



MONTHLY MEANDERS

September 1981

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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

SEPTEMBER MEETING

Sept. 2 - 8 p.m.
Wheeling Community Center
On Wolf Rd. 1 block north of Dundee Rd.



DICK SPIREK ON BIKE MAINTENANCE

Here's an opportunity you won't want to miss. At our September meeting Dick Spirek of Bikes Plus in Arlington Heights will talk on bicycle care, maintenance and repair. Be prepared to ask questions about your special problems.

Safety Officer's Corner



By
Howard Paul

Our physical fitness is a vital factor in cycling safety on long rides such as the Harmon Hundred. Besides the obvious requirement for building muscular endurance for the long rides, our physical condition is affected by what we eat and drink.

The need for drinking substantial amounts of water during exercise has been emphasized in recent periodical articles. Although we all drink when we are thirsty, this is too late to be most effective. We should drink periodically because the exercise has created a need for water replacement before we feel thirsty.

As many of us drive to the starting point of the rides, it would be a good idea to take a starting drink of water from a container that is left in the car. In this way we won't unnecessarily deplete the small amount we carry on our bikes.

From the Stansfields in Freeport, Ill.

Dear Friends:

Thank you so much for having a pot luck supper in our honor on June 20th. It was very thoughtful of you and we really appreciated it. Also, we want to thank you for the Swiss Army knife which will become a very necessary part of our bicycle camping equipment.

Have a good cycling season, and we hope to see all of you soon.

Sincerely,
Judy and Don Stansfield

In addition, the Stansfields sent a couple of newspaper articles from their Freeport (Ill.) Journal-Standard:

A 20-year old cyclist was stopped by the police after being observed riding his bike in an erratic manner and was arrested on drug charges.

A 15-year-old bicyclist lost his bicycle for 30 days because of antics while riding on the sidewalk. He was observed by a police officer doing a wheelie. The officer immediately impounded the bike. It is against city ordinance to ride a bicycle on the sidewalk and also to do wheelies.

Wouldn't it be great if police all over the country cracked down on the real traffic violations such as wrong way driving a bike and going through red lights!

RIDES COORDINATOR: Marilyn Mathison

Suppose you plan to go to the Apple Cider Century, or the Hilly Hundred and you have room in your car for a biker or two plus bikes. Or, do you need a ride to an event? If so, contact Marilyn and she'll try to match you up. Contact her at 825-5470 or write to: 227 N. Greenwood, Park Ridge, IL 60068.

MAP LIBRARIAN: Dick Marr

Copies of all of our beautiful bike routes go to Dick for our permanent map library. In addition, if you take an interesting ride that you think others would enjoy, send a map of your route to Dick at 1113 Holiday Lane, Apt. 2, Des Plaines, IL 60016.

Lon Haldeman

Setting Records



In the August newsletter I reported on Lon Haldeman's three cross country records set in June and July. Well, it seems that isn't all he set. In a 24-hour try at breaking the track mileage record, Lon pedaled 393 miles in 19 hours at the Northbrook track. Although he rode mostly in rain and high winds, Lon managed to break 75 records in the process!

Currently Lon is planning to try to break his own record on the track because he feels he is much stronger now after his 6000 mile cross country ride. By the time you read this, he will have tackled Northbrook track again, 8 p.m. Saturday, August 22 through 8 p.m. Sunday, August 23. He hopes to do close to 500 miles in 24 hours!

Then, next June, John Howard (winner of the Triathlon in Hawaii), John Marino (former record holder of the California to New York route) and Lon will compete in a ride across the U.S. from California to New York.

Share Your Experiences

This is vacation time for many of our members: Dick Ryan will be in Colorado; Roger Thauland's off to the Pacific Northwest - Washington and Oregon; Louis Klein's headed for California; several of us will be riding SAAGBRAU in Wisconsin. Share your biking experiences through our newsletter, Monthly Meanders.

IT'S A SMALL WORLD...

Twenty years ago good friends and neighbors of Dick and Ruth Ryan moved away. They exchanged Christmas cards all these years but were always two states apart until the two couples met unexpectedly on the Amishland and Lakes ride in Howe, Indiana. Both couples had recently taken up bicycling...

On this same event, Dick Marr met a young lady who not only lives in his suburb of Des Plaines but in the same apartment complex! She had just moved to Illinois from the west coast.

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



Coming Events

Sept. 6 CLUB MEMBERS RIDE CENTURY/FIFTY



Sunday - 6 a.m. - from Wheeling Community Center, Wolf Road north of Dundee Road. This is the day we all ride together so that we can all work on our official Harmon Hundred/Fifty next week. Please bring the enclosed official registration form. It will be used to provide you with the new patch and official postal cancellation envelope. Dick Ryan suggests you bring a sack lunch. No sag wagon on this ride. 541-9176.

Sept.13 HARMON HUNDRED/FIFTY, Wheeling

Sunday - Registration 5:45-9 a.m. from Wickes Furniture parking lot 351 W. Dundee Rd., Wheeling, IL \$3.50 before Sept. 10 or \$4.



11th HARMON HUNDRED



Postal cancellation service at registration area for all participants for special commemorative envelope. New patch this year, too. Also, L.A.W. Century of Half Century patches available for \$1.25. D.Ryan 381-1775

Sept.20 DAN WRIGHT WOODS, Wheeling



Sunday - 1 p.m. - 30 KM (19 mi.) Easy ride for the whole family Richard Figge 446-2945

Sept.26 ST. CHARLES RIDE, Hoffman Estates

Saturday 8 a.m. 102 KM (64 miles) From Eisenhower Jr. High, Jones and Hassel (One block west of Higgins' (IL72) intersection with Golf Road (IL 58). Go north on Jones to end at Hassell.) Beautiful ride - don't miss it! Jim Baum 397-7270.



Sept.27 APPLE CIDER CENTURY, 3 OAKS, Mich.

Sunday - 25/50/75/100 - \$7.50 Registration by Aug.31 includes snacks, spaghetti dinner, cider, apples, patch, sag wagon service. ACC'81 303 E. Michigan St., Three Oaks, Mich. 49128. Brian Volstorff 616/756-3111. No registrations at the door. 3000 participants limit



Oct.10/11 HILLY HUNDRED, Bloomington, Ind

Sat. 50 miles; Sun. 50 miles. Central Indiana Bicycle Assoc. invitational...BIG event! Last year we had 42 Wheeling Wheelmen there! Let's top it this year. No registrations at the door... maximum 2000. Tom and Nancy Revard for applications: 5535 Central Ave., Indianapolis, IN 4622. 317/257-5764.



WEDNESDAY NIGHT RIDES: Nights are getting shorter..only two more rides this year. 6:30 until twilight.

Sept. 3 Wheeling Community Center. Back in time for club meeting.

Sept.10 Wood Oaks Jr. High, Northbrook. Sanders Rd. 1/4 mile South of Dundee Road. Brief stop at the Northbrook track, too.

Rides Re-riden



Hill & DALE RIDE - Dick Ryan led 16 hardy riders over this annual rugged ride that included both Bull Valley and Valley Hill rugged uphills! It was a great day enjoyed by all on the 72 miles.

AMISHLAND AND LAKES - Fifteen Wheeling Wheelmen attended this delightful event hosted by the Michiana Bicycle Assoc. Based at the Howe Military Academy in Howe, Indiana, 1200 riders enjoyed 50 miles on Saturday through quaint Amish country, enjoyed a barbecue dinner followed with an ice cream social on the village green which included a band concert, awards (in which our own member Donald Campbell received the senior-75-award!) and square dancing. Sunday all enjoyed 50 miles in the southern Michigan lakes region. In addition to the lovely scenery, the overcast afternoon kept the heat down.

COVERED BRIDGE RIDE - For the past few years we've been exchanging (or more appropriately, "reciprocating") invitations with the Evanston Bicycle Club. Our August 9 ride - a beautiful Sunday -

was used for this occasion with record success. Forty eight riders headed out from Kildeer School. It was a great opportunity to familiarize newcomers, both experienced and beginners, with the varied geography of our region. Leader Dick Ryan had a number of new twists, turns and hills to keep the ride interesting and he routed us through two covered bridges. EK

RACINE COUNTY, WISCONSIN - It was a surprisingly nippy day with a northeast wind as 18 riders gathered at Eagle Lake Park parking lot for a 41 or 51 mile ride through beautiful Racine County. We stopped at Val-Wyn Drive In for a snack, pedaled on through Rochester, on Honey Lake Road into Burlington and back to Eagle Lake.

AUGUST MEETING - Our August meeting traditionally is devoted to mailing out the Harmon Hundred flyers and setting up the work schedules for our big annual invitational ride. Already applications are coming in to our post office box. EK



BOUL-MICH BIKE RALLY SEPTEMBER 7

This big annual event is held in downtown Chicago and draws a great number of riders and racers. There are \$3000.00 worth of door prizes for the bicyclists and a ride past scenic highlights in Chicago starting from Harrison and Michigan Boulevard at 11 a.m.

At 1 p.m. top Junior racers will compete for prizes in a 25-mile race, followed at 2 p.m. for the "biggie" - a 50-mile race of top senior racers.

This is an event you enjoy as a participant and also as a spectator...so come on out and join in the fun!

We must have looked quite the pair. As I walked along the campus holding my boyfriend's hand, he was slowly pedaling his bike. "Hey!" a passing student called out to him, "I like your training wheels."

Donna Ruettimann
Reader's Digest

Dr. Paul Dudley White: "If you want to know how flabby your brain is, feel your leg muscles."

When several vats in a London brewery were struck by lightning, not only were the containers undamaged, but the beer in them was found to have improved considerably in quality. This is believed to be the first recorded case of a storm actually brewing.

American Farm & Home Almanac



KM KOUNT AKKUMULATING

Mileage is climbing - rather KMs are climbing - as Dick Ryan continues to tabulate KMs ridden by members on club rides. KMs are not recorded for invitational rides of other clubs. As of August 19:

Dick Ryan	1661	Madeline Kanner	1385
Roger Thauland	1269	Phyllis Harmon	984
Elliott Kanner	1268	Rita Moody	890
Howard Paul	980	Marie Liotine	863
Terry Schwerin	944	Lonna Schwerin	769

Wednesday night KMs

Dick Ryan	403
Roger Thauland	320
Elliott Kanner	249
Frank Pirok	221
Richard Figge	209
Madeline Kanner	260
Phyllis Harmon	230
Margie Papajesk	196
Rita Moody	123
Carolyn Kropp	121