



MONTHLY MEANDERS

BOARD BANTER

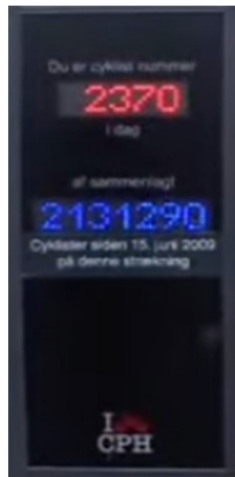
By Johannes Smits

A couple of years ago I reported on some of the innovations that cities in Europe are making in order to improve the already excellent bike transportation system.

In Amsterdam and Copenhagen, the trend in the 1960s was to have multi-lane highways going straight into the center of the cities. However this turned out to be a disaster since both cities could not handle the amount of cars that suddenly flooded the center. Cars would end up on small streets and were parked anywhere. This made life miserable for both car owners as well as bikers. The original plan to widen roads in the center was not feasible as we are talking about historic cities where nobody was interested in tearing down houses just to make room for more cars. The whole car-centric approach simply did not work.

After skipping these plans, both Copenhagen and Amsterdam made efforts to improve the bike lanes throughout the center of the cities. A typical major street in the center of Copenhagen has separate sidewalks, bike paths, bus lanes and cars lanes. The lanes are not just

by painted lines, but with curbs. This allows the traffic to be separated except in intersections. In busy intersections there are separate traffic lights for cars, buses, bikes and pedestrians. It sounds complicated, but it



seems to work smoothly.

The simple philosophy is to make life easier for bikers but not for cars. This will eventually attract more and more commuters to bike to work. Other changes have also been implemented over the years:

- Super highways for bikers. This allows the bikers to bike from the suburbs to or through the center of Copenhagen without much interference by cars. The

network of these highways is being expanded as we speak, and has been a big success.

- One-way streets for cars, but add two-way bike lanes allowing bikers to get around much easier.
- Green waves on some of the major roads through the center of Copenhagen. If a biker keeps a certain speed, the traffic light will be green all the time. The latest improvement is to add green LED lights in the bike paths. If the green LED lights are lit next to you, you will be able to get through the next green light. If however the LEDs are lit ahead of you need to speed up to make the next green light. Pretty cool
- Part of Copenhagen is located on smaller islands, and there were only a few bridges where bikers could cross the water. In order to make things easier, the city of Copenhagen

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July 2015

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Welcome New Members

Milind Thombre, Arlington Hts.

Chris & Natalie Dears, Lake Zurich

Sherwin Horowitz, Buffalo Grove

Nick Aghakhan, Long Grove

Jeff Grady, Palatine

Harlan McDaniel, Glendale Hts

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

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 June 7

81 rides by 113 members
3,385 max miles

Women:

1	Emily	Qualich	1512
2	Eva	Waycie	1308
3	Sheri	Rosenbaum	899
4	Cindy	Kessler	743
5	Betsy	Burtelow	613
6	Pat	Calabrese	566
7	Reinhilde	Geis	491
8	Marianne	Kron	430
9	Deb	Wilson	429
10	Terri	Brei	422
11	Pam	Kaloustian	399
12	Ella	Shields	369
13	Pam	Burke	350
14	Jackie	Kelley	347
15	Virginia	Savio	284
16	Anna	Swietczak	230
17	Ellen	Heineman	197
18	Paula	Matzek	116
19	Barb	Barr	115
20	Kae	Takeshita	109

Men:

1	Dennis	Ellertson	2240
2	Davr	Waycie	1777
3	Paul	LeFevre	1679
4	Kilian	Emanuel	1603
5	Brian	Hale	1138
6	Joe	Beemster	1122
7	Jeff	Magnani	1113
8	Mitch	Rosset	1092
9	Tom	Wilson	850
10	Johannes	Smits	827
11	Kevin	Moore	824
12	JV	Villadolid	798
13	Alex	Halamaj	782
14	Dan	Romanoff	764
15	Bob	Dominski	717
16	Jim	Flechsig	684
17	Jorn	Lim	665
18	Vince	Kelley	661
19	Dan	Vanderkelen	642
20	Jim	Boyer	577

BOARD MEETING

The next board meeting is Monday, July 13, 7:00 p.m. at the home of

Ella Shields.

All Board members are requested to attend.

Total Rides Led	Through June 7
Al Gibbs	1
Anna Swietczak	1
Barb Barr	3
Betsy Burtelow	1
Bob Dominski	2
Brian Hale	1
Dan Wiessner	1
Dave Waycie	2
Dennis Ellerston	10
Ella Shields	1
Eva Waycie	1
Jeff Rossi	3
Jim Flechsig	1
Jim Shoemaker	1
Jim, Boyer	1
Joe Beemster	3
Johannes Smits	1
Kilian Emanuel	26
Larry Frank	3
Mitch Rosset	1
Nancy Beck	1
Pam Burke	2
Paul LeFevre	7
Peter Guzik	1
Sheri Rosenbaum	2
Teri Brei	2
Todd Berlin	1
Tom Wilson	9
Vince Steidl	1
	90

July 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	
Date	Time	Ride Name	Start Location/Directions	Miles	Ride Host
Sat. 7-4	8:00	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	Anna Swietczak 312-969-1010
Sun. 7-5	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.	Approx 31-55	Reinhilde Geis 312-209-0279
Sat. 7-11	8:00	Honey Do	Grassy Meadow Forest Preserve See above	30 - 58	Barb Barr 224-578-0624
	8:00	Retro harmon	Wauconda High School North on US-12 to Bonner, right to Old Rand Rd/Main St, right to the high school on right	30/60/100	Paul LaFevre 224-234-0615
Sun. 7-12	9:00	Club Picnic Art Cunningham Memorial Ride	Heron Creek F.P. 0.2 miles south of IL-22 (Half Day Rd) on the west side of Old McHenry Rd. 0.4 miles on the Forest Preserve Rd to shelter B	Approx 31-55	Kilian Emanuel 630-251-6798
Sat. 7-18	8:00	Honey Do	Grassy Meadow Forest Preserve See above	30 - 58	Jim Flechsig 847-584-4517
	9:00	Bastille Day Ride	Paris Consolidated School I-94 north, exit 142 west to County D, turn left to the school.	59/74/95	Mitch Rosset 847-814-3107
Sun. 7-19	9:00	Sunday Short Ride	Long Grove Commons See above	Approx 31-55	Joe Beemster 847-215-2314
Sat. 7-25	8:00	Honey Do	Huntington Plaza Due to another event at the Paul Douglas FP, the ride start location will move to Huntington Plaza at the corner of Algonquin and Huntington in Hoffman Estates	30 - 58	Betsy Burtelow 847-204-8274
	9:00	Richmond B	Antioch Upper Grade School		er 84
<div style="border: 2px solid red; padding: 5px; color: red; font-weight: bold;"> Please note, the Richmond Antioch ride moved to Sept 5th. Honey Do will also include the Extended Do ride which is 72 miles. </div>					
Sun 7-26	8:30	Darwin Ride	Long Grove Commons See above	70	Anna Swietczak 312-969-1010
	9:00	Sunday Short Ride	Long Grove Commons See above	Approx 31-55	Reinhilde Geis 312-209-0279

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	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 ride Wednesday	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	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	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
Friday	10:00 am	Libertyville Picnic Ride	30	Willow Stream Park On Old Checker Rd just west of Buffalo Grove Rd. North of Lake Cook Rd	Frank Bing 847-814-9925

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

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 mes-

sage 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.



**JOIN US FOR THE ANNUAL
WHEELING WHEELMEN PICNIC**

SUNDAY, JULY 12

Ride will start @ 9:00

There are also hiking and biking trails

The club will supply food which will be served afterward, about noon

BYOB

We will have a communal ice chest if you want to share your beverages

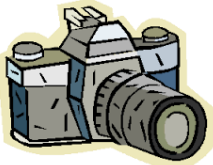
Heron Creek Forest Preserve, Shelter B

Located on the southwest corner of Route 22 and Old McHenry Road

Please RSVP to Al & Cindy Schneider at 847/696-2356

or email at cindy109st@gmail.com

BANQUET PICTURES



We will once again be doing a slide show at the annual banquet (November 8) and are asking for contributions this season. So be sure and take pictures at rides and events and share them with our club members.

Send your pics by October 24 to Terri Brei at tbrei@scoutsourcinginc.com

INVITATIONAL'S

July 4, 4th of July Metric Century, Plainfield
30/45/62, Steve Mitoraj, 630-417-7962
jbc4thride@gmail.com jolietbicycleclub.org

July 11, Pedal for Paws, New Glarus, WI
25/45/65 608-325-9600
shelter@greencountyhumane.org

July 12, Biking with Beanie, DeKalb,
20/40/60/80/101, 331-442-4166
bikingwithbeanie@yahoo.com
kishkiwanis.org/bwb-general-info

July 18, Z Tour, Princeton, IL,
10/30/50/62/100 miles,
ztourinfo@gmail.com z-tour.org

July 25, Venus de Miles, Lake Forest
25/62 miles venus@greenhousescholars.org
venusdemiles.com/illinois

July 25, Wright Stuff Century, Blue Mounds, WI
30/64/100 miles, wrightstuffcentury.com

July 26, Annual Gourmet Bike Tour, Neenah, WI
25/55/75/100 miles
bestfriendsnm.org/news--events/gourmet-bike-tour



4 WAYS TO AVOID NEGLECTING YOUR BIKE

1. Not Washing Your Bike

This is especially important if you use your bottle cage for sugary drinks that might slosh onto the frame. Bike + sticky, sugary liquid = gradual disaster in the form of deteriorated shifting from sugar collecting at the bottom bracket. It's better to clean it off before it disaster strikes. A regular cleaning will also remove any buildup of dirt in the drivetrain to keep it spinning smoothly. Plus, cleaning your bike involves examining it up close, which gives you the opportunity to find minor damage before it becomes major. Clean your bike every time you get it dirty—and even if you don't get it dirty, clean it every 20 to 25 rides.

2. Using Too Much Chain Lube

Over coating your chain with lube could turn it into a giant revolving grime magnet—collecting dirt and dust that will slow you down and ultimately accelerate wear on the whole drivetrain. Apply one drop of lube to each

link, spin the cranks backwards a few times to distribute the lube, and then use a rag to wipe off as much of it as you can. What's leftover will be evenly spread over the chain without any excess dripping onto other parts of the bike that shouldn't be lubed.

3. Neglecting Your Bar Tape

Handlebar tape collects all kinds of muck throughout its lifespan (think rainwater, sweat, possibly even blood). When that gunk is trapped between your handlebars and the tape, it can slowly eat away at your bars. If yours is ripped or loose, consider replacing it. Bonus: Your hands will thank you for the restored padding.

4. Leaning Your Bike on its Top Tube

This could scratch or even dent the tubes, and the more frequently you do this, the worse the damage will be. Your best bet for bike storage is a bike rack, but if there aren't any available, lean your bike against a building so that it makes contact with the wall at the handlebars and saddle. If you're propping the bike against a pole, use the rear wheel—the rubber will grab the pole and make the bike less likely to slide.

From active.com

Wheeling Wheelmen Board Highlights May 18, 2015

Present: Joe Beemster, Roland Cooper, Pam Kaloustian, Johannes Smits, Dave Waycie

Treasurer's Report: Checking account balance approximately \$14,000.

Looking at PayPal for membership and possibly Harmon registration.

Publicity: Buffalo Grove Bike Rodeo had 42 kids, 4 members helped.

Village Cycle Ladies Night is May 20. We will have a table and giveaways.

Harmon: Ronald McDonald charity riders will set up a

meetup point at the Eagle Lake rest stop. No support is needed from us.

Volunteer signup will mainly start at the picnic on July 12.

Community: Joe spoke at a FedEx Drivers Meeting and attended an IDOT Q&A session in Wheeling.


Newsletter:

June – Joe

July - Johannes

Next Board Meeting: Monday, July 13, 7:00 PM. Ella will host.

Dave Waycie, Secretary

<p>Top 100 Dealer in USA. Top 50 Trek Dealer. Over 30 yrs. in Business</p>	
 <p>VILLAGE CYCLESport Since 1976</p> <p>Arlington Heights • Elk Grove Village • Barrington</p>	
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<p>Areas largest Selection of Tandems, Recumbents and Folding Bikes</p>	
<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

gen has in recent years added several bike and pedestrian bridges. While cars are stuck in traffic, the bikers easily get around using these bridges.

- One of these bridges is called 'Cykleslangen' (directly translated it means 'The bike Snake', but it is also means 'the inner tube'). During the planning phase, this design was by far the most expensive but the city liked it so much that it found the extra money to build it. It is really cool. Check it out on the Wheeling Wheelmen web site (see link at the end of this article).

This picture on page 1 shows a counter that is placed in the center of Copenhagen showing the number of bike passing's on a daily basis as well as for the year to date. Every year at least 4 million bikes pass this counter.

Amsterdam might be even more impressive, but one of their problems is that there are bikes everywhere. To help this problem, the city has built one gigantic parking building for bikes. It can hold 10,000 bikes in a three level building.

The last city I want to mention is Groningen in Holland. The city is an old medieval town, and could not handle the car traf-

fic. Traffic planners divided the city in four quadrants and in order for a car to travel to another quadrant, the driver has to drive out to a ring road that lies outside the center. A biker however can move freely between the quadrants. What takes 25 to 30 minutes for a car, takes 10-12 minutes for a bike.

All these efforts are done to make biking more attractive and it seems to work really well. In Copenhagen 50% of all commuters now use bikes.

Go to the following link to see some videos from Denmark and Holland: http://www.wheelmen.com/bike_info.asp



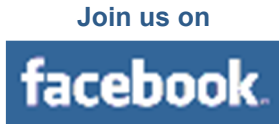


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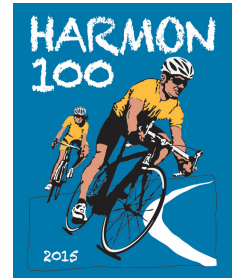
**HAPPY 4TH
 OF JULY**

We are on the web
wheelmen.com



SAVE THE DATES

Club Picnic - Sunday, July 12
 Harmon 100 - Sunday, Sept. 13
 Banquet - Sunday, Nov. 8



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