



MONTHLY MEANDERS

PREZ SEZ

I know we are all definitely "weekend warriors" when it comes to cycling, but I'm curious how many of us use our 2 wheels for things other than recreational riding. How many of you ride to work regularly? Go shopping on your bike? Doctor's appts?...well, you get my drift. I would venture to guess that most of us use our other mode of transportation, THE CAR, for those. Why is that? Is it because today's cities and suburbs aren't really bicycle friendly, despite some of the signs you may see? Maybe you are afraid of getting your bike stolen when it's parked in front of your destination? Or perhaps, like me, it's too hard to carry lots of stuff on your bike when coming home after shopping. Why am I bringing this up? Other than just finding an interesting topic for this month's newsletter, if you read or watch the media, there has been huge increase in public interest in being green. Cash for clunkers, rebates for energy upgrades to your home, hybrid cars, etc, etc. However, has there been any visible encouragement for using bicycles for everyday transportation? If so, it's been stealth marketing. I

have seen tons and tons of road construction (all on my usual routes, it seems), but have the government agencies responsible used these opportunities to add wider shoulders or even a bike lane? Not in my neighborhood! The only positive I've seen is smoothing over the gigantic potholes, which I suppose is better than nothing.

You may have seen this from the League of Illinois Bicyclists...

Would you help us by contacting the Governor's office?

Today, LIB released our "[\(In\) Complete Streets](#)" report*, rating 46 recent Chicago area road designs for bicycle and pedestrian accommodation. A [Chicago Tribune article](#) on the report focused especially on poor ratings of IDOT roads.

For years, we and others have advocated the state (IDOT) for better design policies. IDOT still has not implemented the 2007 Illinois law stating that "bicycle and pedestrian ways shall be established" in IDOT's urban road projects (with certain exceptions).

To build off the article's momentum, we're asking members to [contact Governor Quinn](#). Ask him to **instruct**

IDOT to change their design policies now, to make it safer for biking and walking along and across state roads – and to comply with state law.

(For more detail, see the report, page 7 of a [2005 memo](#), or [our feedback to IDOT's draft policy](#).)

Check out the "[\(In\)Complete Streets](#)" report, which includes analysis and policy suggestions for all local, county, and state road-building agencies. If you want to get involved in advocating complete streets, we can help.

While we can write letters, donate money to bicycle advocacy, I'm afraid what it will really take is a dramatic culture shift for bicycling to become a regular mode of transportation. Will this car loving nation ever get there? Only time and gas prices will tell.

Be Smart, Ride Safe,

Meg Ewen

(PS I think I used my quota of question marks for the year)

November, 2009

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November 1

Club Officials

Elected Officers

President <i>Meg Ewen</i>	630/540-1704
V.P./Ride Chair <i>Brian Blome</i> & <i>Pat Calabrese</i>	847/358-4807
Treasurer <i>Johannes Smits</i>	630/893-2835
Secretary <i>Kevin Moore</i>	847/577-8490
Membership <i>Rich Drapeau</i>	847/808-1476
Publicity Chair <i>Joe Beemster</i>	847/215-2314

Appointed Officers

Harmon Chairman Open	
Newsletter <i>Ella Shields</i>	773/594-1755
St. Pat's Ride <i>Tom & Deb Wilson</i>	847/632-1412
Chairmen Banquet	
Meg Ewen & Committee	
Harmon Data Base <i>Mary Kay Drapeau</i>	847/808-1476
Mileage Statistician Open	
Picnic <i>Al & Cindy Schneider</i>	847/696-2356
Refreshments Open	
Ride Line <i>Frank Bing</i>	847/634-1439
Web Page <i>Jim Boyer</i>	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 Rich Drapeau with your new e mail address at 847/808-1476 or e mail him at wheeling@wheelmen.com.



ANNUAL BANQUET

Don't forget the banquet on Sunday, November 8. Call or e-mail Meg Ewen with any questions 630/540-1704 or at, ibagoalie@comcast.net

Board Meeting

The next board TBA

FINAL TOP 20 MILES

Come to the banquet and find out the top mileage.



A big thanks to Meg Ryan for hosting the chili ride party on October 25. A great time was had by all.



Holiday Party

Sunday December 6

3:00 pm -7:00 pm

L'Olivo Pizzeria & Cafe

1602 E Algonquin Rd, Schaumburg, IL

Please RSVP to Pam Burke by Nov 30.

The club will be providing dinner. Please see Pam Burke at the banquet to sign up to bring appetizers, dessert or drinks. Or e-mail Pam at pamelaburke2000@yahoo.com, or leave a message at 630-872-9238.

L'Olivo is BYOB.

WEEKLY RIDES					
Day	Time	Ride/Start	Miles	Directions	Ride Host
Saturday	10:00	Show N Go Rides	25 +	Willow Stream Park - The park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old	n/a
Sunday	10:00	Cuba Marsh Show N Go Rides	25 +	Cuba Marsh is West on US12 to Ela Rd, south to Cuba Rd. West to parking lot on left	n/a
Tuesday & Thursday	10:00	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	n/a

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

Wheeling Wheelmen Board Meeting

September 21, 2009

Present: Ella Shields, Meg Ewen, Joe Beemster, Kevin Moore, Pat Calabrese, Brian Blome, Rich Drapeau, Mary Kay Drapeau, Deb Wilson, Tom Wilson, Sheri Rosenbaum

The meeting was called to order at 7:05 p.m.

President's Report: Meg reported the post-Harmon pizza party was a big success, it was very well received by the members and is something we should consider doing again in the future;

-Meg reported the response we made to the several negative reviews we received about the traffic and road conditions on this year's Harmon seemed to satisfy the complaints;

-Johannes reviewed this year's revenues and expenses of the Harmon and compared them to last years' and found we earned about \$900.00 more this year;

-The location for next year's Harmon was discussed, there were positive aspects of holding the Harmon out of Matthews School, but the routes used were not up to the standards of Harmon's past, we did receive some alternate routes from a local rider and we need to explore these options, Meg reported she was strongly against using the same routes next year, further discussion was left with the need to find a volunteer Harmon Chair for next year and to see what the chairman thinks about the route;

-We discussed the issue of "squatters" on rides and the need to try to encourage them to sign in on our sign-up sheets and ride waivers, and to encourage those riders who repeatedly join our rides to become members; we discussed the recent dismissal of the lawsuit filed against the Arlington Heights Bicycle Association by a club member who was injured in a crash on one of their club rides and the importance of the ride liability waivers in the club enrollment forms and ride sign-up sheets;

-Tom expressed his sensitivity to our clubs' rudeness and name-calling of non-members who joining Wheelmen

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BICYCLE TIPS

MAKE EYE CONTACT WITH DRIVERS - Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver which might pose a threat to your safety

DON'T PASS ON THE RIGHT - Motorists may not look for or see a bicycle passing on the right. Learn to scan the road behind you while riding. Look back over your shoulder without swerving, or use a rear-view mirror

HAND SIGNALS - Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection

From: www.rtis.com/reg/bcs/org/bvcweb/bvc-tips.htm

Save the date

Friday, December 11

7th Annual Amling's Cycle
Holiday Toy Ride

Details in next months newsletter

STAY UP IF YOU SLIP OFF THE ROAD

When we last met, the discussion was about counter steering and how the technique could help keep your wheels on the pavement when you suddenly find them heading over the edge. That discussion is in newsletter No. 411.

Now let's say you've already blown it. While fidgeting with your computer or looking back to see what cog you're on, you left the pavement and are bouncing along in the roadside gravel.

What you do next could turn a merely embarrassing scare into a trip to the emergency room. Here's the bacon-saving technique:

Don't abruptly steer back onto the road. That's the natural reaction. Fight it because it's often wrong. If there's a lip, it could catch your front wheel and put you down.

Hold your line. Slide back on the saddle. Pedal steadily if the shoulder is fairly smooth. If it's rough, hold the crankarms

level and crouch like a cat ready to pounce.

Look for a safe "on ramp." You'll probably see one just ahead, a spot where the road surface and shoulder are almost even. An intersecting road or driveway works too.

Check behind for traffic. Listen hard if you can't look. You don't want to go from the frying pan into the grill of a Hummer.

Lift the front wheel. Even when the "on ramp" looks smooth, pulling up on the handlebar as you steer from the shoulder to the road will prevent a nasty surprise. And it's mandatory when the pavement is higher. The rear wheel will bump the edge, but that's usually okay. It's when the front wheel gets twisted that crashes happen.

Tip! Talented bike-handlers can jump the bike sideways, simultaneously lifting both wheels and setting them back on the pavement. It's the same basic skill as bunny-hopping. To develop a smooth technique, practice by jumping sideways across lines in an empty parking lot. Save real road edges till you get good.

fromroadbikerider.com

CNC/2009 –

Cycle North Carolina may not be RAGBRAI with its 10,000+ riders, but it was a great ride, outstanding vistas, well run and well organized. The routes were well marked, very little traffic and generally very good road surfaces. We did, however, have some rough roads. Also, there were only 1,100 riders.

This year, CNC started in Blowing Rock, in the mountains, near the Blue Ridge Parkway and ended in the beach community of Surf City, which, by the way, was only 12 miles from our Condo in North Topsail Beach. The overnight towns were Lenoir, Statesville, Thomasville, Sanford, Dunn and Kenansville.

Saturday, CNC provided bus service from the end town, Surf City to the start town, Blowing Rock. It rained most of the way. Arriving in Blowing Rock, it was pouring rain. To CNC's credit, indoor camping was provided to all those who wanted it, and, of course, I took it.

My bike was easy to find, -- lying there in a Park, getting rained on – oh well. Walking my bike back to camp I passed a local bar, Sixpence, and decided to have dinner there, maybe a few "pops". At the bar I met 6 young people from Raleigh, along with a guy from West Virginia. Interestingly, throughout the week, we kept running into each other at various local bars, restaurants and at the campsite.

You could always find the local bars, the restaurants, Hooters was there, and in one town, Statesville, there was a beer garden with a great band that had us rocking in the streets – a RAGBRAI moment. A few "pops" along the way is always good. There were always new/good friends to hang with. Life is good.

It rained most of Saturday night, but cleared by morning. In fact, after Saturday's downpours, the weather co-operated with cool evenings, morning low's in the 50's, and high's during the day into the 70's, sometimes into the 80's, particularly when we got close to the coast, and lots and lots of sunshine – simply outstanding weather for riding. The weather, however, is what it is, and you need to deal with it.

CNC offered an array of accommodation options. Outdoor camping, indoor camping, a hotel/motel option, space for RV's and other vehicles, Bubba was there with his pampered service, and also Cycling Logistics offered a luggage service. There was always plenty of room for both the outdoor and indoor campers. Also, there seemed to be enough room for the RV's and other vehicles that followed CNC across North Carolina. All in all, CNC offered plenty of accommodation options. There was plenty of room for everyone.

There were several meal options – pre-ordered breakfast, pre-ordered dinners, pre-ordered breakfast and dinner. The pre-ordered meals were provided at the campsite by local caterers. You could, as I did, hop on the shuttle (or walk), go into town, buy your dinner at one of the local restaurants and hang out "where-ever". The last shuttle, however, left the downtown at 9:00 pm, so you may find yourself walking back to the campsite. For breakfast you could stop along the route to get something to eat.

CNC provided shower trucks at each overnight town. In many case there were additional showers in the indoor camping facility – gyms, community centers and the like. There were enough showers, plenty of hot water and rarely a line. In fact, it was rare that I saw a line, although I am sure there were lines somewhere at times.

Day 1, Sunday, we biked the Blue Ridge Parkway that provided us fantastic views of mountains below wrapped in the morning mist, a really breathtaking sight. It was a steady climb up to 4,400 feet. Then, the route took us on an 11 mile "white knuckle" descent down the mountain. I hit 40 mph several times, while many locals were passing me – a very challenging 60 mile first day.

Days 2 and 3, Monday and Tuesday, were also 60 mile days with very similar route profiles, rolling hills with some/many long steep climbs with the corresponding descent. The scenery along the way was outstanding. These 2 days were also quite challenging, but very enjoyable.

Day 4, Wednesday, was the long day, 80 miles or a century for those who so choose. Again, the views along the way were spectacular. Although longer, Wednesday's ride was easier than the first 3 days of the ride, but Day 4 was still a challenge.

Day5, Thursday, the route eased even more, and we were back biking 60 miles. The rolling hills were gentler with only one or

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two steep, but shorter climbs -- another fun day.

Day 6, Friday, was 60 miles and, finally, flat and fast. There were no real hills here. There were lots of tractors, tobacco farms, old/rotting tobacco barns, corn fields and cotton fields to view.

Day 7, Saturday, was our short day at 55 miles. The route, again, was flat and very fast, with little or no wind to worry about. It was a sprint into Surf City. I heard that some riders were into Surf City by 10:00 am. If so, they must have by-passed at least one of the two rest stops.

Overall we biked 450 miles, 6 days at essentially 60 miles per day and one long day at 80 miles or a century. The first 4-5 days, the route was challenging with many hills/mountains to climb, but very doable for most Wheelmen. Then, of course, the corresponding descents, which also presented their own challenge. The last 2 days the route was flat and very fast. The views along the way were truly magnificent – really, really great. The route was well marked. The rest stops were conveniently placed, and well stocked. CNC had its “dark” side, well maybe a “beige” side. (Although I am not sure what exactly is the “dark” side.) The weather co-operated, cool nights, sunshine and blue sky every day, and very little wind. Traffic was generally light, nothing to worry about.

Cycle North Carolina/2009 was my fourth CNC ride. CNC rides are challenging at the start but ease considerably as the route heads towards the coast, thus, they are dubbed “Mountains to the Coast”. CNC/2009 was an outstanding, well-organized ride. The CNC ride is one that I would highly recommend. Depending on the CNC/2010 route and where it ends, I would ride it again next year.

Bob Dominski

WINTER CYCLING

Cycling in the summer can be about casual riding, sprinting, spinning, big-ring hammer fests or what ever your chosen type of riding is. Cycling in the cold is very different. If you are a casual or recreational cyclist its about enjoying your sport all year round. If you are a serious cyclist, cold weather riding is about doing base miles to maintain your fitness for the in-season. In either case all types of cyclists want to ride year round to keep fit and enjoy the sport.

So, here are some tips to keep on enjoying cycling into the winter months.

1. Dress in layers. Multiple layers will help trap heat to your body and help maintain a steady body core temperature. You'll want a windproof outer layer, a warm fleece type middle layer to trap your body heat, and a wicking bottom layer. You want the bottom layer to be next to your skin so that it can pull your perspiration away from your body to keep you dry. Keeping the body dry will prevent you from getting a deep chill that you can't shake.

2. Most helmets are made with vents to help keep your head cool. In the colder months, you may want to get a helmet cover to block these vents. Plus, you may want to get some sort of head covering to place between your head and the helmet. Something that will trap heat and wick moisture will be the most useful.

3. Gloves are a good idea. If your hands get cold you may not be able to control your bike properly. 3 finger mitts might work

the best. They have one finger for your thumb, one finger for your index and middle finger, and one finger for your ring and pinkie finger. This helps pool heat to multiple fingers but also gives you the dexterity to handle braking and shifting.

4. Protective glasses to keep wind and debris out of your eyes.

5. Wear some type of leg covering to keep the wind off of your skin and trap heat to your body. Tights, leg warmers and knee warmers are all good types of leg coverings.

6. Light stretching before you ride will help begin to warm up your muscles. Then continue this warm up process on the bike. Don't ride hard until those pedaling muscles are warm. A steady speed at a comfortable pace is a good way to warm up. When you feel yourself begin to perspire you are probably warmed up. Again, the winter months are more for maintaining fitness and doing base mileage as opposed to making speed gains. So, you may want to ride at a steady comfortable pace for most of the time when riding in the cold.

Once you've warmed up you'll want to keep pace and only break when its completely necessary. Make these stops as short as possible. As soon as you stop you'll begin losing the heat that you've built up at your core. If you stop long enough you'll get a chill and it may be hard to shake. If you feel tired and need to rest its probably better to just use a slower pace but, keep moving.

(Continued from page 3)

rides, he explained he always was made to feel welcome at other ride functions and felt our club was not as welcoming to visitors;

-Joe Beemster suggested a slow, short ride for new riders and beginners, he volunteered to lead the ride and spoke with the ride chair about putting such a ride on the club schedule;

-Meg reported the club banquet is well along in preparation, the menu is set and most gag gifts and ride leader gifts have been received, she also reported Pam is organizing the Holiday party at L'Olivo;

-Rich is now picking up the mail and now has the check stamp;

-Brian presented a preliminary ride schedule for 2010.

The next meeting was set for October 19, 2009 at the Wilson's.

The meeting adjourned at 8:30 p.m.

If you would like to put on an activity (rides, hiking, dinner, x-c skiing, etc) this fall or winter call a board member and they will have it put on the ride line. Or send it to me for the newsletter. Call the ride line for fall and winter activities 847/520-5010

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@yahoogroups.com

To Unsubscribe send an email message to:
wheelingwheelmen-unsubscribe@yahoogroups.com

To post a message send your message in an email to:
wheelingwheelmen@yahoogroups.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? _____ L.A.B. Member? _____ Family dues: \$25 Individual dues: \$20

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



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

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

We are on the web
wheelmen.com

Next Club Meeting
Feb. 2010



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

1770 First St.,
Highland Park
847/446-2042

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

BOB'S BIKE SHOP

141 S. Vine St.,
Park Ridge 874/825-4438

CAMPBELL ST. BIKES

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

GEORGE GARNER CYCLERY

111 Waukegan Rd.,
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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,
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