



MONTHLY MEANDERS

BOARD BANTER

The Harmon Hundred Shines On!

Less than two months to go and the 46th Harmon Hundred will be upon us. The weather has really turned and we are riding to catch up on the year's training. Kudos to the many who have suffered through the rain and cold to keep on trucking – I mean riding! As we move into mid-season form we look forward to more club events and long challenging rides.

While this is uppermost in our minds it's time to consider what it takes to keep the club organized and moving forward. It's time to take a wider view of cycling in our area and to continue to take on the challenges we all face as club members. The simple fact is that the Harmon brings in more money than two years of dues. It really keeps the work of the club strong and vibrant.

The Harmon is also one way we promote the club and try to attract more members/riders. The Harmon Hundred is our premier event and it takes a significant commitment by all the members to make it all work to everyone's advantage.

Our success has been proven time and time again over the years. Attendance has been

steady at 600 + riders despite significant competition from other rides and events. We can be very proud of that. I've heard many compliments from participants the last couple of years and our problems have really been few. We continue to do our best to improve year after year while maintaining a consistency so our repeat riders know what to expect. We also have excellent support from Wilmot Union High School, our home base for the Harmon Hundred.

Of course it takes a commitment from all club members to make the Harmon Hundred successful. Please reflect on what the club provides for you as a member as you decide how you can add to the overall success of the club. All the regular rides provide you with the vehicle you need to train with your club buddies. So much organization is provided so you only need to make it to the start of the rides to have a great experience. All that organization allows you to focus on your own goals.

So now it's time to step up and join us. Participate in the Harmon Hundred so the Wheeling Wheelmen can have a truly successful event. Yes, as Chair of the Harmon Hundred I am asking you to

give up that one day to take on the job of being a Harmon volunteer and promoter. Many of the slots are a few hours at most and when everyone helps out no task is really difficult. If you are new to the Harmon we have great crew chiefs to help train you. You can rely on their experience. Many shifts allow you to ride 50 or 75 miles that day if you want to work and ride.

At the July picnic, I reminded everyone that it's fine to recruit the help of friends and relatives. Why not include those that don't ride to see what your club is doing? Everyone who helps out is a valuable resource. Make it a family day! Don't hesitate to contact me if you have any questions about volunteering.

There are many ingredients of a successful Harmon. Let's pull together and provide the most outstanding service and experience for our riders. Be sure to tell all our riders "Thank you for coming!".

To sign up please see the sign-up sheets that will be at future rides. You can also contact me directly at rscooper3@gmail.com. Your help is truly appreciated!

Roland Cooper

Aug. 2015

INSIDE THIS ISSUE:

TOP 20	2
RIDE HOSTS	2
AUGUST RIDES	3
AUGUST RIDES	4
WEEKLY RIDES	5
THANKS	
PICTURES	5
RIDE RECAP	6
INVITATIONALS	7
MINUTES	7

Welcome New Members

Jeff Grady, Palatine

Harlan McDaniel,
Glendale Heights

Kathleen Angus, Cary

Dan Hirota, Palatine

Matthew & Kelly Curin,
Lake Zurich

Victor Vileshin, Wheeling

Cary Cohen, Prairie View

Troy Cassata, Deerfield

Jerry Kostal, Palatine

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 July 20

138 rides by 136 members

5,581 max miles

Men:

1	Dennis	Ellertson	3755
2	Paul	LeFevre	2829
3	Dave	Waycie	2654
4	Kilian	Emanuel	2643
5	Joe	Beemster	2085
6	Brian	Hale	1950
7	Jeff	Magnani	1742
8	Mitch	Rosset	1693
9	Johannes	Smits	1650
10	Tom	Wilson	1613
11	Kevin	Moore	1424
12	JV	Villadolid	1286
13	Alex	Halamaj	1239
14	Jim	Flehsig	1177
15	Dan	Wiessner	1116
16	Larry	Frank	1081
17	Tony	Vercillo	1057
18	Peter	Guzik	1003
19	Vince	Kelley	989
20	Dan	Vanderkelen	962

Women:

1	Emily	Qualich	2442
2	Eva	Waycie	1812
3	Sheri	Rosenbaum	1551
4	Cindy	Kessler	1421
5	Pat	Calabrese	1197
6	Betsy	Burtelow	1030
7	Marianne	Kron	929
8	Deb	Wilson	838
9	Reinhilde	Geis	774
10	Terri	Brei	764
11	Pam	Kaloustian	760
12	Ella	Shields	630
13	Ellen	Heineman	620
14	Anna	Swietczak	544
15	Jackie	Kelley	498
16	Barbara	Barr	458
17	Pam	Burke	450
18	Virginia	Savio	346
19	Nancy	Beck	196
20	Eileen	Newman	187

Total Rides Led

Through July 20

Al Gibbs	1
Anna Swietczak	3
Barb Barr	5
Betsy Burtelow	1
Bob Dominski	2
Brian Hale	1
Cindy Kessler	1
Dan Wiessner	1
Dave Waycie	4
Deb Wilson	1
Dennis Ellertson	15
Ella Shields	1
Emily Qualich	2
Eva Waycie	1
Frank Bing	4
George Swietczak	1
Jeff Rossi	6
Jim Flehsig	2
Jim Shoemaker	1
Jim Boyer	1
Joe Beemster	5
Johannes Smits	2
Jorn Lim	1
Kilian Emanuel	37
Larry Frank	3
Louis Greene	1
Mitch Rosset	2
Nancy Beck	1
Pam Burke	2
Paul LeFevre	14
Peter Guzik	2
Reinhilde Geis	1
Sheri Rosenbaum	2
Teri Brei	2
Todd Berlin	1
Tom Wilson	12
Tony Vercillo	2
Vince Steidl	1
Total Leaders	38

Date	Time	Ride Name	Start Location/Directions	Miles	Ride Host	
Aug 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. 8-1	8:00	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 - 58	Ella Shields 773-407-4712	
	9:00	Wauconda Twin Lakes	Lakewood F.P. West on IL-176. South on Fairfield to parking lot on the left. East side of Fairfield.	61/78	Todd Berlin 847-910-5336	
Sun. 8-2	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	Johannes Smits 630-935-4074	
	8:00	Geneva Century	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.	100	Emily Qualich 630-569-6910	
	10:00	Geneva Lite	Veterans Memorial Park Take I-94 or IL-59 North. Turn left onto IL-120 and cross the Fox River. Turn right onto Park St for one block.	50	Larry Frank 847-832-0603	
Sat. 8-8	8:00	Honey Do	Grassy Meadow Forest Preserve See above	30-58	Jim Flechsig 847-584-4517	
	9:00	Another Day, Another Way	Evergreen Park School I-90 west to US-20. Turn right on S. Union Rd. Turn right on E. Coral Rd. Turn left on Northrup. Turn right on Washington to school.	70/100	Dave Waycie 847-845-9663	
		Amishland and Lakes Invitational	Howe, IN www.AmishlandandLakes.com	25/36/50/ 63/100	Sheri Rosenbaum 847-971-4573	
Sun. 8-9	8:00	Paul's NE IL Century	Euclid Elementary School Euclid and Wheeling Road, school is on the corner	100	Paul LeFevre	
	9:00	Sunday Short Ride	Long Grove Commons See above	Approx 31-55	Terri Brei 630-606-4341	
		Amishland and Lakes Invitational	Howe, IN www.AmishlandandLakes.com	22/33/ 46/62	Sheri Rosenbaum 847-971-4573	

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

AUGUST RIDE SCHEDULE (cont'd)

Date	Time	Ride Name	Start Location/Directions	Miles	Ride Host
Sat. 8-15	8:00	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	30-58	Ellen Heineman 630-624-3246
	8:30	TINFU	Evergreen Park School I-90 west to US-20. Turn right on S. Union Rd. Turn right on E. Coral Rd. Turn left on Northrup. Turn right on Washington to school.	75/100	Dave Waycie 847-845-9663
Sun. 8-16	8:30	Kenosha Bound long route	Long Grove Commons Long Grove Commons Shopping Center at Rt 22 and Old McHenry Rd. Park in lot north of the PNC Bank.	87	Sheri Rosenbaum 847-971-4573
	9:30	Kenosha Bound short route	Old School Forest Preserve Libertyville St Mary's Rd, north of Rt 60 on the east side of the road. Enter forest preserve. Right at stop sign. As you drive through the forest preserve, meet in the first parking lot on the left	61	RIDE HOST NEEDED
	9:00	Sunday Short Ride	Long Grove Commons See above	Approx 31-55	Joe Beemster 847-215-2314
Sat. 8-22	8:00	Honey Do	Grassy Meadow Forest Preserve See above	30-58	Tony Vercillo 847-691-7049
	8:00 - Tour 8:30 - Ride	Waterford Factory Tour and Ride	Waterford Precision Cycles 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. They're the 4th building on the right.	27/41/68	Kevin Moore 847-373-7378
Sun. 8-23	7-9:00	Harmon Pre-Ride for Club Members	Wilmot Union High School 11112 308th Ave, Wilmot, WI Take I-94 west across the Wisconsin state line to Exit 345 (Hwy C). Go west on Hwy C to the town of Wilmot. Turn right on Hwy W in Wilmot. Continue to High School entrance on the left side of the road.	25/50/ 75/100	Roland Cooper 847-732-0432
Sat. 8-29	8:00	Honey Do/Extended Do/ Double Metric Century	Grassy Meadow Forest Preserve See above	30-124	Anna Swietczak 312-969-1010
Sun. 8-30	8:30	Long Grove to Wilmot	Long Grove Commons See above	85	Dave Waycie 847-845-9663
	9:00	Sunday Short Ride	Long Grove Commons See above	Approx 31-55	Emily Qualich 630-569-6910

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



Thanks to Al & Cindy Schneider for hosting our annual picnic. Approximately 40 member enjoyed delicious food and beverages. A good time was had by all.



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

GETTING DIRTY IN EMPORIA, KANSAS

This is my report from Dirty Kanza 200 mile gravel race. I was the racer, Dan was the crew (participants are required to have crew to assist at two checkpoints and for emergency as there is no other support. Crew are not allowed to follow racers or be on course).

5 am. Still dark in the morning, chilly with dampness. Wet and misty. Much rain in previous days leading up to the race day. 6 am start, still dark. Call ups for the previous year's winners. The rest is an honor system, you place yourself in your predicted time wave.

I started in the front pack. The pack thinned as soon as we hit the gravel. Saw some people having issues only a few miles into the race. The bike computer was already covered by mud, I wipe it off and got worse, couldn't see anything.

A racer blew by me super fast! It was the 4 time winner Dan Hughes, covered by mud. He must have fallen already, he should not be behind me to begin with. He sure was fast.

As soon as I started feeling warmed up and ready to pedal harder, the pack slowed down. Oh no, mud section. Everyone was walking.

I carried my bike, first just by lifting up with my arms, and soon realized that I'd need to carry it on my shoulder. I straddled it on my back after a while. The loaded bike was really heavy. We could not push our bikes as the mud built up everywhere right away and there was no way to push any further. The walk was 3-4 miles. Every step was heavy and slow, with each shoe weighing a couple pounds more with sticky mud. Everyone's shoes looked like oversized boots. I could feel I was developing a blister in my left foot. One of my friends was passing by, saying "Kae, I'll carry your bike for 5 bucks." I

really should have given him \$ right away!

I heard someone who was walking in the grass got bitten by a snake....(rattle snake, rumor has it.)

A bunch of people passed me while walking so it was time to get a position back. I felt really good and started gaining and passing many people.

Surface wasn't smooth at all. Rough with large rocks and big bumps. Thanks to wide tires the ride felt cushy and comfortable to some degree. I had full confidence in my heavy duty tires and never slipped going up or down. Puddles were everywhere, and one of them was so deep, far deeper than expected. I thought I'd lose momentum before crossing over. Good thing I kept pedaling, I didn't stop. We were covered by mud top to bottom.

There was a creek crossing where dismount was necessary. Some were washing bikes.

And again we had another mud walk. It wasn't even peanut butter mud, it was much like chewing gum.

Although the visibility wasn't the best, the scenery was beautiful. Endless rolling hills filled a vast panoramic view.

Some land owners allowed access through their private property for the race (how gracious). After crossing over the cattle guard, there were no fences between us and free range cattle. They were quite big when seeing really up close. I could easily have reached out if I dared.

There were a few times cows were walking on our path. It was kind of like geese crossing the bike path while we are riding, they don't care. But worse, they don't move at all.

I was hauling, feeling good, was where I

wanted to be, going for the top 5 women!!! ... up until the rear derailleur got jammed!

The rear derailleur hanger was torn off, and wedged into the spokes. The chain was wedged between the cog and the spokes. It took me a while just to remove the derailleur and the chain from where they were stuck. Both were jammed so tightly.

Once I finally got them off, I looked for the chain tool and a master link Dan prepared in my bag. I remembered the YouTube videos I watched on the way to Kansas, and removed the badly twisted chain links, cut the chain shorter, put together with a master link and made it single speed. Back on the bike again!

Went on a little while but the chain still had issues. It didn't get me very far. Unfortunately DNF due to mechanical along with so many (too many) other racers. Majority had the same derailleur issues. It wasn't an issue for me but many also suffered from flat tires, caused by infamous Flint Hill rocks (so sharp, used by Native American as arrowhead).

The first finisher (two came in together, sprinting for the win). The finish time was well over one hour than the previous standing record time.

The finish % must be the lowest this year. Historically about 30% of the racers complete the race. This year? Don't know the numbers but won't be much. Although things went out of my control, I'm totally bummed out, sad and pouty. But I love this kind of race! Cannot get enough of it!! We will be back next year.

Thanks for reading!

By Kae Takeshita

P.S. I got a picture with Rebecca Rausch. And a personalized autograph :)

Top 100 Dealer in USA.

Top 50 Trek Dealer.

Over 30 yrs.
in Business

VILLAGE
CYCLESPORT
Since 1976

Arlington Heights • Elk Grove Village • Barrington

TREK

THE BEST WAY
TO TRAIN
•
Computrainer
Training Center

RALEIGH

Areas largest Selection
of Tandems,
Recumbents and
Folding Bikes

SPECIALIZED

Get the right fit
with the
Slow Twitch
Certified
Fit Specialists

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
234 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200

Ask for your
Wheeling
Wheelmen
Discount

INVITATIONAL'S

Aug 7-9, Amishland & Lakes, Howe, IN.
25- 100 miles, www.amishlandandlakes.com.

Aug 15, Roun'da Manure, Sharon, WI.
17/27/44/66 miles sharonmainst@sharontelephone.com

Aug. 15, Lakeshore Harvest Country Bike Tour,
South Haven, MI. 15-100 miles, www.lhcbt.com

Aug. 16, Bike Psycho's Century, Coal City,
30/50/70/100/124 miles bikepsychos.org

Aug 16, Wright Ride, Oak Park,
10/30/50/68 miles, opccwr@yahoo.com
www.oakparkcycleclub.org/wright_ride

Aug 22, Ride Like an Egyptian, DeKalb
25/50/75/100 miles info@egyptiantheatre.org
egyptiantheatre.org/ride-like-an-egyptian

Aug 22, No Baloney Ride, Morton, IL;
8/20/40/62/100 miles; www.ivwnobaloney.com;

Aug 30, 32nd Annual Cream City Century,
Waterford, WI. 30/55/68/100 miles
www.creamcitycycleclub.com

Wheeling Wheelmen Board Meeting

July 13, 2015

Present: Joe Beemster, Roland Cooper, Pam Kaloustian,
Sheri Rosenbaum, Ella Shields Johannes Smits

Treasurer's Report- We have \$14,330 in checking account.
We are researching the details on using Pay Pal for member-
ship dues. Johannes is going to get graphics to complete our
new club banner.

Ride Schedule- we need 3 rides hosts for Honey Do rides in
October. Sheri has created a new ride, Kenosha Bound,
which will held be in August. We discussed potential ride
leader gifts

Publicity- as Harmon gets closer Pam will link up to all
proper channels.

Membership – 234 members

Picnic – Al & Cindy Schneider did an excellent job hosting,
40 members attended.

Harmon- Signed up 35 volunteers at picnic, we need to get
many more. Roland will set up a meeting for all the Harmon
chairs... working on Red Bull at a rest stop, band at Kaskin
rest stop, Ronald McDonald fund raisers at Eagle, SAG signs,
a detour on Wilmot Road through October, and signs are
posted.

Member Meeting – the next club meeting will be the Har-
mon thank you pizza party on September 17, at the Sullivan
School

Banquet: November 8

Holiday Party – working on a date

Jerseys – we will check into reordering existing club jerseys

Newsletter- September, Pam Kaloustian

Board Meeting – September, date to be determined

Meeting adjourned at 8:16 p.m.

Submitted by Ella Shields



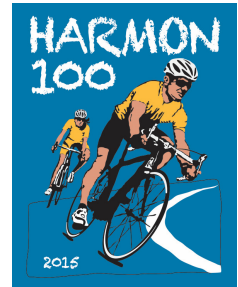
P. O. Box 7304
Buffalo Grove, Il.
60089-7304
wheeling@wheelmen.com

We are on the web
wheelmen.com



SAVE THE DATES

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
albertoscycles.com

AMLINGS CYCLE
8140 N Milwaukee Ave.
Niles 847-692-4240
amlingscycle.com

B&G CYCLERY
131 E. Rollins Rd,
Round Lake Beach,
847-740-0007 bgcyclery.com

BICYCLE CONNECTION OF SCHAUMBURG
1226 N Roselle Rd.
Schaumburg 847-882-7728
bikeconnection.com

GEORGE GARNER CYCLERY
1111 Waukegan Rd.
Northbrook 847-272-2100
740 N. Milwaukee Ave,
Libertyville, 847-362-6030
575 Ela Road, Lake Zurich
847-438-9600
georgegarnercyclery.com

MIKES BIKES
155 N Northwest Hwy,
Palatine, 847-358-0948
mikesbikeshoppalatine.com

RUNNER'S HIGH & TRI
121 W. Campbell,
Arlington Hts., 847-670-9255
runnershigh-n-tri.com

SPOKES
69 Danada Square E,
Wheaton 630-690-2050
1807 S. Washington, #112
Naperville, 630-961-8222
spokesbikes.com

TREK BICYCLE STORE – HIGHLAND PARK
1925 Skokie Hwy
Highland Park
847-433-8735 trekhp.com

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
villagecyclesport.com

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