



MONTHLY MEANDERS

ST PATRICK'S DAY RIDE

FEB 2017

Dear Fellow Wheelmen,

Our annual St. Patrick's Day ride is coming up soon. This brings the promise of Spring and warmer (riding) weather to come.

The ride this year is on Sunday, March 19, starting at Wauconda High School. We need your help to make this happen. This is more of a public service for area cyclists than a fund raiser for the club and our efforts have been much appreciated in years past. It also serves as good publicity for the club showing what we can accomplish when we team together. Toward that end, a special thanks goes to those who have volunteered at the WW Banquet / Holiday Party I was unable to attend. Also a special, special thanks to Joe Beemster for passing the forms around and I'm sure talking it up.

These volunteer opportunities come in two shifts: 7 – 9:30 and 9:30 – 11:00. As of this writing on January 8, we need SAG drivers, one each shift for parking, food service for both shifts. I'll fit you in



somewhere. I can be contacted at (847) 398-1376 or alang.bikes@gmail.com.

We won't be collecting for Working Bikes this year but donations of clothing, bicycles, and equipment can be donated through Village Cyclesport (either location) or to Gary Gilbert. Refurbished bicycles are sent to South America and Africa where they make a big

difference in the lives of people living there.

Also returning this year, Acoustic Soul Generation, a popular local band, has, yet again, graciously offered to entertain us.

This year our tri-fold brochures will be mailed out to local bike shops. So there will be no need to deliver them. Ten posters will also be delivered to bike shops. Pam Kaloustian will be doing publicity again; thanks Pam.

So come out on March 19 to see your friends and help out with this great event. If you have any questions, you can, again, contact me at (847) 398-1376 or alang.bikes@gmail.com.

See you there,

Al Gibbs

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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

Al Gibbs alang.bikes@gmail.com

Chairmen

Banquiday

Pam Burke
pamelaburke2000@yahoo.com

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

WHEELING WHEELMEN FIRST MEMBER MEETING OF 2017

We are scheduling our first member meeting of 2017 on **Thursday, February 2nd at 7:00 PM at Bowlero Buffalo Grove**. This event has worked out well the last couple of years as we combined our regular club meeting with a social event. The club will pay for snacks and soft drinks and we will have a cash bar.

While our rides are now few and far between, it will be good to get together and indulge in some friendly conversation.

Bowlero Buffalo Grove
350 McHenry Road
Buffalo Grove

(In the shopping mall behind Deerfield Bakery)

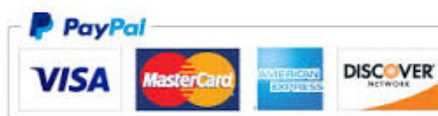
Hope you can make it!

2017 MEMBERSHIP RENEWAL

It's time to renew your membership.

Please renew on line or send back the renewal application on the website. Send your renewal in as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2017 Ride Schedule. Due date for renewals is **March 1, 2017**.

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

REMEMBERING PHYLLIS

The bicycling community lost a great friend last year. Phyllis Harmon passed away one month shy of her 100th birthday. Her daughter, Carol, contacted the Wheelmen and discussed arranging an event to honor Phyllis in Wheeling following a memorial they conducted near their home in Florida.

Phyllis always reminded her to keep in touch with the Wheelmen club she founded in 1970. In early November some of us from the club and her Chicagoland relatives met at the trail marker along Dundee road in Wheeling. The monu-

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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

**Grand Illinois Bike Tour
06/11/2017 – 06/16/2017**

Join us in June for the 15th annual Grand Illinois Bike Tour. This year’s route will feature the Rock River and Mississippi River valleys in scenic northwestern Illinois, with charming towns and great bicycling on quiet roads and some trails. Our unforgettable six-day ride will make a 300 mile loop starting and ending in Byron, with stops in Dixon, Savanna, the Quad Cities area (two nights), and Sterling. Choose between our camping and motel options and enjoy overnights filled with good food and good fellowship with riders hailing from around the country. Proceeds benefit Ride Illinois and support our mission to make Illinois a better, safer, and more enjoyable place to ride.

Our fully supported tour basics:

- Basic daily route distances range from 43 to 59 miles, with an average of 51. Longer route options are available. Routes are marked and maps are provided.
- Those camping will tent in parks near the banks of the

Mississippi and Rock Rivers. All 10 breakfast and dinners are included and showers are provided every day.

- Those staying in nearby motels (at extra cost) have 9 meals and evening receptions included, with bus shuttling to dinners. Our motel option which has grown to just over 90 riders sells out earlier than the camping option.
- Luggage transportation provided in separate vehicles for campers and motellers.
- Emergency SAG support, refreshment stops, and t-shirt are included. Expert bike repair is also available every day at the campgrounds.
- Nightly meetings include ride information, awards, and more.

Registration is open and is limited to 230 riders.

Don’t delay – they usually sell out!

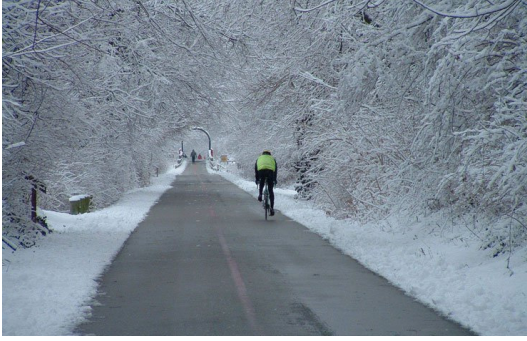
Rates: Basic: \$500

Ride Illinois Member: \$465

rideillinois.org/2017gibtregistration/



Steven	Seidenberg	Wheeling	Cletis	Parks III	Palatine
Diacou	Skyler	Palatine	Dora	Parks	Palatine
Ken	Kanners	Arlington Hts.	Eric	Brosinski	Arlington Hts.
Scott	Waxman	Buffalo Grove	John	Good	Chicago
Joan	Willmeth	Rolling Meadows	Hector	Ortega	Palatine
Steven	Seidenberg	Wheeling	Audrey	Purdue	Palatine
Richard	Koomjian	Riverwoods			



HOW TO KEEP COLD HANDS AND FEET FROM RUINING YOUR RIDE

When your extremities are frozen and uncomfortable, the rest of you also pays the price. Here's how to keep even your most distant digits cozy when it's cold.

Having faced the elements in some of the harshest climates around the globe, adventure cyclist Rebecca Rusch—a seven-time world champion and winter fat-bike racer—knows a thing or two about cold hands and feet. Making matters worse, she is prone to cold hands. “I

have really bad circulation in my hands and they are a big factor in my ride enjoyment. Cold hands equals cranky Reba and unnecessary suffering!” she says.

For your hands:

Layer up: Slipping on some big fat ski gloves may seem like a bright idea, but resist the urge, says Rusch. “It’s a recipe for disaster, because once you start to sweat, all the insulation in those gloves will get wet. Once wet, the chill sets in more quickly and it’s really hard to rewarm.” Instead you want to layer your hands like you would the rest of you. “Layering is key for an outdoor endurance activity,” she says. “I like very thin wool as a base layer for hands—and everything else—because it does stay warm when wet and it also breathes well so you don’t overheat.” On a cold ride, Rusch uses three pairs of gloves:

- Base layer: A thin wool or synthetic base-layer glove for next to skin. You could also use a light pair of regular riding gloves for this.
- Midlayer: Medium thickness, insulated gloves that are not bulky.
- Outer layer: “This is really the key layer,” says Rusch. Get a thin shell glove or mitten that is a size bigger than you normally wear, so it easily slides over the other layers. “This is key for keeping wind chill off your hands because your hands are the front part of your body and will always be in the wind.”

Rusch then adjusts her layers according to her comfort level as she rides. “I usually start with all three on, then remove the middle layer once I start to get warm and begin to sweat, doing most of the ride in the liners and the shell gloves.”

Pack chemical hand warmers: Having a couple of small chemical hand warmers like HotHands in your saddle bag or pack can be a lifesaver if you have to change a flat (and your hands get really cold) or the weather changes and you need back up protection. Slip them between your liner and insulated glove.

Bring them back from the brink: Once your fingers are numb, it’s time to do triage, says Rusch. Remove any wet layers and just ride in the shell gloves if that’s all you have left. (Whip out your chemical warmers if you have them.) Then make it your mission to get circulation back into your digits. Shake your hands to get the circulation going. If that doesn’t work, get off your bike and do some windmills. “A trick I learned cross-country skiing is to spin your arms like a windmill as hard as you can,” she says. “You have to spin hard so the centrifugal force from spinning aggressively puts blood back into your extremities. Repeat for 10 to 20 rotations until you feel the warm and tingly sensation of blood returning.

For your feet:

Keep them dry: Feet sweat a lot, so it’s important to wear socks that let your feet breathe. “I like wool for my feet, says Rusch. “I wear wool socks all year round, thinner in the summer and thicker in the winter. They’re the best

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WEEKLY RIDES

<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>



Phyllis Harmon's Family

(Continued from page 2)

ment is right along side of the dedicated Phyllis Harmon trail going from Milwaukee Avenue to the 294 toll road.

We spoke of our memories of Phyllis, one grandson explained that every time he visited his Grandmother, she made him ride with her on a smaller bike she kept in her garage. We discussed the Harmon 100 and two family members promised to join us at the ride. The family also enjoyed hearing about our plans for the 50th anniversary celebration of the Harmon. As a final tribute to Phyllis, her family spread some of her ashes around and on the stone as a lasting memory.

Joe Beemster

(Continued from page 4)

fabric for staying warm when they do get wet.”

Mind your soles: When it’s just a little cold you can keep the tops of your feet toasty with fleece-lined neoprene booties. For frostier temps, you’ll find the bottoms of your feet get cold with booties alone. “If you are using shoe covers only, then think about adding an insulated insole inside your riding shoe to keep you warm from the bottom too,” says Rusch. “You might need to size up to do this or remove the other insole.” A good pair of winter riding boots also solves this problem and is worth the investment if you ride a lot where it’s really cold.

Cover your toes: Little plastic snack baggies make great toe covers to add one more vapor layer against the elements, protecting your toes, which like your fingers are idle out in the wind the whole ride. “They make more expensive ones, but baggies work as well if not better,” says Rusch. Just slip them over your socked feet under your shoes.

Move your feet: There’s a reason they put in barriers when they invented cyclocross—so you’d get off your bike and run and jump around to warm up your feet! Wiggle your toes frequently to keep blood circulating into them. If needed, get off your bike and jump up and down to bring blood flow back into your feet and toes.

By Selene Yeager, from bicycling.com



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 60089-7304
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We are on the web
wheelmen.com



SAVE THE DATES
 Club Meeting—Feb 2
 St Pat's Ride—March 19



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
 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