



MONTHLY MEANDERS

BOARD BANTER

I can't believe that another bike club season is coming to an end. Unfortunately we lost a good friend and terrific guy, **Rich Drapeau**. He will always be missed.

Overall it was a good year for the club in spite of member accidents. But thankfully none of them were disabling.

Our members rode 162,485 miles this year, less than last year, but more than prior years. I guess it's not the distance but the good times and laughs we enjoyed.

We attempted to have our four member meetings but the first one was snowed out. We did however enjoy visiting the Village Cyclesport new store in Arlington Hts. We learned about the Village of Wheeling new Bicycle and Pedestrian plan and lastly our annual Harmon volunteer appreciation party

The club's treasury should continue to stay in good shape. We will publish the 2013 report in our February newsletter. While the Harmon Hundred is our greatest source of income, we had to raise our fee to \$25 to cover the increase in insurance liability costs. As a not for profit organization, we donate to several cycling advocacy organizations and some charities. These include the Leagues of American, Illinois and Wisconsin Bicycle

associations and also Chicago-land Active Transportation, Chain Link, American Cancer Society, Toys for Tots and Working Bikes.

Our St. Pat's Day ride was well attended even with our chilly weather with over 200 riders. The Harmon Hundred had over 650 riders who all appeared to enjoy themselves. A big thank you to **Anna & George Swietczak and Roland Cooper** for their work and great leadership in making these events so successful.

Your board members meet regularly to insure everything is running smoothly. **Pat Calabrese** announced her retirement as Ride Chair and Vice President; **Sheri Rosenbaum** will be assuming her duties; **Johannes Smits** as Treasurer; **Dave Waycie** is staying on as Secretary; **Mitch Rosset**, our membership coordinator; **Barb Barr** has retired as publicity chair, **Pam Kaloustian** will be taking over this responsibility.

Sheri did a great job in scheduling weekly rides and lining up the ride chair people and followed up with her weekly communication to the members; special thanks to **Ella Shields**, the person that keeps us going & in line, reminds us of important dates, insures we are on track of

everything and publishes our monthly newsletter; **Pam Burke** for coordinating our Holiday Party each year, **Meg Ewen** for running our annual Banquet, **Pam K** for making those great chocolate bike bars, **Jim Boyer** for coordinating and managing our Wheelmen website, **Emily Qualich** in keeping track of our miles and data base on event riders, **Al & Cindy Schneider** for hosting and cooking our annual picnic and **David Newman** for hosting the Chili Ride.

AND all those volunteers who make our two invitational rides a great success and serve as ride hosts. The Wheelmen are so blessed to have so many volunteers who continue to step up to the plate making our club so successful

Our season was culminated by the dedication of the Dundee Road bicycle path to **Phyllis Harmon** from the Village of Wheeling. Members from 5-6 bike clubs attended, dignitaries, both local and state and the Harmon family who were so thankful to us for honoring her. The dedication plaque is located on the south side of Dundee Road at the first entrance east of Milwaukee Avenue.

All the best, have a great holiday and safe New Year.

Joe Beemster

Dec 2013/Jan 2014

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Club Officials

Elected Officers

President

Joe Beemster 847-215-2314

V.P.-Ride Chair

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

Treasurer

Johannes Smits 630-893-2835

Secretary

Dave Waycie 847-577-6307

Membership

Mitch Rosset rrkite99@aol.com

Publicity Chair

Pam Kaloustian 847-707-0203
bubbath1@comcast.net

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

Terri Brei 630-606-4341

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

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 - 2013

257 rides by 157 members

162,485 miles

Men:

1	Dennis	Ellertson	6955
2	Paul	LeFevre	5787
3	Kilian	Emanuel	4569
4	Mitch	Rosset	4253
5	Tony	Vercillo	4016
6	Kevin	Moore	3936
7	Brian	Hale	3317
8	Joe	Beemster	3315
9	Alex	Halamaj	3048
10	Dave	Waycie	3033
11	David	Naigles	2951
12	Jim	Boyer	2575
13	Dan	Wiessner	2527
14	Jim	Flechsigg	2399
15	Tom	Wilson	2282
16	Peter	Guzik	2257
17	JV	Villadolid	2175
18	Brian	Blome	2064
19	Leonard	Geis	1984
20	Frank	Bing	1969

Women:

1	Sheri	Rosenbaum	4409
2	Emily	Qualich	3870
3	Pam	Kaloustian	2661
4	Pat	Calabrese	2482
5	Eva	Larson	2392
6	Betsy	Burtelow	2351
7	Reinhilde	Geis	2126
8	Marianne	Kron	1965
9	Deb	Wilson	1683
10	Anna	Swietczak	1663
11	Terri	Brei	1535
12	Cindy	Trent	1502
13	Ella	Shields	1437
14	Virginia	Savio	1280
15	Laura	Randazzo	1271
16	Paula	Matzek	1189
17	Ellen	Heineman	1166
18	Lisa	Tracey	1106
19	Pam	Burke	1071
20	Barbara	Barr	984

BOARD MEETING

The next board meeting is Sunday, January 12, 2014, 5:00 p.m. at the home of Sheri Rosenbaum.

All Board members are requested to attend.

2014 MEMBERSHIP RENEWAL

It's time to renew your membership.

Please send back the 2014 renewal application on page 6. Please send your renewal form back as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2014 Ride Schedule. Due date for renewals is **March 1, 2014**

If you have any questions contact Mitch Rosset at rrkite99@aol.com

2014 CHICAGO WINTER BIKE SWAP

January 18, 9:30 to 3:30
Harper College

\$5 admission for adults

Kids 12 and under free

FREE PARKING

--Road, tri, mountain, single speed, track-

--Recumbent, commuter, classic, kids, cyclocross--

--Components, equipment, clothing--

--New and used--

Whatever your velo needs, there is something for everyone in the 30,000 sq ft of the Chicago Winter Bike Swap!

Browse the BIKE CORRAL for a selection of hundreds of new and used complete bicycles at discount prices

1200 West Algonquin Rd, Palatine

www.chicagowinterbikeswap.com

WEEKLY SHOW N GO 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

DECEMBER/JANUARY TRAIL RIDES & HIKE

Day	Time	Ride/Start	Trail	Directions
Sat Dec. 14	10:00 a.m.	Millennium Trail	Crushed Limestone	Lakewood Forest Preserve West on IL 176, south on Fairfield to parking lot on left, east side of Fairfield.
Sun Dec. 22	10:00 a.m.	Des Plaines River Trail Northbound	Packed crushed limestone	Start at the Dundee Road parking area. The lot is just East of Milwaukee Ave. on the South side of the road
Wed Jan.1	10:00 a.m.	Ride the Temperature Miles to be decided by the temperature	Road Ride	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
Sun Jan. 12	10:00 a.m.	Hike to the Russian Orthodox Cemetery 7.5 miles		Start from Mitch's house: 1674 East Forest Ave. Des Plaines IL

Contact Mitch Rosset with any questions 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.



JERSEY'S

We are planning on showing our newly designed jersey, thanks to Tom Wilson, either before or during our Holiday party December 8th. Brian Hale will be bringing a kit from Voler so that you

can confirm what size fits best. This change of design will be our first one in several years.

You will be able to order and pay for your jerseys online via the vendor's custom web site. Watch the WW website and Yahoo group for the design, updates and ordering information.

BALLOT RESULTS

Joe Beemster - President
 Sheri Rosenbaum - VP/Ride Chair
 Johannes Smits - Treasurer
 Dave Waycie - Secretary
 Mitch Rosset - Membership
 Pam Kaloustian - Publicity

Bob Savio Good Samaritan Award

Dennis Ellertson

Best New Ride 2013

Twice Baked Bakery Ride
 Dave Waycie & Cindy Kessler

Most Improved Riders

Alex Halamaj
 Terri Brei

TIPS FOR SETTING CYCLING GOALS

Without goals, and plans to reach them, you are like a ship that has set sail with no destination. **Fitzhugh Dodson**

It's easy to amble through the year doing a few rides now and then when the weather is good and when you feel like it. But before you know it one year rolls into another and you haven't really achieved anything.

By far the biggest achievers in life are goal setters. They think about what they want, and then move forward to make those goals reality. Make this year a great cycling year and set yourself some big goals. Here are six tips to help you achieve great things:

1. Take time to think about what might really motivate, excite you and what you feel passionate about when it comes to cycling. Then set a goal that aligns with this passion. You must set a goal that is yours, not anyone else's, and you must really want to achieve it for it to be compelling enough for you to make sacrifices to achieve it.

2. Write down the goal. There's something about writing down a goal that creates a powerful connection and commits you to it in a way that is otherwise not possible. Write down something like "My goal this year is to [whatever you want to achieve] on [date]."

3. List the tasks you need to do to achieve the goal. Breaking a big goal down into manageable chunks makes it much less

daunting and more achievable. Then keep the list where you can review it regularly so you remind yourself what your target is. Subconsciously your brain will help you move towards the goal if you keep reminding it what the goal is.

4. Make the goal a tangible one with a specific date. Which one of these do you think has more power?

- "Ride the Round the Bay in a Day in 4 hours 50 minutes by 30 October 2013"
- "Finish a 100km bike ride" A specific achievement with a specific date creates focus for your brain and drives you to work towards attaining it.

5. Tell other people (friends, family, work colleagues) what your cycling goals are for the year. It will reaffirm your commitment and it will also make sure you achieve them. It's a lot harder to back out of your goals when other people know about them. They'll ask you how your training is going and that, in itself, will keep you motivated. You'll also get to glow in their praise when you finally achieve the goal!

6. Be realistic in the number of goals you set. Identifying one long-range cycling goal, like completing your first 100km ride or competing in your first 24 hour ride, can lead to a multitude of tasks that keep you busy for months. If you overburden yourself you'll end up achieving nothing. So assess your time commitments, what you might sacrifice and what is manageable.

Go ahead; set yourself a big cycling goal or two. You'll be amazed at what you can achieve.

From bobsbikes.net



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 contact Pam to sign up to bring appetizers, desserts or drinks.

E-mail at pamelaburke2000@yahoo.com

Adults Only

*Directions: Entrance to sub-division is off Buffalo Grove Rd, north of Dundee Rd. Go north on Buffalo Grove Rd and turn right on Cobbler Dr (Arlington Club entrance). At the stop sign go left on Arlington Rd. Clubhouse is on the right. Guest are required to park on the WEST side of Arlington Rd (opposite the club house).

CLUB APPRECIATION NIGHT

Thursday, December 5, 5 –9 pm

Mike's Bike Shop will be hosting Club Night. This is a yearly event honoring our most valuable customers: Bike Club members, road warriors who shop with us consistently throughout the year, cyclists who participate in our weekly shop bike rides, and commuters.

Everything in the store will be discounted 20% *excluding bikes, sale items, and labor.*

Great deals are being offered on select items:

- Serfas Seat Stay Taillight, normally \$20 – sale price \$10.
- Yard Spinners/Whirligigs · Tires
- Helmets · Gloves

A Sales Representative from Terry Bicycles, will offer fashionable, functional, and fun female cycling clothing, both 2013 winter clothing and 2014 spring clothing. The 20% discount will apply.

As always, we will offer a selection of refreshments: beer, wine, and food.

Please be aware that road construction is underway near the shop and you may need to park next door at Grammy D's or at Ahlgrim's Funeral Home.

If you have any questions call 847-358-0948 or email wmikes@yahoo.com

Mike's Bike Shop
155 N Northwest Highway, Palatine, IL



To David & Alexis Newman for hosting the annual chili ride and Sheri Rosenbaum for coordinating all the details.

Approximately 35 people enjoyed great salads, yummy chili, scrumptious desserts and lively conversations. A wonderful time was had by all.



FRIDAY, DECEMBER 13, 6:30 A.M.

Participants will ride their bicycles from Amlings Cycle, 8140 Milwaukee Ave in Nilus, 847/692-4240, to Mystic Celt, 3443 N. Southport in Chicago, about 12 miles one way, to meet a waiting truck from the Marine Corps. We'll then enjoy a hot breakfast courtesy of Mystic Celt.

Those wishing to join the ride need to pre-register (on line @ <http://toyridechicago.com>), or stop in at the shop. There is no cost to ride other than bringing a new, unwrapped toy for a child.

If you would like to help out, but don't want to ride your bike, you can drop off a new unwrapped toy at Amlings Cycle.

2014 WHEELING WHEELMEN MEMBERSHIP RENEWAL

Name: _____

Address: _____

City, State, Zip: _____

Phone: (____) _____

E-mail: _____ OK to share with bicycling organizationsMembership type: Single \$20.00 Family \$25.00

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: Please send via e-mail I prefer a paper copy

Membership Agreement:

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 complementary 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.

_____ Date: _____
Applicant's Signature

Signatures of other riders, if Family Membership:

_____ Age: ____ _____ Age: ____

_____ Age: ____ _____ Age: ____

Please **SIGN** application and return with check to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304. **Due date for renewal is March 1, 2014.**

If you would like to receive a membership roster, contact Mitch Rosset at wheeling@wheelmen.com

<p>Top 100 Dealer in USA. Top 50 Trek Dealer. Over 30 yrs. in Business</p>		
 <p>Arlington Heights • Elk Grove Village • Barrington</p>		
	<p>THE BEST WAY TO TRAIN ◆ Computrainer Training Center</p>	
<p>Areas largest Selection of Tandems, Recumbents and Folding Bikes</p>		<p>Get the right fit with the Slow Twitch Certified Fit Specialists</p>
<p>www.villagecyclesport.com 45 Arlington Hts. Rd. • Elk Grove Village, IL 60007 • 847-439-3340 1326 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650 203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200</p>		<p>Ask for your <i>Wheeling Wheelmen Discount</i></p>

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
Board Meeting
November 19, 2013**

Present: Joe Beemster, Pam Kaloustian, Sheri Rosenbaum, Ella Shields, Johannes Smits, Dave Waycie

The meeting was called to order at 7:10 pm.

Treasurer's Report: Checking account balance \$22,928. We will publish a final financial report after the first of the year.

Membership: Cards will reflect March 1 expiration date.

2014 Ride Schedule: The schedule is complete. Host signups at the Holiday Party.

Publicity: Pam and Barb have had a transition meeting. Pam is working on setting up a Bike Safety event at Lake Arlington.

Jerseys: We are within one or two jerseys of achieving the minimum order quantity for the re-order of the existing design.

New design and fit kit will be available at the Holiday Party. Brian Hale will coordinate ordering.

North Suburban Active Transportation Council: Joe participated in a meeting November 5. The council's role is to work with communities to improve cycling safety. Joe will continue to participate.

Meetings: February 5 – Julie Hochstadter – The Chain Link. (Note this is a Wednesday due to school availability.)
March 6 – Attorney Mike Keating
April 3 – TBD

Amlings Holiday Toy Ride: Approved \$300 donation.

Newsletter: December/January – 2013 recap.
February – Anna
March – Sheri – Ride Schedule.

Next Board Meeting: Sunday, January 12, 5:00. Sheri will host.

The meeting was adjourned at 8:10.

Dave Waycie, Secretary



**Wheeling
Wheelmen**

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

We are on the web
wheelmen.com



SAVE THE DATES

Holiday Party - Sunday, Dec 8
Club Meeting - Wednesday, Feb 5
Picnic - July 13



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