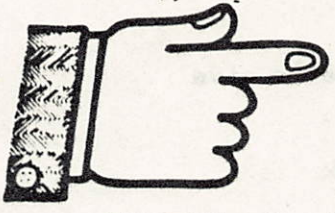


MONTHLY MEANDERS

May, 1979

President, Howard Paul	824-2941	Safety, Jim Wieder	537-2105
Vice Pres., Richard Figge	446-2945	Membership, Don Stansfield	885-4270
Treasurer, Carolyn Kropp	685-4508	Programs, Madeline Kanner	541-9176

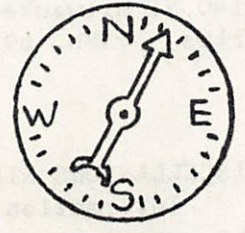
MEETING



DATE: Wednesday, May 2, at 8:00 P.M.

PLACE: CHEVY CHASE, 1000 MILWAUKEE, WHEELING
WAYSIDE ROOM (RED ENTRANCE)
NEAR SOUTH PARKING AREA

PROGRAM: Dee Ruetsche, an instructor in Adventure Education, will describe "Orienteering." It's the art of finding your way through a course, by the use of a compass and topographic map. Orienting is now an Olympic event, and is something that can be done on bikes. If you have a compass, please bring it to the meeting.



WEDNESDAY EVENING RIDES

These rides all start at 6:30 P.M. and are short enough to end by dusk. They're good tune-ups for longer rides and great for new riders to experience club riding. The starting places are listed below:

- May 2 Chevy Chase on Milwaukee Av.
- May 9 Wood Oaks Jr. High in Northbrook, on Sanders Rd., south of Dundee Rd.
- May 16 This ride* leaves at 6:15 P.M. from Jack London Jr. High on Dundee Rd., 2 blocks west of Rt. 83.
- May 23 Kildeer School - Old McHenry Rd. in Long Grove
- May 30 Carl Sandburg School - on Schoenbeck Rd., south of Dundee Rd.

*This is the first of our advertised invitational community rides. Please try to fit them into your schedule - they should give us an opportunity to ride on unfamiliar routes and attract new members.

P. O. Box 581-D, Wheeling, Illinois 60090

1979 MEMBERSHIPS



The following renewals and new memberships were received since the last newsletter and added to the list:

Fred Barney
James Baum Family
Harry Clark
Michael Foley Family
Charles Guthrie
Brian Henderson Family
Nancy Hendrickson
William Janney Family
Herb and Mary Jensen

Elliot Kanner Family
Paul Melnyk
Cathy Merkelz
Stirling Myers
Jerry Nixon Family
Al Petty Family
Charles Schmitz
David Williams



FOR SALE



Would you like to advertize some of your excess biking goodies in the newsletter? Send in the info - the service is free.

BIKE SHOP MEMBERS



The club currently has three members who are bike shop owners. Let's give them a chance for a sale the next time we need equipment.

Robert Amling
SPOKE AND PEDAL CYCLERY
8140 N. Milwaukee
Niles Ph. 692-4240

Jim Andresen
ABC CYCLERY
320 W. Northwest Highway
Arlington Heights
Ph. 253-7700

Dick Spirek
BIKES PLUS
1300 N. Rand Rd.
Arlington Heights
Ph. 398-1650

MISCELLANEOUS RIDES



Information on various future rides and tours is received by the club. If the events are sponsored by neighboring clubs, they are frequently included in our monthly ride schedule. Those that aren't will be listed separately. If you find one of interest to you and want further information, please contact the club president.

May 25-28 GREAT EASTERN RALLY in Virginia
Sunday, June 3 PIONEER CENTURY (62,31) Warsaw (In.) Area Wheelers
Sat./Sun., July 14-15 TOUR OF THE MISSISSIPPI RIVER VALLEY II
84 miles on Sat. and 103 miles on Sunday
Davenport, Iowa Quad Cities Bicycle Club
Sat./Sun., July 21,22 AMISHLAND AND LAKES WEEKEND
50 miles each day Howe, In. Michiana Bicycle Assn.
Sunday, Oct. 14 TURNING LEAVES CENTURY (60, 40, 20)
Edwardsburg, Mi. Michiana Bicycle Assn.

WISCONSIN BIKE TOURS

Many weekend, and 4 & 5 day options May through October

SAFETY SUGGESTION



Do you use your arms when cycling? Everyone nearby, including yourself, pedestrians, motorists, and fellow cyclists are safer when you do.
Left arm extended to the left before making a left turn.
Left forearm raised before making a right turn.
Left forearm down before slowing down or stopping
And don't forget to point at potholes, broken glass, etc., as you pass them, as a warning to those behind you.

MAY RIDES



- Saturday, May 5 APPLES AND ORANGES RIDE
Meet at Potowatomi Woods - north side of Dundee Rd., east of Milwaukee Av. - 10:00 A.M.
Distance: 60 KM. Leader: Madeline Kanner (541-9176)
- Sunday, May 6 ELK GROVE METRIC CENTURY
Lyons Park Community Center at 8:00 - 9:00 A.M.
Pre-registration \$4.00 - Chicken dinner Information:(593-5608)
Also: DEKALB WINDY "60" (See LAW Bulletin)
- Sat./Sun. May 12-13 OTTOWA LAKE WEEKEND
South Kettle Moraine. Saturday at 10:00 A.M. and Sunday at 9:00 A.M. Bring camping gear or contact Sasso's Kettle Moraine Inn in Eagle, Wis.
Contribute to a pot luck dinner on Saturday evening.
Leader: Robbin Mester (541-8639)
- Saturday, May 19 ZION RIDE
Meet at Wheeling (Chambers Park) Community Center, Wolf Rd., north of Dundee Rd. at 7:30 A.M.
Distance: 115KM Leader: Gene Pilch (541-3191)
- Sunday, May 20 ARLINGTON HEIGHTS DAM SPRING RIDE
Frontier Park, 1933 N. Kennicott, 7:00 - 9:00 A.M.
Information: Kurt Schoenhoff (259-8864)
Distance: $\frac{1}{2}$, $\frac{1}{2}$, and full metric century
- Sunday, May 27 KILLER HILL 60
Meet at Kildeer School in Long Grove at 9:00 A.M.
Distance: 100 KM. Leader: Gene Pilch (541-3191)
- Saturday, June 2 PIZZA RIDE
Meet at Buffalo Grove High School, Dundee Rd., east of Arlington Hts. Rd. at 10:00 A.M.
Distance: 80 KM. Leader: Don Stansfield (885-4270)
- P.S. On allday rides, bring a sack lunch if you don't wish to eat in a restaurant.

COVERED BRIDGE RIDE



If the turnout were any better, we would have required a larger bridge. Under sunny skies and a balmy temperature, 45 riders came out and enjoyed a great day. It just has to stay this good for our Audubon Ride, doesn't it?

Excerpt from a recent periodical:



The cyclist is both alchemist and sorcerer. Not only can he transmute useless fat into healthy flesh as the jogger and the tennis player do, but he goes beyond the confines of exercise. In the countryside, he is his own transportation system; he may travel tens or hundreds of miles, his only limit his legs and will. From an urban jungle creeper, he transforms himself into a wheeled centaur using energy more efficiently than any animal that walks, flies, or swims across the planet. He is horse and rider, motor and cycle.

