



MONTHLY MEANDERS

January, 1982

President: Roger Thauland, 541-2294
 Vice-Pres: Rose Baum, 397-7270
 Treasurer: Richard Figge, 446-2945
 Safety: Mike Enwright, 537-8012
 Membership: Marie Liotine, 439-0452
 Editor: Phyllis Harmon, 537-1268
 Maps: Dick Marr, 593-2639
 Rides Coordinator: Marilyn Mathison, 825-5470

JANUARY

JANUARY 1, 1982

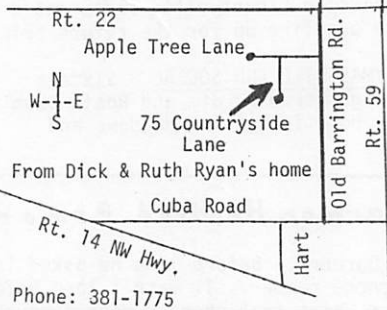


Instead of a January meeting we will start 1982 with a bike or hike, depending on the weather, from Dick and Ruth Ryan's home in Barrington (see map in adjoining column).

10:00 a.m. and distance will be determined by wind and temperature!

We will return to the Ryan's for refreshments and socializing

New Year's Day Ride



A Wet and Cold Harmon Hundred Sparked a Warm Romance

Late in the summer of 1980, Barbara Doyle, who had learned of the Wheeling Wheelmen from Elliott and Madeline Kanner, joined the club. She was a fairly new cyclist and, since she could not ride a Century, or even a Half Century, she volunteered to serve at the registration table for our big invitational, the Harmon Hundred.

Well, the 1980 Harmon Hundred dawned gray and cold and by 5:30 a.m. when the first bikers appeared it began to rain.. lightly first and then heavier and heavier as more and more cars pulled in. Bikers stood around waiting for the rain to ease up, registration table papers were weighted down to keep them from blowing away. Finally, in the rain, a total of 197 bikers set out.

In a group of racers was Ron Palazzo, of Northlake. Due to the wet pavement, the group missed some arrows and by the time they found arrows again they were led right back to the starting point! The racers stood around grumbling! They hadn't gotten in a century, still they didn't want to start out again in the heavy rain....so Ron started chatting

Continued on page 2

Safety Officers' Corner

Mike Enwright



Now that the snow is flying and the north wind is stinging, most of us fair-weather cyclists are giving our bicycles a rest. This is an ideal time to think ahead to spring.

Safety while riding will come only if our bicycles are in proper working order. Most of our bicycles will require a complete overhaul. This is a good time to take your bicycle to a shop or to start doing an overhaul yourself. Some of our members may wish to make a few extra dollars by doing overhauls in their homes for other club members. If you would like to have your bike overhauled, or if you would like to overhaul members bikes, please call me. I will act as a go-between. My phone number, 537-8012, is also listed each month in the newsletter.

Remember, repairs now will give you a safe vehicle to operate in the spring.

SAFETY QUIZ - TRUE OR FALSE.
 Answers will appear next month.

1. Bicycle riders should observe and obey all traffic signs, stop and go signals and other traffic control devices.
2. It is safe to drive bicycle three abreast while riding in a group.
3. A safe place to pass slowly moving vehicles is at an intersection.
4. The roadway is a safe place to park a bicycle.
5. When crossing an intersection, slow down, look left, then right and proceed quickly if the way is clear.

Our New Years Resolution should be to make '82 our safest year ever. I am sure we can do it.

I'll sign off 'til next month. Wishing you and yours a safe, prosperous and Happy New Year!

Mike Enwright, Safety Chairman

HAPPY NEW YEAR!!



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



Rides Re-ridden



Jan. 1 NEW YEAR'S DAY RIDE Barrington



Friday, January 1, 1982 10 a.m.

From Dick Ryan's at 75 Countryside. (See map page 1). Bike or hike depending on whether roads are clear or snow covered.

Return to Ryans' for socializing and refreshments.

Jan. 9 CROSS COUNTRY SKIING, MORAIN HILLS SOUTH OF MC HENRY.



Saturday, 10 a.m. Moraine Hills is on River Road just south of McHenry Dam State Park. Meet at last parking lot at the end of the road.

Naturally skiing depends upon proper weather conditions. So phone leader Howard Paul, 824-2941 for last minute instructions.

Jan. 24 CROSS COUNTRY SKIING DEER GROVE



Saturday - Noon -

Continue on road past parking lot where our bike rides begin to parking lot at bottom of hill.

Leader: Richard Figge 446-2945.

Jan. 31 CROSS COUNTRY SKIING DEER GROVE

Details and time same as Jan. 24 above.

Leader: Richard Figge 446-2945.

Special Meetings

Thursday, January 7 - Officers' Meeting at Jim and Rosie Baum's, 3 Pine Valley Road, Rolling Meadows. 7:30 P.M. If

Thursday, January 14 - Ride Planning meeting for 1982 at Phyllis Harmon's, 356 Robert, Wheeling. 7:30 P.M. If you need directions, phone 537-1268. If you have some ride suggestions, a special ride you would like to lead, or special ideas, send them to Phyllis at 356 Robert, Wheeling, IL 60090, or come to the meeting.

For Sale

FRAME: Langhy Custom Built racing frame. 21-1/2" \$400.

Richard Spitzer, 740 Checker, Buffalo Grove, IL 60090. 459-6197.

Bicycle Maps

This month special thanks go to Howard Paul and Roger Thauland for their contributions to our official collection of bicycle maps.

Send your maps to Dick Marr, Map Chairman, 1113 Holiday Lane, Apt.2, Des Plaines, IL 60016.

THANKSGIVING RIDE - It was a gray, cold, crisp day as we rolled out from the Community Center and headed north. Cold fingers and, especially, cold toes were uncomfortably noted and various tips on how to keep warm were offered by long-time cyclists. Our destination was McDonalds in Libertyville for a snack before bundling up for the return trip.

CHRISTMAS BIKE AND SOCIAL - Sixteen bikers gathered at Jim and Rosie Baum's lovely home in Rolling Meadows and

pedaled out through Barrington and into Long Grove and past the Baum's new home (moving in January) in Long Grove just a mile from Kildeer School, starting point of a number of our rides. After a brisk 25 miles, complete with cold toes again, we returned to the Baums for pot luck goodies. By this time there were 25 of us, including Don and Judy Stansfield who came in from Freeport. It was great to see them! The Christmas grab bag was lots of fun...it's amazing how many novel ideas people can come up with!

Harmon Hundred Romance continued -

with Barbara. Before long he asked for her phone number. It wasn't long before he was using that phone number frequently and Barbara was not riding with the Wheeling Wheelmen: she was helping Ron train for races and watching him participate in races. This year, 1981, he placed second in the Illinois Time Trial (Master), 4th place in National Veteran Cup, and first place in 100 miles Vet. Classic which he did in 4:17.

Well! All this togetherness culminated in wedding bells for Barbara and Ron on December 5. They are near-neighbors of Elliott and Madeline and we hope to see the two of them out on some

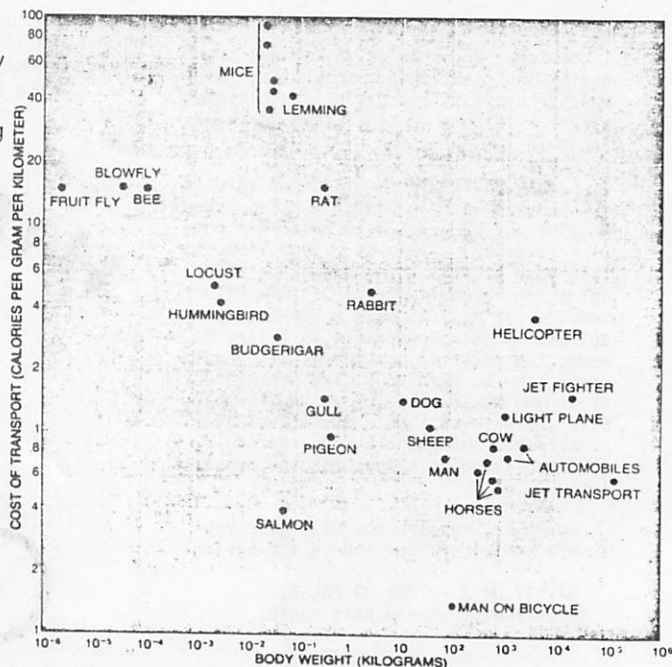
of our club rides - especially the Harmon Hundred!

A bit more about Ron. He immigrated from Italy and, at age 43, decided to start working out on the bicycle again. Although he had never raced competitively before, in 7 years he pedaled over 62,000 miles, took part in 202 races and won 38! He has been a state champion 7 times in road and time trial racing and was Illinois Rider of the Year in 1975 and 1977. Ron's 3 sons also race. Marcello, 17, has been in 247 races and won 51. In 1981 he was 1st in State Championship, All Star Team Challenge and the Kenosha Mayor Cup.

Technical Topics - Howard Paul

MAN ON A BICYCLE

ranks first in efficiency among traveling animals and machines in terms of energy consumed in moving a certain distance as a function of body weight. The rate of energy consumption for a bicyclist (about .15 calorie per gram per kilometer) is approximately a fifth of that for an unaided walking man (about .75 calorie per gram per kilometer). With the exception of the black point representing the bicyclist (lower right), this graph is based on data originally compiled by Vance A. Tucker of Duke University.



The next time we're struggling up the slope of Signal Hill Road, just remember the graph above. It will be some comfort to know that bicycling is almost the world's most efficient means of transportation. I said "almost" because another chart shows that a steel wheeled vehicle, with roller bearings, riding on steel rails is slightly better.