



MONTHLY MEANDERS

CLUB JERSEYS

Order Club Jerseys
Current style

We are proposing creating another storefront that will allow you to order the Wheeling Wheelmen jerseys, shorts, wind vests and whatever you may want.

money is refunded.

As far as “styles”... there are five (5) jersey styles and three (3) short styles.

According to VOLER we must have fifteen (15) of any jersey, bottoms or any item.

order full zipper jerseys!!!!

- A) Classic \$75
- B) Peloton \$90
- C) FS PRO \$110

BOTTOMS or SHORTS: styles

- A) Classic \$75



Front



Back

I HIGHLY SUGGEST YOU TRY ON OTHER CLUB MEMBERS JERSEYS FOR SIZES!!!

We will be setting up a storefront that will allow you to order whatever you want by using our Wheeling Wheelmen storefront and password. If we don't make minimums “ALL”

If any questions as to styles please visit the Voler website for details.

LINK BELOW

www.voler.com/browse/cat/?cat=All&vm=4&program=full+custom

PRICING

JERSEYS: styles
(Note) Make sure you

- B) Peloton \$85

If any questions, PLEASE give me a call or email

CELL: 847-804-1561

email: B.hale@halco-products.com

STAY CALM, RIDE ON!!!

Brian Hale

November 2018

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November 4

Happy Thanksgiving!



November 22

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
Joan Willmeth jewsbg@aol.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

OPEN

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

Come to the Banquiday to find out the final mileage



BANQUIDAY

Our combination party
(banquet and holiday party)

Sunday, November 18

Join us for a great time; and celebrate a fantastic cycling season

2:00 pm –7:00 pm

Arlington Club Condominium Clubhouse*
1610 Newburn Court, Wheeling, IL

Please RSVP to Joan Willmeth by November 4

Please e mail her at jewsbg@aol.com or text at 847-331-5913 to find out what you can bring to the party.

We are asking for appetizers, desserts or drinks.

The club will be providing dinner.

Adults Only

*Directions: Closest Intersection: Buffalo Grove Road and Dundee. Go north on Buffalo Grove Rd and turn into the Arlington Club entrance on Cobbler Ln. At the T turn left onto Arlington Dr. The clubhouse is on the right. Guests must park on the WEST side of Arlington Dr.

Show & Go Rides					
Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Saturday, Sunday, Tuesday and Thursday	New start time 10:00 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.	N/A
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	N/A
Be sure to be on the Yahoo group and/or Facebook for last minute changes					



WHY YOU NEED TO TRY FAT BIKING

Do you remember the first time you saw a fat bike? On first impression, it is easy to think they look like some weird fad that will come and go. However, the past few years have proven that this isn't the case. Gaining in popularity, fat biking has become a category all in its own.

The obvious advantage of a fat bike is the ability to ride in snow and sand more easily than with a regular mountain bike. No matter how funny you think they may look, it's worth giving a try. Maybe fat really is the new skinny.

WHAT IS FAT BIKING?

A fat bike is an off road bicycle designed to accommodate oversized tires, typically 3.8 inches or larger. The first thing you'll notice, other than the massive tires, is the wide fork build to fit the large tires as well as the low ground pressure. These tires can be run as low as 5 psi to provide the ultimate traction in snow, sand, or mud.

Although the general idea of fatbiking has been around since the early 1900s, they first became commercially popular with Surly Bike's release of the Pugsley frame in 2005. The rest, as they say, is history.

WHY YOU SHOULD TRY FAT BIKING

It's a great workout

Staying fit over the winter in places where it gets cold and snowy is tough. If you love the freedom that cycling brings, it can be hard to find the motivation to go to the gym or hop on a stationary bike. Fatbiking not only allows you to ride outside all winter, but it's also a great workout. In soft conditions it can be tough going, but you will be

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expending a ton of energy in a short amount of time. You will also be working on your balance and core strength making a great whole body workout. Come spring and hop back on your regular bike, you'll feel light and fast, and you'll have maintained a great fitness level.

It gets you outside

No need to mope around the house as soon as there's snow on the ground. Fat bikes are like the monster trucks of the cycling world – they will get you through just about anything. Getting out in the sunshine and fresh air, even if it's cold, is the best way to make the most of every season. Research has also shown that the cold can actually raise your metabolism as your body works to keep warm, which means burning extra calories!

It builds your endurance

Fat biking will make you a stronger rider and build your endurance, both physically and mentally. Riding in the elements on a bike that requires constant spinning (there's pretty much no coasting) will up your overall toughness level. Plus, if you ever hit a race in your regular season that has bad weather, it'll be nothing compared to your miles put in with the snow and mud.

You can ride a fat bike all year round

There are those that choose to ride a fat bike all year due to the feeling of the bike, particularly the stability and suspension of the fat tires. Many models can also accept multiple wheel sizes, so you can switch out your tires for skinnier ones before hitting the dry single track.

HOW TO CHOOSE A FAT BIKE

With the rise in popularity, the variety of fat bikes available has made choosing one a little more complicated. Although we can give you the basic features to look out for, a visit to your local bike shop will help you make a more informed decision. It's also great to try one out before buying to ensure you enjoy the feel of it.

Frame capability – Think about how much “flotation” you want. Generally speaking there are two sizes: those that accommodate 4

inch tires, and those for 5 inch or wider tires. If you're sticking to groomed or somewhat packed down trails, 4 inch tires will be all you need.

Rigid frame or suspension – Most fat bikes are a rigid frame as the tires and low pressure make up for the lack of suspension, but many are now also equipped with a suspension fork. Going with a frame with suspension can be a great option for really rough terrain, or if you plan on riding the bike all year round.

Frame size – As with any bike, you want to ensure you get the right size for you, and it's always worth having a proper bike fit to ensure maximum efficiency. Most frames are set up with similar geometry to a mountain bike to remain stable over rough terrain.

Tires – As with road and mountain bike, fat bike tires can come in a variety of designs. Most are either clincher or tubeless. You'll also want to take a look at size. The general size is 4 inches, but there are both smaller and larger tires available depending on the terrain you'll be riding.

Brakes – If you're planning on riding in the Arctic, or anywhere else that experiences freezing temperatures, then you'll want to go with the basic mechanical, cable-actuated disc brakes. Hydraulic disc brakes are a great option, but only if you're sticking to warmer climates as mineral oil can easily freeze.

Fat biking really has become its own sport, and with good reason. It's as much fun as it looks, and there are a ton of events that now incorporate fat bikes to get you through the long cold winters.

Check these groups out on Facebook:

Chicago Fat Tire Bikers

Milwaukee Fat Bikes

My Fatbike leaning against stuff...

Fat Bike Trader

Edited article from ilovebicycling.com



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Elk Grove Village

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VILLAGE
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Arlington Heights

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

Barrington

234 W Northwest Hwy
Barrington, Illinois 60010

(847) 382-9200

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



SAVE THE DATE
 Banquiday - November 18
 St. Pat's Ride—March 17, 2019



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