

July, 1983



MONTHLY MEANDERS



July Meeting

Wednesday, July 1 - 8 p.m.
Chamber Park Community Center
131 N. Wolf Road, Wheeling



PROGRAM
FASHION
SHOW



M-E Spirek of Bikes Plus will put on a fashion show of the newest is cycling wear using eight of our own Wheeling Wheelmen as models. This is a fun night - don't miss it!



On a Sunday Morning...

Judy Stansfield

Don and I were on an 8:00 a.m. bike ride today and we recalled what Willard Harmon used to say about Sunday morning bike rides:

This a good morning for bike riding: the Saints are in church and the sinners are still in bed.

Judy sent along a newspaper clipping on Loans for Bikes. In Shawnee, Kansas, a Kansas City suburban credit union believes it is never too early to establish a credit rating, so it is making loans to children to purchase bicycles.

Youngsters have to fill out a loan application and put 10% down. They can borrow up to \$200 at 8% interest but the loan must be paid off within 12 months.

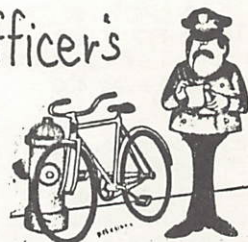
The applicants must be under 18 and the credit will be in the child's own name. By the time the child goes to buy his first car, credit will be established!

Ride Leaders!

Urgent! Send your ride sign-up sheets to me immediately after your ride so I can keep ride statistics and member mileage up to date!

Sherry Uhlemann
105 Sunset Place
Lake Bluff, IL 60044

Safety Officer's Corner by Don Derebey



It seems to me that the most difficult maneuver in cycling might just be the left turn. If you have ever ridden sweep and watched a group do this in heavy traffic you probably shuddered at the sight! Let me share with you the views of John S. Allen as written in his book on Bicycle Commuting.

John divides riding maneuvers into three levels, the choice of which depends upon traffic density and on the skill of the rider. Level one simply means to get off the bike and become a pedestrian. You use the cross walks and obey walk signals just as if you had no bike.

Level two involves riding through the intersection on the right side of the road and stopping at the far side. Place the bike on the right side of the lane heading in the desired direction and wait for the light to change. In a no left turn situation levels one and two are your only legal options.

Level three takes the most skill

and, in heavy traffic, by far the most courage. I have watched with admiration as some of our members, who commute daily, move across traffic with authority and make the left turn just as a car would. With proper hand signals and confident moves by the cyclist this maneuver can be made safely and with minimum traffic disruption. Once in the turning lane the important thing is to line up to the right side of the turning lane and stay to the outside as you make the turn so that you end up along the curb when the turn is completed. Cutting across the turn lane is dangerous and disruptive to traffic. I have observed that if I make a deliberate move to the outside, the motorist immediately moves along and completes the turn.

Choosing the method for making a left turn should, like any other part of bicycle riding, be made based upon personal safety and consideration for the motorist. I use all three levels but the choice is made on the spot and with survival my number one goal!

New Members

Welcome this month to one individual and two family groups:

Elizabeth de la Baume, Northbrook
Jerry and Mary Wolf, Northbrook
Rudy and Marianne Lederer, Highland Park.

And, Jenny Bruns has a new address:
1870 W. Palm Drive, Apt. 384, Mt. Prospect, 60056. Phone 439-5345

For Sale

RALEIGH MIXTE - 19-1/2" Ladies - Super-Course 10-speed. Reynolds Frame T.A. Crankset. Price \$145.00
Larry Wathen, 729-3248 - Glenview.

WANTED: Used Bugger for my grandchildren..know anyone whose youngsters have outgrown one?
Phyllis Harmon - 537-1268

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

An  Affiliate

President:	Ted Uhlemann	295-1783
Vice-Pres:	Sherry Uhlemann	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	537-2368

3 Do Double Century

by Jenny Bruns

The eleventh annual Central Double Century was held June 11 in Litchfield, Illinois. This is a non-competitive event to be completed within 24 hours. Those who finish 200 miles have the option of continuing to complete 300 - and even 400 - miles within the 24 hours!

Approximately 165 riders were at the mass start which began promptly at 6:00 a.m. Mike Enwright, Glenn Schon and I finished double centuries. Laura Enwright provided strong support in being available to rescue us in case of trouble.

We made great time in the beginning hours but the pace began to drop off as the temperature approached the upper 80s and the wind became stronger from the south. We completed the first 100 miles in 8-1/2 hours and the 140-mile grand loop in 12 hours flat. Visions of doing triple centuries had long since vanished for Mike and Glenn.

The remaining distance of the ride was done on a 20-mile route from Litchfield. We did one loop before sundown and then returned to our motel to attack two large Pizza Hut pizzas. After refueling and setting up our lighting systems, we rode two loops at night and finished our double centuries at 12:40 a.m.

Riding in an organized ride at night was a new experience for me. Seeing the stars, hundreds of light-nig bugs, and lighted bicycle riders gliding along in the blackness of the night gave me extra energy.

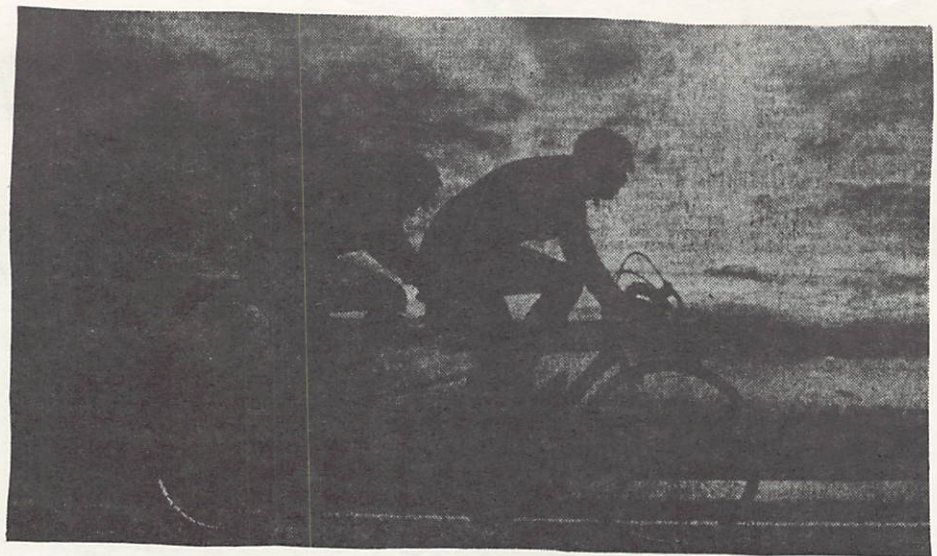
The route is mostly flat and we highly recommend it for riders attempting their first double centuries as it was for Mike and me.

Light Up ---

Be prepared! Plan ahead! Be sure to have your bicycle equipped with lights for our Moonlight Madness ride from Ted's house in Lake Bluff...Aug. 20. 5 p.m. BBQ followed with a moonlight ride!



"Gas prices have really hit me hard. My dad's using my bike."



Thank you, Judy Stansfield, for this newspaper photo of Lon Haldeman and Sue Notorangelo (now Mrs. Lon Haldeman) in their futile attempt to better the current tandem record of 491 miles in 24 hours. The ride was sponsored by the Ultra Marathon Cycling Assoc., McHenry County Bicycle Club, the Blackhawk Club and the Bombay Bike Club. The route was a 14-mile course south from Sharon, Wisc., into Boone County along Beaverton and Hunter Roads and returning to Sharon by way of Burr Oak Road in western McHenry County.

Food For Bicyclists

At the workshop on NUTRITION FOR BICYCLISTS at GEAR Down in Athens, Georgia, P. O. Holliday, Jr., D.D.S. of the Southern Bicycle League presented us with a number of nutritious bike lunch suggestions you might like to try:

- Peanut butter & Jelly sandwich - (use peanut butter without additives such as "Smuckers")
- Fresh fruit, raw vegetables (Sometimes available at roadside stands.)
- Unsweetened fruit juice.
- Raw Peanut & Raisin Sandwich
Grind one cup raw peanuts in blender. Stir in 1/2 cup raisins and enough mayonnaise for good spreading consistency.
- Tuna & Bean Sprout Sandwich
One can drained water packed tuna. Add enough mayonnaise to spread well. Put on bread and top with alfalfa sprouts.
- Olive & Cream Cheese Sandwich
To 3 oz. package cream cheese add enough mayonnaise to spread. Add 1/4 cup chopped olives, mix well.

Dr. Holliday stressed we should *always* use 100% whole wheat bread.

Three cook books he recommended were:

The Natural Healing Cookbook by Mark Bricklin and Feasting on Raw Foods by Charles Gerras, both Rodale Press, Emmaus, Penn.

Laurel's Kitchen by Laurel Robertson, Carol Flinders & Bronwen Godfrey. Nilgiri Press, Berkeley, Cal.

New Link To Bike Trail

Pat Marshall sent in a clipping on the new link to the paved trail from Glencoe to Chicago. Work on a 3.8-mile loop of the North Branch Bicycle Trail - around the Skokie Lagoons in Winnetka and Glencoe - is scheduled for completion in July.

The 20-mile trail on Cook County Forest Preserve property begins in Chicago at Caldwell and Devon Aves. and runs through Niles, Morton Grove, Glenview, Wilmette, Northfield, Winnetka and Glencoe.

The extension begins at Tower Rd. and follows the west side of Forest Way Dr., bordering the Skokie Lagoons north to Dundee Rd. The bike trail loops back along the east side of the Lagoons to Tower Rd., but the extension also opens the Botanic Garden to cyclists who can continue north on a service trail through the Garden in Glencoe.



Schedule

July 2 HUFF AND PUFF RIDE

Saturday. Huff, 75 miles, starts from Kildeer School at 7:30 a.m. Puff, 48 miles, starts from the stop light in Algonquin (Rts. 31 and 62). Ride to Union, Ill. Railway Museum. Bring or buy lunch. Leader: Mike Enwright - 537-8012.

July 9 SILVER LAKE - Wisconsin

Saturday - 10 a.m. - 45 miles from parking at wayside on Rt. 45 and Winfield Road (about 1 mile north of Ill/Wis. line). Bring a picnic lunch and watch parachuters at Silver Lake. Ted Uhlemann - 295-1783.

July 16 BAHAI RIDE - Wheeling

Saturday - 9:30 a.m. - 35 miles. From Potawatomi Woods, Dundee Road just east of Milwaukee Ave. Bring or buy lunch. Howard Paul - 824-2941.

July 23 LAKE GENEVA - Moraine Hills

Saturday - 9 a.m. - 60 miles from first parking lot on right at the Moraine Hills State Park on River Rd. south of McHenry or about 4 miles north of Rt. 176. Bring your swim suit, a towel and lunch. Beverage will be provided. We'll lunch on a private pier on the south shore of Lake Geneva. Return about 4 p.m. Dick Ryan - 381-1775.

July 30 HILL AND DALE -

Saturday Hill 75 miles, 7:30 a.m. from Kildeer School in Long Grove. Dale, 40 miles, 9:30 a.m. from stop light in Algonquin. Strenuous ride with most hills on the Dale portion. Bring lunch. Jenny Bruns - 439-5345

JULY WEDNESDAY NIGHT RIDES

Rides start at 6:30 sharp and end at twilight. Leisurely riding, usually 10 to 15 miles.

- 6 From Wheeling Community Center, Chamber Park. Phyllis Harmon 537-1268. Return in time for June meeting.
- 13 From Harper College parking lot on Euclid. Dick Ryan - 381-1775.
- 20 From Woodoaks Jr. High on Sanders about 1/4 mile south of Dundee Rd. Northbrook. Pat Marshall 564-0346
- 27 From Dan Wright Forest Preserve Everett and St. Mary Road. Ted Uhlemann - 295-1783



Bike Racing

Let's meet at the races...Tuesday nights at the Kenosha, Wis. track and Thursdays at the Meadowhill track in Northbrook.

Why not pool rides to the tracks and sit together in a group. You'll be in for some great evenings!

Rides Re-ridden



EDDIE BAUER RIDE - During May, at the five Eddie Bauer shops we had a display of literature on bicycling, clubs and L.A.W. as well as slides of a variety of activities. This ride was the climax of all that activity and about 200 bicyclists turned out at Harper College for a 24-mile scenic ride led by Wheeling Wheelmen. It was a beautiful day for cycling and the Weatherman decided to make up for all that rain he threw at us earlier in the season!

MS LE TOUR from Wheeling 155 miles to the Wagon Wheel resort in Rockton, Illinois, went off like clockwork. There were 120 riders this year, the route was excellently marked before, at and after each intersection with a few extra tossed in on long, straight stretches. It was hot and a strong wind was blowing from the south (see article page 4). At the resort participants enjoyed swimming, and other facilities available. John Vande Velde and Carlos Sintes, two riders from the Italian team in the movie *Breaking Away* rode with us again and were joined by Robyn Douglasat the Wagon Wheel...she was the attractive coed from the movie. It was a real pleasure to hear them tell about filming the movie.

The ride back on Sunday included lunch in the beautiful park in the center of Woodstock and all enjoyed an ice cream social back in Wheeling.

ICE CREAM RIDE - Rich Figge led 15 riders on our annual trek to the yummy ice cream parlor in East Dundee and returned in time to participate in the ice cream social in Wheeling after the MS ride.

STRAWBERRY RIDE - The idea was great but there were no strawberries - because of the late spring the berries weren't ready. Fourteen riders enjoyed riding to Sunnyside in the Chain of Lakes area and lunched along the Fox River. The return route was over the Harmon Hundred route.

WESTWARD HO - Jerry Goldman finally got to lead this beautiful ride! It was rained out last year and twice this year, but the fourth time paid off! It was an excellent route over a number of new roads.

BOTANIC GARDEN RIDE - This was the last ride in May and led by Elida Rech but I don't have any details - it's midnight and I can't very well phone for info....

WEDNESDAY NIGHT RIDES - About ten riders manage to get to the 6:30 starting point - pace varies considerably...rides led by Phyllis Harmon and Ted Uhlemann both totaled 19 miles for the two hours!

JUNE MEETING - There was a good turnout for this meeting and many participated in the discussion, pros and cons on various equipment.

Apple Cider Century Aug. 15

Need an application: Write ACC'83 303 E. Michigan St., Three Oaks, MI 49128.

Europe In October?

Keith Kingbay has just returned from Europe where he has been setting up a bicycle tour from Chicago to Luxemburg and back - 14 days staying in hotels, meals and air fare all for \$1200. First tour will be early in October. Next year, in addition to this one, there will be tours to Holland, Germany and England. Groups will be limited to 20 people.

In addition, there will be tours from Holland and Belgium to Chicago and back. Cyclists will stay in a Chicago hotel one night, ride the lake front bike path and then ride from Milwaukee to Door County, or to La Crosse.

If you want further information, write to Keith Kingbay, 5645 North Talman, Chicago 60645, or phone 334-6769.

Dates To Plan

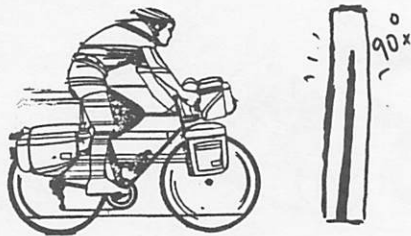
For... In 1984..

The three League of American Wheelmen annual events are:

CONVENTION: 1984 will be early in July in Indianapolis with the Central Indiana Bicycle Assoc. as hosts. You not only will enjoy beautiful bicycling in Indiana but you can ride the new Major Taylor Velodrome and also the Indianapolis Speedway!

GEAR-DOWN: Charlotte, North Carolina was so enjoyable in 1982 that it will return to Charlotte for 1984 - the dates, I believe, will be the 8-9-10 of June.

GEAR-UP: Scheduled one week after GEAR-Down (so you can bike there) for June 15-16-17, based at Towson, Maryland, a northern suburb of Baltimore. Lots of history here, visit L.A.W. headquarters and world-famous Harbor Point!



Fifty four years riding a bicycle and I learn..

A Valuable Lesson -

Phyllis W. Harmon

On the day of the MS Le Tour ride the sun was shining, temperature hit 90 and there was a strong wind but from the south - and we were riding 78 miles west and north and return-the next day. I wasn't concerned with the mileage, for I had done 115 miles the previous week.

There were a few nasty hills, especially three in the Algonquin area, that brought frustrated comments from the riders because of the heat. But there were sag wagons about 18 miles apart with plenty of lemonade, ice water, bananas....so we had plenty of liquids.....

By the time we reached the 50 mile point there were comments about this being a tough ride...it was, but I couldn't figure out why. Last year I had ridden it - 78 miles *against* a strong wind.

The last ten miles I actually stretched out in the grass *twice* and eyed every lawn with a longing to go to sleep! After registering, I took a quick nap before dinner and actually went to bed by 10 p.m.

The next morning I felt as though I had been shoveling coal and wondered if I'd even *start* back. Elliott Kanner, Roger Thauland and Howard Paul who had ridden sweep, and would again this day, commented on the difficult ride.....top racers, strong riders...the comments were the same!

I forced myself from sag stop to sag stop and flopped on the grass with a number of other riders all the way back. I really think I stopped more on this one day than in all the years of riding! One fellow who had ridden 3000 miles across the country couldn't understand why he was tired and seemed to be hallucinating...

If the ride back had been half a mile longer I'm sure I wouldn't have made it....I flopped into a chair at the ice cream social and actually let my son drive me the half mile home!

Never before after a bicycle ride had I been so tired! I have ridden centuries in temperatures well over 100° and bucked horrible winds that made even standing difficult...why was I so tired now? After a rest on

the sofa I made it upstairs to take a shower and for some reason stepped on the scale before I stepped into the shower. I had lost 12 *pounds* overnight! I stepped off, checked the scale - yep, 12 pounds!

Then after the shower, I checked the scale again - I had *gained* back 7 pounds! In the shower? Aw come on!

Here is what happened...12 pounds is a gallon and a half of water lost! The hot wind evaporated perspiration before any of us realized we were losing water. Even though I drank more than I ever have on a ride, it wasn't enough to replace what we were losing. My son-in-law says you can lose 2 or 3 pounds in one day just *standing* in a hot wind and scubba divers do gain pounds in water....

The amazing thing to me is that most of the other riders were unaware of the problem, too.

So, when there is an invitational and the weather is extremely hot and a strong wind is blowing...I suggest sag wagons be equipped with scales and, like they do at Triathlons, weigh the riders....if they lose too much weight - replace fluids!

Sherry Takes A Spill

Sherry and Ted were biking down Everett Road one evening when all of a sudden she found herself sprawled in the middle of the road bleeding profusely from a badly split knee. A motorist took her to the hospital for a number of stitches and it will be at least a month before she's back on her bike.

Here's to a speedy recovery, Sherry!

Barbara Palazzo Writes..

You may have noticed that we did not renew our membership this year. While we will always retain a fondness for the Wheeling Wheelmen, my husband's involvement in bike racing precludes any time we might otherwise have for touring. Also, our impending move to Elmhurst makes even the Wednesday night rides inconvenient.

We look forward to riding the Harmon Hundred again, as usual. Ronnie concedes that it's a good training ride, and besides - that's how we met!

If ever I can get him to "retire" from racing, we'll rejoin. Until then, best wishes to all of you.

For news of the Harmon Hundred, our new address August 1 will be:

Ronnie and Barbara Palazzo, 175 Hawthorn, Elmhurst, IL 60126.



Bicycling History

The Elmhurst Historical Museum has gathered from many sources a very interesting collection of antique bicycles, artifacts, wearing apparel through the years, photos and much more that will be on display through September. Then all of these interesting items will be returned to their owners.

So, don't miss this interesting exhibit...phone the museum for days and hours it is open, but if you plan a group ride, they will open for you....120 E. Park Avenue in downtown Elmhurst.

Guides Wanted....

The Chicago Architecture Foundation is looking for bicycle riders who would like to be guide leaders. Each year the CAF offers architectural walks and bike rides. They have guides for the walks but are definitely in need of guides who also can ride a bike and lead groups of riders on architectural tours.

The CAF will train you at no cost to you. The classes are offered on a week night and also Saturdays. You will receive college credit when completed and, in return, you must work 40 hours free for CAF.

You can obtain additional information from Janice at Chicago Architectural Foundation, Glessner House, 1800 S. Prairie Ave. Chicago 60616, 326-1393. Also, at Bikes Plus, M-E Spirek has information on the walks and rides offered this year as well as information about the guide school.

SUNDAY IN HELL - July 8-14 \$3.50

Film of Paris to Roubaix race.
Evenings 7 and 9. Sat. 4-6-8-10
Sunday 4-6-8.
Facets Multimedia, Inc.
1517 W. Fullerton Ave., Chicago.