



MONTHLY MEANDERS

February 1983

Safety Officer's
Corner
by
Don
Derebey



FEBRUARY

MEETING

Wed. Feb. 2 - 8 p.m.
Chamber Park Community Center
131 N. Wolf Road, Wheeling

DOUBLE PROGRAM

#1 - WINTER RIDING

George Mathison, who rides all year, has attended a workshop on winter riding and will share his knowledge with us, including how to make studded bicycle tires.



#2 - Completed Information Questionnaires indicate that members would like information on training methods. Glen Schon will oblige us with a talk on the subject. Glen is training now for a 24-hour marathon in June. Those of us who have questions on rollers, Racermate, or Turbo Trainers, Glen will have these on hand to show us.

Big Plans Afoot for 1983

Phyllis W. Harmon

The phone has been ringing off the hook re 1983 activities for the Wheeling Wheelmen.

Last month I reported on plans for the Cycling for Seniors Bike-A-Thon on May 14, which is a perfect time to promote bicycling during National Bicycle Month!

Then June 11-12 we'll repeat our enjoyable Le Tour - the 150-mile Multiple Sclerosis Bike-A-Thon from Wheeling to the Wagon Wheel in Rockton and return. A minimum of \$300 in pledges and you're a participant! All meals and overnight are free plus a yummy Bresler's ice cream social at the end of the ride in Wheeling!

March 4-5-6 the Chicago Area Bicycle Dealers Assoc. annual show will be at Oak Brook. There'll be an L.A.W. table at which we can distribute literature on Chicagoland clubs. Pat Marshall has worked out an attractive pamphlet for our club and Sherry Gjelsten is preparing it for the printer.

John Binder, formerly with Chicago Lung Assoc., is now with Eddie Bauer and plans a three-month series



Membership dues are coming in steadily. Are yours in for 1983? Act now! Be sure your name makes the new membership list that, hopefully, will go out with the March newsletter.

New Members

Two new memberships this month. Welcome to Linda Miller of Addison and Dan and Linda Higley of Hanover Park.

Take Your Pick-Lead A Ride

The ride schedule for 1983 is in final stages of development. This year there will be a fairly large number of new rides in addition to the old favorites. Although nearly all rides have been scheduled, there are a dozen or so rides for which we need ride leaders. Become famous ---volunteer!

Below is a list of old favorite rides and a list of open dates - Saturday or Sunday - take your pick. Select a ride you'd like to lead and then choose the date and phone Sherry Gjelsten at 295-5877 or at work - 948-7130 - to let her know of your decision. DO IT NOW! We hope to have 1983 Ride Schedule ready for the March newsletter.

Old Favorite Rides

Botanic Garden
Lambs Farm
Pizza Ride
Covered Bridge
Ice Cream Social
Killer Hill
Cantigny
St. Charles
Twin Lakes
Hill and Dale
Huff and Puff
Wandering to Woodstock
North Shore Greenery

Open Dates

Mar. 26-27
Apr. 2-3
May 7-8
28-29
Jun. 4-5
11-12
25-26
Jul. 2-3
30-31
Oct. 1-2
29-30
Nov. 5-6
12-13
19-20
26-27
Christmas Ride

Or do you have another ride you'd like to lead? Sat. or Sun.



The winter season usually finds most of us spending less time on the bike and more time thinking and reading about the pleasant experiences in store for us when spring arrives. Perhaps, as the Safety Person, I can suggest a few things to read.

First on the list is a book by John S. Allen titled "The Complete Book of Bicycle Commuting." John is a contributing editor for Bicycling magazine. Much of the material has appeared in the magazine but a lot of it is new. Of current interest is a section on winter riding that covers everything from clothing to studded tires. The book is available for short term loan from me or you can order it through the League of American Wheelmen for \$10.95 if you're a member or \$12.95 if not.

Bicycling magazine (Feb. 1983) has a couple of articles that are very different than most about safety. "Crashes...Avoiding Them and Living Through Them" by Thomas Prehn is one. It even teaches you how to fall! The other is "Our Optical Blind Spots - A Danger When Cycling." by Dan Henry. We all have this blind spot. Dan tells us how to find it and suggests ways to avoid being hurt by vehicles that are in it.

One of the best articles I have read on traffic technique appears in the American Wheelmen (Jan. 1983). Titled "Cyclo-Boobs Appall E.C. Instructor" (E.C. = Effective Cycling) The article by Dennis Koelmel tells of some of the strange actions he has witnessed while riding 9000 miles during the last year. I would like to quote his closing story. "I followed Lon Haldeman outside of Allentown, Penn., around midnight in his record setting ride only to see him stop at a red light. This was in the country without a car in sight. Lon placed his foot on the ground and waited for the light to change. To me this says it all." My conscience burns!

Both of these fine bicycling magazines are available in the local libraries or from club members, but better yet join the national organization of bicyclists, the L.A.W. and the American Wheelmen goes with membership - get a brochure from Phyllis Harmon or at the club meeting.

Schedule

Feb. 3 - WAYNE STETINA, next column
 Feb. 5 - CROSS COUNTRY SKI - Capt. Daniel Wright Woods

Saturday - 9 a.m. from forest preserve at Everett and St. Marys Rd. (west of Lake Forest)
 Ted Uhlemann - 295-1783 CALL.

Feb. 9 - BONUS - LON HALDEMAN

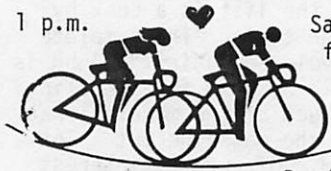
See details adjoining column.

Feb. 12 - CROSS COUNTRY SKI Winnetka

Saturday - 10 a.m. from Skokie Lagoons. From forest preserve parking lot just east of Edens off Willow Road.
 Must call Howard Paul 824-2941

Feb. 13 - Valentine's Day Ride

1 p.m.



Saturday from Deer Grove, Quentin Road north of Dundee Rd.

First parking lot off left fork Dick Ryan - 381-1775 - Distance will depend upon the weather. L.A.W. Valentine patch \$1.25.

Feb. 19 - CROSS COUNTRY SKI

Saturday - 10 a.m. from Chain of Lakes State Park, Bring sack lunch. Call Don Derebey 255-3422.

Feb. 25 - MOONLIGHT SKI Highland Park

Friday Heller Nature Center, 2821 Ridge Rd. (2 blks. north of Half Day Rd. Open ski 6 to 9:30. Nature walk 8:30 to 9:15 followed by slide show and hot beverages. Call Lee Hansen 433-6901. \$2.00

Feb. 27 ICE SKATING - Highland Park

Sunday - 2 p.m. Indoor at Centennial Park or outdoors at West Park. Temperature decides. Call Sherry Gjelsten 295-5877

TWO VOLUNTEERS FOR L.A.W.

In order to keep affiliated clubs informed of what's going on the the League of American Wheelmen, clubs have been requested to appoint two people.

L.A.W. Club Rep will serve as a liaison to keep the club informed of what is going on and the promote membership and cycling. Don Handke is taking up that position.

Touring Information Contact is one who can provide sound information for use by touring cyclists visiting our area--best routes, places to camp, etc. This person will provide information, when needed, to the state Touring Information Director (Bob Reynolds or Mokena). Dick Ryan has volunteered for this position--and he's well qualified!

Rides Re-ridden



NEW YEAR'S DAY RIDE - The weather was great. One group headed out on bikes and another on foot to regroup at Dick and Ruth Ryan's to enjoy delicious snacks and do what we are so good at - socialize!

The Weather Man did not cooperate at all with our January schedule... bike? Slush or ice. Cross country ski? No snow. Skate? Too warm for ice. The weather has to be better this month!

Wayne Stetina - Feb. 3

The North Wind BikeRacing and Touring Team invite us to Wicker Park Social Club in Highland, Indiana - 7 p.m. - \$3.00. Meet Wayne Stetina and Tom Doughty - fantastic racers! Take I-94 to second exit in Indiana--Indianapolis Blvd. South 1-1/8 mile to the park on the right. Turn right to club house at the back of the park.

Lon Haldeman - Feb. 9

The Arlington Heights, Mt. Prospect and Wheeling clubs are co-sponsoring a night with Lon Haldeman - no charge - just come and bring your friends to the old Dempster Jr. High, now the Dempster Development Club, 420 W. Dempster (1 blk. west of Rt. 83) in Mt. Prospect. The Mt. Prospect Bicycle Club will provide refreshments but you could bring a dozen or so cookies, too.

Lon Haldeman is a marathon cyclist who won the 1982 Great American Bike Race - 2976 miles in 9 days; 20 hours; 2 minutes! He'll talk about that fantastic ride from Los Angeles to New York.

Lon pedaled over 50,000 miles last year. He set transcontinental records for New York to California, then California to New York and double-round trip in 24 days; 2 hours; 34 minutes. Also Lon broke 38 national track time records from 75 miles to 24 hours...you're in for a great evening!

HELP!

Volunteers needed for our invitational St. Patrick's Day ride. Sherry Gjelsten needs members to set up the registration, others for 10:30 to 11:30 a.m. registration and help in designing a flyer for the event. Call her: 295-5877, work 948-7130 or see her at Feb. 2 meeting.

GUILTY- Five trial days in Geneva, Ill., and the drunk drag-racer who killed an 11 year old boy on a bicycle was found guilty. Sentencing February 10.

BIG PLANS - continued from page 1.

of cycling seminars culminating in a ride led by the Wheeling Wheelmen on June 4. Ted Uhlemann will cover your bike and what to take and Phyllis Harmon will talk on L.A.W., clubs, recreational cycling and show slides.

August 14 or 21 our club will cooperate with the Wheeling Park District in putting on a Triathlon - swim one mile, run 13 and bike 50. Participants can do all three, or work as a team: one run, one bike and one swim. Fun!

The Hemophilia Foundation will have a midnight ride in Chicago on October 8. This will not be a Bike-A-Thon but a registration fee will be charged.

July 30 through August 6 Chicago Lung Assoc. is repeating its BAMMI Chicago to St. Louis bike camping Bike-A-Thon - return by AMTRAK.



3 GEARS in '83

GEAR Up '83,

SLIPPERY ROCK, PA. MAY 27 - 30, 1983

Hdq. Slippery Rock College, near intersection of I-79 and I-80. Approx. \$75 incl. meals and lodging.

GEAR South,

Athens, Georgia, June 16-19, 1983

Hdq. University of Georgia. Approx. \$75 incl. meals and lodging.



GEAR West National Rally

Seattle, Washington,

July 28-31, 1982

Hdq. University of Washington campus and Seattle Center - 1962 World's Fair site. Approx. \$125. before June 1. Also choice of 5 pre- and post-tours: Mt. Ranier loops, North Cascades, and San Juan Island Hopping (incl. Vancouver B.C.) \$25 to \$125.