



MONTHLY MEANDERS

BOARD BANTER

It's hard to believe that another biking season is coming to an end. Overall 2015 was a good year with a lot of activities. We had a total membership of about 250 cycling enthusiasts and on club rides our members rode 152,000 miles on 261 actual rides (277 scheduled). While the number and distance is significant, the good times and laughter we enjoyed were great!

The club offered several member get-togethers during the year. Two of these included a presentation on biking in Canada and another maintaining proper nutrition on your ride. Others included our Picnic, Harmon appreciation pizza party, the Chili Ride, our annual Banquet and Holiday party.

Our club treasury remains in good shape. Our specific contributions for 2015 will be published in our February 2016 newsletter. As a not-for-profit organization, we donate to several cycling advocacy groups and charities. These include the League of American Bicyclists, Illinois and Wisconsin bicycle associations. Also Chicago Active Trans-

portation, Chain Link website, Working Bikes and Toys for Tots.

The Wheelmen again sponsored two invitational rides. Some 250 riders rode in the March St. Patrick's Day ride. The Harmon Hundred had over 550 riders in spite of the fact that the two states we draw from, Illinois and Wisconsin, were having their central division Bears and Packers football game rivalry. Both rides went very well and we received numerous thank you's from our guests. Live music was introduced at both rides and the Ronald McDonald folks scheduled the Harmon for their fundraiser. A big thanks again goes out to **Anna & George Swietczak**, **Dennis Ellertson** and **Roland Cooper** for their work and great leadership in making these events such a success.

Your Board members meet regularly to insure everything is running smoothly. **Sheri Rosenbaum**, our VP and Ride Chair will be leaving the Board and will be missed, **Dave Waycie** will be taking over this position, **Pat Blome** will

assume the Secretarial position, **Johannes Smits** will stay on as Treasurer and managing our website, as well as **Mitch Rosset** (Membership) and **Pam Kaloustian** (Publicity). It's a highly effective Board who are a great asset to the Wheelmen.

Also special thanks to **Ella Shields**, who keeps us on track and publishes our monthly newsletter, **Pam Burke** for heading up the annual Holiday party, **Terri Brei** for coordinating our annual banquet, **Emily Qualich** keeping track of everyone's mileage and database for on event riders, **Al & Cindy Schneider** for hosting and cooking at our picnic, and **David Newman** for hosting the Chili Ride.

Lastly I want to thank all of our volunteers who make our two invitational rides a great success and those who serve as ride hosts. We are so blessed to have so many members who continue to step up to make the Wheelmen a great successful club. All the best, have a great holiday and safe New Year.

Joe Beemster, President

Dec. 2015/Jan 2016

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Club Officials

Elected Officers

President

Joe Beemster 847-215-2314

V.P.-Ride Chair

Dave Waycie 847-577-6307

Treasurer

Johannes Smits 630-893-2835

Secretary

Patty Blome 847/358-4807

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

2015 TOP 20 MILES

261 rides by 155 members
10,252 max miles

Women:

1	Emily	Qualich	5309
2	Eva	Waycie	3448
3	Sheri	Rosenbaum	2862
4	Cindy	Kessler	2568
5	Pat	Calabrese	2450
6	Betsy	Burtelow	1900
7	Reinhilde	Geis	1781
8	Pam	Kaloustian	1643
9	Terri	Brei	1439
10	Ella	Shields	1427
11	Marianne	Kron	1385
12	Deb	Wilson	1279
13	Ellen	Heineman	1181
14	Jackie	Kelley	1126
15	Anna	Swietczak	1009
16	Paula	Matzek	872
17	Barb	Barr	738
18	Kris	Woodcock	654
19	Dale	Svec	541
20	Tara	Riley	484

Men:

1	Dennis	Ellertson	7274
2	Paul	LeFevre	5468
3	Kilian	Emanuel	4763
4	Dave	Waycie	4733
5	Johannes	Smits	3679
6	Joe	Beemster	3443
7	Mitch	Rosset	3357
8	Tony	Vercillo	3321
9	Jeff	Magnani	3158
10	Tom	Wilson	3055
11	Brian	Hale	2935
12	Kevin	Moore	2731
13	JV	Villadolid	2604
14	Jim	Flechsing	2525
15	Larry	Frank	2372
16	Vince	Kelley	2191
17	Jorn	Lim	2062
18	Earle	Horwitz	2040
19	Alex	Halamaj	2005
20	Peter	Guzik	1970

BOARD MEETING

The next board meeting TBD

2016 CHICAGO WINTER BIKE SWAP

January 31, 9:30 to 3:30
Harper College

\$5 admission for adults

Kids 12 and under free

FREE PARKING

- Road, tri, mountain, single speed, track--
- Recumbent, commuter, classic, kids, cyclocross--
- Components, equipment, clothing--
- New and used--

Whatever your velo needs, there is something for everyone in the 30,000 sq ft of the Chicago Winter Bike Swap!

Browse the BIKE CORRAL for a selection of hundreds of new and used complete bicycles at discount prices

1200 West Algonquin Rd, Palatine
www.chicagowinterbikeswap.com

To David & Alexis Newman for again hosting the annual Chili Ride and Sheri Rosenbaum for coordinating all the details.

Approximately 50 people enjoyed several kinds of yummy chili, scrumptious desserts, libations and lively conversations. A wonderful time was had by all.

WEEKLY RIDES

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

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

TRAIL RIDE

Day	Time	Ride/Start	Trail/Distance	Directions
Saturday Dec 12	10:00 am	Deer Grove	Crushed limestone Miles TBA	Start at Deer Grove - East parking lot off Dundee Rd just west of Hicks Rd.

Contact Mitch Rosset with any questions rrkite99@aol.com

**FRIDAY, DECEMBER 11
6: 30 A.M.**



Participants will ride their bicycles from Amlings Cycle, 8140 Milwaukee Ave in Niles, 847/692-4240, to Mystic Celt, 3443 N. Southport in Chicago, about 12 miles one way, to meet a waiting truck from the Marine Corps. We'll then enjoy a hot breakfast courtesy of Mystic Celt.

Those wishing to join the ride need to pre-register (on line @ toyridechicago.com), or stop in at the shop. There is no cost to ride other than bringing a new, unwrapped toy for a child.

If you would like to help out, but don't want to ride your bike, you can drop off a new unwrapped toy at Amlings Cycle.

Editor's note; the ride is a blast come out and join us this year.

2016 MEMBERSHIP RENEWAL

It's time to renew your membership.

Please renew on line or send back the 2016 renewal application on page 5. Send your renewal form back as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2016 Ride Schedule. Due date for renewals is **March 1, 2016**.

Membership Renewal is now available using either your PayPal account, or by using the following Credit Cards:



Visit our website wheelmen.com to sign up

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

BALLOT RESULTS

Joe Beemster - President
 Dave Waycie- VP/Ride Chair
 Johannes Smits - Treasurer
 Patty Blome - Secretary
 Mitch Rosset - Membership
 Pam Kaloustian - Publicity

Bob Savio Good Samaritan Award

Tom Wilson

Best New Ride 2015

Kenosha Bound—Sheri

Most Improved Riders

Eva Waycie

Jeff Magnani

CLUB APPRECIATION NIGHT THURSDAY, DECEMBER 3 5:00-9:00 P.M.

MIKES Bike Shop will be hosting their 8th annual Customer Appreciation Night in recognition of customers who have made them a success.

Highlights of the event include:

- Special discount on in stock items
- Raffle prizes
- Food, home brewed beer and other refreshments

MIKES Bike Shop
 155 N. Northwest Hwy.
 Palatine, IL 60067, 847 358-0948

mikesbikeshoppalatine.com

2016 GRAND ILLINOIS TRAIL & PARKS BIKE TOUR (GITAP) JUNE 12-17

Join the fun of a friendly, comfortably-sized bike tour! GITAP will cover almost entirely new ground, highlighting some of the best sections and attractions of Illinois's Route 66 Trail - a.k.a. the "Mother Road" - an international draw for bike tourists. Also featured: the I&M Canal Trail, the Mackinaw Valley Trail, and more.

This unforgettable six-day tour will make a loop starting and ending in Coal City, with stops in Oglesby, Washington, the Bloomington-Normal area (two nights), and Pontiac. Enjoy days filled with bike touring, good food and good fellowship, all in support of Ride Illinois

Registration is now open:

rideillinois.org/events/gitap

2016 WHEELING WHEELMEN MEMBERSHIP RENEWAL

On line registration is available at wheelmen.com

Name: _____

Address: _____

City, State, Zip: _____

Phone: (____) _____

E-mail: _____ OK to share with bicycling organizations

Membership type: Single \$20.00 Family \$25.00

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

Send paper copy

Membership Agreement:

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 complementary 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.

_____ Date: _____
Applicant's Signature

Signatures of other riders, if Family Membership:

_____ Age: _____ Age: _____

_____ Age: _____ Age: _____

Please **SIGN** application and return with check to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304. **Due date for renewal is March 1, 2016.**

If you would like to receive a membership roster, contact Mitch Rosset at wheeling@wheelmen.com

TOP 10 OFF SEASON ACTIVITIES FOR CYCLISTS



1) Cross Country Ski. This is probably the most popular and trendy winter activity for cyclists and not without reason. Nordic skiing is very demanding of the cardiovascular

system and elite xc skiers generally rank as having the highest VO2 maximum levels of any athletes in the world. Getting out on xc skies is a great way to train your heart and lungs so next race season your legs start burning before your lungs do. Many top cyclists, such as former mountain bike world champ Catherine Pendrel, do a lot of cross country skiing and even include some racing in their Nordic season. Cyclists tend to gravitate towards skate skiing as opposed to classic for a couple of reasons. Firstly, with skating you don't have to deal with grip wax which is required for classic technique, and with icy or warm snow conditions grip wax can be a major hassle. Secondly, skate skiing tends to use your legs more and less arms, which is a better match with a T-Rex cycling physique .

2) Hit the Gym. During the busy cycling season it can be hard to find time to go to the gym, but proper gym workouts can improve strength, power, and muscle recruitment on the bike. Cyclists should also use this time to build up their core strength which will provide more stability and injury prevention during the race season. Your significant other likely won't complain about the 6-pack either.

3) Run. It sucks and you will probably wish you were on your bike instead, but it is easy and convenient way to get in a quick cardio workout. Keep your runs short initially and on softer surfaces, higher frequency with shorter duration will help you avoid injury and adapt quickly to the impact of running.

4) Rest & Sleep. A key purpose of the off-season is to recharge your body and mind so you are ready and motivated to train and race hard again soon. Rest is important and can be fun, catch up on reading and watching movies.

5) Rock Climb. A less obvious off-season activity but just about every city has an indoor climbing gym. Climbing is a fun way to build up some upper body and core strength without bulking up. Plus indoor climbing can be fairly social and it is good way to expand your circle of friends.

6) Swim. It doesn't matter how ugly the weather is outside the (indoor) pool is always the same. Swimming is a great way to stretch out, open up your chest, and improve your posture. Breakout the flutter board to strengthen your hip flexors and stabilizer muscles to provide more stability on the bike.



7) Snowshoe. Less popular than xc skiing, going for a snowshoe is a fun winter activity that is growing in popularity. Snowshoe technology has come a long way and they are surprisingly

cheap, so if you have some old snowshoes in the garage donate them to Salvation Army and treat yourself to a new set.

8) Hike. A possible alternative to snowshoeing if there is no snow. A fairly low key activity that gets you out into nature and away from the hustle of daily life.

9) Turbo Trainer. *Yuck!* I know, but start your favorite movie and do an easy spin. A few trainer rides will make your pedal strokes feel less like squares when you get back on the bike. Don't push yourself, when you get sick of the trainer and keep checking the clock then stop.

Edited article from www.ilovebicycling.com

<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>	
	<p>THE BEST WAY TO TRAIN • Computrainer Training Center</p>
<p>Areas largest Selection of Tandems, Recumbents and Folding Bikes</p>	
<p>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</p>	<p>Get the right fit with the Slow Twitch Certified Fit Specialists</p> <p>Ask for your <i>Wheeling Wheelmen Discount</i></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

THANK YOU 2015 RIDE LEADERS

Al Gibbs	1	Frank Bing	8	Nancy Beck	1
Anna Swietczak	5	George Swietczak	1	Pam Burke	2
Barb Barr	7	Guy Ockerlund	1	Patty Blome	1
Betsy Burtelow	2	Jeff Rossi	11	Paul LeFevre	23
Bob Dominski	2	Jim Flechsig	4	Peter Guzik	5
Brian Hale	2	Jim Shoemaker	1	Reinhilde Geis	2
Carl Droege	2	Jim Boyer	1	Roland Cooper	1
Cindy Kessler	2	Joe Beemster	13	Sheri Rosenbaum	6
Dan Wiessner	2	Johannes Smits	2	Steve Flack	1
Dave Waycie	8	Jorn Lim	2	Terri Brei	3
David Newman	1	JV Villadolid	2	Todd Berlin	2
Deb Wilson	1	Kevin Moore	2	Tom Wilson	20
Dennis Ellerston	28	Kilian Emanuel	64	Tony Vercillo	3
Earle Horwitz	4	Kris Woodcock	1	Vince Kelley	1
Ella Shields	3	Larry Frank	6	Vince Steidl	1
Ellen Heineman	1	Louis Greene	1	Total Hosts	50
Emily Qualich	6	Mitch Rosset	3		
Eva Waycie	2				



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

We are on the web
wheelmen.com



SAVE THE DATES
 Holiday Party - Dec. 6, 2015
 St. Pat's Ride - March 20, 2016
 Picnic - July 10, 2016



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