



MONTHLY MEANDERS

BOARD BANTER

MAY 2017

Six years ago, we printed a letter written by the president of the Joliet Bike Club entitled: “We are the Ambassadors of our sport.” I thought it might be good to look at this article again, update it and pass it along.

What we do is a sport. We burn a lot of calories and use specific equipment. Does it keep us in shape? Look at our members. We have riders that show 80 is the new 60 and 70 is the new 50. I am always impressed with the athleticism we display.

However, what do non-riders see when they look at us. We are highly visible because we spend a lot of time on the roads. It should be important to us to display ourselves in the best light. The numerous times that we show good road manners are severely tarnished by one episode of bad manners. I know it’s not just us out there and independent riders can negatively impact drivers’ perception of our activities. Just ride on Milwaukee Avenue or any busy street near downtown Chicago.

I have heard from individuals who were asked to ride with a bike club. Some replied that they didn’t want to be associated with a group as they have had enough unpleasant encounters with cyclists while in their cars. We all have seen riders moving along at three abreast totally oblivious to their surroundings... including the vehicles that couldn’t get around them. One of our worst examples was a person riding with us in the middle of a narrow road in Barrington. A vehicle driver was trying to get around the group and beeped his horn and this rider gave him the finger which is inexcusable behavior.

This is far from the usual behavior of the Wheelmen I’ve observed. The majority of our cyclists, ride on the side of the road and move over when “CAR BACK” is vocalized. I realize that the vast majority of cyclists are good on the road as are the vast majority of vehicle drivers. We are just a little more visible and a LOT more vulnerable.

In addition to moving to the side of the road when a vehicle is trying to pass, some of our riders wave to the driver. Some also are smiling and waving thanks to the drivers who stop to let us cross the road. Saying hello to walkers or folks who may be standing on a sidewalk we pass. These are times that we shine and the times that we are the ambassadors of our sport.

One last comment to our newer members riding in a group. When you are in front of your group, PLEASE yell/point out when you see a potential road hazard or vehicle appearing to turn on the road (ex. “Car Right”). Also, when riding in back of your group, yell out “Car Back” when a vehicle is approaching and you notice a rider of your group drifting toward the middle of the lane. This bit of communication is so important and could prevent someone from getting injured.

Thank you

Joe Beemster

INSIDE THIS ISSUE:

TOP MILEAGE	2
BOARD MEETING	2
RIDE HOSTS	2
VELODROME	2
RIDE SCHEDULE	3
WEEKLY RIDES	3
INVATIONALS	4
LADIES NIGHT	5
RIDE OF SILENCE	5
BIKE RODEO	5
AVOID CRASHES	6
WEATHER	7



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

TOP 20 MILES

Through April 14
 16 rides by 58 members
 701 max miles

Men:

1	Dennis	Ellertson	666
2	Don	Miller	510
3	Paul	LeFevre	499
4	David	Waycie	477
5	Kilian	Emanuel	408
6	Tom	Wilson	356
7	Brian	Hale	316
8	Luca	Zaramella	299
9	Hiroshi	Watanabe	296
10	Johannes	Smits	283
11	Guy	Ockerlund	277
12	Joe	Beemster	255
13	Toan	Tran	253
14	Jim	Flehsig	247
15	JV	Villadolid	245
16	Mitch	Rosset	220
17	Jeff	Rossi	194
18	Bill	McGovern	176
19	Larry	Frank	174
20	Dan	Vanderkelen	163

Women:

1	Emily	Qualich	395
2	Sheri	Rosenbaum	233
3	Eva	Waycie	195
4	Lorrie	Stork	179
5	Ella	Shields	133
6	Pam	Burke	127
7	Joan	Willmeth	116
8	Deb	Wilson	115
9	Nancy	Beck	115
10	Betsy	Burtelow	103
11	Pam	Kaloustian	79
12	Cindy	Trent	68
13	Kathleen	Angus	64
14	Mary Jean	Drouganis	64
15	Minori	Watanabe	62
16	Cindy	Kessler	44
17	Ellen	Heineman	41
18	Pat	Calabrese	40

BOARD MEETING

The next board meeting is Monday, June 19 at 7:00 p.m. at the home of Pam Kaloustian.

All Board members are requested to attend.

Total Rides Led	Through April 14
------------------------	-------------------------

Dave Waycie	1
Dennis Ellertson	3
Earle Horwitz	1
Jeff Rossi	1
Kilian Emanuel	8
Larry Frank	1
Mitch Rosset	1
Reinhilde Geis	1
Toan Tran	1

Total hosts 9



ED RUDOLPH VELODROME

1479 Maple Ave,
 Northbrook

Former Park District
 Commissioner Ed Ru-

dolph helped design and build the 382 meter and 18 degree banked bicycle track in 1960 with a perimeter for track cycling and a grassy infield for soccer games. During the winters, the velodrome was flooded to create a speed skating rink and served as a practice rink for members of U.S. Winter Olympics teams

The 2017 season is right around the corner. Thursday night racing starts May 11 and goes through Sept. 7.

For more info visit
www.northbrookcyclecommittee.org

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

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
May 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 5/6	8:00 new start time	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.	Pat Calabrese 847-358-4807
Sun 5/7	9:00	A Touch of Inverness	39/45	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of the Dunkin Donuts.	Don Miller 847-708-4304
Sat 5/13	8:00	Honey Do	30-58	Paul Douglas Forest Preserve See Above	Erich Massat 847-253-5815
	9:00	Twice Baked Bakery Ride	40/80	Willow Stream Park On Old Checker Rd, a mile west of the bakery. Turn west on Old Checker Rd. to parking on the right.	Dave Waycie 847-845-9663
Sun 5/14	9:00	Let's Go Lindy	38/44	Long Grove Commons See Above	Brian Hale 847-804-1561
Sat 5/20	8:00	Honey Do/Extended Do	30-72	Paul Douglas Forest Preserve See Above	Eva Waycie 847-540-8727
Sun 5/21	9:00	Sunday Saunter	36/44	Long Grove Commons See Above	Larry Frank 847-832-0630
		Arlington 500	31/44/ 55/69	Barrington H.S. 616 W. Main St. (Lake Cook and Hart Roads)	Invitational
Sat 5/27	8:00	Honey Do/Extended Do	30-72	Paul Douglas Forest Preserve See Above	Joe Beemster 847-867-6724
Sun 5/28	9:00	Covered Bridges	38/45	Long Grove Commons See Above	Eva Waycie 847-540-8727
Mon 5/29	9:00	Jersey's Memorial Day Ride	38/46	Jersey's Pizza and Grill 2360 Lakewood Blvd Hoffman Estates From I-90 take Barrington Rd north, turn right on Lakewood Blvd. Jersey's will be the first left you can take off of Lakewood Blvd. Pull around to the back parking lot.	Ride Host Needed

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	9:00 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
	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 224 234 0615

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

-
- **INVITATIONALS**
 - **May 6, Ride the Ups & Downs**, Elizabeth, IL
26/32/52/63 miles
www.goatscycling.com/events.html
 - **May 6 Tour de Stooges**, Lebanon, IL
10-100 miles tourdestooges.com
info@gatewayeasttrails.org
 - **May 21, Arlington 500**, Barrington, 26/45/55/67
500@cyclearlington.com www.cyclearlington.com
 - **May 27-28 Blackhawk County Roads**, Rockton, IL 10/30/45/65 miles, 815-988-6943
 - www.blackhawkbicycleclub.org
 - **May 27-28 Horsey 100**, Georgetown KY
Saturday; 26/35/53/75/100, Sunday; 30/50/75,
www.bgcycling.org
 - **May 28, Bike the Drive**, Chicago, 15/30 miles
bikethedrive.org
 - **May 28, Leinenkugel's Chippewa Valley Century Ride**, Chippewa Falls, WI., 35/50/75/100 miles
www.chippewavalleyride.us
 - **June 10-11 TOMRV**, Bettendorf, IA
Sat 69/106 miles, Sun 46/90 miles qcbc.org/tomrv
-



**LADIES NIGHT
THURSDAY, MAY 11
6:00-8:00 PM**

Trek Bicycle Store of Highland Park
1925 Skokie Valley Road
Highland Park, IL 60035

Join us for a fun evening featuring Matt Henderson of Pearl Izumi/Shimano/Yakima & Chris Go-la our Trek/Bontrager sales rep.

We will highlight Trek's Women's Specific Design (WSD) bikes, have a fashion show featuring our favorite

cycling apparel and accessories, mechanics will be on hand for Q&A and we will have reps and info tables for Venus de Miles and Ride for the Cure.

An assortment of refreshments and light snacks will be provided as well as **Special* event only discounts* - we can't wait!

Email Ashton at ashton@trekhp.com or call 847.433.8735 for any questions.

RSVP: www.eventbrite.com/e/ladies-night-tickets-33505997340



**WEDNESDAY
MAY 17**

In remembrance of cyclists who have been killed or injured while bicycling on public roadways, to encourage bicycle safety, and to raise awareness

of cyclists' right to share the road.

Arlington Heights Bicycle Club, 6:30 pm.

Recreation Park, 500 E Miner St., Arlington Heights, www.cyclearlington.com, rideofsilence@cyclearlington.com

Chicago: Gather at Daley Plaza's Eternal Flame beginning at 6 pm; ride departs at 6:30 pm.

For more info: rideofsilencechicago.weebly.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.



**MEMORIAL DAY RIDE
MONDAY,
MAY 29**

It's become a tradition on Memorial Day to ride from a restaurant and then enjoy a post ride get together with food and a beer.

We have such a great time every year we will be going

back to Jerseys Pizza and Grill, they have a beautiful patio overlooking a pond and indoor sports bar.

2360 Lakewood Blvd
Hoffman Estates
JerseysPizzaandGrill.com

HOW TO AVOID CRASHES IN GROUPS

By John Marsh (from roadbikerider.com)

Most recreational roadies ride in large groups from time to time, in century rides, local organized rides, brevets, races, etc. While our groups don't rival the sheer numbers riding cheek to jowl in the TdF, the challenges are the same. So, too, are the ways to avoid crashes in groups. Here are a few tips to help.

Keep Your Focus - Most crashes happen when a rider momentarily loses focus. A moment is all it takes to: not realize the wheel in front of you has slowed; catch the edge of the road when putting away your bottle; bump the rider next to you when you've glanced down at your computer. Keeping your focus will help you avoid the little slip-ups that we all have from time to time, but that can quickly bring us to the ground.

Hold Your Line - Steady handling and an unwavering line are expected of anyone riding in a large group. Nothing makes riders in a group of any size more edgy than a squirrely rider in their midst. Don't be that rider. Pay attention to what's happening around you to avoid any pitfalls, and concentrate on not making any sudden or unexpected movements off your line.

Stay Relaxed - Riding in a sizable group typically adds a level of nervousness not found in most casual rides. That's not really a bad thing if you use that slight nervousness to help you focus. But if you ride constantly on edge, with a death grip on the bar, you're more apt to fatigue faster, and your tense muscles can affect your bike handling. Stay relaxed, with a comfortable grip on the bar, and consciously check your neck and shoulder muscles for tension. Unshrug if you catch yourself riding with your shoulders pulled up.

Don't Overreact - Stuff happens in a group. Riders veer off line, rub shoulders, make unexpected moves, touch tires. Often, though, it's not the initial mistake that causes a crash in a group. It's an overreaction to the mistake, either by the rider who made it, or by a rider the mistake affected. The key is not to overreact. Making any quick, opposite reaction to whatever problem you're facing may create a new, bigger problem — and cause a crash. I witnessed this in a race a couple weekends ago, as a rider went off the right side of the road, overcompensated in his attempt to get back on the road, and went down, falling into another rider, who very nearly fell into me.

Stay Up Front - If you've watched the Tour, you've surely heard the commentators or riders being interviewed repeatedly say how important it is to remain at the front of the group. The rationale is straightforward, and it's most important in big groups. Most crashes happen farther back, where riders are surrounded on all sides and at the mercy of any mistakes anyone else makes. The farther front in a group, the less crowded, the more room to maneuver, and the safer it is.

Don't Yo-Yo - Big groups tend to ride like a rubber band stretching — constantly speeding up and slowing down from front to back. Within the group, individual riders are doing the same thing. The trick is to modulate your braking and pedaling so that your relative distance to the rider in front of you remains about the same, no matter how much the rubber band stretches or contracts. Try your best not to yo-yo, braking too abruptly, and then speeding up too much so that you're on the brakes again. This will not endear you to the riders behind you, and you may cause a crash doing it. Feather your brakes instead of clamping down, and steadily increase your pedaling instead of a sudden burst of power.

Enjoy your ride!

Top 100 Dealer in USA.

Top 50 Trek Dealer.

Over 30 yrs.
in Business



VILLAGE 
CYCLESport
Since 1976

Arlington Heights • Elk Grove Village • Barrington

TREK

THE BEST WAY
TO TRAIN
◆
Computrainer
Training Center

RALEIGH

Areas largest Selection
of Tandems,
Recumbents and
Folding Bikes

SPECIALIZED 

Get the right fit
with the
Slow Twitch
Certified
Fit Specialists

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

Ask for your
*Wheeling
Wheelmen
Discount*

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

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@yahoogroups.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.



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



May 29

We are on the web
wheelmen.com

Join us on



SAVE THE DATES

Annual Picnic - July 9

Harmon 100 - Sept 10

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

7 MILE CYCLES
 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