



MONTHLY MEANDERS

BOARD BANTER

It's been another good year for the Wheelmen. We ended with a total membership of 250 cycling enthusiasts. Our members rode over 167,000 miles this year, the 2nd longest in the past eight years. While the distance is significant, the good times and laughs we enjoyed were great.

The club sponsored four member meetings. Julie Hochstadler of the Chain Link Chicago presented her cycling venture to Israel and reviewed her web site now totaling over 10,000 members. Attorney Mike Keating spoke to us about legal rights for cyclists in Illinois. Ed Barsotti from the League of Illinois Bicyclists presented their safe riding test and review in accordance with State Law. Lastly our annual Harmon volunteer appreciation party. Each of these events were held at the Prospect Heights Schools and thanks to **Deb Wilson** and **Ella Shields** for setting these up.

The club's treasury should continue to stay in good shape. We will publish the 2014 report in our February newsletter. As a not for profit organization, we donate to several cycling advocacy organizations and char-

ities. These include the League of American bicyclists, Illinois and Wisconsin Bicycle associations. Also Chicago Active Transportation, Chain Link, Working Bikes, Team World Vision and Toys for Tots.

Yes we had some 53 brave souls who ventured out on our frigid St. Pat's Day ride. The Harmon Hundred had over 650 riders who all commented enthusiastically. A big thanks to **Anna & George Swietczak** and **Roland Cooper** for their work and great leadership in making these events a success.

Your Board Members meet regularly to insure everything is running smoothly. **Sheri Rosenbaum**, Ride Chair and VP; **Johannes Smits**, Treasurer; **Dave Waycie**, Secretary; **Mitch Rosset**, Membership Coordinator and **Pam Kaloustian** Publicity Chair.

Sheri Rosenbaum 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, reminds us of important

dates, insures we are tracking everything and publishes our monthly newsletter; **Pam Burke** for coordinating our Holiday Party each year, **Terri Brei** for running our annual Banquet, **Jim Boyer** for coordinating and managing our Wheelmen website, **Emily Qualich** in keeping track of our miles and database on event riders, **Al & Cindy Schneider** for hosting and cooking at our annual picnic and **David Newman** for hosting the Chili Ride, **Tom Wilson** designed our new jerseys and **Brian Hale** who coordinated the sale. Lastly, **Len and Reinhilde Geis** for assembling the event road signs and contributed the supplies to the club.

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. All the best, have a great holiday and safe new year.

Joe Beemster, President

Dec 2014/Jan 2015

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Happy Holidays!

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
annaswiet@yahoo.com

Chairmen

Banquet

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

Women:

1	Emily	Qualich	4656
2	Sheri	Rosenbaum	3782
3	Betsy	Burtelow	2352
4	Pat	Calabrese	2204
5	Eva	Larson	2045
6	Ella	Shields	2037
7	Pam	Kaloustian	2018
8	Terri	Brei	1831
9	Barb	Barr	1622
10	Marianne	Kron	1591
11	Reinhilde	Geis	1515
12	Cindy	Kessler	1491
13	Deb	Wilson	1448
14	Paula	Matzek	1436
15	Pam	Burke	1402
16	Cindy	Trent	1253
17	Anna	Swietczak	1099
18	Virginia	Savio	1056
19	Jackie	Kelley	998
20	Laura	Randazzo	815

Men:

1	Dennis	Ellertson	7166
2	Paul	LeFevre	5901
3	Kilian	Emanuel	4872
4	Mitch	Rosset	4395
5	Dave	Waycie	3898
6	Joe	Beemster	3621
7	Johannes	Smits	3308
8	Tony	Vercillo	3021
9	Brian	Hale	2993
10	Kevin	Moore	2981
11	Jim	Flehsig	2695
12	Peter	Guzik	2638
13	Alex	Halarnaj	2578
14	James	Chrestman	2526
15	Jim	Boyer	2477
16	Tom	Wilson	2470
17	Dan	Wiessner	2452
18	JV	Villadolid	2438
19	Jorn	Lim	2266
20	Brian	Blome	2256

(continued on page 6)

BOARD MEETING

The next board meeting is Sunday, January 18, 5:00 p.m. at the home of Joe Beemster.

All Board members are requested to attend.

2015 MEMBERSHIP RENEWAL

It's time to renew your membership.

Please send back the 2015 renewal application on page 4. Send your renewal form back as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2015 Ride Schedule. Due date for renewals is **March 1, 2015.**

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

2015 CHICAGO WINTER BIKE SWAP

January 17, 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	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

**CLUB APPRECIATION NIGHT
THURSDAY,
DECEMBER 4
5:00-9:00 P.M.**



MIKES Bike Shop will be hosting their 7th annual Customer Appreciation Night in recognition of customers who have made them a success.

Highlights of the event include:

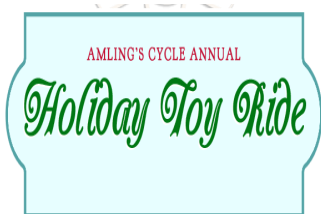
- 20% discount on all merchandise in the store except bikes, labor, and sale items.
- Special discounts offered on:
 - ✦ Tires

- ✦ Trainers
- ✦ Gloves
- ✦ Sharon Maggiore designs jewelry and accessories made from old bicycle parts such as spokes, chains, tires, tubes, rims, etc. Sharon is joining us for the evening. Her creations will be on display for you to enjoy and/or purchase.

Appetizers, beer, and wine will be served.

MIKES Bike Shop
155 N. Northwest Hwy.
Palatine, IL 60067, 847 358-0948

This years sponsors are:
SARIS FINISH LINE CATEYE PLANET BIKE
ELCTRA POLAR BOTTLE PARK TOOL
PROFILE DESIGN TIFOSI OPTICS



**FRIDAY,
DECEMBER 12
6:30 A.M.**

Participants will ride their bicycles from Amlings Cycle, 8140 Milwaukee Ave in

Niles, 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 (online @ 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.

Editor's note; the ride is a blast come out and join me this year

**2015 WHEELING WHEELMEN
MEMBERSHIP RENEWAL**

Name: _____

Address: _____

City, State, Zip: _____

Phone: (____) _____

E-mail: _____ OK to share with bicycling organizations

Membership 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, 2015.**

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



8 TOP TIPS FOR TRAINING ON YOUR BIKE IN WINTER

Winter can be an exciting time. It may be dark and cold but you can go into that cave and emerge a better, more confident cyclist

when you come out of it. So don't ditch the bike, embrace it and take on board these top tips for training on your bike in winter.

1. Mind-set:

Probably the most important thing about winter is your mind-set. Stay positive. Be mindful of what you are trying to achieve, and get busy doing what you need to in order get where you want to be.

2. Goal setting/planning:

If you haven't got one already, get yourself a plan. Don't tie yourself up in knots over it but at least stick a few stakes in the ground for 2015. Write them down. Stick them up all over the house. Tell all your friends. The more you talk about them the more likely you are to take steps to actually make them happen.

3. Time in the saddle:

You *have* to find a way to keep riding through the winter. Just because you can't ride the same as you would in the summer doesn't give you the excuse to get off your bike. Get organised and get kitted up with the right clothing and accessories for you and your bike. Get waterproofs, get thermals, get lights, prepare your bike for winter and get out there whenever you safely can.

Embrace the cold, wrap up warm and don't procrastinate.

4. Stay active with cross-training:

When it is impossible to ride your bike stay as active as you can by embracing any opportunity to cross train. Exercising regularly is the best way to keep you feeling like a cyclist in training. Other good habits will follow. Stay

away from the sofa and take-aways at all costs and find other things to do.

5. Be proactive with problems:

If you have any niggles or weaknesses that need addressing, now is the perfect time to figure them out and get them sorted. Seek out professional help and advice and get your bike set up correctly, get yourself some massage or physio, and make time for those rehab/prehab exercises.

6. Nutrition:

Eat well to stay healthy. Winter comfort food can be healthy stews, roasts and soups. Relish the opportunity to come in from a winter ride to enjoy a healthy hot meal, and the occasional hot pudding. Spend some of your enforced indoor time honing your domestic skills to find some simple wholesome meals that you can easily prepare for after training.

7. Party Pooping:

Winter time can be party time, and of course you want to have fun. But be careful about burning the candle at both ends too often. If you have a big night out, don't expect to get up the following morning for training as usual. Instead, be realistic, be kind to your body and rest up and let your body recover. Training on too much alcohol and not enough sleep is a recipe for illness and illness is the enemy of winter training.

8. Sleep, rest, and hibernate:

With all this being said about what you can do, it's worth remembering that winter is the perfect time to get plenty of rest. Sleeping enough is vital to getting the best out of your winter and boosting your immune system to keep the bugs at bay. It's dark out there because you are meant to sleep more, so get to bed on time and sleep soundly in the knowledge that you are putting energy points in the tank.

From: totalwomenscycling.com/fitness

MONTHLY MEANDERS

Continued from page 2

FINAL 2014 MILES

160 Members rode 166,897 miles
10,058 miles max

Arnopolin	Richard	50	Greene	Louis	1623	Rhee	Leo	332
Ayala	Len	152	Guzder	Shapoor	76	Romanoff	Dan	463
Barg	Barbara	47	Heckelsmiller	David J.	362	Rossi	Jeff	1625
Barg	Neal	127	Heckelsmiller	Dave A.	70	Schoenhoff	Kurt	55
Barr	James	229	Heineman	Ellen	808	Schreiber	Mark	1464
Bayus	Tom	1516	Hil	Wojek	422	Scott	Leslie	897
Beck	Nancy	395	Hil-Andzejewska	Anna	146	Shin	Gwang Hae	320
Bergeron	Bill	223	Hinkle	Greg	697	Sidor	Tom	98
Berlin	Todd	304	Horwitz	Earle	2249	Smits	Kathi	38
Berman	Alan	128	Johnson	Dick	816	Snitzer	Tom	560
Biedka	Jeff	1165	Kelley	Vince	1999	St Martin	Mike	154
Bing	Frank	1613	Khomutov	Leo	143	Stewart	Harvey	20
Breit	Debbie	209	Knutson	David	101	Stodola	Dennis	1588
Breitling	Bob	1047	Koch	Larry	531	Strauss	Jeffrey	448
Broochmann	Ulfert	626	Korb	John	1512	Svec	Dale	248
Browstein	Ilyse	110	Kragh	Anne	35	Svec	Steve	43
Burg	Rick	40	Kragh	William	215	Swasas	Matthew	336
Case	Todd	72	Kron	Robert	40	Swietczak	George	371
Cohen	Richey	39	Lane	Lee	50	Szokarski	Daniel	715
Cooper	Roland	424	Lutman	Lynne	194	Takeshita	Kae	112
DalBello	Amy	196	Magana	Luis	872	Tracey	Lisa	517
Dickson	Robert	549	Magnani	Jeff	1826	Tracey	Brian	166
Dominski	Bob	2163	Massat	Erich	539	Tsuchiya	Masa	200
Drapeau	Mary Kay	101	Maylahn	Michael	1848	Ungier	Leon	137
Dunn	Wallace	96	McCoy	Chad	134	Vance	Mary	200
Ellis	Ben	92	McGovern	Bill	791	Vandenbroucke	Tina	165
Eptein	Ari	223	McKenzie	James	146	Vanderkelen	Dan	1088
Flack	Steve	917	Merrihew	Timothy	153	Vaughan	Teresa	230
Ford	Mike	232	Miller	Don	971	Vaughan	Ron	43
Frank	Larry	1728	Naigles	David	1157	Vicari	Gary	355
Frontier	Jerry	40	Neuman	John	350	Vichotka	Rich	1544
Garske	Scott	1092	Newell	Roger	350	Voras	Fred	215
Geis	Leonard	82	Newman	Eileen	395	Walkowicz	Bob	799
Ghuman	Paul	346	Newman	David	1465	Weismann	John	100
Gibbs	Alan	608	Ockerlund	Guy	61	Wells	Neil	40
Gnadt	Fred	1971	Peterson	Dani	728	Wiessner	Caitlin	60
Godyn	Beata	115	Pogatetz	Doug	580	Woodcock	Kris	336
Godyn	Victor	115	Priest	Edwin	740	Yatzor	Barry	1846
Grattam	David	101	Qualich	Jessica	26	Zhang	Joseph	676
			Qualich	Jason	26			
			Qualich	Matthew	26			
			Reins	Peggy	134			



**Wheeling
Wheelmen**

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

We are on the web
wheelmen.com

Join us on

facebook

SAVE THE DATES

Holiday Party, Sunday, Dec. 7
St Pat's Ride, Sunday March 22



**Renew your
2015
Membership**

Happy New Year

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