



# MONTHLY MEANDERS

## BOARD BANTER

Dec 2017/Jan 2018

2017 was a great year for the Wheeling Wheelmen. While our membership was less than last year, we had more riders out there each ride day for a total of 160,000 miles. Larger participation was especially noted on our bakery and weekend rides featuring longer distances. The club offered several member get-togethers during the year. In addition to our winter/spring meetings, we enjoyed our picnic, Harmon volunteer appreciation party, Chili ride, and our combined Banquet/Holiday party. All with good times and lots of laughs

Our club treasury remains in good shape. As a Not for Profit organization, we donate to several cycling advocacy groups and charities. These include the League of American Bicyclists, Ride Illinois and Wisconsin Bicycle associations. We also support Chicago Active Transportation, Working Bikes, Toys for Tots Bicycle Ride and other bike related charities. Our specific contributions, along with a financial summary, will be published in our February

2018 newsletter.

The Wheelmen again sponsored two invitational rides. Over 200 folks rode in the St. Patrick's Day ride and the Harmon Hundred had over 700 riders. Both rides went very well and we received numerous positive comments for our service from our guests. Special Wheelmen Volunteer T-shirts were provided to identify our workers and live music was again featured at both rides. A big thank you goes out to **Al Gibbs and Dennis Ellertson** and **Erich & Agathe Massat** for their work and great leadership, along with all of our volunteers, in making these events such a success.

Your Board members meet regularly to insure everything is running smoothly. In addition to yours truly, they include **Dave Waycie**, our V.P. and Ride Chair, **Pat Calabrese** Secretary, **Johannes Smits** Treasurer and Manager of our website, **Mitch Rosset** Membership and **Pam Kaloustian** Publicity. Thankfully they all have agreed to stay on another year.

Also, special thanks to **Ella Shields**, who keeps us on track and publishes our monthly newsletter, **Deb Wilson** for locating our meeting place, **Jim Boyer** for coordinating the incoming club mail and providing replies, **Pam Burke** for coordinating the holiday party/banquet, **Emily Qualich** keeping track of everyone's mileage and database for our event riders, **Al & Cindy Schneider** for hosting and cooking at our picnic, and **David and Alexis Newman** for hosting the Chili Ride and get together at their home.

Lastly, I want to thank all of our volunteers who serve as ride hosts and those who help on our two invitational rides. We are so blessed to have so many members who continue to step up to make the Wheelmen a great successful club. All the best, have a great holiday and safe New Year.

Joe Beemster, President

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## 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 630-935-4074

#### 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

Al Gibbs alang.bikes@gmail.com

#### Chairmen

##### Banquiday

Pam Burke pamelaburke2000@yahoo.com

##### 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

### 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

### TOP 20 MILES

Through Oct 31

243 rides by 139 members

9842 max miles

#### Men:

1	Dennis	Ellertson	7324
2	Paul	LeFevre	5211
3	David	Waycie	4777
4	Kilian	Emanuel	4241
5	Johannes	Smits	3757
6	Alex	Halamaj	3485
7	Larry	Frank	3342
8	Mitch	Rosset	3322
9	Christian	Munoz	3307
10	Joe	Beemster	3268
11	Don	Miller	3207
12	Tom	Wilson	2751
13	Scott	Assmann	2680
14	JV	Villadolid	2653
15	Jim	Boyer	2571
16	Jorn	Lim	2458
17	Brian	Hale	2371
18	Nhat	Tran	2369
19	Toan	Tran	2326
20	Jim	Flechsig	2295

#### Women:

1	Emily	Qualich	4979
2	Jeannie	Siewert	2888
3	Ella	Shields	2432
4	Reinhilde	Geis	2127
5	Pat	Calabrese	1897
6	Betsy	Burtelow	1856
7	Cindy	Kessler	1756
8	Sheri	Rosenbaum	1706
9	Marianne	Kron	1677
10	Lorrie	Stork Heymann	1658
11	Pam	Kaloustian	1621
12	Debbie	Wilson	1621
13	Ellen	Heineman	1153
14	Kris	Woodcock	975
15	Pam	Burke	886
16	Nancy	Beck	673
17	Jackie	Kelley	545
18	Paula	Matzek	498
19	Cindy	Trent	381
20	Eileen	Newman	371

### 2017 Ride Hosts

Betsy Burtelow	2
Brian Bloom	1
Brian Hale	5
Carl Droege	1
Cindy Kessler	2
Dave Waycie	8
David Newman	2
Dennis Ellertson	33
Don Miller	2
Don Sortor	1
Earle Horwitz	3
Ella Shields	2
Ellen Heineman	1
Emily Qualich	9
Erich Massat	7
Eva Waycie	4
Frank Bing	9
Jackie Kelly	1
Jeff Biedka	1
Jeff Rossi	14
Jim Boyer	5
Joe Beemster	7
Jorn Lim	3
Johannes Smits	3
Kilian Emanuel	61
Larry Frank	5
Louis Greene	2
Mitch Rosset	3
Pam Burke	1
Paul LeFevre	23
Peggy Reines	1
Reinhilde Geis	4
Scot Assmann	1
Toan Tran	7
Todd Berlin	2
Tom Wilson	14
<b>TOTAL HOSTS</b>	<b>36</b>

## Weekly Show N Go Rides

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Saturday, Sunday, Tuesday & Thursday	10:00 AM	Show N Go Rides	25+	<b>Willow Stream Park</b> On Old Checker Rd, 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

### 2018 MEMBERSHIP RENEWAL

It's time to renew your membership.

Please renew on line as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2018 Ride Schedule. You can also use the renewal application on page 6.

Due date for renewals is **March 1, 2018.**

Membership Renewal is now available using either your PayPal account, or by using the following Credit Cards:



Visit our website [wheelmen.com](http://wheelmen.com) to sign up

If you have any questions contact Mitch Rosset at [rrkite99@aol.com](mailto:rrkite99@aol.com)



Tom	Brennan	Prospect Heights
Adam	Faust	Long Grove
Ahu	Faust	Long Grove
Maya	Faust	Long Grove
Trish	Finn	Palatine
David	Lieb	Palatine
Roger	Lofstrand	Arlington Heights
Steve	Pratt	Buffalo Grove
Bill	Rago	Gurnee
Carol	Ranachowski	Barrington
Christopher	Wood	Prospect Heights

**CLUB APPRECIATION NIGHT  
THURSDAY, DECEMBER 7  
5:00-9:00 P.M.**

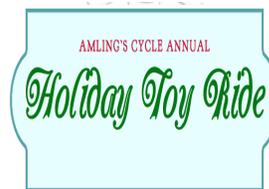
MIKES Bike Shop will be hosting their Customer Appreciation Night. They will be providing food and beverages, so come hang out and enjoy an evening with them.

Raffle with prizes provided by their sponsors.

20% Discount on All non-sale items (bikes & labor not included), Buy 1 Get 1 Free (BOGO) on select 700c Tires Discount Clothing Rack; - Sugoi Zap Jacket (50% Off), - All Riding Gloves (25% Off)

Sponsor's: Electra Bicycle Company, Finish Line Bicycle Care Products, Burley, Topeak, OnGuard Lock, Tifosi Optics, CatEye Bicycle Electronics, Polar Bottle, Highway Two, Continental Tire, & Park Tool.

155 N. Northwest Hwy., Palatine, IL 60067  
847 358-0948  
mikesbikeshoppalatine.com



**FRIDAY,  
DECEMBER 15  
6: 30 A.M.**

Participants will ride their bicycles from Amlings Cycle, 8140 Milwaukee Ave in Niles, 847/692-4240, to Corcoran's Grill & Pub (1615 N. Wells), about 16 miles one way, to meet a waiting truck from the U.S. Marine Corps Toys for Tots campaign. We'll then enjoy a hot breakfast courtesy of Corcoran's.

Those wishing to join the ride need to pre-register (on line at [toyridechicago.com](http://toyridechicago.com)), or stop in at the shop. There is no cost to ride other than bringing a new, unwrapped toy for a child.

If you would like to help out, but don't want to ride your bike, you can drop off a new unwrapped toy at Amlings Cycle.

*Editor's note; the ride is a blast come out and join us this year.*



**GRAND ILLINOIS BIKE TOUR**

Join us June 10-15 for the 16th annual Grand Illinois Bike Tour. The 2018 route will feature central Illinois with a special focus on Abraham Lincoln history. We'll enjoy great bicycling on quiet country roads and visit charming towns and places from Lincoln's

life in Springfield, Decatur, New Salem, and his days as a lawyer on the 8th Judicial Circuit.

Our unforgettable six-day ride will make a loop starting and ending in Clinton, with overnight stops in Lincoln, Springfield (2 nights), and Decatur (2 nights). Choose among our daily mileage options for a total ranging from 200 to 370 miles. Pick between our camping and motel options, and enjoy evenings filled with good food and fellowship with riders hailing from around the country. Proceeds benefit Ride Illinois and support our mission to make Illinois a better, safer, and more enjoyable place to ride.

The ride is limited to 225 riders and typically reaches capacity.

[rideillinois.org/events/2018-grand-illinois-bike-tour](http://rideillinois.org/events/2018-grand-illinois-bike-tour)



To David & Alexis Newman for once again hosting the annual Chili Ride and Dave Waycie for coordinating all the details.

About thirty five people enjoyed several types of tasty chili, scrumptious desserts, libations and lively conversations. A great time was had by all.



To Pam Burke for hosting the Banquiday Approximately 60 people attended and we celebrated a wonderful cycling season, had a lot of laughs and excellent food.

**Thank You!** Also, a big thanks to Joe Beemster for the use of his clubhouse for the party and to Johannes Smits for the awesome slide show.

## This is Your Body In The Cold

Here's what happens inside when you're fending off the freeze outside

As hairless human beings, none of us is naturally suited for the cold. We like our internal temperature to hover very close to the 98.6-degree mark. When it inches downward, your body plays defense to protect your organs—and in extreme cases your life. That's not to say we should rack our bikes and couch surf all winter long, but it's important to respect the weather, know your limits and of course dress accordingly. Here's what happens when you head out for a ride in the cold.

### Your Muscles Tense Up

You can feel your muscles bracing for the cold the moment you step out the door. They contract and feel tighter, restricting your range of motion, which can make those first pedal strokes feel considerably harder than they would on a cozy 70-degree day. You can offset that bracing effect by doing a short warm up inside, says exercise physiologist Stacy Sims, PhD, author of *Roar*. "Then give yourself extra time to ease into things when you get outside," she says, adding that "if you're going to be racing in the cold, warm up until as close to starting time as possible and keep moving until the gun goes off."

### Blood Heads Inward

"Your body is going to protect your organs first and foremost," says Sims. That means your blood is going to get shunted away from your extremities and into the center of your body, which is why your hands and feet (and even face) can be so ridiculously hard to keep warm when it's even a little cold. Obviously, you'll want to respond accordingly by protecting your head, feet, and hands with warm clothing, such as a beanie that covers your head and tips of

your ears, insulated gloves, and thermal socks and shoe covers. Another tip: Keeping your core temperature up helps keep all of you warm because your body is less stingy with the blood flow. Investing in a good base layer is a great place to start.

### Your Heart Rate Response Changes

Typically, your heart rate will lower in response to cold as it begins pumping less blood to your skin and extremities. When you start moving, your heart has to work harder to keep you warm while also moving blood into your working muscles, so your heart rate may be higher than it would be for the same workload during warmer weather. This extra load causes increases in blood pressure as well, so warm up thoroughly and don't expect to set any PRs when the temperatures dip into deep-freeze territory.

### Your Airways Constrict

Sucking in cold, dry air saps warmth and moisture from your airways and lungs, which can make you feel short of breath—or even trigger exercise-induced asthma in those who are susceptible to the breathing condition. Again, take your time warming up so you're not huffing and puffing right out of the gate. Also slip on a neck gaiter that you can pull up over your mouth to warm the air before it hits your lungs.

### Your Nose Drips

It's your nostrils' duty to warm and humidify the air you're inhaling into your lungs. When you breathe hard in the cold dry air, your schnozz goes into overdrive, increasing fluid production, leading its excesses to drip out. There's not much you can do to stop it, but having a good pair of gloves with a soft nose-wiping patch helps prevent rubbing yourself raw.

### You Pee More

As your body shuttles more blood and fluids into your core to protect your organs and keep you warm, your brain gets a signal to reduce your body's overall fluid volume, hence the more frequent urge to pee. Women can avoid having to shed all their layers when needing to shed water by wearing drop tail or halter bibs (or plain, non-bib tights). These allow the wearer to heed nature's call without exposing more skin than necessary to the elements. And remember, even if you're not as thirsty as you would be on a very hot day, you're still losing fluids. So stay on top of your hydration.

### You feel VERY Alive

Cold-weather workouts are downright invigorating, with colder air and typically lower humidity. Also, because your body has to work harder in the cold, you get a bigger endorphin boost, which is a great way to beat the winter blues.

### You May Start to Shiver

If you're still losing more heat than you're generating (despite your meticulous warm-up and layering), you're going to get cold. Your skin will respond with what is known as horripilation—"goose bumps"—which is your body's attempt to create more insulating air space within your fur. But since you don't *have* any fur, it's generally pretty ineffective. The next step is shivering, or involuntary muscle contraction to generate more heat. This works... to a point. When you've hit the point of shivering, it's time to find some shelter and warm up, otherwise you might head into hypothermia territory

From [Bicycling.com](http://Bicycling.com) By Selene Yeager

**2018 WHEELING WHEELMEN  
MEMBERSHIP RENEWAL**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Membership type:     Single \$20.00       Family \$25.00

Newsletters are sent via e-mail, but if you need a paper copy please indicate below:

Send paper copy

**Membership Agreement:**

While bicycling is an outstanding recreational sport, it also involves risks. Some of these risks include but are not limited to: traveling on or crossing heavily traveled roads, winding roads, steep descents, potholes, accident, unexpected moves of another rider, physical exertion fatigue, flat tires and motorists. The undersigned acknowledges that the risk inherent in recreational bicycling and the undersigned agrees to assume all risks associated with participation in WHEELING WHEELMEN activities. I acknowledge that the WHEELING WHEELMEN encourages the wearing of helmets and agree to save and hold the WHEELING WHEELMEN harmless for any injury resulting from my failure to wear a helmet. The undersigned freely and voluntarily accepts all risks of injury, death, or property damage. The undersigned agrees to save and hold harmless the WHEELING WHEELMEN, its officers, members, coordinators, employees, volunteers, agents and/or other ride attendees from any and all liability for any injury or damage resulting from, or in any way connected with, participation in the WHEELING WHEELMEN events. The undersigned further agrees to 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. 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 complementary to the sport. I hereby consent to and permit any emergency treatment in the event of injury or illness.

I have read and understand this waiver. I agree to be legally bound by it.

\_\_\_\_\_ Date: \_\_\_\_\_  
Applicant's Signature

**Signatures of other riders, if Family Membership:**

\_\_\_\_\_ Age: \_\_\_\_      \_\_\_\_\_ Age: \_\_\_\_

\_\_\_\_\_ Age: \_\_\_\_      \_\_\_\_\_ Age: \_\_\_\_

Please **SIGN** application and return with check to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove,



## THOUGHTS ON GROUP RIDING

Some of our rides are free-for-alls, where the group has no real organization, and riders jump ahead, the pace changes frequently, and it's everyone for themselves. Others are what a friend of mine calls Slackin' and Yackin' rides. Easy pace, chatting with friends, kind of a "we'll get there when we get there" attitude. Both styles are fun in their own way.

But sometimes, we ride with a group (often a small group -- 4 to 8) and stay together in an organized form. Those are the rides where everyone gets off at the end and comments on how good the ride was, how they were amazed that the average speed was as high as it was, and that they're not very tired, given the miles ridden. Here are the characteristics I've observed on those rides.

The key element in these controlled group rides is the lead rider pulling at a steady effort. Not a steady pace, but a steady effort. How do you maintain a steady effort when you're pulling the group? Note the speed you are riding on a flat road. When the wind picks up or you begin to go uphill, keep the effort steady and let the speed drop as appropriate. When the wind turns to a tailwind, or you begin to go downhill, keep pedaling, so

the riders behind don't have to brake. Let the speed increase naturally.

Second, don't feel you need to pull forever. Assuming we usually ride between 15 and 20 mph on flat ground, a mile takes between 3 and 4 minutes. I think that's probably long enough to stay in front. Rotate back and let the next rider pull. If you don't feel like staying up front that long, rotate back whenever you're ready – even if it's only 10 or 15 seconds. I think it's important to let everyone take a turn in front. When you're ready to rotate back, give a signal so the next rider knows you are going off the front. Most importantly, don't stay up front so long that you get tired.

It is difficult for the lead ride to see very far back in the group, so if you see that a rider is falling off the back, or that the group is beginning to split in the middle, let the front rider know to slow a bit and let the group come back together. It can be hard to catch up after falling off the back. Conversely, when you take the front, don't speed up – maintain the group's pace. And try to avoid jumping ahead to take the pull – let the group rotate to give everyone a chance.

These are just a few observations I've noted. You may have other ideas, or even disagree. And not every ride needs to be the same. The important thing is to ride safely and to enjoy your ride. If you have other ideas, speak up. We can all learn from each other.

Dave Waycie

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](mailto:wheeling@wheelmen.com)

To Subscribe send an email message to:  
[wheelingwheelmen-subscribe@yahoogroups.com](mailto:wheelingwheelmen-subscribe@yahoogroups.com)

To Unsubscribe send an email message to:  
[wheelingwheelmen-unsubscribe@yahoogroups.com](mailto:wheelingwheelmen-unsubscribe@yahoogroups.com)

To post a message send your message in an email to:  
[wheelingwheelmen@yahoogroups.com](mailto:wheelingwheelmen@yahoogroups.com)

The group name is: **wheelingwheelmen** and is available at: [pgroups.yahoo.com-group-wheelingwheelmen](http://pgroups.yahoo.com-group-wheelingwheelmen)



P. O. Box 7304  
 Buffalo Grove, Il.  
 60089-7304  
[wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)

**We are on the web**  
**wheelmen.com**



**SAVE THE DATE**  
 Feb club meeting—Feb 1  
 St Pat's Ride—March 18  
 Harmon 100—Sept 9



**CLUB DISCOUNTS**

The following local shops offer a 10% discount on parts and accessories to all Wheeling Wheelmen with a valid membership card shown at time of purchase.

**AMLINGS CYCLE**  
 8140 N Milwaukee Ave.  
 Niles 847-692-4240  
[amlingscycle.com](http://amlingscycle.com)

**B&G CYCLERY**  
 131 E. Rollins Rd,  
 Round Lake Beach,  
 847-740-0007  
[bgcyclery.com](http://bgcyclery.com)

**BICYCLE CONNECTION OF SCHAUMBURG**  
 1226 N Roselle Rd.  
 Schaumburg  
 847-882-7728  
[bikeconnection.com](http://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](http://georgegarnercyclery.com)

**MIKES BIKES**  
 155 N Northwest Hwy,  
 Palatine, 847-358-0948  
[mikesbikeshoppalatine.com](http://mikesbikeshoppalatine.com)

**RUNNER'S HIGH & TRI**  
 121 W. Campbell,  
 Arlington Hts., 847-670-  
 9255 [runnershigh-n-tri.com](http://runnershigh-n-tri.com)

**7 MIILE CYCLES**  
 45 Arlington Hts Rd  
 Elk Grove Village  
 847-439-3340  
[7milecycles.com](http://7milecycles.com)

**SPOKES**  
 69 Danada Square E,  
 Wheaton 630-690-2050  
 1807 S. Washington, #112  
 Naperville, 630-961-8222  
[spokesbikes.com](http://spokesbikes.com)

**TREK BICYCLE STORE – HIGHLAND PARK**  
 1925 Skokie Hwy  
 Highland Park  
 847-433-8735  
[trekhp.com](http://trekhp.com)

**VILLAGE CYCLESPORT**  
 1326 N. Rand Rd.  
 Arlington Hts.  
 847-398-1650  
 234 W. Northwest Hwy  
 Barrington 847-382-9200  
[villagecyclesport.com](http://villagecyclesport.com)

**WHEEL & SPROCKET**  
 1027 Davis Street  
 Evanston 847-864-7660  
[wheelandsprocket.com](http://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](mailto:BikeLeague@aol.com)  
 Web Site: [www.bikeleague.org](http://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