



MONTHLY MEANDERS

Marianne Kron, A Master of Racing

July 2014

Writer's Note: *I had the privilege of interviewing Marianne for this article. She is an amazing and dedicated Cyclist who has continued to pursue excellence in bike racing.* Joe Beemster

Marianne was born in Nuremberg, Germany and got her first bike when she was ten years old. Without an automobile in her family, she rode her bike to and from her job including an extra trip each day to go home for lunch. She didn't pursue bike racing as a teen but was very active in her Gymnastic Club.

She emigrated to the U.S.A. when she was 18 and married Willi Kron, a German bike racing champion, who moved to the U.S. earlier. They resided in the Roseland Neighborhood on the far south side of Chicago.

As active members of the South Chicago Wheelmen, Marianne and Willi trained and raced together. Many of you may recall, Chicago sponsored the Pan American Games in 1959. The City constructed a 1500

Meter Velodrome at Gate-ly Stadium on the south side and held the road races on Lake Shore Drive. The South Chicago Wheelmen trained to represent the USA in the events. Marianne and Willi trained



2006 Masters National Championship
Colorado Springs, Colorado

hard but unfortunately missed the qualification and didn't make the U.S. team. They continued to race however in Kenosha, Milwaukee and in the Chicagoland area. They placed well in these events winning several State championships

Marianne retired to raise their two sons, Peter and Robert, who began racing

at 8 and 10 years old. Both boys participated in the U.S. Junior Cycling teams (16 to 18 yrs. old) and attended the Olympic Training Facility in Colorado Springs. Peter would go on to win both Illinois

State and National titles in his age bracket both in Road and Track events. Robert made the Junior World Team and raced in Italy at the Junior World Championships representing the United States and also won other State Junior Championships.

Returning to racing, Marianne entered various rides in the over 40 year old Masters series in the mid 1990's. She really took off in winning:

- Illinois State Championships
- First place World Senior Games at the Huntsman races in St. George, Utah
- First place in the Austrian World Masters Championships in 2000

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Welcome New Members

Guy Ockerlund,
South Barrington

Don Miller,
Arlington Hts

Shapoor Guzder,
Hawthorn Woods

Leslie Scott, Libertyville

Ray Spangler,
Schaumburg

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

TOP 20 MILES

Through June 14

96 rides by 119 member s,
Max Miles = 3,540

1	Dennis	Ellertson	2579
2	Paul	LeFevre	1826
3	Kilian	Emanuel	1676
4	Mitch	Rosset	1489
5	Brian	Hale	1326
6	Alex	Halamaj	1261
7	Joe	Beemster	1182
8	David	Waycie	1137
9	Jim	Boyer	1131
10	Tony	Vercillo	1116
11	David	Naigles	1060
12	Kevin	Moore	1008
13	Tom	Wilson	904
14	Jim	Flechsing	892
15	James	Chrestman	891
16	Brian	Blome	853
17	JV	Villadolid	840
18	Michael	Maylahn	822
19	Barry	Yatzor	763
20	Jorn	Lim	746
1	Emily	Qualich	1647
2	Sheri	Rosenbaum	1545
3	Betsy	Burtelow	1151
4	Eva	Larson	929
5	Pat	Calabrese	899
6	Pam	Kaloustian	800
7	Ella	Shields	758
8	Anna	Swietczak	670
9	Pam	Burke	642
10	Cindy	Kessler	587
11	Deb	Wilson	570
12	Lisa	Tracey	489
13	Dani	Peterson	481
14	Terri	Brei	427
15	Laura	Randazzo	415
16	Virginia	Savio	376
17	Reinhilde	Geis	336
18	Paula	Matzek	275
19	Cindy	Trent	254
20	Ellen	Heineman	235

BOARD MEETING

The next board meeting TBA

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)

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.

Date	Time	Ride Name	Starting Location/Directions	Miles	Ride Host
July Ride Schedule	Cue sheets will be provided and there's no sweep. Riders break up into their own groups usually based on speed (riders may be dropped). All riders must wear a helmet, have a bike in good working condition, ride safely and obey all traffic laws. We suggest you arrive 15-30 minutes early and carry a spare tube/patch kit, water, ID, cell phone, \$\$ and nutrition.				
Fri. 7/4	9:00	Hills and Horses	Community Park I-90 to Rt 59 North. Right on Higgins, left on Bartlett Rd, left on Bridges Dr to the park on the right	43	Ellen Heineman 630-624-3246
Sat. 7/5	8:00	Honey-Do and Extended Do	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90	30-72	Barb Barr 224-578-0624
Sun. 7/6	9:00	Sunday Short Ride	Long Grove Commons Long Grove Commons Shopping Center at Rt 22 and Old McHenry Rd. Park in lot north of the PNC Bank.	~31/55	Frank Bing 847-814-9925
Sat. 7/12	8:00	Honey-Do	Grassy Meadow Forest Preserve See above	30-58	Jim Flechsig 847-584-4517
	9:00	TINFU	Evergreen School I-90 west to US 20. Turn right on S. Union Rd. Turn right on E. Coral Rd. Turn left on Northrup. Turn right on Washington to school.	50/75/100	Dave Waycie 847-845-9663
Sun. 7/13	9:00 Ride 12:00 Picnic	Club Picnic Art Cunningham Memorial Ride	Heron Creek F.P. Shelter B 0.2 miles south of IL22 (Half Day Rd) on the west side of Old McHenry Rd. 2.3 mile hiking trail available for those who want to hike.	39/47	Kilian Emanuel 630-251-6798
Sat. 7/19	8:00	Retro Harmon	Wauconda H.S. North on US 12 to Bonner Rd, right to Old Rand Rd/Main, right to the high school on right.	30/60/100	Paul LeFevre 224-234-0615
	8:00	Honey-Do	Huntington Plaza Due to another event at the Paul Douglas FP, the ride start location will move to Huntington Plaza at the corner of Algonquin and Huntington in Hoffman Estates	30-58	Todd Berlin 847-910-5336
Sun. 7/20	8:30	Darwin Ride	Long Grove Commons See above	70	Dave Waycie 847-845-9663
	9:00	Sunday Short Ride	Long Grove Commons See above	~31/55	Joe Beemster 847-215-2314
Sat. 7/26	8:00	Honey-Do and Extended Do	Grassy Meadow Forest Preserve See above	30-72	Mitch Rosset 847-814-3107

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

July Ride Schedule - continued

Date	Time	Ride Name	Starting Location/Directions	Miles	Ride Host
Sun. 7/27	8:00 am for 100	Geneva Century	Heron Creek F.P. (100 mile start) Shelter B 0.2 miles south of IL22 (Half Day Rd) on the west side of Old McHenry Rd.	100	Paul LeFevre 224-234-0615
	10:00 am for 50	Geneva Lite	Veteran's Park (50 mile start) I-94 or IL-59 north, turn left onto IL-120 and cross the Fox River. Turn right onto Park St for one block.	50	Larry Frank 847-832-0630
	9:00	Sunday Short Ride	Long Grove Commons Long Grove Commons Shopping Center at Rt 22 and Old McHenry Rd. Park in lot north of the PNC Bank.	~31/55	Jim & Betsy 847-204-8274

WEEKLY RIDES

Day	Time	Ride	Start/Directions	Miles	Ride Host
Tuesday & Thursday	9:00 am	Deerfield Bakery 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	25-40	Kilian Emanuel 847-296-7874
Tuesday	6:00 pm	Working Stiff's Ride	Stempel Parking Lot On the west side of Old McHenry Road, behind the Read Oaks Store. West of IL 53, Long Grove, IL	18-27	Tom Wilson 847-632-1412
Trail / Road ride Wednesday	10:00 a.m.	Blue Star Memorial Woods	East Lake Ave., Glenview. East of Waukegan Rd, between Wagner and Harms near overhead trail bridge. Park- ing lot on the south side of E. Lake Ave.	33	Dennis Ellertson 847-255-9323
Wednesday	5:30 pm	Hill and Dale Ride	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	25-35	Anna Swietczak 312- 969-1010
Thursday	6:00 pm	Thursday Night Ride	Heron Creek Forest Preserve Located on the SW Corner of RT 22 and Old McHenry Road, park at shelter B.	30	Paul Lefevre 847-670-3501
Friday No ride July 4	10:00 a.m.	Lunch Ride to Taste of Libertyville	Willow Stream Park See above	33	Frank Bing 847-814-9925 7/25 Earle Horwitz 847-571-0021



**JOIN US FOR THE
ANNUAL WHEELING
WHEELMEN PICNIC
SUNDAY, JULY 13**

Rides will start @ 9:00 a.m.

There are also hiking and biking trails

The club will supply food which will be served
afterward, about noon

BYOB

We will have a communal ice chest if you want
to share your beverages

Heron Creek Forest Preserve

Shelter B

Located on the southwest corner of Route 22
and Old McHenry Road

**Please RSVP to Al & Cindy Schneider
at 847-696-2356**

or e mail at cindy1749@clear.net



**Tour de France
2014**

Running from Saturday July 5th to Sunday July 27th 2014, the 101th Tour de France will be made up of 21 stages and will cover a total distance of 3,656 kilometres (before rati-

fication).

THESE STAGES HAVE THE FOLLOWING PROFILES:

- 9 flat stages
- 5 hill stages
- 6 mountain stages with 5 altitude finishes
- 1 individual time-trial stage

2 REST DAYS, 9 NEW STAGE CITIES

Leeds, Harrogate, York, Sheffield, Cambridge, Ypres, Oyonnax, Risoul, Maubourguet Pays du Val d'Adour

INVITATIONAL'S

July 4, 4th of July Metric Century, Plainfield
30/45/62, Diane, 815-325-8053
jbianch@sbcglobal.net, jolietbicycleclub.org

July 12, RAIN Ride, Terre Haute, IN, 160 miles
bloomingtonbicycleclub.org/events.php

July 13, Biking with Beanie, DeKalb,
20/40/60/80/101, 331-442-4166
bikingwithbeanie@yahoo.com

July 19, Z Tour, Princeton, IL, 10/29/40/50/62/100,
815-875-2335, ztourinfo@gmail.com

July 20-26 RAGBRAI, 7 day ride, 418 miles through
Iowa ragbrai.com

July 26, Lake Country Classic, Oconomowoc, WI.
15/25/45/65/100, bayviewbikeclub.org/classic.htm

July 27, Ace Hardware Century, Matteson, IL.,
12/25/50/100, benefits Children's Miracle Network
Kourtney King, 630-990-6913,
kking@acehardware.com

July 27, 27th Annual Gourmet Bike Tour, Neenah,
WI. 4/8/12/25/55/75/100,
www.bestfriendsnm.org/news--events/gourmet-bike-tour

Sept. 28, Apple Cider Century, Three Oaks, MI
15/25/37/50/62/75/100 miles
<https://applecidercentury.com/>

(Continued from page 1)



Director of Austrian Masters Race congratulating Marianne for first place win in 2000

- Second place World Masters Track Championship in Manchester, England
- First place in the Louisville KY and Ft. Smith AR national races

She still competes in the two person time trial with the Midwest Masters Bicycle Club. Marianne and her partner, Nancy Beck, participate in this event each July. Nancy's husband Bob also races and has won in his category. She also trained with Wolfgang Freitag, another former Masters Champ and Coach. Marianne continues to be an active member of the Wheeling Wheelmen.

This is only part of the reason why Marianne is so revered in the bike racing circuit. She is a great inspiration and continues to help others in improving their cycling performance.

MY BIKE IS MESSED UP!!

WHAT DO I DO??

We have all been there, in the middle of a ride and your bike messes up. For you gals I can relate, you are indeed in a real panic as to what to do next. For you guys, it is "OUR DUTY" to pitch in and help out "anybody" that is having difficulty. So what is a set of "BASIC" rules to be prepared?

- A) We should all carry at least one (1) spare tube/patch kit, tire removal tools, and an inflator.
- B) Cash hidden someplace to allow for an emergency plan.
- C) Basic Bike tool to adjust screws or nuts that rattle loose during a ride. (Bike shop will show you)

BASIC PROBLEMS THAT YOU WILL ENCOUNTER:

- 1) **Rubbing brakes.** This is no big deal. Do not PANIC! Simply release the brake adjusting lever near the side of the brake and widen the pucks and deal with the rubbing after the ride. (If unsure what this is, ask).
- 2) **Grinding gears.** This is also no big deal. You must adjust the cable adjuster a "few turns" at a time Clockwise (or counterclockwise) until the gears quiet down. Cables stretch and you must remove the slack over time.
- 3) **Flat tire.** For all of you it is wise to "AT LEAST" learn how to change a tire so you can do it if necessary. Shift to smallest gear to easily remove rear tire.
- 4) **Rattling wheels:** Make sure you have set the quick releases properly, and no lose spokes or banging cables.
- 5) **Rattles or lose screws:** Pull out you handy tool from the pouch and secure any lose screws as you do not want things to

fall off or get caught in your wheels.

GOOD RULES OF THUMB

1. Never loan tools to friends.
2. If it's threaded, grease it.
3. You can't properly adjust a bicycle that is dirty and not lubricated. **(CLEAN YOUR BIKE)**
4. Perfect the art of changing a flat. **No excuses.**
5. Nylon tire levers are better than metal ones.
6. Measure twice, then cut. This especially goes for steerer tubes and integrated seat posts.
7. When disassembling something, keep track of the order in which you remove parts. It takes the mystery out of putting it back together.
8. Check tire pressure before every ride, especially if you're running tubeless.
9. The **three most important tools** to have on a ride: a multi-tool with a chain breaker, a pump or CO2, and a patch kit or tube.
10. When tinkering with anything near your cranks, shift into the big ring first so you don't mangle your hand on the chain ring teeth.

STAY CALM, RIDE ON

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Ask for your
*Wheeling
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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

Wheeling Wheelmen Membership Application

Name: _____ Spouse's Name: _____

Address: _____ Children's Names: _____ Age: _____

City, State, Zip: _____ Age: _____

Phone #: _____ E-mail: _____

New Member? Renewal? 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



**Wheeling
Wheelmen**

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



We are on the web
wheelmen.com

Join us on



SAVE THE DATES

July 13 - Picnic
Sept . 7 - Harmon
Nov. 9 - Banquet



Sept. 7

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