



MONTHLY MEANDERS

Racing with Pocahontas on the Virginia Capital Trail

SEPTEMBER 2017

As many of you know, I am an avid triathlete, certified and insane. After having crossed my 100th finish line in 2015, I thought I would lose the drive and take up basket weaving. That just didn't seem to happen; if its summer and a Sunday, the alarm clock is probably going off at 3:30am and I am headed to a race.

This year in early June, I decided to change it up and took a trip down to Williamsburg, VA, to visit my cousin and his wife, Whitney, who are also triathletes. During my visit, we competed in the Jamestown International Triathlon which is run by the Virginia/Maryland Triathlon Series and is one of the 33 races they sponsor. The race site was located just across from the Jamestown Settlement and Powhatan Indian Village where the spirits of Pocahontas and Captain John Smith are rumored to chase after tourists from Chicago.

The weather was ideal but this race was memorable for so many other reasons. The course was filled with sights and conditions one doesn't often experience at a race run in the Midwest. The 0.9 mile swim



Pam with cousin, Colonel Rick Heyward, Deputy Commander/Chief of Staff at Fort Eustis, VA.

was in the Charles River which is really more like a warmer Lake Michigan. Luckily, no water moccasins were drafting off me. The 25 mile bike was truly the flattest and smoothest course I have ever experienced. There was not one pot hole, crack or dead animal to avoid. And, the one gravel covered intersection had been expertly swept with precision. Ne'er a stone was

out of place.

The 6.2 mile run course was completely flat and ran through a wooded nature path which is part of the Virginia Capital Trail. More about that later. As I came out of the trees, I saw what I thought were birds frolicking in the wheat crops. It turned out to be Buttercup, Bambi and Freckles playing in the middle of the field, poking their noses and ears above the thrashes. Clearly they were on a gluten high. This is one of those times I wish I had a camera on me.

There are many branches of the military that live and proudly serve in this part of the country. It was first noticed when the National Anthem was played. Not a soul was talking, chomping on gum or wearing a cap, just the way it should be. All right hands were positioned over beating hearts during the entire song. I have not seen this degree of respect displayed at any other race, ever. Many

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September 4

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

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 Aug. 14

169 rides by 131 members

6,693 max miles

Women:

1	Emily	Qualich	3495
2	Jeannie	Siewert	1825
3	Ella	Shields	1606
4	Pat	Calabrese	1532
5	Betsy	Burtelow	1422
6	Reinhilde	Geis	1372
7	Lorrie	Stork Heymann	1343
8	Sheri	Rosenbaum	1336
9	Cindy	Kessler	1171
10	Debbie	Wilson	1133
11	Marianne	Kron	993
12	Pam	Kaloustian	860
13	Kris	Woodcock	803
14	Ellen	Heineman	782
15	Pam	Burke	726
16	Nancy	Beck	515
17	Cindy	Trent	381
18	Eileen	Newman	371
19	Minori	Watanabe	334
20	Jackie	Kelley	325

Men:

1	Dennis	Ellertson	4880
2	Paul	LeFevre	3623
3	David	Waycie	3209
4	Don	Miller	3207
5	Kilian	Emanuel	2595
6	Johannes	Smits	2387
7	Joe	Beemster	2282
8	Alex	Halamaj	2253
9	Tom	Wilson	2107
10	Mitch	Rosset	2074
11	Larry	Frank	2059
12	Leslie	Scott	1990
13	Jim	Flehsig	1783
14	Toan	Tran	1733
15	JV	Villadolid	1707
16	Jeff	Rossi	1704
17	Jorn	Lim	1681
18	Christian	Munoz	1644
19	Jeff	Magnani	1639
20	Brian	Hale	1574

Total Rides Led	Through Aug 14
Betsy Burtelow	2
Brian Bloom	1
Brian Hale	4
Carl Droege	1
Cindy Kessler	1
Dave Waycie	5
David Newman	1
Dennis Ellertson	21
Don Miller	2
Earle Horwitz	2
Ella Shields	1
Emily Qualich	1
Erich Massat	5
Eva Waycie	3
Frank Bing	8
Jackie Kelly	1
Jeff Biedka	1
Jeff Rossi	12
Jim Boyer	2
Joe Beemster	5
Jorn Lim	1
Johannes Smits	2
Kilian Emanuel	40
Larry Frank	3
Louis Greene	1
Mitch Rosset	2
Pam Burke	1
Paul LeFevre	16
Peggy Reines	1
Reinhilde Geis	4
Toan Tran	7
Todd Berlin	2
Tom Wilson	12
Total hosts	33

Sept. 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	Miles	Location and Directions	Ride Host
Sat 9/2	8:00	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.	Ride Host Needed
Sun 9/3	9:00	Covered Bridges	38/45	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of Dunkin Donuts.	Louis Greene 847-925-0629
Mon 9/4	9:00	Loops of Lakewood	28/34/40 /69	Lakewood Forest Preserve West on IL-176, South on Fairfield to parking lot on left, East side of Fairfield.	Ride Host Needed
Sat 9/9	8:00	Honey Do/ Extended Do	30-72	Paul Douglas Forest Preserve See above.	Ride Host Needed
Sun 9/10		Harmon Hundred		Wilmot High School 11112 308th Ave, Wilmot, WI I-94 west to Exit 345 (Hwy C). West to Wilmot. Turn right on Hwy W, Left at 308th Ave. to school parking lot.	Everybody Works
Sat 9/16	8:00	Honey Do	30-58	Paul Douglas Forest Preserve See above.	Ride Host Needed
	TBA	Fall Foliage Ride Mt. Horeb WI	60-100	See page 5 for details	Paul Lefevre 224-234-0615
Sun 9/17	9:00	Back Pedal	36/50	Long Grove Commons See above.	Brian Hale 847-804-1561
	TBA	Fall Foliage Ride Mt. Horeb WI	40-47	See page 5 for details	Paul Lefevre 224-234-0615
Sat 9/23	8:00	Honey Do	30-58	Paul Douglas Forest Preserve See above.	Ride Host Needed
	9:00	Vern's PITA	39/61	Cuba Marsh F.P. West on Rt 12 to Cuba Rd. Left past Ela Rd to entrance on left.	Ride Host Needed
Sun 9/24	9:00	Back Pedal	36/50	Long Grove Commons See above.	Emily Qualich 847-821-1009
Sat 9/30	8:00	Honey Do	30-58	Paul Douglas Forest Preserve See above.	Joe Beemster 847-215-2314

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

WEEKLY RIDES					
Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Tuesday and Thursday	9:00 AM	Deerfield's 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 Last Ride Sept 5	6:00 PM	Working Stiffs Ride	18-30	Archer Parking Lot On the east side of Old McHenry Rd, next to Enzo and Lucia Restaurant. North of Old 53 in Long Grove. Park at North end of lot.	Tom Wilson 847-632-1412
Wednesday Last Ride Sept 6	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
	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 Last Ride Sept 7	6:00 PM	Thursday Night Ride	30	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of Dunkin Donuts.	Paul LeFevre 224-234-0615
Friday	10:00 AM	Libertyville Picnic Ride	30	Willow Stream Park See Above	Emily Qualich 847-821-1009

INVITATIONALS

Sept 9, 3rd Annual Bussee Woods Night Ride,
Elk Grove Village, 6 pm-11:00 pm, 12 miles
www.fotfp.org/event/busse-woods-night-ride-2017

Sept 16, Heartland Century, Geneseo, IL
25-100 miles qbc.org/heartland

Sept 16, Amish Country Tour, Arthur, IL
20/42/62 miles decaturbicycleclub.org/arthur.html

Sept 16, Lories Lakeside Century,
Chesterton, IN 26/39/62/75/100 miles
lorieslakesidecentury.org

Sept 17, North Shore Century, Evanston, IL
25/50/62/100 miles evanstonbikeclub.org

Sept 23, TOSOC, Tour of Scenic Ogle County,
Oregon, IL 10/32/62 miles
tosoc@villageofprogress.org

Sept. 24, Prairie Pedal, Decatur, IL.
20/40/62 miles, 217-423-7708,
maconcountyconservationfoundation.org/prairiepedal

Sept. 24, Apple Cider Century, Three Oaks, MI.
15/25/37/50/62/75/100 miles
applecidercentury.com



HARMON 100

Sunday,
September 10

Wilmot High School,
Wilmot, WI

EVERYONE WORKS

Contact Erich Massat at
erich@erichmassat.com,
or call at 847-420-5437,
to volunteer

WISCONSIN FALL FOLIAGE RIDE SEPT 16 & 17

Cycling routes on quiet country roads promises more than a few hills both days and beautiful scenery.

The ride starts Saturday at 8:30 am with options of 60-100 miles and Sunday start time will be 8:00 am with 40-47 mile routes, both days will start from the Karakahl Country Inn (www.karakahl.com).

You are responsible for making your own room reservations, call 608-437-5545.

Please let Paul LeFevre know if you are going to join him bikelefevre@sbcglobal.net or with any questions.

WHEELING WHEELMEN BOARD MEETING MINUTES JULY 31

Present: Joe Beemster, Pam Kaloustian, Erich Massat, Ella Shields, Johannes Smits & Dave Waycie

Treasurers Report: Johannes

- Club accounts (Checking & CD) are in good shape
- Membership dues are up this year, more people are using Paypal
- Harmon sign up a bit slower than last year
- Checked into the Harmon Volunteer tee shirts, obtained some prices and will follow up with Board



SEPTEMBER CLUB MEETING

The meeting will be on Thursday, September 14, 7:00 p.m. at the [Prospect Heights Library, 12 Elm Street, Prospect](#)

Heights

We will have the Harmon Appreciation pizza party for all the volunteers, recap the Harmon, and take nominations for Board positions for next year. Please



BANQUIDAY PICTURES

We will once again be doing a slide show at the banquiday, Sunday, November 19, 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

GOODBYE

Hiro & Minori Watanabe have headed back to life in Japan. We wish them well and will miss riding with them.



- St Pat's has been profitable the last 2 years.
Ride Chair: Dave
- The upcoming construction on Fairfield will affect Tuesday & Thursday evening rides, the ride hosts will adjust the routes. Only one Tuesday bakery ride will be affected, Dave made changes to route.
- Attendance has picked up on the longer Saturday and Sunday rides so will add more next year.
- Behavior and attendance on rides was discussed.
- Fall Foliage Ride is on schedule in Sept, Ella to get info from Paul for newsletter.

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7 Post-Ride Mistakes to Avoid

After a long, hard effort on the bike, it can be tempting to take the easy, convenient way out, but we're begging you to reconsider.

Discipline helps you get the most out of your workout and recover properly before your next ride. Avoid these seven mistakes, and thank us later.

1. STAYING IN YOUR BIKE SHORTS

There are many things to tend to after a bike ride from cleaning your bike to replenishing your body with the nutrients lost during exercise, it can be difficult to prioritize. Removing your cycling shorts, though, is a quick task and helps prevent saddle sores and bacterial infections that could force you off the bike.

2. SKIPPING THE COOL DOWN

After an intense ride, more cycling is probably the last thing you're thinking about, especially if you've got a good meal waiting.

Skipping your cooldown can make recovery more difficult and hurt your cycling moving forward. A 10-minute cool down with easy spinning in a high RPM helps remove lactic acid from your muscles and prevents blood from pooling in the lower extremities when you hop off the bike, which can cause you to faint.

3. SITTING DOWN AND RELAXING

Once you're off the bike, the natu-

ral inclination is to sit and relax.

While you certainly deserve down time (and perhaps a nap), opting to sit at the computer and obsess over your mileage and average speed immediately isn't wise.

Instead, stretching, rehydrating and replenishing your body with a well-balanced meal, in that order, should be your focus.

4. EATING JUNK FOOD

It's possible you've burned 1,000 or more calories during your ride. The temptation to reward yourself with sweets and fatty foods can overtake even the most disciplined cyclist.

Avoid this irrational behavior by planning your post-ride meal before heading out. Knowing what you're going to eat, or better yet, already having a meal prepared, will make it much easier to resist the temptation of empty calories instead of necessary nutrients. Try to consume a well-balanced meal within 30 minutes of getting off the bike.

5. FORGETTING TO REHYDRATE PROPERLY

There are conflicting studies about how much you need to drink during and after your ride to rehydrate properly. The truth is, every person is different. Sweat rates, ride intensity and weather conditions play a factor in your individual hydration strategy.

With that said, there are some basic principles you should follow for rides lasting more than 1–2 hours. This includes a sports drink consisting of carbohydrates, sodium and electrolytes and weighing yourself before and after your ride to deter-

mine exactly how much water and salt your body has lost.

6. TAKING OFF YOUR HEART-RATE MONITOR

Though monitoring your heart rate on the bike is important to measure your body's response to exercise stress, it's equally important — and commonly overlooked — to use a heart-rate monitor to determine how well your body's recovering post ride.

This data, known as heart-rate variability, can determine how well you're recovered and when your body is ready for its next big effort.

7. STORING YOUR BIKE WITHOUT CLEANING IT

While this shouldn't be at the top of your priority list, you should clear your bike before you store it. Depending on the weather, this could range from a full bike cleaning to simply wiping the dirt and grime your chain collected during your ride.

Cleaning it sooner rather than later gives you less to worry about the next time you set out. Waiting to clean it until your next ride makes getting yourself out the door more difficult.

By Marc Lindsay

blog.mapmyrun.com/7-post-ride-mistakes-avoid/

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athletes wore military themed kits and rode with or carried the Stars and Stripes. One racer ran with an actual 4' flag and pole. As I made my final sprint, flags from every branch waived me through the chute. All very moving.

The run course was part of The Virginia Capital Trail. This path was officially opened in 2015 but efforts really started

back in 1975. It is a 52 mile paved pedestrian and bike trail that connects Richmond and Williamsburg along the Route 5 corridor. The trail has a challenging (not!) 160' elevation and has historical markers, lodging and restaurants along the way. This part of the country is absolutely stunning and compelling for history geeks, like me. It is definitely worth a visit for those looking for an off road ride between two uniquely historical cities. You can find out more about it at www.virginiacapitaltrail.org.



Finish Line -Jamestown International Triathlon

This event will hold a special place in my patriotic heart. It was humbling to have raced with so many brave men and women who have made great sacrifices to defend this country, least of which are my cousins, Rick and Whitney. I am forever grateful for their service.

I was lucky to come home with a medal; Rick got even more. He came in first in the duathlon division but ended up severely cutting his foot upon his bike dismount while leaving his shoes on the pedals.

My final leg of the race aka "recovery breakfast" of southern biscuits smothered in jam was served by the ghost of Miss Melinda at Old Chickahominy House. Rick opted for four shots of Novocain, one x-ray and 16 stitches dished up by Dr. Bombay at USAF Hospital Langley Emergency Care!

By Pam Kaloustian

(Continued from page 5)

Publicity: Pam

- In mid-Aug she will go to all the Facebook pages and post link to the Harmon
- Joe talked about the ad for the Wisconsin Bike Fed

Harmon 100: Erich

- Erich, Dave Waycie and Dennis Ellertson drove the route today, and will be making some changes due to road construction. Will have everything set for the pre-ride. Discussion on 25 miler followed, they will keep the route the same.
- Working on getting volunteers, we have a good start. Erich will send current list to the board.
- We will try and get some posters made up, Johannes will work on this, and then members will bring to the bike shops.

- Aug 21 will be Harmon meeting

Misc.: Joe

- Future club meetings will be held at the Prospect Heights Library, September's meeting will be the Harmon appreciation pizza party. We discussed topics for 2018 meetings, safe group riding was suggested and we will follow up on that.
- Newsletter ads to be updated
- Active Trans has a new representative for the suburbs and will be meeting with her.
- Ride Illinois followed up on road signs

Next board meeting TBD

Meeting adjourned at 8:20 pm

Submitted by Ella Shields



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



Sept 10

We are on the web
wheelmen.com



SAVE THE DATES

Harmon 100 - Sept 10

Banquuiday - Nov 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

7 MILE CYCLES
 45 Arlington Hts Rd
 Elk Grove Village
 847-439-3340
7milecycles.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
 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