



MONTHLY MEANDERS

BOARD BANTER

Sept 2021

The summer has been busy with a nice turnout for many of our weekly rides. As we now head into Fall, let's hope for some nice cool and colorful days ahead.

A Wheeling Wheelman club meeting has been scheduled for Wednesday, September 22nd at 7:00 pm at the Prospect Heights Library, 12 N. Elm Street, Meeting Room B, Prospect Heights. Masks are required in the library and can be picked up at the front desk. Light snacks will be served.

This is an important club meeting for all members to attend as the main topic will be nominations for next year's Board/Club Officers. Online balloting will then be conducted in October. Members interested in running for any Board position should please contact and inform Joe Beemster, head of the nomi-

nating committee, at jbeemster@aol.com or 847-867-6724.

Descriptions for the Board positions for nominations are as follows:

President:
Presides over and set the agenda for all members and executive board members. Appoint chairpersons of all standing committees, news information, Harmon Hundred ride and St. Patrick's Day Ride.

Vice President:
Assume duties of President in their absence. Coordinates the annual bike schedule.

Treasurer:
Maintains books of account, prepare regular financial reports and disburse club funds.

Secretary:
Records minutes of Board and member

meetings and handles club correspondence.

Publicity Chairperson:
Communicates club Events. Work with local government & community organizations promoting bicycle safety.

Membership officer:
Maintains current membership roster, mails club informational material, and maintains adequate supply of club brochures and updates as needed.

We will also be discussing the Harmon including location possibilities for next year.

This will also be an opportunity for us to discuss any other year end activities including the Chili Ride and provide any feedback to the club going forward.

Neal Barg
VP/Ride Chair

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September 6

Club Officials

Elected Officers

President

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 **OPEN**

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 Aug 28

194 rides by 132 members

8,116 max miles

Men:

1	Paul	LeFevre	3401
2	Johannes	Smits	3116
3	Alex	Halamaj	2379
4	Mitch	Polonsky	2197
5	David	Magdowski	2151
6	Jim	Boyer	1951
7	Dave	Waycie	1882
8	Neal	Barg	1847
9	Scott	Assmann	1727
10	Keith	Carlson	1624
11	Leslie	Scott	1593
12	Jeff	Rossi	1563
13	Luis	Magana	1429
14	Vince	Kelley	1373
15	Tom	Wilson	1303
16	Toan	Tran	1275
17	Joe	Beemster	1224
18	Brian	Blome	1213
19	Jorn	Lim	1149
20	Kilian	Emanuel	1093

Women:

1	Emily	Qualich	3601
2	Jeannie	Siewert	1903
3	Betsy	Burtelow	1814
4	Debbie	Wilson	1731
5	MJ	Drouganis	1540
6	Ella	Shields	1397
7	Kris	Woodcock	1108
8	Pat	Calabrese	919
9	Paula	Matzek	756
10	Cindy	Trent	586
11	Cindy	Kessler	555
12	Tara	Riley	535
13	Sheri	Rosenbaum	527
14	Nancy	Beck	459
15	Banu	Sheehan	410
16	Jean	Zuccarello	407
17	Lorrie	Heymann	379
18	LeeAnn	Nelson	337
19	Reinhilde	Geis	320
20	Kimberly	Heuer	302

Total Rides Led

Through

Aug 28

Banu Sheehan	2
Betsy Burtelow	1
Brian Hale	8
Dan Wiessner	1
Dave Waycie	1
Deb Wilson	1
Dennis Ellertson	20
Don Sortor	1
Ella Shields	8
Emily Qualich	14
Frank Bing	12
George Karpen	1
Jeff Rossi	18
Jeff Strauss	1
Jim Boyer	1
Joe Beemster	14
Johannes Smitts	25
Jorn Lim	11
Lorrie Heymann	1
MJ Drouganis	14
Neal Barg	23
Paul LeFevre	31
Roland Cooper	1
TOTAL HOSTS	23

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

Sept 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
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Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Sat 9/4	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza Hoffman Estates North of Algonquin Road, just east of Huntington Boulevard.	Ella Shields 773/407-4712
Sun 9/5	9:00 am	Ride of Many Lakes	40/48	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 847-215-2314 or MJ Drouganis 847-732-9093
Mon 9/6	9:00 am	Loops of Lakewood Labor Day	28/34/ 40/69	Lakewood Forest Preserve West on IL-176, South on Fairfield to parking lot on left, East side of Fairfield.	Show N Go
Fri-Sun 9/10-12	2:30 Friday 8:00 am Sat/Sun	Fall Foliage Weekend Ride	25-100	Karakahl Country Inn See Page 6 for details	Paul LeFevre 224-234 0615
Sat 9/11	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go
Sun 9/12	9:00 am	Let's go Lindy	38/44	Archer Parking Lot See above	Joe or MJ see above
Sat 9/18	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go
	9:00 am	Vern's PITA Ride	39/61	Cuba Marsh Forest Preserve West on US12 to Ela Road, Sout to Cuba Road. West to parking lot on left.	Show N Go
Sun 9/19	8:00 am	Geneva Century	50/103	Archer Parking Lot see above	Emily Qualich 847-821-1009
	9:00 am	Have I been there?	34/41	Archer Parking Lot see above	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

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Sun 9/19	6-9 am	North Shore Century	25/50/ 62/100	Dawes Park Evanston	Invitational Evanston Bicycle Club
Sat 9/25	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see page 3	Show N Go
Sun 9/26	9:00 am	Roads You Should Know	38/45	Archer Parking Lot See page 3 JERSEY DAY WEAR YOUR CLUB JERSEY	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	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
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 9/1	starting 5:45 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 9/2	starting 5:45 PM	Thursday Night Ride	30	Archer Parking Lot see above	Paul LeFevre 224-234 0615
Friday Sept 3, 10, 24	9:00 am	Social Ride	30	Willow Stream Park see above	Emily Qualich 847-821-1009
Friday Sept 17	9:00 am	Des Plaines River Trail Gravel Ride	33	Half Day Forest Preserve First Parking lot The trail is crushed limestone, not recommended for road bikes	Emily Qualich 847-821-1009



September Club Meeting

Wednesday, Sept 22

7:00—8:45 pm

Prospect Heights Public Library
12 N Elm St, Meeting Room B
Prospect Heights

The meeting will be for nominations for the election of club officers.

Other topics include the chili ride, banquet and Harmon.

MASKS ARE MANDATORY THROUGHOUT THE LIBRARY



Fall Foliage Ride

Sept 10-12

Cycling routes on quiet country roads promises more than a few hills and beautiful scenery.

The ride starts Friday at 2:30 pm with 25-30 mile options, Saturday at 8:00 am with options of 50-100 miles and Sunday start time will be 8:00 am with a 50 mile route. All rides will start from the [Karakahl Country Inn](#).

You are responsible for making your own room reservations, call 608-437-5545.

Please let Paul LeFevre know if you are going to join him or have any questions at bikelefevre@sbcglobal.net.



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

WHAT'S A RECOVERY RIDE AND HOW IT CAN MAKE YOU FASTER

It's a beautiful day and your legs are spinning easily and effortless underneath you. You're not out for a land speed record and can enjoy the sights. You don't run out of energy or water because you're not riding long enough to do so. Why not do a ride like this every day? It sounds like bliss. For some, this is every ride but for others the draw to ride harder and farther is always there so day in and day out they dig themselves into a deeper hole. They may find that it takes a little bit for their legs to come around and feel good. If this is you, you're in desperate need of a recovery ride. This can be a challenge if you're always trying to go hard so knowing when to do one and how to do one right will help to ensure that you get the most out of your recovery ride, and not just in the recovery department but in enjoyment factor as well.

What Is a Recovery Ride?

A recovery ride is a ride dedicated to riding easy and just spinning the legs to get the blood flowing. The increased blood flow without the higher stress on the muscles from riding hard will help to enhance and speed recovery. If you're particularly tired from a day or three of hard riding, you will probably feel like crap at the beginning and not want to do anything but by the end of the ride you will feel great. It is a boost for the muscles as well as the mind.

The Importance of a Recovery Ride

If you're looking to recover, why not just stay planted on the couch? The couch is good, particularly if you're horizontal on it, but it doesn't get your blood flowing. Doing a recovery ride after lying on the couch will get your blood flowing along with loosening up your muscles. Muscles at rest will tighten if they're not used or stretched properly. A recovery ride will also keep your legs from feeling stale the following day. Ever take a day off and get back on the bike a day later only to find that you feel tired and unmotivated to ride? This falls within the premise of a body in motion stays in motion while a body at rest stays at rest. When you try and go against what your body is used to, it resists. A recovery ride keeps you riding but at a level that is low enough to not cause increased strain.

When to do a Recovery Ride

You should do a recovery ride about two times a week depending upon how much you're riding and/or training. It should follow two to three days of harder riding and a single day even if it is a much larger ride than you would normally do. Think century, race, a ride you would maybe only do two or three times a month. You should also do a recovery ride when you set out on a harder ride but simply are too tired to keep going at the same pace. Sometimes it's good to push through this with "overreaching" training. Other times it just digs you a deeper hole and doesn't make you any stronger or faster. Simply spin easy for a much shorter duration instead of flipping it and heading straight home.

How to do a Recovery Ride

A recovery ride sounds easy; just ride easy right? Well yes but there's more to it than that. You should make a concerted effort to spin your legs more than you normally would. Also, when going up any climbs, go extra slow and again, spin as easy as you can up it. If you have to get out of the saddle, do it gingerly and keep your heart rate and/or power down if you're measuring it. Your recovery ride should range in length from 30 minutes to one and a half

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hours if you ride more than fifteen hours per week. Also, since you need to go so easy on climbs, seek out the flattest route you can find. In conjunction with this, you want the roads or trails to be mellow with few cars or other riders to avoid. Going slow isn't fun when it's on a main road. Find the nice country road or scenic bike path and enjoy.

Also a great way to ensure that you ride slow and resist the urge to go a bit harder is to ride with someone else who is also doing a recovery ride. Include a stop at a coffee shop too. This will help the ride to be focused around conversation and enjoyment, not going hard. Another great option for a recovery ride is to ride with someone who doesn't ride as much and couldn't keep up with you otherwise. Someone such as your significant other or friend who you have been trying to get into cycling. Ride slow and next to them. This will keep you at a mellow pace until they try and drop you up a climb; then let them do it. You're on a recovery ride.

ilovebicycling.com/whats-a-recovery-ride-and-how-it-can-make-you-faster

INVITATIONALS

Sept 5, **Bike The Drive**, Chicago, 15/30 miles, [Active Transportation](#)

Sept 5, **Wright Stuff Century**, Middleton WI. 30/65/100 miles. [Bombay Bicycle Club](#)

Sept 12, **Swedish Days Ride**, Maple Park, IL., 25-124 miles, [Fox Valley Bike & Ski Club](#)

Sept 18, **Amish County Tour**, Arthur, IL. 20/42/60 miles, [Decatur Bicycle Club](#)

Sept 19, **North Shore Century**, Evanston, 25/50/62/100 miles, [Evanston Bicycle Club](#)

Sept 25, **Heartland Century**, Geneseo, 23-100, [Quad Cities Bicycle Club](#)

Sept 26, **Apple Cider Century**, Three Oaks, MI, 25/50/75/100, [Three Oaks Spokes](#)

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

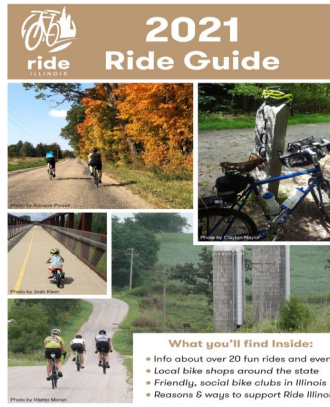
We are on the web
wheelmen.com

Join us on



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

SAVE THE DATE



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](#)