



# MONTHLY MEANDERS

## TIPS FOR BIKING IN THE HEAT

AUG 2020

Summer can bring great riding weather, but sometimes it goes overboard and brings excessive heat as well as humidity which can bring your riding to a grinding halt.

The biggest thing to heat is how used to it you are, or acclimated. Remember in the early spring when 60 degrees Fahrenheit (15.6°C) used to feel like balmy shorts and jersey weather? And now, during summer, you practically want a jacket and gloves for the same temperature. Your body becomes adapted to heat over time but if you try and ride in excessive heat before your body is ready for it you can pay dearly.

Whether you are adapted to it or not, you need to take the necessary steps to stay hydrated and cool before, during, and after your ride. Doing so will not only keep you out of the hospital but also make your rides in the heat more enjoyable.

### Biking in the Heat

#### Acclimating

Getting used to riding in the heat is the first step to being able to ride comfortably and efficiently when the mercury goes up. Hopefully the temperature eases its way up but if it doesn't, try avoiding the heat of the day and ride in the early morning before it warms up too much. If you are traveling someplace where it is considerably warmer or if you see in the weather forecast that the temperature is going to be hot, overdress on your rides now. Wear an extra jacket or vest to add a few degrees to your body. Don't go overboard but if you do, you can simply take it off and cool down. This is an easy way to prepare for riding in the heat without yet having the heat around to ride in.

#### Hydrating

Whether it is cold or warm you should always

hydrate properly. When it's cold your body won't feel as inclined to drink as it is to eat but you should make sure to drink enough. When it gets warm those tendencies switch. You need to drink more than just water as your body needs electrolytes to continue functioning at the same level. Salt, or sodium, along with potassium, magnesium, and calcium will help your body to continue muscle function as well as other life essentials. Electrolytes allow your cells to absorb the nutrients they need (in short). Depending upon how hot it is and how hard you are riding, you should roughly be aiming to drink one 24oz. bottle each hour. This should be primarily sports drink mix but can be supplemented with water.

Prior to riding in the heat you need to make sure you are hydrated going into the hot ride. Focus

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### 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**

Emily Qualich e.qualich@comcast.net

**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 Emily Qualich with your new e-mail address at e.qualich@comcast.net

**TOP 20 MILES**

Thru July 20

17 rides by 65 members

688 max miles

Men:

1	Paul	LeFevre	416
2	Mitch	Polonsky	311
3	Leslie	Scott	288
4	George	Karpen	283
5	Neal	Barg	265
6	Johannes	Smits	246
7	Jeff	Rossi	233
8	David	Waycie	173
9	Dan	Vanderkelen	158
10	Ryan	Guitfoil	153
11	Erich	Massat	153
12	Scott	Assmann	152
13	Jim	Flechsig	135
14	Frank	Bing	135
15	Brian	Hale	130
16	Alex	Halamaj	128
17	Bob	Pellican	126
18	JV	Villadolid	125
19	Dennis	Stodola	124
20	Rich	Vichotka	114

Women:

1	MJ	Drouganis	180
2	Emily	Qualich	179
3	Jeannie	Siewert	160
4	Kris	Woodcock	160
5	Ella	Shields	130
6	Betsy	Burtelow	125
7	Cindy	Kessler	122
8	Lorrie	Heymann	112
9	Reinhilde	Geis	65
10	Nancy	Beck	45
11	Banu	Sheehan	38
12	Jean	Zuccarello	38
13	Marnie	Brahar	36
14	Jackie	Kelley	26
15	Paula	Matzek	25

**Total Rides Led**

**Through July 20**

Ella Shields	1
Emily Qualich	1
George Karpen	2
Jeff Rossi	2
Johannes Smits	2
MJ Drouganis	3
Neal Barg	3
Paul LeFevre	3

**TOTAL HOSTS 8**

**INVITATIONAL**

The Roun'da Manure Bicycle Tour will be held on **Saturday, August 15th in Sharon WI.** Four different routes and four different rest stops will be offered. Each rider will receive a coupon packet with Moo Bucks which can be used at the four rest stops for ice cream, drinks, snacks, and other items that are available for sale.

At the conclusion of the ride, riders can enjoy a hearty, home cooked Pig Roast lunch, (which will be packaged individually) while listening to local music. Riders can register online, by mail, or on the day of the event.

roundamanurebicycletour.com

**At the time newsletter was sent the ride is still on, double check their web-site before heading out.**

**Below are the Wheeling Wheelmen COVID Ride Guidelines effective July 1, 2020 (Illinois Phase 4) and will be reassessed upon future State updates:**

- Only WW Club members can ride WW rides during this time.
- All riders should bring their own pen and will sign in at each ride.
- Cloth face coverings, buffs or masks are to be worn before (during sign in) and after the ride.
- Masks are recommended at all times where adherence to social distancing guidelines is not possible.
- Social distance guideline is 6 feet.

**Additional general thoughts and recommendations:**

1. We are responsible to each other to avoid getting/giving the virus. Do not ride if you are sick.
2. During this "restart" phase, please follow the WW ride and COVID guidelines and use best practices at all times. Public perception is important. We are the face of cycling.
3. Carry/use hand sanitizer.
4. Carry a mask to use in case you need to enter a building such as a gas station.
5. There are limited "rest stops" available, carry 2 water bottles and snacks.
6. Carry/use a handkerchief when needed
7. Prepare your ride at home rather than the parking lot checking tires, brakes and drive train.

Aug 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	
Date	Time	Ride Name	Miles	Start Location/Directions	Ride Host
8/1 Sat	8:00 am	Honey Do/Extended Do	30-72	<b>Huntington Plaza</b> North of Algonquin Road, just east of Huntington Boulevard.	<b>SHOW-N-GO</b>
8/2 Sun	9:00 am	Sunday Short Ride	30-50	<b>Archer Parking Lot, Long Grove</b> On Archer between Old McHenry Rd and Robert Parker Coffin Rd in Long Grove. Park at South end of lot nearest the Fire Station.	MJ Drouganis 847-732-9093
	7:30 am	Paul's Northeast IL Century	100	<b>Euclid Elementary School</b> Euclid and Wheeling Road, school is on the corner	Paul LeFevre 224-234 0615
8/8 Sat	8:00 am	Honey Do/Extended Do	30-72	<b>Huntington Plaza</b> See above	<b>SHOW-N-GO</b>
8/9 Sun	9:00 am	Sunday Short Ride		<b>Archer Parking Lot</b> See above	MJ Drouganis 847-732-9093
	8:00 am	Kenosha Bound (Long Route)	87	See Above	<b>SHOW-N-GO</b>
	8:30 am	Kenosha Bound (Medium Route)	61	<b>Old School Forest Preserve</b> St Mary's Road, North of Route 60 on the East side of the road. Enter forest preserve. Right at stop sign. As you drive through the forest preserve, meet in the first parking lot on the right.	Emily Qualich 847-821-1009

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Date	Time	Ride Name	Miles	Start Location/Directions	Ride Host
8/9 Sun	9:00 am	Kenosha Bound (Short Route)	37	<b>Wadsworth Village Office</b> Wadsworth Village Office is on the south side of W. Wadsworth Road, just west of N. Delany Road	Ella Shields 773-407-4712
8/15 Sat	8:00 am	Honey Do/Extended Do	30-72	<b>Huntington Plaza</b> North of Algonquin Road, just east of Huntington Boulevard.	<b>SHOW-N-GO</b>
	9:00 am	Triple Deerpass	66	<b>Evergreen Park School</b> I-90 West to US-20. Turn Right on S. Union Road. Turn right on E. Coral Road. Turn Left on Northrup. Turn right on Washington to school.	<b>SHOW-N-GO</b>
8/16 Sun	9:00 am	Sunday Short Ride	30-50	<b>Archer Parking Lot</b> On Archer between Old McHenry Rd and Robert Parker Coffin Rd in Long Grove. Park at South end of lot nearest the Fire Station	MJ Drouganis 847-732-9093
8/22 Sat	8:00 am	Honey Do/Extended Do	30-72	<b>Huntington Plaza</b> See above	<b>SHOW-N-GO</b>
8/23 Sun	8:00 am – 9:00 am	Club Member Harmon Ride	25/50/ 75/100	<b>Wilmot Union High School</b> Take I-94 West across the Wisconsin state line to Exit 345 (Highway C). Go West on Highway C to the town of Wilmot. Turn right on Highway W in Wilmot. Continue to High School entrance on the left side of Road.	Erich Massat 847-420-5437
8/29 Sat	8:00 am	Honey Do/Extended Do	30-72	<b>Huntington Plaza</b> See above	<b>SHOW-N-GO</b>
8/30 Sun	9:00 am	Sunday Short Ride	30-50	<b>Archer Parking Lot</b> see above	MJ Drouganis 847-732-9093

**If you would like to lead a ride please contact Neal Barg at [nlb1@msn.com](mailto:nlb1@msn.com)**

**Be sure to check the website and be on the Yahoo group for last minute changes**

Weekly Rides					
Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Tuesday	9:00 AM	Deerfield's Bakery Ride	25-40	<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.	Aug. 4 <b>SHOW-N-GO</b>
					Aug. 11, 18, 25 Johannes Smits 630-935-4074
Wednesday	9:00 AM	No-Drop Road Ride	30-40	<b>Woodland Trails Park</b> 1-1/4 miles east of Rt-83 on Euclid Avenue, Mt Prospect.	George Karpen 224-388-8866
Wednesday	6:00 PM	Hill and Dale Ride	25-35	<b>Huntington Plaza</b> Hoffman Estates North of Algonquin Road, just east of Huntington Boulevard	Jeff Rossi 708-648-9170
Thursday	9:00 AM	Deerfield's Bakery Ride	25-40	<b>Willow Stream Park</b>  See above	Aug. 6, 13, 27 Neal Barg 847-778-1832 Aug. 20 Ella Shields 773/407-4712
Thursday	6:00 PM	Thursday Night Ride	30	<b>Archer Parking Lot</b> see above	Paul LeFevre 224-234 0615
Friday	9:00 am	Libertyville Lunch Ride <b>no lunch this year</b>	32	<b>Willow Stream Park</b> see above	<b>SHOW-N-GO</b>

### 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@yahoogroups.com](mailto:wheelingwheelmen@yahoogroups.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 in the newsletter. We also encourage people to join the Wheeling Wheelmen Facebook page and ride information is posted there, too.



The safety of our volunteers and guests is our primary concern, so the Board has cancelled this year's Harmon 100.

(Continued from page 1)

on drinking enough water and carry around a water bottle throughout your day and make a mental note to drink to thirst. This combined with having enough salt in your meals will help your body to be fully hydrated going into your ride. Half an hour or so before your ride you can start drinking small amounts of your sports drink mix. Drinking it before this is not necessary unless it is an electrolyte only drink that only contains electrolytes and no sugar or carbohydrates. Save them for the ride as your body will need and burn them then.

Following a ride you still need to make sure you hydrate. Having a super sugary drink such as soda or a strong sports drink can make your stomach upset so focus on water with electrolytes and some sugar and carbohydrates. A post workout recovery drink can be a good option which combines protein and other building blocks to help you recover from your ride.

Some good food options to eat during the heat are those that are simple and easy to digest. You will want to go lighter on the protein as well as fat as they are harder to digest. Some foods like homemade rice cakes give a good balance of water in the food itself so your stomach doesn't need to pull water from elsewhere in your body to digest. At rest stops, foods like watermelon and cantaloupe give a big punch of water so stock up on these if they're available.

### Staying Cool

Along with drinking enough during your ride you will want to make sure you stay cool as well. This starts with

wearing a jersey that is made of a light material that is also light in color. Having a lighter jersey will allow air to more easily pass through as well as to more quickly absorb and evaporate sweat from your skin which is how your body keeps cool. Having a lighter color jersey will keep you much cooler as it will absorb less of the sun's rays by reflecting much more of its energy. Some riders find that unzipping their jersey all the way helps to get more air across their chest thus keeping them cooler. This can be true if you have a hot jersey but a lot of warm weather jerseys are designed to stay zipped up to wick sweat and keep you cool.

Some riders, particularly racers, in the heat will put ice socks on the back of their neck in their jersey. This may feel good but it actually does more harm than good as the extreme cold on the skin sends a shock to your body causing it to send blood to the core instead of to the skin where it can dissipate heat. The best way to stay cool is to continually squirt water on your head, the back of your neck, and shoulders as this will help to dissipate heat more effectively.

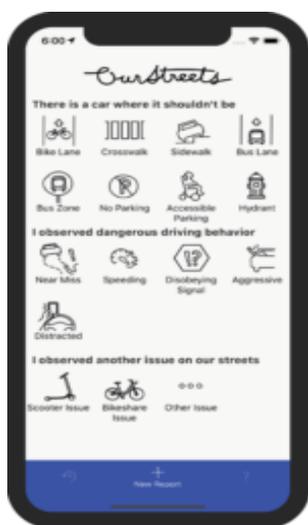
Riding in extreme heat can be dangerous so if it's too hot, simply don't ride. But if it's not crazy hot and you are ready for it, biking in the heat can give you more days of good weather riding. Prepare ahead of time and make sure you bring enough water as well as know where your stopping points are mid-ride as well as what your options are if you need to bail out half-way through. Riding in the heat can also help to raise your VO2 max as well as help you shed some extra weight. Stay safe and stay smart and you can come to enjoy riding in the heat!

<https://ilovebicycling.com/biking-in-the-heat/>

## RIDE ILLINOIS PARTNERS WITH OURSTREETS

Do you ever see cars where they shouldn't be? How about dangerous driving behavior or other issues on Illinois roads? We know you do. Now, through a partnership with **OurStreets** – we're asking you to report it! **OurStreets is an exciting new app that makes it fast and easy to document problems you see any-time, anywhere.** The app is available at no cost in the **App Store** for Apple devices, and **Google Play** for Android.

Reporting an issue with **OurStreets** is as easy as 1-2-3:



1. See an issue while you're out and about, such as a car in a bike lane, a car parked near a fire hydrant, or an aggressive driver

2. Snap a photo, add some info, and submit a report

3. OurStreets will take care of the rest!

**OurStreets is a reporting tool, and the more people that use it – the better it gets.** Ride Illinois will be able to see the reported problem

areas and share them with local authorities and organizations to highlight enforcement needs and infrastructure

changes. When you document dangerous behavior, it doesn't remedy the problem in real time. But – it gives us critical and detailed information that we can use to make the case for infrastructure improvements leading to safer streets for all users.

**OurStreets** is partnering with cities and organizations all over the country and Ride Illinois is thrilled to announce this partnership. **We're particularly excited because OurStreets can be used all over the state – from Rockford, to Quincy, to Springfield, to Carbondale!** It was very important to Ride Illinois that the app could be used by and benefit Illinois residents in cities and towns of all sizes. After all, we are a state-wide bike advocacy organization!

A bonus with **OurStreets** is if you aren't able or don't feel comfortable reporting on the spot, you can still take a photo so the time and location gets recorded via your phone. You can then report it later when you have the time, or when the offender isn't there to take issue with your report.

**Download the OurStreets app today and start reporting those issues!**

**Note:** In situations where city services need to be deployed, such as bike lane glass/debris or snow/ice removal – you should still report the issue to city services. There may come a time where OurStreets will encompass this function, but for now your local city service is the best way to report those types of hazards.

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@yahogroups.com](mailto:wheelingwheelmen-subscribe@yahogroups.com)**

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

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

The group name is: **wheelingwheelmen** and is available at:  
[groups.yahoo.com/group/wheelingwheelmen](https://groups.yahoo.com/group/wheelingwheelmen)



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

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



**SAVE THE DATE**

Harmon 100—Aug 30  
**CANCELLED**



**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](http://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](http://amlingscycle.com)

**B&G CYCLERY**

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

**CRANK REVOLUTION**

1636 Algonquin Road  
Hoffman Estates  
847-790-5115

**DEERFIELD CYCLERY**

705 Waukegan Rd., Deerfield  
847-945-0700  
[deerfieldcyclery.com](http://deerfieldcyclery.com)

**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](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 MILE 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 847-433-8735  
Highland Park [trekhp.com](http://trekhp.com)

**VILLAGE CYCLES**

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)