



MONTHLY MEANDERS

ST. PATRICK'S DAY RIDE

Feb 2019

Dear Fellow Wheelmen,

This is your invite for the St Patrick's Day Invitational to be held on March 17th, a Sunday as usual. Per my Deerfield Bakery survey group, this is the first invitational in the Chicago area this year. It's our opportunity to get folks out of wherever they hibernate during the winter and to acquaint riders with our club. Also we as a club get to see each other and have fun doing – not working – this annual event.

In an effort to make the ride better, bathrooms will be indicated on the cue sheet thanks to a suggestion from a club member last year. We need to mark cracks on Fairfield Road where a pace line rider fell last year. If you have suggestions, let me know."

Applications have been

sent to the village for the Special Events application and the school. Ella edited the tri-fold brochure and Joe had them printed. 1000 copies are in my car awaiting distribu-



tion in February by club members. I'll also see you at the February club meeting.

Now we need volunteers to step up for the usual positions. The shifts will be 7:00 – 9:30 and 9:30 – 11:00. We need 2 SAG drivers each shift, at least 4 for registration each shift, at least 4 for food ser-

vice, and 5 for parking each shift. We will need lots of treats / cookies through the morning. Last year with the good weather and 229 riders, we almost ran out of treats.

So if the weather forecast is good, I may send out a last minute plea for more goodies. Otherwise I know the shortest route to the Jewel.

Remember, we have a club pre-ride the day before to check road markings and safety.

Let me know by email alang.bikes@gmail.com or phone 847-398-1376 how you can make this annual club event a success.

Al Gibbs

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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
Joan Willmeth jewsbg@aol.com

Harmon Data Base
Emily Qualich 847- 821-1009

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Joe Beemster 847-215-2314

Picnic
OPEN

Web Page
Johannes Smits 630-935-4074

LAST NEWSLETTER

This is the last issue of the Monthly Meanders.

Please check our website (wheelmen.com) for all club information and the ride schedule, be sure to get on the Yahoo group (see page 7 for info) and "Like" Wheeling Wheelmen Bicycle Club on Facebook.

FEBRUARY CLUB MEETING

Wednesday, February 27

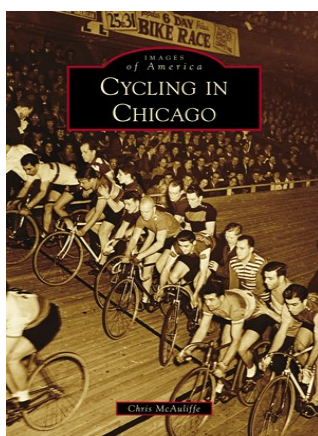
7:30 p.m.

Pioneer Park



We will have a joint meeting with the Arlington Heights Bicycle Club at Pioneer Park, 500 S Fernandez Ave, Arlington Heights,

Chris McAuliffe, author of *Cycling in Chicago*, will give a presentation on the history of bicycling in the Chicago area. (Books available for purchase)



Chris McAuliffe's "Cycling in Chicago" Details the Rise, Fall, and Rebirth of Biking in Our City

The book includes profiles of some of the key early bike advocacy movements and leaders

"Cycling in Chicago" (2018, Arcadia Publishing) is a brief yet fascinating overview of the rise, fall and rebirth of bicycling in Chicago and environs. It's just long enough to cover the basic timeline of the city's growth as a bike manufacturing powerhouse and center for

road and track racing; the Schwinn company; early cycling infrastructure; and Chicago's currently lauded status as a center of cycling for recreation AND transportation. But what makes the book fun to flip through, like other titles in Arcadia's hyper-local "Images of America" series, is the inclusion of plenty of great historic photos. The dozens of pics in this slim volume come largely from the author's own collection, as well the Oscar Wastyn family archives of Chicago bicycling history. (The family owns Wastyn Cycles, the city's oldest bike shop, located at 2634 W. Fullerton in Logan Square.)

From: chi.streetsblog.org/2018/07/20/chris-mcauliffes-cycling-in-chicago-details-the-rise-fall-and-rebirth-of-biking-in-our-city/



Registration is open

Amishland & Lakes is July 27 and 28, home base will be Lakeland High School in LaGrange, IN. Early bird registration is just \$35 (individual) until the end of February. Registration and more information at: amishland-lakes.com

Two days of riding, with routes on Saturday of 22 to 100 miles and on Sunday routes of 23 to 50 miles with more Amish country and lakes as well as the Pigeon River nature area.

Show & Go Rides					
Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Saturday, Sunday, Tuesday, and Thursday	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
Be sure to be on the Yahoo group and/or Facebook for last minute changes					

2019 MEMBERSHIP RENEWAL

It's time to renew your membership.

Please renew on line as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2019 Ride Schedule. You can also download the application from the website:
wheelmen.com/docs/membership.pdf

Due date for renewals is **March 1, 2019.**

Membership Renewal is now available using either your PayPal account, or by using the following Credit Cards:



Visit our website wheelmen.com to sign up

If you have any questions contact Mitch Rosset at
rrkite99@aol.com

**2018
Income
&
Expenses**

Income		Expenses	
Membership Dues	\$ 2,995	Donations	\$ 4,550
St. Pats Ride	\$ 3,348	St. Pats Ride	\$ 2,798
Harmon Hundred	\$ 12,953	Harmon Hundred	\$ 8,833
Other	\$ 200	Club Insurance *	\$ 3,532
		Banquiday	\$ 1,521
		Newsletter	\$ 334
		Picnic	\$ 260
		Club Meetings	\$ 168
		Storage	\$ 702
		Mailing	\$ 133
		Other Expenses	\$ 1,066
Total	\$ 19,496	Total	\$ 23,897
Result			\$ (4,401)
* Club Insurance for both 2017 and 2018 were paid in 2018			

9 DOS AND DON'TS OF WINTER CYCLING

Don't hang up your bike when the first snowflakes fall—here's how to ride right this winter.

Too many cyclists hang up their bikes at the first sign of snowflakes, but they're missing out. As your body struggles to stay warm in the cold, you not only burn more calories, but your body also learns to use oxygen much more efficiently, according to research from Northern Arizona University. Most importantly, riding around (safely) in the snow can be incredibly fun. Below, nine things you should—and shouldn't—do to make the most of your winter cycling season.

Do: Layer Clothing

When it comes to clothing, Chris Mayhew, an associate coach at JBV Coaching, starts with a warm base layer.

"Your body is making all the decisions about what to do based on core temps, so make sure your core is toasty," Mayhew says. From there, you can add multiple layers that you can put on or take off as you get warmer or the ride gets longer. "Really, you can get through about anything with a good base layer and jacket."

Realize you're going to be cold, at least at first, says Kevin Whited, frequent winter commuter and executive director of Indianapolis-based bike-advocacy group IndyCog.

"You shouldn't be warm when you get outside, ready to ride," Whited says. "If you are, you have too much clothing on. You should always be slightly cold before you get on and begin riding."

Don't: Buy a New Bike (Unless You Really Want One)

Fat bikes are awesome, but you don't necessarily need four-inch tires to have a blast in the snow. Winter cycling can be rough on bikes, though. Rather than risking your primary bike, opt for that long-ignored mountain bike gathering dust in your rafters, if you have one.

For more stability on the snow, run the lowest tire pressure you can without getting a pinch flat. Depending on

your weight, you might be able to ride 15 psi or lower. (Be sure to experiment with tire pressure in the fall, so you're not changing flats in the middle of winter.) If you want a bit more traction in icy conditions, consider investing in a pair of studded tires.

Do: Wash Your Bike After Every Ride

Riding in the slush and snow will kick a lot of salty, dirty water onto your bike's parts, which can cause corrosion and damage over time. Be sure to wash your bike, or at the very least wipe it down, as soon as you finish each ride.

One of the first rules every cyclist learns is to never use WD-40 on a bike—but spraying it on the frame before a ride will help repel ice and grime that your tires have kicked up, says Fred Iverson, Shamrock Cycles' team mechanic. After the post-ride cleaning, spray it on your bike chain to get rid of excess moisture. Use a thick lube such as NixFrixShun, he says, to keep everything running smoothly on your next frozen ride.

Don't: Ignore Your Extremities

Your hands and feet typically get cold first, as your body focuses on keeping the core warm. Keeping your extremities toasty is key to an enjoyable winter ride. Sarah Prater, a mechanic at Cycology Bicycles in Knoxville, Tennessee, wears disposable surgical gloves underneath her regular winter cycling gloves to keep her hands warm on a ride, creating an extra vapor layer between her skin and the cold.

"It makes your hands a bit sweaty and clammy, but I'd rather have that than frozen fingers any day," Prater says.

Air-activated heat packs are cheap and add much-needed warmth to the insides of your gloves and shoes. Buy a box at Costco and keep them in your car or backpack—and be sure to keep a couple extra handy for riding buddies who didn't plan ahead. Some of these hand warmers last up to 10 hours, so you can reuse the same pair heading home as you did on your morning commute. In sub-freezing temperatures, winter cycling boots like the Lake MXZ 303, Giro Alpinenduro, and 45North Wolvhammer can be the difference between a temporarily tolerable and a reasonably comfortable ride.

(Continued on page 5)

(Continued from page 4)

Do: Pack Extra Gear

Whited always carries two pairs of gloves—one heavier and one lighter—to handle temperature shifts. A pair of lighter gloves can offer a bit more finger dexterity as well, making flat tire changes faster and easier. An extra pair of wool socks stashed in a re-sealable plastic bag can be a godsend if you accidentally put your feet in a puddle or an icy stream on the trail.

Don't: Be Afraid to Raid Your Other Sporting Equipment

There's no reason to buy a lot of new gear if you like to hit the slopes. Ski gloves will keep you warm on the bike, though you may not have the same amount of dexterity. Ski helmets should keep your dome warmer than multi-vented bike helmets, but beware of going out too hard and overheating.

Do: Insulate Your Liquids You might not feel warm on winter rides, but you're still sweating and need to hydrate. Get warm from the inside out by bringing hot broth or coffee along to slug when you cross into shiver-

ing territory. A double-insulated coffee mug or flask from Stanley or Hydro Flask will keep your liquids hot—and in turn, keep you warm—even in freezing conditions. If you're riding with a traditional water bottle, keep it in your back jersey pocket so it won't freeze, Mayhew suggests.

Don't: Ride without Fenders

Fenders keep slushy road spray off you and your bike, and more importantly, off the people you ride with, Mayhew says. He suggests attaching a pair of SKS Race Blades or a similar product to your bike. Don't want to spend the money? Fashion makeshift fenders out of a two-liter bottle or paint tray—you can easily find directions online.

Do: Make Sure You're Seen

Daylight is scarce during winter months, putting a damper on road safety. Always keep at least one small, rechargeable bike light on your front handlebars in case you spend too much time at the mid-ride coffee stop, and consider investing in a light-blaring taillight like the Bontrager Flare R to announce your presence to the world on the road.

From: www.bicycling.com

2019 NEW ILLINOIS LAW TO HELP PREVENT DOOR-BICYCLE COLLISIONS

The New Year brings new laws for Illinois, one of them to focus on the safety of bicyclists.

It's called the "Dutch reach." The strategy is meant to stop door-bicycle collisions. It means when you parallel park your car, you use the hand furthest from the door to open it, causing you to look back and check for bikers before getting out.

THE BIKES OF WRATH

Wednesday February 20 at Regal Lincolnshire Stadium 15 & IMAX at 630pm.

What's the movie about?

Five Australians attempt to cycle 2600kms from Oklahoma to California in honor of the westward migration undertaken by 'The Grapes of Wrath's' Joad family. Through chance encounters with everyday Americans, the cyclists expand on the novel's core themes of migration, inequality and the perceived land of opportunity. The group explores whether America has progressed since the book was written, discussing the wealth gap, immigration and the American Dream. The fascinating people they meet

along the way reveal the enduring strength of human spirit despite the inequality and disenfranchisement which runs as deep today, as it did in Steinbeck's seminal novel. The Bikes of Wrath is a unique, funny and insightful documentary series filled with adventure, literature, music, and human connection.

Reserve your tickets:

Please visit the Demand Film Event Page here: tickets.demand.film/event/6837PpKZKOYX

Unlike a traditional movie showing, my Demand Film screening requires that a certain number of tickets be reserved in the next 28 days for the screening to occur.

THE CHICAGO WINTER BIKE SWAP

Sunday, February 10

Harper College

9:30-3:30

\$5 admission for adults

FREE PARKING

The original bike swap for the Chicago area is returning for the 11th year as the premier event for HUGE SAVINGS on everything for the bike.

Not only is the Chicago Winter Bike Swap a place for some great bargains, it is an excellent social

experience for the cycling community as well!!
Road--Hybrid--Mountain--Commuter--Triathlon—Kids--Cyclocross--Single Speed--Recumbent Track--Components--Clothing--Nutrition--New and Used-- and much more!!--

Whatever your bicycle needs, there is something for everyone in the 30,000 sq ft of the Chicago Winter Bike Swap!

Browse the BIKE CORRAL for a selection of hundreds of new and used complete bicycles at discount prices

chicagowinterbikeswap.com

INTERESTING FACTS ABOUT CYCLING

If you're reading this, then you probably already know how great cycling is, so we don't need to convince you. However, if you think you already know all there is to know about your favorite 2-wheeled friend, then you're in for a surprise. Be prepared to impress your friends or win the next cycling trivia night (because that should be a real thing) with these interesting facts about cycling.

The History

- Before the word 'bicycle' became popular (coming from the French word 'bicyclette' in the 1860s, bikes were typically called 'velocipedes'.
- Social reformer and feminist Susan B. Anthony once said that the invention of the modern bicycle "has done more to emancipate women than anything else in the world" and called it the "freedom machine."
- Paved roads became mainstream not because of automobiles, but because of bicycles. While cars could go across cobblestones fairly well, bicycles could not.
- UPS was founded by two teenagers with one bicycle and \$100 borrowed from a friend.

For the Stat Lovers

- About 100 million bicycles are manufactured worldwide each year.
- Americans use their bicycles for less than one percent of all urban trips. Europeans bike in cities a lot more often—in Italy 5 percent of all trips are on bicycle, 30 percent in the Netherlands, and seven out of eight Dutch people over age 15 have a bike.
- The bicycle is the most efficient vehicle ever devised; a human on a bicycle is more efficient (in calories expended per kilo and per kilometer) than a train, truck, airplane, boat, car, or motorcycle. It is 3 times as efficient as walking.
- Cycling is the world's biggest sports goods business worth approximately 51 billion dollars annually.
- There are roughly one billion bicycles in the world (about twice as many as motor vehicles) and roughly half a billion of them are in China.
- If Americans doubled their bike use to 2% of all urban trips, they would save 3.5 billion liters of gasoline annually.
- In 2017, Mark Beaumont broke the world record for cycling around the world, completing the 18,000 mile route in just 79 days. That's an average of 240 miles per day, and over 16 hours in the saddle per day.
- In 1985, John Howard, Olympic cyclist

and Ironman triathlon winner from the US, set the world speed record for a bicycle when he reached 152.2 mph (245,08 km/h) cycling in the slipstream of a specially designed car. The record would stand until October 3, 1995 when Dutch cyclist Fred Rompelberg pedaled in the slipstream of a dragster at 167.044 mph (268,831 km/h), a record that still stands.

Why Cycling is Awesome

- Commuting to work on a bike increases productivity. A study of 200 people carried out by the University of Bristol found that employees who exercised before work or at lunchtime improved their time and workload management, and it boosted their motivation and their ability to deal with stress.
- Cycling three hours or 30 kilometers per week halves your risk of heart disease and strokes
- Figures show the average person will lose 13 lbs. (5.8 kilograms) in their first year of cycling to work.
- As more and more research is being done, there is a clear link between exercise (specifically outdoor exercise) and combatting depression, anxiety, and stress.

From: ilovebicycling.com



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Elk Grove Village

www.7milecycles.com

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Since 1976*



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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



**Wheeling
Wheelmen**

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

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

Join us on

facebook

SAVE THE DATE

Club Meeting—Feb 27
St. Pat's Ride—March 17
Picnic—July 14



Renew your
2019
Membership

LAST NEWSLETTER

This is the last issue of the Monthly Meanders.

Please check our website (wheelmen.com) for all club information and the ride schedule, be sure to get on the Yahoo group (see page 7 for info) and "Like" Wheeling Wheelmen Bicycle Club on Facebook.

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 MIILE 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