To build on what you accomplished this year and come back even better next year, don't forget you're a cyclist. "Eat healthy and stay active most days of the week," Cheung says. Hike with your family. Go for a run. Hit the slopes. It's also okay to chill out and enjoy the final season of 30 Rock—as long as you don't park on the couch every night with a bag of cheese curls.

If you ride, keep it mellow: Do a few short weekday outings and some long, slow weekend miles. Throw in a bit of intensity—sprinting to -a town sign, charging up a hill—once or twice a week to stay sharp so you can get your groove back faster when you're ready to ramp up. And you don't need a bike to go hard. You can push the pace on foot, on cross-country skis, or in the pool. Or try explosive moves such as jump squats or kettle bell swings.

PLAN YOUR DOWNTIME

A typical cycling season kicks into gear when the days grow longer and the sun gets warmer, -before winding down in the fall. The amount of downtime you can afford to take in winter depends on your goals for the coming year. If you have a century ride, a bike trip, or a hard race scheduled for June or July, you can probably get away with a layoff of four or more weeks as long as you stay active, says Cheung. But if you have big ride planned for March or April, or your calendar is peppered with high-priority events from spring to fall, don't let the time drag out longer than a few weeks.

STAY LEAN

Defuse traps: Research indicates that you're less likely to make healthy food choices when a meal is considered a special occasion. Indulge during one meal a week and otherwise eat normally.

Nix happy hour: Drinking alcohol before a meal has been shown to increase appetite and cause you to eat about 30 percent more calories. Sip seltzer as you wait to be served and have your booze with dinner.

Spice things up: Studies have shown that cinnamon slows digestion, which prevents blood--sugar spikes, making you less likely to overeat. Add half a teaspoon a day to coffee, cereal, and smoothies.
From bicycling.com

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Top 50 Trek Dealer.
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Ask for your
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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@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: _____

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

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 Date

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
wheeling@wheelmen.com

We are on the web
wheelmen.com



SAVE THE DATES

Banquet - Sunday, Nov 10
Holiday Party - Sunday, Dec 8



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

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

WHEEL & SPROCKET
1027 Davis Street
Evanston
847-864-7660
wheelandsprocket.com

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