



MONTHLY MEANDERS

2018 NORTH CAROLINA COASTAL RIDE

JUNE 2018

By Jorn Lim

It was about 18 months ago when Bob Dominski posted on the Wheelmen Yahoo groups page a ride in North Carolina over a long weekend in April. I had half way jokingly agreed with Bob to go if he brings my bike down for me and I'll just meet him there to ride! I figured, a ride in April in warm weather will be a nice welcome to the start of the riding season. I did that ride with Bob last year and it was such a great ride, I decided that I'd do it again! This time, I had added some solicitation to of other traveling cyclist, notably Wheelmen to our list of folks to join us. After some drinks from a cooler last summer, Ella Shields agreed to go with me, so long as Pam Burke would come along. And so Bob and I knew we'd have company of some fine ladies to

ride with this year. What a great time we had. Additionally, the ladies persuaded Johannes and Kathi Smits to join us and a couple of Pam's cycling friends from Barrington as well. We had our own little Chicago area contingent.



Friday start in Washington. Johannes, Bob, Pam, Ella, Kathi, Jorn, Wendy & Jim

The ride took place on 4/20-22. It's a Friday – Sunday ride, where registration begins on Thursday, and the town closes down on Sundays. Cycle North Carolina puts on this coastal ride every year, and they alternate the super small

towns of Oriental, Washington and Eddington every year so that they keep the roads and routes reasonably fresh, and people keep coming back. These towns are all very small, population less than 1000 and with 1500 riders, we totally take over the town for the weekend. Every place to eat gets swamped. This number though, makes for a manageable crowd. Showers and bathroom lines are not too long with hot water, security is kept well, food lines aren't too bad, and overall crowds are enough so everyone is friendly and pleasant but not so much that people are blocking each other every which way we go. The ride itself has a

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June 21

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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

TOP 20 MILES

Thru May 14
 46 rides by 90 members
 1825 max miles

Men:

1	Dennis	Ellertson	1330
2	David	Waycie	1026
3	Scot	Assmann	875
4	Christian	Munoz	751
5	Paul	LeFevre	711
6	Alex	Halamaj	674
7	Jorn	Lim	626
8	Toan	Tran	554
9	Jim	Boyer	544
10	Kilian	Emanuel	538
11	Nhat	Tran	532
12	Erich	Massat	531
13	Johannes	Smits	521
14	Larry	Frank	510
15	JV	Villadolid	456
16	Tom	Wilson	442
17	Joe	Beemster	409
18	Cletis	Parks III	381
19	Mitchell	Polonsky	380
20	Jeff	Magnani	359

Women:

1	Emily	Qualich	678
2	Debbie	Wilson	419
3	Betsy	Burtelow	395
4	Sheri	Rosenbaum	247
5	Reinhilde	Geis	204
6	Marianne	Kron	158
7	Ellen	Heineman	148
8	Paula	Matzek	126
9	Cindy	Kessler	120
10	Pat	Calabrese	103
11	Ella	Shields	100
12	Anne	Kragh	81
13	Kimberly	Heuer	80
14	Kathleen	Angus	80
15	Banu	Sheehan	70
16	Ilyse	Browstein	64
17	Jackie	Kelley	64
18	Lorrie	Stork Heymann	40
19	Mary Jean	Drouganis	39
20	Nancy	Beck	32

BOARD MEETING

The next board meeting is Monday, June 25 at 7:00 p. m. at the home of Pam Kaloustian,

All Board members are requested to attend.

Total Rides Led	Through May 14
Alex Halamaj	1
Banu Sheehan	1
Bob Dominski	1
Brian Hale	1
Dave Waycie	3
Deb Wilson	1
Dennis Ellertson	7
Emily Qualich	2
Jeff Magnani	1
Jeff Rossi	2
Joe Beemster	1
Johannes Smits	1
Jorn Lim	2
Kilian Emanuel	12
Larry Frank	3
Mitch Rosset	2
Paul LeFevre	5
Scot Assmann	3
Sheri Rosenbaum	1
Toan Tran	3
Tom Wilson	2
Total Hosts	21

**YOU CAN'T BE SAD
 WHILE RIDING A
 BICYCLE**



Day	Time	Ride Name	Miles	Start	Ride Host
June 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 6/2	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.	Luis Magana 847-344-4260
Sun 6/3	9:00	Have I Been Here Before	34/42	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of Dunkin Donuts.	Reinhilde Geis 847-679-0279
		Udder Century (McHenry Co. Bike Club)	31/50/63 76/100	McHenry County College Rt. 14 two miles north of Rt. 176, Crystal Lake, IL.	Ride Host Needed
Sat 6/9	8:00	Honey Do/ Extended Do	30-72	Paul Douglas Forest Preserve See Above	Pam Burke 312-615-3407
Sun 6/10	9:00	Broken Oar	36/44	Long Grove Commons See Above	Reinhilde Geis 847-679-0279
		BCLC Ramble (Bike Club of Lake County)	25/46/62 82/100	Wilmot Mountain 11931 Fox River Road Wilmot, WI	Ride Host Needed
Sat 6/16	8:00	Honey Do/ Extended Do	30-72	Paul Douglas Forest Preserve See Above	Ella Shields 773-407-4712
	8:30	Boone County Ride	65	Evergreen Park School I-90 west to US-20. Turn right on S. Union Rd. Turn right on E. Coral Rd. Turn left on Northrup. Turn right on Washington to school.	Ride Host Needed
Sun 6/17	9:00	Roads You Should Know (Father's Day)	33/43	Long Grove Commons See Above	David Newman 224-650-9000
Sat 6/23	8:00	Honey Do/ Extended Do	30-72	Paul Douglas Forest Preserve See Above	Ride Host Needed
	8:30	City of O's	50/88	LaGrange General Store US-12 to Wisconsin. Continue to County H in LaGrange. General Store on right.	Erich Massat 847-253-5815
Sun 6/24	9:00	This & That	37/51	Long Grove Commons See Above	Jorn Lim 847-345-0704
Sat 6/30	8:00	Honey Do/Extended Do	30-72	Paul Douglas Forest Preserve See Above	Ride Host Needed

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	6:00 PM	Working Stiffs Ride	18-30	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of Dunkin Donuts.	Scott Assmann 847-404-3184
Wednesday	9:00 AM	No-Drop Road Ride	40	Woodland Trails Park 1-1/4 miles east of Rt-83 on Euclid Avenue, Mt Prospect.	Dennis Ellertson 847-255-9323
Wednesday	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	6:00 PM	Thursday Night Ride	30	Long Grove Commons See Above	Paul LeFevre 224 234 0615
Friday Starting June 15	10:00 AM	Libertyville Picnic Ride	30	Willow Stream Park See Above	Frank Bing 847-814-9925

■ INVITATIONALS

- **June 3, Udder Century**, McHenry County College Crystal Lake, 31/50/63/76/100 miles
mchenrybicycleclub.org/index.php/udder-century
- **June 10, Ride 2 Recovery**, Evanston, IL. 10/36/50 miles, 8:00 a.m.
ride2recovery.com/honorRide.php
- **June 10, BCLC Ramble**, Wilmot Mountain Wilmot, WI. 25, 46, 62, 66, 82/100 miles
bikebclc.com/ramble-ride
- **June 16, McLean County Wheelers Spring Metric**, Hudson, IL 5/20/40/60 miles
mcleancountywheelers.com

■ **June 16, Janesville Morning Rotary Pie Ride**, Janesville, WI. 20 miles, 50K, 100K, 100 miles
portal.clubrunner.ca/8349/SitePage/pie-ride

■ **June 23, Cycle for a Cure**, Evanston. 41/ 90 miles
cycleforacure.rallybound.org/Static/Event-Info

■ **June 24, Swedish Days Ride**, Burlington, IL. 30/46/67/84/104/128 miles www.fbbsc.org

■ **June 24, 2 Wheels for 2 Counties**, Kansasville, WI 25/44/62/100 miles krbikeclub@hotmail.com
krbikeclub.com/annual-ride

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shorter ride day Friday, maxing out at 60 miles, a century ride on Saturday, and a 50 mile option on Sunday. It has many of the incremental shorter options down to 5 miles on each of the days. In general, the riding is great – it's flat, scenic, passes through some mid-Atlantic rural

locations where people still sit on their porch and wave the riders by, possibly with moonshine in their hands, but what do I know. The open fields, similar to the empty corn fields northwest of us are very open enabling windy conditions, but the terrain on the Atlantic coast in NC, is really flat. My Saturday 80 miler yielded me an elevation of about

700' – There were two bridges I crossed, and hardly remember any other undulation. The longer rides position their rest stop by the coast, so you can watch the quiet waterways of the Atlantic passages.

The weather this time of the year on the NC coast typically averages sunny, 80 degrees in the day, and 50 at night, but we had it a little colder – 10 degrees less, and it was a nice balmy 60 degrees in Chicago this year that week. Last year, Bob and I rode it at 80 degrees, while it was 35 and rain/hail in Chicago. I felt compelled not to post any sunny pictures and to hide my Strava details, nor talk too much about my amazing weekend when all my cycling friends were compelled to be at best on their trainer.

For Bob and I, we camped, and every night – Thursday and Friday night this year, there is an unlimited supply of free beer between certain hours in the evening, 5-8 may-

be (?), so all we had to do is stumble and fumble our way back to our tents to sleep. We rode our bikes as ½ mile transport since we didn't quite care to walk, and it did become bike city. We met up with the crew for dinner every night – all 8 of us, which was a lot of fun. Thursday on our own at a restaurant that was inundated with the crowd, and Friday they fed us seemingly unlimited



Wheelmen jersey day, Bob, Jorn & Johannes

buffet style food. Live bands played both nights, and in a couple of locations, all in walking distance in the tiny water front town of Washington.

Tent city, where Bob and I stayed was right on the water, and there was this boat, the Belle of Washington – which had a bar and a guy playing live music. It became our nightly after party, before crashing each night. I remember falling asleep in my tent with the guy still serenading the small crowd. The vibe was very friendly, being down south coupled with the natural companionship of cyclists.



Sunset on the Pamlico River in Washington

It was certainly a great ride and a nice warm weather getaway in the spring, I'd recommend to anyone. I was more than happy to ride together with all my friends on Friday in a fun chit chat sort of pace for the first 35 miles, before teeing off and doing the 60, where I jumped onto the slipstream of some faster riders, and working together with them on a reasonably high-speed pace line. I found the

folks in Chicagoland much faster than the fastest riders on this ride.

For info on next year's ride visit: cnc.ncsports.org/springCNCRide



Picnic

JOIN US FOR THE ANNUAL PICNIC

SUNDAY, JULY 8

Ride will start @ 9:00

There are also hiking and biking trails.

The club will supply food which will be served afterward, about noon.

BYOB

We will have a communal ice chest if you want to share your beverages.

Heron Creek Forest Preserve Shelter B.

Located on the southwest corner of Route 22 and Old McHenry Road.

Please RSVP to Al & Cindy Schneider at 847-696-2356

or email at cindy109st@gmail.com



Boysie	Agullana	Round Lake
Lisa	Mueller	Buffalo Grove
Bryan	Stephan	Crystal Lake
Joseph	Catella	Highland Park
Kevin	Green	Buffalo Grove



BANQUIDAY PICTURES

We will once again be doing a slide show at the banquiday (Nov.18) 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

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.



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villagecyclesport.com

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: groups.yahoo.com/group/wheelingwheelmen



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

We are on the web
wheelmen.com

Join us on



SAVE THE DATE

Picnic - July 8
Harmon 100 - Sept 9
Harmon Pizza Party - Sept 12
Banquiday - Nov 18

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