



# MONTHLY MEANDERS

JANUARY, 1980

President: Elliott Kanner, 541-9176  
Vice Pres: Judy Stansfield, 885-4270

Treasurer: Carolyn Kropp, 685-4508  
Safety: Howard Paul, 824-2941

Membership: Richard Figge, 446-2945  
Program: Madeline Kanner, 541-9176

For information on the Wheeling Wheelmen and activities, phone Judy Stansfield: 885-4270.



## January Meeting

The January meeting of the Wheeling Wheelmen will take place at 8:00 P.M. Wednesday, January 2, in our usual meeting place, the Wheeling Community Center on Wolf Road about a block north of Dundee Road.

Featured speaker for the evening's program will be Dr. Mitchell Goldfleis, an orthopedic surgeon. His general topic will be sports medicine, especially in areas relevant to cyclists: endurance training, exercise prescriptions, and nutrition for athletes. There will be plenty of time for questions following his talk. This will surely be a very interesting program and an excellent way to start off the New Year.

**Orthopedic  
Surgeon  
Guest  
Speaker**

### JANUARY ACTIVITIES

#### NEW YEAR'S DAY



Tuesday January 1 - 10:00 A.M.  
From Eisenhower Jr. High School  
Hoffman Estates

Start the New Year right! Come ride with us on New Year's Day or, if the snow's too deep, we'll hike. We'll top it off with a coffee break at the Standfield's.

The school is at Jones and Hassel. Go north from Higgins (IL 72) one block west of it's intersection with Golf Road, (IL 58).

#### CROSS COUNTRY SKIING

Sunday, January 13 - 1:00 P.M.  
Deer Grove, Palatine

Entrance on Quentin Road. Take left fork to parking area near lake. Leader Richard Figge - 541-2545.

#### CROSS COUNTRY SKIING

Saturday, January 19 - 10:00 A.M.  
Deer Grove, Palatine

Starting point same as above. Leader: Larry Warth  
Leader: Larry Wathen - 729-3248

#### CROSS COUNTRY SKIING

Sunday, January 27 - 1:00 P.M.  
New Trier West High School

The school is at Happ Road and Winnetka Avenue in Northfield.  
Leader: Richard Figge - 541-2545



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





PRESIDENT'S CORNER

by Elliott Kanner

It's astonishing to look backward at this meaningful time of year and recognize our affiliation of six years with the Wheeling Wheelmen. The significance in doing so is that Madeline and I can only regret the club events in which we couldn't participate - and each of those was a difficult decision in competition with other serious responsibilities.

That, to me, is a clear tribute to the uniqueness of the Wheeling Wheelmen. It's easy for any club to dissolve overnight and lose membership due to boring, repetitious and humdrum programming.

Not so with us. The leadership which I "inherit" has never let that happen. In thinking of the people who've applied great effort to keeping us on the high road -- Don and Judy Stansfield, Howard Paul, Phyllis Harmon, Fred Woodruff, Gene Pilch, Richard Figge, Carolyn Kropp, Robin Mester, to name a few -- I realize that I could list almost all members at some time or other. That's unusual, and my greatest hope is to keep it that way while increasing our membership.

I think it no exaggeration that we're on the threshold of a new era, with a definite role for our club. As travel inevitably becomes more limited, bicycle touring is a marvelous alternative. We can even pool transportation to invitationals or distant starting points, and as noted at our last meeting, develop tours of our own. So much can be done with imagination and participation - we need *yours* most of all, and everyone possible whose ear you can borrow. Don't forget.

Because our usual monthly meeting space in the Community Center is taken over by Santa Clause, it has become our custom to have a December social at someone's home. This year our hosts were Howard and Lois Paul in Des Plaines.

Certainly everyone who attended this annual holiday party of the Wheeling Wheelmen would agree that it was one of the mellowest affairs our club has ever had and a very pleasant way to begin the festive holiday season. We were warmed by the gas log flames in Howard's fireplace, by the fragrant mulled wine and strong coffee, and the glow of friendship as we relived a year of cycling adventures and talked of those yet to come.

Some of us achieved a more specific acquaintance with cycling products advertised in various bicycling magazines by identifying manufacturer or advertiser of pictured items. Also, there was shouting and hysterical laughter when we divided into teams to guess objects or concepts from the drawings of unartistic teammates. There were mountains of Dutch, Norwegian, German and American holiday goodies to delight the eye and beguile the appetite. Thank goodness for the calories burned by cycling, skiing or cold weather! What a wonderful end to a very full year of cycle touring and an auspicious beginning for a New Year of exciting events.

A big and appreciative thank you to Howard and Lois Paul for hosting the party in their cozy home, and also to Lois for orchestrating the refreshments and many other details.

SAFETY OFFICER'S CORNER

During the next couple of months, many of us will be doing more cross country skiing than biking. Perhaps a caution or two in that direction would be appropriate.

The sport has a good safety record because our natural caution generally prevents us from attempting more than our capabilities allow. However, a sprained ankle is possible, so it might be wise not to explore unused trails by yourself.

As in cycling, start the season slowly with a tour that doesn't exceed a couple of hours. It spoils the fun, to say the least, if your endurance is low at the halfway point. Every sport uses different muscles - even if you rode the Harmon 100, you may not be ready for four hours of cross country skiing.

♪ ♪      ♪      ♪      ○  
HAPPY    TRAILS    TO    YOU



Howard Paul