



MONTHLY MEANDERS

PRESIDENT'S CORNER

July 2021

President's update for Tuesday the 8th of June, 2021;

Article IV Section 6 of the Wheeling Wheelmen Constitution states "**The Board shall meet at least six times per year.**"

On Monday, May 3rd the Wheeling Wheelmen Board voted **four to three** to cancel the "Harmon Hundred" for the year 2021. The board also voted on and unanimously approved to co-host the "Harmon Hundred" with the McHenry County Bicycle Club using the "Udder Century" course.

On Tuesday, May 11 McHenry County College sent an email to me and this is a portion of it: "It looks like we can move forward with the September 12th date" in reference to conducting the 2021 Harmon Hundred. Please note that the

September 12th date is in keeping with the Harmon Hundred tradition of hosting this event on the first Sunday after Labor Day.

I then phoned McHenry County College and we are now penciled in to host the Harmon Hundred at McHenry County College in partnership with the McHenry County Bicycle Club on Sunday, September 11, 2022.

I will continue my devotion to the work needed on the Harmon Hundred. The labors of Hercules pale in comparison. I am at the point where I need to deposit rental holding fees to reserve facilities for September 11, 2022.

We as a club need a much more popular and successful Harmon Hundred now more than ever. For instance, the dues the club collects does not even cover the cost of

insurance much as less the cost of the banquet or a picnic, etc. Our donations to the "League of American Bicyclists", "Active Transportation Alliance" and to "Ride Illinois" are way down over the years. All due to the fact that the Harmon Hundred has been going downhill financially ever since it left Wheeling. We use to have the largest voice in the country with the League of American Wheelmen and in the state with the League of Illinois Bicyclists through our club contributions and members participation in these organizations. All of that effort led to improved roads, more bicycle paths and increased safety with the share the road campaign. My vision for the future is to bring the Harmon Hundred back to Illinois and that has taken hundreds of hours of work in putting together two very high pro-

(Continued on page 6)

INSIDE THIS ISSUE:

CLUB OFFICIALS	2
TOP 20	2
RIDE HOSTS	2
JULY RIDES	3-4
WEEKLY RIDES	4
PIZZA PARTY	5
GROUPS.IO	5
TDF FACTS	6
BIKE FIT	7
INVITATIONALS	7
FACEBOOK LINKS	8
DISCOUNTS	8



Happy 4th of July

Club Officials

Elected Officers

President

George Karpen

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

Groups.io 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

TOP 20 MILES

through June 25

108 rides by 122 members

4,563 max miles

Women:

1 Emily	Qualich	1903
2 Betsy	Burtelow	1233
3 Jeannie	Siewert	1043
4 Debbie	Wilson	924
5 MJ	Drouganis	835
6 Ella	Shields	776
7 Pat	Calabrese	566
8 Paula	Matzek	503
9 Cindy	Kessler	351
10 Sheri	Rosenbaum	321
11 Kris	Woodcock	314
12 Cindy	Trent	285
13 Banu	Sheehan	238
14 Tara	Riley	223
15 Jean	Zuccarello	203
16 Kimberly	Heuer	142
17 Pam	Kaloustian	122
18 Sheri	Richardson	105
19 Madhu	Alexis	86
20 Ellen	Heineman	86

Men:

1 Paul	LeFevre	1967
2 Johannes	Smits	1672
3 David	Magdowski	1528
4 David	Waycie	1416
5 Jim	Boyer	1370
6 Mitch	Polonsky	1259
7 Alex	Halamaj	1131
8 Neal	Barg	1125
9 Scott	Assmann	921
10 Brian	Blome	886
11 Toan	Tran	831
12 Jeff	Rossi	811
13 Rich	Vichotka	725
14 Tom	Wilson	703
15 Leslie	Scott	637
16 Kilian	Emanuel	618
17 Jorn	Lim	615
18 Luis	Magana	605
19 Jeffrey	Strauss	576
20 Dennis	Ellertson	544

Total Rides Led

Through June 25

Banu Sheehan	2
Betsy Burtelow	1
Dan Wiessner	1
Deb Wilson	1
Dennis Ellertson	12
Don Sortor	1
Ella Shields	4
Emily Qualich	10
Frank Bing	3
Jeff Rossi	9
Jeff Strauss	1
Jim Boyer	1
Joe Beemster	8
Johannes Smitts	15
Jorn Lim	11
MJ Drouganis	8
Neal Barg	15
Paul LeFevre	19
Roland Cooper	1
TOTAL HOSTS	19

RIDE SIGN IN

As a reminder, Please remember to sign in for rides. Not sure of how many miles you are riding, then leave it blank. You can always email me with corrections.

Data is used to:
Keep track of how many members attended a ride. Which rides are popular and which ones are less attended. Do we need to make changes to schedule?

Let's us market our club with info on how many miles the club as a total has ridden, how many rides we do in a given season.

Thanks,
Emily, Membership 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
--------------------------	--------------------------	---	--	---

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Sat 7/3	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza Hoffman Estates North of Algonquin Road, just east of Huntington Boulevard.	Show N Go
	8:00 am	Retro Harmon	68/102	Wauconda H.S. North on US-12 to Bonner, right to Old Rand Road / Main, right to the high School on right	Paul LeFevre 224-234 0615
Sun 7/4	9:00 am	Ride of Many Lakes 4th of July	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.	Joe Beemster 847-215-2314or MJ Drouganis 847-732-9093
	6:30-9:00 am	July 4th Metric Century Plus	25-62+	Plainfield South High School 7800 West Caton Farm Rd Plainfield, IL	Invitational Joliet Bicycle Club
Sat 7/10	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go
	8:30 am	Bastille Day Ride	59/74/ 95	Paris Consolidate School I-94 North, Exit 142 West to County D, turn left to the school	Show N Go
Sun 7/11	9:00 am	Let's Go Lindy	30-50	Archer Parking Lot See above	Joe or MJ see above
Sat 7/17	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go
Sun 7/18	9:00 am	Covered Bridges	30-50	Archer Parking Lot see above	Joe or MJ see above
Sat 7/24	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go
Sun 7/25	9:00 am	Have I Been There	30-50	Archer Parking Lot See above <u>JERSEY DAY</u> <u>WEAR YOUR CLUB JERSEY</u>	Joe or MJ see above

**If you would like to lead a ride please contact Neal Barg at nlb1@msn.com
BE SURE TO CHECK WEBSITE /FACEBOOK FOR ANY LAST MINUTES CHANGES**

JULY RIDE SCHEDULE CONTINUED

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Sun 7/25	7:00 am	Geneva Century	100	Archer Parking Lot See direction on page 3	SHOW N GO
	9:00 AMm	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
Sat 7/31	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza See page 3 for directions	Show N Go

Weekly Rides

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Tues	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.	Johannes Smits 630-935-4074
Tues	6:00 PM	Working Stiffs Ride	18-30	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.	Show N Go
Wed	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.	Dennis Ellertson 847-255-9323
Wed	6:00 PM	Hill and Dale Ride	25-35	Crank Revolution 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	Willow Stream Park 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	Archer Parking Lot see above	Paul LeFevre 224-234 0615
Fri	10:00 am	Lunch in Libertyville	32	Willow Stream Park see above	Frank Bing 847-814-9925



Sunday, August 8

(rain or shine)

12:30 p.m.

Joanie's Pizzeria of Long Grove
on the deck

235 Robert Parker Coffin Rd.

\$20.00 CASH ONLY

Includes, salad, pizza, soft drink, tax & tip

We will be sending out an evite to all members

PLEASE RSVP BY AUG 1



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.



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

To subscribe/unsubscribe or post a message to the Wheelmen Group

visit wheelmengroups.io for more information

file proposals to accomplish this. But this pales in comparison and is all for null without you the club members. I need you and the club needs you along with cyclists everywhere. Meeting up with a group of riders without belonging to a "Ride Illinois" club does nothing for improving the roads and safety of fellow cyclists. It is clubs like the Wheeling Wheelmen, Arlington Heights Bicycle Club, McHenry County Bicycle Club, Evanston Bicycle Club, Bicycle Club of Lake County, etc., that contribute money and advice that enables these organizations to advocate for these improvements. We owe it to each other and younger cyclists everywhere to join these clubs and volunteer to do what we can to accomplish this. It is the actions that we take now that will ultimately judge us.

On another note I contacted the Prospect Heights Library June 5th when they held their "Grand Reopening". 912 people showed up that Saturday. On Monday

June 7th I drove over and spoke in person with the library manager. This is where the Wheeling Wheelmen held their open board meetings. I would like as many club members who are able to, to attend these board meetings. The library was completely reconfigured and there is now only a single eight person room available on a first come first serve basis at no charge. No reservations accepted. A bigger room will be available in September via reservation for \$25-\$50 per meeting. I spent a full day contacting libraries and schools looking for a place for us to hold a board meeting with no facilities that were willing to accommodate us still due to COVID. So if anyone is aware of such facilities where the club could hold its monthly meetings, please contact me or another board member through groups.io and I will most certainly look into it.

Be safe,
George

12 INTERESTING FACTS YOU MAY NOT KNOW ABOUT TOUR DE FRANCE

1. The first Tour de France race was held in 1903.
2. The youngest rider ever to win the Tour de France was Henri Comet - he was only 19 years old when he won in 1904.
3. The oldest person to win the Tour de France was Firmin Lambot who was 36 years old when he won in 1922.
4. 19 July 2019 was exactly 100 years since the first yellow jersey was worn. The first rider to wear one was Eugene Christophe, who led the general classification until the day before the finish.
5. 2019 Tour de France riders cycled 2,150 miles over 21 Stages. There were 8 flat stages, 5 hilly stages, 6 mountain stages and 2 time trial stages. There were also 2 rest days.
6. Sometimes the riders and their bikes have to fly across France to get from the end of one stage to the start of the next.
7. There were more than 42,000 water bottles used by teams in 2019 race.
8. The nickname for the Tour De France is 'La Granda Boucle' which means the big loop.
9. The average cyclist burns around 4000 and 5000 calories during each stage of the tour, that's 123,900 for the whole race or the equivalent of 252 McDonalds cheese burgers!
10. Until the 60's it was common for participants to drink alcohol during the race to numb the pain!
11. Over the whole course of the Tour De France, participants will sweat enough to flush a toilet 39 times
12. Over 12 million spectators line the streets during the Tour De France, making it the biggest sporting event in the world.

From: www.worldcycletours.com/blog/2019/12-interesting-facts-you-may-not-know-about-the-tour-de-france

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 overreach 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

INVITATIONALS

July 4, July 4th Metric Century Plus, Plainfield
25-62+ miles, for more info visit their [website](#)

July 10, Salvation Army ride, Sheboygan, WI.,
10-100 miles, visit their [website](#) for more info

July 18, Biking with Beanzie, DeKalb, 20, 40, 62 miles
for more info visit their [website](#)

July 31-Aug 1, Amishland & Lakes, LaGrange, IN
Saturday 22-100 miles, Sunday 23-50 miles, visit their
[website](#) for more info



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

We are on the web
wheelmen.com

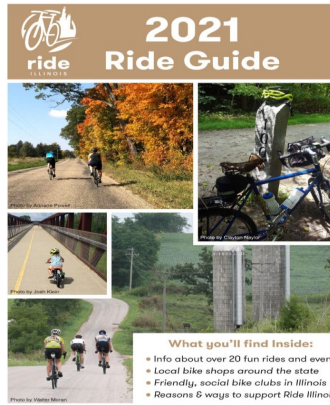
Join us on



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

SAVE THE DATE

Pizza Party—Aug 8



Visit the [website](#) for info



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 636 Algonquin Road
Hoffman Estates, 847-790-5115, [crankrevolution.com](#)

DEERFIELD CYCLERY 847-945-0700
705 Waukegan Rd., Deerfield, [deerfieldcyclery.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 CYCLES 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](#)

ZION CYCLERY 2750 Sheridan Rd, Zion
847-746-2200, [zioncyclery.com](#)