



MONTHLY MEANDERS



OCTOBER MEETING

Wed. Oct. 5 - 8 p.m.
Chamber Park
131 N. Wolf, Wheeling

Safety Officer's Corner

by Don Derebey



PROGRAM: HOWARD AND LOIS PAUL

17-DAY BIKE TOUR THROUGH BELGIUM, LUXEMBOURG, GERMANY AND HOLLAND

This was a EURO-BIKE tour that combined 400 miles of bicycling with hopscothching by bus to cover more points of interest.

New Members

This month we welcome one new family and six individuals into the Wheeling Wheelmen:

Richard and Joyce Zehnle, Chicago
Lorrie Parrish, Buffalo Grove
Donna Moses, Buffalo Grove
George Wootten, Glenview,
James Grant, Chicago
Shirley Bell, Glenview

We look forward to meeting you at the meetings, rides or the Banquet.

For Sale

FOR SALE: HUFFY TANDEM, ladies' frame - \$110. John Volden, 394-5474

FOR SALE: GET READY FOR WINTER - Racer Mate trainer, complete with its own bike. \$115.00 - Rick Spitzer, 459-6197

The safety column this month is a letter from Joseph Tobias. Solid support for Joe's position can be found in a "Letter to the League" by Zoltan Strasser (American Wheelmen, Sept. '83, pp 8 and 9). The title of the letter could well be the title to Joe's letter - "A Call To Action." Dear Don,

I have found both pleasure and profit in reading your safety articles and I want to thank you for your service to us all.

Tacitly, however, and inevitably; you recognize that no cyclist has any real defense from the driving brute. I refer to the sort of driving that can result in a killing, like that of the four individuals, including three in one family at one time, in Will County in July.

Each of us on a week-end ride will have the following experiences, frequently more than once during the same ride:

- a speeding motorist going in the same direction comes along and intimidates you with a long blast of his horn as he brushes by you
- he swears at you
- he forces you onto the unpaved shoulder
- as you start forward from an intersection he shoots through, coming within inches of you although he just as easily could have moved over a bit
- he cuts you off and right turns in front of you
- he pitches stuff at you as he goes

by - in the particular instance I saw it was beer out of a glass

or, coming from the opposite direction, he left turns at you, notwithstanding you having the right of way.


What I propose is that we engage in a program to haul these slobs into traffic court. It would require taking a good look at the driver, remembering the kind of vehicle, taking down the license number, signing a traffic complaint, and showing up in court. Also, no doubt, it would require the establishment of a roster of potential witnesses and complainants, so that each, taking time from other things, could go to court to testify, say a minimum of two witnesses for each particular case.

No doubt, also, this program couldn't go forward without the cooperation of the authorities. We first would have to meet with them and make sure they were prepared to treat these occurrences as traffic violations and warranting vigorous prosecution. Once this was accomplished, we would want preliminary publicity, including a press conference ("Wheeling Wheelmen Declare War on 'Pig Motorists'"). Also, certainly if we ourselves decided that the program was feasible and worthwhile, we would fairly well have to make it an area-wide project, to cover infractions no matter where they occur, thus involving other clubs.

On Everett Road, going west from Highland Park, there is a two-lane bridge that spans the Tri-State Highway. On this bridge, two years ago, in the west-bound lane, a cyclist lay dead, struck by a motorist. The incident received hardly any publicity, but just about every time I go through there I recall it. So I write this letter for my own personal sake as well as for the interest of others. I know this is no small undertaking, but I hope we can agree as a group that there is something to be done here.

Joseph M. Tobias

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

An  Affiliate

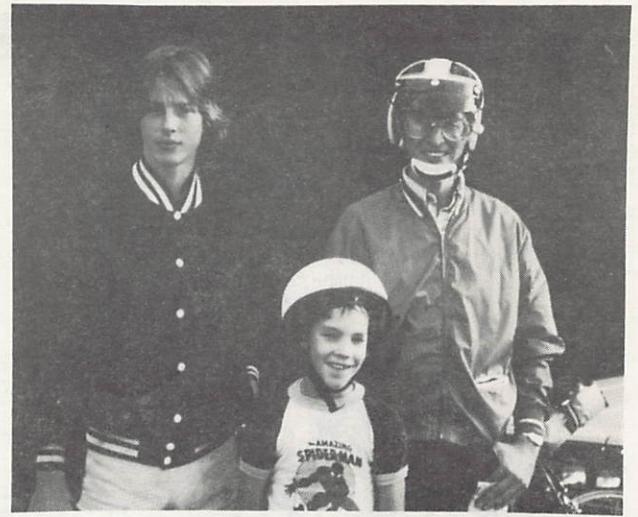
President: Ted Uhlemann 295-1783
Vice-Pres: Sherry Uhlemann 295-1783
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Safety: Don Derebey 255-3422
Membership: Pat Marshall 564-0346
Rec.Secy: Marilyn Mathison 825-5470
Pool Rides: Marilyn Mathison 825-5470
Editor: Phyllis Harmon 537-1268

Harmon Hundred —

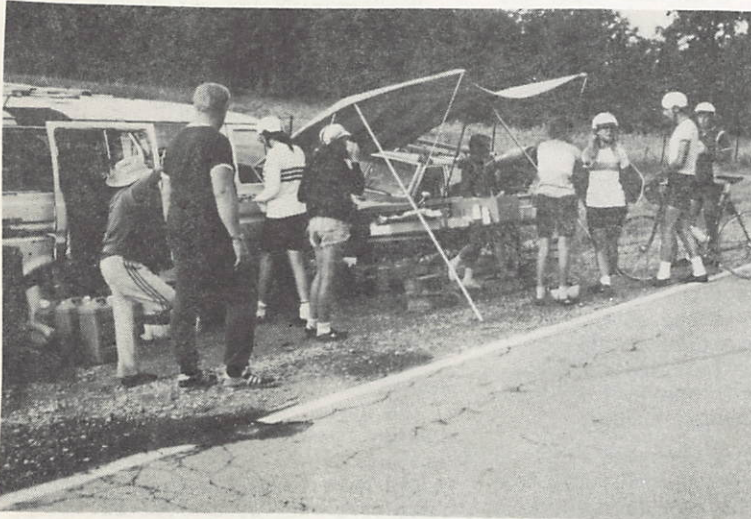
Photos by Phyllis Harmon



Checking in riders in the afternoon: Carolyn Kropp, Laura and Mike Enwright. Matthew Hursthouse watching routine...



Generations of riders: Phyllis Harmon's 15-year-old grandson, Dean Frazier, did the Century for the third time. Her grandson Matthew, 7, and son, Phillip, did the Half Century. Matthew whizzed along on his 20" Motobecane 6-speed, only walked up part of one hill, and thought the Spring Creek hill was fun. "I went up that one real fast!"



Cuba Road sag stop: John Storaasli, with assistance of son Mikkel, provided van and awning for shade. This was a double sag as we served riders both going and coming.



Workers at the Algonquin sag: Past President Howard Paul, wife Lois and Peter Gianakakis. Howard and Lois will present the program at our October meeting - biking in Europe.

Moonlight Madness Ride

photo by Jim Gehrke



At Ted Uhlemann's, before we settled down to enjoy our Bar-B-Q and then ride under a full moon, Ted enjoyed the opportunity to ride George Mathison's recliner bicycle. Muffin declined to ride on her platform with Ted.

Schedule

Oct. 1 KILLER HILL, Long Grove

Sat. 9:30 a.m. - 60 miles - from Kildeer School. Get ready to use those hamstrings! Bring a carbohydrate lunch! Leader: Glen Schon - 394-2028

Oct. 2 CYCLING FOR SENIORS, Wheeling

Sun. 6 a.m. to 6 p.m. any number of miles you want to ride. You have a choice: Ride for \$10 Registration fee or ride for dollars from sponsors. From Booth Tarkington School, Scott and Anthony, Wheeling. We need both workers and riders; you can do both. Work shifts are 6-9 a.m. 9-noon, noon-3 and 3-6. Every rider (registration fee or riding for pledges) qualifies for drawings for over 50 prizes donated by area bike shops and businesses. Drawings at 10, 12, 2 and 4. You don't have to be present to win. Brochure enclosed. Phyllis Harmon 537-1268

Oct. 8 TIGER & PUSSYCAT, Deer Grove

Sat. Tiger Ride 9:30 a.m. 32 miles. Bring lunch or can purchase on the road. Lunch at Deer Grove at noon.

Pussycat Ride 1 p.m. 20 miles. If you want, bring your lunch at noon and eat with the Tigers. Both rides from Deer Grove Forest Preserve on Quentin Road north of Dundee Rd. Take left fork in the road and park in first parking lot by the lake. Ride either or both rides. Roger Thauland, 541-2294.

Oct. 16 JOINT RIDE TO WRIGHT WOODS

Sun. 10 a.m. 10 miles; 11 a.m. Time Trials 10 miles. From Chamber Park Community Center. Enjoy the colors and check your time. Ted Uhlemann, 295-1783.

Oct. 22 COLLEGE CAMPUS CRUISE

Sat. 10 a.m. - 35 miles. From Wheeling Chamber Park Community Center. Bring \$2.75 for lunch. Don Derebey, 255-3422.

Oct. 29 CHAIN-OF-LAKES RIDE, Long Gr.

Sat. 9 a.m. 62 miles from Kildeer School - fast pace to Lakewood. 10 a.m. 46 miles from Lakewood Forest. Lunch at state park. Bring or buy lunch. Great country roads! Don Derebey, 255-3422.

Nov. 5 CHICAGO LAKEFRONT, Chicago

Sat. 10:30 a.m. - 25 miles from Foster Ave. parking lot. Lunch at Planetarium, ride along shore of Lake Michigan. Howard Paul, 824-2941.

Nov. 5 ANNUAL BANQUET, Wheeling

Social hour 7 p.m. Dinner at 8. Hans Bavarian Lodge, 931 N. Milwaukee. Wheeling.



OCTOBER 2

Booth Tarkington School, Scott and Anthony Sts. Wheeling

Any time between 6 a.m. - 6 p.m.

PURPOSE: To raise funds for furnishings for the Senior Center in Wheeling for use of Wheeling Township seniors, especially in Buffalo Grove, Prospect Heights and Wheeling.

Registration fee \$10.00 or ride for pledges. All participants will receive the Cycling For Seniors patch and names will be dropped in the box for the drawings. Anyone who pedals 25, 50, 62 or 100 miles qualifies for the League of American Wheelmen Sanctioned Quarter-, Half-, Metric- or Century patch for \$1.50.

Special awards for those riding for pledges with Award Night at 7:30 p.m. November 2 at Chamber Park. This will give plenty of time to collect pledges.

AWARDS FOR DOLLARS RAISED:

- \$100-\$199 Water bottle and holder from Buffalo Grove Schwinn
- \$200-\$299 \$16 cycling gloves from George Garner Cyclery, Northbrook
- \$300-\$399 \$30 cycling shorts from Bikes Plus
- \$400-\$99 \$48 Skid-Lid from the manu-

facturer \$500-\$599 \$50 bike jersey from ABC Cyclery, Arlington Hts/Schaumburg Dollars above that amount will receive certificates from bike shops or \$88 bicyclist's sleeping bag or \$116 bicyclist's tent from Eddie Bauer.

ITEMS DONATED FOR DRAWINGS:

- \$100 Bond, Wheeling Tr. & Savings
- \$50 Bond, Continental Bk. Buffalo Gr.
- \$25 gift ctfs. from Eddie Bauer
- Atkin-Graber #3 Back Rack (bumper carrier), ABC Cyclery, Arl. Hts.
- Bike jersey, Alberto, Hubbard Woods
- Clock, Anheuser Busch
- Huret Multitudo Odometer, Bikes Plus
- Rear Cannondale seat bag, Buffalo Grove Schwinn
- Floral arrangement, Collins Fireplace
- Carving sets and rolls Ekco foil wrap from Ekco Products
- Yellow roses, gold pot, 1st Federal of Chicago
- Pen watches, 1st National Bank of Wheeling
- Schwinn Generator set, Geo. Garner
- Kitchen faucet/hose, Edward Hines
- Skid-Lid helmet, Skid-Lid Mfg. Co.
- AM-FM radio, Walgreens
- Plus dinners and lunches at a number of restaurants, bowling, golf, car wash, etc. etc....

Wheeling's President Sheila Schultz is busy accumulating sponsors. So are members of the Chamber of Commerce and others at Village Hall - so it should be a fun day!

Many Thanks..

Ruth and Rick Gaines...we know how long and hard you worked to make this the best Harmon Hundred...and you did! Thank you - so much!!

Heart Rate During Exercise.

Two ways to determine the best heart rate for a person during exercise:

- Subtract your age from 220
- Multiply the result by 0.75.
- That is the pulse rate you should try to achieve during physical activity for the exercise to strengthen your heart muscle.

A more precise determination is as follows:

- Determine resting heart rate when you are very relaxed (such as before you get out of bed in the morning)
- Subtract your age from 220
- Subtract your resting heart rate
- Multiply the resulting number by 0.75
- Add your resting heart rate again.

This is the pulse rate you should try to achieve during aerobic exercise.

Club Mileage Standings

Here is the mileage for the top five men and women through the Sept. 17 Covered Bridge Ride. This is only the mileage...for awards at the Annual Banquet, participation is also figured in...so top five is up for grabs!

WOMEN:

Pat Marshall	640.9
Carolyn Kropp	614.1
Phyllis Harmon	551.9
Lois Paul	474.9
Elida Rech	409.0

MEN:

Dick Ryan	917.8
Howard Paul	759.8
Peter Gianakakis	738.6
Elliott Kanner	712.1
Mike Enwright	697.8

Note: This is mileage only on actual mileage on Wheeling Wheelmen rides only.

OOOPS!!!

Bob Klein led the Lamb Farm ride - not Bob Lewis! Sorry, Bob.

MEMBERS' HARMON HUNDRED - Thirty-two riders showed up to ride the Members' Harmon Hundred. Nineteen riders turned out for the slower paced 6:30 a.m. ride, but people kept arriving late so they didn't leave until 7 a.m. Twelve riders were on hand for the faster riders' 7:30 a.m. ride.

We had two father and son teams: Conrad Ingerich and son, Peter, riding the 50-mile loop and Gary Gustavson and Mike, 9, (our youngest rider) doing the hundred with the fast group.

Our fast group caught up with the early group in Algonquin where they stopped for water and again about half an hour later as we passed them.

The fast group shrank to eight in Algonquin when two riders stopped to eat and the Gustavsons decided the pace was too brisk and they continued at a slower pace.

We stayed together until the lunch stop at the Sunrise Restaurant. At the 80-mile point two riders had problems with leg cramps. One decided to continue and spin it out; the other elected to wait for Pierre de Vise, who had joined the group in Algonquin, and return to Algonquin with him for a shorter biking distance and a ride back to Wheeling.

Mike Enwright

The slower group began to string

Rides Re-ridden



out as the humidity and heat increased after lunch. I know I really felt the heat and when we stopped to refill water bottles at the Broken Oar on Rawson Bridge Road I stood with both feet under the ice-cold faucet and let my shoes fill up with cooling water! A slight breeze later in the afternoon really helped to make biking a bit more comfortable the last 20 miles!

Phyllis Harmon

RECORD ATTENDANCE ON HARMON HUNDRED

Chairman Ruth Gaines, Rick Gaines and all the volunteers deserve a huge, enthusiastic "Thank you!!" for the smooth operation of our annual invitational. Seven hundred and forty nine participants turned out. I'll report on how many rode 25, 50 or 100 when Ruth makes her report. There were lots of home-made cookies and, for the tenth year, Darrow Glockner donated cases of Fig Newtons. It has been several years since Darrow and Diana have ridden with us so we especially appreciate his generosity.

Ruth and Rick stacked all sag stop supplies in their garage - all beau-

tifully organized for each of the six stops: bananas, peaches, McIntosh apples, plums, cookies, lemonade and water - plus all supplies such as cups, napkins, trash bags, etc.

The Weatherman really outdid himself as though to apologize for the humid heat we had to ride in the week before! We couldn't have asked for a nicer day!

It was a pleasure to see Alberto and his large group of racers setting a fast pace. Although I was at the Cuba Road sag, I was glad to have my son, Phillip, and grandson, Matthew, 7, do the Half Hundred and my other grandson, Dean Frazier, 15, and son-in-law Lew Gillilan both do the Hundred!

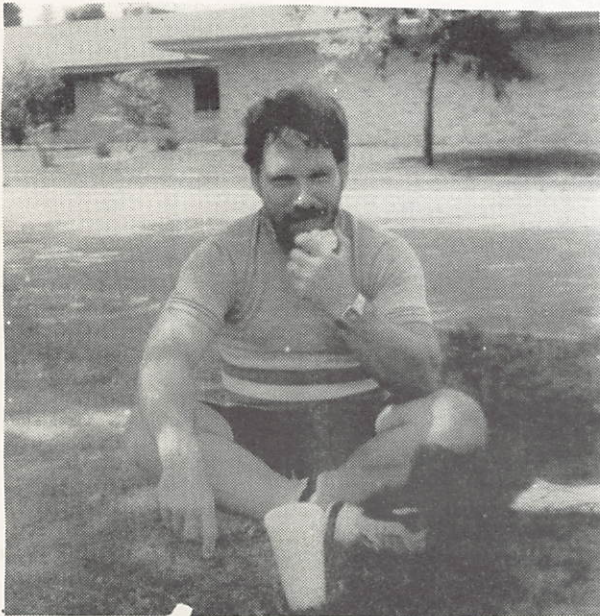
PWH

COVERED BRIDGE RIDE - Rick Spitzer was unable to lead this ride and Ted and Sherry had just returned from a week of beautiful bicycling in Colorado and didn't have a copy of our Covered Bridge route - which worked out just fine for Ted came up with a delightful route over some new roads I don't believe we have pedaled on before! We lunched at the Broken Oar on Rawson Bridge Road and found the food delicious!

SEPTEMBER MEETING - Since Ted and Sherry were in Colorado, Dick Ryan conducted the meeting and Al Petty did an excellent job auctioning off members' surplus items - talk about bargains!

Rick Gaines' Trolley Wheels and Hills Ride -

Photos by Jim Gehrke



Left: Mike Enwright lunching in an Elgin park.



Right: Judy Klem lunching with Lou Vanatta, guest from the Streamroller Cycle Club.

Banquet-

We will have to look twice to recognize our bicycling companions all decked out in their "dress-up"

clothing as we gather on Saturday, November 5 at Hans Bavarian Lodge for our Annual Banquet. Social hour is at 7 - dinner at 8. If you can work on the committee, call Carole Riley, 934-8947.

Election-

ELECTION BALLOT WILL BE WITH THE NOVEMBER NEWSLETTER. PLEASE VOTE AND RETURN BALLOT BEFORE THE BANQUET NOVEMBER 5.

THE 1983

WHEELING WHEELMEN ANNUAL BANQUET

AT

Hans' Bavarian Lodge

931 N. Milwaukee Avenue, Wheeling

NOVEMBER 5, 1983

• SOCIAL HOUR AT 7:00PM

Come "shoot the breeze" with your biking buddies! This is a great opportunity to converse DOUBLE FILE or more without the fear of getting nailed by a car!!!! CASH BAR....Reservations post-marked by October 29th will receive a certificate good for \$2.00 at the social hour (non-alcohol drinks available, of course!)

• DINNER AT 8:00PM

We have selected dinners from a GREAT menu. They will include: appetizers, salad, german rye, entree, two vegetables, dessert and beverage....yum, yum!!

• NEW OFFICERS

Congratulate (or console) the new officers -- witness the transfer of power as Edward Waldemar Uhlemann III (generally known as "Ted", "The Prez", or "Sherry's husband") presents the WW Post Office Box Key to the newly elected President!!

• AWARDS, HONORARIA AND DOOR PRIZES!!!

• ENTERTAINMENT

Slide show by Phil Kahn and Sherry Mosky. These WW members traveled many verticle miles in the Canadian Rockies. Phil says he's edited the slides, thrown out the duds, and will inspire you with a fine show!?!?!?!?

• PROPER ATTIRE

Black tie - OK; casual - OK; BUT...No shirt, no shoes, NO SERVICE!

• COST AND RESERVATIONS

You get a GREAT evening for the low, low price of \$8.75, for WW members and \$11.75 for non-member guests. This includes EVERYTHING, even your tip! AND if your reply is post-marked by October 29th, you will receive a \$2.00 certificate for the social hour and will be eligible for a door prize!!!

ALL RESERVATIONS MUST BE RETURNED BY OCTOBER 31st - NO LATE RESERVATIONS!!

• This is how you do it:

- Send check payable to: WHEELING WHEELMEN
- List names of persons attending
- MAIL TO: TED UHLEMANN
105 Sunset Place
Lake Bluff, IL 60044

