



MONTHLY MEANDERS

BOARD BANTER

I can't wait until the warmer weather gets here so we can get back to our regular rides. Thanks to Sheri and Pat, this year's ride schedule has been completed and club members have signed up to lead the vast majority of rides.

In the interim, we are working out the details for our upcoming Member meetings. Kudos to Deb Wilson for allowing the Wheelmen to meet at McArthur Middle School in the Prospect Heights School District. The upcoming meeting dates are:

February 7

March 7

April 4

See accompanying article on the time and location for our first meeting.

For our February 7 meeting, I have invited **Julie Hochstadter** to speak to the Wheelmen.

Julie is the Director and a founder of **The Chainlink**, a website, (www.thechainlink.org) that serves cyclists across the Chicagoland area.

The Chainlink is Chicago's first and fastest-growing network for cyclists which began in August 2008. It's one of the most interesting and informative cycling sites and I always look forward to reading it. The number of events, rides, crusades, advocacies and related Chicagoland biking news is terrific. The Chainlink continues to grow, demonstrating the increasing popularity of bike riding in our area. For her efforts, Julie was inducted in the Active Transportation Alliance Hall of Fame in recognition of her work advancing the bicycle movement.

Julie has a great story to tell and I hope that you can attend.

We need to come up with other ideas for the next two meetings and will get back to you in our next newsletter issue.

Our upcoming **St. Patty's Day ride** is scheduled for Sunday March 17. Anna and George Swietczak have made the arrangements for the ride to begin and end at Wauconda High School. Publicity has been

sent out and volunteers are signing up. They have also arranged to have some extra added attractions. (See Anna's article) I don't know if we will be treated to the warm weather we had last year, but if it comes close to this, we should get a good turnout.

The date for this year's Harmon Hundred has been set for Sunday, September 8 at Wilmot High School.

Don't forget to mail in your 2013 membership renewals to our P.O. Box so Mitch Rosset can get them posted. The cost is still the same, \$20 for an individual rider, \$25 per family. The price remains the same and not only do you get the opportunity to bike on several rides each week, but join in on the activities including the banquet, picnic, holiday party and meetings.

We hope all of you had a great and especially safe New Year.

Joe Beemster

February, 2013

INSIDE THIS ISSUE:

CLUB MEETING	2
RENEW	2
BOARD MEETING	2
RIDES	3
WINTERIZE	3
ST. PAT'S RIDE	4
OFF-SEASON	4
WINTER CYCLING	5
BOOK REVIEW	6
YAHOO GROUP	7



Club Officials

Elected Officers

President

Joe Beemster 847/215-2314

V.P./Ride Chair*

Pat Calabrese 847/358-4807

Treasurer

Johannes Smits 630/893-2835

Secretary

Dave Waycie 847/577-6307

Membership

Mitch Rosset 847/376-8152

Publicity Chair

Barb Barr 224/578-0624
Powerbarb53@gmail.com

Appointed Officers

Harmon Chairman

OPEN

Newsletter

Ella Shields 773/407-4712

St. Pat's Ride

Anna & George Swietczak 312/969-1010

Chairmen

Banquet

Meg Ewen 630/540-1704

Harmon Data Base

Emily Qualich 847/ 821-1009

Mileage Statistician

Emily Qualich 847/ 821-1009

Newsletter Mailings

Joe Beemster 847/215-2314

Picnic

Al & Cindy Schneider 847/696-2356

Refreshments

Open

*Ride Coordinator

Sheri Rosenbaum 847/971-4573
luv2bike80@hotmail.com

Web Page

Jim Boyer 847/541-1325

2013 MEMBERSHIP RENEWAL

Renewal date is February 1.

If you have not renewed this is your last newsletter.

If you misplaced your renewal form please use the membership form on page 7.

New 2013 Membership cards will be mailed out in March.

If you have any questions contact Mitch Rosset at 847/376-8152 or e-mail him at: wheeling@wheelmen.com

BOARD MEETING

The next board meeting is tentatively set for Sunday, February 17, 5:00 p.m. at the home of Ella Shields.

All Board members are requested to attend.



FEBRUARY CLUB MEETING

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

We will discuss the St. Patrick's Day ride and recruit volunteers.

Our guest speaker will be Julie Hochstadter of the Chainlink (see details on page 1).



To Pam Burke for hosting the annual holiday party, approximately 70 members attended, had a fantastic time, lots of laughs and excellent food.

Also, a big thanks to Joe Beemster for the use of his beautiful clubhouse for the party.

Newsletter Policy

We 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 10th of the preceding month
Ella Shields
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.

SOME CLUB FAVORITES, SIGN UP EARLY:

TOMRV: Tour of the Mississippi River Valley - June 8 & 9

A Midwest cycling tradition since 1978. Every year 1,500 bicycling enthusiasts come to ride. They enjoy a well supported, challenging ride on scenic roads, through Midwest farmland, and along the Mississippi River. Registration is open, www.qcbc.org/tomrv

RAGBRAI July 21-27, The Register's Annual Great Bicycle Ride Across Iowa, is an annual seven-day bicycle ride across the state.

RAGBRAI is the oldest, largest and longest bicycle touring event in the world. Registration is open, ragbrai.com/registration.

WEEKLY RIDES

Please arrive 15-30 minutes early as all rides leave promptly at designated time

Day	Time	Ride/Start	Miles	Directions	Ride Host
Saturday & Sunday	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 Checker Rd. to parking on the right	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

Be sure to be on the Yahoo group and/or Facebook for last minute changes

WINTERIZE YOUR BIKE

Material matters

The following guidelines are for all road rigs regardless of whether they are made of steel, aluminum, titanium, carbon or some of each. Of all of these materials, however, you should know that steel is at the greatest risk.

This goes for steel frame tubing and steel components. It always depends on the conditions you ride in, but for steel frames and parts, be sure to inspect them regularly and keep them clean, lubed and waxed throughout the season. (If you're not sure what material a part is made of, only steel attracts a magnet.)

Tip: It's easy for water to get inside frames, and it's a common cause of rusting on steel frames (there are no such worries with aluminum, titanium or carbon frames). Since you can't see it, it's hard to realize it's happening, and because the inside of a frame is hard to access, there's not much you can do about it once it occurs. The trick is to coat the inside of your frame with a preventive like J.P. Weigle's Frame Saver.

1. Lube

Everyone has their favorite chain lube, so use the one you like, but pick one for the winter that's up to the riding you're planning. You don't want a so-called dry lube or one that's quickly thinned and washed off by moisture. You can try a lube specifically designed for wet/winter conditions (it'll be marked as such), or if you're not sure, ask a riding buddy what he or she

likes. Or you can ask your local bicycle shop.

I don't ride in "real" winter conditions, but we do get a lot of rain in Northern California, and I like Chain-L lube, which goes on thick and lasts and lasts.

Tip: If you're not sure what lube to use, use whatever you've got, but put on a heavier dose, and check your chain to see how the lube is holding up to the conditions. It might not be the best lube for the weather, but if you can at least keep some lube on the chain at all times, you've won the battle.

Be sure to keep your brake and derailleur pivot points and cables lubricated throughout the winter, too. And, make sure your hubs, bottom bracket and headset are lubricated and prepared for the weather. These parts should turn smoothly with a slight hydraulic resistance from the grease inside and there should be no lateral play. If you're not sure, a mechanic could check in only a few minutes and advise you.

2. Fenders

Probably the best way to protect any bicycle from winter-riding wear and tear is to install fenders. And the great thing is that there are fenders available now to fit a wider variety of road bikes so it's likely you can find a pair that'll easily fit your corner-carver.

It's not obvious looking at them, but good fenders keep water spray from the front wheel from blasting the grease out of your headset, bottom bracket and even pedal bearings, plus off your

(Continued on page 6)



SIGN UP TO WORK THE ST. PATRICK'S DAY RIDE

DEAR FELLOW WHEELMEN,

Spring is around the corner (almost) and so is our 1st invitational ride of the season on Sunday, March 17, 2013. Once again,

the ride leaves from Wauconda High School at 555 N. Main St, Wauconda, IL.

We need your help again to host this spectacular early season ride. We had a record turnout last year due to the great 80° weather and your wonderful support. Participating riders were very impressed with our well staffed ride—thanks to all of you!

Hopefully we will have sunshine and favorable weather again. We also have a special musical treat in store this year. A young musician/singer/songwriter, Woody James, will be performing live in the cafeteria during our event. I'm sure his talents will be much appreciated by attending riders and all of us alike. He was runner

up in the talent show "Chicago Has Talent" just a year ago and has been performing throughout the Chicagoland area ever since.

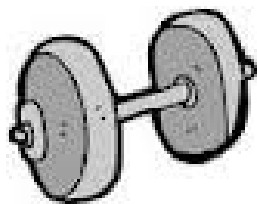
A special thanks goes to all of you who have volunteered early. You will receive confirmations about your positions mid February and reminders early March. We still need more volunteers. Volunteer opportunities run in 2 shifts: 7am – 9:30 or 9:30 – 12. You can offer to help in these areas: road marking (day before); registration; parking; food; cookies— we need 8-10 people to supply 8 dozen cookies each.

And just so you don't miss any fun, there will be a pre-ride of the course right after road marking on Saturday, 3-16-13 at 10:00 a.m.

If the weather forecast looks good, we may tap a few extra people at the last minute.

Join the fun and sign up for a job! Contact us with any questions or to volunteer.

Anna & George Swietczak
312-969-1010 / annaswiet@yahoo.com



A TIME TO BUILD: STRENGTH EXERCISES FOR CYCLISTS IN THE OFF-SEASON

Jump start next season by getting stronger now

While winter weather can wreak havoc on your riding routine, the colder months are a great opportunity to build a foundation for spring. Off-season strength and mobility training will lower your risk of pulling a muscle while shoveling your way out of the most recent Snowpocalypse, and also help you become more efficient on the bike—so you can ride faster with less effort.

To get those benefits, I suggest all cyclists incorporate the following three exercises into their strength programs. One important caveat: If you have limited training time, you should spend it on the bike. After all, you're a cyclist, not a bodybuilder.

Your Off-Season Moves

Work three sets of each exercise into a 30-minute strength session two or three times a week.

Push-Ups

The stronger your upper body, the less prone you'll be to fatigue on long rides.

Use a wider arm stance to focus on chest strength, a narrower one to develop your triceps. To make push-ups harder, elevate your feet or put one hand on a medicine ball and one on the floor. Aim

for 20 repetitions per set. To prevent imbalances that could lead to poor posture or even injury, your workout should also include a pulling exercise that targets your shoulder blades and upper back—such as a bent-over dumbbell row.

Dumbbell Squat/Overhead Press

Improves hip and lower-back mobility, so you'll generate power through more of the pedal stroke. With your feet shoulder-width apart, set a dumbbell on the floor outside each foot. (Use a weight you can lift 20 times.)

With your eyes forward and chest high, push your hips back and bend your knees until your thighs are parallel to the floor. Grab the dumbbells and stand up. Curl the weights to your shoulders and press them over your head. Reverse the moves, touch the weights to the floor, and repeat. Do 20 reps per set.

Lateral Lunge

Loosens inner-thigh muscles.

When they're tight, you'll tend to scoot forward on the saddle to effectively lower your seat height, which robs you of power. Stand with your feet shoulder-width apart. Step wide to your left, keeping your right foot flat on the floor and your right leg straight. With your head up and chest high, push your hips back and squat until your left thigh is parallel to the floor. Return to the start position; repeat on the right side. That's one rep; do 15 to 20 per set. Beginners: Start with a 45-degree lunge, stepping diagonally forward.

By Chris Carmichael from www.bicycling.com



8 TIPS TO SURVIVE WINTER CYCLING

By Tyrone Holmes*
For Active.com

It's that time of year again. In many places around the country, it is cold; however, that doesn't have to keep you off the

bike. Follow these 8 tips for an enjoyable winter riding experience.

Dress Properly

To stay warm during a winter ride, think in terms of your head, hands, feet and torso. Most of your body heat escapes through your head so using a balaclava under your helmet will help keep you warm. Wear either long fingered gloves or mittens to protect your hands, and thermal socks to keep your feet warm. If it's really cold, consider wearing two pairs of socks and use thermal shoe covers to keep the wind off your feet.

Wear layers to keep your torso warm including a lightweight, breathable outer jacket that is both water and wind resistant. It also helps to use fabrics that wick moisture away from the skin. This will help keep you drier and warmer. As a general rule of thumb, use leg warmers to protect your knees when the temperature drops below 60 degrees.

Start Warm

Never start your ride with a chill. This is a recipe for a miserable outing because your extremities will get cold very quickly. Start your ride feeling warm, perhaps even a bit too warm. Try a hot drink in a warm room just before you step outside. This will allow you to warm up on the bike more comfortably.

Be Visible

In many locales, drivers do not expect to see cyclists on the road during winter months. Wear brightly colored clothing, and use reflectors and lights, even if you won't be riding after dark. It can be difficult to spot cyclists during twilight hours and a good set of bicycle lights (e.g., headlight, rear flasher) will significantly boost your visibility.

Plan Your Route in Advance

There can always be debris on the road, bike path and shoulder; however this is more common during winter months. Determine your route in advance and make sure it is relatively clear of debris and safe for cycling.

In addition, shorten your route during the winter. Otherwise, you may run out of energy or just get too cold and find yourself far from home. Identify a circuit near your residence that allows you to cut the ride short if necessary.

Pay Attention to the Wind

Whenever possible, try to do the first half of your ride into a headwind and return with a tailwind. This allows you to tackle a headwind when you are fresh and gain the benefit of a tailwind on your way home.

This is even more important during winter because it allows you to avoid an icy wind during the second half of your ride when you are sweaty and tired.

Ride With Friends

Misery loves company. OK, winter riding doesn't have to be miserable but there are tremendous benefits to riding in a group. It can be a more enjoyable experience, you can take turns shielding each other from a biting wind and sharing conversation makes the time go by faster. It's also safer and more convenient if someone has a mechanical problem.

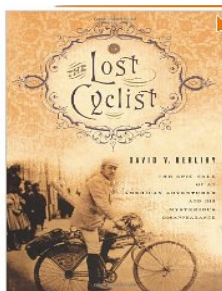
Take Care of Your Bike

Winter riding can wreak havoc on your bicycle so pay attention to its care and upkeep. Make sure you clean the bike, chain, gears, brakes and wheel rims on a regular basis. That means after every ride in wet conditions. It also means lubing the chain and gears on a more frequent basis. You may want to get a tune-up at your local bike shop at the beginning and end of winter to make sure it is in good repair.

Do Some Riding on an Indoor Trainer

It can get too cold and miserable to ride outdoors. This is particularly true if you are a competitive cyclist. You are not going to get a very effective workout riding in really cold, windy, icy or wet conditions. Riding an indoor trainer provides a safer riding environment and allows you to achieve the same training effect in less time. It's convenient for most cyclists and is very effective for high-intensity workouts.

You can still ride outdoors but using a trainer allows you to be more selective about when you will expose yourself to the elements. It also provides you with a change of pace. Use your outdoor rides for low-to-moderate intensity efforts and the trainer for more intense sessions.



THE LOST CYCLIST: THE EPIC TALE OF AN AMERICAN ADVENTURER AND HIS MYSTERIOUS DISAPPEARANCE

In the late 1880s, Frank Lenz of Pittsburgh, a renowned high-wheel racer and long-distance tourist, dreamed of cycling around the world. He finally got his

chance by recasting himself as a champion of the downsized “safety-bicycle” with inflatable tires, the forerunner of the modern road bike that was about to become wildly popular. In the spring of 1892 he quit his accounting job and gamely set out west to cover twenty thousand miles over three continents as a correspondent for *Out-*

ing magazine. Two years later, after having survived countless near disasters and unimaginable hardships, he approached Europe for the final leg.

He never made it. His mysterious disappearance in eastern Turkey sparked an international outcry and compelled *Outing* to send William Sachtleben, another larger-than-life cyclist, on Lenz’s trail. Bringing to light a wealth of information, Herlihy’s gripping narrative captures the soaring joys and constant dangers accompanying the bicycle adventurer in the days before paved roads and automobiles. This untold story culminates with Sachtleben’s heroic effort to bring Lenz’s accused murderers to justice, even as troubled Turkey teetered on the edge of collapse.

(Continued from page 3)

expensive shoes (booties, please!).

And the rear fenders save you taking an icy cold back shower, but more importantly stops it blasting the back of your seat post where on many bikes it can make its way right down into the frame and bottom bracket. The rear fender helps keep the spray off the chain and chain rings, too.

3. Wax

Waxing your frame and components adds a protective layer that sheds moisture and debris and helps ward off corrosion, too. You can use something quick and easy that you spray on and wipe off, like spray furniture polish. Or you can go for a paste wax that you wipe on, let dry and wipe off. The latter lasts longer.

I know aluminum, titanium and carbon won’t rust, but if winter nasties like road salt and grit hang around on the frame, they can eventually corrode aluminum and scratch and chip the finish/decals. Waxing makes it harder for these things to stick, so it’s a good safeguard for all bikes.

I also wax the rims and get it on the spoke nipples while I’m at it. I believe it helps keeps the rims from corroding and the nipples from corroding onto the spokes, making wheel truing difficult or impossible. I wax the components, too. But don’t goop too much paste wax anywhere that it’s hard to polish off or you’ll have to spend way too much time finishing the wax job. Stick to the wide, easily accessible pieces.

4. Clean

When you return home from a winter ride, give your bike a

quick wash and dry. If you keep a bucket and sponge at the ready, you can simply fill it with soapy warm water and sponge the crud off your bike and components, rinse it by dribbling (not spraying) water from above and wipe it dry in about 15 minutes. That step will go a long way toward your bike reaching spring in excellent condition.

5. Prepare

These are more winter riding tips than bike-care tips. But they can save you being stranded on the side of the road, which is much more likely to happen during the winter when the roads are so much worse and there’s debris hidden by water, snow and earlier darkness.

The first trick is to carry two spare tubes in your seat bag instead of one. It’s much more common to get two flats on one ride in the winter, and that extra tube might save one of your buddies, too, making you the hero. While you’re at it, make sure you’ve got a tire boot to patch a tire gash, and check your pump to make sure it’s in working order. I like and carry Park Tool’s Emergency Tire Boot.

If you don’t normally carry tire levers, toss a couple of those in your bag, too. If your hands are too cold, you’ll still be able to remove the tires with levers. Also, be sure that any valve nuts (those knurled rings at the base of the valve) aren’t too tight or else you may not be able to loosen them with numb fingers.

Tip: If you can fit it on your bike, I recommend carrying a mechanical full-length pump in the winter. The longer length means quicker inflation, which is a hands-saver when it’s freezing. And a pump you actually pump avoids CO2 inflators’ tendency to freeze on the valve when it’s frigid outside.

Edited article from roadbikerider.com

<p>Top 100 Dealer in USA. Top 50 Trek Dealer. Over 30 yrs. in Business</p>		
 <p>Arlington Heights • Elk Grove Village • Barrington</p>		
	<p>THE BEST WAY TO TRAIN ◆ Computrainer Training Center</p>	
<p>Areas largest Selection of Tandems, Recumbents and Folding Bikes</p>		<p>Get the right fit with the Slow Twitch Certified Fit Specialists</p>
<p>www.villagecyclesport.com 45 Arlington Hts. Rd. • Elk Grove Village, IL 60007 • 847-439-3340 1326 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650 203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200</p>		<p>Ask for your <i>Wheeling Wheelmen Discount</i></p>

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: _____

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

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 Date

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
 wheeling@wheelmen.com



February 2

We are on the web
wheelmen.com



SAVE THE DATES

St Patrick's Day Ride - Sunday, March 17
 Picnic - Sunday, July 7
 Harmon Hundred - Sunday, Sept. 8

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

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, Arlington Hts., 847/670-9255

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

Trek Bicycle Store – Highland Park
 1925 Skokie Hwy
 Highland Park trekhp.com
 847-433-8735

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
 1326 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