



MONTHLY MEANDERS

THE DOS AND DON'TS OF GROUP RIDING

APRIL 2017

If you plan on going for a group ride and you're all brushed up on the group riding skills you'll need, the next thing you'll need to know about is the etiquette that will be expected of you while you ride. Most riders will expect you to know these things unless you are a brand new cyclist. That being said here's the dos and don'ts of group riding.

The Golden Rule

Ride like the person you would like to be riding behind. This isn't just about being kind and courteous. This is also about maintaining good skills such as how to drop back or move forward in a pace line. You'll also want to maintain good safety precautions by warning others about debris on the road, sharp turns or any other sort of upcoming danger. Never assume that everyone sees what you can see. It's good group riding etiquette to watch out for other riders and communicate it to them via hand signals or hand signals and verbal.

The Over Reactor

In a group there is always that guy... that guy that seems to overreact to each little situation. Someone stops pedaling in front of him and he slams on his brakes instead of stopping pedaling as well creating an unnecessarily large gap, then hammers back on the pedals again to catch up only to slow too much again. If you are that guy, stop it, if you see that guy in a group... make sure you are ahead of him as he will waste not only his energy but yours as well.

The Obnoxious Warm-Up Rider

During a group ride the first 10-15 minutes is for warm up. Don't blast off the front and stretch the group out immediately. Nor should you pedal hard to the front then stop pedaling to drop to the pack just to blast back to the front. Calm down, take a position and if you need more effort to warm up properly try a higher cadence or standing up. Perhaps you can start a minute or two later than the group and catch up.

The Cut Off

When you go into the

corner of a race, pick a line and stick with it. The last thing you want to be is that biker who cut off another and caused a crash. However, be aware that skilled racers can take on lines and work their way into spots that others will find difficult or even terrifying. Only do what you know you are skilled enough to do; the race itself is not the time to work on building your skills. That's what training is for.

The Fast One

So you are the fast one, most of the group already knows, you don't need to prove it every group ride. Don't blast off the front and break the group up in the middle of the ride – no one likes a showoff. Try to keep the same pace the group was holding before you got a turn pulling on the front. Perhaps ride at the back of the pack with a nice gap so you don't get any benefits of drafting so you still get your workout in.

The Late One

When you sign up for a group race either for fun

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Roger Zimmer, Palatine
 Howie Gale, Lake Zurich
 Mary Jean Drouganis,
 Des Plaines

Club Officials

Elected Officers

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

Treasurer
Johannes Smits 630-935-4074

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Pam Kaloustian 847-707-0203
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Appointed Officers

Harmon Chairman
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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



APRIL CLUB MEETING

The club meeting will be on Thursday, April 6, 7:00 p.m. at **Sullivan School**, 700 Schoenbeck Road, Prospect Heights, meet in the library. **Sullivan is the first building you see when you turn in off Schoenbeck Road.**

We will recap the St Patrick's day ride and our after meeting presentation will be by club members Bill Kragh and Dan Wiessner

"Can you still get your kicks on Route 66? Which direction should you travel? What kinds of things will you see and what kind of people will you meet on the Mother Road? In June and July of 2016 Dan Wiessner and Bill Kragh set out to answer these questions by riding Route 66 using Adventure Cycling's new Route 66 maps. On April 6th, come to the Wheeling Wheelmen member meeting and hear about snakes, death races and see if a girl in a flat-bed truck slowed down among many other things. As an added bonus, you may also get the autograph of a new book author."

VILLAGE CYCLESPORT

Friday, April 7, 10 am -9 pm
Saturday, April 8, 10 am -6 pm
Sunday, April 9 10 am -6 pm

1326 N. Rand Rd., Arlington Hts.



Visit villagecyclesport.com
for more information

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

THE ARLINGTON BIKE SWAP

APRIL 29

10:00 am -2:00 pm

The Arlington Heights Bike Swap is an annual community event featuring hundreds of bicycles.

The swap is held at Centennial Park, 1209 Burr Oak Drive, Arlington Heights. Centennial Park is located adjacent to Riley School.

The Arlington Heights Bike swap allows everyone to sell or purchase bicycles and bicycle related items. The Arlington Heights Bicycle Club runs the event like a garage sale. Sellers set their own prices. The swap is ideal for anyone who has out grown their bicycle; has bicycles they no longer use; or want to upgrade their bicycle.

For info see cyclearlington.com or email swap@cyclearlington.com.

Date	Time	Ride Name	Miles	Start Location/Directions	Ride Host
April 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	
Sat 4/1	9:00	Honey Do/Extended Do	30-72	Paul Douglas Forest Preserve On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90.	Mitch Rosset 847-814 3107
Sun 4/2	9:00	Sunday short Ride Have I Been Here Before?	36/42	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of the PNC Bank.	Larry Frank 847-832-0630
Sat 4/8	9:00	Honey Do/Extended Do	30-72	Paul Douglas Forest Preserve See Above	Toan Tran 847-630-0035
Sun 4/9	9:00	Sunday short Ride Broken Oar	36/44	Long Grove Commons See Above	Reinhilde Geis 847-679-0279
Sat 4/15	9:00	Honey Do/Extended Do	30-72	Paul Douglas Forest Preserve See Above	Brian Hale 847-679-0279
Sun 4/16	9:00	Sunday short Ride Ride of Many Lakes	38-47	Long Grove Commons See Above	David Newman 224-650-9000
	9:00	Honey Do	30-58	Paul Douglas Forest Preserve See Above	Toan Tran 847-630-0035
Sat 4/22	9:00	Walworth Flats	58	McHenry County College Rt. 14 two miles north of Rt. 176, Crystal Lake, IL. Meet in north parking lot.	Peggy Reins and Chad McCoy 847-965-2364
Sun 4/23	9:00	Sunday short Ride Roads You Should Know	33/43	Long Grove Commons See Above	Reinhilde Geis 847-679-0279
Sat 4/29	9:00	Honey Do/Extended Do	30-72	Paul Douglas Forest Preserve See Above	Todd Berlin 224-801-6789
Sun 4/30	9:00	Sunday short Ride Libertyville With a Twist	36/47	Long Grove Commons See Above	Mitch Rosset 847-814 3107



INVITATIONAL

April 30, Folks on Spokes Easter Ride

Park Forest, IL. 17-70 miles

www.folksonspokes.com/easterRide.html

WEEKLY RIDES					
Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Tuesday and 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.	Kilian Emanuel 847-296-7874
Tuesday Starting April 11	6:00 PM	Working Stiffs Ride	18-30	Stempel Parking Lot On the west side of Old McHenry Rd, behind the Read Oaks Store. North of Old 53 in Long Grove.	Tom Wilson 847-632-1412
Wednesday Starting April 5	9:00 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
Wednesday Starting April 12	6:00 PM	Hill and Dale Ride	25-35	Paul Douglas Forest Preserve On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90.	Jeff Rossi 708-648-9170
Thursday Starting April 13	6:00 PM	Thursday Night Ride	30	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.	Paul LeFevre 224 234 0615
Be sure to be on the Yahoo group and/or Facebook for last minute changes					

(Continued from page 1)

or for a race, always be prepared. This means that you need to have your registration in days early and you need to have all the supplies you'll need for the ride. If you're going on a long ride don't show up late without all the water, food, and other supplies you need. Plan ahead and leave early in case traffic gets in your way.

The Sudden Stopper

If you see something in the middle of the road never slam on your brakes unless it is life or death, you run the risk of causing other riders to crash. This is as much a safety concern as it is an etiquette problem. If you have time give a hand signal of "stopping" and yell stopping. If you don't have time for a

hand signal, have the decency to yell stopping as you are doing it. Try and slow down as slowly as you are able to give riders behind you time to react.

The Silent Swerver

Less heard of than the sudden stopper but equally as deadly the silent swerver sees an obstacle in the road, does not point it out and then at the last second swerves around it leaving the cyclist behind running right into the obstacle. Be kind and point out the obstacle well in advance, take a position to the left or to the right as early as possible so other cyclists are able to see what danger is coming.

The Uninvited Drafter

This doesn't necessarily apply to racing but to riding in large groups of people

that you may not know. In a more relaxed setting, you should never draft someone you don't know without their permission. Not only is it rude but it can actually be a little creepy. If someone does this to you, remind them that it's common biker courtesy to ask permission first.

The dos and don'ts of group riding are not that hard to follow. If you're new to riding in groups let your fellow riders know so they won't take offense to your mistakes. Most people will be glad to watch your back and help you learn the rules you need to know

From; ilovebicycling.com



HELP NEEDED FOR BIKE RODEO SATURDAY, MAY 27 (Rain date June 3)

Every year the Wheelmen help the Buffalo Grove Police Department with their Bike Rodeo. This event is geared towards teaching kids bike safety, as well as promoting cycling. Once the kids sign up at the registration desk, they come to our station where we make sure their helmets are fitted properly.

Pam Kaloustian needs volunteers to help out with the Rodeo. She needs two shifts of two people each. First shift is 11 am-1pm and 2nd shift is 1pm-3 pm. A pizza lunch is provided.

Please contact Pam Kaloustian at 847-707-0203 to volunteer and to get more details.

Wheeling Wheelmen Board Meeting

03-05-2017

Attendees: Al Gibbs, Joe Beemster, Ella Shields, Johannes Smits, Pat Calabrese

Treasurer's Report: Johannes

- Current balance is approximately \$20,413.26 with \$9135 held in checking. This is enough to cover two Harmons, should the club experience bad weather two years in a row.
- Donations for 2017 have been made to several Bicycle advocacy organizations such as LAB, Ride IL, etc
- Club insurance has been paid for the year
- Harmon brochures have already been expensed.
- 75% of the club registrations have been completed using PayPal, the club will start tracking the fees associated with this activity.
- 2016 income tax return accepted by IRS

St Patrick's Day Ride Update: Al

- Al has enough volunteers to support the activity, he will send an update to all volunteers sometime this week as a gentle reminder.
- Pam K has posted this event in many bicycle stores, Facebook, and several Websites. She has done a great job leveraging social media to advertise this event.
- Al will ride/drive both loops tomorrow to finalize cue sheet and ensure all roads are in decent condition and not under construction. 250 copies will be made which should be enough, the board discussed

potential options should more sheets be required.

- Joe/Al will visit the locker to take the supplies required for the event.
- Paul is managing road markings, Jim is managing parking.
- The club already has 25 people pre-registered for the event.
- The weather looks promising.

The WW March club meeting was last TH (3/2), a BIG THANK YOU to Bill Bergeron for the presentation on bicycle maintenance; he did a great job. Below are other upcoming events.

- The next club meeting is April 6th, Bill Kragh/Dan Wiessner to present their Route 66 adventure
- The club might be investigating other location options for 2018.
- Village Elk Grove/7 Mile Cycles will be hosting another Ladies Night event in May, the WW will provide brochures to advertise the HH. More to come on this.
- The Buffalo Grove Kids rodeo is May 27. WW will be looking for volunteers to attend the event and teach children bicycle safety by fitting them with helmets.
- Pat will provide the April Article for the Newsletter, this is due next week.
- Joe will schedule the next board meeting in Mid/late April.

5 PRE-RIDE MISTAKES THAT CAN SCREW UP YOUR WORKOUT

The focus of cycling training is almost always on the time spent pedaling—we want to ride longer and do more intervals. But too often, we fail to spend enough time and energy on the pre-ride practices that can greatly influence our workout quality and enjoyment. Avoid the following five pitfalls so you don't screw up your ride before you even get out the door.

1. You don't have a plan.

Create a goal for each ride. It will help you direct your effort and choices appropriately during the workout. I like to use the phrase "Set your intention" (a mantra I borrowed from yoga) to help clients pause before they start a workout or skill session. Using this strategy before you start can have a large effect on workout quality.

Before you head out, assess what you want out of the session; it will improve the ride because you'll be better prepared to make the choices that will provide the outcome you desire. Too often, athletes will rush out the door and fail to review their planned workout, or even worse, they will not have any plan for the day. This results in haphazard training that is typically not easy or hard enough to do much good, mismatched routes and frustration.

2. You don't maintain your gear.

Clean and maintain your gear. I aim to do a quick 1- to 2-minute clean of my bike as I finish my workouts. This lets me take care of any major issues I noticed during the ride, and, if I don't make it back to my bike before my next ride, I'm confident my bike can support me for another day. Should I notice a more major issue, then I am able to schedule in time after I eat and shower to do a more expanded maintenance session.

Similar to brushing our teeth, it is important to keep gear clean and running well to minimize pain and more expensive fixes later on. From a training perspective, having gear fail, like when a bent derailleur shifts into the spokes, can affect one or more days of training or limit your ability to complete goal-specific workouts on that bike.

3. You aren't organized.

Set up your gear the night before you ride; it's a great way to reduce procrastination. Especially for those training in the morning, having all your gear and food in place and ready to go will help decrease your reasons for skipping a workout. Likewise, those training right after work/school will benefit from coming home and being able to get on the bike without thinking about where their heart-rate strap or helmet has gone.

A more permanent solution for those who start their training from the same spot: Have a perpetual setup, where each clothing and gear item has its own spot, such as a drawer for jackets, a cubby for shoes, etc. Since I travel and ride remotely, I tend to use two gear bags with multiple compartments so I can quickly find each item I need to get out the door. When I am in one place for a time, I can easily set these bags up in drawers or on top of a chair or bench. However you ride, develop a system to take the thinking and decision making out of getting out the door and on your bike.

4. You don't have a solid nutrition plan.

Nutrition before a workout does not need to be overly complex or extensive for most athletes, but not eating or eating too much is a common reason for poor workout quality—especially for those training early in the morning or after work/school. Aim to have a light pre-ride snack 1–2 hours prior, if you can. Keep it simple and familiar, just like you would at a race. Oatmeal and an

egg, a sandwich, sports bars or yogurt and cereal are common choices. Some athletes will do better with a meal 2–3 hours out to give more time for digestion and perhaps add a bit more food.

When training in the early morning, not eating before you head out and fueling as required during your workout is often preferred to eating breakfast immediately before training. The more you practice and pay attention to your performance, the better you will become at adjusting for different rides, time of day, intensity and weather. The important thing is testing whatever method gets you great sensations on the bike consistently.

5. You start a ride when you're stressed out.

Being mentally fresh to train is also important, albeit it's difficult after a hard day at work. If you are able to relax during your commute and end-of-day activities, then you will likely perform well immediately after work. If you had a stressful day, then it might be worth taking a few moments to relax—perhaps do a light walk or yoga or even have a power nap before heading out for training. Many high-level athletes will make it a goal to sit quietly for at least 30 minutes before and after a workout to help the body build up reserves and enhance focus.

Setting goals for each day, keeping equipment in good shape, setting up gear in advance, fueling your workouts appropriately and ensuring you are mentally fresh will help you make the most of each of your rides. So take the time to implement these off-bike practices to make your time on the bike more worthwhile.

By Peter Glassford
www.mapmyride.com

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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

<h1>BIKE EXPO SALE</h1> <p>April 7-9th Wisconsin State Fair Park</p> <p>FRI 12-9PM SAT 10AM-6PM SUN 11AM-5PM</p>	 <p>Wheel & Sprocket <i>Free Admission!</i></p>
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If you are looking for a new bike for you or a friend, this is the best time to buy, trade-in a used bike, or get all the necessary bike accessories you need to ensure you can **ENJOY YOUR RIDE!**

With over 2,000 bikes **ON SALE** and ready to ride home along with 1000s of **Accessories**, we have something for every kind of cyclist and back it up with our **30 Day Test Ride Guarantee.**

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Program with topics focusing for every kind of rider .

Check out our **Trade-In, Trade-Up** used bike trade program. Bring in your quality used bike and we'll give you gift card for the trade-in value of the bike as appraised by Bicycle Blue Book. It's a great way to recoup value from your old bike and make space in your garage for a brand new one!

bikeexposale.com



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

We are on the web
wheelmen.com



SAVE THE DATES
 April Club Meeting - April 6
 Annual Picnic - July 9
 Harmon 100 - Sept 10



April 10



April 16

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

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 45 Arlington Hts Rd
 Elk Grove Village
 847-439-3340
vcsegy.com

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 1326 N. Rand Rd.
 Arlington Hts.
 847-398-1650
 234 W. Northwest Hwy
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 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