



MONTHLY MEANDERS

BOARD BANTER

Exercise Your Heart

By Joe Beemster

I guess many of us go through a phase when we think we are in good physical shape and find out we aren't. This happened to me when I was in my 30's on a ski trip out west with some friends and my ten year old son. It became quite apparent that I did not have the energy to keep up with a ten year old. Needless to say I was pretty upset and disappointed in myself.

When we returned, a friend of mine introduced me to Dr. Kenneth Cooper's book on aerobic exercise. I began a running regimen which took a good six months before I was fully comfortable with a mile. I then ran most nights after work and did many 10K and 15K events for about ten years until my knees kept complaining and I had to stop. I switched to riding my bike and what the heck, I thought 10 miles was a good long ride.

I mentioned my interest in biking to a friend and he asked me to join him on a ride one day. Sure why not? So we toured the Minneapolis lakes area and ended up riding 67 miles. He said "now that's a ride" and he got me hooked. I began doing longer rides almost every day and never looked back.

The Mayo Clinic, in their February 2011, Health Letter Vol. 9 #2, discusses exercise for your heart. They point out that although aging is inevitable, how you age can be influenced by how you live. Choosing to live a mostly sedentary life carries big risks in terms of your heart and blood vessel health. But making healthy life style choices such as maintaining a healthy weight, including physical activity in your daily routine, eating a healthy diet and avoiding tobacco can go a long way toward slowing the effects of aging.

The American Heart As-

sociation identifies inactivity as one of the five leading risk factors for developing cardiovascular disease. However taking steps to increase physical activity is associated with: Improved circulation, Improved heart function, reduced blood pressure, improved blood fat (lipid) levels, improved blood vessel health, improved use of oxygen and improved management of blood sugar & insulin levels.

The Department of Health and Human Services recommends how much activity your cardiovascular system needs. In general, for adults up to age 64:

Some activity is better than none.

More benefits are associated with increased activity (higher amounts activity-about 6 to 7 hours per week probably results in the ideal health benefit level for most people).

(Continued on page 5)

APRIL 2011

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Club Officials

Elected Officers

President

OPEN

V.P./Ride Chair

Brian Blome 847/358-4807

& Pat Calabrese

Treasurer

Johannes Smits 630/893-2835

Secretary

Dave Wayvcie 847/577-6307

Membership

Mitch Rosset 847/376-8152

Publicity Chair

Joe Beemster 847/215-2314

Appointed Officers

Harmon Chairman

Todd Berlin todd.berlin@rrd.com

Newsletter

Ella Shields 773/594-1755

St. Pat's Ride

Tom & Deb Wilson 847/632-1412

Chairmen

Banquet

Meg Ewen 630/540-1704

Harmon Data Base

Emily Qualich

Mileage Statistician

Cindy Schneider 847/696-2356

Newsletter Mailings

Joe Beemster 847/215-2314

Picnic

Al & Cindy Schneider 847/696-2356

Refreshments

Open

Ride Line

Frank Bing 847/634-1439

Web Page

Jim Boyer 847/541-1325

Newsletter Policy

We can always use information for the newsletter. I'd love to hear from you. Send or e-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month

Ella Shields
7516 W. Devon Ave.
Chicago, IL. 60631

eshieldsbike@yahoo.com

(Please include your name and phone number in case I have any questions)



Don't miss an issue of Monthly Meanders!! Call Mitch Rosset with your new address or e mail address at 847/376-8152 or e mail him at wheeling@wheelmen.com.

APRIL CLUB MEETING

The meeting will be on Thursday April 7, 7:00 p.m. at McArthur Middle School, 700 Schoenbeck Road, Prospect Heights, meet in the library.

We will have two speakers at the meeting. Brian Dehmer of Higher Gear will present Emergency On Road Bike Repairs. In addition, club member Kevin Moore will talk about maintaining the best efficiency by using your gears. Don't miss these two great presentations.

INVITATIONAL'S

May 1, Folks on Spokes Easter Ride, Park Forest Village Hall, 350 Victory Drive, Park Forest, IL 18/26/36/50/62, \$15 by 4/17, \$20 after. www.folksonspokes.com

May 1, QuadruPedal Century, 30/50/75/100, Dodgeville, WI. 608-935-6424, ichs.net/quadrupedal.html

May 7, Tour de Stooges, Highland, IL, 17/22/31/46/64. \$20. 618-236-2793
tourdestooges@rogerkramercycling.org

May 22, Arlington 500, Barrington H.S., 31/44/55/69 miles, \$10/\$15. 500@cyclearlington.com
www.cyclearlington.com

Ma y 28-29, Blackhawk Country Roads, Rockton, IL., 10/30/45/60, \$16/\$21. 815-399-1404 or 815-871-6379 rplantz@aol.com
www.blackhawkbicycleclub.org

May 29, Bike the Drive, Chicago, 15/30 miles., 312-427-3325 x 251, btd10info@activetrans.org

SAVE THE DATES

Harmon Hundred
Sunday, September 11

Annual banquet
Sunday, November 13

BOARD MEETING

The next board meeting is Monday, April 4 at 7:00 p.m. at the home of Tom and Deb Wilson.

All Board members are requested to attend

WELCOME

Roland & Mary Cooper
Krista & Nicole Massat
George Swietczak
Margaret Nettleton
Janice Gries
Larry Koch

THE ARLINGTON BIKE SWAP Saturday April 30

The Arlington Heights Bike Swap is an annual community event featuring hundreds of bicycles.

The swap is held at Centennial Park, 1209 Burr Oak Drive, Arlington Heights. Centennial Park is located adjacent to Riley School.

The Arlington Heights Bike Swap allows everyone to sell or purchase bicycles and bicycle related items. The Arlington Heights Bicycle Club runs the event like a garage sale. Sellers set their own prices. The swap is ideal for anyone who has out grown their bicycle; has bicycles they no longer use; or want to upgrade their bicycle.

For info see cyclearlington.com or email swap@cyclearlington.com

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
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Date	Time	Ride Name	Starting Location	Directions	Miles	Host Phone #
Sun. 4/3	9:00	Who Let the Dogs Out	Evergreen School, Union	I-90 west to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school	48	Dave Waycie (847)577-6307
	9:00	Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Killian Emanuel (847)296-7874
Sun. 4/10	9:00	Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Joe Beemster (847)215-2314
Sat. 4/16	9:00	Honey Lake Loop	Willow Stream Park, Buffalo Grove	The park is on Old Checker Rd. west of the Deerfield Bakery.	40	Earle Horwitz (847)444-0445
Sun. 4/17	9:00	Harmon Half Century	Wilmot High School	Take I-94 West into Wis. To Exit 345. West on HWY C into Wilmot. Rt. On HWY W. Left into the school entrance.	51	Dave Waycie (847)577-6307
	9:00	Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Dennis Ellerston (847)255-9323
Sat. 4/23	9:00	Loops of McHenry	McHenry County College	Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot.	36 49	Pam Burke (630)872-9238
Sun. 4/24	9:00	Heron Creek Short Ride (EASTER)	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Killian Emanuel (847)296-7874
Sat. 4/30	9:00	Walworth Flats	McHenry County College	Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot.	58	Dave Waycie (847)577-6307

ALWAYS CALL THE RIDE LINE 847/520-5010 FOR ANY LAST MINUTE CHANGES

WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday	9:00 am	Honey Do Ride	30-58	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Brian Hale 847/426-3290
Tuesday & Thursday	9:00 am as of 4/5	Deerfield Bakery Ride	25-45	Willow Stream Park - The park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking on the right	Kilian Emanuel 847/296-7874 Earle Horwitz 847/444-0445 Len & Reinhilde Geis 847/679-0279
Tuesday Starts April 5	6:00 pm	Working Stiff's Ride	18-27	Stempel Parking Lot On the west side of Old McHenry Road, behind the old Shamrock Cy- clery West of IL53, Long Grove, IL	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday Starts April 13	5:30 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Brian Hale 847/426-3290
Thursday Starts April 7	6:00 pm	Thursday Night Ride	30	Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road.	Paul LeFevre 847/670-3501



The 34th annual Horsey Hundred, May 27-29, Georgetown, Kentucky. In addition to a visit to the beauty of springtime in the Bluegrass, this year's Horsey offers the traditional Saturday century route through both challenging and beautiful central Kentucky terrain. They also have other scenic rides of distances from 25 to 75 miles. One of the Sunday ride options even includes a roll through the streets of Paris... Kentucky! bgcycling.org



TOMRV (Tour of the Mississippi River Valley) June 11 & 12. Leave on Saturday from Bettendorf, Iowa (106 miles) or from Preston, Iowa (69 miles) and travel to Clarke University in Dubuque, Iowa. The next day return using a different route to Bettendorf (90 miles) or to Preston (46 miles). The route is varied and scenic, using lightly traveled paved roads. There are many views of the Mississippi River as you ride along it, over it on bridges, and through it on causeways. The route is hilly near Dubuque, with 6,000 feet of climbing on Saturday and 4,000 feet on Sunday. qbc.org/tomrv



The Amishland and Lakes Ride, August 5-7, Howe, Indiana. A two day bike tour of Amish countryside and Michigan lakes. The bicycle tour visits a world where lifestyles have remained almost unchanged for over a hundred years. On Saturday the routes range from 23 to 100 miles, offering smooth, quiet roads, where buggies are numerous and cars are few. There are wide open spaces, clean country air, friendly people and lots of great food. There is plenty to explore, experience and ...eat. Amishland and Lakes is famous for great SAG food (watermelons, peaches, blueberries, bananas and fresh baked cookies), and there are Amish bakeries, restaurants and homemade ice cream parlors along the route for riders who want to "get a taste" of the local flavor.

On Sunday the tour heads north into the lake country of southwestern Michigan. Here the route winds along quiet, gently rolling wooded hills dotted with lakes. There is a choice of a nearly hill-free 21 mile route and three more routes ranging from 34 to 62 miles. amishlandlakes.com



Publicity chairman, Joe Beemster (center) presenting club donations to Ron Burke (left) executive director of Active Transportation Alliance and Ed Barsoti (right) executive director of League of Illinois Bicyclists at the March club meeting.



VOLUNTEERS NEEDED FOR BIKE RODEO

Every year the Wheelmen help the Buffalo Grove Police dept with their Bike Rodeo. This event is geared towards kids to teach them bike safety as well as to promote cycling. Once the kids sign up at the registration desk, they come to our station where we make sure their helmets are fitted properly.

The event is in May, however at this time we do not have the specific date. Please check our website for updated information.

Joe Beemster needs volunteers to help out with the Rodeo. He needs two shifts of two people each. First shift is 11 a.m. - 1 pm and 2nd shift is 1pm-3 pm. A pizza lunch is provided.

Please contact Joe at 847/215-2314 if you'd like to volunteer and to get more details.

(Continued from page 1)

Include muscle-strengthening activities in the mix. Example lifting weights (The goal is to work all the major muscle groups in your legs, hips, back, chest, abdomen, shoulders and arms)

For adults age 65 and older:

- Avoid inactivity
- Don't give up due to chronic conditions
- Reduce your risk of falling. (Include balance exercises).

Lastly, if you are not doing this now, be sure to see your physician regularly. It's also recommended that you see your physician if you are just beginning an exercise program or are experiencing any problems such as shortness of breath or have other concerns.

So Keep Riding and Be Safe!

For more information go to
www.healthletter.mayoclinic.com

**Wheeling Wheelmen Board Meeting
February 21, 2011**

Present: Joe Beemster, Brian Blome, Johannes Smits, Ella Shields, Tom Wilson, Dave Waycie

The meeting was called to order at 7:10 pm.

Membership: Between 133 and 140 members have joined or renewed so far. It was suggested that the statistician should be watching for non-members riding excessively.

Financial: Renewal checks are coming in and being deposited. Checks were issued for contributions to LIB and Active Transportation Alliance. Johannes will mail the contribution check to LAB.

Ride Schedule: March ride leaders are complete. A few April rides are open. The sign-up will be made available at the club meeting March 3.

Joe asked that Killian Emanuel, Len and Reinhilde Geis, and Earle Horwitz be listed as alternate leaders for the Bakery Rides.

Brian Hale needs substitutes to lead the Honey-Do and Wednesday night rides.

St. Pat's Ride: Parade Permit is done and Proof of Insurance has been provided. Volunteer situation is good, and, as usual, we need more cookies.

Jerseys: Order deadline has been moved to March 6.

Club Meetings: March 3 - LIB and Active Transportation Alliance short presentations, followed by Kevin Moore's program on Colorado rides. Joe will present our donations at this meeting.

April 7 - Joe will contact a bicycle shop regarding a bike maintenance program.

Annual Banquet: Selected Sunday, November 13 at Schaumburg Golf Club. Meg Ewen has agreed to organize the event. Suggested we publish a "save the date" notice in the newsletter

Harmon: Emily Qualich is updating the Harmon rider file. Johannes and/or Tom will get information to Todd Berlin regarding getting a certificate of insurance for the High School.

Newsletter - President's Message: Joe Beemster will take the April newsletter (due 3/10).

Village Cycle Tent Sale. Village has offered us a table at the tent sale to promote, rides, membership, Harmon, etc. April 8, 9, 10, although we may skip Friday the 8th. We need a volunteer to organize this, primarily signing people up to take short shifts at the table. Ella and Dave will look at getting business cards printed to hand out.

Next Board Meeting: Tom Wilson will host. Date to be determined.

The meeting was adjourned at 8:05.

Dave Waycie
Secretary

VILLAGE CYCLE SPORT SPRING SALE

Friday, April 8	Noon—9:00 p. m.
Saturday, April 9	10:00 a.m.—6:00 p.m.
Sunday, April 10	10:00 a.m.—6:00 p.m.

In the empty Dominick's Store next to the shop
1313 N. Rand Road
Arlington Heights, IL

The club will have a table at the show to promote the Wheelmen, recruit new members and hand out Harmon brochures. We will need volunteers to work on Saturday and Sunday. Please contact Earle Horwitz at 847/444-0445 to volunteer and get more details.

**WHEEL & SPROCKET BIKE EXPO SALE
(FREE ADMISSION!)**

Thursday, April 7	4:00 pm. - 9:00 pm
Friday, April 8	4:00 pm - 9:00 pm
Saturday April 9	9:00 am - 6:00 pm
Sunday, April 10	10:00 am - 5:00 pm

WHAT: The nation's largest single bicycle event; **1500 bikes** and **thousands of accessories** ready for sale. There's something for all ages and cycling abilities at the Bike Expo Sale!

WHERE: The Wisconsin Exposition Center, Hall B, on the corner of 84th St and Greenfield Ave. Parking entrance through State Fair Park Gate 4 (On S. 84th St near Greenfield Ave.)

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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: pgroups.yahoo.com/group/wheelingwheelmen

Wheeling Wheelmen Membership Application

Name: _____ Spouse's Name: _____

Address: _____ Children's Names: _____ Age: _____

City, State, Zip: _____ Age: _____

Phone #: _____ E-mail: _____

New Member? _____ Renewal? _____ Member # _____ Family dues: \$25 Individual dues: \$20

Please consider an e-mail of our monthly newsletter to help keep club dues low and help the environment by reducing paper consumption Please indicate your choice: Send via e-mail I prefer a paper copy

Membership Pledge: I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to observe all the rules of the road, and conduct myself in a manner that will be complimentary to the sport. I release and waive all claims for negligence against the WHEELING WHEELMEN, its officers and members for all damages incurred at or associated with any WHEELING WHEELMEN activity for myself, my heirs and executors.

Applicant's Signature (parent's signature if a minor)

Spouse's Signature

Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



**Wheeling
Wheelmen**

P. O. Box 7304
Buffalo Grove, Il. 60089-7304

Phone: 847-520-5010
Email: wheeling@wheelmen.com



We are on the web
wheelmen.com

Club Meeting
April 7

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.

Alberto's Cycles
661 Central, Highland Park
(847) 432-0015

AMLINGS CYCLE & FITNESS
8140 N Milwaukee Ave.,
Niles
847/692-4240

B&G CYCLERY
131 E. Rollins Rd, Round
Lake Beach, 847/740-0007

BICYCLE CONNECTION OF SCHAUMBURG
1226 N Roselle Rd.
Schaumburg 847/882-7728

CAMPBELL ST. BIKES
13 W. Campbell St.
Arlington Hts.
847/222-7887

GEORGE GARNER CYCLERY
1111 Waukegan Rd.,
Northbrook, 847/272-2100

LIBERTYVILLE CYCLERY
740 N. Milwaukee Ave,
Libertyville
847/362-6030

MIKES BIKES
155 N Northwest Hwy,
Palatine, 847/358-0948

OAK PARK CYCLERY
1113 Chicago Ave.
Oak Park 708/524-2453

RUNNER'S HIGH & TRI
121 W. Campbell, Arling-
ton Hts., 847/670-9255

SPOKES
69 Danada Square E,
Wheaton 630/690-2050
1807 S. Washington, #112
Naperville, 630/961-8222

THE CYCLERY
575 Ela Road,
Lake Zurich, 847/438-9600

TURIN BICYCLE
1027 Davis Street,
Evanston 847/864-7660

VILLAGE CYCLESPORT
45 Arlington Hts Rd
Elk Grove Village
847/439-3340
1313 N. Rand Rd,
Arlington Hts.
847/398-1650
203 W. Northwest Hwy
Barrington, 847/382-9200

We support:

- *The League of American Bicyclists
- *The League of Illinois Bicyclists
- *Active Transportation Alliance
- *Buffalo Grove Bike Rodeo
- *Bicycle Federation of Wisconsin

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 \$35 and should be sent to:

League of American Bicyclists,
1612 K Street, NW, Suite #401
Washington, DC 20006
Tel: (202)822-1333 Fax: (202)822-1334
E-mail: BikeLeague@aol.com
Web Site: www.bikeleague.org

In addition to government relations, they also organize many great cycling rides and rallies around the country. For information on these events call (800)288-BIKE