



# MONTHLY MEANDERS

## BOARD BANTER

April 2018

### New Year of Cycling

Well we had a successful **St. Patrick's Day Ride** with over 330 guest riders. We received numerous thanks and good feedback on how much our guests enjoyed our ride. Yes, good weather does make a big difference! Our heartfelt thanks to Al Gibbs for coordinating the event and everyone who worked at the ride. We could have used some additional snacks as we ran short near the end of the ride, but overall it

it's good to review what he said as we are beginning this new season.

**THE LEAD PERSON NEEDS TO WARN THE GROUP (NO MATTER WHAT SIZE) ABOUT ALL IMPENDING HAZARDS.** He/she has to

ers in front are in the best position to monitor traffic. Please remember when someone yells CLEAR, it may only apply to riders near the front. We must, for our own individual safety, be ready to stop and look to determine if the road is



Heading out on the St Pat's ride

went well. (See photos on page 5, visit <https://www.smugmug.com/gallery/n-ftFBDF/>

the web site for photos.

Our "official" first ride of the season, as in every other year, began on Saturday, March 17<sup>th</sup> at Wauconda High School. Dennis Ellertson gave one of the best pre-ride talks I can recall. I think

yell out such things as... debris, rocks, gravel, holes, cracks all which can cause an accident. In a larger group, this same warning must be repeated by riders behind the leader so everybody can avoid the hazard. Also call out stopping.

**THE USE OF THE WORD CLEAR!** When crossing a road, the rid-

still clear. All too often we assume that the road is indeed clear only to see a vehicle approaching. Don't take this chance!

**DON'T ASSUME VEHICLES WILL GIVE YOU THE RIGHT OF WAY AT AN INTERSECTION.** You must get eye to eye contact with the vehicle driver before proceeding through a stop sign where a vehicle has stopped or approaching.

(Continued on page 5)

### INSIDE THIS ISSUE:

CLUB MEETING	2
BIKE SWAP	2
BIKE RODEO	2
APRIL RIDES	3
INVITATIONAL	3
WEEKLY RIDES	3
BOARD MEETING	3
BAD WEATHER	4
CLOTHING	6
BIKE EXPO	6
YAHOO GROUP	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

## APRIL CLUB MEETING

Thursday, April 5, 7:00 p.m.

Prospect Heights Library. 12 Elm Street, Prospect Heights

Our guest speaker for this evening is the Newly Appointed Executive Director for RIDE ILLINOIS Ms. Terri Rivera.

Of all the advocacy groups we work with, Ride Illinois does more work in promoting cycling, safe streets, positive changes in Illinois law, providing bike conferences, and their safe riding instruction web training course. We are hoping to have a great turnout to welcome Terri and learn more about their plans.

## THE ARLINGTON BIKE SWAP

APRIL 28

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 visit [www.cyclearlington.com](http://www.cyclearlington.com) for additional information, or send an e-mail to: [swap@cyclearlington.com](mailto:swap@cyclearlington.com)

### 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](mailto:eshieldsbike@yahoo.com)  
(Please include your name and phone number in case I have any questions)



## HELP NEEDED FOR BIKE RODEO SATURDAY, MAY 26

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.



Don't miss an issue of Monthly Meanders!! Contact Mitch Rosset with your new address or e-mail address at [rrkite99@aol.com](mailto:rrkite99@aol.com)

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
---------------------------	--------------------------	-------------------------------------------------	-------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------

Date	Time	Ride Name	Miles	Start Location/Directions	Ride Host
Sun 4/1	9:00	Have I Been Here Before (Easter)	34/42	<b>Long Grove Commons</b> Route 22 and Old McHenry Road. Park in lot north of Dun- kin Donuts.	Larry Frank 224-221-9786
Sat 4/7	9:00	Honey Do/Extended Do	30-72	<b>Paul Douglas Forest Preserve</b> On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90.	<b>Ride Host Needed</b>
Sun 4/8	9:00	Sunday short Ride Broken Oar	36/44	<b>Long Grove Commons</b> See Above	Mitch Rosset 847-814 3107
Sat 4/14	9:00	Honey Do/Extended Do	30-72	<b>Paul Douglas Forest Preserve</b> See Above	<b>Ride Host Needed</b>
Sun 4/15	9:00	Sunday short Ride Ride of Many Lakes	38/47	<b>Long Grove Commons</b> See Above	Emily Qualich 847-821-1009
Sat 4/21	9:00	Honey Do/Extended Do	30-72	<b>Paul Douglas Forest Preserve</b> See Above	Deb Wilson 847-632-1412
Sun 4/22	9:00	Sunday short Ride Roads You Should Know	33/43	<b>Long Grove Commons</b> See Above	Tom Wilson 847-632-1412
Sat 4/28	9:00	Honey Do/Extended Do	30-72	<b>Paul Douglas Forest Preserve</b> See Above	Banu Sheehan 215 620 1273
Sun 4/29	9:00	Sunday short Ride Libertyville With a Twist	36/47	<b>Long Grove Commons</b> See Above	Mitch Rosset 847-814 3107

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



**INVITATIONAL**

**April 29, Folks on Spokes Easter Ride**

Park Forest, IL. 17-70 miles

folksonspokes.com

## Weekly Rides

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Tuesday and Thursday	9:00 AM	Deerfields Bakery Ride	25-40	<b>Willow Stream Park</b> 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 10	6:00 PM	Working Stiffs Ride	18-30	<b>Stempel Parking Lot</b> On the west side of Old McHenry Rd, behind the Read Oaks Store. North of Old 53 in Long Grove.	Jorn Lim 847-345-0704
Wednesday	9:00 AM	No-Drop Road Ride	30-40	<b>Woodland Trails Park</b> 1-1/4 miles east of Rt-83 on Euclid Avenue, Mt Prospect.	Dennis Ellertson 847-255-9323
Wednesday Starting April 11	6:00 PM	Hill and Dale Ride	25-35	<b>Paul Douglas Forest Preserve</b> On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90.	Jeff Rossi 708-648-9170
Thursday Starting April 12	6:00 PM	Thursday Night Ride	30	<b>Heron Creek F.P.</b> 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

**BOARD MEETING**

The next board meeting is Monday, April 9 at 7:00 p. m. at the home of Johannes Smits.

All Board members are requested to attend.

**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@yahoo.com](mailto:wheelingwheelmen@yahoo.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.

(Continued from page 1)

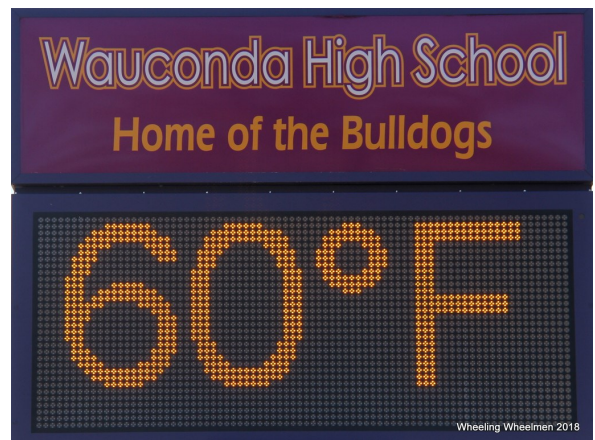
Also wave to the driver showing your appreciation for letting you proceed.

**THE RIDER IN THE REAR OF THE GROUP NEEDS TO CALL “CAR BACK” ESPECIALLY WHEN A VEHICLE IS APPROACHING AND A RIDER IS MOVING AWAY FROM THE SIDE OF THE ROAD.** We can't ride side by side, even on a quiet road, when a vehicle comes behind us. Please move to your right whenever you hear this warning

**EVERY RIDER NEEDS TO LOOK UP AND PAY ATTENTION.** Continue to check the condition of the road, when stop signs come in focus, road hazards, other riders, etc. Too many of us are looking at our bike computers or straight down oblivious to our surroundings.

**GET OFF THE ROAD TO REST OR DO AN ADJUSTMENT OR REPAIR.** We don't want to force an upcoming rider to veer around you resulting in an unsafe position on a road.

Joe Beemster



## A GUIDE TO SPRING CYCLING CLOTHING

It's an exciting time when the snow starts to melt off the roads and the look of bare pavement has you dusting off your bike. Spring riding can be some of the best of the season, but the unpredictable weather can present a bit of a challenge. When it goes from sun to rain to snow within the span of a couple hours, dressing for the elements takes some planning. Your spring cycling clothing list will look a little different than any other time of year as it needs to be adaptable.

As with most things, there's no 'one-size-fits-all' solution. It depends on your type of riding, how long you're going for, and how hot or cold you typically are when on your bike. Layering is the best way to ensure you can stay warm enough, but also won't overheat if the temperature rises while you're out. If you do get too warm, you can simply peel off a layer and continue on.

Main Articles of Spring Cycling Clothing

**Base Layer** -If you've been rocking a long sleeved base layer all winter, it may be time to switch it out for a short sleeved. Combined with a jersey and arm warmers, a light base layer can be just enough to keep your core warm. It also serves to wick moisture away from your skin to avoid getting chilled when you hit a descent. Try choose a base layer made from polypropylene or merino wool.

**Long Sleeved Jersey /Lightweight Shell** -Depending on your preference, you'll likely switch out the thick winter coat for either a lightweight shell or a long sleeved jersey. A long sleeved jersey is a great option for those warmer days as it

offers much more breathability. There are also options in material that include a wind breaking fabric. Most will offer a full zipper down the front, making it easy to take on or off, and three pockets in the back to stash your snacks. A light weight shell can be worn over a regular cycling jersey, and rolled up into a pocket when not needed.

**Arm and leg warmers** -These simple Lycra accessories are great if you're cold when heading out, but know you will be heating up quickly. They are easy to take on and off, and roll up small for easy storage in a jersey pocket. You'll want to try them out before hand and make sure the fit properly. They need to loose enough to be comfortable, but tight enough to stay in place (especially important for leg warmers).

**Gloves** -Time to ditch the winter gloves and opt for a light-weight pair that won't have your hands sweating 10 minutes into your ride. A lightweight, breathable pair of gloves are just enough to keep your fingers warm on that chilly morning commute.

**Cycling Cap** -A cycling cap is for both function and style. During spring riding, it can keep your head warm and help keep rain out of your eyes.

Ensuring you are prepared both technically and physically with the right clothing will have you jumping into the cycling season in no time. Spring riding can be some of the best rides, so don't let the conditions deter you from getting out there!

From: [ilovebicycling.com](http://ilovebicycling.com)

# BIKE EXPO SALE

April 5-8<sup>th</sup> Wisconsin State Fair Park

 Wheel & Sprocket

THU 5PM-9PM FRI 12PM-9PM SAT 10AM-8PM SUN 11AM-5PM **Free Admission!**

This is the **Largest Bike Sale in the Nation** with over 2,000 bikes **ON SALE** and ready to ride home along with **1,000's of Accessories.**

If you are looking for a new bike for you or a friend, this is the **best time to buy** at the lowest prices of the season, **trade-in a used bike**, or get all the **necessary bike accessories** you need

to ensure you can **Enjoy Your Ride!**

**New in 2018-** Bike Expo Sale is upgrading our space and adding amazing new features like a **FREE Electric Bike Test Ride Course** (brought to you by Bosch) to finally try out an eBike, state of the art digital fit stations to ensure you get the right size bike, along with an Expo **Women's Night on Thursday April 5th .**

Check out our **Trade-In, Trade-Up** used bike trade program that lets you 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](http://bikeexposale.com)



45 Arlington Heights Road  
Elk Grove Village

[www.7milecycles.com](http://www.7milecycles.com)

847-439-3340

Across from Busse Woods 7 Mile Bike  
Trail

Proud supporter and sponsor of  
Wheeling Wheelmen for  
over 25 years!

*Dedicated to the Sport of Cycling  
Since 1976*



**Arlington Heights**

1326 N Rand Rd  
Arlington Heights, Illinois 60004  
(847) 398-1650

**Barrington**

234 W Northwest Hwy  
Barrington, Illinois 60010  
(847) 382-9200

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](mailto:wheeling@wheelmen.com)

To Subscribe send an email message to:  
[wheelingwheelmen-subscribe@yahoogroups.com](mailto:wheelingwheelmen-subscribe@yahoogroups.com)

To Unsubscribe send an email message to:  
[wheelingwheelmen-unsubscribe@yahoogroups.com](mailto:wheelingwheelmen-unsubscribe@yahoogroups.com)

To post a message send your message in an email to:  
[wheelingwheelmen@yahoogroups.com](mailto:wheelingwheelmen@yahoogroups.com)

The group name is: **wheelingwheelmen** and is available at: [groups.yahoo.com/group/wheelingwheelmen](http://groups.yahoo.com/group/wheelingwheelmen)



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

---

**We are on the web**  
**wheelmen.com**

---



**SAVE THE DATE**  
April club meeting - April 5  
Annual Picnic—July 8  
Harmon 100—Sept 9

### 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](http://amlingscycle.com)

**B&G CYCLERY**  
131 E. Rollins Rd,  
Round Lake Beach,  
847-740-0007  
[bgcyclery.com](http://bgcyclery.com)

**BICYCLE CONNECTION OF SCHAUMBURG**  
1226 N Roselle Rd.  
Schaumburg  
847-882-7728  
[bikeconnection.com](http://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](http://georgegarnercyclery.com)

**MIKES BIKES**  
155 N Northwest Hwy,  
Palatine, 847-358-0948  
[mikesbikeshoppalatine.com](http://mikesbikeshoppalatine.com)

**RUNNER'S HIGH & TRI**  
121 W. Campbell,  
Arlington Hts., 847-670-  
9255 [runnershigh-n-tri.com](http://runnershigh-n-tri.com)

**7 MILE CYCLES**  
45 Arlington Hts Rd  
Elk Grove Village  
847-439-3340  
[7milecycles.com](http://7milecycles.com)

**SPOKES**  
69 Danada Square E,  
Wheaton 630-690-2050  
1807 S. Washington, #112  
Naperville, 630-961-8222  
[spokesbikes.com](http://spokesbikes.com)

**TREK BICYCLE STORE – HIGHLAND PARK**  
1925 Skokie Hwy  
Highland Park  
847-433-8735  
[trekhp.com](http://trekhp.com)

**VILLAGE CYCLESPORT**  
1326 N. Rand Rd.  
Arlington Hts.  
847-398-1650  
234 W. Northwest Hwy  
Barrington 847-382-9200  
[villagecyclesport.com](http://villagecyclesport.com)

**WHEEL & SPROCKET**  
1027 Davis Street  
Evanston 847-864-7660  
[wheelandsprocket.com](http://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](mailto:BikeLeague@aol.com)  
Web Site: [www.bikeleague.org](http://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