



MONTHLY MEANDERS

THE DOS AND DON'TS OF GROUP RIDING

April 2016

If you plan on going for a group ride and you're all brushed up on the group riding skills you'll need, the next thing you'll need to know about is the etiquette that will be expected of you while you ride. Most riders will expect you to know these things unless you are a brand new cyclist. That being said here's the dos and don'ts of group riding.

The Golden Rule

Ride like the person you would like to be riding behind. This isn't just about being kind and courteous. This is also about maintaining good skills such as how to drop back or move forward in a pace line. You'll also want to maintain good safety precautions by warning others about debris on the road, sharp turns or any other sort of upcoming danger. Never assume that everyone sees what you can see. It's good group riding etiquette to watch out for other riders and communicate it to them via

hand signals or hand signals and verbal.

The Over Reactor

In a group there is always that guy... that guy that seems to overreact to each little situation. Someone stops pedaling in front of him and he slams on his brakes instead of stopping pedaling as well creating an unnecessarily large gap, then hammers back on the pedals again to catch up only to slow too much again. If you are that guy, stop it, if you see that guy in a group... make sure you are ahead of him as he will waste not only his energy but yours as well.

The Obnoxious Warm-Up Rider

During a group ride the first 10-15 minutes is for warm up. Don't blast off the front and stretch the group out immediately. Nor should you pedal hard to the front then stop pedaling to drop to the pack just to blast back to the front. Calm down, take a position

and if you need more effort to warm up properly try a higher cadence or standing up. Perhaps you can start a minute or two later than the group and catch up.

The Cut Off

When you go into the corner of a race, pick a line and stick with it. The last thing you want to be is that biker who cut off another and caused a crash. However, be aware that skilled racers can take on lines and work their way into spots that others will find difficult or even terrifying. Only do what you know you are skilled enough to do; the race itself is not the time to work on building your skills. That's what training is for.

The Fast One

So you are the fast one, most of the group already knows, you don't need to prove it every group ride. Don't blast off the front and break

(Continued on page 5)

INSIDE THIS ISSUE:

CLUB MEETING	2
BIKE RODEO	2
NEW MEMBERS	2
APRIL RIDES	3
INVITATIONAL	3
WEEKLY RIDES	4
BIKE SWAP	5
ST. PAT'S RECAP	5
MINUTES	6
YAHOO GROUP	7
SALES	7



Club Officials

Elected Officers

President

Joe Beemster 847-215-2314

V.P.-Ride Chair

Dave Waycie 847-845-9663
dave.waycie@gmail.com

Treasurer

Johannes Smits 630-893-2835

Secretary

Patty Blome 847/358-4807

Membership

Mitch Rosset rrkite99@aol.com

Publicity Chair

Pam Kaloustian 847-707-0203
bubbath1@comcast.net

Appointed Officers

Harmon Chairman

Erich Massat 847-253-5815

Newsletter

Ella Shields 773-407-4712

St. Pat's Ride

Anna & George Swietczak annaswiet@yahoo.com

Chairmen

Banquet

Terri Brei 630-606-4341

Harmon Data Base

Emily Qualich 847- 821-1009

Mileage Statistician

Emily Qualich 847- 821-1009
e.qualich@comcast.net

Newsletter Mailings

Joe Beemster 847-215-2314

Picnic

Al & Cindy Schneider 847-696-2356

Web Page

Johannes Smits 630-893-2835

APRIL CLUB MEETING

The club meeting will be on Thursday, April 7, 7:00 p.m. at Sullivan School, 700 Schoenbeck Road, Prospect Heights, meet in the library. Sullivan is the first building you see when you turn in off Schoenbeck Road.

We are pleased to have a representative from Working Bikes. Their volunteer organization rescues discarded bicycles, puts them in good repair and distributes them as tools of empowerment in local and global communities. The organization was started in 1999 and collects unused bikes from the Chicago and Midwest areas and to date have redistributed more than 50,000 refurbished bikes worldwide. They also raise money to support their work by selling refurbished bicycles from their shop.

Please join us for this interesting and informational meeting.



HELP NEEDED FOR BIKE RODEO SATURDAY, MAY 14 (Rain date May 21)

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

Pam Kaloustian needs volunteers to help out with the Rodeo. She needs two shifts of two people each. First shift is 11 am-1pm and 2nd shift is 1pm-3 pm. A pizza lunch is provided.

Please contact Pam Kaloustian at 847-707-0203 to volunteer and to get more details.

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!! Contact Mitch Rosset with your new address or e-mail address at rrkite99@aol.com

WELCOME new members

Matthew & Joshua Curin,
Lake Zurich

Hugh Imhof, Schaumburg

Lori Lindahl, Prospect Hts.

Tom Drabant, Elk Grove Village

Kimberly Heuer, Arlington Hts.

John, Cara, Rocky, Bryce & Dawson
Butler, Arlington Hts.

Nhat Tran, Vernon Hills

Jill Doppelt, Riverwoods

Toan Tran, Mt. Prospect

Day	Time	Ride Name	Start Location/Directions	Miles	Ride Host
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
Sat 4/2	9:00	Honey Do	Grassy Meadow Forest Preserve On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90.	30-58	Brian Hale 847-804-1561
Sun 4/3	9:00	Sunday Short Ride	Long Grove Commons Route 22 and Old McHenry Road. Park in lot surrounding the PNC Bank	31-55	Eva Waycie 847-722-1384
Sat 4/9	9:00	Honey Do	See above	30-58	Don Sortor & Tara Riley 847-431-8639
Sun 4/10	9:00	Sunday Short Ride	See above	31-55	Luis Magana 847-344-4260
Sat 4/16	9:00	Honey Do	See above	30-58	Tony Vercillo 847-691-7049
Sun 4/17	9:00	Sunday Short Ride	See above	31-55	Larry Frank 847-832-0630
	9:00	Honey Do	See above	30-58	Guy Ockerlund 708-287-6985
Sat 4/23	9:00	Walworth Flats	McHenry County College Rt. 14 two miles north of Rt. 176, Crystal Lake, IL. Meet in north parking lot.	58	Dave Waycie 847-845-9663
Sun 4/24	9:00	Sunday Short Ride	See above	31-55	Emily Qualich 847-821-1009
Sat 4/30	9:00	Honey Do	See above	30-58	Don Sortor & Tara Riley 847-431-8639

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

INVITATIONAL

April 24, Folks on Spokes Easter Ride
Park Forest, IL. 17/26/37/53/70 miles
www.folksonspokes.com

BOARD MEETING: The next board meeting is Monday, April 11, 7:00 p.m. at the home of Ella Shields.

All Board members are requested to attend.

WEEKLY RIDES					
Day	Time	Ride	Miles	Start/Directions	Ride Host
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	25-45	Willow Stream Park 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
Tuesday starts April 12	6:00 pm	Working Stiff's Ride	18-27	Stempel Parking Lot On the west side of Old McHenry Road, behind the Read Oaks Store. West of IL 53, Long Grove, IL	Tom Wilson 847-632-1412
Wednesday	9:30 am	No-Drop Road Ride	30-40	Woodland Trail Park 1-1/4 miles East of Route 83 on Euclid Avenue, Mt. Prospect	Dennis Ellertson 847-255-9323
Wednesday starts April 13	6:00 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Jeff Rossi 708-648-9170
Thursday Starts April 14	6:00 pm	Thursday Night Ride	30	Heron Creek Forest Preserve Located on the SW Corner of RT 22 and Old McHenry Road, park at shelter B.	Paul Lefevre 847-670-3501

PROCEDURE PROCESS: IN QUESTIONABLE WEATHER SITUATIONS

If the ride host considers the weather forecast to be severe enough to cancel the ride, he-she should post a message on the Wheeling Wheelmen Yahoo Group

wheelingwheelmen@yahoo.com

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, he-she should post a message to the Yahoo group 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, he or she 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 Yahoo group, but if a rider cannot access the Yahoo group, the

host can be contacted at the phone number listed on the ride schedule.

Every member should consider subscribing to the Yahoo group especially if they are planning on doing rides starting in the outlying areas. Instructions for subscribing to our Yahoo Group are listed on page 7. We also encourage people to join the Wheeling Wheelmen Facebook page and ride information is posted there, too.

THE ARLINGTON BIKE SWAP APRIL 30

10:00 am -2:00 pm

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.



ST. PATRICK'S DAY RIDE RECAP

We had a great turnout on March 20 for the annual St. Patrick's Day Ride.

205 cyclists came out and participated in our event and afterward enjoyed cider, homemade baked goods and live music courtesy of Acoustic Soul Generations. Many riders swapped out their bike shoes for their dancing shoes and tore up the dance floor.

A big thanks to Anna & George Swietczak and Dennis Ellertson for the great job they did organizing the ride. Many thanks to all our hard working volunteers, from registration to parking and everything in between, we could not host this ride with out everyone's help. We'd also like to thank Deerfields Bakery for the donuts and Village CycleSport for mechanical support for the riders.

We had a great day and thank everyone for coming out to the ride.

(Continued from page 1)

the group up in the middle of the ride – no one likes a showoff. Try to keep the same pace the group was holding before you got a turn pulling on the front. Perhaps ride at the back of the pack with a nice gap so you don't get any benefits of drafting so you still get your workout in.

The Late One

When you sign up for a group race either for fun or for a race, always be prepared. This means that you need to have your registration in days early and you need to have all the supplies you'll need for the ride. If you're going on a long ride don't show up late without all the water, food, and other supplies you need. Plan ahead and leave early in case traffic gets in your way.

The Sudden Stopper

If you see something in the middle of the road never slam on your brakes unless it is life or death, you run the risk of causing other riders to crash. This is as much a safety concern as it is an etiquette problem. If you have time give a hand signal of "stopping" and yell stopping. If you don't have time for a hand signal, have the decency to yell stopping as you are doing it. Try and slow down as slowly as you are able to give riders behind you time to react.

The Silent Swerver

Less heard of than the sudden stopper but equally as deadly the silent swerver sees an obstacle in the road, does not point it out and then at the last second swerves around it leaving the cyclist behind running right into the obstacle. Be kind and point out the obstacle well in advance, take a position to the left or to the right as early

as possible so other cyclists are able to see what danger is coming.

The Uninvited Drafter

This doesn't necessarily apply to racing but to riding in large groups of people that you may not know. In a more relaxed setting, you should never draft someone you don't know without their permission. Not only is it rude but it can actually be a little creepy. If someone does this to you, remind them that it's common biker courtesy to ask permission first.

The dos and don'ts of group riding are not that hard to follow. If you're new to riding in groups let your fellow riders know so they won't take offense to your mistakes. Most people will be glad to watch your back and help you learn the rules you need to know

From; ilovebicycling.com

WHEELING WHEELMEN BOARD MEETING**02-21-16**

Attendance: Dave Waycie, Ella Shields, Joe Beemster, Eva Waycie, Pat Calabrese

St Pat's Day Ride

Anna attended the meeting and provided an update on the St Pat's event:

- Safety documentation is in place, Anna did a nice job.
- Dave W will provide the final route approval and Anna will print off route sheets.
- There is no permit fee because we are a non-for-profit
- Other expenses are still in play, and have gone up for 2016. School went from \$330 to \$440 in 2015.
- The price may need to increase for 2017 due to the increased expense, more info needed.
- Anna will make notes and transition information to Al Gibbs who will be hosting in 2017. Anna will reserve school for 2017 after the ride this year.
- Red Bull truck is coming again and will play music outside to create a party atmosphere. The band is coming to play music indoors this year free of charge.
- Anna gave Joe a list of supplies required for this year.
- There will be a donation box for 'Working Bikes' and will collect receipts. Village will be onsite and can collect bikes to take them back to shop, WB can pickup from that location.
- Anna will go to locker with Joe on Friday to pickup supplies.
- Ella will bring St Pat's Day ride shirts.

The Board would like to thank Anna for her five year contribution organizing this ride, she has done a tremendous job. THANK YOU!

Ride Schedule – Dave Waycie

- The Sunday ride will need to move by the bank due to construction on the lot being used the last several years. However there are 38 spaces, so not a problem.
- Most of the rides have hosts, need a couple slots in May and beyond.

Publicity – Pam

-A check was sent to Mike Bentley for the Harmon Hundred. The artwork has been sent to Wisconsin Bike Fed to ensure they place the ad for the ride, this is a very popular site

Membership – Mitch

- Membership cards are currently being sent, are these needed?
- The current membership is ~140.

President - Joe

- First 2016 club meeting went well, a lot of members attended (~40). The club sponsored free snacks.
- The March meeting will sponsor pix from the Barge tour, Dave has this organized.
- Working Bikes will talk about their organization at the April meeting.
- Erich and his wife will run the Harmon Hundred, everything is reserved already. Not a lot to do until later in the summer.

Charity Donations

- The club cut back the donations by \$1500. League of American Cyclist will receive \$1000
- Will sell the 2014 shirts and put those on sale
- The club spent \$740.00 at Lou Malnati's in 2015, but we will be back at the school in 2016. The cost is \$240.00.
- The club will have new tee shirts for the Harmon Hundred in 2016 because we advertised in the brochure. The club most likely will not be giving free tee shirts to the volunteers.

Combined Banquet/Xmas Party

- Looking at Sunday Nov 20th at the clubhouse
- Cut back on trophies, gifts, awards, etc. to reduce costs. Overall banquet expense will be reduced, though some of it will be allocated to the Xmas event.
- Joe will reach out to Terri to see if she will help Pam Burke organize.

Next Meeting

The next board meeting will be April 11 at Ella's house.

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234 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200

Ask for your
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Discount

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



VILLAGE CYCLES

Friday, April 8, 10 am –8 pm
Saturday, April 9, 10 am -6 pm
Sunday, April 10, 10 am -6 pm

45 Arlington Heights Rd., Elk Grove Village
and
1326 N. Rand Rd., Arlington Hts.

visit villagecyclesport.com
for more information

BIKE EXPO SALE 
April 8-10th, 2016 State Fair Park
FRI 12-9PM SAT 10AM-6PM SUN 11AM-5PM
Wheel & Sprocket
Free Admission!

Wheel & Sprocket's Bike Expo Sale is the *nation's largest bike sale*. With over 1000 bikes and thousands of accessories for sale at the best prices of the year only during this 3-day exclusive event.

Many manufacturer representatives from the top brands as well as the expert staff from Wheel & Sprocket will be available to assist with everything cycling.

Exhibitors from rides, tours, clubs and other cycling organizations will be on-hand to present the many excellent events, tours, trails, races and other opportunities to ride throughout the state.

The Bike Expo is held at the Wisconsin Exposition Center at State Fair Park, in West Allis, WI. bikeexposale.com



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



April 22

We are on the web
wheelmen.com



SAVE THE DATES
 Picnic - July 10
 Harmon 100 - September 11

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
albertoscycles.com

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

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

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

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 Barrington 847-382-9200
villagecyclesport.com

WHEEL & SPROCKET
 1027 Davis Street
 Evanston
 847-864-7660
wheelandsprocket.com

We support:

- *The League of American Bicyclists
- * Ride Illinois
- *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