



# MONTHLY MEANDERS

## PRESIDENT'S CORNER

Aug 2021

President's update for Tuesday the 13th of July, 2021:

For those of us who love numbers, this month I am going to support by the numbers why the "Harmon Hundred" is returning to Illinois and why it would be more than foolish to remain in Wilmot, WI any longer.

To quote a famous proverb in 1985 when *The Washington Post* quoted a San Francisco radio host from KNBR remarking "That would be like putting lipstick on a pig". You can say all you want about the Bears game, weather, other participant sports etc, etc diminishing the turnout for the "Harmon Hundred" in Wilmot, WI in any given year but we have waited 20-twenty years and we are still not any closer to even half of the turnout at Wheeling H.S.. The definition of insanity is repeating the same thing over and over again expecting a different result.

On pages five and six you will find a spreadsheet. We have much more detailed statistics on the "Harmon Hundred" since Emily has taken over in 2010. Prior to 2010 these statistics are all that can be gathered using the Wheeling Wheelmen news letter the Monthly Meanders". For years that are left blank or null their are no statistics that can be found.

A bit of history here. When the "Harmon Hundred" was being pushed into Wilmot, WI, those that were doing the pushing would not listen to reason about the ramifications of a lesser turnout because of the move. They promised hundreds of more cyclists from all over southern Wisconsin. We average 66-sixtysix per year from that state.

Twenty years to right this wrong. Look at the average, look at the total. Next month I will compare these numbers with the "Udder Century".

George

(Continued on page 5)

### INSIDE THIS ISSUE:

CLUB OFFICIALS	2
TOP 20	2
RIDE HOSTS	2
AUG RIDES	3-4
WEEKLY RIDES	4
PIZZA PARTY	7
INVITATIONALS	7
GROUPS.IO	7
RIDING IN HEAT	8-9
FACEBOOK LINKS	10
DISCOUNTS	10



Russ Lund  
 Peter Braun  
 Rahi Dasadia  
 LeeAnn Nelson  
 William Moran  
 Helen Schubbe

### 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 7/26  
151 rides by 131 members  
6,924 max miles

Men:

1	Paul	LeFevre	2626
2	Johannes	Smits	2354
3	Jim	Boyer	1911
4	David	Magdowski	1781
5	Dave	Waycie	1769
6	Alex	Halamaj	1764
7	Mitch	Polonsky	1714
8	Neal	Barg	1385
9	Scott	Assmann	1365
10	Toan	Tran	1189
11	Jeff	Rossi	1109
12	Brian	Blome	1091
13	Leslie	Scott	1054
14	Keith	Carlson	992
15	Vince	Kelley	955
16	Luis	Magana	919
17	Tom	Wilson	909
18	Jorn	Lim	903
19	Joe	Beemster	855
20	Rich	Vichotka	845

Women:

1	Emily	Qualich	2703
2	Betsy	Burtelow	1774
3	Jeannie	Siewert	1473
4	MJ	Drouganis	1345
5	Debbie	Wilson	1243
6	Ella	Shields	1093
7	Pat	Calabrese	832
8	Kris	Woodcock	714
9	Paula	Matzek	566
10	Tara	Riley	535
11	Cindy	Kessler	515
12	Cindy	Trent	514
13	Sheri	Rosenbaum	425
14	Banu	Sheehan	344
15	Jean	Zuccarello	341
16	Lorrie	Heymann	339
17	Kimberly	Heuer	220
18	LeeAnn	Nelson	217
19	Nancy	Beck	207
20	Reinhilde	Geis	199

**Through  
7/26**

**Total Rides Led**

Banu Sheehan	2
Betsy Burtelow	1
Brian Hale	4
Dan Wiessner	1
Dave Waycie	1
Deb Wilson	1
Dennis Ellertson	15
Don Sortor	1
Ella Shields	7
Emily Qualich	12
Frank Bing	7
Jeff Rossi	13
Jeff Strauss	1
Jim Boyer	1
Joe Beemster	10
Johannes Smitts	20
Jorn Lim	11
MJ Drouganis	13
Neal Barg	18
Paul LeFevre	23
Roland Cooper	1
<b>Total Hosts</b>	<b>21</b>

**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

Aug 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
Sun. 8/1	9:00 am	Roads You Should Know	38/45	<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 8/7	8:00 am	Honey Do/ Extended Do	30-72	<b>Huntington Plaza</b> Hoffman Estates North of Algonquin Road, just east of Huntington Boulevard.	Show N Go
Sun 8/8	9:00 am	Broken Oar	36/44	<b>Archer Parking Lot</b> See above <b>PIZZA PARTY AFTER RIDE</b>	Joe or MJ see above
Sat 8/14	8:00 am	Honey Do/ Extended Do	30-72	<b>Huntington Plaza</b> see above	Show N Go
	9:00 am	Triple Deerpass	66	<b>Evergreen School</b> I-90 West to US-20. Turn Right on S. Union Road. Turn right on E. Coral Road. Turn Left on Northrup. Turn right on Washington to school.	Show N Go
Sun 8/15	9:00 am	Inverness	36/42	<b>Archer Parking Lot</b> See above	Joe or MJ see above
	7:30 am	Paul's Northeast IL Century Ride	100	<b>Euclid Elementary School</b> Euclid and Wheeling Road, school is on the corner	Paul LeFevre 224-234 0615
Sat 8/21	8:00 am	Honey Do/ Extended Do	30-72	<b>Huntington Plaza</b> see above	Show N Go
	6:30—9:00 am	Roun'da Manure Bicycle Tour	20-105	Goodland Memorial Park Sharon, WI	Invitational
Sun 8/22	9:00 am	Nippersink	30/39	<b>Archer Parking Lot</b> see above	Joe or MJ see above

**If you would like to lead a ride please contact Neal Barg at [nlb1@msn.com](mailto:nlb1@msn.com)**

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

## AUG RIDE SCHEDULE CONTINUED

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Sat 8/28	8:00 am	Honey Do/ Extended Do	30-72	<b>Huntington Plaza</b> see page 3	<b>Show N Go</b>
Sun 8/29	9:00 am	Sunday Saunter	38/45	<b>Archer Parking Lot</b> See page 3 <b>JERSEY DAY</b> <b>WEAR YOUR CLUB JERSEY</b>	Joe or MJ see page 3

## 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	5:30 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.	Brian Hale 847-804-1561
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 Ave- nue, Mt Prospect.	Dennis Ellertson 847-255-9323
Wed <b>starting</b> <b>8/25</b> <b>5:45 PM</b>	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 through 8/6	10:00 am	Lunch in Libertyville	32	<b>Willow Stream Park</b> see above	Frank Bing 847-814-9925
Fri 8/13	10:00 am	Libertyville Days	32	<b>Willow Stream Park</b> see above	Frank Bing 847-814-9925
Friday Aug 20, 27	9:00 am	Social Ride	30	<b>Willow Stream Park</b> see above	Emily Qualich 847-821-1009

	HH	IL	WI	Other States	
1975					1st Monthly Meanders
1976					
1977					
1978					
1979					
1980					
1981					Wick's Furniture
1982					Wick's furniture on Dundee Rd. My 1st Harmon
1983					
1984					
1985					Wheeling HS 1st NSC 1985.
1986	1,100				Wheeling HS
1987	1,318				Wheeling HS
1988	1,411				Wheeling HS
1989	1,300				Wheeling HS final count > Nov-did not show
1990	1,800				Wheeling HS final count > (Over 1,000 spaghetti dinners served) >300 members
1991	1,650				Wauconda Apple Orchards
1992					
1993	1,200				
1994					
1995					
1996					
1997					
1998					
1999					Wauconda Apple Orchards final year 306 members
2000	700				Harmon Hundred located to Wilmot Mountain, WI

(Continued on page 6)

	HH	IL	WI	Other States	
2001	300				
2002	800				
2003	780				
2004	750				Great weather mid 80's
2005	780				Mid 90's
2006					
2007	420				
2008	650				
2009					<b>Island Lake start - Freemont HS</b>
2010	486	427	57	2	
2011	635	562	64	9	
2012	638	576	57	5	Tried 3 tier pricing
2013	642	570	65	7	advertised on Facebook
2014	622	543	72	7	sunny day 75 degrees
2015	549	478	55	16	cold start, but warmed up quickly, bears game
2016	656	564	85	7	55 degrees at start/ warmed up to 78 –sunny
2017	680	585	80	15	cold start 45 high of 70, Ironman only competition
2018	540	469	66	5	cold start 45 high of 70, Ironman only competition
2019	525	406	54	65	cool cloudy day in low 60's. 200 WW members
2020	0			0	COVID-19
<b>Avg</b>	<b>620</b>		<b>66</b>		
<b>Total</b>	<b>20,932</b>				



## 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 sent out an evite in July**

**be sure to respond by**

**AUGUST 1**

### INVITATIONALS

**Aug 15, Everybody Rides, St Charles**  
10/29/47/62 miles [Everybodyride.org](http://Everybodyride.org)  
Project Mobility

**Aug 21 Roun'da Manure, Sharon WI.**  
20/40/60/80/105 miles  
[visit their web site for info](#)

**Aug 28 Busse Woods Night Ride, Elk Grove Village** [egvbikes.org/busse-woods-night-ride](http://egvbikes.org/busse-woods-night-ride)

**Aug 28, No Baloney Bike Ride, Morton, IL.**  
20/45/65/100 miles [IVWnobaloney.com](http://IVWnobaloney.com)

**Aug 29, 6th Annual Bike for Kids, Elgin**  
12/25/56/100 miles  
[EASTERSEALSDFVR.ORG/BIKEFORTHEKIDS](http://EASTERSEALSDFVR.ORG/BIKEFORTHEKIDS)



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

## 4 MUST-DO TACTICS FOR CYCLING IN THE HEAT

Whether you're a mountain biker, roadie or weekend warrior, heat stress can put you in a dangerous situation. Fortunately, by learning to identify common warning signs early and using basic prevention tips, you can ride safely straight through the dog days of summer.

### COMMON SYMPTOMS OF HEAT STRESS

The first step in preventing heat stress is being aware of the common signs and symptoms.

Here's what the Centers for Disease Control (CDC) identifies as warning signs for heat exhaustion:

- Heavy perspiration
- Clammy skin that may be cold or pale in color
- An increased heart rate that may feel weak and rapid
- Fatigue
- Dizziness
- Headaches

If you continue to exercise, and these warning signs are left untreated, heat stroke is possible, which is a more serious condition requiring immediate medical attention. In addition to those above, the CDC's other common symptoms for heat stroke include:

- An elevated body temperature, often higher than 103°F
- Confusion, such as not knowing where you are
- Dry and red skin that might also feel damp
- Passing out or losing consciousness

When you experience these symptoms, move to a cool place to lower your body temperature and call for help as soon as possible. Keep in mind that while sipping water or a sports drink during heat exhaustion is recommended, the CDC does not recommend rehydrating immediately when heat stroke occurs.

### TIPS FOR AVOIDING HEAT STRESS

When it's hot outside, keeping your core temperature from elevating can be a challenge. Use these tips to stay cool in hot or humid weather and prevent overheating on the bike:

#### 1. WEAR MOISTURE-WICKING CLOTHING

To keep your body temperature at normal levels, you'll need to sweat and let it evaporate. Using less-breathable materials that trap heat and perspiration have a tendency to make your core body temperature rise. Instead, wear a base layer and a lightweight summer cycling jersey that wicks sweat away from the body and releases body heat. A breathable helmet with lots of air vents is also a must.

*(Continued on page 9)*



(Continued from page 8)

## 2. STAY HYDRATED

While sweat rates can vary by individual, it's common to lose 1–2 quarts of fluid through perspiration for every hour you ride. If you don't replenish at least this amount, dehydration occurs, and regulating your core temperature through sweat becomes more difficult. Make sure you are properly hydrated in the days leading up to your ride and stay on top of your hydration while you're on the bike. Drinking two or more 500ml bottles of water per hour depending on your sweat rate is generally recommended in extreme weather conditions. Including a sports drink that contains sodium and electrolytes to replace the salt lost through sweat also improves water retention while you're out on the road.

## 3. AVOID STRENUOUS ACTIVITY IN THE HOTTEST PART OF THE DAY

Doing interval training and long rides when temperatures are at their highest can set yourself up for disaster. Avoid riding between noon and 5 p.m. when possible. Early morning rides are ideal because temps will be at their lowest, as will the UV index, which can also help prevent sunburns. For hard interval sessions in the hottest times of year, consider an indoor trainer where it'll be easier to control your body temperature and stay hydrated. When you do ride outside, make sure your pace is conservative since your body will have to work harder just to maintain its normal core temperature.

## 4. ACCLIMATIZE TO THE WEATHER

If you're planning to race in hot and humid weather, you'll need to acclimatize to make things a bit easier on race day. During your training, slowly build up to the race-day distance and figure out exactly what level of intensity your body can sustain in the heat. Going too hard on race day when you aren't used to the conditions can put you in a dangerous situation. Try to ride at the same time of day as your event and always ride at a conservative pace; there's no need to push too hard in hot and humid weather and put yourself at risk for heat-related illnesses.

From: MapMyRunBlog

### 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 message 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 con-

tacted 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.



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

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

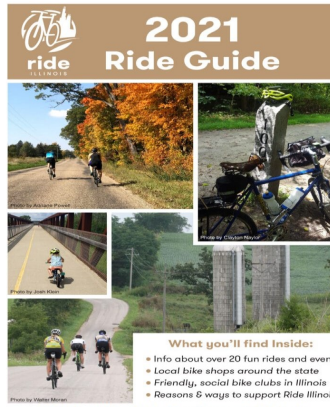
Join us on



[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](#)