



MONTHLY MEANDERS

April, 1983



April Meeting

Wednesday, April 6 - 8 p.m.
Chamber Park Community Center
131 N. Wolf Road, Wheeling



PROGRAM
by Ted Uhlemann

Back By Popular Demand - The Bike Clinic

The membership questionnaires indicated that members interested in having the bike clinic again (many missed it last year). This time we will demystify the inner workings of bottom brackets, hubs and other bearings, as well as demonstrating routine maintenance and adjustments. The more complex items will be covered first so that persons who already know how to adjust derailleurs can leave when that portion of the program begins.

1983 RIDE SCHEDULE

Finally--the schedule is complete and enclosed with this issue! We have a few openings for leaders and breakfast rides. Those will be filled as the season progresses. Many thanks to all who volunteered. A special thanks to Howard Paul for his assistance and guidance over the past several months.

Sherry

CURRENT MEMBERSHIP LIST ENCLOSED

All members as of March 27 will find the current membership list enclosed. Note that this year, in order to have more complete records, we are indicating those who belong to the League of American Wheelmen. If you are a member of the L.A.W. and there is no "X" in front of your name, please contact Phyllis Harmon, 537-1268.

New Members

Welcome this month to three individuals and two families:

Sue Gockenbach, Barrington
Jerry Lind, Northlake
Michael Nisen, Arlington Heights
Mike and Linda Roch, Downers Grove
Mike and Lynn Svoboda, Streamwood

Safety Officer's
Corner
by
Don
Derebey



Now that March has rolled by more of us will be out on the roads enjoying what appears to be an early spring. I have been thinking about some of the accidents that I have seen or heard about that might serve as experience for us without our being individually involved. We all have had moments when the road tried to steer the bike for us, so I have decided to comment on this problem.

It is easy to dismiss railroad tracks and highway cracks as threats only to the novice rider. But not too long ago a friend of mine, a superb rider, flipped out on a wet railroad crossing and was badly shaken up. Only last year another friend caught his wheel in a pavement joint, fell forward, and broke his collar bone. He is an officer in one of the area clubs and an experienced rider.

Recently I rode west on Dundee Road from the Botanic Gardens to Milwaukee Ave. It caused chills to run up my spine to see so many slotted sewer covers, some three feet from the curb, lined up in my direction. If my attention had been diverted at the wrong time I would have been in real trouble. I kept thinking about the poor soul who might ride this stretch at night!

What all this boils down to is that we must be ever vigilant for these dangers. Always cut across any slotted surface at a right angle. If you see a rut or pothole too late to turn, take a firm grip on the handlebars and yank up to jump the front wheel over it. I have read

that some experienced commuters can even jump both wheels at once!

However you handle it, please avoid swerving out into traffic because that could hurt most of all and maybe put you in your final pot-hole - six feet deep!

Cycle News

by Alan Zoller

On Saturday, March 12, ABC's Wide World of Sports ran the Women's World Track Cycling Championship from Leicester, England. On an outdoor track made of teakwood, 21-year old Connie Paraskevin was in a match race series with 31-year-old Sheila Young Ochowitz. Sheila, a product of the Northbrook track and the 1981 Track Champion, finished second after causing Connie to fall in the last race.

Sheila resides in Milwaukee with her daughter and husband, Jimmy Ochowitz, former champion racer who is now her coach. She had taken four years off from cycling to have a baby and became World Champion for the third time after returning to cycling.

Sue Novarra, 1980 World Champion, finished fourth this year as a result of too little track training due to her road racing career.

In order to see more bicycling on TV, we should all write to ABC Sports to thank them for airing this show and urge them to run more cycling in the future. Their address is: ABC Sports, Avenue of the Americas, New York, NY.

Cycling fans should also watch for more racing coverage on ABC-TV on April 2 and 9 and from CBS on April 10. After these events have aired, we should also write to the networks expressing our interest. Maybe then we can look forward to more coverage in the future.

WHEELING WHEELMEN

P. O. Box 581-D,

Wheeling, Illinois 60090



President: Ted Uhlemann 295-1783
Vice-Pres: Sherry Gjelsten 295-1783
Treasurer: Dick Ryan 381-1775
Safety: Don Derebey 255-3422
Membership: Pat Marshall 564-0346
Rec. Secy: Marilyn Mathison 825-5470
Pool Rides: Marilyn Mathison 825-5470
Editor: Phyllis Harmon 537-1268

Schedule

April 2 COLLEGE CRUISE, Wheeling



Saturday - 10 a.m. - 35 miles
From Wheeling Community Center.
Three college cruise - beautiful route! Bring sack lunch or on campus lunch - \$2.75.
Don Derebey - 255-3422.

April 10 BEER CAN CLEANUP, Long Grove



Sunday - 10 a.m. - 25 miles
From Kildeer School. Bring sack for cans. Dick Ryan - 381-1775.

April 16 APPLE PIE RIDE, Buffalo Gr.



Saturday - 10 a.m. - 35 miles
From Buffalo Grove High School parking lot, Dundee Rd. and Arlington Heights Road. Great spring ride - hot apple cider and apple pie at Wauconda Apple Orchard. Elliott Kanner 541-9176

Apr. 23 AUDUBON RIDE, Hoffman Estates



Saturday - 9:30 a.m. - 47 miles
From Eisenhower Jr. High, Jones and Hassel Rd. Bring sack lunch. This is one of our outstanding spring rides - don't miss it!
Jerry Goldman - 695-7964.

Apr. 30 GRAYS LAKE RIDE, Libertyville



Saturday - 10 a.m. - 45 miles
Combined Bike Club of Lake County and Wheeling Wheelmen ride. From Cook Memorial Library, 1 block west of Milwaukee Ave. in Libertyville. Lunch at Wauconda Apple Orchard.
Phil Kahn - 520-3114.

May 7 SHOE FACTORY EXPRESS, Palatine



Saturday - 10 a.m. - 40 miles
From Harper College parking lot on Euclid east of Roselle Rd. Beautiful ride to Elgin and the Fox River. Bring sack lunch.
Glen Schon - 394-2028



Bike Swap

April 2 and 3 are the dates for the Arlington Heights Bike Club's annual Bike Swap. Want to upgrade your bicycle? Got extra accessories or a bike rack you don't need? Then swap them for something you do need. Bring all items early Saturday to Recreation Park on Miner east of Arlington Heights Road. Swapping will start at 10 a.m. and continue until 6 p.m. and again 10 to noon on Sunday. Info: Bob Hinkle 259-1423

For Sale

FOR SALE: LANGHY FRAME - 21-1/2" custom made. Black. All Reynolds. \$225.00. Rich Spitzer 541-8064.

REVISED LIABILITY RELEASE TO BE CONSIDERED AT APRIL MEETING

At the request of President Ted Uhlemann, other officers, and concerned members, a revised member's application form is being drafted by Joe Tobias, club member.

In August, 1980, L.A.W.'s *American Wheelmen* magazine carried a definitive article by Joe as a "cycling lawyer" and in which he recommended a certain form be used by clubs on invitational rides. The thrust of the article was that "minimal" exposure to liability for injuries was even further reduced by a properly drawn form. Essential portions of the language have since been incorporated by Wheeling Wheelmen into both the form used on recent "invitationals" and the current membership application form, however further revision is considered necessary.

At the forthcoming meeting comment from those present will be solicited. If the revision is adopted it would be sent to all members with the May newsletter and with a notice that signing and return would be required of all current membership. All should be willing to help our club in this respect.

Name Badges



We'll be placing another order for the Wheeling Wheelmen membership badges soon. If you want one, they are \$4.00 and can be ordered through Phyllis Harmon - 537-1268.

The badges are green in the shape of Illinois. At the

top is *Wheeling Wheelmen*, the center has your name in large letters and the L.A.W. logo is at the bottom. The badges are easily read and are convenient because they can quickly be changed from T-shirt to jersey to jacket.

Ride Sharing

Going to an invitational? GEAR-Up? GEAR-Down? GEAR-West? Have room for another bike and rider? Or need a ride to the event? Call Marilyn Mathison, 825-5470. She'll try to match you up.

THOUGHTFUL COMMENT ON RENEWAL FORM

At the bottom of the 1983 membership renewal form, Joe Tobias wrote:

"And to whomever is processing this renewal, thanks very much for your service."

Club Jerseys

Some of the members are now wearing the new club jerseys. They are yellow with a wide green diagonal slash across both front and back. A small logo like the one at the top of our newsletter is on the front and a large logo such as we have on our jackets is on the back.

If you need an order/price form, contact Marilyn Mathison, 825-5470.

THANK YOU FROM SHERRY

Many thanks to all you who volunteered cookies and/or services for our St. Patrick's Day invitational:

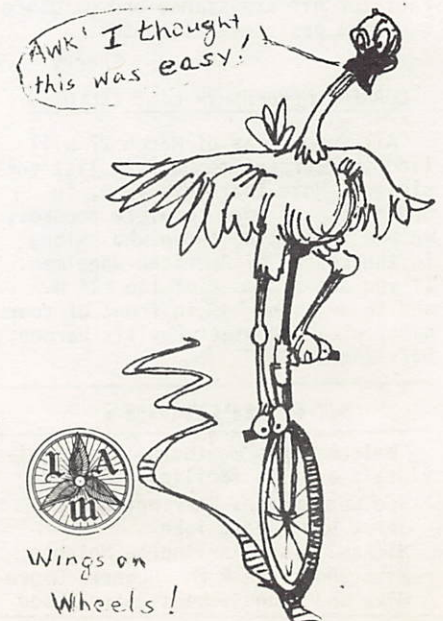
Elliott Kanner	Debbie Hardman
Bob Klein	Jenny Bruns
Judy Klem	Pat Marshall
Laura Enwright	Phyllis Harmon
Lois Paul	Ruth Harlow
Peter Gianakakis	John Storaasli and son Mikkel

CABDA BIKE SHOW

For three days, March 4-5-6 we manned a table at the Chicago Area Bicycle Dealers Bike Show at Holiday Inn O'Hare. We handed out literature, talked L.A.W. and the excellent program for Dealer Memberships.

On Saturday Pat Marshall helped me set up the exhibit. Elliott Kanner came Friday evening and parts of both Saturday and Sunday. George and Marilyn Mathison were there bright and early Saturday. Also L.A.W. Illinois Vice President Fred Kennerly and his wife Jean came in from Rockford to help. Howard Paul filled in for awhile, too. On Sunday our L.A.W. Club Rep Don Handke was on hand early and later in the day Ted Uhlemann and Sherry Gjelsten our Pres. and V.P. stayed until closing time. Elliott helped pack up our materials. Thank you all.

Phyllis Harmon



Wings on
Wheels!

Rides Re-ridden



SHOW AND GO - Mike Enwright led 15 Wheelmen from Wheeling to the Lake County McDonalds. Shorts were appropriate attire for this sunny, early March ride. However, as we were lingering over milkshakes, someone noticed the black clouds forming on the horizon. That cut short our lingering and we raced the rain back to Wheeling. Several claimed credit for this as their first training ride for the year.

Howard Paul

BIKE PATH BREAKFAST RIDE - Twelve riders turned out on this bright, sunny day but the temperature was in the 20s. We breakfasted at a restaurant on Dempster before heading back.

MS INVITE AT RIB EXCHANGE About 18 of us merged with MS skiers to munch on hors d'oeuvres and beverages while we did what we are so good at-- chat! We saw slides of our last year MS/Wheeling to Rockton ride and discussed plans for this year's June 11-12 ride. Howard Paul received a broom for being a good "sweep" and Phyllis' grandson received a knitted hat.

ST. PATRICK'S DAY RIDE - It was gray, cold and little pellets of dry snow were falling when I brought cookies to Kildeer School for our first invitational of the year. I was sure no one would be crazy enough to turn out for this ride - but six young boys were already waiting to sign up! Several more guests arrived - hesitantly - as though questioning the

sanity of a club that had a ride on a day like that! Soon Ted and Sherry had hot water boiling for coffee and hot chocolate and cookies were spread out for snacks. 34 guests and 21 members turned out. The wind was penetrating and cold. The snow pellets increased and so did the moisture so that by the time we reached Kelsey Road House in Barrington for a snack most toes were numb and we were getting wet. Peter Gianakakis had a nice covering of snow on his hair.

The ride back to Long Grove got wetter and wetter and the temperature dropped until bikes were getting ice-coated. By the time I reached Kildeer School there were icicles from my luggage rack, the brakes were one chunk of ice - also the gears. The pedals could not turn! I found there are 939 cracks in the pavement from Echo Lake Road to Kildeer School. At least counting kept my mind off the wet and cold!

Phyllis Harmon

SPRING TUNE-UP - With the Weatherman's dire predictions of rain, cold and snow, it's a wonder anyone would turn out for this ride but six brave souls did. Dick Ryan led us 19 miles. It was cold, cloudy and we bucked a strong southeast wind but that made the with-the-wind sprint back on Lake Cook Road that much more enjoyable!

MARCH MEETING - What a pleasure it was to see the slides and hear the experiences of Bill and Jody Baty as

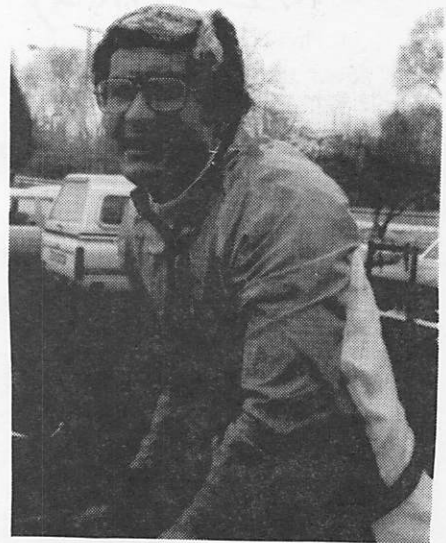


Photo by Jim Gehrke

St. Patrick's Day Ride: Sporting a cheerful smile Peter Gianakakis wears a blanket of snow on his hair.

they biked from Washington to Denver. Novices at the time we chuckled over their learn-as-you-go adventures. From excessive luggage mailed home from post offices along their route to mountain passes, bike repairs and friendly - or not-so-friendly - natives, we enjoyed it all!

FINALLY! A B C-TV SPECIAL ON GREAT AMERICAN BICYCLE RACE

Tune in to ABC-TV April 2 and 9 for an 85-minute special on the Great American Bicycle Race ridden last year by Lon Haldeman, John Howard, Michael Shermer and John Marino. The four rode the marathon route from California to New York. A B C-TV had a car assigned to each rider to film the event but the TV people were not prepared for bicyclists who pedaled, like Lon, 22-1/2 hours without stopping! At Albuquerque, New Mexico, the bleary eyed crew asked Lon's father, "Isn't this man ever going to sleep?" When they learned he was going to sleep in a motel in Tucumcari, NM, they sent half the crew ahead to get some much needed sleep!

Thousands of cyclists are waiting to see this special - it has been a long wait since last August when the number one question for most of us was "Where are they?" and "Who is in the lead?" The special 800 phone number was continually busy and cyclists were frustrated over the rare nuggets of information that filtered through.

Be SURE to write ABC-TV, Avenue of the Americas, New York, New York, to thank them for this coverage and our continuing interest. It is through letters, not the Nielsen ratings, on which popularity of an event is based.



Photo by Jim Gehrke

St. Patrick's Day Ride - Phyllis Harmon and Ted Uhlemann, Wheeling Wheelmen President, reach Kelsey Road House in Barrington - cold and wet!

13th Birthday

Phyllis W. Harmon

I moved to Wheeling in Dec. 1979 and by April had found a couple of routes out of town besides Dundee Road and Palatine Road, so organized the Wheeling Wheelmen. About 70 cyclists from area clubs turned out to launch our first ride in April.

It was slow growing at first until we got our nucleus of workers. I married Willard Harmon October 2, it was the first wedding in the Wheeling Wheelmen.

Dick and Sue accepted the offices of President and Secretary and we had our first Century ride and a Bike-A-Thon to raise money to send the Wheeling H.S. band on a trip. Then Dick was transferred to Monroe, New York and Brian Batiste became president - but only for a brief time. Brian was an enthusiastic new cyclist - long rides, lots of hills, century before he was conditioned. He, Willard, Tom Zahnle and Bill Ramsey headed for Wisconsin to ride the rugged hills of the Wisconsin Bikeway and Brian injured his knees and his bicycling career ended!

Tom Zahnle took over as president. We haven't seen him on rides in recent years but were delighted when he came out on the Harmon Hundred last year. Hope we can get him to some of our meetings and rides.

These have been busy years for club members. We have so many great people who have taken on the club duties, led rides, hosted socials, and our map collection is excellent!

In the romance department our wedding in 1970 was the only one. Then to show how our membership is changing - Cupid joined the club. Barbara Doyle married Ron Palazzo, Debbie Donovan married Keith Hardman, and Richard Figge married Sally... three new club members! 1981-82.

Some time during the winter we note Gail Galante became Mrs. Steve Iovinelli. Then Don and Sue Handke set a first by having Danny in December--our first baby!

Cupid has been busier than ever.. Ruth Harlow is marrying Rich Spitzer, our busy President Ted Uhlemann is marrying our V.P. Sherry Gjelsten, and in June Marie Liotine will marry Bob Morrell - so six Individual memberships become three Family memberships. Now we are waiting for news on our second club baby: Debbie and Keith Donovan will be parents any day!

There have been sad times, too. Willard died in 1975, Bob Dobbs and Frank Pirok in 1981 - three good club members!

So, now we roll into our fourteenth year. Our ride schedule is outstanding, membership increasing and we're proud to be Wheeling Wheelmen!

WHEELING WHEELMEN PRESIDENTS

1970	Dick Dexheimer
1971	Dick Dexheimer
1972	Brian Batiste--Tom Zahnle
1973	Ron Heckenbach
1974	Ray Price
1975	John Quinn
1976	Don Stansfield
1977	Fred Woodruff
1978	Don Stansfield
1979	Howard Paul
1980	Elliott Kanner
1981	Elliott Kanner
1982	Roger Thauland
1983	Ted Uhlemann



Dates To Plan For---

JUNE 11-12 LE Tour - Wheeling/MS Soc. Bike-A-Thon from Wheeling to the Wagon Wheel Resort in Rockton, Ill. This is a repeat of last year's excellent route mapped by Dick Ryan. 78 miles on Sat.-77 miles on Sun. For \$200 in pledges all meals and overnight are included including an ice cream social on our return to Wheeling.

Three grand prizes for top money in pledges are:

- \$500 Eddie Bauer gift bond.
- Round trip air fare for 2 anywhere serviced by Midway Airlines
- 3 weekends for 2 at Americana Lake Geneva Resort.

John Vandeveld and Carlos Cintos will ride again this year and so will Robin Douglas - all three from the movie Breaking Away.

Also riding with us will be Michael Macdonald of WYEN-FM!

AUGUST 14 - TRY-ATHLON, Glencoe, Ill.

Sponsored by the Illinois Parks and Recreation there will be a 1-1/2-mile swim at the Glencoe beach, a 56-mile bike ride mapped by the Wheeling Wheelmen, followed by a 13 mile run. Do all three or as a team...

OCTOBER 2 - CYCLING FOR SENIORS

We will sponsor a Bike-A-Thon to raise money for furnishings for the new Senior Center in Wheeling. This is for seniors in the Wheeling Township area, but especially Wheeling, Buffalo Grove and Prospect Heights.

Members of bike clubs and L.A.W. have a choice: ride for pledges or a \$10 registration fee.

OCTOBER 8 - MIDNIGHT MOONLIGHT RIDE

Hemophilia midnight ride along the lake front bike path in Chicago from the Aquarium to Foster Beach and back. Registration fee.

Update on Marathon Activities



Marathon Riders at McHenry H.S.

Lon Haldeman, Sue Notorangelo, John Marino and Michael Shermer showed slides of the Great American Bicycle Race and each reminisced on sections of the race., and answered numerous questions from the many cyclists gathered to meet these fantastic bicycle riders.

Here are upcoming plans:

John Marino Open Cycling Competition

May 21-22-23-24, 1983, 800 miles in Southern California. Entry fee \$100. Top men and women finishers who qualify will be eligible to compete in RAAM'83 (Race Across America formerly GABR)

Wedding Bells

Lon Haldeman and Sue Notorangelo will be married May 28. On June 9 they will leave Los Angeles on their new custom built RRB tandem (adjustable so they can take turns riding in front!) and attempt a new cross country tandem record under 9 days. That means 300 to 350 miles per day and 20 hours per day in the saddle!

1983 RAAM (Race Across America)

August 3-13+. Santa Monica to Atlantic City, 3200 miles. Open to Lon Haldeman, Michael Shermer, 8 men and 2 women qualifiers from the John Marino Open and 2 top foreign ultra-marathon racers.

The route will start at Santa Monica head for Denver to Harvard, Ill. (where a huge billboard proclaims "Hometown of Lon Haldeman") head south on Rt. 47, cross Indiana and end at Atlantic City. The route was changed because of complications getting into New York City over the George Washington bridge - time restrictions.

Dealer Information Center for RAAM

The most frustrating problem on last year's GBRA was practically no media coverage of the event while it was in progress. The one 800 number was completely swamped. This year for \$75 dealers can become an Official Information Center complete with toll free number for updates, poster, RAAM newsletter, map of route, immediate complete results, free listing in BICYCLING and more!

For further information on any of the above and/or entry forms, write to: Ultra-Marathon Cycling, Suite #152, 358 South Main St., Orange, CA 92668 - or phone Robert Hustwit at 714/836-7856.