



MONTHLY MEANDERS

BOARD BANTER

I thought we might do something different with this month's newsletter. I asked members what they liked about our club. Many of you responded covering a wide range of topics.

SAFETY: "It's safer cycling in a group than by yourself." **Frank Bing** points out that when you ride by yourself, your mind wanders and you may inadvertently drift over to the left. Also vehicle drivers may not notice a single rider as opposed to a group. And the familiar loud call of CAR BACK or CAR UP is one important warning that has alerted all of us, in addition to others, of a potential hazard. **Robert Kron** and **Pat Calabrese** also pointed out this safety factor.

FRIENDS: **Larry Frank** notes when on a ride "It's more than a ride in the country, these are my favorite people to hang with." **Emily Qualich** made it simple and sincere "WW is my second family" **Jorn Lim** has

another take "Some of the riders have become real friends even though we arduously torture each other on the bike" **Jeff Rossi** "Great to be part of a group of friends who share my passion of cycling" **Paul Lefevre** "The good company and motivation" **Ella Shields** "What I like best about the club are all the wonderful people many of whom are lifelong friends" **Pam Burke** "Riding with people who have the same passion about riding that I have." **Pat Calabrese** "loves the wonderful personalities of our club, the members inspire and teach one another to be better cyclists but more important, they have great strength of character, watch out for each other and laugh a lot" **Erich Massat** I burned out riding alone, learned about the Wheelmen and riding with them I found the members to be jovial, humble and friendly. We are a diverse group of different ages, backgrounds, but all enjoy

the camaraderie from sharing a sport we love" **Todd Berlin** comments that "Riding with people who urge me to be a better rider." And lastly, on most Saturdays, **Brian Hale** looks forward to dragging his sorry A** out of bed for 3 hours with great friends and suffer through a ride

HAPPY HOUR: Many folks spoke about enjoying each other's company during and after the ride. **Earle** "It's the camaraderie of sitting around & enjoying each other's company" **Bob Dominiski** "Many of us look forward to the social aspect of the club. Whether it's at the bakery, Long Grove Tavern and other spots." **Reinhilde Geis** "Getting exercise with a group of like minded people makes it fun...of course the rewards afterward at the bakery (without guilt afterward)" **Jim Shoemaker** says "I never miss the opportunity to meet with the riders at the

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June 2016

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Club Officials

Elected Officers

President
Joe Beemster 847-215-2314

V.P.-Ride Chair
Dave Waycie 847-845-9663
dave.waycie@gmail.com

Treasurer
Johannes Smits 630-935-4074

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
Erich Massat 847-253-5815

Newsletter
Ella Shields 773-407-4712

St. Pat's Ride

Chairmen

Banquet

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 630-935-4074

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 May 16

49 rides by 91 members 1860 max

Men:

1	Dennis	Ellertson	1236
2	Paul	LeFevre	906
3	Kilian	Emanuel	873
4	Erich	Massat	782
5	Luca	Zaramella	657
6	Johannes	Smits	648
7	Jorn	Lim	633
8	Joe	Beemster	589
9	Kevin	Moore	581
10	Larry	Frank	556
11	Brian	Hale	502
12	Mitch	Rosset	471
13	JV	Villadolid	469
14	Dave	Waycie	444
15	Jeff	Magnani	433
16	Guy	Ockerlund	432
17	Bob	Dominski	428
18	Jim	Boyer	415
19	Jeff	Rossi	412
20	Don	Miller	346

Women:

1	Sheri	Rosenbaum	481
2	Betsy	Burtelow	415
3	Marianne	Kron	407
4	Reinhilde	Geis	375
5	Paula	Matzek	359
6	Emily	Qualich	350
7	Pat	Calabrese	301
8	Ella	Shields	201
9	Nancy	Beck	186
10	Tara	Riley	173
11	Pam	Burke	149
12	Deb	Wilson	131
13	Cindy	Kessler	128
14	Ellen	Heineman	91
15	Pam	Kaloustian	89
16	Cindy	Trent	76
17	Jackie	Kelley	61
18	Peggy	Reins	58
19	Cara	Butler	40
20	Anna	Swietczak	15

BOARD MEETING

The next board meeting is Monday, June 6, 7:00 p.m. at the home of Joe Beemster.

All Board members are requested to attend.

Total Rides Led	Through May 16
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Barb Barr	1
Betsy Burtelow	1
Bob Dominski	1
Brian Hale	1
Dennis Ellertson	6
Don Sorter	1
Emily Qualich	1
Erich Massat	1
Eva Waycie	1
Jeff Rossi	3
Jim Boyer	5
Johannes Smits	1
Kilian Emanuel	13
Larry Frank	3
Luis Magana	1
Paul LeFevre	5
Reinhilde Geis	1
Sheri Rosenbaum	1
Tara Riley	1
Todd Berlin	1
Tony Vercillo	2

Total Hosts 21

June 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	
Day	Time	Ride Name	Start Location/Directions	Miles	Ride Host
Sat 6/4	8:00	Honey Do	Grassy Meadow Forest Preserve On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90.	30-58	Tony Vercillo 847-691-7049
	8:30	Root Beer Social	McHenry County College Rt. 14 two miles north of Rt. 176, Meet in north parking lot.	58/82	Emily Qualich 847-821-1009
Sun 6/5	9:00	Sunday Short Ride	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of the PNC Bank.	31-55	Patty & Brian Blome 847-358-4807
	6:30-10:00 Century by 8:00	Udder Century (McHenry County Bike Club)	Donley's Wild West Town 8512 S. Union Rd. Union, IL	32/50/62/ 75/100	Invitational
Sat 6/11	8:00	Honey Do	Grassy Meadow Forest Preserve See above	30-58	Don Sortor & Tara Riley 847-431-8639
	8:00	Binnie Woods Ride - Long	Binnie Woods F.P. I-90 Wet. Exit Randall Rd north to Binnie Rd. Turn west (left) to Forest Preserve on right.	108	Ride Host Needed
	8:30	Binnie Woods Ride - Short		67	Ride Host Needed
Sun 6/12	9:00	Sunday Short Ride	Long Grove Commons See above	31-55	Tony Vercillo 847-691-7049
	6:00-10:00 Century by 8:00	BCLC Ramble (Bicycle Club of Lake County)	Kenosha County Fairgrounds 30820 111th St. Wilmot, WI	30/50/70/ 100/124	Invitational
Sat 6/18	8:00	Honey Do	Grassy Meadow Forest Preserve See above	30-58	Laura Randazzo 847-917-6778
	8:30	Boone County Ride	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.	65	Eva Waycie 847-722-1384
Sun 6/19	9:00	Sunday Short Ride (Father's Day)	Long Grove Commons See above.	31-55	Brian Hale 847-804-1561
Sat 6/25	8:00	Honey Do	Grassy Meadow Forest Preserve See above	30-58	Ella Shields 773-407-4712
	8:30	City of O's	LaGrange General Store US-12 to Wisconsin. Continue to County H in LaGrange. General Store on right.	50/88	Erich Massat 847-253-5815
Sun 6/26	9:00	Sunday Short Ride	Long Grove Commons See above	31-55	Patty & Brian Blome 847-358-4807

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
Wednesday	9:30 am	No-Drop Road Ride	30-40	Woodland Trail Park 1-1/4 miles East of Route 83 on Euclid Avenue, Mt. Prospect	Dennis Ellertson 847-255-9323
Wednesday	6:00 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	Jeff Rossi 708-648-9170
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

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

■ INVITATIONALS

■ **June 5, Tour de Corn**, Morris, IL 28/40/62
815-210-3662 www.morrisrotary.org

■ **June 5, Udder Century**, Donley's Wild West Town, Union, IL 31/50/62/75/100 udder@charter.net, mchenrybicycleclub.org

■ **June 12, Ride 2 Recovery**, Evanston, IL. 10/36/50 miles, 8:00 a.m. ride2recovery.com/honorRide.php

■ **June 12, BCLC Ramble**, Wilmot, WI.
12/30/50/70/100/124 bikebclc.com/ramble

■ **June 12, Kenosha Racine Bike Club Annual Ride**, Eagle Lake Park, WI 25/44/62/100 krbicycleclub.com/Annual_Ride/Annual%20Ride.htm

■ **June 18, Janesville Morning Rotary Pie Ride**, Janesville, WI. 12.5/32/66
portal.clubrunner.ca/8349/SitePage/pie-ride/16th-annual-pie-ride

■ **June 18, Peninsula Century Spring Classic**, Baileys Harbor, WI. 25/50/62/100 miles
peninsulacenturyspringclassic.com

■ **June 26, Swedish Days Ride**, Burlington, IL.
25/45/62/75/100/124 miles 630-776-4054
www.fvbsc.org

■ **June 26, Menominee River Century**, Menominee, WI. 15K, 40K, 80K, 120K,
www.mrcride.com



- Jennifer Day
- Bruce Lloyd
- Bradley Valenzo
- Hugh Albert
- Margaret Burroughs
- Manny Kohli
- Shanju Hong
- David Brandeis



JOIN US FOR THE ANNUAL WHEELING WHEELMEN PICNIC

SUNDAY, JULY 10

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 banquet (November 20) 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 31 to Johannes Smits @ johannes.smits@comcast.net



To Troy Cassata, Roger Hitchings, Carl Droege, Marianne Kron, Joe Beemster, and Ulfert Broockmann for braving the white flakes, wind and cold pizza on Saturday May 14, at the BG Bike Rodeo. The cold weather didn't deter the kids and their parents. Surprisingly, we had a ton of kids; the most I have ever seen.

Yet another fine presentation by the Wheeling Wheelmen.

Pam Kaloustian

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.



Flat tires happen to all cyclists, it's unavoidable. Dealing with flat tires is a part of cycling, and you should have the gear and know-how to get it fixed fast. Fixing a flat typically centers around air delivery. The system you choose can leave you stranded, or get you back on the road where you belong.

The Debate

The debate over compressed air and manual frame pumps has been around forever. Both have advantages and disadvantages. Choose the weapon of choice:

CO2 Pump Anatomy

The basic CO2 pump consists of a small nozzle. The nozzle fits on a disposable cylinder. When you need to air up a tire, attach the nozzle to the valve on the tube, and screw the cylinder on. You should feel a chunk, or a light whisper when the nozzle punctures the seal on the cylinder. When you make the connection, hit the trigger. It sounds simple, but there are variables that make it more complicated than it sounds.

The Nozzle

There are two types of nozzles; those that discharge air all at once, and those that control the flow of air. Controlled nozzles are the best choice. Open-discharge nozzles can't be used to partially inflate the tube to

get it back in the tire, and you have to use your cheeks to blow air into the tube before stuffing it back in the tire.

The Cartridge

Cartridges come in two varieties; threaded and non-threaded. The threaded cartridge is the better choice, it's less likely to come off at the wrong time. Both varieties of cartridge come in different sizes, 12, 16 or 25-gram. The smaller ones are designed to inflate tires up to about 90 PSI. The larger ones are designed for filling tires up to about 120 PSI. Smaller cylinders are affordable at about 50 cents each. Larger cylinders can run several dollars each.

Frame Pump Anatomy

Frame pumps come in a plethora of sizes from mini to large. Some of them have two heads on the same nozzle, one for Schrader valves, and one for Presta valves. Most road bikes use Presta. Mini-pumps require more effort to pump up a tire, but they fit almost anywhere on the frame with small clamps. Larger frame pumps typically fit on the seat tube, or down tube of the bike. Some frame pumps have a short hose to make inflation easier, but the small hoses can leak if bent.

Speed Matters

If speed matters to you, the CO2 system can inflate a tire in 2 seconds. Frame pumps, depending on model, require somewhere between 3 and about 8 minutes to fill a tire. This is probably the single biggest advantage that CO2 has over the frame pump.

Clean Lines

If you're concerned with your bikes

finish, or the fact that a frame pump makes you look like a sissy, the CO2 system has the edge over the frame pump. CO2 nozzles and cylinders fit neatly in your underseat pack, leaving the clean, crisp geometry of your bike intact. However, they take up room in your pack that you need for tools and other gear, and rattle around unless secured.

Experience Required

Compressed air systems require some experience to use properly. If you get the cylinder crooked, cross-threaded or otherwise installed on the nozzle the wrong way, the cylinder can discharge its precious content into the air. There have also been incidences where the cylinder explodes the nozzle into pieces when installed improperly, always wear your glasses when using CO2 systems. If the tire is not properly installed on the rim, the instant pressure of the CO2, can cause the tube to expand out the side of the bead, and it explodes. If any of these things happen, you're walking home unless you have a frame pump or extra CO2 cartridges and tubes.

Dependability Issues

Frame pumps rarely fail, and are more reliable than CO2 systems, simply because you never run out of air. If you have multiple flats, and use up all your cylinders, your ride is over. Frame pumps offer the peace of mind that CO2 systems can't match.

Tubeless Tires

Tubeless tires, aren't typically main-

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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>

(Continued from page 1)

bakery, It's great fun" **JV Villadolid** adds "Riding with the WW is like having a great time with siblings! It's always fun, competitive & challenging along with our post ride cheers"

Misc.: New member **Jana Laughlin** e-mailed about the average speed and said "5 to 6 members responded, informing and encouraging me". **Dan Wiessner** comments "On any given ride, there is always something to see out there", **Cindy Trent** responded that "yesterday I saw a pair of wood ducks which was so cool". And last but not least, **Alex Halamaj** finds the smorgasbord of animals seen on some of the early morning rides exciting – deer, coyotes bison, alpacas, horses, cranes, Kilian's turtles, Earle's squirrels, Chihuahuas and black angus cattle and points out that Dan claimed to have seen a pink pony.

You gotta love our gang!

Joe Beemster, President

(Continued from page 6)

stream, but if you do run them, frame pumps won't work on them. Tubeless tires require the sudden blast of pressure that only a CO2 system can deliver, to seat the bead or the tire on the rim.

Environment and Travel

CO2 cylinders should be discarded in a landfill. Leaving them beside the road is unacceptable. This means you have to pack the empties with you back home. Another fact: you can't take cylinders with you on an airplane, it's against the law. If you travel to a remote location with your bike, you might not be able to find any spare cylinders.

Air Versus Carbon Dioxide

Bike shops won't likely tell you, but CO2 — carbon dioxide — won't stay in your tires like good old-fashioned air from a frame pump. It's scientific, but generally speaking, CO2 molecules tend to leak out, little by little. Expect your CO2 inflated tires to require more air the next day, just to keep them at their recommended pressure. It's advisable to let all of the CO2 out, and replace it with real air when you get home after fixing a flat.

Racing Advantage

The differences between CO2 and frame pump systems boils down to speed, especially if you plan on racing bikes. Learn how to use a CO2

system, you won't see to many racers without them.

Group Riding

No-drop group riding is another place where CO2 can get you back in the pack faster, and your companion riders won't have to wait for you. Even if it's one of your friends that flat, you can still use your CO2 system to get their tire fixed fast, and you'll be a hero, always ready to help out.

From: www.ilovebicycling.com/CO2-versus-frame-pump/



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

We are on the web
wheelmen.com



SAVE THE DATES
Picnic - July 10
Harmon 100 - September 11

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
vcsegy.com

VILLAGE CYCLESPORT
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
- * Ride Illinois
- *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