



MONTHLY MEANDERS

The Benefits of Cycling for Your Mental Health

The benefits of cycling may be too numerous to list, but there are probably some aspects they you may not have thought about before. We all know that riding a bike is great for your physical health, but what about your mental health?

There has always been a link between exercise and improved mood, as studies through the years have revealed, but it goes beyond just a good mood. As more and more research is being done, there is a clear link between exercise (specifically outdoor exercise) and combatting depression, anxiety, and stress.

Although many people may, at first, hop on a bike to lose weight or embrace an active lifestyle, a very valuable side effect is a happier, more stable life. Mental health may be an even stronger predictor of life expectancy than physical health, so it is one of the most valuable benefits of cycling.

Top 10 Benefits of Cycling for Your Mental Health

1. Promotes an Overall Healthy Lifestyle

Exercise should be something you look forward to in your day, not something you're just checking off the to-do list. It should be so a part of your lifestyle that it becomes less about burning calories and more about how it makes you feel. Cycling is one of the greatest forms of exercise within everyday life. Not every ride has to be a huge ordeal, but even a half hour ride or a commute to and from work can have huge benefits both physically and mentally. It doesn't have to be competitive or even goal focused, but can be a way to get outside and leave all that stress at the office.

2. Natural High

(Endorphins!)

People often overlook this fact, but have you ever wondered *why* individuals that are physically active always seem so much happier than those that aren't? It's not just a coincidence, and it actually has a lot to do with the chemicals inside of your brain. When we cycle, our heart pumps blood to every single blood vessel and cell at a greater rate. With blood comes

oxygen, and oxygen plays host to endorphins!

Endorphins are a microscopic chemical that help us to feel good. The more endorphins we have, the happier we feel. Just a few hours of cycling a week can trigger a consistent flow of these chemicals, and they aren't just great for your emotions – they have also been linked to fighting illnesses like Alzheimer's!

3. It's a Healthy Addiction

We all have our vices, the things that we turn to in times of stress or emotional trauma. Cycling can replace the more harmful addictions such as cigarettes, alcohol, or overeating and serve as that go-to thing that you know will make you feel better. Sometimes it's tough to find the motivation (yes, sitting on the couch eating chips may be easier), but you'll never regret getting out there. Make cycling your first plan of attack, and you may just find yourself not being able to stop.

OCT 2020

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Happy Halloween

(Continued on page 7)

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@iiisolutions.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 Sept 28

88 rides by 95 members

3,767 max miles

Women:

1	Emily	Qualich	1416
2	Betsy	Burtelow	1098
3	Jeannie	Siewert	1032
4	Kris	Woodcock	930
5	MJ	Drouganis	896
6	Ella	Shields	881
7	Cindy	Kessler	738
8	Jean	Zuccarello	681
9	Jackie	Kelley	648
10	Debbie	Wilson	431
11	Joan	Wilmeth	334
12	Reinhilde	Geis	294
13	Nancy	Beck	286
14	Paula	Matzek	252
15	Jaime	Underwood	184
16	Amanda	Adamns	161
17	Lorrie	Heyman	157
18	Madhu	Alexis	85
19	Sheri	Rosenbaum	80
20	Banu	Sheehan	74

Men:

1	Paul	LeFevre	2168
2	Johannes	Smits	1692
3	Mitch	Polonsky	1488
4	George	Karpen	1442
5	David	Waycie	1395
6	Jeff	Rossi	1241
7	Leslie	Scott	1233
8	Neal	Barg	1146
9	Jim	Boyer	1128
10	Vince	Kelley	1037
11	Alex	Halama	832
12	Tom	Wilson	738
13	David	Newman	674
14	Brian	Hale	673
15	Erich	Massat	635
16	Jeff	Magnani	633
17	Joe	Beemster	627
18	Jim	Flechsig	616
19	Jeffrey	Strauss	612
20	Frank	Bing	575

Total Rides Led

Through Sept 28

Dave Waycie	1
Ella Shields	9
Emily Qualich	7
Eva Waycie	1
George Karpen	15
Jeff Rossi	10
Joe Beemster	2
Johannes Smits	13
Kris Woodcock	1
MJ Drouganis	10
Mitch Polonsky	1
Neal Barg	11
Paul LeFevre	11
Vince Kelly	1
TOTAL HOSTS	14



Reshma Beeranthbail

Tom Kaldonski

Dale Logan

NOVEMBER NEWSLETTER

Since we can not plan any social events for the end of the season and rides are Show N Go's there will not be a November newsletter. Check the website for current information.

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

- 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.

Oct 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
10/3 Sat	9:00 AM NEW START TIME	Honey Do/Extended Do	30-72	Huntington Plaza North of Algonquin Road, just east of Huntington Boulevard.	SHOW-N-GO
10/4 Sun	9:00 am	Sunday Short Ride	30-50	Archer Parking Lot On Archer between Old McHenry Rd and Robert Parker Coffin Rd in Long Grove. Park at South end of lot nearest the Fire Station	Joe Beemster 847-215-2314
10/10 Sat	9:00 am	Honey Do/Extended Do	30-72	Huntington Plaza See above	SHOW-N-GO
10/11 Sun	9:00 am	Sunday Short Ride	30-50	Archer Parking Lot See above	Joe Beemster 847-215-2314
10/17 Sat	9:00 am	Honey Do/Extended Do	30-72	Huntington Plaza See above	SHOW-N-GO
10/18 Sun	9:00 am	Sunday Short Ride	30-50	Archer Parking Lot See Above	Joe Beemster 847-215-2314

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Date	Time	Ride Name	Miles	Start Location/Directions
				Huntington Plaza North of Algonquin Road, just east of Huntington Boulevard

10/24 Sat	8:00 am	Honey Do/Extended Do	30-72	Show-N-Go
10/25 Sun	9:00 am	Sunday Short Ride	30-50	Joe Beemster 847-215-2314

If you would like to lead a ride please contact Neal Barg at 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	Willow Stream Park On Old Checker Rd, a mile west of the bakery. Turn west on Old Checker Rd. to parking on the right.	Johannes Smits 630-935-4074
Wednesday	9:00 AM	No-Drop Road Ride	30-40	Woodland Trails Park 1-1/4 miles east of Rt-83 on Euclid Avenue, Mt Prospect.	George Karpen 224-388-8866
Thursday	9:00 AM	Deerfield's Bakery Ride	25-40	Willow Stream Park See above	Neal Barg 847-778-1832

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

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 mes-

sage 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.

ON LINE BALLOT

You can vote on line at

Wheelingwheelmen.com**Voting closes October 31**

Election results will be posted on the website in November

WHEELING WHEELMEN**2021 BALLOT**PRESIDENT George Karpen or _____VP/RIDE CHAIR Neal Barg or _____TREASURER Johannes Smits or _____SECRETARY Ella Shields or _____MEMBERSHIP Emily Qualich or _____PUBLICITY MJ Drouganis or Christian Munoz Please mark accordingly: Individual Family

Please return ballot by October 31, 2020

Balloting Committee:

Joe Beemster, Jeannie Siewert, Pam Burke

Please mail ballot to:

Joe Beemster
1606 Hadley Court
Wheeling, IL 60090

HERE'S WHAT THE OLD FARMER'S ALMANAC PREDICTS FOR YOUR WINTER RIDING WEATHER

THE TRUSTED FORECASTERS JUST RELEASED THEIR OFFICIAL PREDICTIONS AND HONESTLY, WE'RE THRILLED.

If you're dreading ditching your warm-weather road rides for trainer sessions to avoid cold and snowy rides, you may be in luck. If the *Old Farmer's Almanac* has anything to say about it, this year you might be able to ride outside longer.

Thanks to rising temperature trends across the world, the age-old weather prediction publication anticipates a less harsh winter than past years.



just in the “western states and northeastern New England,” with mostly “wet” precipitation rather than snow across the majority of the country.

“On the precipitation side of things, expect ‘wet’ to be a wintertime constant, with rain or average to below-average snowfall to be the standard throughout most of the country.”

However, a few areas of the United States will in fact experience some heavier-than-usual snow: “Snowfall will be greater than normal in the Northeast, Wisconsin, Upper Michigan, the High Plains, and northern Alaska and below normal in most other areas that receive snow.”

In case you forgot, The *Old Farmer's Almanac*, which was founded in 1792, has been releasing weather predictions since George Washington was president. Each year, the authors of the Almanac go back to see just how accurate their predictions were for the previous year. When it comes to the 2019-2020 winter season, they found that they were 80.5 percent accurate, which is just above their typical 80 percent.

All this is to say, even in the middle of a pandemic, we might actually have something to look forward to this winter!

By Rebecca Norris from www.bicycling.com

“For the United States, we predict that recent warming trends will dominate in the eastern and northern parts of the United States in the coming winter, with below-normal average temperatures limited to the western portion of the nation,” they divulged in their 2021 Winter Weather Forecast, which went live on August 18. “Most of Canada will have a cold and snowy winter. However, rising temperature trends mean that the winter will not bring extreme cold; instead, it will be closer to normal.”

Additionally, the experts pointed out that the coldest temperatures will occur largely

4. Creative Breakthrough

Many creatives such as writers, musicians, and artists use exercise as a means of getting past mental blocks. I know I've had some of my best ideas come to me while out on a bike! The uniform movement of cycling has a relaxing effect on the brain, stabilizing both physical and mental function. A recent study showed that after just 30 minutes of cycling, participants scored higher on tests of memory, reasoning, and planning. So, instead of banging your head on your desk or scrolling through Facebook, try heading out for a ride.

5. Better Sleep

Exercise has been shown to help regulate your sleep patterns. One reason may be the body-heating effects of exercise and cycling in particular. The increased temperature followed by the post-ride drop promotes falling asleep through decreasing arousal, anxiety, and stress.

6. Fights Anxiety and Depression

Cycling can, for some people, be as effective as medication—without the side effects. This isn't true for everyone, of course, but trying exercise as means of fighting depression can be a great first step. Cycling promotes all kinds of changes in the brain, including new thought patterns that promote feelings of calm and well-being. Plus, you have those endorphins kicking around, which can act as powerful chemicals within the brain.

Cycling also relieves tension and stress, boosts mental and physical energy, and can help fight anxiety. It can be a great way to "zone out," but you can also use it as a time to focus in and even meditate. Pay attention to each rotation of your legs, the rhythm of your breathing, and the wind on your face. It may sound cliché, but this will leave no room for the otherwise constant flow of worries running through your mind.

7. Increases your Self-Esteem

There's no better feeling than tackling a tough climb and knowing it's nothing but your own physical and mental strength getting you to the top. You will feel strong and powerful, and that begins to make it's way into the other parts of your life. You will feel better about your appearance, and will have a sense of achievement as you meet and surpass goals you set for yourself.

8. Stress Buster

With so many jobs now tied to computers and chairs, stress has a way of tensing our bodies, making them exhausted and sore by the end of the day. You may find you suffer from back and neck pain, or constant headaches from stress. This can become a cycle that feeds itself, with stress going in and exhaustion coming out. Cycling can be a great way to break the cycle and relieve tension in the body. In turn, as your body relaxes, so will your mind as that stress begins to lift from your shoulders.

9. Increased Focus

Cycling and physical activity immediately boost the brain's dopamine, norepinephrine, and serotonin levels—all of which affect focus and attention.

10. More Energy

It may seem counterintuitive, but exercise is one of the best ways to gain more energy. Yes, you are using physical energy on your ride, but spending time with that elevated heart rate will give you a boost of energy.

From; ilovebicycling.com/the-benefits-of-cycling-for-your-mental-health/

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



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

We are on the web
wheelmen.com

Join us on

facebook.



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 bgcyclery.com
131 E. Rollins Rd, Round Lake Beach, 847-740-0007

CRANK REVOLUTION

1636 Algonquin Road
Hoffman Estates 847-790-5115

DEERFIELD CYCLERY

705 Waukegan Rd., Deerfield
847-945-0700 deerfieldcyclery.com

GEORGE GARNER CYCLERY

1111 Waukegan Rd.
Northbrook 847-272-2100

CLUB DISCOUNTS

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 MIILE 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

Zion Cyclery

2750 Sheridan Rd, Zion
847-746-2200 zioncyclery.com



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