



MONTHLY MEANDERS

PREZ SAYS

Dear club members,
Welcome back to cycling with the club. It has been too long since we have been physically apart from each other and have engaged in our hobbies in a private, socially distant manner, but with the state slowly opening up due to the general reduction in cases and other statistics, we are able to open up as a club, and I welcome everyone back.

Since this is all new to us, I simply ask that while we may be able to ride as a group, that everyone respects the space of other individuals, especially in the parking lots and rest stops when we are gathered closest together. If you are somewhat sick, respectfully do your part in reducing spread by isolating and not showing up to our rides until you have quaran-

tinued the appropriate amount of time. Be mindful that every individual has a different personal perspective of their comfort with distancing, and be respectful of their space.

From a cyclist point of view, we ask that you are prepared with your own water, extra if needed, sun screen and sanitizer if necessary. We ask that when riding if you need to blow your nose, or sneeze to do so at the very back of the pace line or group - something new to signal to your fellow riders in these days. A handkerchief or something equivalent might be a new personal item to carry in your back pocket for use, as well as a face mask in case you need to stop in at a pharmacy to pick up something. It's merely common courtesy at this point.

There may be new club riders who will ride with us, once we open and the news gets out. We want to encourage these individuals, and do our best to teach them what group riding is about and how much fun it can be. Others will learn by observation on our demeanor and cycling style - how well we call our signals, pull off the front, signal stops even chase down a friendly sprint where we cumulatively catch our breath at the end. I think the invite on public media can generate a lot of interest and I would look forward to this, after all - this is our goal and vision of a bicycle club. I hope you too could possibly enjoy the prospect of new friends in our cycling world.

Safety in a group is, a big concern in my

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JULY 2020

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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

THE 2020 WHEELING WHEELMEN SEASON STARTS JULY 1ST!

I hope that you have all stayed safe riding on your own during the pandemic. The WW group rides will begin on July 1 in accordance with the State of Illinois Phase 4 guidelines.

Below are the Wheeling Wheelmen COVID Ride Guidelines effective July 1, 2020 (Illinois Phase 4) and will be reassessed upon future State updates:

- Only WW Club members can ride WW rides during this time.
- All riders should bring their own pen and will sign in at each ride.
- Cloth face coverings, buffs or masks are to be worn before (during sign in) and after the ride.
- Masks are recommended at all times where adherence to social distancing guidelines is not possible.
- Social distance guideline is 6 feet.

Additional general thoughts and recommendations:

1. We are responsible to each other to avoid getting/giving the virus. Do not ride if you are sick.
2. During this "restart" phase, please follow the WW ride and COVID guidelines and use best practices at all times. Public perception is important. We are the face of cycling.
3. Carry/use hand sanitizer.
4. There are limited "rest stops" available, carry 2 water bottles and snacks.
5. Carry/use a handkerchief when needed
6. Prepare your ride at home rather than the parking lot checking tires, brakes and drive train.

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. If you have any questions about being a ride host please contact me or ask any of your fellow members. Be sure to check our ride schedule and then just reach out to me (see No Host Click **here** for information) to indicate which rides you are interested in hosting. 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.

Regards,
Neal Barg
Ride Chair

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	
Date	Time	Ride Name	Miles	Start Location/Directions	Ride Host
Sat 7/4	8:00 am	Honey Do/Extended Do (4th of July)	30-72	<u>NEW STARTING LOCATION FOR SATURDAY RIDES</u> Huntington Plaza North of Algonquin Road, just east of Huntington Boulevard.	SHOW-N-GO
Sun 7/5	9:00 am	Sunday Short Ride	30-50	Archer Parking Lot, Long Grove On Archer between Old McHenry Rd and Robert Parker Coffin Rd in Long Grove. Park at South end of lot nearest the Fire Station.	MJ Drouganis 847-732-9093
Sat 7/11	8:00 am	Honey Do/Extended Do	30-72	Huntington Plaza See above	SHOW-N-GO
Sun 7/12	9:00 am	Sunday Short Ride		Archer Parking Lot See above	MJ Drouganis 847-732-9093
Sat 7/18	8:00 am	Honey Do/Extended Do	30-72	Huntington Plaza See above	SHOW-N-GO
Sun 7/19	9:00 am	Sunday Short Ride	30-50	Archer Parking Lot See above	MJ Drouganis 847-732-9093
Sat 7/25	8:00 am	Honey Do/Extended Do	30-72	Huntington Plaza See above	SHOW-N-GO
Sun 7/26	9:00 am	Sunday Short Ride	30-50	Archer Parking Lot See above	MJ Drouganis 847-732-9093
	7:00 am	Geneva Century	100	Archer Parking Lot See above	SHOW-N-GO
	9:00 am	Geneva Lite	50	Veterans Memorial Park Take I-94 or IL-59 North, Turn left onto IL-120 and cross the Fox River. Turn right onto Park Street for one block.	SHOW-N-GO

Due to the late start of the season and because it has been difficult to find hosts for all rides, the rides that have no hosts will be Show-N-Go rides with no sign up sheets

**Check the website for updated information and also be on the
Yahoo group for updates (see page 7 for Yahoo info)**

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.	Tuesday host: Emily Qualich 847-821-1009 Thursday host: Neal Barg 847-778-1832
Wednesday July 1	9:00 AM	No-Drop Road Ride	30-40	Woodland Trails Park 1-1/4 miles east of Rt-83 on Euclid Avenue, Mt Prospect.	7/1 host George Karpen 224-388-8866
July 8,15,22,29					July 8,15,22,29 SHOW-N-GO
Wednesday	6:00 PM	Hill and Dale Ride	25-35	Huntington Plaza Hoffman Estates North of Algonquin Road, just east of Huntington Boulevard	Jeff Rossi 708-648-9170
Thursday	6:00 PM	Thursday Night Ride	30	Archer Parking Lot see above	Paul LeFevre 224-234 0615
Friday	9:00 am	Libertyville Lunch Ride no lunch this year	32	Willow Stream Park see above	SHOW-N-GO

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
- 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

message to the Yahoo group no later than 2 hours before the scheduled ride start time.

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 in the newsletter. We also encourage people to join the Wheeling Wheelmen Facebook page and ride information is posted there, too.


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opinion. Though many of us may have ridden in these pandemic times, riding as a group is an entirely different dynamic, and something we need to adapt to again, since we may have been absent from it for a while by now.

Enjoy the long hours. We are at the height of the

longest days, and in the season's very best months to ride - so please enjoy it all, while we can. Our club has a historical habit of tapering off by October and I think you should maximize your group cycling season since so much of it was taken from you.

May the wind be at your backs, Ride safe.
Jorn



The safety of our volunteers and guests is our primary concern, so the Board has cancelled this year's Harmon 100.

Welcome

New Members

- | | |
|-------------------|------------------|
| Mike Nichols | Brian Gomez |
| Cameron McCCasey | Tristan Delforge |
| Phyllis Cohen | Joe Cohen |
| Nicholas Potthoff | Jaime Underwood |
| Indrajit Dhar | Jeff Underwood |
| Ramin Surya | |

**LAKE COUNTY FOREST PRESERVE
HAS CANCELLED ALL PERMITS FOR
JULY SO THE PICNIC HAS
BEEN CANCELLED**

SUNDAY, JULY 12



*A Special
Thank
You!*

Nhat Tran - for setting up our Meetup group and virtual riding

The Jersey Team: MJ Drouganis, Scott Assmann & Guy Ockerlund



5 SIGNS OF DEHYDRATION AND WHAT YOU CAN DO TO ABOUT IT

IF YOU WAIT TO DRINK UNTIL YOU'RE THIRSTY, YOU'RE ALREADY TOO LATE.

Hydration seems really simple—just drink water when you're thirsty, right? But the problem with proper hydration is that most people, especially those of us who work out regularly, are already dehydrated *before* they even start training.

“Dehydration occurs from inadequate water intake or excessive water loss, but most commonly both,” explains M. Ramin Modabber, M.D., the chief medical officer of the AMGEN Tour of California.

The average cyclist, especially if you like to ride first thing in the morning, is already working from a deficit the moment they start pedaling. In fact, “most people are one to two percent dehydrated just walking around,” says Doug Casa, Ph.D., Chief Executive Officer of The Korey Stringer Institute, which provides research on exertional heat stroke prevention. And if you're dehydrated by even two percent of body weight, it will have a negative effect on your cognitive function, according to a recent meta-analysis of 33 studies published in the journal *Medicine and Science in Sports and Exercise*.

It's not just your brain that suffers (although that should be a concern as we need our wits about us while navigating roads, traffic, and obstacles—in addition to our own performance); it's everything from endurance and speed to balance.

“When we work out in warmer weather, our blood isn't just shared between the heart and the muscles; it also has to be shared with the skin for the process of sweating,” Casa explains. “So you have less blood to carry oxygen and nutrients to your muscles, to get rid of waste products in your heart, and to maintain your cardiac output and keep your heart rate down, because a huge amount of that blood is now dedicated to helping you cool yourself.”

If you wait to drink until you're thirsty, you're already too late. Thirst kicks in when you're about two percent dehydrated, but dehydration decreases cycling performance independently of thirst, according to additional research recently published in *Medicine and Science in Sports and Exercise*. And while certain factors like wind resistance can keep you from feeling less sweaty, they may also trick you into thinking

you're not losing as much water via sweat as you really are.

If you're not pre-hydrating before you ride and rehydrating on the road, you run the risk of dealing with some serious side effects that could harm your performance *and* your health. Here are five signs of dehydration to watch out for—and how to deal.

1. Your Heart Is Racing

What's going on: If you're dehydrated on a ride, you might notice your heart rate spiking. “Dehydration causes a decrease in blood volume, which results in the thickening of the blood and a decrease in the the heart's ability to supply fuel to our muscles,” says Modabber. “That means the heart has to work harder—hence the higher heart rate—to pump the same amount of fuel to our muscles.”

What to do about it: Rehydrating as soon as possible is key, he says. “But it's important to note that oral rehydration involves more than simply drinking water,” he says. “Since we lose water and electrolytes, it's optimal to replace *both* of these when managing clinical symptoms.” Adding an electrolyte-infused drink mix to your water bottle when things get tough can go a long way in bringing your fluid and electrolyte levels back to normal. If your heart rate is abnormally high, though, Modabber recommends decreasing your energy output until it calms down.

2. You're Suddenly Lightheaded or Dizzy

What's going on: Your brain is 80 percent water, says Jennifer Williams, the in-house research scientist for Pedia-lyte, so even small changes in your hydration levels can cause symptoms like dizziness. “The loss of key electrolytes like sodium, potassium, and chloride can affect the messaging between the brain and muscle and nerve cells throughout the body, which can keep your brain from working optimally,” she explains. Plus, decreased blood volume reduces the amount of oxygen and other nutrients your organs—including your brain—receive, adds Shayne Gaffney, owner of GC Coaching and USA Cycling-certified coach, which can definitely lead to wooziness.

What to do about it: If you're feeling dizzy or lightheaded while riding, the first thing to do is a no-brainer: “Stop immediately, as you risk crashing and doing serious damage to yourself,” Gaffney says. Then, prioritize your electrolytes. “When your body has an electrolyte imbalance, it doesn't absorb fluids like it should,” says Williams. A solution with a balance of sugar and sodium can help you replenish fluids and

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electrolytes effectively and once you replace what's been lost you should feel better, she says. But you shouldn't wait for symptoms; hydrating *while* riding will maintain your fluid and electrolyte levels and prevent future dehydration, she adds.

3. You Get a Pounding Headache

What's going on: There are a lot of things that can cause headaches, but if you started your ride feeling good, didn't drink much, and are now suffering from a headache, chances are dehydration is to blame. "Dehydration causes the brain to shrink and pull away from the cranium which causes the pain receptors in the membranes around your brain to become irritated," says Shayne.

What to do about it: Surprise: Drink more. "The best way to alleviate a headache due to dehydration during a ride would be to rehydrate properly, and/or take an over-the-counter pain reliever," says Williams. Dehydration headaches tend to feel like hangover headaches, so anyone who's ever chugged a Pedalyte after a rough night out would be well served to try the same thing here. Another alternative is using a powdered oral rehydration solution like Skratch Labs Wellness Hydration Drink Mix, which is flavored with real fruit and contains no artificial ingredients. And next time, make sure to hydrate *before* you saddle up, so any additional fluid loss doesn't derail your ride.

4. Your Skin Looks Dry and Stiff

What's going on: Your skin is about two-thirds water content, explains Modabber. "Since sweat production decreases during dehydration in an effort to retain fluid, body temperature rises," he says. That can cause your skin to appear dry

or less elastic (i.e. if you pinch yourself, the skin won't snap back into place) as your body tries to direct water content to the vital organs versus less vital areas.

What to do about it: If your body is at the point where it's redirecting fluids away from the skin, then you a) need to start immediately and frequently rehydrating. But this is also a sign that you really need to pay attention to pre-hydration. "Topping off the tank before endurance activities is often overlooked and is probably the single most important variable that an athlete can control," Modabber says. "A common strategy is to begin drinking your favorite sugar/electrolyte solution 12 to -24 hours before an endurance activity." He suggests drinking four to six ounces every one to two hours)

5. Your Pee is an Alarming Color (or Smell)

What's going on: Your kidneys are really in charge of your hydration state—they can excrete water when you've had enough or hang on to it in times of early dehydration. "The color and smell of urine come from the filtered waste products of the kidneys," explains Gaffney. "As the body becomes dehydrated, and there's less water to dilute the waste products, the urine excreted gradually becomes more concentrated and thus darker."

What to do about it: This is something you can try to monitor during your ride, especially over the course of very long rides. "The color of your urine should be clear or a very light straw color. If you notice your urine is anything darker than clear or a very light straw color, you aren't drinking enough or you're exercising too hard for the climate you're in, and you need to adjust accordingly," he says. The next time you take a pee break, you should see an improvement in the color if you're doing things right; otherwise, continue to adjust.

FROM BICYCLING MAGAZINE

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@yahogroups.com

To Unsubscribe send an email message to:
wheelingwheelmen-unsubscribe@yahogroups.com

To post a message send your message in an email to:
wheelingwheelmen@yahogroups.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
 Picnic July 12—Cancelled
 Harmon 100—Cancelled



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