



# MONTHLY MEANDERS

## HARMON 100

Wheelmen picnic time is near, meaning planning for our annual Harmon 100 soon begins in earnest. The Harmon is 49 years old this year! Good thing I didn't know about the Harmon when I was a kid, I would have gotten into big trouble riding out of my neighborhood boundaries to join in. Then again, as a vagabond, free-range kid, it would have been liberating to know how limitless bicycling truly can be. Just imagine my 5 year old self trying to keep up with you on my push scooter.

Fast forward to a Harmon that began and ended at Wheeling High School; I bonked after doing "the Wall" in Bull Valley and when I got to a rest stop soon afterwards, the empathy was sincere, kind and soothing. (Oh and the spaghetti dinner at the end in the school cafeteria, brings memories of joy that emanated from the kitchen and cheer amongst all who were there).

Many years later, I remember a rest stop at the McHenry Municipal Complex and a guy named Larry who spent generous

amounts of time discussing why he enjoyed being a Wheelmen. He went out of his way to talk to solo riders like me to convey inclusiveness. There's another guy, Tom, who taught a class at a local bike shop and helped me, and others, feel like we can belong just by showing up. And this guy Joe, who cares so deeply about our wonderful club. There are others, so many others! The point is, even though cycling is inherently an individual pursuit, and the true enjoyment is ultimately in being part of a group. And that's what we share every year through the Harmon because it certainly takes a group to stage an event that typically draws over 700 participants!

This is where I need your help, as a group, to prepare and in a few months stage "Harmon #49". I would like to "pre-register" volunteers this year before the picnic. Here are the categories we use in assigning volunteer slots to work the Harmon, which is Sunday September 9:

- Pre-Registration: 5:30-10am

- Registration: 5:30-10am
- Parking: 5:30-10am
- Road Marking: Day before usually about 8am-2pm
- Eagle Rest Stop: 6:30am-1:30pm
- Kaskin/Bassett Rest Stop: 8am-4pm (4pm-6pm shutdown & transport items back to Erich's house)
- SAG: All Day
- Sign Pick Up: Afternoon
- Where I am needed the most
- I have a conflict Harmon weekend but can volunteer as needed the week prior or the Monday after for cleanup-(please specify).

I'm hoping that those of you that have volunteered in the past will simply let me know, "same as before". If you want to try another assignment or have time constraints, that's OK too; with the exception of road marking, the assignments are split into shifts when we have enough volunteers, The earliest shifts

*(Continued on page 7)*

JULY 2018

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"Nothing compares to the simple pleasure of a bike ride"  
- John F. Kennedy

### 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 June 18  
 88 rides by 125 members  
 3,576 max miles

Women:

1	Emily	Qualich	1602
2	Debbie	Wilson	728
3	Betsy	Burtelow	636
4	Reinhilde	Geis	552
5	Ella	Shields	494
6	Lorrie	Heymann	452
7	Cindy	Kessler	411
8	Marianne	Kron	390
9	Ellen	Heineman	359
10	Sheri	Rosenbaum	343
11	Pat	Calabrese	340
12	Jackie	Kelley	323
13	Pam	Kaloustian	280
14	Banu	Sheehan	214
15	Paula	Matzek	190
16	M J	Drouganis	172
17	Kimberly	Heuer	160
18	Kathleen	Angus	149
19	Anne	Kragh	127
20	Ilyse	Browstein	126

Men:

1	Dennis	Ellertson	2573
2	Scott	Assmann	1873
3	David	Waycie	1623
4	Christian	Munoz	1557
5	Paul	LeFevre	1455
6	Nhat	Tran	1308
7	Johannes	Smits	1163
8	Toan	Tran	1108
9	Kilian	Emanuel	1002
10	Jorn	Lim	978
11	Jim	Boyer	978
12	Joe	Beemster	945
13	JV	Villadolid	945
14	Alex	Halamaj	903
15	Erich	Massat	843
16	Larry	Frank	820
17	Jeff	Magnani	800
18	Tom	Wilson	792
19	Mitchell	Polonsky	700
20	Cletis	Parks III	683

### BOARD MEETING

The next board meeting TBA

<b>Total Rides Led</b>	<b>Through June 18</b>
Alex Halamaj	1
Banu Sheehan	1
Bob Dominski	1
Brian Hale	1
Dave Waycie	3
David Newman	2
Deb Wilson	1
Dennis Ellertson	12
Ella Shields	1
Ellen Heineman	1
Emily Qualich	2
Frank Bing	1
Jeff Magnani	1
Jeff Rossi	6
Joan Willmeth	1
Joe Beemster	3
Johannes Smits	1
Jorn Lim	2
Kilian Emanuel	22
Larry Frank	3
Lorrie Heymann	1
Louis Greene	1
Luis Magana	1
Mitch Rosset	2
Pam Burke	1
Paul LeFevre	10
Scott Assmann	8
Sheri Rosenbaum	1
Toan Tran	6
Tom Wilson	2
Vince Kelly	1
<b>Total Hosts</b>	<b>31</b>

Day	Time	Ride Name	Miles	Start	Ride Host
July 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
Sun 7/1	9:00	Ride of Many Lakes	38/47	<b>Long Grove Commons</b> Route 22 and Old McHenry Road. Park in lot north of Dunkin Donuts.	Reinhilde Geis 847-679-0279
	8:00	Kenosha Bound - Long	87	<b>Long Grove Commons</b> See above.	Cindy Kessler 847-918-7109
	9:00	Kenosha Bound - Medium	61	<b>Old School F.P.</b> St Mary's Rd, north of Rt 60 on the east side of the road. Enter forest preserve and turn right at Stop sign. Meet in first parking lot on the left.	Ride Host Needed
	9:00	Kenosha Bound - Short	37	<b>Wadsworth Village Office</b> 14155 W Wadsworth, Wadsworth On the south side of West Wadsworth Rd, just west of N. Delany Road	Ride Host Needed
Wed 7/4	9:00	Honey Lake Loop (AKA Tuesday Bakery Ride) (Independence Day)	32/40	<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.	Ride Host Needed
Sat 7/7	8:00	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.	Ride Host Needed
	8:00	Retro Harmon	68/102	<b>Wauconda H.S.</b> North on US 12, exit 176 and turn right (east) on Main St. School is on the left.	Paul LeFevre 224 234 0615
Sun 7/8	9:00	Art Cunningham Memorial Picnic Ride (Covered Bridges) <i>see page 6 for details</i>	38/45	<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.	Erich Massat 847-258-5815
Sat 7/14	8:00	Honey Do/ Extended Do	30-72	<b>Paul Douglas Forest Preserve</b> See above.	Brian Hale 847-804-1561
	8:30	Bastille Day Ride	59/74 /95	<b>Paris School</b> I-94 north, exit 142 west to County D. Turn left to the school.	Erich Massat 847-258-5815
Sun 7/15	9:00	This & That	37/51	<b>Long Grove Commons</b> See above.	Betsy Burtelow 847-541-1325

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

## July schedule—continued

Day	Time	Ride Name	Miles	Start	Ride Host
Sat 7/21	8:00	Honey Do/ Extended Do	30-72	<b>Huntington Plaza</b> Due to another event at the Paul Douglas FP, the ride start location will move to Huntington Plaza at the corner of Algonquin and Huntington in Hoffman Estates.	Ride Host Needed
	8:30	Fontana Ride	71	<b>McHenry County College</b> Rt. 14 two miles north of Rt. 176, Crystal Lake, IL. Meet in north parking lot.	Ride Host Needed
Sun 7/22	9:00	Let's Go Lindy	38/44	<b>Long Grove Commons</b> See page 3	Ride Host Needed
Sat 7/28	8:00	Honey Do/ Extended Do	30-72	<b>Paul Douglas Forest Preserve</b> See page 3	Ride Host Needed
Sun 7/29	9:00	Back Pedal	36/50	<b>Long Grove Commons</b> See page 3	Ride Host Needed
	8:00	Geneva Century	100	<b>Long Grove Commons</b> See page 3	Ride Host Needed
	10:00	Geneva Lite	50	<b>Veterans Memorial Park</b> Take I-94 or IL-59 North. Turn left on to IL-120 and cross the Fox River. Turn right on Park St for one block.	Ride Host Needed

## Weekly Rides

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Tuesday and Thursday	9:00 AM	Deerfield's 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 right.	Kilian Emanuel 847-296-7874
Tuesday	6:00 PM	Working Stiffs Ride	18-30	<b>Long Grove Commons</b> 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	<b>Woodland Trails Park</b> 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	<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	6:00 PM	Thursday Night Ride	30	<b>Long Grove Commons</b> See Above	Paul LeFevre 224 234 0615
Friday	10:00 AM	Libertyville Picnic Ride	30	<b>Willow Stream Park</b> See Above	Frank Bing 847-814-9925

## Do Cyclists Need to Stretch?

How many times have you found yourself saying, “I should really stretch more?” Its common knowledge that cyclists need to stretch, but many of us fail to do it enough, if at all.

If it's not broken then don't fix it right? If you're putting in the miles and feeling strong, you may not feel like you need to switch up your routine at all. However, if we truly understood the benefits of stretching, perhaps we would be as disciplined to stretch as we are to get out cycling.

**Is stretching important for cyclists?** The most important thing for cyclists, and human beings in general, is to have a healthy range of motion and flexibility to move freely and efficiently. Stretching can aid in aligning the thick and thin muscles back into their ordered state after movement, as well as remove the lactic acid buildup that causes soreness.

Being able to stretch your legs up around your head may not make you a better cyclist, but the more a muscle is able to stretch the better range of motion it will have. For cyclists, the more you can flex your hips, knees, and ankles, the more room for improvement you will have.

## Two main types of stretching

**Dynamic** – Dynamic stretching takes a joint or muscle through a range of motion. It is best done before cycling as a way to prepare the joints for the repetitive movement, get blood flowing and warm up your muscles.

**Static** – Static stretches are designed to be held in one position for at least thirty seconds, and are what most people think of when it comes to stretching. The goal is to relax the muscle and deepen the stretch bit by bit. This is best done after exercise, as static stretching before can actually hinder the muscle's ability to fire.

## The benefits of stretching

**Improves posture** – As a society that spends a lot of

time at our desks, stretching as a means of correcting poor posture has never been so important. For cyclists, you will want to focus on correcting the hunched over position that comes with cycling and ensuring you are stretching out your lower back. By lengthening tight muscles you keep them from pulling areas of the body out of their intended position.

**Reduces risk of injury** – By supplying nutrients to the muscles through blood flow, stretching can reduce the risk of muscle and joint injury and help speed up recovery.

**Improves performance** – Your cycling performance is largely based on your mechanical efficiency (range of motion) and power output. Stretching before and after a ride gives your muscles time to relax, enabling them to be more available during those long rides.

**Provides relief from muscle stiffness** – Post-activity stretching has been shown to reduce Delayed Onset Muscular Soreness (DOMS) by increasing blood flow and getting a much needed nutrient supply to your tired muscles.

While there is some debate as to how long you should hold each stretch, anywhere between 30-60 seconds should be enough. Make sure you are only stretching as deep as it feels comfortable. Any signs of pain, pinching or discomfort signals that it is time to back off a tad. Check out some of the best stretches for cyclists for more information to get you stretching.

You don't need to sign up for daily yoga classes or commit a ton of time to stretching, but even a little bit can go a long way in keeping you injury free and feeling your best. Start with 10 minutes a day, 4-5 times a week and you will start seeing and feeling the results. If you want a more intensive stretching program for cyclists, check out Dynamic Cyclist. They have daily, easy to follow stretching videos designed specifically for and by cyclists. Spend less time thinking about how and what to stretch, and more time in the saddle!

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



**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.

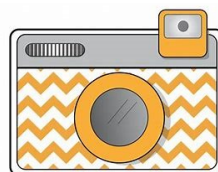
Located on the southwest corner of Route 22 and Old McHenry Road.

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

**or email at cindy109st@gmail.com**



- |          |          |                |
|----------|----------|----------------|
| Lorraine | McCarthy | Vernon Hills   |
| Eric     | Mercker  | Arlington Hts. |
| Donna    | Fischer  | Roselle        |
| Robert   | Hugi     | Glencoe        |



**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

**A BIG THANKS**

The Bike Rodeo was a huge success. The Buffalo Grove Police Department purchased 10 helmets for which we found good heads!

Thanks to Marianne Kron, Joe Beemster, Reinhilde Geis and Luis Magana for volunteering on behalf of the club.

Pam Kaloustian





45 Arlington Heights Road  
 Elk Grove Village  
[www.7milecycles.com](http://www.7milecycles.com)  
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**Barrington**  
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 Barrington, Illinois 60010

(847) 382-9200

[villagecyclesport.com](http://villagecyclesport.com)

(Continued from page 1)

start at 5am and the supplies usually end up in my garage once we are all done, usually around 6pm.

Here are 3 good ways to contact me:

1. In person at a ride

2. Via email: [erich@erichmassat.com](mailto:erich@erichmassat.com),

3. Cell-phone/text 847-420-5437.

Otherwise, I will be circulating a sign-up sheet at the Wheelmen picnic July 8<sup>th</sup>.

In closing a big, heartfelt, THANK YOU for your support, the camaraderie, and for your contributions to new memories.

*Erich Massat*

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](mailto:wheeling@wheelmen.com)



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



**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](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 MIILE 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