



MONTHLY MEANDERS

JULY 1982



July Meeting

Wheeling Community Center
Wolf Rd. 1 block
North of Dundee Rd.

July 7-8 P.M.



Safety Officers' Corner

Mike Enwright



Don't miss this meeting! Dick and M-E Spirek will show slides and tell us of their bicycle touring through Austria, Germany and Luxembourg. This is fantastically beautiful country!

OVER TRAINING AND INTERNAL PROBLEMS

Phyllis W. Harmon

At GEAR-UP in Shippensburg, Penn. Blake Powell, M.D., sports medicins physician and exercise physiologist, gave two very informative workshops to a very interested audience.

If you exercise 4 or 6 half hours a week, you maintain your fitness. Two half hours a week you are losing fitness. Say you don't ride or exercise for two weeks and then go on a 62-mile ride at a fast pace. You have lost fitness and the result is over training:

1. Increases resting pulse rate.
2. Increases blood pressure.
3. Difficulty sleeping.
4. Weight loss
5. Irritability.

So, go off training for two days; then build up fitness again gradually.

Internal problems:

1. Fatigue - glucose drops; glycogen depletion. Eat before you get hungry..carbohydrates, bananas, etc.
2. Dehydration - cramps. Drink water! Your thirst mechanism will not tell you when you are thirsty; when you are thirsty it is too late. Take sip of water every 10 minutes.
3. Exercise induced asthma - rare - difficulty breathing.
4. Exercise induced anaphylaxis. Body is reacting to exercise: shock, blood pressure, nausea, puffiness, loss of consciousness, hives, itching.
5. Exercise induced hypoglycemia - glucose is too low. Eat oranges, bananas tomatoes.

Night cramps? Eat bananas, oranges.

This month's topic will be biking courtesy, which lends itself to safety. Several club members have talked to me during or after recent rides and stated their concern for their own safety and that of the fellow bikers.

Hand and/or verbal signals while riding in a group are a courtesy to your fellow bikers.

BRAKING A verbal "Braking" and/or the hand signal for slow or stop will alert bikers behind you of your intentions.

PASSING A verbal "passing" or "On your left" should be given. You should *never* pass on the right. The right side of the road is a safety zone for bikers. Don't pass on the right unless an emergency situation presents itself. Also don't ride *between* bikers! If you call out "Passing" one of those riders is going to swerve - probably into you because you will be expected to pass on the left.

DANGER Some riders tend to ride on the left-hand side of lightly-traveled

roads. Swerve to the left to avoid potholes or rough roadbeds, but don't stay there! I have observed new or guest riders riding far to the left. I'm asking club members to point out the danger in that kind of biking.

The danger is not an empty road but the sudden appearance of a car coming at you from around a blind curve or over a hill. Would you be able to get to safety or would you become an accident statistic?

Don't weave! You can always distinguish the experienced riders from the novice. Experienced riders have learned to ride in a straight line with a good safety distance between themselves and the rider ahead. A novice can be seen weaving back and forth, right side--center--left side etc. They are unpredictable--hence a hazard to the group.

Remember when riding with a group you are responsible for the safety and good conduct of the group; each member of the group is responsible for you. Make it easy for everyone to do the right thing.



TWO BIKERS FROM "BREAKING AWAY" ON MULTIPLE SCLEROSIS RIDE

John Vande Velde and Carlos Sintos are two bicycle racers that had roles as members of the Italian team in that excellent bicycling movie "Breaking Away." Both of

them participated in the MS 150 mile weekend ride.

At breakfast I teased them that they would have to be extra good to make up for the characters they played in the movie. John nodded and said, "My mother wouldn't talk to me for a week after she saw the movie!"

Reminiscing about the movie John commented, "In one scene where the Italian team was racing around a curve I had to take out a banana, peel it and eat it. One of the racers wasn't making the curve properly and we had to shoot that scene *eight* times before the director was satisfied - and I don't even *like* bananas!"

Lon Haldeman was only with us a short time. He was busy packing to help Sue Notorangelo's attempt to be the first woman to cross the United States in less than 14 days. His cross country competition with John Howard and John Marino was changed to Aug. 4 for ABC TV coverage

WHEELING WHEELMEN

P. O. Box 581-D,

Wheeling, Illinois 60090



President: Roger Thauland, 541-2294
 Vice-Pres: Howard Paul 824-2941
 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
 Pool Rides:

Marilyn Mathison, 825-5470

COMING EVENTS

July 3 - HUFF AND PUFF - from Long Grove or Algonquin

Saturday - 75 or 45 miles
7:30 a.m. from Kildeer School in Long Grove or 9:30 a.m. from stop light in Algonquin. Long ride will merge with short ride in Algonquin. Ride to Union, Illinois. Bring or buy lunch. Railway Museum for those who haven't seen it. Leader: Dick Ryan - 381-1775.

July 11 - LAMB'S FARM - Wheeling

Sunday - 1 p.m. - 25 miles from Potawatomi Woods parking lot on Dundee Road east of Milwaukee Ave. Flat and easy. Leader: Don Handke - 541-0635.

July 17-24 WHEELING WHEELMEN BICYCLE CAMPING - from Freeport, Ill.

Freeport, Navoo, Dickson Mounds to Hannibal, Missouri and back. Full details enclosed with the June newsletter. A new adventure in cycling led by Don and Judy Stansfield. Call Howard Paul - 824-2941.

July 17 - PIZZA RIDE - Buffalo Grove

Saturday - 9 a.m. - 41 miles From Buffalo Grove High School on Dundee Rd. east of Arlington Heights Road. Don't bring your lunch on this one! Leader: Allan Zoller - 537-8012.

July 25 - PUSSY CAT RIDE - Deer Grove

Sunday - 1:30 p.m. - 20 miles From Deer Grove - Quentin Road north of Dundee Road. Take left fork in entrance road and then first parking lot on right. Leader: Lloyd Moody - 259-3578.

July 31-Aug. 1 - AMISHLAND AND LAKES

Sat/Sun. 50-miles each day. Delightful invitational of Michiana Bicycle Assoc. based at Howe, Ind. with headquarters at Howe Military Academy. Sat. ride through charming Amish area and Sun. through southern Mich. lakes area. Write immediately to P.O. Box 182, Granger, Ind. 46530. Details June Newsletter.

WEDNESDAY EVENING RIDES

Rides start promptly at 6:30 and end just before dark.

July 7 from Community Center. Return in time for club meeting. Leader: Roger Thauland.

July 14 from Buffalo Grove High School. Leader: Rich Figge.

July 21 from Harper College parking lot on Euclid east of Roselle Road. Leader: Dick Ryan.

July 28 from Carl Sandburg School on Schoenbeck in Wheeling south of Anthony. Leader: Allan Zoller.

On all rides allow sufficient advance arrival time so you are ready to roll on time - bike assembled and air in tires.

Rides Re-ridden



60 HILL KILLER - Rich Figge rightly named this ride for we tackled every tough hill in the area: Signal Hill, Bull Valley and that nasty one, Hanson Road! Of course there were compensating swooping downhill, too! The scenery was great, the weather perfect and the beach at Crystal Lake was an excellent stop for lunch.

LAKE GENEVA RIDE - Twenty four Wheelmen sailed to and from Lake Geneva where we lunched in a beautiful park overlooking the lake. Another highlight was a break at the lakeside home of friends of Dick Ryan.

BROOKFIELD ZOO - Cooperation prevailed among members of the Arlington, Mt. Prospect and Wheeling bicycle clubs and 17 non-members for a successful outing to the zoo. 30 riders left Mt. Prospect and bicycled through the Elk Grove Industrial Complex to Bensenville where we were joined by 32 others. The 62 cycled to Mt. Carmel Cemetery in Hillside where we stopped to regroup and visit the Bishop's Chapel.

At the zoo, members from each club volunteered 30-minute guard duty shifts guarding the bicycles.

This was truly a cooperative effort among bicycle clubs and park districts. The Bensenville Park District allowed us the use of the Pine Room Parking Lot. The excellent route from Bensenville to the zoo was provided by Marvin Setzke of the Elmhurst Bicycle Club. Even the

weatherman cooperated.

Dick Marr

MS SOCIETY 150-MILE RIDE - The Wheeling Wheelmen's joint effort with the MS Soc. resulted in a challenging, enjoyable 2 days of biking. Dick Ryan selected an excellent route through Algonquin and Union to the Wagon Wheel in Rockton, not far from the Wisconsin border and back in a parallel route with lunch in the charming gazebo in the village square in Woodstock. We bucked a steady headwind all the 78 miles to the Wagon Wheel. A hay ride and barbecue filled the evening and most were in bed early for breakfast was at 6:15 a.m.

A slight drizzle in the morning did not deter most riders and it wasn't long before we were biking in beautiful sunny weather and whisking along with a terrific tailwind all the way back to Wheeling. Most riders were back before 3 p.m. and enjoyed a delicious spread of ice cream and lots of toppings donated by Bresler's.

Wheeling Wheelmen who went on the 20-mile Leisure Ride returned in time to join us and enjoy the ice cream. We were honored, too, to have Wheeling President Sheila Schultz stop by.

JUNE MEETING - Madeline Kanner gave us an interesting, informative talk on the Open Lands Project and members had a number of questions afterwards which proved she did a good job with her program.

TOP MILEAGE COUNT FOR CLUB MEMBERS AS OF JUNE 25

Ride Chairman Howard Paul is busily keeping track of your mileage accumulated on Wheeling Wheelmen rides. Here are the top mileage riders for both men and women.

This is mileage on club events only.

MEN

Allan Zoller	571
Howard Paul	451
Dick Ryan	382
Mike Enwright	355
Dick Handke	305
Brian Reilly	294
Roger Thauland	286
Glen Schon	282

WOMEN

Ruth Harlow	390
Lonna Scherwin	250
Rita Moody	242
Phyllis Harmon	230
Sherie Mosky	230
Pat Marshall	190
Debbie Donovan	162
Lois Paul	161

L.A.W. Big Events Are Great !!

Many of you are unaware of the pleasure and cycling opportunities at L.A.W. GEARS and conventions.

For the benefit of the many new members in the club, GEAR - Great Eastern Rally - is held, usually Memorial Day weekend at various locations in eastern states. The event is headquartered at a college campus and for approximately \$84 you enjoy three overnights, all-you-can-eat meals, workshops of all kinds, film, travel shows, and a wide variety of 24 rides of all lengths and types to area points of interest. Then, too, you'll find about 2000 cyclists from 25 or more states.

This year, Elliott Kanner, Nicholas Good and I attended GEAR-Up at Shippensburg, Penn. I have been to a number of these events in Maryland, Virginia, New York, Pennsylvania...but Elliott was amazed and delighted with the variety of rides and events and the excellent planning of the event. Nicholas Good learned the benefits of regular training...he commutes 40 miles a day to work...but had never done a century or bicycle camping. Yet from GEAR-Up in Pennsylvania he joined a group that rode about 517 miles in 5 days to GEAR-Charlotte in North Carolina. Needless to say he enjoyed both events very much.

At GEAR-Charlotte there were the usual wide variety of rides...one especially interesting one was to the first gold mine in the U.S. - 1799 Reed N.C.