



MONTHLY MEANDERS

PAW San Juan Islands Cycling Tour—August 2016

“It’s going to be hilly” warned Ella----”But cycling the San Juan’s is on my bucket list” said Kris! And so it began. . .our trip on the inaugural run of PAW’s cycling trip through the San Juan Islands!

Most Midwest riders have heard of PAW--- Pedal Across Wisconsin, a specialist in rural Wisconsin area cycling adventures along with Key West. On a personal holiday in the San Juan’s, Dr. Pedal, the owner of the company, decided it was such a spectacular area that they would organize a 7 day trip in August 2016. After navigating the wait list, we were notified in January that we made it!

For those fuzzy on geography, the San Juan Islands are actually off the coast of Washington state---not the Caribbean! It consists of 3 major islands ---San Juan Island, Orcas Island and Lopez Island and each has a unique character but all feature charming villages with quirky shops, art galler-

ies, local restaurants and bars, as well as serene harbors, breathtaking sea views, forested ridges and hilly terrain---an enticing combination for the vacationing cyclist. Our itinerary would start in Puget Sound area working our



way North to the San Juan’s.

We flew to Seattle to start our trip with 3 days of city sightseeing; the Emerald City is a vibrant, exciting place to spend a few days with compelling options for art lovers, foodies and architecture buffs alike! We landed at the Ace Hotel located in Belltown, a hipster enclave in a renovated old building with exposed brick walls, minimalist decor---even a turntable and record albums in our room! It was an ideal location for walking to

most all the key attractions as well as a haven for trendy restaurants and neighborhood bars. Our first stop was Pike Street Market, one of the US’s oldest public market dating from 1907 and is a wonder with acres of

booths featuring the local seafood catch of salmon, crabs, mussels, octopus. Don’t miss the salmon toss! The flower stalls feature jumbo bouquets of lilies, dahlias and roses from the local flower farms---an armful for \$10! Not to be missed is 3 Daughters Bakery with hubcap size cookies along with scones and muffins---why not, we’re going to bike over 200 miles this week! Located at the market is the very first Starbucks (with a 5 block line to get in!)

The iconic Space Needle can be seen throughout the city and is the centerpiece of Seattle Center where you can visit Chihuly Garden and Glass, a must-see with his glorious collections of blown glass that can be viewed in a

(Continued on page 4)

NOV 2016

INSIDE THIS ISSUE:

TOP 20	2
BOARD MEETING	2
BANQUIDAY	2
RIDES	3
CROSS TRAINING	3
PAW TRIP	4-5
CYCLIST’S PALS	6
RIDE HOSTS	7



November 6

Club Officials

Elected Officers

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Picnic

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TOP 20 MILES

Come to the Banquiday to
find out the final mileage.

BOARD MEETING

The next board meeting will be in
January 2017.

IT'S A PARTY

BANQUIDAY

We are combining the banquet and holiday party this year

Sunday, November 20

Join us for a great time;
and celebrate a fantastic cycling season

2:00 pm –7:00 pm

Arlington Club Condominium Clubhouse*
1610 Newburn Court, Wheeling, IL

Please RSVP to Pam Burke by November 6

Please e mail at pamelaburke2000@yahoo.com to find out what
you can bring to the party. We are asking for appetizers, desserts
or drinks. The club will be providing dinner.

Adults Only

*Directions: Closest Intersection: Buffalo Grove Road and Dun-
dee. Go north on Buffalo Grove Rd and turn into the Arlington
Club entrance on Cobbler Ln. At the T turn left onto Arlington
Dr. The clubhouse is on the right. Guests must park on the
WEST side of Arlington Dr.

Newsletter Policy

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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 num-
ber in case I have any questions)



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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



FALL IS HERE – TIPS FOR CROSS TRAINING FOR CYCLING

With the weather turning cooler, spending less time on the bike might be appealing. There is more adverse weather to deal with, along with waning daylight. Riding indoors on a trainer or rollers is a good way to maintain cycling form despite being a bit on the boring side. Cross training for cycling on the other hand can keep up some of your fitness while being fun, exciting, and simply different.

There are additional benefits to cross training for cycling besides maintaining hard-fought fitness gains you made when the weather was nice and the days were long:

- Workouts in cross training disciplines can be shorter while making similar fitness impacts.

- Cycling is a low impact sport; you need to do other work to boost bone density. Cycling alone can lead to bone mass loss. Many cross training activities have some impact, increasing bone density as your body responds to the training. (this is particularly important for women)
- Cross training can be a great mental break. After all of the hours you spend on the bike, sometimes a change is nice, especially if it is going back to an activity you love.
- Hiding from the bad weather is not always a bad thing. Too many wet and cold rides can take away some love for cycling.

Cross Training for Cycling

There are lots of ways you can spend your cross training. If you are excited about and it will keep you fit and moving, go for it. Below are five activities that are common and will have a few of the benefits mentioned above.

Running - The benefits of running when it is cold and the days are short are easy; it takes less time to get a workout in and because you are going slower,

there is less wind, thus it's easier to stay warm. With the impact of each stride, you make your bones stronger. You may see less of the world on the bike, but you can see it in greater detail – it will give you a different perspective of your local training grounds.

Weight Training - Weight training can give you great benefits on the bike by developing both muscular endurance through high repetitions and low weight exercises and neuromuscular explosiveness with high weight maximal exercises. It is very easy to stay warm when you are working out indoors, while benefiting your bone density greatly by putting strain on your skeleton. It might not be the most mentally uplifting activity, but staying focused on the benefits can get you through a winter's worth of workouts and stronger on the bike.

Other Sports - Was there a sport that you enjoyed before cycling? Now is the time to do it. Lots of sports that are traditionally outdoor sports have some indoor version – soccer, rock climbing, basketball, etc. It can be an enjoyable mental break that will keep you fit and healthy through the cooler days of the year.

Yoga -Core strength is quite trendy

(Continued on page 7)

museum settings as well as an enchanting garden of Northwest landscape. Also, for rock lovers there's the EMP Museum—the dream of Microsoft co-founder Paul Allen, designed by Frank Gehry with its curving titanium facade designed to look like an electric guitar—a reference to Jimi Hendrix.

We walked along the sea at Olympic Sculpture Park to view installations by modern masters like Calder, Plensa and discovered a commuter bike path alongside. This is a bike-friendly city!

We walked uptown to the spectacular new Rem Koolhaas designed public library, a 10 story gleaming glass jewel with great city views. Our days in Seattle ended with a duck ride---just like the Dells---and toured areas north of downtown where a new “Silicon Valley” is under construction since Amazon is building offices for 25,000 new employees with new apartment and condo buildings following. We floated our duck onto Lake Union where we saw the movie home of Tom Hanks from “Sleepless in Seattle” and the million dollar houseboats that line the shore.

The jumping off point of our tour was Edmonds where we met our group of 65 fellow riders and picked up our rental bikes. There were various options offered for bikes and PAWS wisely partnered with Montlake Bike Shop to either ship your bike to Seattle for assembly or provide rentals. We chose to rent their high end road bikes and were quite pleased. I got a brand new Cannondale carbon Synapse (the price tag still on it) and Ella got an older Giant carbon. We requested BIG cassettes to handle the hills and we

got 32's which for us proved to be a godsend!

Our first day of riding started with a ferry ride across Puget Sound to King-



Mt. Baker

ston—along our route we traversed a major bridge across the Hood Canal and with a right turn onto the inaptly named Paradise Road, we encountered the first of the hilly terrain we were to experience all week---short steep climbs, curving hills, long slow climbs, false flats—a virtual primer in the vari-



ous forms of hills! We reached Port Townsend at lunchtime—a thoroughly charming 1900's Victorian sea town that almost appears lost in time where we lunched at an outdoor cafe on main street. We then hopped another ferry to Whidbey Island for the final 15 miles to our destination for the day in Oak Harbor at the Best Western Plus,

a modern, comfortable hotel. At 4:30 every day, PAW stages a happy hour with adult libations and snacks---a great chance to meet our fellow cyclists and a welcome respite from the tough day! While there were 66 people on the trip, everyone is on their own timetable so we never felt crowded on the road. We learned that we did over 4,000 feet of climbing over the 55 mile route that day.

Note about ferries---we took about 8 ferries during our trip---with their comfortable lounges and oversize windows, they really are a great way to view the amazing scenery and are very bike friendly. They load bikes before cars and we're the first off when they arrive at port. No prior reservations are necessary—most run fairly often during the summer months and we carried schedules with us.

Day 2: We rode north through the countryside on Whidbey Island on beautiful country roads lined with forests of towering fir trees with views of the mist hanging over the water. We made it over the famous Deception Pass Bridge with dramatic views of the gorge below and some great photo opps—even with my fear of heights! We made our way to Anacortes which is the gateway to the San Juan's—we took another 1 hour ferry ride where we would spend the next 3 nights in Friday Harbor, the major town on San Juan Island. Friday Harbor was our favorite layover--- interesting shops, art galleries and some great restaurants and bars as well as a lively harbor where you can watch the ferry and sea plane traffic. (42 miles)

Day 3: We stayed on San Juan Island and cycled to the American Camp (this

(Continued on page 5)

(Continued from page 4)



Friday Harbor

island was occupied by both British and Americans in the mid 1850's) and San Juan Island park with breath-taking views of the sea and surrounding Mt Rainer, The Cascades and Olympic Mountains and even Victoria, Canada. Next stop was Lime Kiln Park, also known as whale watch park, to hopefully see orcas or whales who pass by this area pretty consistently. Today wasn't our lucky day---the whales passed through after we left but still a gorgeous spot to hang out. (30 miles)

Day 4: A much welcome rest day! Lots of choices for the day—some rented a car and drove around San Juan Island or took the ferry to Orcas Island, some took a whale watch boat tour. There was a 25 mile option to ride the seriously hilly terrain of Orcas and one brave cyclist in our group climbed Mt Constitution, which at 2400 feet is the highest peak in the San Juan's. We opted for sea kayaking with one of the local outfitters which was a great experience. We did a 6 mile route along the coast and along the way saw otters and seals---the water was smooth as velvet and the views were awe-inspiring! It was a welcome change to experience sore arms the next day instead of sore legs!

Day 5: With rested legs we were off on the ferry to Lopez, affectionately known as “Slopez”-- a charming island

with somewhat more gentle, rolling terrain with lovely views of aging barns, farms and woods along with shoreline views. Lopez Village was an interesting stop but we were fortunate that we arrived on a Saturday where we could visit the local farmers market where you can get your palm read, indulge in no end of homemade pies, scones, muffins and cookies as well as purchase the local handicrafts like jewelry, pottery and glass. The whole island has a laid-back hippie vibe. (34 miles, includes bonus miles for missing a turn!)



Lighthouse at Lime Kiln State Park

Day 6 and 7: we wound our way back home passing through the charming town of Coupeville but riding many of the same outbound routes. It was fun to have a second chance to ride over Deception Pass! Day 6 was 40 miles. The last day of 55 miles tested our “mettle” but we proudly made it to our last ferry of the day back to Edmonds—with a side trip for a local brew to toast our success. What a wonderful way to experience the Northwest and pushing ourselves beyond our perceived limits makes it even sweeter!

In summary, PAW did a wonderful job organizing this pretty complicated itinerary—the roads were marked and

there were cue sheets for each day. Mileage varied from 30 to 55 per day for a total of 200 to 300 miles for the week. Dealing with car traffic was a concern the first days but things quieted down as we progressed. Our weather was superb---cool mornings and sunny afternoons—not a drop of rain in the 10 days we were there. We were greeted with the fresh scent of the sea air and fir trees every morning. PAW provided rest stops in the morning, sag support and “happy hour” at 4:30. We had 2 group dinners at our hotel—we preferred to dine out at the local spots in towns so this was fine with us. The 66 riders were mainly from the Midwest and ranged in age from 30's to 70's. There were hammer-heads and casual riders amongst the group---we weren't the fastest but not the slowest either! The scenery was awe-inspiring and many of the towns we visited were charming with historical architecture. The challenging terrain was mentioned by all---even the most accomplished cyclists in the group. PAW may be changing up the route next year starting on Victoria, Canada rather than Puget Sound to avoid the heavy car traffic---should be a good alternative. If you are interested in doing this trip in '17, drop an email to PAW now and get yourself on a wait list as this is a very popular trip!

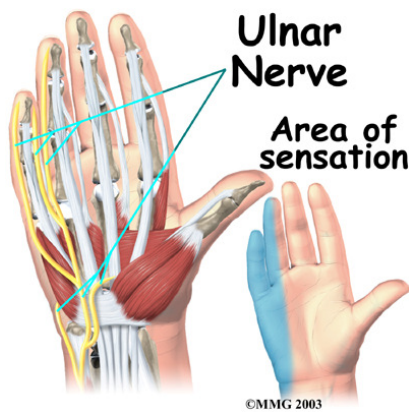
Wherever we cycled, strangers would approach to ask about our trip—how far did we ride, where were we going, with respect and maybe even a little envy in their eyes. . . a subtle reminder how blessed we are to enjoy good health and the strength to experience the world at a slower pace on a bike!

Kris Woodcock

Handlebar Palsy – AKA Cyclist’s Palsy

Numb hands can ruin a ride, both because of the discomfort and the lack of control. A common and preventable cause of numb hands is cyclist’s palsy, also commonly known as handlebar palsy. It is the result of too much pressure on the ulnar or median nerve where they enter the hand from the wrist. Knowing its cause will send you on your way to finding solutions that work for your own handlebar palsy.

Where Hand Meets Handlebar



The ulnar nerve enters the hand at the wrist at the heel of the palm opposite the thumb. That pad on the heel is often where the hand rests on the handlebar. Inside that pad is the ulnar nerve, running through the Guyon canal and compressed by the bones of the wrist and hand. Enough pressure, and your pinky and ring finger go numb. More than enough pressure can lead to a fully numb hand.

The median nerve enters the hand at the wrist between the ulnar nerve and the base of the thumb through the carpal tunnel. Too much pressure here and you will feel your index and middle fingers go numb. The numbness can occur in conjunction with ulnar nerve numbness.

Solutions to Handlebar Palsy

Ensuring your hands contact your bars at an angle that allows your wrist to lay naturally is ideal. Any hyperextension of the wrist puts additional pressure on the nerves entering your hands. Resting your hands on the handlebar with as little bend as possible at the wrist lets

the nerves lay unimpeded into your palms.

Changing positions on your handlebars during the course of a ride can alleviate symptoms of handlebar palsy. On a road bike with drop bars, if you feel numbness coming on, move to a different position that takes pressure off of the heel of your palm. On a flat bar bike it is a bit more difficult because there are more limited positions. If you often have handlebar palsy and frequently ride a flat bar bike, consider adding bar ends for an additional position. Remember to position them correctly. Perpendicular to the ground is not correct; The should face forward at an angle that allows your wrists to rest naturally.

Padding your hands will also help relieve handlebar palsy. This can either be done with padded bar, doubled up bar tape, gel pads under the bar or padded gloves. Try gloves on first to make sure they fit comfortably; too loose and they will cause blisters, too tight and they can cause even more numbness. Some overly padded gloves can also cause numbness by concentrating pressure on extra-large pads.

Moving your saddle down and back can also relieve pressure on your hands. Beware that other positional problems may arise if you go this route. Whatever changes you make, do them incrementally.

If these solutions do not work, seek out a bike fit expert to examine your position. Additionally, you may want to seek out a health professional to determine exactly what is happening in your nerves. They can give you exercises to relieve abused nerves.

The Nerve

Understanding the nerves that cause handlebar palsy will give you a better idea of what causes it and how you can fix it. These simple fixes are effective and easy to try out. If the problem persists, go to a professional for an objective and knowledgeable view so you can keep riding in complete control.

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(Continued from page 3)

right now. Yoga is an activity that can boost core strength, along with all-around strength and flexibility. It can also be a time to get your mind focused and settle your thoughts unlike many other competitive disciplines.

Skating - The first few times you run after exclusively riding, you will be sore (but your lungs will work great). But there is an activity that does use roughly the same muscles and movement as cycling – skating. If you know how to skate, you can jump right in and show off your fitness immediately. If not, go learn and you will be skating well relatively quickly. There are even skating clubs that offer competition and the group environment that cycling offers during the fair weather. (And if you were wondering which type of skating was being referred to... well all three: skate skiing (traditional cross country skiing in skating form), ice skating, and roller skating which can be a great activity when it's cold out but not cold enough for snow and ice.)

Cross Training is Fun -Do not let the word training fool you; cross training for cycling should be a fun and beneficial distraction through the fall and winter. Find any activity that suits you and enjoy yourself while keeping up your fitness.

Ride hosts through October 11, 2016

Al Gibbs	1	Eva Waycie	3	Mitch Rosset	1
Barb Barr	1	Frank Bing	9	Pam Burke	1
Betsy Burtelow	2	Jeff Magnani	1	Patty Blome	2
Bob Dominski	1	Jeff Rossi	12	Paul LeFevre	24
Brian Hale	5	Jim Flechsig	2	Reinhilde Geis	5
Carl Droege	1	Jim, Boyer	9	Sheri Rosenbaum	1
Cindy Kessler	2	Joe Beemster	6	Tara Riley	2
Dave Waycie	5	Johannes Smits	5	Toan Tran	9
Deb Wilson	1	Jorn Lim	1	Todd Berlin	1
Dennis Ellertson	26	JV Villadolid	1	Tom Wilson	11
Don Sortor	2	Kevin Moore	2	Tony Vercillo	4
Earle Horwitz	2	Kilian Emanuel	53	Vince Kelley	2
Ella Shields	2	Kris Woodcock	1		
Ellen Heineman	1	Larry Frank	6		
Emily Qualich	9	Laura Randazzo	2		
Erich Massat	3	Luis Magana	1	Total hosts	44



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

We are on the web
wheelmen.com



SAVE THE DATES

Banquet/Holiday party - Nov 20
 St Pat's Ride—March 19, 2017



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.

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
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georgegarnercyclery.com

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

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 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

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 847-433-8735
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- *Bicycle Federation of Wisconsin

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