



MONTHLY MEANDERS

BOARD BANTER

As many of you recall, Mike Keating of the Keating Law Offices presented various issues and situations involving motor vehicles and cyclists to us. Rather than copy all of the applicable State of Illinois laws, I've attempted to summarize those that mostly apply to us. These are written from 625 ILCS 5/11-1502-1512 and 5/11-1003.1 and 5/11-703

1502. Traffic laws apply to persons riding bicycles with all rights and duties applicable to a driver of a vehicle.

1505. Any person operating a bicycle on a roadway shall ride as practicable and safe to the right hand curb or edge of the roadway. Riding two abreast is permitted as long as the normal and reasonable movement of traffic is not impeded. Note: we urge each rider to ride single file whenever motor vehicles are passing.

1507. Every bicycle when at use at nighttime must be equipped with a lamp on the front (white light visible) of a distance at least

500 feet and a red reflector on the rear visible from 100 to 600 feet when directly in front of a vehicle with lower beams of headlamps.

1510. Bicycles turning LEFT shall approach the turn as close as practicable to the RIGHT curb or edge of the roadway. After proceeding across the intersecting roadway to the far corner of the curb or roadway edges, the cyclists shall stop as much as practical out of the way of traffic. After yielding, the cyclist shall comply with any official control device and proceed in the new direction. Note: Local jurisdictions may cause official traffic-control devices to be placed and thereby require that a specific course be traveled by turning bicycles. A cyclist may not cross a road and ride against traffic before the intersection in making a left turn.

1511. A signal to turn right or left not less than 100 feet before turning is required. The signal need not be given continuously in controlling the bicycle.

1512. A cyclist riding along a sidewalk or cross walk shall yield the right of way to any pedestrian and also give an audible signal when passing.

1003. Drivers to exercise due care in avoiding colliding with any pedestrian or any person operating a bicycle and shall give warning by sounding the horn when necessary.

703. The operator of a motor vehicle overtaking a bicycle proceeding in the same direction, shall leave a safe distance but not less than 3 feet when passing. Also a person driving a motor vehicle shall not, in a reckless manner, drive unnecessarily close to, toward, or near a bicyclist...

We urge all of our members to take the League of Illinois Bicyclists safety test. This can be accessed at www.bikesafetyquiz.com for a good understanding of our laws and safe riding.

Joe Beemster, President

April 2015

INSIDE THIS ISSUE:

BOARD MEETING	2
CLUB MEETING	2
BIKE SWAP	2
APRIL RIDES	3
INVITATIONAL	3
WEEKLY RIDES	4
MEETING RECAP	4
MINUTES	5
BIKE RODEO	5
SPRING RIDING	6
SALES	7
YAHOO GROUP	7



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 Bri 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

BOARD MEETING

The next board meeting is Monday, April 20, 7:00 p.m. at the home of Pam Kaloustian. All Board members are requested to attend.

APRIL CLUB MEETING

The club meeting will be on Thursday, April 2, 7:00 p.m. at Sullivan School, 700 Schoenbeck Road, Prospect Heights, meet in the library. **The school is in the same complex as McArthur Middle school, Sullivan is the first building you see when you turn in off Schoenbeck Road**

The Key to Cycling Hydration and Nutrition

Tim Ams, Midwest Field Marketing Specialist for Nuun, will be on hand to discuss hydration. **Nuun**, pronounced "Noon" was the first company to separate electrolyte replacement from carbohydrates. Before Nuun, if you wanted electrolytes, the result was a bottle full of sugar. With their simple, self-dissolving, sugar-free electrolyte tab, they revolutionized the sports drink forever.

Andrea Rudser-Rusin, is a Registered Dietitian, with advanced credentialing as a board Certified Specialist in Sports Dietetics, and is a Certified Athletic Trainer. Andrea will discuss how fuelling is not just what gets an athlete to the finish line, it is what allows one to toe the line. Unfortunately it is often the forgotten element once an athlete gets off the bike or wraps up any workout. Nutrition, however, is critical to capitalize on the efforts of training, prepare for the next bout, and to stay healthy during the season. Andrea will introduce the basics of fueling an active lifestyle and offer a sneak peak into an athlete's fuel tank.



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)

THE ARLINGTON BIKE SWAP

**Saturday, April 25
10:00 am -2:00 pm**

The Arlington Heights Bike Swap is an annual community event featuring hundreds of bicycles.

The swap is held at Centennial Park, 1209 Burr Oak Drive, Arlington Heights. Centennial Park is located adjacent to Riley School.

The Arlington Heights Bike swap allows everyone to sell or purchase bicycles and bicycle related items. The Arlington Heights Bicycle Club runs the event like a garage sale. Sellers set their own prices. The swap is ideal for anyone who has outgrown their bicycle; has bicycles they no longer use; or want to upgrade their bicycle.

For info see cyclearlington.com or email swap@cyclearlington.com



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

Date	Time	Ride Name	Start Location/Directions	Miles	Ride Host	
April Ride Schedule	All Riders Should:	*wear a helmet *bring water *bring a pump	*have a bike in good condition *bring a spare tube and patch kit *arrive early...15-30 minutes	*bring an ID card *carry a cell phone *bring money for lunch/snacks		
Sat. 4-4	9:00	Honey Do/ 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	Pam Burke 312-615-3407	
Sun. 4-5	9:00	(Easter) 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.	Approx 31-55	Larry Frank 847-832-0630	
Sat. 4-11	9:00	Honey Do/ Extended Do	Grassy Meadow Forest Preserve See above	30-72	Nancy Beck 224-456-0262	
Sun. 4-12	9:00	Sunday Short Ride	Long Grove Commons See above	Approx 31-55	Patty & Brian Blome 847-738-4446	
Sat. 4-18	9:00	Honey Do/ Extended Do	Grassy Meadow Forest Preserve See above	30-72	Terri Brei 630-606-4341	
Sun. 4-19	9:00	Sunday Short Ride	Long Grove Commons See above	Approx 31-55	Al Gibbs 773-405-6727	
Sat. 4-25	9:00	Honey Do	Grassy Meadow Forest Preserve See above	30-58	Betsy Burtelow 847-204-8274	
	9:00	Walworth Flats	McHenry Co College Rt 14 two miles north of Rt 176. Crystal Lake, IL Meet in north parking lot	58	Vince Steidl 847-530-7905	
Sun. 4-26	9:00	Sunday Short Ride	Long Grove Commons See above	Approx 31-55	Joe Beemster 847-215-2314	

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

INVITATIONAL

April 26, Folks on Spokes Easter Ride, Park Forest, IL. 18/26/36/50/62 miles
www.folksonspokes.com

WEEKLY RIDES					
Day	Time	Ride	Miles	Start/Directions	Ride Host
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	25-45	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	Kilian Emanuel 847-296-7874
Tuesday starts April 14	6:00 pm	Working Stiff's Ride	18-27	Stempel Parking Lot On the west side of Old McHenry Road, behind the Read Oaks Store. West of IL 53, Long Grove, IL	Tom Wilson 847-632-1412
Trail/Road rides Wednesday Starts April 8	10:00 am	Blue Star Memorial Woods	16/32	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.	Dennis Ellertson 847-255-9323
Wednesday starts April 22	5:30 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Rotation
Thursday Starts April 16	6:00 pm	Thursday Night Ride	30	Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road, park at shelter B.	Paul Lefevre 847-670-3501

MARCH 5 CLUB MEETING RECAP



The Wheelmen enjoyed an interesting meeting on bike riding through the Canadian Rockies. Elizabeth Berry presented the slides of the stunning views along the Banff-Jasper bike tour. Mark Guth, who has done this ride on many occasions, reviewed the trip highlights and great experience on this beautiful journey. We had a good turnout and everyone enjoyed the presentation. Thanks also to Al Gibbs and of course Deb Wilson for their assistance with the projection.

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.

Wheeling Wheelmen Board Meeting February 22, 2015

Present: Joe Beemster, Roland Cooper, Pam Kaloustian, Sheri Rosenbaum, Mitch Rosset, Ella Shields, Dave Waycie

Treasurer's Report: No report. Johannes on vacation.

Ride Schedule: The schedule will be in the March newsletter. Host sign ups are going very well. Members can check the schedule on the website to find opportunities to host.

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

Publicity: St Pat's information has been posted on several websites. We will post Harmon information as we get closer to the date. Planning for the Buffalo Grove Bike Rodeo, but that date has not yet been posted.

St Pat's Ride: All is on track. Members can check with Anna for her volunteer needs.

Harmon: Rest stop reservations are in. Brochures have been delivered to LIB for their annual mailing. We have

had a request from Ronald McDonald House to cooperate in their using the Harmon as a fundraising ride event, and are discussing how such a cooperation may work.

2015 Member Meetings: The social meeting at Tavern 45 went very well, and was relatively inexpensive. We will consider whether to make this an annual event.

Mar: Mark Guth - Canadian bike ride

Apr: Nutrition and Hydration

Miscellaneous Items:

New membership applications have been printed. Ride hosts may want to have a few handy to give to guest riders. Hosts can check with a board member to pick up a few applications. The club tax return has been filed and accepted by the IRS.

Newsletter:

April – Joe

May - Mitch

Next Board Meeting: Monday, April 20, 7:00PM. Pam will host.

Dave Waycie, Secretary



HELP NEEDED FOR BIKE RODEO

SATURDAY, MAY 9

Every year the Wheelmen help the Buffalo Grove Police Department with their Bike Rodeo. This event is geared towards teaching kids bike safety, as well as promoting cycling. Once the kids sign up at the registration desk, they come to our station where we

make sure their helmets are fitted properly.

Pam Kaloustian needs volunteers to help out with the Rodeo. She needs two shifts of two people each. First shift is 11 am-1pm and 2nd shift is 1pm-3 pm. A pizza lunch is provided.

Please contact Pam Kaloustian at 847-707-0203 to volunteer and to get more details.

SPRING RIDING REQUIRES A RANGE OF GEAR

No matter how nasty the conditions, the right combination of base layers, insulating garments and shells will keep you warm, if not perfectly dry, during the typically mercurial spring weather.

Jacket. Light windbreakers work fine in relatively warm rain. They don't keep you dry, but they do hold in body heat. But for cold spring rain (or sleet) you need a water-proof jacket. Beware of over-spending for one made of a high-tech fabric advertised as "water-proof and breathable." Those 2 terms don't go together.

Instead, look for a jacket with completely waterproof fabric and plenty of ventilation (pit zips, full-length front zipper, back vent, cuffs that can be opened). You need airflow to re-duce overheating. A poorly ventilated jacket will keep the air so stuffy inside that you get as wet from sweat as you would from the rain. Also, be sure there's a long tail that lets down to cover yours.

Perhaps the most important feature for any cycling jacket is high visibility. Go for neon yellow or orange so you'll glow as you ride. If there are reflective stripes or panels, so much the better. Boycott manufacturers who produce only dark-colored outerwear. That's like wearing camouflage.

Shoe Covers. Neoprene booties hold in heat, up to a point. But they eventually soak through, letting your feet get wet and cold. Neoprene

doesn't breathe, so even when it's cold but dry, your feet will get damp from condensation. A better choice is booties made from a water-repellent fabric. They're lighter and roll up into a much smaller bundle when you want to stuff them in a jersey pocket.

For spring temps above 45F degrees (7C), consider toe covers that pull over the front of your shoes. They're enough to cut the chill, but they're not much help in rain.



Base Layers. Your wardrobe should contain several short-sleeve or sleeveless base layers made of a synthetic material ("polypro") designed to transport moisture. This stuff works, wicking sweat from your skin so it stays drier and warmer. Add a long-sleeve turtleneck for cold and wet conditions. Wool is another good material against the skin. Old problems with itching and shrinking have been solved.

Eye Protection. You can't ride safely if you can't see. In dark, gloomy conditions, clear or yellow lenses give you the best chance of spotting road hazards obscured by rain and mist.

If it's raining hard, a billed cycling cap under your helmet shields your eyes. Mountain bike-style helmet visors are increasingly being worn by roadies in

wet weather.

Head Cover. Your scalp has a rich network of blood vessels. That's why you bleed so copiously from head injuries. It's also why you lose substantial amounts of heat from your head. Anytime it's cold or wet, wear a thin polypro helmet liner "skullcap" or balaclava (also covers your neck and ears) under your helmet.

Gloves. Cold hands create bike-handling problems. It's hard to work the brakes or shift with numb fingers. Most winter-weight gloves soak through in heavy or prolonged rain, but they'll keep your hands warm for a while by virtue of their insulation. Neoprene gloves don't work any better than neoprene booties.

For warmer temperatures, wear polypro gloves with gripper dots over short-finger cycling gloves. The dots in the palm and fingers are made of a tacky material that won't slide on wet handlebar tape.

Tights or Leg Warmers. You can buy waterproof nylon rain pants, but most cyclists find them floppy, noisy and unnecessary. Your legs are shielded somewhat by your upper body, and they're also working hard. If they do get wet, you may not even notice.

Wool-blend tights with nylon panels over the knees and upper thighs work well when rain and cold combine. Regular polypro tights or leg warmers are fine for most wet spring conditions.

From roadbikerider.com

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<p>www.villagecyclesport.com</p> <p>45 Arlington Hts. Rd. • Elk Grove Village, IL 60007 • 847-439-3340 1326 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650 234 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200</p>	<p>Get the right fit with the Slow Twitch Certified Fit Specialists</p> <p>Ask for your Wheeling Wheelmen Discount</p>

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



VILLAGE CYCLE SPORT

Friday, April 10, 10 am -9 pm
Saturday, April 11, 10 am -6 pm
Sunday, April 12, 10 am -6 pm

45 Arlington Heights Rd.
Elk Grove Village

The sale will be held in their parking lot

visit villagecyclesport.com
for more information

<p>BIKE EXPO SALE April 10-12th, 2015 State Fair Park</p>	
<p>FRI 12-9 SAT 10-6 SUN 11-5</p>	<p>FREE ADMISSION</p>

Wheel & Sprocket's Bike Expo Sale is the *nation's largest bike sale*. With over 2000 bikes and thousands of accessories for sale at the best prices of the year only during this 3-day exclusive event.

Many manufacturer representatives from the top brands as well as the expert staff from Wheel & Sprocket will be available to assist with everything cycling.

Exhibitors from over 50 rides, tours, clubs and other cycling organizations will be on-hand to present the many excellent events, tours, trails, races and other opportunities to ride throughout the state.

The Bike Expo is held at the Wisconsin Exposition Center at State Fair Park, in West Allis, WI. bikeexposale.com



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, April 2
 Club Picnic - Sunday, July 12
 Harmon 100 - Sunday, Sept 13



April 3



April 5

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
 234 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