



# MONTHLY MEANDERS

## St. Patrick's Day Ride

Feb 2015

Dear Fellow Wheelmen,



Once again, we are all looking forward to Spring, good riding weather and the St. Patrick's Day Ride. The ride this year is on Sunday, **March 22**, starting from Wauconda High School.

We need your help again to host this spectacular early season ride. A special thanks goes to the club members who have already volunteered. We need additional help in all volunteer areas: road marking (day before), registration, parking, cookies, and serving food. There are 2 shifts, 7:00 – 9:30 am and 9:30 – 12.

Great live musical entertainment will be provided by Acoustic Soul Generation, a wonderful group that plays all over the Chicago area. They have graciously offered their talents for our special event, so don't miss it!

We are passing out hundreds of pamphlets and large posters advertising the ride. Contact me if you can help with the distribution in your area.

So come out and join the fun and see your cycling friends. Call 312-969-1010 or email [annaswiet@yahoo.com](mailto:annaswiet@yahoo.com) to secure your favorite volunteer spot.

I look forward to seeing everyone,

Anna Swietczak

### INSIDE THIS ISSUE:

RENEW	2
CLUB MEETING	2
BOARD MEETING	2
THANKS	2
WEEKLY RIDES	3
TRIPS	3
MINUTES	4
MOTIVATION	5
TOYS FOR TOTS	5
HYDRATING	6
RECALL	6
YAHOO GROUP	7

### 2014 INCOME AND EXPENSES

#### Income

Harmon Hundred	\$ 16,849.00
Membership	\$ 3,777.00
Banquet	\$ 1,575.00
St. Pat's Ride	\$ 1,060.00
Misc.	\$ 322.00

**\$ 23,583.00**

#### Expenses

Harmon Hundred	\$ 10,764.00
Donations	\$ 5,400.00
Banquet	\$ 2,682.00
St. Pat's Ride	\$ 1,736.00
Holiday Party	\$ 837.00
Club Insurance	\$ 668.00
Mailing	\$ 574.00
Newsletter	\$ 407.00
Other expenses	\$ 1,459.00

**\$ 24,527.00**



## 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

Johannes Smits 630-893-2835

## 2015 MEMBERSHIP RENEWAL

### It's time to renew your membership.

Please 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

If you misplaced your renewal form please use the membership form on page 7.

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

## FEBRUARY CLUB MEETING

**Please note this month only, we are having our meeting at a different location**

**Thursday, February 5  
7:00 p.m.**

Tavern 45 (at Brunswick Bowling facility)  
360 McHenry Road, Buffalo Grove  
Buffalo Grove Town Center, North end of the strip mall  
behind Deerfield Bakery  
tavern45.com/buffalogrove.html

We will discuss the St. Patrick's Day ride and recruit volunteers.

The club will pay for the snacks and sodas. If you want to drink something stronger, you pay for it. (Cash Bar)

### 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)

## BOARD MEETING

The next board meeting is Sunday, February 22, 5:00 p.m. at the home of Mitch Rosset.

All Board members are requested to attend.



Don't miss an issue of Monthly Meanders!! Contact Mitch Rosset with your new address or e-mail address at rrkite99@aol.com

**THANK  
YOU**

To Pam Burke for once again hosting the annual holiday party. Approximately 55 people attended, had a fantastic time, lots of laughs and excellent food.

Also, thanks to Joe Beemster for the use of his beautiful clubhouse for the party.

## WEEKLY SHOW N GO RIDES

Day	Time	Ride	Miles	Start-Directions	Ride Host
Tuesday & Thursday	10:00 am	Deerfield Bakery Ride	25-40	<b>Willow Stream Park</b> 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	n/a
Saturday & Sunday	10:00 am	Show N Go Rides	25 +	<b>Willow Stream Park</b> See above	n/a

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

### SOME CLUB FAVORITES, SIGN UP EARLY:

**Cycle Zydeco, April 8-12, Lafayette, LA.** 170 miles, The ride will follow a winding route starting in Lafayette, with overnights in Breaux Bridge, Opelousas and Eunice. Cycle Zydeco is a fully supported, 4-day bicycle ride celebrating Zydeco, Cajun, and Creole music; it is a rolling party. [www.cyclezydeco.com](http://www.cyclezydeco.com)

**38th Annual Horsey 100, May 23 & 24,** Georgetown, KY., In addition to a visit to the beauty of springtime in the Bluegrass, the Horsey offers a traditional Saturday century route through both challenging and beautiful central Kentucky terrain. Sunday ride options 34/51/75 miles. Online registration is open. [www.bgcycling.net](http://www.bgcycling.net)

**TOMRV: Tour of the Mississippi River Valley - June 13 & 14,** a Midwest cycling tradition since 1978. Leave on Saturday from Bettendorf, Iowa (106 miles) or from Goose Lake, Iowa (69 miles) and travel to Clarke University in Dubuque. The next day return using a different route to Bettendorf (90 miles) or to Goose Lake (46 miles). The route is varied and scenic, using lightly traveled paved roads. There are many views of the Mississippi River as you ride along it, over it on bridges, and through it on causeways. The route is hilly near Dubuque, with 6,000 feet of climbing on Saturday and 4,000 feet on Sunday. [www.qcbc.org/tomrv](http://www.qcbc.org/tomrv)

**RAGBRAI, July 19-25, The Register's Annual Great Bicycle Ride Across Iowa,** is an annual seven-day bicycle ride across the state. RAGBRAI is the oldest, largest and longest bicycle touring event in the world. This rolling celebration of Iowa attracts participants from all 50 states and many foreign countries. The RAGBRAI route averages 468 miles and is not necessarily flat. It begins somewhere along Iowa's western border on the Missouri River and ends along the eastern border on the Mississippi River. Registration is open. [ragbrai.com/registration](http://ragbrai.com/registration).

**Amishland & Lakes, Aug. 7-9, Howe, IN.,** a three day bike tour of Amish countryside and Michigan lakes, On Friday evening there are two warm up routes (14 and 32 miles) with the longer route going into Shipshewana. On Saturday the routes range from 25 to 100 miles, offering smooth, quiet roads, where buggies are numerous and cars are few. On Sunday the tour heads north into the lake country of southwestern Michigan. Here the route winds along quiet, gently rolling wooded hills dotted with lakes. There is a choice of a nearly hill-free 22-mile route and three more routes ranging from 34 to 62 miles. [www.amishlandlakes.com](http://www.amishlandlakes.com)

**Wheeling Wheelmen Board Meeting  
January 18, 2015**

**Present:** Joe Beemster, Dennis Ellertson, Pam Kaloustian, Sheri Rosenbaum, Mitch Rosset, Ella Shields, Johannes Smits, Anna Swietczak, Dave Waycie

**Treasurer's Report:** Harmon and St Pat's rides were both down a bit from 2013, but the club finances are in good shape.

**Website:** The redesigned website is up and club members are asked to take a look and offer comments and suggestions.

**Ride Schedule:** The schedule is up on the website. There is one opening for a host in April, and a few later in the year. The Wednesday night ride will be hosted on a rotation – we could use one or two more willing hosts for this ride.

**Membership:** Renewals are coming in at a normal level. Membership cards are being printed.

**Publicity:** Updated the list of websites we use to post information for St Pat's and Harmon. Information on St Pat's has been submitted to the Trib. We will post on several bike shop Facebook pages closer to St Pat's and Harmon dates.

**St Pat's Ride:** On schedule. Insurance and permits all OK. T-shirts have been ordered. The volunteer signup sheet will be at the February club meeting. Dennis Ellertson will join the St Pat's team to handle logistics.

**2015 Contributions:** Basically the same as last year, dropping Team World Vision (who did not attend Harmon in 2014).

League of American Bicyclists	1000.
League of Illinois Bicyclists	1500.
Bicycle Federation of Wisconsin	500.
Active Transportation Alliance	1500.
Working Bikes	150.
Chain Link	150.
Toys for Tots (December)	300.

**2015 Member Meetings:**

Feb: Social Gathering at Tavern 45

Mar: Al Gibbs – Canadian bike ride

Apr: Nutrition and Hydration

**Miscellaneous Items:**

ATA is working to form a new NW Suburban bike club group. We will participate.

Picnic permit, Harmon school and park reservations, and LIB mailing are all done.

Reviewed and approved an updated membership application.

Bylaws now reflect the policy that guests can attend one ride, then must join to continue.

**Newsletter:** March: Sheri

**Next Board Meeting:** Sunday, February 22, 5:00 PM, Mitch will host.

Dave Waycie, Secretary

## WINTER MOTIVATION TIPS

By Sarah Bonner from [www.womenscycling.ca](http://www.womenscycling.ca)

Winter is the toughest time of year to stay motivated. But instead of focusing on what you can't do, focus on what you can achieve during the colder months. Get your family and friends involved and follow my winter motivation tips to ensure you stay on track—you'll thank me in spring!

### 1. Do what you love

Forget working out to stay fit or lose weight, choose a sport that makes you happy so it doesn't feel like work and you'll want to do it. If that means mountain biking instead of taking to the road, or skiing instead of the rollers during the winter, go do it.

**Tip:** Don't be afraid to try other sports like cross-country skiing or skating when you can't ride outside. But keep your cycling legs ticking over with an indoor trainer session or a spin class at least once a week.

### 2. Have a Goal AND a Plan

It's much easier to stay motivated when you have a goal but just having a goal isn't enough. Set a goal and then make a clear plan to achieve it. Knowing what you need to do daily, weekly and monthly will give you smaller targets to achieve and keep you motivated.

**Tip:** Not sure how to make a goal-achieving plan? Have a coach help you build a specific daily plan to achieve your goals.

### 3. Set Yourself Up for Success

You can be the most motivated person out there but lack of gear can crush your intentions. If you're planning to ride outside, get the right clothing. If you're planning any indoor training, get a fan and a good indoor trainer. Bottom line: if you're willing, make sure you're able.

**Tip:** It can be cheaper joining a gym than buying the equipment you might need. An indoor trainer and winter cycling clothing can be a long term investment, so make that decision part of your training plan.



## TOYS FOR TOTS RIDE RECAP

In the early morning of Friday, December 12th several WW participated in Amiling Cycle's 12th annual Toys for Tots ride. Once again the WW sponsored a trailer to help carry the toys along the route. There were over 140 cyclist who rode the 12 miles, police escorted route from Amlings in Niles to Mystic Celtic on Southport in Chicago. It was a very cold day but the holiday cheer warmed the spirits of both riders and observers as the parade of bikes made its way to deliver toys to needy children.

Pictured left to right Mary Kay Drapeau, Ella Shields, Sheri Rosenbaum, Joe Beemster, Reinhilde Geis and Johannes Smits

## STAYING HYDRATED IN WINTER

In the summer, you need at least 4 bottles of water or sports drink to ride your favorite hilly 65-mile loop. But in the winter when it's 40 degrees cooler, you can do the whole ride with one bottle. Is that okay?

Probably not. You sweat nearly as much in winter as when it's hot and humid, but the sweat evaporates in cold, dry conditions, and you don't notice how much fluid you're losing. That's a problem because some studies claim that performance deteriorates markedly when you've lost as little as 2% of body weight as sweat.

A few years ago, exercise physiologists recommended taking a large swig of water or sports drink every 15 minutes while riding, winter and summer. But recently, thinking has changed. Now experts warn against over-hydration and suggest drinking when thirsty. Still, it's easy to get dehydrated in the winter when thirst mechanisms are blunted by the cold.

### Some Tips to Stay Hydrated

Start long cool- or cold-weather rides with two large bottles. Drink according to thirst and maybe just a bit more. On a long ride, refill at a convenience store or other stopping point. Sure, it's chilly and you're not very thirsty. But remember how much slower you'll be going if you get dehydrated – and how much less fun the ride will be.

**Practice drinking on the bike.** Some riders aren't comfortable taking one hand off the bar, slipping the bottle from the cage, drinking and then replacing it – all the while keeping their eyes ahead and riding a straight line. So they don't do it nearly often enough, and they become dehydrated. The solution is simple: practice.

Develop your technique in an empty parking lot or on a lightly traveled road with a wide shoulder. Next, practice when riding with a friend and, finally, in a small group. When in a pace line, remember that it's safer to drink when you're last in line. Swerving or letting a gap open won't impact the other riders.

**Try warm liquids.** There's nothing like a hot drink on a cold ride. Tote hot chocolate, tea or coffee in an insulated bottle. Instead of carrying it in a bottle cage, tuck it into your middle jersey pocket under a jacket so it stays warm longer. Or stop mid-ride at a coffee shop or convenience store for a hot beverage.

**Restore sodium levels.** Ever notice a white stain that forms on your clothes and helmet straps during a ride? It's salt that you've sweat out, and it needs to be replaced. Low sodium levels are associated with increased incidence of cramps. Heavy sodium losses can lead to hyponatremia, a potentially life-threatening condition. Your sports drink should contain at least 100 mg of sodium per 8 ounces (check the label).

From [roadbikerider.com](http://roadbikerider.com)



## UVEX RECALLS 46,000 BICYCLE HELMETS

Germany-based helmet maker UVEX is recalling 46,800 bicycle helmets because the chinstrap can fail. Also, the helmet does not comply with impact guidelines of

the Consumer Product Safety Commission.

No incident or injuries have been reported, but the CPSC says the anchor for the chinstrap can break, causing the helmet to slide off a user's head. The CPSC urges owners to contact UVEX for a refund or replacement helmet.

The recalled helmets come in a variety of colors and are

marked with model numbers XB017, XB022, XB025, XB027, XB032, XB036 and XB038. The model number is located under the fitting pad on the top right side.

The helmets were sold at bike shops from September 2009 through June 2014.

Contact UVEX Sports from 9:30 to 6:30 ET Monday through Friday at toll-free at 844-767-0656. Also, go to the UVEX home page, [www.uvex-sports.us](http://www.uvex-sports.us), and scroll down to the bicycle helmet recall information.

The US Consumer Product Safety Commission also has information regarding the recall.

Top 100 Dealer in USA.  
 Top 50 Trek Dealer.  
 Over 30 yrs.  
 in Business



Arlington Heights • Elk Grove Village • Barrington



THE BEST WAY  
 TO TRAIN  
 ♦  
 Computrainer  
 Training Center



Areas largest Selection  
 of Tandems,  
 Recumbents and  
 Folding Bikes



Get the right fit  
 with the  
 Slow Twitch  
 Certified  
 Fit Specialists

[www.villagecyclesport.com](http://www.villagecyclesport.com)

45 Arlington Hts. Rd. • Elk Grove Village, IL 60007 • 847-439-3340  
 1326 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650  
 203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200

Ask for your  
*Wheeling  
 Wheelmen  
 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](mailto:wheeling@wheelmen.com)

To Subscribe send an email message to:  
**[wheelingwheelmen-subscribe@yahoogroups.com](mailto:wheelingwheelmen-subscribe@yahoogroups.com)**

To Unsubscribe send an email message to:  
**[wheelingwheelmen-unsubscribe@yahoogroups.com](mailto:wheelingwheelmen-unsubscribe@yahoogroups.com)**

To post a message send your message in an email to:  
**[wheelingwheelmen@yahoogroups.com](mailto:wheelingwheelmen@yahoogroups.com)**

The group name is: **wheelingwheelmen** and is available at: [pgroups.yahoo.com/group/wheelingwheelmen](http://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

**Newsletters are sent via e-mail, but if you need a paper copy please indicate below:**  
 Send paper copy

**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**  
 Club Meeting, Thursday, Feb. 5  
 St Pat's Ride, Sunday March 22



*Happy  
 Valentines Day*

**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**  
 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  
**(Temporarily closed till 3/15)**

**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