



# MONTHLY MEANDERS

## Tucson - A Cycling Mecca

Visiting Tucson has been on my "to do" list for over 20 years, even before I became an avid cyclist. I just heard what a great place it was for hiking and biking. When Tricia, a former Wheelmen, moved there over a year ago, I was excited to have a friend to visit. And with our winter being so bad I booked the trip.

The last week in February, Dan Wiessner and I headed to visit Tricia and Jim. They were a perfect tag team for us. Tricia our cycling host. Jim to lead us on hikes. We joked all week that we were attending their winter boot camp.

**Day 1** - We arrived at noon on Saturday, and headed to Fairwheel Bike Shop in downtown Tucson to pick up Dan's Specialized Roubaix rental. Then off to our hotel in Oro Valley. I had shipped my bike so we assembled our bikes and headed out to the bike path that ran right behind our hotel. With gears checked and seats adjusted we were ready to go the next day.

The first thing we noticed on the drive from the airport to the hotel was the vast number of cyclist, of all ages, and riding all types of bikes. Also

there are bike lanes everywhere and that motorists and cyclist co-exist in perfect harmony. Chicago could definitely learn from Tucson.

**Day 2** - Tricia planned the first ride where we left right



from our hotel. She said the route she designed was to test our climbing and fitness. I arrived with only 25 outdoor miles and Dan had a week of Florida riding under his belt. I was counting on the VQ computrainer sessions, spin classes, boxing, swimming, snow hikes and Pilates to have kept me fit enough to make it through the week. Fingers crossed!

We headed out Oracle Rd to Catalina for a 36 mile ride and 1500 feet of climb. Dan and I faired very well and had the energy to go out after-

wards with Jim for a 2.1 mile hike at Honey Bee Canyon Park.

**Day 3** - We left from Tricia's house and headed past Dove Mountain where they had a PGA tournament the day before. The ride started with a longggggg downhill for about 6 miles. As we were enjoying the ride, it occurred to us we'd have to climb back out to get back. Oh well. We rode around an area called "the farms" and then headed back towards home. And yep, there was the long 5 mile climb up. Just put it in a small gear and spin. That day we did 41.7 miles and 1,000 ft of climb.

After the ride Tricia passed the baton over to Jim who took us hiking in the Tortolita Mountains. We did 3.7 miles on that hike.

**Day 4** - Still alive and kicking, we did a ride to Gates Pass Road, Saguaro National Park West, Tricia had been talking about this ride even before we got there. Sounded beautiful and challenging. It was a 49 mile ride with a 2 mile climb up to Gates Pass where we saw grades from 1.5%-14.5%. We were met with a spectacular view at the top. As we headed back to

April 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

## APRIL CLUB MEETING

The club meeting will be on Thursday, April 3, 7:00 p.m. at McArthur Middle School, 700 Schoenbeck Road, Prospect Heights, meet in the library.

Our guest speaker will be Ed Barsoti of LIB.

## BOARD MEETING

The next board meeting is Monday, May 5, 7:00 p.m. at the home of Joe Beemster.

All Board members are requested to attend.



## 15 DEGREES AND 160 CUPS OF HOT WATER

With the first rider arriving at 7 am and over 60 cyclists braving the bitter cold of 15° and 25 mph winds, it was clear that riders were eager to participate in the first invitational ride of 2014.

That's really a tribute to our club's reputation for putting on a legendary event.

We want to thank all of the 55 volunteers who gave up their Sunday and other days leading up to the St. Patrick's Day Ride, to host another outstanding invitational ride to our guest cyclists.

Cookie bakers, marking crews, support drivers, parking volunteers and registration teams all contributed to this success. An extra special round of applause goes to the parking team who stood out in the bitter cold. They literally froze their hands, feet, faces, legs, arm and butts off. *What a spectacular job by everyone!*

We are also appreciative of the vendors who supported this ride: Village Cycle Sport provided mechanical expertise, Deerfield Bakery and Rockin-Ribs brought cookies and donuts to fuel the riders. Say an extra thanks to these vendors the next time you see them.

The cold temperatures encouraged cyclists to linger inside, thaw out, eat wonderful sweet treats and drink gallons of coffee and hot chocolate – at least 160 cups of warm fluids to chase away the cold..

And this cold day was one for the books.

Thank you to all. Till next year and warmer weather...

Anna and George

### 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

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	Ride Host
Sat. 4/5	9:00	Honey-Do Ride	<b>Grassy Meadow Forest Preserve</b> 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
	9:00	Lou's Commute	<b>Lakewood Forest Preserve</b> West on IL 176 to Fairfield Rd., left to Ivanhoe, left into parking lot	41	Debbie Breit 847-321-5959
Sun. 4/6	9:00	Sunday Short Ride	<b>Long Grove Commons</b> Long Grove Commons Shopping Center at Rt 22 and Old McHenry Road. Park in lot north of the PNC Bank.	~31/55	Larry Frank 847-832-0630
Sat. 4/12	9:00	Honey-Do Ride	<b>Grassy Meadow Forest Preserve</b> See above	30-58	Len & Reinhilde Geis 312-209-0279
Sun. 4/13	9:00	Sunday Short Ride	<b>Long Grove Commons</b> see above	~31/55	Joe Beemster 847-215-2314
Sat. 4/19	9:00	Honey-Do Ride	<b>Grassy Meadow Forest Preserve</b> See above	30-58	Barb Barr 224-578-0624
Sun. 4/20	9:00	Sunday Short Ride (Easter)	<b>Long Grove Commons</b> See above	~31/55	Len & Reinhilde Geis 312-209-0279
Sat. 4/26	9:00	Honey-Do Ride	<b>Grassy Meadow Forest Preserve</b> See above	30-58	Mitch Rosset 847-814-3107
	9:00	Walworth Flats	<b>McHenry Co College</b> Rt 14, two miles north of Rt 176. Crystal Lake, IL. Meet in north parking lot	30/58	Dan Wiessner 847-736-3484
Sun, 4/27	9:00	Sunday Short Ride	<b>Long Grove Commons</b> See above	~31/55	Tony Vercillo 847-691-7049

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

**THE ARLINGTON BIKE SWAP**

**Saturday, April 26**

The Arlington Heights Bike Swap is an annual community event featuring hundreds of bicycles.

The swap is held at Centennial Park, 1209 Burr Oak Drive, Arlington Heights. Centennial Park is located adjacent to Riley School.

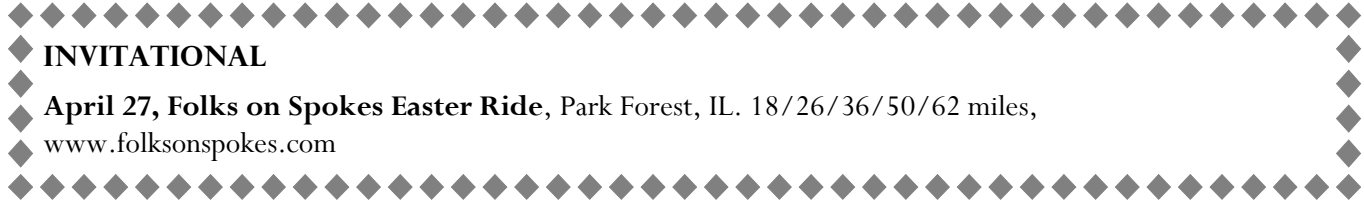
The Arlington Heights Bike swap allows everyone to sell or

purchase bicycles and bicycle related items. The Arlington Heights Bicycle Club runs the event like a garage sale. Sellers set their own prices. The swap is ideal for anyone who has out grown their bicycle; has bicycles they no longer use; or want to upgrade their bicycle.

For info see [cyclearlington.com](http://cyclearlington.com) or email [swap@cyclearlington.com](mailto:swap@cyclearlington.com)

**CASH ONLY**

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 starts April 8	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	Tom Wilson 847-632-1412
Trail rides Wednesday Starts April 2	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.	Dennis Ellertson 847-255-9323
Wednesday starts April 9	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
Thursday Starts April 10	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



**INVITATIONAL**

**April 27, Folks on Spokes Easter Ride**, Park Forest, IL. 18/26/36/50/62 miles,  
[www.folksonspokes.com](http://www.folksonspokes.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@yahoo.com](mailto: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.

### Wheeling Wheelmen Board Meeting March 18, 2014

**Present:** Joe Beemster, Pam Kaloustian, Sheri Rosenbaum, Ella Shields, Anna Swietczak, Dave Waycie

The meeting was called to order at 7:05 pm.

**Treasurer's Report:** St. Pat's recap. Not everything is in yet, but we estimate a loss of about \$600.

**Membership:** Renewals have accelerated over the past month. We are also seeing a number of new members..

**Publicity:** Village Cyclesport Ladies Night is May 7. We help with publicity. We have also been asked to staff a vendor table to publicize the club. Plan to offer a prize or two (e.g. Harmon registration, one year membership) were discussed.

**St Pat's Ride:** Even with the brutal weather, we had just over 60 riders. We can happily report there were no acci-

dents (at least reported) and no injuries. We offer a special thanks to our parking crew, who suffered greatly with the cold and wind. Scheduling options were discussed. We will need to order new T-shirts for next year as well. Thanks to all who helped out.

**Jerseys:** As far as we know, all jersey orders have been filled. We did reach a volume discount level, so credits were distributed by Voler.

#### Meetings:

April 3 – Ed Barsotti - LIB

**Newsletter:** May– Pam  
June- Mitch

**Next Board Meeting:** Monday, May 5, 7:00. Joe will host.

The meeting was adjourned at 7:45.

Dave Waycie, Secretary



### HELP NEEDED FOR BIKE RODEO SATURDAY, MAY 10

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.

Pam Kaloustian 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 Pam Kaloustian at 847-707-0203 to volunteer and to get more details.

### RAGBRAI PRESENTATION

When: Sunday, May 4, 2:00 p.m.- 3:00 p.m.

Where: Vernon Area Public Library District, Meeting Room, 300 Olde Half Day Road, Lincolnshire

Take a journey with writer and biking enthusiast Greg Borzo to discover RAGBRAI, the world's largest, longest and oldest bicycle touring event. Every year, cyclists from fifty states and dozens of countries ride across Iowa while thousands of Iowans welcome, feed and shelter them. Greg shares stories and photography from his book that illustrate RAGBRAI's kaleidoscopic character.

Registration is required. Register online at <http://bit.ly/bike2library>, or by telephone at 224-543-1485, or in person at any public service desk in the library.

to the car, Tricia pointed to a distant mountain and said "wanna climb that?" I didn't want to be the one to wimp out, plus I was feeling okay, so I let Dan decide. So up we went to the top of Sentinel Hill. This is where they have the giant white A on the side of the "hill" for the University of Arizona. This was a shorter climb than Gates Pass but much steeper. My Garmin seemed to like constantly showing an 8% grade (also saw a 20% and 17.3%). Once at the top, we had a great view of Tucson.

After the ride, having ridden 48.4 miles, two mountains, 2,100 ft of climb and a Strava suffer score of 151 (extreme), we opted to steal the baton from Tricia and not let Jim take it. Thus, no hike today.

**Day 5** - This was our "rest day" so we gave the baton back to Jim who took us on a hike in Sabino Canyon (Coronado National Forest) on Phoneline Trail. Being a "rest day" the plan was to hike only 4 miles. But heck it was such a beautiful day we called an audible and made it an 8.5 miler. Then had lunch, passed the baton to Tricia and drove out to the Arizona-Sonora Desert Museum. I thought she said Dessert Museum and I was all over that. Well, no chocolate mousse, but a lot of wildlife, plants and my favorite was the hummingbird exhibit. You could sit on a bench and they'd hover right by your head. Some of the birds were building these miniature nests and the eggs were the size of Tic Tacs.

Total hiking for our "rest day" was 10.5 miles.

**Day 6** - Back on the bike, for one of the highlights of the week. We started the

ride at the base of Mt Lemmon and headed over to the Saguaro National Forest East to do the Cactus Forest Loop. This was amazing and so well designed. The 8 mile loop was one way with a 15 mph speed limit (we decided it was just for cars) that undulated and serpentine through cactus and desert flowers as well as mountains on all sides. Since it was a week day there were hardly any cars which allowed us to fly through the first part of the loop. I made myself slow down and take in the breath taking scenery. Then you hit the back end of the loop. Yep, you guessed it more climbing. It was about a 3-4 mile climb with 6-9% grades. Boy, it was tempting to do the loop again if we could avoid the last climb. This is a must see by bike, hike or car. After our joy ride we headed back to the base of Mt Lemmon for lunch at Le Buzz. It is very much a cyclist hangout and reminded us of Deerfield's after a bakery ride. That ride was 34 miles and 1,600 ft of climb.

We let Tricia go home and Dan and I decided to head up Mt Lemmon. Yes, we and our bikes made it up the mountain. Oh, I failed to mention, the bikes were in the back of the car. We saw lots of cyclist heading up. It's a 29 mile, 6,750 ft climb to the top which is at 9,159 ft. and is an out and back road. The average grade is about 7%. We decided we were not in shape to tackle it this trip.

**Day 7** - This was a shorter day as we needed to be done by noon. The route took us through the footHILLS, ups and downs of the neighborhoods and then down Rollercoaster Rd. Tricia had promised a "flat" ride but silly me, I didn't ask, Tucson flat or Illinois flat? We ended up with 30.5 miles and 1,600 ft of climb. We

saw some 10% grades on this ride, too.

**Day 8** - It was time to head back to the polar vortex and get back to work so I could pay for the next trip.

The final tally of Tricia and Jim's Winter Kick Butt Boot Camp:

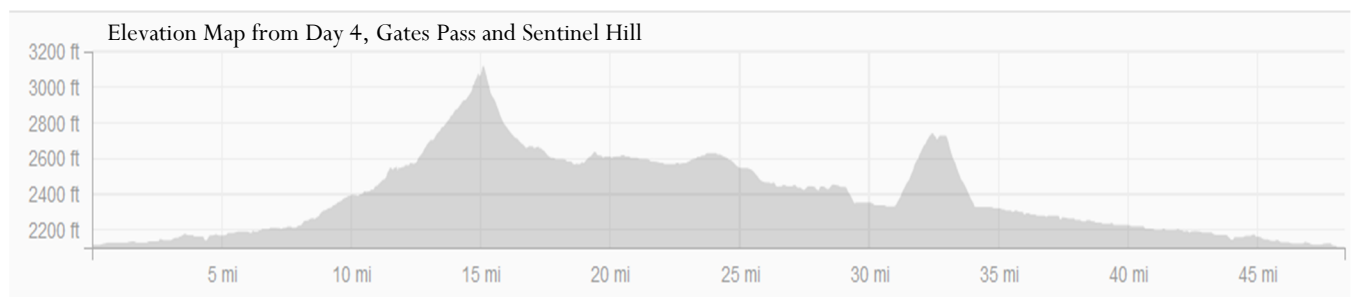
- 192 miles on the bike
- Approx. 8000 ft of climb
- 16.4 miles hiking
- Temps in the 70s every day with 20% humidity
- Countless opportunities to make everyone back home jealous
- Needing a vacation from my vacation (priceless)

Dan and I can definitely recommend Tucson as a biking and hiking destination. Its Bike Friendly Community designation really makes it a Mecca for cyclists. Check out the Cactus Cycling Club for group riding.



I enjoyed the ride!

*Sheri Rosenbaum*



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### MEETING RECAP

The club's March member meeting was very interesting and informative. Attorney Michael Keating reviewed all of the Illinois bicycle related laws and offered various interpretations how we can better protect ourselves in all riding situations. Showing a typical intersection, he demonstrated how various crashes can occur from automotive vehicle negligence. He used various examples how some bike riders were seriously injured by vehicles making incorrect turns and not yielding.

He provided Illinois State Law on Bicycles to each attendee for reference and his presentation was well received.

Visit his website for more info [www.illinoisbicyclelaw.com](http://www.illinoisbicyclelaw.com)



## BIKE EXPO SALE

April 4-6<sup>th</sup>, 2014 | State Fair Park

FRI 12-9    SAT 10-6    SUN 11-5

Wheel & Sprocket  
**FREE ADMISSION**

Wheel & Sprocket's Bike Expo Sale is the *nation's largest bike sale*. With over 2000 bikes and thousands of accessories for sale at the best prices of the year only during this 3-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. We live and breathe bikes.

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](http://bikeexposale.com)



## VILLAGE CYCLE SPORT

Friday, April 11, noon-9 pm

Saturday, April 12, 10 am-6 pm

Sunday, April 13, 10 am-6 pm

1326 N. Rand Rd.  
Arlington Hts.

The sale will be held in their parking lot

visit [villagecyclesport.com](http://villagecyclesport.com)  
for more information and to confirm  
any time changes



**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 - July 13  
Harmon 100 - Sept 7  
Banquet - Nov 9

**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](http://trekhp.com)  
847-433-8735

**THE CYCLERY**  
575 Ela Road, Lake Zurich  
847-438-9600

**VILLAGE CYCLESPORT**  
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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](http://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](mailto:BikeLeague@aol.com)  
Web Site: [www.bikeleague.org](http://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