



MONTHLY MEANDERS

BOARD BANTER

March 2020

READY FOR THE 2020 SEASON!

I hope you enjoyed the off-season, weather you stayed local, trained indoors, or rode the Show-N-Go's. Maybe you headed to a warmer climate or hit the slopes skiing

As a new (returning) member of the club last year, I look forward to serving as the Ride Chair for the 2020 season.

Our regular weekly rides this year include:

- Saturday Morning Honey Do Ride – Crank Revolution at Huntington Plaza in Hoffman Estates
- Sunday Morning Long Grove Short Ride – Archer Parking Lot in Long Grove
- Tues/Thurs Morning Bakery Rides – Willow Stream Park (meet at Deerfield's Bakery after the ride)
- Tuesday Night Working Stiffs Ride – Archer Parking Lot in Long Grove

- Wednesday Morning No-Drop Ride – Woodland Trails Driving Range

- Wednesday Night Hill and Dale Ride – Crank Revolution at Huntington Plaza

- Thursday Night Ride – Archer Parking Lot in Long Grove

- Friday Morning Lunch/Picnic in Libertyville Ride – Willow Stream Park (starting in June)

As in the past, there will also be a number of weekend and holiday rides of middle to long distances. We will be looking for all of our members to step up and host a ride. Check out the ride schedule and if you have questions about hosting contact me or a fellow member. Then let me know which ride(s) you'd like to host.

[VIEW RIDE SCHEDULE](#)

Our Sunday Morning Short Rides from Long Grove, in particular will need hosts. In addition, if you are interested in adding and hosting a new ride that you do not see listed (including gravel or trail), please contact me so that it can be added to the schedule.

New this year will be the Salem Bike Trial 200 on July 11th. This is a one-day 200 mile rando-style event departing from Crank Revolution riding to Salem Brewing in Wisconsin and looping back!

As we start the 2020 season, I welcome comments or suggestion regarding the ride schedule. Looking forward to seeing you on the road!

Neal Barg

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March 8

Club Officials

Elected Officers

President

Jorn Lim sujorn@yahoo.com

V.P.-Ride Chair

Neil Barg nlb1@msn.com

Treasurer

Johannes Smits johannes.smits@comcast.net

Secretary

Ella Shields eshieldsbike@yahoo.com

Membership

Emily Qualich e.qualich@comcast.net

Publicity Chair

MJ Drouganis mj.droug@gmail.com

Appointed Officers

Harmon Chairman

Erich Massat erich@erichmassat.com

Harmon Vice Chair

Cletis Patks III cparks@iisolutions.net

Newsletter

Ella Shields eshieldsbike@yahoo.com

St. Pat's Ride

Scott Assmann thepopgroup@gmail.com

Chairmen & Backup

Banquiday

Joan Willmeth jewsbg@aol.com

Harmon Data Base & Mileage Statistician

Emily Qualich e.qualich@comcast.net

Picnic

MJ Drouganis mj.droug@gmail.com

Web Page

Johannes Smits johannes.smits@comcast.net

Web Master Backup

George Karpen

Yahoo Group Moderator

Jim Boyer wheeling@wheelmen.com

Newsletter Policy

I 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 12th of the preceding month

Ella Shields
eshieldsbike@yahoo.com



Don't miss an issue of Monthly Meanders!! Contact Emily Qualich with your new e-mail address at
e.qualich@comcast.net



ST. PATRICK'S DAY RIDE 2020

In no time at all the 2020 Wheelmen road riding season will soon be here – starting with our St. Patrick's Day Ride. With any luck (of the Irish), this tepid stretch of Chicago winter will bloom into tip-top conditions the fourth Sunday in March when hundreds of cyclists flock to Wauconda High School for our annual spring classic.

Ride date is Sunday, March 22nd – routes open at 8:00am and close at 1:00pm – ride starts and returns to Wauconda High School, 555 N Main St Wauconda IL 60084 – we will need 1st shift volunteers in place before 7:00am ([see the volunteer sheet here](#)).

Thank you to those who have volunteered – without your help, this invitational ride could not occur – however there are a number of positions to be filled. As of writing, we have vacancies in areas of Parking, Food Service, Route Marking, and SAG support. Please step in anywhere you can – fortune and sunshine will follow for many moons.

[Click Here](#) St. Pats Ride Volunteer Sign-up Form

We also provide a sweets/snack/goodies table for guests; donations of treats (homemade, pre-made, natural alternatives) are in need during an expected busy morning. Last year, we had very decent ride conditions and 285 riders – if the weather forecast is good, I'll likely send out a last minute plea for more treats to cover a larger crowd. You may be planning to attend our Tuesday, March 3rd club member meeting, a sign-up sheet will be on-hand to donate treats and fill remaining jobs; otherwise, please contact me directly to volunteer. We now offer speedy job sign-up via our Wheelmen website — to

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MARCH CLUB MEETING

Tuesday, March 3

7:00 p.m.

Prospect Heights Library.

12 Elm Street, Prospect Heights

Our guest speaker will be Greg Balmes owner of Deerfield Cyclery. Greg is a certified USA Cycling Coach, a Level I Bike Fitter, a Hammer Nutrition Specialist, President of Colavita Chicagoland, and an avid cyclist. Greg offers his knowledge and expertise in order to pro-

mote wellness through cycling. He will discuss several topics including latest trends, gravel bikes and bike fit. He will also bring in products and bikes to show us and offer a free CompuTrainer session, at their studio, to those present. Don't miss this informative presentation.

We will also discuss the St. Pat's ride and recruit volunteers.

The board meeting will precede the club meeting and start at 6:00 p.m.

2020 MEMBERSHIP RENEWAL

If you have not renewed this is your last newsletter

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

Due date for renewals is **March 1, 2020.**

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 Emily Qualich at e.qualich@comcast.net

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see available positions on the Current Volunteer List, go to the online [2020 St. Pats Volunteer Sign-up form.](#)

Come out Sunday March 22nd – join in effort with cycling friends – demonstrate our delightful yet tenacious Wheelmen spirit – and help make this event grand. Contact me by email thepopgroup@gmail.com or phone (847) 404-3184

with questions or suggestions. Also don't forget, Saturday March 21st at 10AM is the St. Pat's Pre-Ride (thee official start to the Wheelmen season!) — a marvelous way to stretch stiff legs and scout Sunday's planned routes.

Go raibh míle maith agat.
Scott Assmann
St. Patrick's Day Ride coordinator

Show & Go Rides					
Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Tuesday, Thursday, Saturday & Sunday Through 3/19	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
Tuesday & Thursday starting 3/24	10:00 am	Deerfield Bakery Ride	25 +	Willow Stream Park See above	Kilian Emanuel 847-296-7874

Happy St. Patrick's Day

Date	Time	Ride Name	Miles	Start Location/Directions	Ride Host
March 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 3/21	10:00	St. Pat's Pre-ride	16/20/ 36	Wauconda H.S. North on US 12, exit 176 and turn right (east) on Main St. School is on the left.	Sheri Rosenbaum 847-971-4573
Sun 3/22		St. Pat's Ride		Wauconda H.S. See Above	Everybody Works
Sat 3/28	10:00	Barrington Hills Bakery Route	32-50	Willow Stream Park On Old Checker Road just West of Buffalo Grove Road, North of Lake-Cook.	Joe Beemster 847-215-2314
Sun 3/29	10:00	Sunday Short Ride	30-50	Archer Parking Lot On Archer between Old McHenry Rd and Robert Parker Coffin Rd in Long Grove. Park at South end of lot nearest the Fire Station.	Bob Dominski 847-708-3441

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

SYMPTOMS OF BAD BIKE FIT

We talk a lot about the importance of a proper bike fit, but paying for a professional fit can seem daunting. It's not exactly rocket science, but there are a lot of little adjustments that can make a huge difference. It's hard to put a monetary value on being comfortable on a bike, but riding and being uncomfortable is only going to lead to riding less to not at all. Here are some symptoms of a bad bike fit, and how you can go about fixing them.

Bowed Knees

When pedaling, if your knees are pointing outwards, you may not feel any pain, but you look funny and you're wasting energy. If your thighs feel the burn a little too much when your climbing, it could be a sign your saddle is too low. The solution? Raise your saddle height in small increments until your legs remain parallel to the frame through each revolution.

Aching Hands

If you've ever been twenty minutes into a ride only to have your hands start aching no matter how you position them on the bars, then you know how distracting it can be. Another symptom of a bad bike fit can be hand and wrist pain. If your saddle is too high (or tilted too far forward), your handlebars too low, or your either too cramped or too stretched it can result in putting too much of your weight through the front of the bike and onto your hands.

Neck Pain

Neck pain often goes hand in hand with cycling, especially for beginners, and the problem may not be entirely bike fit. Holding your head up to keep your eyes on the road for extended periods of time is tough, especially if you have a weak core. However, neck pain can also be linked to having a high seat post in relation to your bars.

When the seat post is too high it can place you in an aggressive position, which your body may not be ready for. It's a better tactic to gradually increase the aero position as you get used to cycling. Additionally, if your road or aero bars are too far away causing you to over-reach you can place unnecessary strain on these muscles. The solution would be to place the bars closer in relation to your body so you're in a "tucked" position when riding.

Wobbly Hips and Lower Back Fatigue

Lower back pain is more often a result of a weak core, but if your hips are rocking side to side as you pedal your seat is too high, which can result in lower back fatigue. Lower the seat gradually, riding a flat circuit in between until you've found the perfect saddle height. When you do find it, be sure to mark it somehow so you can easily find it again.

Knee strain

Knee pain in the back or sides of the knee is likely a saddle that is too high, but could also be your cleat position. On your down stroke, your foot shouldn't be pointed down. Instead, you should be pushing the pedal down through the heel.

Foot Numbness or Tingling

Foot numbness usually occurs when the nerves between the bones under the ball of the foot become compressed. The likely culprit here is shoe fit, cleat position or socks. Particularly if the cleat is too far forward it can cause numbness, as it places pressure on the ball of your foot.

From: ilovebicycling.com/symptoms-of-bad-bike-fit/

THE BENEFITS OF CYCLING FOR YOUR MENTAL HEALTH

The benefits of cycling may be too numerous to list, but there are probably some aspects they you may not have thought about before. We all know that riding a bike is great for your physical health, but what about your mental health?

There has always been a link between exercise and improved mood, as studies through the years have revealed, but it goes beyond just a good mood. As more and more research is being done, there is a clear link between exercise (specifically outdoor exercise) and combatting depression, anxiety, and stress.

Although many people may, at first, hop on a bike to lose weight or embrace an active lifestyle, a very valuable side effect is a happier, more stable life. Mental health may be an even stronger predictor of life expectancy than physical health, so it is one of the most valuable benefits of cycling.

Top 10 Benefits of Cycling for Your Mental Health

1. Promotes an Overall Healthy Lifestyle

Exercise should be something you look forward to in your day, not something you're just checking off the to-do list. It should be so a part of your lifestyle that it becomes less about burning calories and more about how it makes you feel. Cycling is one of the greatest forms of exercise within everyday life. Not every ride has to be a huge ordeal, but even a half hour ride or a commute to and from work can have huge benefits both physically and mentally. It doesn't have to be competitive or even goal focused, but can be a way to get outside and leave all that stress at the office.

2. Natural High (Endorphins!)

People often overlook this fact, but have you ever wondered *why* individuals that are physically active always seem so much happier than those that aren't? It's not just a coincidence, and it actually has a lot to do with the

chemicals inside of your brain. When we cycle, our heart pumps blood to every single blood vessel and cell at a greater rate. With blood comes oxygen, and oxygen plays host to endorphins!

Endorphins are a microscopic chemical that help us to feel good. The more endorphins we have, the happier we feel. Just a few hours of cycling a week can trigger a consistent flow of these chemicals, and they aren't just great for your emotions – they have also been linked to fighting illnesses like Alzheimer's!

3. It's a Healthy Addiction

We all have our vices, the things that we turn to in times of stress or emotional trauma. Cycling can replace the more harmful addictions such as cigarettes, alcohol, or overeating and serve as that go-to thing that you know will make you feel better. Sometimes it's tough to find the motivation (yes, sitting on the couch eating chips may be easier), but you'll never regret getting out there. Make cycling your first plan of attack, and you may just find yourself not being able to stop.

4. Creative Breakthrough

Many creatives such as writers, musicians, and artists use exercise as a means of getting past mental blocks. I know I've had some of my best ideas come to me while out on a bike! The uniform movement of cycling has a relaxing effect on the brain, stabilizing both physical and mental function. A recent study showed that after just 30 minutes of cycling, participants scored higher on tests of memory, reasoning, and planning. So, instead of banging your head on your desk or scrolling through Facebook, try heading out for a ride.

5. Better Sleep

Exercise has been shown to help regulate your sleep patterns. One reason may be the body-heating effects of exercise and cycling in particular. The increased temperature followed by the post-ride drop promotes falling asleep through decreasing arousal, anxiety, and stress.

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6. Fights Anxiety and Depression

Cycling can, for some people, be as effective as medication—without the side effects. This isn't true for everyone, of course, but trying exercise as means of fighting depression can be a great first step. Cycling promotes all kinds of changes in the brain, including new thought patterns that promote feelings of calm and well-being. Plus, you have those endorphins kicking around, which can act as powerful chemicals within the brain.

Cycling also relieves tension and stress, boosts mental and physical energy, and can help fight anxiety. It can be a great way to “zone out,” but you can also use it as a time to focus in and even meditate. Pay attention to each rotation of your legs, the rhythm of your breathing, the wind on your face. It may sound cliché, but this will leave no room for the otherwise constant flow of worries running through your mind.

7. Increases your Self-Esteem

There's no better feeling than tackling a tough climb and knowing it's nothing but your own physical and mental strength getting you to the top. You will feel strong and powerful, and that begins to make it's way into the other parts of your life. You will feel better about your appearance, and will have a sense of achievement as you meet and surpass goals you set for yourself.

8. Stress Buster

With so many jobs now tied to computers and chairs, stress has a way of tensing our bodies, making them exhausted and sore by the end of the day. You may find you suffer from back and neck pain, or constant headaches from stress. This can become a cycle that feeds itself, with stress going in and exhaustion coming out. Cycling can be a great way to break the cycle and relieve tension in the body. In turn, as your body relaxes, so will your mind as that stress begins to lift from your shoulders.

9. Increased Focus

Cycling and physical activity immediately boost the brain's dopamine, norepinephrine, and serotonin levels—all of which affect focus and attention.

10. More Energy

It may seem counterintuitive, but exercise is one of the best ways to gain more energy. Yes, you are using physical energy on your ride, but spending time with that elevated heart rate will give you a boost of energy.

From: ilovebicycling.com/the-benefits-of-cycling-for-your-mental-health/

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



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We are on the web
wheelmen.com



SAVE THE DATE

Club Meeting—April 1
 St Pat's pre Ride-March 21
 St. Pat's Ride—March 22
 Picnic—July 12
 Harmon 100—Aug 30



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 \$40

For more info: bikeleague.org

In addition to government relations, they also organize many great cycling rides and rallies around the country.

We support:

- *The League of American Bicyclists
- * Ride Illinois
- *Active Transportation Alliance
- *Buffalo Grove Bike Rodeo
- *Bicycle Federation of Wisconsin

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

CRANK REVOLUTION

1636 Algonquin Road
 Hoffman Estates
 847-790-5115

DEERFIELD CYCLERY

705 Waukegan Rd., Deerfield
 847-945-0700
deerfieldcyclery.com

GEORGE GARNER CYCLERY

1111 Waukegan Rd.
 Northbrook 847-272-2100

GEORGE GARNER CYCLERY

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 847-433-8735
 Highland Park 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