



MONTHLY MEANDERS

RAGBRAI-2014

Rock Valley to
Guttenberg

By C. Brian Hale &
Emily Qualich

Day 0 – Got to Rock Valley after a 6 hour bus ride from Guttenberg. Our camp site was someone's front yard. What a treat. First thing: put up the tent then head to the Expo and get a new tire for Emily.

Day 1 – 70 miles – Rock Valley to Okoboji – ...let's do it for 6 more days in a row! Beautiful day with mostly cross winds and some tail winds. In Okoboji we got to stay by a beautiful lake. This was awesome because after our long ride many just jumped right in to cool off! Nightly concert at the main area was great.

Day 2 – 70 miles – Okoboji to Emmetsburg –Several of us rode around the lake, went up north for a gigantic breakfast at The Family Diner before completing the 40 miles for today. It was gorgeous!! First part was easy. Last 40 miles were into the wind.

Day 3 – 108 miles – Em-

metsburg to Forest City – This was the century day. Huge storm clouds could be seen as we headed out. Thankfully the wind pushed the storm away from us. Stopped in Lone Rock to get our Century patch. The route was windy and we caught a few pace lines and had a great time. Tired but very happy.

Day 4 – Hump Day -40 miles – Forest City to Mason City – Short day to recover from the long day. We stopped for breakfast at the Methodist Church. Coming into town what a fantastic view of the lake! We stopped at the "SURF" ballroom where Buddy Holly performed before being killed in a plane crash. Into town and relax. Emily & I had a fabulous steak dinner in town at the Northwestern Steak House. We were told that Lance Armstrong had eaten there the night before.

Day 5 – 68 miles – Mason City to Waverly –Many of the towns were "ROCK" related, Shell Rock River, Hugh Boulder in Nora Springs, Rockford, Fossil Beds, & Marble Rock. Get-

ting hillier, seeing more rollers, but for the most part an easy day

Day 6 – 70 miles – Rain – Waverly to Independence – Weather forecast was for rain and winds gusting at 20+ mph. Rain started around 3am and let up around 5:30am. Gave us just enough time to break down before the skies opened again. Temperature started in the high 60's and quickly dropped to low 60's as it started to rain. We took shelter in a Casey in Sumner, IA (about an hour). Emily was awesome though and braved the wind, rain & hypothermia for a full 70 mile day!

Day 7 – 72 miles – Independence to Guttenberg – The last day! We took off at 6:45 a.m. this was the most scenic day. We made the best time this day even with the most elevation change – 3,000ft! At the end of the ride, you get to dip your tire in the Mississippi river...so fun! We finally got to see Cindy Trent with Team Livestrong.

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October 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

TOP 20 MILES

Through Sept 6

214 rides by 157 members
8,114 max miles

Women

1	Emily	Qualich	3503
2	Sheri	Rosenbaum	3085
3	Betsy	Burtelow	2077
4	Pat	Calabrese	1867
5	Eva	Larson	1790
6	Ella	Shields	1710
7	Pam	Kaloustian	1514
8	Cindy	Kessler	1452
9	Terri	Brei	1343
10	Pam	Burke	1292
11	Barb	Barr	1263
12	Deb	Wilson	1204
13	Paula	Matzek	1204
14	Marianne	Kron	1036
15	Anna	Swietczak	1027
16	Cindy	Trent	943
17	Virginia	Savio	876
18	Reinhilde	Geis	852
19	Laura	Randazzo	815
20	Ellen	Heineman	808

Men

1	Dennis	Ellertson	5732
2	Paul	LeFevre	4804
3	Kilian	Emanuel	3577
4	Mitch	Rosset	3258
5	Dave	Waycie	3240
6	Tony	Vercillo	3021
7	Joe	Beemster	2811
8	Kevin	Moore	2343
9	Brian	Hale	2321
10	Alex	Halamaj	2180
11	Jim	Boyer	2149
12	Johannes	Smits	2146
13	Jim	Flehsig	2069
14	Tom	Wilson	2032
15	Dan	Wiessner	1969
16	Peter	Guzik	1967
17	Brian	Blome	1873
18	James	Chrestman	1861
19	Jorn	Lim	1827
20	JV	Villadolid	1826

BOARD MEETING

The next board meeting is Monday, October 6, 7:00 p.m. at the home of Ella Shields.

All Board members are requested to attend.



INVITATIONAL'S

Oct. 4, Tyranaena Oktoberfest Bike Ride, Lake Mills, WI., 25/50/75 miles
www.tyranaena.com/bikeride

Oct 5, 25th Annual Pumpkin Pie Ride, Ottawa 28/42/63/103 miles, \$25, starvedrockcycling.com
StarvedRockCycling@yahoo.com

Oct 5, Pumpkin Ride, St. Charles, 10/20/28 trail, 40/65 road, 224-234-8635,
shutchins@soill.org

Oct. 11 & 12, Hilly Hundred, Ellettsville, IN 50/50 miles,
www.hillyhundred.org.

Oct 12, Firefighters Fall Fifty, Richmond, 20/26/36/50/62 miles, \$35, afffbikeride.org

Oct. 25, Tour de Shawnee, Olive Branch, IL., 15/30/45/62/100 miles
www.tourdeshawnee.org

Oct
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.

Date	Time	Ride Name	Starting Location/Directions	Miles	Ride Host
Sat. 10/4	9:00	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	Tony Vercillo 847-691-7049
	8:00 Tour 8:30 Ride	Waterford - Schwinn Factory Tour	Waterford Precision Cycles 816 W. Bakke Waterford, WI 262-534-4190 I-94 to Hwy 20 West, take Hwy 20 for 14 miles. Turn left on Hwy D for 1.5 miles to Hwy W. Turn right (north) on Hwy W then 1 mile and left (west) on to Bakke Ave. The 4th building on the right	27/41/68	Kevin Moore 847-373-7378
Sun. 10/5	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	Reinhilde Geis 312-209-0279
Sat. 10/11	9:00	Honey-Do & Extended Do	Grassy Meadow Forest Preserve See above	30-72	Todd Berlin 847-910-5356
Sun. 10/12	9:00	Sunday Short Ride	Long Grove Commons See above	~31/55	Pam Kaloustian 847-707-0203
Sat. 10/18	9:00	Honey-Do & Extended Do	Grassy Meadow Forest Preserve See above	30-72	Joe Beemster 847-215-2314
Sun. 10/19	9:00	Sunday Short Ride	Long Grove Commons See above	~31/55	Emily Qualich 630-569-6910
Sat. 10/25	9:00	Honey-Do & Extended Do	Grassy Meadow Forest Preserve See above	30-72	Mitch Rosset 847-814-3107
Sun. 10/26	10:00	Chili Ride	David Newman's Home 797 Penny Lane Buffalo Grove Everyone is asked to bring something to eat. Contact Sheri at luv2bike80@hotmail.com to RSVP and find out what to bring.	30/39	David Newman 224-650-9000

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

WEEKLY RIDES					
Day	Time	Ride	Start/Directions	Miles	Ride Host
Tuesday & Thursday	9:00 a.m.	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
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

(continued from page 1)

Overall, I would definitely do RAGBRAI again. It is tough to set-up and tear-down camp everyday but it made for interesting interactions with other riders. Had fun for sure! The Iowans were all super nice and very welcoming to their towns.

All the delicious food, cold drinks and live music/entertainment they had ready for us. I had fun making memories with new friends. We camped every night and had great fun hanging out with The Riverbend group. Looking forward to future RAGBRAI's to come!

**SAFETY WHILE RIDING
BE "PREDICTABLE"**

by C. Brian Hale

After riding RAGBRAI I have realized that we must be aware of and conscious of other riders around us.

I won't miss the early morning pack ups covered in dew, but I will miss the camaraderie and being able to dedicate an entire week to cycling. In the months of early training, my thoughts are focused on the fun that we are going to have. But by the beginning of June I always begin to think about what the year will bring in crashes or, more importantly, injuries.

We hear a lot in cycling safety about "being predictable". Normally cyclists try to behave in ways that make their actions predictable to the operators of the automobiles that they encounter on the road. Being "predictable" takes on a whole new meaning. We are surrounded by other cyclists and rarely see a car. Surrounded by many cyclists of all different skill levels it becomes difficult to know what others intend to do or even if they understand what you are planning

to do.

This happened to me, but probably happened over and over to different cyclists during the week. A few years back, at midweek, between two towns I don't remember we found ourselves fighting a 20MPH headwind and formed up into a pace line. An inexperienced rider lost control and "rocketed" at a 45° angle into Tom & I, literally wiping out our pace line. Everyone was humbled by the experience. Tom & I were injured but kept on riding. I'm sure everyone was as tired as I was. From my right I remember hearing someone say "oh shit" and a gentleman made a hard left into my front wheel. There was no stopping and no time to correct the 90° turn of my front tire and Tom & I went down right in the middle of the road. Granted it may be predictable that a tired, dehydrated, heavyset man would be distracted after a long uphill windy battle, but I could not have predicted his turn in front of me. He was mortified and apologized and we were in a heap still clipped in and trying to get untangled and up. Now, I'm no great cyclist and I have more than my fair share of not get-

ting unclipped and just falling over but this day I learned a valuable lesson.

Be aware of the others around you and be "predictable" to others.

- A) Ride steady and straight. Don't weave, or wander left & right.
- B) Always "think" before you move. Try to practice safety responses "prior" to it happening. Remember it is dangerous and painful when/if you crash!!
- C) Do not slam on your brakes always feather your brakes.
- D) Call out your moves, left, right, slowing, or stopping.
- E) Do not daydream, text, or lose focus on your cycling.
- F) Read and understand the "rules of the road".

So as you head out for your next adventure remember to think about being predictable but just as important keep an eye out for the people around you and don't put yourself between unpredictable or inexperienced riders. Be safe and have fun.



The 45th Harmon Hundred was a huge success. We had 600+ riders, perfect weather and lots of wonderful compliments from riders. A big thank you to Roland Cooper, our Harmon Chair, the committee chairs and all the members that volunteered, we could not have done it without you



CHILI RIDE

Join us for chili after the ride on Sunday, October 26 at David Newman’s house (see ride details on page 3).

We will have chili rain or shine, if it rains chili will be @ 11:30 a.m.

Everyone is asked to bring a dish to pass. Please RSVP to Sheri Rosenbaum at Luv2Bike80@hotmail.com if you plan to stay for chili and find out what to bring.

Everyone is asked to bring something



**Annual Banquet
Sunday, November 9
Fun, Food, Games, Prizes**

Join us for a great time;
a delicious meal, and
celebrate a fantastic cycling season

Noon - 1:00 pm, social hour
1:00—4:30 pm, lunch and awards

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

chandlerschophouse.com

\$25.00 per person
(cash bar)

Questions?
Call Terri Brei at 630/606-4341
or e mail her at tbrei@scoutsourcinginc.com

**Wheeling Wheelmen
Banquet RSVP**

Name _____

Name _____
(Spouse/Guest)

Number attending: _____

Amount Enclosed: _____

Make check payable to

WHEELING WHEELMEN

**Please RSVP (and send check)
by October 24 to:**

Terri Brei
272 Bay Drive
Itasca, IL 60143

WHEELING WHEELMEN

2015 BALLOT

PRESIDENT: Joe Beemster or _____

VP/RIDE CHAIR: Sheri Rosenbaum or _____

TREASURER: Johannes Smits or _____

SECRETARY: Dave Waycie or _____

MEMBERSHIP: Mitch Rosset or _____

PUBLICITY: Pam Kaloustian or _____

Please mark accordingly: Individual Family

Please return ballot by October 31, 2014

Balloting Committee: Frank Bing, Pam Burke, Marianne Kron

Please mail ballot to:

Pam Burke

265 Green Knoll Lane, Streamwood, IL 60107

BEST NEW RIDE-2014

(Pick only one ride)

Super Do - Mitch

Mitch's Muse from Jerseys - Mitch

Ride of Many Lakes - Sheri

Libertyville with a Twist - Sheri

TINFU - Sheri

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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: _____

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.

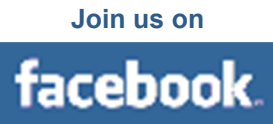
 Applicant's Signature (parent's signature if a minor) Spouse's Signature Date

Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



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

We are on the web
wheelmen.com



SAVE THE DATES

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