



MONTHLY MEANDERS

100 Triathlons DONE! – A 19 Year Journey

Sept. 2015

On July 12th, 2015, I realized my goal of crossing 100 triathlon finish lines. It took place where I did my first, in Lake Zurich, IL. I was overwhelmed to be surrounded by the love and support of so many family members and friends who have called me crazy and insane, among other things, for a very long time. I am now an official member of the US Amateur Century Club where they award you with a t-shirt. Oh my!



A little about triathlons. The sport itself started at Mission Bay in San Diego, CA in 1974. The first Ironman distance (2.4 mile swim, 112 mile bike and 26.2 mile run) was held 4 years later in Kona, HI. There are three other distances: Sprint (.5 mile swim, 12 mile bike, 3.1 mile run), Olympic (1.5k swim, 40k bike, 10k run) and Half Ironman (1.2 mile swim, 56 mile bike, 13.1 mile run). I did 1 (and done!) Ironman, 7

Half Ironman, 63 Olympic and 29 Sprint distances.

How the heck did this all start? In 1985, I was asked to do the swim portion of a relay held in Lake Michigan sponsored back then by Bud Light. It was the day after my sister's wedding so I am sure I got about 3 hours sleep. And, worth noting, back in those days, we would "grease up" with Vaseline for warmth; wetsuits weren't even on the radar screen. Well, that year, we actually qualified for the World Championship in Kona..... but, sadly, we didn't go. Huge mis-

take! (Athletes would kill to compete in that event these days.) I then moved to Canada and upon my return in 1994, continued to compete in relays. However, it was never very fun to be the first leg of the relay; the runner got the medal and all the accolades while crossing the finish line. So, early in 1996 I set my sights on doing my very first complete event, an Olympic distance in August at Lake Zurich. I trained all year long and am certain was scared out of my wits at the start. The swim and the bike went just fine, but, as expected I struggled with the 6.2 mile run. With the encouragement of fellow athletes, I crossed that first finish line. What a rush.....I was hooked!

I could hardly wait until the next season rolled around. For the next ten years or so, I had a blast competing in the circuit of races available in Wisconsin, Illinois and Michigan,

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September 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 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 Aug 18
185 rides by 145 members
7353 max miles

Women:

1	Emily	Qualich	3513
2	Eva	Waycie	2403
3	Sheri	Rosenbaum	2118
4	Cindy	Kessler	1984
5	Pat	Calabrese	1615
6	Betsy	Burtelow	1345
7	Marianne	Kron	1150
8	Pam	Kaloustian	1127
9	Reinhilde	Geis	1126
10	Deb	Wilson	1104
11	Terri	Brei	1082
12	Ellen	Heineman	1036
13	Ella	Shields	1011
14	Anna	Swietczak	848
15	Jackie	Kelley	788
16	Barbara	Barr	674
17	Kris	Woodcock	654
18	Paula	Matzek	557
19	Pam	Burke	482
20	Dale	Svec	347

Men:

1	Dennis	Ellertson	5026
2	Paul	LeFevre	3944
3	Kilian	Emanuel	3466
4	Dave	Waycie	3413
5	Joe	Beemster	2497
6	Johannes	Smits	2441
7	Brian	Hale	2288
8	Mitch	Rosset	2267
9	Jeff	Magnani	2258
10	Tom	Wilson	2201
11	Tony	Vercillo	2037
12	JV	Villadolid	1826
13	Kevin	Moore	1734
14	Jim	Flechsig	1717
15	Vince	Kelley	1500
16	Alex	Halamaj	1451
17	Larry	Frank	1421
18	Dan	Wiessner	1389
19	Jorn	Lim	1361
20	Peter	Guzik	1355

Total Rides Led through Aug 18

Al Gibbs	1
Anna Swietczak	4
Barb Barr	5
Betsy Burtelow	2
Bob Dominski	2
Brian Hale	1
Cindy Kessler	1
Dan Wiessner	1
Dave Waycie	6
Deb Wilson	1
Dennis Ellerston	19
Ella Shields	3
Ellen Heineman	1
Emily Qualich	3
Eva Waycie	1
Frank Bing	8
George Swietczak	1
Jeff Rossi	8
Jim Flechsig	3
Jim Shoemaker	1
Jim, Boyer	1
Joe Beemster	6
Johannes Smits	2
Jorn Lim	1
JV Villadolid	1
Kilian Emanuel	46
Kris Woodcock	1
Larry Frank	4
Louis Greene	1
Mitch Rosset	2
Nancy Beck	1
Pam Burke	2
Paul LeFevre	19
Peter Guzik	4
Reinhilde Geis	2
Sheri Rosenbaum	6
Teri Brei	2
Todd Berlin	2
Tom Wilson	16
Tony Vercillo	2
Vince Kelley	1
Vince Steidl	1
Total hosts	42

MONTHLY MEANDERS

Sept 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
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Date	Time	Ride Name	Start Location/Directions	Miles	Ride Host
Sat. 9-5	9:00 new time	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	Guy Ockerlund 708-287-6985
	9:00	Richmond Antioch Blend	Antioch Upper School I-94 to IL 173 west just past IL59. Turn right on Tiffany. Left at sign for school.	73	Dan Wiessner 847-736-3484
Sun. 9-6	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	Jim Boyer 847-541-1324
Mon. 9-7	9:00	Loops of Lakewood (Labor Day)	Lakewood F.P. West on IL-176. South on Fairfield to parking lot on the left. East side of Fairfield.	28/34/ 40/69	Carl Droege 847-785-9343
Sat. 9-12	9:00	Honey Do/ Extended Do	Grassy Meadow Forest Preserve See above	30-77	Jeff Rossi 708-648-9170
Sun. 9-13		HARMON HUNDRED	Wilmot H.S.		EVERYONE WORKS
Sat. 9-19	9:00	Honey Do	Grassy Meadow Forest Preserve See above	30 - 58	Eva Waycie 847-722-1384
	9:00	Fontana Ride	McHenry Co College Rt 14 two miles north of Rt 176. Crystal Lake, IL Meet in north parking lot	71	Brian Hale 847-804-1561
Sun. 9-20	9:00	Sunday Short Ride	Long Grove Commons See above	Approx 31-55	Patty & Brian Blome 847-738-4446
	9:00	Triple Deerpass	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.	66	Dave Waycie 847-845-9663

SEPTEMBER RIDE SCHEDULE (cont'd)

Date	Time	Ride Name	Start Location/Directions	Miles	Ride Host
Sat. 9-26	9:00	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	JV Villadolid 224-875-0125
	9:00	Vern's PITA Ride	Cuba Marsh West on Rt 12 to Ela Rd, south to Cuba Rd. West to parking lot on left.	39/61	Earle Horwitz 847-571-0021
Sun. 9-27	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	Joe Beemster 847-215-2314
	8:00	Kenosha Bound long route	Long Grove Commons see above	87	Jim Flechsig 847-584-4517
	9:00	Kenosha Bound medium 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 right	61	Larry Frank 847-832-0630
	9:00	Kenosha Bound short route	Wadsworth Village Office 14155 W Wadsworth, Wadsworth On the south side of W. Wadsworth Road, just west of N. Delany Road	37	Carl Droege 847-785-9343



HARMON 100
Sunday, September 13
Wilmot High School
Wilmot, WI
EVERYONE WORKS
Contact Roland Cooper
at
rscooper3@gmail.com
or 847-732-0432
to volunteer



SEPTEMBER CLUB MEETING

The meeting will be on Thursday, September 17, 7:00 p.m. at **Sullivan School**, 700 Schoenbeck Road, Prospect Heights, meet in the library. **Sullivan is the**

first building you see when you turn in off Schoenbeck Road

We will have the Harmon Appreciation pizza party for all the volunteers, recap the Harmon, and take nominations for Board positions for next year.

Please join us for the last club meeting of the year.

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 last ride 9/1	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 last ride 9/9	5:00 pm new time	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 last ride 9/10	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	9/4, 9/18, 9/25 Emily Qualich 847- 821-1009 9/11 Earle Horwitz 847-571-0021

INVITATIONAL'S

Sept 20, Pedal the Kettle, Waukesha, WI.
35/64/103 miles springcityspinners.org

Sept 20, North Shore Century, Evanston, IL
25/50/62/70/100 miles evanstonbikeclub.org

Sept. 27, Prairie Pedal, Decatur, IL. 20/40/62 miles
217-423-7708,
maconcountyconservationfoundation.org/prairie-pedal

Sept 27, Apple Cider Century, Three Oaks, MI.
25/50/62/75/100 miles applecidercentury.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

BOARD MEETING

The next board meeting is Monday, September 28, 7:00 p.m. at the home of Joe Beemster.

All Board members are requested to attend.

INVITATIONALS AND CHARITY RIDES

Cowalunga – Typically runs 1st weekend of August, out of Gurnee Mills

I rode this ride last August under the persuasion of my co-workers. It's a relatively slow and casual ride for our average club member. It's a group start out of Gurnee Mills, where the organizers make special arrangements with Gurnee Mills for you to leave your car there overnight or over the weekend. It supports the respiratory health association. The ride has 1/2/3 day options 65/130/190 miles, most riding for the single day. It takes on a circuitous route over 3 days. If you were to ride just the one day, you'd have the option to take the bus back from Lake Geneva.

Note – that bus leaves at about 5:30 pm. For our average Wheelmen, this is quite a long wait after a 65 mile ride so you'd could spend time eating more goodies if you so choose or hanging out on the property where the ride ends with gorgeous overviews of Lake Geneva. I personally ended up doing the 26 mile loop around Lake Geneva to pass my time after I was done. You'll find that most riders are not roadies, so it's a slower paced ride. At 17-18 mph average that I did that day, my group quickly ended up at the front early at most rest stops. The fundraising requirement for a single day was not high, I recall it to be \$50 or \$100. The food and volunteers were all very good for this ride. The ride last year was small, my guess was 400 riders.

MS Ride — Typically runs last weekend of June. Out of DeKalb, NIU campus

This year I had the privilege of riding this ride with some of my fellow Wheelmen – led by Dan Vanderkelen, who strong armed me several times to join this ride but was thrilled to do so. I also rode alongside JV, Jeff Rossi, Guy Ockerlund, and rarely to be seen Wheelmen Paul Ghuman. Dan, Jeff and JV are regulars for this ride, so they had past year MS ride friends on the ride and made the ride like a little community of cycling buddies! It was a lot of fun. The ride is 125/75 miles for the two days. Dan arranged for uniform sponsored jerseys from the Vitamin Shoppe, which we all were keeping us looking like a team. It was absolutely awesome riding as a group together, double pace lining the entire ride on both days. JV's computer indicated 18.8 and 19.7 averages for our group respectively. At this pace,

we ended up being the wonderful little 2 – wide pace line that kept picking up riders who jumped in on our slip stream as we passed them. At one point on day 2, after crossing some tracks, my bottle flew out of the cage, and I hesitated, eventually pulled over turned around and cycled back to claim it. Low and behold, our pace line had grown to be 80-120 riders in my estimation. It seemed like an endless peloton and our Wheelmen were doing all the work up front. The sag for the ride was predominantly done by motorcyclist controlling traffic for us and keeping us very safe and very free flowing. One hardly had to brake for a whole lot of miles on this ride.

The ride support MS – it's a charitable ride which requires the rider to raise \$300. There is also a \$60 registration fee for this ride. It does have excellent food with a full buffet spread afterwards. It even had complimentary massage stop at the last rest stop! Yes, very nice add on.

Z-tour – Typically runs 3rd weekend of July. Out of Princeton, IL – 30 minutes west of Starved Rock

I've ridden some other invitationals in our area as most have but was most impressed with this one – so impressed, it compelled me to write this article because I thought its worth sharing. The Z-tour does not support a bike club – it supports the Zearing Child Enrichment program. The roads were super quiet. The people are super nice. Hugs and all. They really wanted to help, and you could tell they really volunteered, were not voluntold. All the food and water stops had items all donated by the local community. None of it came from the collected funds. Most were from the people volunteering for the cause of their local community. For that alone, I thought this was truly a great ride, with honest generosity.

The roads had long rolling hills in this area. Very quiet. I hit 40 mph on 3 different descents in a tuck with only a mild pedal. Something we don't see too much even in the McHenry area. I called out car-back for the first time at mile 34, because they really routed us through such rural roads. The century though was grueling but that was mostly due to the hot weather for that day. The ride was \$35 on day off registration. They had about 600 riders. Pizza dinner at the end.

By Jorn Lim

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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

occasionally traveling further. I learned a lot about the sport and training became a part of my year long life-style, and, still is today. Somewhere around the 50 race mark, I decided to shoot for 100 finish lines. Why not? Doesn't everybody? At this point, I also swore up and down that I would not, could not, *ever* do a Half or Full Ironman distance. It's just funny how the closer you get, certain thoughts just don't seem so insurmountable or scary. Clearly, things changed, and boom, done! Never say never!

My proudest moment, by far, was finishing Ironman Wisconsin in 2013. Yes, I am an Ironman and no one can ever take that away. I wear that badge with honor. Also noteworthy, and rather amazing, I never did not complete a race once started; I crossed every finish line. I never got injured, never got a flat and never took performance enhancing drugs, ha!

I was inspired by many along this 19 year journey. I hope to inspire. I share that it is better to know your

body and limitations than to over train to exhaustion and injury. It is wiser to live to race another day instead of giving it all up in one race. For me, it certainly was a marathon and not a sprint. There is just something about this sport that I love. My wish is for others to find that same enjoyment and fulfillment.

Athletes come in all shapes and sizes and have a wide variety of personalities. This chubby kid who was 200 lbs. in 5th grade may not have had the typical athletic build, but she did have the discipline, determination, dedication, health and perseverance to aim high and make no excuses. She continued on a steady path even when no one was looking. She crossed that finish line!

Now what? Well, I crossed #102 on August 8th. That *should* be it for the summer. I am certain I will continue to compete, just might dial it back a bit. Who knows?

And, am waiting for that t-shirt.....

By Pam Kaloustian



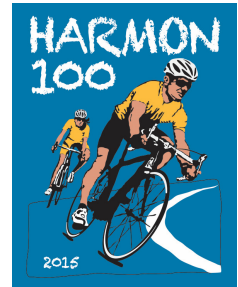
P. O. Box 7304
 Buffalo Grove, Il.
 60089-7304
wheeling@wheelmen.com

We are on the web
wheelmen.com



SAVE THE DATES

Harmon 100 - Sunday, Sept. 13
 Banquet - Sunday, Nov. 8
 Holiday Party - Dec. 6



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

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