



MONTHLY MEANDERS

HARMON HUNDRED

July 2016

What was your first Harmon Hundred experience like? What were you successive Harmon's like? I bet there is a treasure trove of stories out there.

My first Harmon started from Wheeling High School, sometime in the early 90's?? I wanted to do 75 miles, but made a wrong turn at a confluence of confusing arrows. Back then the arrows were on the pavement. Once on track again I ended up on the 100 mile route; it was going well until Bull Valley. That day it was "bonk Valley". I sat on the side of the road wondering if a SAG vehicle would come by, thinking it should be renamed Bull@*&%valley and along comes an old school 5 speed with an old school handlebar radio broadcasting the Bear's game. I decided to follow and as I became immersed in the game, my legs stopped screaming at me. Then...a wonderful, heaven sent rest stop; ahh nourish-

ment and drink! When I got back to the school my buddies, who did 50 miles, asked me what took so long. I shared the story and we all had a good laugh. Oh, and thank you for the post ride spaghetti, it kept my waiting friends fed and content! A subsequent Harmon was more recently from McHenry Police/Fire/City Admin complex. Bull Valley still hurt but was "bonk proofed" through better preparation. I met Larry Frank there and he did a good job of extolling the benefits of becoming a Wheelman and since I was riding alone, I appreciated the conversation. I also remember a recent Pre-Ride where Brian Hale parked his RV version of "Cousin Eddie" at Wilmot High School; I still remember sitting under a huge oak tree on a country road waiting for the rain to subside.

I especially remember the first year I volunteered! It was a sun kissed day in the country, driving around

cranking classic rock, waving to the riders and enjoying Sunday cruising "Wheelmen Style" immensely. I remember coming across a toasty rider who wanted a ride back but revived and journeyed on after administering cold water and refilling his water bottles. I also picked up a rider with mechanical issues and to this day still wonder how the bee managed to fly up my shorts and sting me in the thigh as I loaded his bike.

I also remember a common feeling both participating and volunteering: camaraderie! (For the fellow Germanics Gesellschaft comes to mind) And this is the essence of being a Wheelmen. We come from many different backgrounds, but sharing the Wheelmen camaraderie helps us all feel connected. We swap stories, support each other, learn from one another and develop friendships. It adds

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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/Holiday Party

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 June 14
80 rides by 106 members
3436 max miles

Men:

1	Dennis	Ellertson	2255
2	Paul	LeFevre	1695
3	Kilian	Emanuel	1569
4	Erich	Massat	1293
5	Luca	Zaramella	1144
6	Johannes	Smits	1143
7	Joe	Beemster	1093
8	Larry	Frank	1060
9	JV	Villadolid	996
10	Jeff	Magnani	952
11	Jeff	Rossi	930
12	Brian	Hale	924
13	Jorn	Lim	916
14	Dave	Waycie	887
15	Kevin	Moore	863
16	Guy	Ockerlund	861
17	Bob	Dominski	785
18	Jim	Boyer	777
19	Mitch	Rosset	713
20	Bill	McGovern	704

Women:

1	Emily	Qualich	1008
2	Betsy	Burtelow	777
3	Sheri	Rosenbaum	737
4	Reinhilde	Geis	732
5	Pat	Calabrese	725
6	Marianne	Kron	707
7	Deb	Wilson	454
8	Ellen	Heineman	425
9	Cindy	Kessler	421
10	Paula	Matzek	389
11	Pam	Kaloustian	386
12	Ella	Shields	384
13	Pam	Burke	282
14	Nancy	Beck	255
15	Tara	Riley	247
16	Anna	Swietczak	213
17	Lorrie	Stork	209
18	Jackie	Kelley	165
19	Cindy	Trent	152
20	Peggy	Reins	112

BOARD MEETING

The next board meeting is Monday, July 18, 7:00 p.m. at the home of Pam Kaloustian.

All Board members are requested to attend.

Total Rides Led	Through June 14
Barb Barr	1
Betsy Burtelow	1
Bob Dominski	1
Brian Hale	2
Cindy Kessler	1
Dave Waycie	1
Dennis Ellertson	11
Don Sorter	2
Emily Qualich	2
Erich Massat	1
Eva Waycie	1
Frank Bing	1
Jeff Rossi	6
Jim, Boyer	8
Joe Beemster	1
Johannes Smits	1
JV Villadolid	1
Kilian Emanuel	22
Larry Frank	3
Luis Magana	1
Mitch Rosset	1
Patty Bloome	1
Paul LeFevre	9
Reinhilde Geis	2
Sheri Rosenbaum	1
Tara Riley	2
Toan Tran	2
Tony Vercillo	4
Total Hosts	28

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	
Day	Time	Ride Name	Start Location/Directions	Miles	Ride Host
Sat 7/2	8:00	Honey Do/Extended Do	Grassy Meadow Forest Preserve On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90.	30-72	Joe Beemster 847-867-6724
Sun 7/3	9:00	Sunday Short Ride	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of the PNC Bank.	31-55	Jim Boyer 847-541-1325
Mon 7/4	9:00	Hills and Horses (Independence Day)	Community Park I-90 to Route 59 North. Right on Higgins, left on Bartlett Road, left on Bridges Dr	39	Ride Host Needed
Sat 7/9	8:00	Honey Do	Grassy Meadow Forest Preserve See Above	30-58	Pam Burke 312-615-3407
	8:00	Retro Harmon	Wauconda H.S. North on US 12, exit 176 and turn right (east). Eft on Main St. School is on the left.	30/60/100	Paul LeFevre 847-670-3501
Sun 7/10	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. Park at shelter B.	31-55	Killian Emanuel 847-296-7874
Sat 7/16	8:00	Honey Do	Grassy Meadow Forest Preserve See Above	30-58	Ellen Heineman 630-624-3246
	8:30	Bastille Day Ride	Paris School I-94 north, exit 142 west to County D. Turn left to the school.	59/74/95	Dave Waycie 847-845-9663
Sun 7/17	9:00	Sunday Short Ride	Long Grove Commons See Above	31-55	Louis Greene 847-925-0629
	8:30	Fontana Ride	McHenry County College Rt. 14 two miles north of Rt. 176, Crystal Lake, IL. Meet in north parking lot.	71	Cindy Kessler 847-918-7109
Sat 7/23	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	Johannes Smits 630-935-4074
	8:30	Richmond Antioch Blend	Antioch Upper School I-94 to IL -173 west, just past IL-59. Turn right on Tiffany.	83	Ride Host Needed

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

JULY RIDE SCHEDULE CONTNUED

Day	Time	Ride Name	Start Location/Directions	Miles	Ride Host
Sun 7/24	9:00	Sunday Short Ride	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of the PNC Bank.	31-55	Vince Kelley 847-259-6899
	8:30	Darwin Ride	Long Grove Commons See above	70	Jim Flechsig 847-584-4517
Sat 7/30	8:00	Honey Do/Extended Do	Grassy Meadow Forest Preserve On Central Rd. 1 1/2 miles west of Ro- selle Rd, just north of I-90.	30-72	Pam Burke 312-615-3407
Sun 7/31	9:00	Sunday Short Ride	Long Grove Commons See Above	31-55	Joe Beemster 847-867-6724
	8:00	Geneva Century	Long Grove Commons See Above	100	Emily Qualich 847-821-1009
	10:00	Geneva Lite	Veterans Memorial Park Take I-94 or IL-59 North. Turn left on to IL-120 and cross the Fox River. Trun right only Park St for one block.	50	Todd Berlin 847-910-5336

WEEKLY RIDES

Day	Time	Ride Name	Miles	Start-Directions	Host
Tuesday & Thursday	9:00 AM	Deerfields Bakery Ride	25-40	Willow Stream Park On Old Checker Rd, a mile west of the bakery. Turn west on Old Checker Rd. to parking on the right.	Killian Emanuel 847-296-7874
Tuesday	6:00 PM	Working Stiffs Ride	18-30	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 Trails Park 1-1/4 miles east of Rt-83 on Euclid Avenue, Mt Prospect.	Dennis Ellertson 847-255-9323
	5:30 PM	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve On Central Rd. 1 1/2 miles 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 0.2 miles south of IL-22 (Half Day Rd) on the west side of Old McHenry Rd. Park at shelter B.	Paul LeFevre 847-670-3501
Friday	10:00 AM	Lunch in Libertyville	30	Willow Stream Park See above.	Frank Bing 847-634-1439



**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

INVITATIONALS

- **July 4, 4th of July Metric Century**, Plainfield
30/45/62/100, jolietbicycleclub.org
- **July 16, Z Tour**, Princeton, IL,
10/30/50/62/100 z-tour.org
ztourinfo@gmail.com
- **July 17, Biking with Beanie**, DeKalb,
29/43/65/101, Beanie@yahoo.com
kishkiwanis.org/bwb-general-info
- **July 23, Venus de Miles**, Lake Forest
25/65 miles venusdemiles.com/illinois

July 30, Amishland & Lakes, Howe, IN
22/28/41/52/68/83/100
www.amishlandlakes.com

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

July 30 & 31, Cedarburg, WI
Wisconsin Women's Century Ride
Holy Hill Classic Ride. (Men & Women)
wiwomencycling.com/#!centuryride/ca4p

**Wheeling Wheelmen
Board Minutes June 6, 2016**

Present: Joe Beemster, Pam Kaloustian, Erich and Agathe Massat, Ella Shields, Johannes Smits, Dave Waycie.

Treasures Report:

- Johannes stated the PayPal system has been very well received, Harmon registrations are coming in, we have \$11,853.65 in the checking account, and we made money on the St Pat's ride.
- We discussed our Active.com payments for the Harmon and will re-search some options.
- Membership is about the same as last year

Publicity:

- Pam stated we had a lot of volunteers for the Buffalo Grove Bike Rodeo this year, including several

new members. This year they had more kids than ever, about 100 and it all went extremely well. We will post the newspaper article directly on our WW website as it is so positive. Our new club banner looks fantastic.

- Ladies Night at Village Cycle Sport in Elk Grove Village went very well, they had approximately 125 women attend. We had a table at the event and gave out goodie bags to attendees. We will participate again next year it is great publicity for our club.

Harmon:

- We are working on the chairmen for the various positions, most are in place.
- Erich & Agathe Massat will have sign-up sheet for volunteering at the picnic.
- Erich will contact Tom Wilson and Sheri Rosenbaum about the tee shirt order, this year we will not put a

year on the shirts and have them for subsequent Harmon's.

- We discussed a 50th anniversary jersey for the 2019 Harmon.
- The Massat's will have a chairmen meeting sometime in August.
- The Harmon ad will be in the July edition of the Wisconsin Bike Fed.

Misc:

- We will work on a reorder of current club jerseys.
- The banquet/holiday party is set for November 20 in Wheeling, at the club house where we usually host the holiday party.
- Erich will write the July newsletter article.
- Picnic is all set for July 10.

The next board meeting will be July 18 at Pam Kaloustian's.

The meeting adjourned at 8:30 p.m.

Submitted by Ella Shields

BONKING

Bonking is one of the worst feelings you can have on two wheels. If you have ever bonked on a ride you will know what I am talking about, a complete collapse of your mind, body and soul. One minute you are smiling, flying along and the next minute you can barely stop the drool from coming out of your mouth, never mind trying to turn over the pedal crank!

What Does Bonking Mean

Bonking is when your glycogen stores have been depleted in your liver and muscles to dangerously low levels. You know when you have bonked because of the unmistakable fatigue that comes over you.

Bonking while Cycling

Bonking on the bike, also known as "hitting the wall" in running, is simply when you are completely and utterly exhausted. You have no more energy left in the tank. The glucose levels in your blood is abnormally low so parts of you start to systematically shutdown.

Your legs and your brain both require glucose in order to operate, but your brain takes priority. In the beginning, your legs lose considerable power and it becomes increasingly difficult to continue pedaling, but as you continue to ride then your brain function also starts to deteriorate. So not only are you ridiculously weak, but you may turn to the dark side and become irritable, emotional and even hostile.

Types Of Bonks

Dead Legs – your legs just will not go even though the rest of your body is keen.

Complete Meltdown – a complete body shutdown. Nothing is working! A great combination of nutrition errors, dehydration, poor training and overexertion combined into one.

**Signs That You Have Bonked
Physical Signs of bonking**

- Immense fatigue
- Uncontrollable shaking or shivering
- Unable to balance – dizzy or lightheaded
- Increased sweating

Mental Signs of Bonking

- Loss of concentration
- Irritable, emotional or hostile

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<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 Wheeling Wheelmen Discount</p>

(Continued from page 1)

greatly to our desire to lead an optimistic life. I call it Cycle-Therapy.

Now I come to you, to ask for your time, effort and support to make this year's Harmon a pleasurable, memorable experience. If you are a veteran volunteer, I am especially appreciative since this is my first year as Chairman. If you are volunteering for the first time, don't worry, it's easy and we will learn together. The camaraderie you experience at our rides, meetings and parties will also be present at the Harmon. That means it will be fun and you will feel good about what you are doing.

So please talk to me at a ride, email me at erich@erichmassat.com, text me at 847-420-5437, call me at home 847-253-5815 and I'll appreciatively add you to the list. I will also be there at the club picnic.

Thanks so much! Erich

(Continued from page 6)

- Confused
- Mentally defeated – all thoughts turn negative ie. you have to stop, unable to finish event, feeling like the grim reaper has come to take you...

How do you avoid bonking?

Avoiding bonking in theory is simple – eat enough carbohydrates to convert into glucose to fill your glycogen stores. The problem is that you can only process 60g to 90g of carbohydrates an hour. So no matter how much you eat you can only convert so much of it to usable energy. Eating too much is a whole other can of worms... So if you are eating the correct amount then it will come down to monitoring intensity and making sure you are not exceeding your limit and staying properly hydrated.

The time to avoid bonking in a race real-

ly begins long before, in your training, and continues through the implementation of a pre-race plan of food and race nutrition, hydration and pacing.

Early Detection of Bonking

Bonking can hit you like a ton of bricks with no warning, but sometimes (especially if you have had extensive firsthand experience with bonking) you can start to see the signs of the bonk coming on. Riding starts to get much more difficult, you start losing focus or getting hangry (hungry & angry).

What Do I Do If I Have Bonked or Feel it Coming On

Immediately decrease intensity, start to eat simple carbohydrates and try to rehydrate – drinking sports drink takes care of both of those at once.

If you are deep in to a bonk consider

getting picked up or dropping out of the current event especially if it is not an important one. Recovery time is exponentially longer the harder you try to push through. If you are stubborn and want to finish – get off the bike, take in some carbohydrates and continue when you are no longer dizzy, disoriented and have sufficient energy.

If you catch yourself early enough then you may be able to continue riding slowly as you take in some simple carbs, often this can save a race.

Bonking is actually a way of protecting the body from further damage, if you will not look out for your body properly, it will! Do yourself a favor and don't let it get to that point.

From; www.ilovebicycling.com/bonking/



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



September 11

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
georgegarmercyclery.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
vcssegv.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