



MONTHLY MEANDERS

PREZ SAYS

As we enter the new year and new cycling season, I hope you are refreshed from the recent holiday season. Now you are ready to tackle your 2020 goals, including those related to cycling. I hope you'll achieve those goals be it your 1st century or 50th. Maybe hitting record miles on a single ride or annually. Perhaps summiting a mountain pass or riding in every state. Or simply living a healthy, active lifestyle. I hope being part of the Wheeling Wheelmen enhances your objectives. In addition, the rides we do together strengthen our common cycling goals and sense of community in a collective supportive structure.

This year, much of the volunteer board is new and we have a lot to

learn and adapt to the culture of our club. Our intent is to best maintain your club to all the things you like and love while adding, where we can, enhancements that will hopefully improve our cycling experiences. It's a work in progress since our club caters to a very broad range of cyclists. In my opinion, this is what makes it fun!

Our club meeting is on February 5th at the Prospect Heights Library. Guest speaker, Dave Simmons, executive director from Ride Illinois will update us on the work they are doing for the cycling community.

Cheers, I hope to see everyone on our bikes soon.

-Jorn Lim

Feb 2020

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FEBRUARY CLUB MEETING

Wednesday, February 5

7:00 p.m..

Prospect Heights Library.

12 Elm Street, Prospect Heights

Our guest speaker will be Dave Simmons, the newly appointed Executive Director of Ride Illinois. He will discuss bike advocacy and what is going on in Illinois. We will also discuss the St. Pat's ride and recruit volunteers.

The board meeting will precede the club meeting starting at 6:00 p.m.



February 14

Club Officials

Elected Officers

President

Jorn Lim sujorn@yahoo.com

V.P.-Ride Chair

Neil Barg nlb1@msn.com

Treasurer

Johannes Smits johannes.smits@comcast.net

Secretary

Ella Shields eshieldsbike@yahoo.com

Membership

Mitch Rosset rrkite99@aol.com

Publicity Chair

MJ Drouganis mj.droug@gmail.com

Appointed Officers

Harmon Chairman

Erich Massat erich@erichmassat.com

Harmon Vice Chair

Cletis Patks III cparks@iisolutions.net

Newsletter

Ella Shields eshieldsbike@yahoo.com

St. Pat's Ride

Scott Assmann thepopgroup@gmail.com

Chairmen & Backup

Banquiday

Joan Willmeth jewsbg@aol.com

Harmon Data Base &

Mileage Statistician

Emily Qualich e.qualich@comcast.net

Picnic

MJ Drouganis mj.droug@gmail.com

Web Page

Johannes Smits johannes.smits@comcast.net

Web Master Backup

George Karpen

Yahoo Group Moderator

Jim Boyer wheeling@wheelmen.com

Newsletter Policy

I 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 12th of the preceding month

Ella Shields
eshieldsbike@yahoo.com



Don't miss an issue of Monthly Meanders!! Contact Mitch Rosset with your new e-mail address at rrkite99@aol.com

St. Patrick's Day Ride

Happy New Year to all – furthermore, Happy St. Patrick's Ride Day coming Sunday March 22nd. It's been a rather tepid stretch of Chicago winter so far. Maybe you have taken the opportunity to venture outdoors more than usual. For me, this relatively mild weather encourages outdoor saddle time. With any luck (of the Irish, naturally), this climate will bloom into tip-top conditions the fourth Sunday in March when hundreds of cyclists flock to Wauconda High School for our annual spring classic.

St. Patrick's Day Ride is noteworthy in many ways. Primarily, it's the Wheeling Wheelmen season opener, and by all accounts Chicago-land's first invitational of the upcoming road-ride calendar; this event is also a modest club fund raiser. In the past, our organizing efforts have earned enthusiastic feedback. What's more, I like to believe this occasion makes for good karma, an opportunity to show-off beaming Wheelmen spirit (and grit) to our local cycling community (look at those smiles! – even when we can't sometimes feel our toes and fingers.)

My gratitude to those who have already made themselves available and volunteered for jobs that are vital to orchestrating a ride such as this, however there are a number of positions yet to be filled. As of writing, we have vacancies across the sign-up sheet in areas of Registration table, Parking, Food Service, Route

Marking, and SAG support. We also provide a sweets/snack/goodies table for guests; donations of treats (homemade, pre-made, natural alternatives) are in need. If you plan to attend the February 5th and/or March 3th member meeting, a sign-up sheet will be on-hand; otherwise, please contact me directly to volunteer. We now have speedy job sign-up via our Wheelmen website — to see available positions on the Current Volunteer List, click this link and go to the online [2020 St. Pats Volunteer Sign-up form](#).

Wheeling Wheelmen are exemplary, assisting our cycling community where we can. As with prior St. Pat's Rides (year-round too), Working Bikes has been a philanthropic channel for donations of bicycles, cycling equipment and bike clothing which can again be dropped directly at Village CycleSport or to Gary Gilbert. What a tremendous cause – over the years, more than 70,000 bicycles have been refurbished locally and shipped to Latin America and Africa sparking hope and empowerment.

Kindly mark your calendar, come out Sunday March 22nd, join with cycling friends and help make this event grand. Contact me by email thepopgroup@gmail.com or phone (847) 404-3184 with questions or suggestions. Also, least not forget, Saturday March 21st at 10AM is the St. Pat's Pre-Ride (thee official start to the Wheelmen season!) — a splendid way to stretch stiff legs, expel winter cobwebs, and scout Sunday's planned route.

Thanks so much.
Scott Assmann – St. Patrick's Day Ride coordinator

2020 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. You can also download the application from the website: wheelmen.com/docs/membership.pdf

Due date for renewals is **March 1, 2020.**

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



Visit our website wheelmen.com to sign up

If you have any questions contact Mitch Rosset at rrkite99@aol.com

Show & Go Rides

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Saturday, Sunday, Tuesday, and Thursday	10:00 AM	Deerfield's Bakery Ride	25-40	Willow Stream Park 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

SOME CLUB FAVORITES—SIGN UP EARLY

HorseY 100, May 22-24, Georgetown, KY., In addition to a visit to the beauty of springtime in the Bluegrass, the HorseY offers a traditional Saturday century route through both challenging and beautiful central Kentucky terrain, ride options 30-100 miles. Sunday ride options 29/41/49/75 miles horseyhundred.com

TOMRV: Tour of the Mississippi River Valley - June 13 & 14, 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. qcbc.org/tomrv

RAGBRAI, July 19-25, 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. ragbrai.com/registration.

Amishland & Lakes, July 25 & 26, Howe, IN., a two day bike tour of Amish countryside and Michigan lakes, visit a world where lifestyles have remained almost unchanged for over a hundred years Saturday, 25-100 mile options and Sunday 22-62 mile options. amishlandlakes.com

THE CHICAGO WINTER BIKE SWAP

Sunday, February 23
Harper College
9:30-3:30

\$5 admission for adults
FREE PARKING

The original bike swap for the Chicago area is returning for the 12th year as the premier event for HUGE SAVINGS on everything for the bike.

Not only is the Chicago Winter Bike Swap a place for some great bargains, it is an excellent social experience for the cycling community as well!!

Road--Hybrid--Mountain--Commuter--Triathlon—Kids--Cyclocross--Single Speed--Recumbent Track--Components--Clothing--Nutrition--New and Used-- and much more!!--

Whatever your bicycle needs, there is something for everyone in the 30,000 sq ft of the Chicago Winter Bike Swap!

Browse the BIKE CORRAL for a selection of hundreds of new and used complete bicycles at discount prices

chicagowinterbikeswap.com

**WHY YOU NEED TO TRY FAT BIKING**

Do you remember the first time you saw a fat bike? On first impres-

sion, it is easy to think they look like some weird fad that will come and go. However, the past few years have proven that this isn't the case. Gaining in popularity, fat biking has become a category all in its own.

The obvious advantage of a fat bike is the ability to ride in snow and sand more easily than with a regular mountain bike. No matter how funny you think they may look, it's worth giving a try. Maybe fat really is the new skinny.

What is fat biking?

A fat bike is an off road bicycle designed to accommodate oversized tires, typically 3.8 inches or larger. The first thing you'll notice, other than the massive tires, is the wide fork build to fit the large tires as well as the low ground pressure. These tires can be run as low as 5 psi to provide the ultimate traction in snow, sand, or mud. Although the general idea of fat biking has been around since the early 1900s, they first became commercially popular with Surly Bike's release of the Pugsley frame in 2005. The rest, as they say, is history.

Why you should try fat biking

It's a great workout. Staying fit over the winter in places where it gets cold and snowy is tough. If you love the freedom that cycling brings, it can be hard to find the motivation to go to the gym or hop on a stationary bike. Fat biking not only allows you to ride outside all winter, but it's also a great workout. In soft conditions it can be tough going, but you will be expending a ton of energy in a short amount of time. You will also be working on your balance and core strength making a great whole body workout. Come spring and hop back on your regular bike, you'll feel light and fast, and you'll have maintained a great fitness level.

It gets you outside

No need to mope around the house as soon as there's snow on the ground. Fat bikes are like the monster trucks of the cycling world – they will get you through just about anything. Getting out in the sunshine and fresh air, even if it's cold, is the best way to make the most of every season. Research has also shown that the cold can actually raise your metabolism as your body works to keep warm, which means burning extra calories!

It builds your endurance

Fat biking will make you a stronger rider and build your endurance, both physically and mentally. Riding in the elements on a bike that requires constant spinning

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(there's pretty much no coasting) will up your overall toughness level. Plus, if you ever hit a race in your regular season that has bad weather, it'll be nothing compared to your miles put in with the snow and mud.

You can ride a fat bike all year round

There are those that choose to ride a fat bike all year due to the feeling of the bike, particularly the stability and suspension of the fat tires. Many models can also accept multiple wheel sizes, so you can switch out your tires for skinnier ones before hitting the dry single track.

How to choose a fat bike

With the rise in popularity, the variety of fat bikes available has made choosing one a little more complicated. Although we can give you the basic features to look out for, a visit to your local bike shop will help you make a more informed decision. It's also great to try one out before buying to ensure you enjoy the feel of it.

- Frame capability – Think about how much “flotation” you want. Generally speaking there are two sizes: those that accommodate 4 inch tires, and those for 5 inch or wider tires. If you're sticking to groomed or somewhat packed down trails, 4 inch tires will be all you need.
- Rigid frame or suspension – Most fat bikes are a rigid frame as the tires and low pressure make up for the lack of suspension, but many are now also equipped with a suspension fork. Going with a frame with suspension can be a great option for really

rough terrain, or if you plan on riding the bike all year round.

- Frame size – As with any bike, you want to ensure you get the right size for you, and it's always worth having a proper bike fit to ensure maximum efficiency. Most frames are set up with similar geometry to a mountain bike to remain stable over rough terrain.
- Tires – As with road and mountain bike, fat bike tires can come in a variety of designs. Most are either clincher or tubeless. You'll also want to take a look at size. The general size is 4 inches, but there are both smaller and larger tires available depending on the terrain you'll be riding.
- Brakes – If you're planning on riding in the Arctic, or anywhere else that experiences freezing temperatures, then you'll want to go with the basic mechanical, cable-actuated disc brakes. Hydraulic disc brakes are a great option, but only if you're sticking to warmer climates as mineral oil can easily freeze.

Fat biking really has become its own sport, and with good reason. It's as much fun as it looks, and there are a ton of events that now incorporate fat bikes to get you through the long cold winters. Additionally, many bike packers are choosing fat bike frames to widen their adventure possibilities.

From: ilovebicycling.com/why-you-need-to-try-fat-biking

Note: if you have questions about fat biking, ask Wheelmen Mitch Rosset or Sheri Rosenbaum who have been fat biking for the last 5 years.

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: groups.yahoo.com/group/wheelingwheelmen



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We are on the web
wheelmen.com



SAVE THE DATE
 Club Meeting—March 3
 St. Pat's Pre Ride—March 21
 St. Pat's Ride—March 22
 Picnic—July 12
 Harmon 100—Aug 30



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 \$40
 For more info: bikeleague.org

In addition to government relations, they also organize many great cycling rides and rallies around the country.

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

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

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

CRANK REVOLUTION
 1636 Algonquin Road
 Hoffman Estates
 847-790-5115

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

GEORGE GARNER CYCLERY
 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

7 MILE CYCLES
 45 Arlington Hts Rd
 Elk Grove Village
 847-439-3340
7milecycles.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 847-433-8735
 Highland Park trekhp.com

VILLAGE CYCLES
 1326 N. Rand Rd.
 Arlington Hts. 847-398-1650
 234 W. Northwest Hwy
 Barrington 847-382-9200
villagecyclesport.com

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