



MONTHLY MEANDERS

RIDE THE ROCKIES - 2014

September 2014

Dan Wiessner, Kevin Moore and I had a great time out in Colorado again this year.

We went out early and did some pre-riding that was fabulous along the superb Denver area bike path system. Ride the Rockies is sponsored and organized by the Denver Post and features some great routes and scenery; combining into what we called "Colorado biking nirvana". We have nothing here in the Midwest that compares with Colorado biking!!

Our first day's ride up thru Boulder Canyon over roads that RTR was able to close to traffic was the first test. Bright sunshine led us from the foothills of the Rockies up into the high mountains to the west. We rolled on through Blackhawk and Central City but had to hole up in Central City under awnings around mid day with a freakish storm that unleashed lightning, thunder, hail and finally snow. When that let up, we moved on towards the highlight of the day, Berthoud Pass at 11,315 feet. As we

approached the pass it got windy and cold. More rain and possibly snow seemed likely to be ahead based on the radar. We decided to hang out in Empire and get warmed up, and maybe even SAG to our destination for the night, Winter Park.



Left to right Dan Wiessner, Kevin Moore & Brian Hale

Most of the other tour riders felt the same way and Empire got very crowded. We missed a load of folks leaving in a bus since we had already "warmed up" so we decided to give the climb a shot. We made it about 4 miles further but the head winds and cold were getting to be too much. Further ahead, the dark skies looked ominous. So we made what turned out to be a good decision and headed back to Empire.

As it turned out, authorities declared a "state of emergency" and closed the route shortly thereafter. So after waiting a bit longer we ended up being bused over Berthoud Pass through a snowstorm and wet roads up high and then down into

Winter Park, where we stayed in the Rec Center for the night; drying out and warming up. We were cold and wet but learned a valuable lesson to "be prepared" for anything that Mother Nature in Colorado can throw at you.

The morning found our bikes covered in frost, and ice from

the sub freezing overnight temperatures. We thawed them out in the bright morning sun, dressed warmly, pumped up tires and headed north up and over Muddy and Rabbit Ears Passes (9426') in ease and with the fortitude of the best Wheeling Wheelmen "NO WHINERS" tradition!!! After celebrating summiting Muddy and Rabbit Ears, we rocketed down into a warm and sunny Steamboat Springs for a

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Welcome New Members

Bill Burke, Chicago

Roger Newell,
Libertyville

Kris, Anna & Chris
Wiatr, Long Grove

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 Aug 12
174 rides by 54 members
6592 max miles

Women:

1	Sheri	Rosenbaum	2872
2	Emily	Qualich	2747
3	Betsy	Burtelow	1862
4	Pat	Calabrese	1722
5	Eva	Larson	1509
6	Ella	Shields	1408
7	Pam	Kaloustian	1338
8	Cindy	Kessler	1309
9	Terri	Brei	1241
10	Pam	Burke	1168
11	Barb	Barr	1161
12	Paula	Matzek	1092
13	Deb	Wilson	1092
14	Anna	Swietczak	983
15	Cindy	Trent	908
16	Laura	Randazzo	815
17	Virginia	Savio	807
18	Ellen	Heineman	761
19	Marianne	Kron	752
20	Dani	Peterson	681

Men:

1	Dennis	Ellertson	4795
2	Paul	LeFevre	4031
3	Kilian	Emanuel	2902
4	Mitch	Rosset	2784
5	Tony	Vercillo	2665
6	Dave	Waycie	2658
7	Joe	Beemster	2378
8	Brian	Hale	2064
9	Jim	Boyer	1894
10	Kevin	Moore	1878
11	Alex	Halamaj	1808
12	Jim	Flechsig	1791
13	James	Chrestman	1759
14	Brian	Blome	1732
15	Johannes	Smits	1668
16	Michael	Maylahn	1650
17	Tom	Wilson	1645
18	Peter	Guzik	1624
19	Barry	Yatzor	1608
20	Dan	Wiessner	1569

BOARD MEETING

The next board meeting TBD



SEPTEMBER CLUB MEETING

The meeting will be on Thursday, September 11, 7:00 p.m. at McArthur Middle School, 700 Schoenbeck Road, Prospect Heights, meet in the cafeteria.

We will have the Harmon Appreciation pizza party for all the volunteers, recap the Harmon, and take nominations for Board positions for next year.

Please join us for the last club meeting of the year.

SAVE THE DATE

Annual Banquet

Sunday, November 9

Noon—4:30 pm

Chandler's at
The Schaumburg Golf Club
401 N. Roselle Road
Schaumburg

Details in Oct. newsletter

Date	Time	Ride Name	Starting Location/Directions	Miles	Ride Host
Sept 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.				
Mon. 9/1	9:00	Lakewood Loops (Labor Day)	Lakewood F.P. West on IL 176, south on Fairfield Rd to parking lot on left, east side of Fairfield.	28/54/69	Dave Waycie 847-845-9663
Sat. 9/6	8:00	Honey-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	30-55	Mitch Rosset 847-814-3107
	9:00	Wauconda/ Twin Lakes	Lakewood F.P. See above	61/78	Dan Wiessner 847-736-3484
Sun 9/7	~~	Harmon Hundred Club Invitational	Wilmot High School	EVERYONE WORKS	
Sat. 9/13	8:00	Honey-Do	Grassy Meadow Forest Preserve See above	30-55	JV Villadolid 224-875-0125
	9:00	Who Let the Dogs Out	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.	48	NEED RIDE HOST OR RIDE WILL BE CANCELLED
Sun. 9/14	8:30	Long Grove to Wilmot	Long Grove Commons Long Grove Commons Shopping Center at Rt 22 and Old McHenry Rd. Park in lot north of the PNC Bank.	85	Dan Wiessner 847-736-3484
	9:00	Sunday Short Ride	Long Grove Commons See above	~31/55	Joe Beemster 847-215-2314
Sat. 9/20	8:00	Honey-Do	Grassy Meadow Forest Preserve See above	30-55	Pam Kaloustian 847-707-0203
	9:00	Vern's PITA Ride	Cuba Marsh Turn west from Rt12 onto Cuba Rd. parking lot is on the left, past Ela Rd	39/61	Earle Horwitz 847-571-0021
	~~	Pre-Fall Foliage Ride Overnight Excursion	Mt Horeb, WI Lodging at Karakahl Country Inn See web site for details	40-80	Paul LeFevre 224-234-0615
Sun. 9/21	9:00	Sunday Short Ride	Long Grove Commons See above	~31/55	Reinhilde Geis 312-209-0279
	9:00	Triple Deerpass	Evergreen School see above	66	Terri Brei 630-606-4341
	~~	Pre-Fall Foliage Ride Overnight Excursion	Mt Horeb, WI Lodging at Karakahl Country Inn See web site for details	40-80	Paul LeFevre 224-234-0615

September Ride Schedule - continued

Date	Time	Ride Name	Starting Location/Directions	Miles	Ride Host
Sat. 9/27	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	Johannes Smits 630-935-4074
Sun. 9/28	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	Patty & Brian Blome 847-738-4446

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

Wheeling Wheelmen Board Meeting
July 28, 2014

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

Treasurer's Report: Checking balance \$15,538.

Membership: Renewals and new memberships are continuing. We are getting close to record membership for recent years.

Ride Schedule: TOMRV will be removed as a mileage-eligible invitational, due to low attendance and the desire to focus on local clubs invitations. Will add BCLC Ramble next year. Plan to review trail ride options for next year.

Harmon Update: Volunteer sign-up is going well, but there are still opportunities for more to help out. Will consider inviting Wheel and Sprocket to handle support at one of the rest stops next year. They have expressed interest in helping out. Dave will review food needs with Patty and Frank. Roland will schedule a Harmon Planning meeting for August.

Publicity: No activity. The Arlington Heights Park

District asked for help in educating walkers and riders at Lake Arlington, but the program seems to have disappeared.

Picnic Ride: Thank you to Al and Cindy Schneider for again hosting (and cooking, etc.) the picnic.

Banquet: Little or no change in costs, so the charge will remain at \$25.

September Pizza Party/Club Meeting: The post-Harmon meeting and Pizza Party is scheduled for September 11.

Newsletter: August – Harmon article by Roland. September – Colorado trip story. October – Johannes.

Next Board Meeting: October. Date and location TBD.

Dave Waycie, Secretary

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 ends 9/2	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. Parking lot on the south side of E. Lake Ave.	33	Dennis Ellertson 847-255-9323
Wednesday ends 9/17	5:00 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	Rotation
Thursday ends 9/4	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	10:00 a.m.	Lunch Ride to Taste of Libertyville	Willow Stream Park See above	33	Emily Qualich 847- 821-1009

**HARMON 100**

Sunday, September 7

Wilmot High School
Wilmot, WI

EVERYONE WORKS

Contact Sheri Rosenbaum @
luv2bike80@hotmail.com to volunteer

INVITATIONAL'S

Sept 13, Ride Like An Egyptian, DeKalb, IL
25/50/75/100 miles, 815-895-4279
egyptianride@aol.com

Sept. 14, 6th Annual Bike Michiana for Hospice,
South Bend, 25/40/62/100/124 miles
bikemichianaforhospice.org

Sept . 21, Pedal the Kettle, Waukesha, WI.
35/64/103 miles springcityspinners.org

Sept 21, North Shore Century, Evanston, IL
25/50/62/70/100 miles evanstonbikeclub.org

Sept. 28 Prairie Pedal, Decatur, IL. 20/40/62 miles
217-423-7708, mccd@maconcountyconservation.org maconcountyconservationfoundation.org-prairie-pedal-

Sept 28, Apple Cider Century, Three Oaks, MI.
25/50/62/75/100 miles applecidercentury.com

(continued from page 1)

welcome day off in a comfy condo near the ride site at the Sheraton Hotel.

I actually found "Steamboat Spring" and have the video of it if you want to see it. Great fun, sightseeing and rest in a fabulous location.

Day 4 found us riding along a much easier and very pretty route heading south 83 miles into Avon. It was another day of great roads, beneficial tailwinds and wonderful, sunny Colorado weather. The evening's presentation featured Chris Carmichael (CTS Training) and Ron Kieffel (WOOKIE) (Wheat Ridge Cyclery) of the famed 7-Eleven cycling team who talked about past rides and races, training, Greg Lemond and yes, "Lance".

P.S. Chris "HAS NOT" spoken to Lance in a long while!!

We got up early again at 5:00AM to climb Battle Mountain (9231'), sped downhill again to tackle Tennessee Pass at 10,424 feet, sped downhill yet again and then up and over Fremont Pass at 11,318 feet. This was another typical Colorado day with three high mountain passes in one day!

The top of Fremont Pass is Climax, Colorado. It has a molybdenum mine that is awesome to see. We were bushed but really getting into this high altitude riding. We were feeling great at this time and ready to keep going but the only limiting factor is "keester pain" from long days in the saddle! After spending all day up high, we dropped down into Breckenridge with an exhilarating route along I-70 and a bike path. Breckenridge entertained us with a nice dinner in their downtown park along the roaring river. A walk in the downtown led us to Starbucks and some comfy chairs that made us feel at home so "life was good" once more.

Our last and final day 6 found us up again at 5AM and headed towards Swan Mountain which was featured in last summer's USA Pro Challenge (9,520'). While we climbed a bit slower than the pros it was assaulted by the RTR riders at a good steady pace. More sweeping downhill miles around the Dillon Reservoir led us to the foot of Loveland Pass which was our highest for the week at 11,992 feet. Half way up I stopped at "A" basin Arapahoe ski area to use the



Left to right Dan Wiessner, Kevin Moore & Brian Hale

men's room and found six (6) feet of snow and skiers still enjoying the snow on some of the runs. What a dichotomy; seeing skiing and cycling together at the same location. Summiting Loveland, we found snow everywhere and some cold winds. Fortunately the bright sun helped keep us warm. The other side led us to another wild high speed downhill on the road and then to what looked like a fairly new bike path into Idaho Springs. The path curved, twisted and wound down through the woods dropping several thousand feet. Kevin said it best: "The best roller coaster ride ever!!!" I agree, as it was stupendous, with "whoop de do's" and turns that were unbelievable. After catching our breath and fueling up, we moved on up Floyd's Hill along I-70, swept up and down along Highways 6 and 40 in a beautiful area of pastoral

Rocky Mountain scenery.

We knew the ride was reaching its conclusion as we approached Buffalo Bill's grave on top of Lookout Mountain high above our final destination in Golden, home of Coors. Everybody was in great spirits as we took a couple of celebratory pictures and then launched towards the final downhill over some steep switchbacks to Golden for the finish of a great ride.

As for the numbers: Miles on RTR: 396 miles; elevation: 31,867' (including our warm-up ride- 454 miles, 34,551')

BAD STUFF

- 8 mile 1.5 hour 6% climbs
- 25,000+ climbing for one week
- Blinding snowstorms & 25°F temperatures
- Lightning, thunder, rain & sleet
- Community gym overnight sleeping

GOOD STUFF

- 47 mph + downhill's
- Scenery that is spectacular
- Great cycling and wonderful friends
- Summiting several passes in one day and being able to say "I DID THAT"!
- Smelling the fresh scents of mountain trees and fauna
- Seeing for miles in all directions from the top of a mountain pass
- Meeting Chris Carmichael & Ron Kieffel (WOOKIE)
- Learning new cycling techniques
- Copious amounts of fun

STAY CALM, RIDE ON
C. Brian Hale & Dan Wiessner

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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



Pearl Izumi Discount Days for Wheelmen

Fall is coming and you want to look good when you ride. Also stock up for next summer with some great discounts. Once again Pearl Izumi Factory Store is offering the Wheeling Wheelmen a weekend of savings. You may be asked to show your Wheelmen membership card.

Where: Pearl Izumi Factory Store, (847) 836-0101
100 W. Higgins Rd, Suite M-30
The Arboretum Mall, South Barrington

When: Friday, Sept 19 - Sunday, Sept 21

What: Additional 15% off previously reduced merchandise and 10% off full priced items

Plan on going after the Honey Do ride on Saturday, September 20th. It's a short drive from Douglas Forest Preserve.

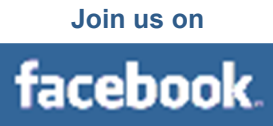
Happy shopping!!!



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



We are on the web
wheelmen.com



SAVE THE DATES

Sept . 7 - Harmon
 Nov. 9 - Banquet
 Dec. 7 - Holiday Party



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