



# MONTHLY MEANDERS

## PRESIDENT'S CORNER

April 2021

Welcome everyone to March as it comes in like a lamb. I sure hope spring is not like last year.

Another month has gone by since our last regularly scheduled meeting and I along with the board have been very busy in the background working on various projects concerning our great club.

I need all of you to check out our home page at [wheelmen.com](http://wheelmen.com). The webmaster has been very busy with new and updated changes. As I promised you last month I will continue to amaze you with "one-stop-shopping" on these changes to the Wheeling Wheelmen website.

So anytime you are in need of information on the Wheeling Wheelmen simply go to our home page and I guarantee you will find it there. After arriving to our home page and noticing the new website and Harmon banners click on

"Club Rides" and go to the bottom and click "Route Library" taking note of the club rides listed there. This is assuming you are a member. You will see the "Ride name, Distance and Starting Location." Clicking on "Google Map" will launch "Google Maps" showing you the starting point where you can click "Directions" that will guide you to all your fellow club members waiting for you to join in on another great riding experience with them.

Clicking on "Ride with GPS" will take you to the "Ride with GPS" website where the club ride for that day can be downloaded to your bicycle "Smart" computer or navigation unit to guide you through turns and long straights with the wind at your back.

I need to rant here a little bit about the "Gentleman's agreement" - simply understood as part of an unspoken

agreement by convention or through mutually-beneficial etiquette" that was in place back in the 80's and 90's between invitational hosting clubs where "one club would not step on another club's invitation- al date," Please continue reading. The good news is the board has set a date for the Harmon Hundred for August 1st. After fifty years we were forced to move the Harmon Hundred from its original date of the 1st Sunday following Labor Day to August 1st as a particular club moved their ride from the 4th Sunday of June to the "Harmon Hundred" date without so much as a "by the by". The bad news is the "Harmon Hundred" ride is COVID-19 permitting.

Another bicycle club claimed this "blah, blah, blah... has been known for sponsoring the first invitational of the biking season". Fact checking

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## WELCOME new members

Michael Burg  
 Courtney Burg  
 David Taylor  
 Tony de Shazer  
 Ashish Bhati  
 Mary Cooper  
 Michael Madio  
 David Magdowski

## Club Officials

### Elected Officers

#### President

George Karpen 224-338-8866

#### 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 **OPEN**

#### 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 15th 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

## RIDES AND HOSTING

For 2021 we have weekly morning rides scheduled for each day of the week except for Monday and night rides scheduled for Tuesday, Wednesday and Thursday evenings. All weekly rides have designated hosts except for the Saturday morning Honey Do from the Huntington Plaza Shopping Center.

For those of you who regularly ride the Honey Do we are looking for a ride host or hosts for this season. Please reply back to me if you wish to host this ride or have any questions about hosting. We will not cancel a ride if there is no host, but will list the ride as show and go in the weekly ride email that is sent out on Mondays.

A couple of important items to note for this season are:

The Harmon is tentatively scheduled for August 1st in Illinois (more information to follow) and the Pre- Harmon on July 25th.

The weekly Friday morning ride from Willow Stream to Libertyville will be designated as the club Social Ride- a 30 miler with a special focus and introduction for new members.

We will also be looking for RIDE HOSTS for the following specialty rides for 2021. Please contact me if you are interested in hosting any of these rides so that we may add to the ride schedule. (See the monthly ride schedules for more ride details.)

Sat 5/8 Twice Baked 40/80  
 Mon 5/31 Memorial Day 36/46  
 Sat 6/19 City of O's 50/88  
 Sun 6/27 Kenosha Bound LMS 89/61/37  
 Sat 7/3 Retro Harmon 68/102  
 Sat 7/10 Bastille Day 59/74/95  
 Sun 7/25 Pre-Harmon TBD  
 Sun 8/8 Kenosha Bound LMS 89/61/37  
 Sat 8/14 Triple Deerpass 66  
 Mon 9/6 Loops of Lakewood 28/34/40/69  
 Sun 9/12 Geneva Century/Lite 100/50  
 Sat 9/18 Vern's PITA 39/61

Neal Barg,  
 VP/Ride Chair  
 nlb1@msn.com

### Wheeling Wheelmen COVID Ride Guidelines

- 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. 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. Carry a mask to use in case you need to enter a building such as a gas station.
5. There are limited "rest stops" available, carry 2 water bottles and snacks.
6. Carry/use a handkerchief when needed
7. Prepare your ride at home rather than the parking lot to check tires, brakes and drivetrain.

APRIL 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	
Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Sat 4/3	9:00 am	Honey Do/ Extended Do	30-72	<b>Huntington Plaza</b> Hoffman Estates North of Algonquin Road, just east of Huntington Boulevard.	<b>TBD</b>
Sun 4/4	9:00 am	Broken Oar  <b>Easter</b>	30-50	<b>Archer Parking Lot</b> On Archer between Old McHenry Rd and Robert Parker Coffin Rd in Long Grove. Park at South end of lot nearest the Fire Station.	Joe Beemster 847-215-2314 or MJ Drouganis 847-732-9093
Sat 4/10	9:00 am	Honey Do/ Extended Do	30-72	<b>Huntington Plaza</b> See above	<b>TBD</b>
Sun 4/11	9:00 am	Inverness Ride		<b>Archer Parking Lot</b>  See above	Joe Beemster 847-215-2314 or MJ Drouganis 847-732-9093
Sat 4/17	9:00 am	Honey Do/ Extended Do	30-72	<b>Huntington Plaza</b> See above	Tara & Don Sotor 847-431-8639
Sun 4/18		Nippersink Ride		<b>Archer Parking Lot</b>  See above	Joe Beemster 847-215-2314 or MJ Drouganis 847-732-9093

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Sat 4/24	9:00 am	Honey Do/ Extended Do	30-72	<b>Huntington Plaza</b> Hoffman Estates North of Algonquin Road, just east of Huntington Boulevard.	<b>TBD</b>
Sun 4/25	9:00 am	Sunday Saunter	30-50	<b>Archer Parking Lot</b> On Archer between Old McHenry Rd and Robert Parker Coffin Rd in Long Grove. Park at South end of lot nearest the Fire Station.	Joe Beemster 847-215-2314 or MJ Drouganis 847-732-9093

**BE SURE TO CHECK WEBSITE AND/OR FACEBOOK FOR ANY LAST MINUTES CHANGES**

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will find that this particular ride has always taken place on the 2nd or 3rd Sunday of April. The Wheeling Wheelmen has always hosted the "St Patrick's day invitational, please note the keyword invitational, on the Sunday closest to either the weekend before or after St Patrick's day and always around the middle of March making our "Everyone is Irish" that day the very first invitational of the year going back to at least no later than 1982.

I am hoping that soon the website home page will accommodate a section in the lower left hand corner called "Tells from the Board." This will be where Ella can post editorials, I can post my columns, and the

board will be free to post the many things they've accomplished for the club to entertain and delight all members and visitors alike.

I would also like to take the time here to invite back Joe "the decade" Beemster to participate and share with us his tells of wisdom in this new "Tells from the Board" corner. Please say "yes" Mr. Beemster.

Ride safely everyone as it is the camaraderie we are here for.

George Karpen  
President

**PROCEDURE PROCESS:  
IN QUESTIONABLE  
WEATHER SITUATIONS**

If the ride host considers the weather forecast to be severe enough to cancel the ride, they should post a message on the [Wheeling Wheelmen Groups.io](#).

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, they should post a mes-

sage to the Groups.io no later than 2 hours before the scheduled ride start time.

- 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, they 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

Groups.io but if a rider cannot access the group, the host can be contacted at the phone number listed on the ride schedule.

Every member should consider subscribing to the group especially if they are planning on doing rides starting in the outlying areas. Instructions for subscribing to our Groups.io are listed in the newsletter. We also encourage people to join the Wheeling Wheelmen [Facebook page](#) and ride information is posted there, too.

Weekly Rides					
Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Tues	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 the right.	Johannes Smits 630-935-4074
Tues	6:00 PM	Working Stiffs Ride	18-30	<b>Archer Parking Lot</b> On Archer between Old McHenry Rd and Robert Parker Coffin Rd in Long Grove. Park at South end of lot nearest the Fire Station.	Jorn Lim 847-345-0704
Wed	9:00 AM	No-Drop Road Ride	30-40	<b>Woodland Trails Park</b> 1-1/4 miles east of Rt-83 on Euclid Avenue, Mt Prospect.	George Karpen 224-338-8866
Wed	6:00 PM	Hill and Dale Ride	25-35	<b>Crank Revolution</b> 1636 Algonquin Road Hoffman Estates In Huntington Plaza, North of Algonquin Road, just east of Huntington Boulevard	Jeff Rossi 708-648-9170
Thurs	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 the right.	Neal Barg 847-778-1832
Thurs	6:00 PM	Thursday Night Ride	30	<b>Archer Parking Lot</b> see above	Paul LeFevre 224-234 0615
Fri	9:00 am	Social Ride	30	<b>Willow Stream Park</b> see above	Emily Qualich 847-821-1009



The **Wheeling Wheelmen Bicycle Club** has an active Groups.io available on the Internet. The group works like a bulletin board and allows us to exchange emails with other club members without having to know everyone's individual email address. You must subscribe to the group - and be approved by our moderator - before you can send or receive messages. Follow the instructions required by Groups.io to complete your registration.

NOTE: Due to spam and email address hijacking concerns, subscription to the Wheelmen 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/unsubscribe or post a message to the Wheelmen Group

visit [wheelmengroups.io](http://wheelmengroups.io) for more information

## Don't Crash! How to Approach the Most Common Road Hazards on a Bicycle

Cycling is a unique sport because its arena is the open road. That's the same place frequented by traffic, potholes, snarling dogs and absent-minded pedestrians.

But sometimes we're our own worst enemy. Inattention and poor technique can put us on the pavement as fast as any hazard. Use these tips and you'll be less likely to take a tumble.

- **Always ride with your head up.** While cruising along, it's tempting to stare at the whirling pattern of the front spokes or fixate on your bike computer's numbers. A momentary downward glance that lasts just a second too long can mean riding into a problem that could easily have been avoided.
- **Focus.** The smooth and rhythmic motion of pedaling can have a hypnotic effect. Daydreaming cyclists have crashed into the back of parked cars, wandered far into the traffic lane or blithely ridden off the road. Don't let yourself be separated from the outside world by the vivid canvases created by your imagination. Keep your head in the game.
- **Keep your bike in top mechanical condition.** Repair or replace faulty parts sooner rather than later. It's a loser's game to milk just one more ride out of worn brake pads, a frayed cable, or tires with a threadbare tread or bulging sidewall. Your first line of defense against the challenges of the real world is a bike with all parts in good working order.

### Punctures

It's every rider's fate to flat. But it's relatively easy to limit the frequency.

- **Choose your line with care.** The best way to avoid punctures is also the easiest: Steer around broken glass, road rubble and potholes.
- **Check your tires.** Inspect the tread after every ride for embedded debris. Remember, most punctures are caused by something sticking to the tread and working through during numerous wheel revolutions. Replace tires before they become so thin that

they're virtually defenseless against pointy things.

- **Check inflation pressure every couple of days.** Tubes are slightly porous and may lose several pounds of pressure each day. Road tubeless tires lose air too. Too-soft tires corner poorly, wear fast, and don't protect your rims against metal-bending impacts.

### Potholes

Hitting potholes can bend your rims beyond repair. If it's deep enough, it will send you hurtling over the handlebar when you bury the front wheel and the bike suddenly stops. Here's a primer on pothole evasion.

- **Note where potholes lurk** on your normal training routes. Plan your line well in advance to avoid them. Don't expect the road to be in the same condition every day. Potholes have a habit of sprouting up out of nowhere, especially in the winter and early spring due to the daily freeze/thaw cycle.
- **Treat potholes like glass.** Ride around them, first checking behind for traffic. Be mindful of riding partners when you change your line. Newly minted pot-holes present a double hazard — the chasm itself, and the chunks of shattered pavement around it. If the pothole doesn't bend your wheel, the sharp bits of rubble might puncture your tire. Give these highway craters a wide berth.

### Railroad Tracks

Unlike most dangers, tracks can't be ridden around. You can suffer an instant crash if your tires slip on the shiny steel rails. Ride with extreme caution and follow these safety tips.

- **Slow down!** Tracks are rough, and even if you don't crash you could get a pinch flat. This happens when you ride into something abrupt, like a rail, and it pinches the tube between the tire and rim, slicing two little holes in the tube.
- **Rise slightly off the saddle.** Have equal weight on your hands and feet. Let the bike chatter beneath

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you. Use your flexed arms and legs as shock absorbers.

- **Cross tracks at a right angle.** If the rails are diagonal to the road and you cross them at an angle, your front wheel can be twisted out from under you. A perpendicular passage is essential in the rain. Wet metal tracks are incredibly slippery. The slightest imbalance or abrupt move can send you sprawling.

**Additional Slick Spots**

- **Painted lines.** These can be slippery, especially the wide markings for pedestrian crossings at intersections. The paint fills in the asphalt’s texture, producing a surface that’s uncertain when dry and deadly when wet. The danger is worse when the paint is new.
- **Dry oil slicks.** These may be nearly invisible, but you can spot them as darker streaks on a gray pavement. Be real careful in corners. You aren’t safe if you ride through oil on the straights. The greased tread might slip in a corner just ahead.
- **Wet oil slicks.** If it rains, a small oily patch can

grow until it covers the whole lane. Be on the lookout for the telltale multi-colored water. There’s no pot of gold at the end of this rainbow, only a black-and-blue meeting with the pavement.

- **Wet metal.** If it’s been raining and you come up on *anything* metal in the road (manhole cover, steel-deck bridge, road-repair plate), it’s as treacherous as riding on ice. Cross it with the bike absolutely upright. Even a slight lean can cause the wheels to slip. Smart riders walk their bikes across wet steel bridges.
- **Wet leaves.** Be very careful in the fall, or you will. Even if the road is dry, there can be moisture trapped between leaves littering the pavement. When you see leaves in a corner, slow down and round the bend with your bike upright, not angled.
- **Sewer grates.** Some old ones have bars that run parallel to the street and are wide enough to let a bike wheel fall through. If this happens, you can look forward to a trip to the hospital. Many municipalities have replaced such grates with bicycle-friendly versions, but be careful in case a town hasn’t gotten the message yet.

From: roadbikerider.com

**WEEKEND RIDES**

**Horsey 100, May 28-30, Georgetown, KY**

This is a family-friendly, tandem-friendly event that features rolling hills, well-maintained roads, and the gorgeous scenery of Kentucky’s streams, woodlands and Bluegrass farms. The memories you make here are guaranteed to last a lifetime! Saturday: 30, 50, 66, 74 & 100 miles, Sunday: 33, 41, 49, & 75 miles

Visit their website for more info,

[Horsey 100](#)

(there is a waiting list)

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**TOMRV 44, June 11-13**

**New location:** at the Isle hotel in Bettendorf, Iowa for the entire weekend. We will not be traveling to Dubu-

que IA and back. Saturday and Sunday rides will leave from the Isle hotel each morning and return to the Isle hotel each afternoon. Saturday: 65-100 miles, Sunday: 65-100 miles

Visit their website for more info

[Qbc.org](#)

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**Amishland & Lakes, July 31-August 1, Howe IN**

A two day bike tour of the Amish countryside and lakes of northeast Indiana, 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.

Visit their website for more info

[amishlandlakes.com](#)





P. O. Box 7304  
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60089-7304  
wheeling@wheelmen.com

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

Join us on



[Wheelmen Bicycle Club](#)  
[Harmon Hundred](#)

**SAVE THE DATE**

Aug 1—Harmon 100



**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](http://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](http://amlingscycle.com)

#### B&G CYCLERY [bgcyclery.com](http://bgcyclery.com)

131 E. Rollins Rd, Round Lake Beach, 847-740-0007

#### CRANK REVOLUTION

1636 Algonquin Road 847-790-5115  
Hoffman Estates, [crankrevolution.com](http://crankrevolution.com)

#### DEERFIELD CYCLERY

705 Waukegan Rd., Deerfield  
847-945-0700 [deerfieldcyclery.com](http://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](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 MILE 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 847-433-8735  
Highland Park [trekhpk.com](http://trekhpk.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)

#### ZION CYCLERY

2750 Sheridan Rd, Zion  
847-746-2200 [zioncyclery.com](http://zioncyclery.com)