



# MONTHLY MEANDERS



JULY, 1981

President: Elliott Kanner, 541-9176  
Vice-Pres: Dick Ryan, 381-1775  
Treasurer: Richard Figge, 446-2945  
Safety: Howard Paul, 824-2941  
Membership: Carolyn Kropp, 685-4508  
Program: Madeline Kanner, 541-9176  
Editor: Phyllis W. Harmon 537-1268



July Meeting  
July 1-8 P.M.

Wheeling Community Center  
1 block N. of Dundee Rd. on Wolf Rd.

Program by JOHN SHIPLEY

John is a dedicated bicyclist. He sold his car several years ago and pedals between 12,000 and 13,000 each year! He has pedaled many, many miles with California clubs before moving back to Lake Forest. He has bicycled in Mexico, Death Valley and numerous states on all types of rides. He recently biked 680 miles in one week to Columbus, Ohio, to ride TOSRV!

John plans to talk to us about biking nearby - in Iowa, Wisconsin and Illinois - about where to go and what to see. Don't miss it!

## New Members

This month we are glad to welcome the following new members and look forward to riding with them in the months ahead:

Jerry and Lenore Goldman, Elgin,  
Dan Murphy, Elmhurst,  
Jack Mullen/Barbara Lahr, Deerfield  
Ruth H. Harlow, Mt. Prospect  
Frank Pirok, Des Plaines  
Roxanne L. Estrin, Des Plaines

### JIM ANDRESEN OUT FOR MILEAGE RECORD

Jim Andresen of the ABC Cyclery in Arlington Heights will try to break the 392 24-hour mileage record on July 11-12 at the Northbrook track. He plans to start about 4 P.M. on Saturday and finish at 4 P.M. Sunday. His goal is 450 miles... 2000 laps!

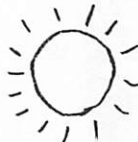
In addition to trying for the record, Jim will be riding for American Diabetes and anyone wanting to phone in pledges for miles can phone the ABC Cyclery at 253-7700.

## Safety Officer's Corner



I believe our club rides have shown an improvement in safe riding practice, but our roadside stops frequently don't warm the cockles of a safety officer's heart. All too often we stop and congregate in the traffic lane. This obviously can be dangerous near an intersection or on a hilly road where vision is limited. It would be far better to dismount, if necessary, and walk our bikes onto the shoulder where we can chat without obstructing traffic.

I would also like to remind all ride leaders to appoint one or more sweep riders for their tour. Our membership includes many newer cyclists whose morale is greatly increased by having someone near if they fall behind or require assistance.



### POWER PLAY

Last year, somewhere in Florida, on leaves of a now forgotten sugar cane plant, a bit of sunshine ended its eight-minute dash to earth. Somehow, the plant turned that sunlight into sugar. Somehow, that sugar got into my sugar bowl and into my morning coffee. I sipped last year's sunshine at breakfast. Now it's in my blood, and it starts to feed these old muscles. It's dark now, and I start for home on my bicycle. The muscled sunlight suddenly becomes pedal-power, then chain-pull, wheel-spin, generator-whine, filament-heat, and finally--from the head-lamp--light again!



### GUIDELINES FOR RIDE LEADERS

Excerpts from *Guidelines of Valley Forge Cycling Club.*

- . Plan rest stops as well as the route. More stops on hot days or if group straggles.
- . Select stops based on:
  1. Ample room for bicycles off the roadway.
  2. Top of strenuous hill.
  3. Major turn in route.
  4. Scenic features.
  5. Shade (in hot weather).
- . Appoint one person to bring up the rear. This should be a reasonably active member, not a newcomer.
- . Don't lose any riders. Know how many cyclists are in your group.
- . Try to keep the group together, on the right, no more than two abreast. Single file in heavy traffic.
- . If group is straggling badly, put a steady pacer in the lead with instructions on the next turn or rest stop, and go back to see what the problems are.
- . Group may need to be split in two:
  1. If difference in pace within the group causes too much difficulty, the leader will stay with the slow group and select some one to lead the fast group and brief him.
  2. Long breakdown. Those who will help disabled cyclist will stay behind. Leader proceeds with main group after leaving instructions on route and/or spot to rejoin groups.
- . All rest stops should be long enough to let slow riders catch their breath. They usually need it most. If, as they catch up, the leader says, "Well, we're all together now" and starts off, you can be sure that those struggling cyclists won't come on any more group rides.

NEED A RIDE TO INVITATIONAL? OR HAVE ROOM FOR SOMEONE? Contact RIDES COORDINATOR Marilyn Mathison, 227 N. Greenwood, Park Ridge, IL 60068 or phone 825-5470.

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



# Coming Events

July 5 HUFF-N-PUFF RIDE - From Long Grove or Algonquin



Sunday - 7:00 A.M. or 9:30 From either Kildeer School for 120 KM (74 miles) or from stop light in Algonquin 80 KM (50 miles). To Railway Museum, Union, Ill. Bring or buy lunch. Dick Ryan - 381-1775.

July 11 ZION RIDE - Wheeling, IL



Saturday - 7:30 A.M. 115 KM From Wheeling Community Center, Wolf Rd. north of Dundee Rd. This is our popular annual ride to Zion. Gene Pilch 541-3191

July 19 LAMBS FARM RIDE - Wheeling



Sunday - 1:00 P.M. 40 KM (25 miles) From Potawatomi Woods, Dundee Rd. just east of Milwaukee Ave. East, flat ride. Howard Paul - 824-2941

July 25 HILL & DALE RIDE, Long Grove or Algonquin



Saturday - 7:30 A.M. 120 KM from Kildeer School or 10 A.M. from stop light in Algonquin for about 80 KM Strenuous ride - short ride has all the hills! Jim Parsons - 392-7441.



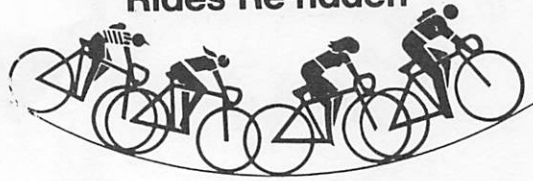
## WEDNESDAY NIGHT RIDES

Rides start promptly at 6:30 P.M. and end before dark. Short, leisurely rides.

July

- 1 From Wheeling Community Center-Wolf Rd. north of Dundee Rd. Return in time for club meeting.
- 8 From Buffalo Grove High School, Dundee Rd. & Arlington Hts. Rd.
- 15 From Kildeer School, Long Grove. Old McHenry Rd. north of Long Grove Road.
- 22 From Wheeling H.S. parking lot west of school, Elmhurst Rd.(83) and Hintz
- 29 From Harper College, Euclid just east of Roselle Rd.

# Rides Re-ridden



**KILLER HILL** Ten hardy riders took off from Kildeer School in Long Grove on a 100 km trail through some of the most varied and scenic territory in our region, including the Bull Valley and environs. Killer hills there were but we saw no one walk up any of them, making the descents a true delight. Leader Rich Figge knows how to vary this route from past years without excluding a single hill! Bravo! EK

**ICE CREAM SOCIAL** One of our favorite annual events drew 22 riders to East Dundee to enjoy Kallberg's delicious concoctions and each other's companionship before heading us the steep hill from the Fox River. Roger Thauland modified the long-standing route to include a few new areas, rural and residential. The bright, sunny weather was great for cycling! If you missed this, make it a *must* for next year! EK

**LAKE GENEVA RIDE** - Fifteen riders headed out from Moraine Hills State Park south of McHenry on Dick Ryan's excellent route to Lake Geneva. We couldn't have asked for better riding weather! We lunched leisurely at Lake Geneva before heading back over the 8 miles of rolling hills on the south side of Lake Geneva. Somewhere north of Richmond, the skies darkened and it rained just enough to get us wet before it stopped. We were almost dry by the time we reached Johnsburg but again the sprinkles started and by the time we reached McHenry it was really raining! We splashed the 3.3 miles back to Moraine Hills in a real cloudburst, hurriedly loaded bikes in our cars and squished home!

**WEDNESDAY NIGHTS** - Dick Ryan and Rich Figge continue to come up with a variety of new roads to enjoy during our 12 to 16 miles before dark.

**PIONEER WEEKEND** - Perfect weather, traffic-free back roads, rural farms and fields and early American towns were the touring rewards experienced by seven Wheelmen on this introduction to bicycle touring and camping.

We slept at night in a KOA campground near Burlington, Wisconsin, some under the stars, others in tents. There were no mosquitos, the stars shed a soft light, and the scent of clover filled the air. Our ridge top campsite offered an impressive view of the surrounding farmlands. Elliott and Madeline chased the dawn to an early, hearty breakfast in Burlington, (which gave us an opportunity for a second breakfast in Genoa City) while other campers enjoyed hot homemade doughnuts at the campsite.

Everyone admired the varied shades of green: crops, fields, trees, lawns, gardens and roadside hedges. The first haying of the season was taking place, which was interesting to watch and delightful to smell.

Due to time constraints, several riders rode with the group up to McHenry before turning back.

Don and Judy Stansfield did an outstanding job organizing the trip, their last before moving to Freeport, Illinois. It was with a feeling of poignancy that we bicycled with them, remembering the good times and beautiful rides we have shared with them. We hope they'll make the trek back to Wheeling to join us for some special events in the future. MK

**BAHAI TEMPLE RIDE** - Rained out!

**JUNE MEETING** - Madeline Kanner brought her bike all loaded for a bicycle camping trip and proceeded to unpack, item by item, explaining what to take and why. Interesting evening.

## KM KOUNT AKKUMULATING

Dick Ryan, as Ride Chairman, is totaling your mileage on club rides only-not invitational rides with other clubs. Members topping 1000 KMs will qualify for our special KM club shirt at our annual banquet in November.

As of May 17 top KM riders are:

Madeline Kanner	704	Dick Ryan	651	Roger Thauland	128
Phyllis Harmon	439	Elliott Kanner	622	Dick Ryan	128
Rita Moody	415	Roger Thauland	551	Elliott Kanner	83
Lana Schwerin	406	Terry Schwerin	463	Phyllis Harmon	91
Judy Stansfield	318	Howard Paul	457	Rita Moody	69
				Margie Papajesk	67