

January 1984



# MONTHLY MEANDERS



## January

Jan. 1 - NEW YEAR'S DAY RIDE/SOCIAL

### New Year's Day Ride

Our President Howard and Lois Paul will be our hosts for our favorite way to start the New Year - with a hike or bike depending on the weather and socializing afterwards.

10 A.M. - See map on page two.

### The Prez Sez

I'm happy to report that we have filled most of our committee chairmanships. These include:

- Phil Kahn - Programs
- Bob Klein - Invitationals
- Marilyn Mathison - Refreshments
- Phyllis Harmon - Editor

There was no problem in securing this help, and I believe there is a reason - even though we may never have put it into words. The reason is that this club is important to us because of the recreational activity it provides and because of the friendship that exists within it. If the club ceased to exist, something special would be missing from our lives.

### L.A.W. Board Meeting

Phyllis W. Harmon

The League of American Wheelmen is doing great! I attended the Dec. Board meeting in Baltimore. A well planned marketing program is ready to go - based on using the trade name Bicycle U.S.A. for promotion and the monthly magazine. The legal name will remain League of American Wheelmen.

Finances are good and membership is growing. They have outgrown their office space and are seeking larger quarters for early in 1984. Also all League activities will be pulled into Headquarters - Legislative Rep and Publisher plus new Advertising Rep. That alone will save many dollars.

### PROPOSED LAKE COUNTY PATH

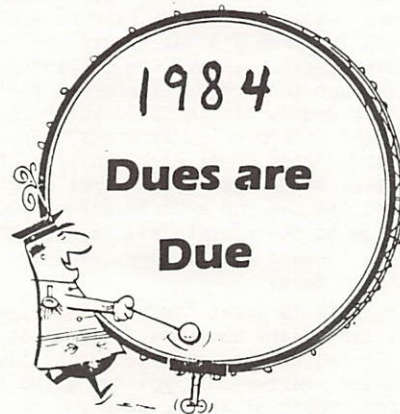
(Ref: December newsletter)

At our December meeting (Holiday party) it was the consensus that the club should send a letter to the Lake County Forest Preserve District to express our opinion that the proposed path near the Des Plaines River should serve the needs of bicyclists. This letter was forwarded and it included the desirability of providing a paved surface and the opinion that a path suitable for cycling would be useful to a large number of Lake County residents.

The opinion of the members also was that it would be important that many individuals also write to the District. The address is:


Lake County Forest Preserve Dist.  
2000 N. Milwaukee Ave.  
Libertyville, IL 60048

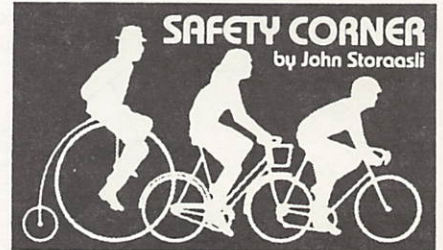
Attn: Stanley Pekol, Chairman  
Development and Planning  
Committee



It's that time of year again.... Enclosed is our application/renewal form. For family memberships there is space for both husband and wife to sign. Please send your check to: Wheeling Wheelmen, 581-D, Wheeling, IL 60090. 1984 Membership list will go out in April or May.

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

An  **Affiliate**



### THE ANNUAL OVERHAUL

Snow outside . . . holiday parties and festivities . . . Christmas Concerts . . . family activities . . . etc., etc! What a glorious time of year. Unfortunately, the season is seldom conducive to bicycling (except to some diehards, of course).

However, it is a good time for us to take a good look at our bicycles and all the rest of our equipment.

To quote John Allen in his book, *The Complete Book of Bicycle Commuting*, "Once a year, your bicycle deserves a complete overhaul, in which all moving parts of the bicycle are taken apart, cleaned, inspected, replaced if necessary, lubricated, reassembled and adjusted. A yearly overhaul will save you more than it will cost you because parts that are beginning to wear out usually will wear out other parts along with them. Also, a complete overhaul is the only way to inspect, clean, and grease the bicycle's main bearings."

And in the process, don't forget to check your frame's alignment, helmet fittings, the condition of riding gloves, bags and panniers, and all of the rest of the equipment that you use in your bicycling.

The point of all of this emphasis upon maintenance is that a well-maintained bicycle is also a safe one. When brake cables are lubricated, derailleurs are working properly and bearing running smoothly, you will have the needed control in any given situation, and will be able to concentrate on your surroundings, rather than worrying about a squeaky brake shoe, gears that don't shift well or clothing that doesn't fit just right. Bike riding requires a great deal of concentration . . . we spend a lot of time and effort in making work environments non-distracting and conducive to efficient operation . . . let's spend the same type of effort on our bicycle environment.

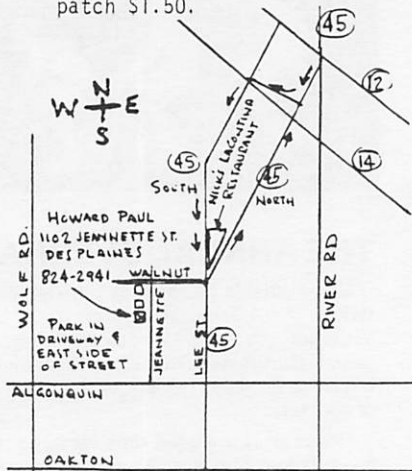
*Have a Wonderful New Year!*

President:	Howard Paul	824-2941
Vice-Pres:	Roger Thauland	541-2294
Treasurer:	Dick Ryan	381-1775
Safety:	John Storaasli	934-0039
Membership:	Pat Marshall	564-0346
Rec. Secy:	Marilyn Mathison	825-5470
Pool Rides:	Marilyn Mathison	825-5470
Program:	Phil Kahn	520-3114
Editor:	Phyllis Harmon	537-1268



# Schedule

Jan. 1 NEW YEAR'S DAY, Des Plaines  
 Sun. 10 a.m. Bike or hike. Roads and weather will determine. Meet at Howard and Lois Paul's home. Warm drinks and socializing afterwards. (Park in driveway if bike is on your car). Info 824-2941. L.A.W. New Year's Day patch \$1.50.



Jan. 4 RIDES PLANNING FOR 1984  
 Wed. Wheeling Community Center. 131 N. Wolf Road. Come help us plan our 1984 Ride Schedule... What to repeat - what to drop - what to add - who will lead what Everyone is welcome to offer ideas and suggestions. Roger Thauland - 541-2294.

Jan. 7 SKI OR BIKE, Deer Grove  
 Sat. 10 a.m. Cross country ski or 20-mile bike ride. Conditions determine. From Deer Grove. Enter Quentin Road. Keep left.. lower parking lot next to fence. Bob Klein - 299-2888.

Jan. 14 CROSS COUNTRY SKI, Winnetka  
 Sat. 10 a.m. from Tower Road parking lot in Skokie Lagoons. If snow is marginal, call to check hiking or biking alternatives. Warm-up at Hackney's after. Howard Paul - 824-2941.

Jan. 22 CROSS COUNTRY SKI, Moraine  
 Sun. Hills State Park. 1 p.m. - 2 hours. From last parking lot beyond park office. Park is on River Road between Rts. 176 and 120 - just south of McHenry Dam State Park. Howard Paul 824-2941

Jan. 28 SKI OR BIKE, Deer Grove  
 Sat. Same info as for Jan. 7 above. Bob Klein - 299-2888.



Patty is comin',  
 Patty 's near;  
 Before you know it,  
 His day will be here.

Ann Asp; c. 389 A.D.



Available on our Jan. 1 event.

## Lon Haldeman Show

The Wheeling Wheelmen, Arlington Heights and Mt. Prospect clubs are sponsoring a presentation by Illinois' Lon Haldeman, winner again of the transcontinental bike race. The tentative date is Thursday; Feb. 2 downstairs at the Olympic Pool at Ridge and Euclid in Arlington Heights (one block west of Arlington High School) at 8 p.m.

Each club will contribute \$100.00 toward the event and foot the \$1.00 entry fee for members. Let's have a good club turnout for a guy who has been such a credit to the marathon phase of our sport.

## Winter Rendezvous

Several of us will be heading to the sunny south for the Winter Rendezvous in Homestead, Florida - officially March 5-8 but events are spread all the way from the third through the tenth. There are early bird rides, picnic to Turkey Point, fresh strawberries at Knaus Berry Farm, Black Creek Park, Chikika State Park, Bay Front Park, Parrot Jungle, and one day for a 25/50/62/100/200 ride to the Everglades! Highlight is the banquet at the Homestead Air Force Base!

This is great for mid-winter activities! Warm sunshine, palm trees, flowers, birds singing, bright blue skies---after this you can stand one more month of winter when you get home!

Registration forms and motel info from Betty and Vernon Roush, 16230 S.W. 107th Ave., Miami FL 33157. Registration fee before Feb. 15 is \$27.50 which includes T-shirt, picnic and Banquet. \$32.50 after the 15th.

## New Members

New member this month is Roger P. Kilian of Oak Park. Welcome, Roger!

This brings us to 14 new memberships - 7 Individuals, 7 Families - that have joined since the Harmon Hundred, which is a great way to start the New Year! These memberships run through 1984 - so use the enclosed application/renewal form for another prospective member!

## Rides Reridden



THANKSGIVING RIDE - Leader Phyllis Harmon drove in the rain to Carl Sandburg school just in case some riders showed up. At 9 a.m. sharp up rode Bob Lippold, guest rider from the Arlington Heights bike club, who had pedaled four miles in the rain to get to the ride. So Phyllis took him home for waffles and coffee and showed him pictures of her recent ride to Luxemburg and Germany and also New Zealand...at least that was more fun than riding in a cold rain.

DECEMBER LUNCH RIDE - Six riders turned out in 20° temperature for Elliott Kanner's lunch ride to Libertyville On Riverwoods Road 3 blocks south of Rt. 22 half the group was on the road, half on the bike path. Unexpectedly they came on a wide stretch of ice and Phyllis went down, hard. Since she couldn't walk on her left leg, she "walked" her grandson's 20" bike draisienne style two blocks to a Mrs. Lin's home who graciously let Phyllis sit in her warm home until her daughter came for her. Nothing's broken but she'll be on crutches awhile. So there's another reason why bike paths are dangerous - the roads are clear but the paths aren't!

The fellows continued on to the Liberty Restaurant in Libertyville - a very friendly old time family spot. Total mileage - 26 miles.

HOLIDAY PARTY - About 25 club members attended our Holiday Party at Joe and Lynn Tobias's home in Glenco. Many of us started the party by hiking to and through the nearby Botanical Gardens where we took a break to view the all nationalas Christmas tree exhibit.

Back at Joe and Lynn's we gorged on a pot luck buffet furnished by all and topped it off with a selection of cakes and pies. The customary grab bag exchange was fun as always, and we finished in great voice on some Christmas/winter songs that had been converted to a biking theme.

## For Sale

HOLDSWORTH MISTRAL FRAME 23-1/2", 531 D.B., 72° angles, gloss black. Excl. cond.

and

VINER RACING BIKE, 57 cm, Columbus D.B., full "Campy" xtra tubular tires, flamboyant blue. Excl. cond. Phone Lad evenings - 312/798-3083





# L.A.W. BULLETIN

LEAGUE OF AMERICAN WHEELMEN

Winter 1984

## Bell issues TourLite buckle warning

By JIM FREMONT

Owners of certain Bell TourLite bicycle helmets should contact the manufacturer for a replacement buckle. A plastic tongue that holds the buckle closed might break, making the helmet likely to come off during an accident.

All owners of TourLite helmets with serial numbers from TL 010000 to TL 123653, 362028 to 362118, 371027 to 379028 and those without serial numbers should contact Bell to obtain replacement buckles for the helmet. Owners of these particular helmets will receive a new, stronger buckle and installation instructions by contacting Bell Consumer Services Department, 15301 Shoemaker Ave., Norwalk, CA 90650 (213/921-9451).

In a press release dated October 31, Bell Helmets issued a warning and said an initial report had been filed with the federal Consumer Product Safety Commission calling for the replacement of the buckles. This voluntary action by Bell asks all owners of these helmets to write for a new buckle.

This action comes a month after an article calling attention to the buckle problem appeared in the October issue of *American Wheelmen* magazine, the League of American Wheelmen's monthly publication.

The serial numbers include all helmets with a first or second generation buckle. The first generation buckle, which is sewn into the straps, has the problem with the breaking tongue. "Only a fraction of one percent of these buckles broke," reported Dean Fisher, Bell's senior vice president for corporate affairs.

The tongue can only break when being bent to fasten or unfasten the buckle, according to Frank Falley, Bell's standards compliance coordinator. "But if it does break," he said, "there's nothing to hold the buckle in place."

The buckles with the problem tongues are made of a polycarbonate compound. After Bell discovered the problem with breaking tongues, it changed the material to super-tough nylon.

The tongue on the second generation buckle is apparently adequate, but both the first and second generation buckles failed a 300-pound strap pull test involving a different part of the buckle.

The third generation buckle, which will be sent as a replacement, also has the improved tongue and is beefed up to pass

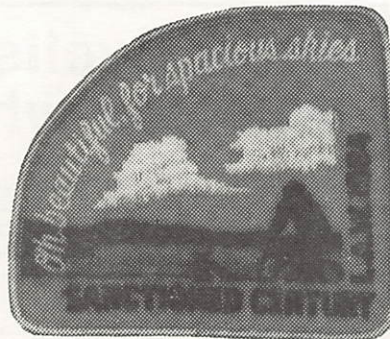
the 300-pound pull test.

"The problem with broken tongues had for all intents and purposes died. The perceived problem had not," said Fisher. "After the *American Wheelmen* article appeared, the phone started ringing off the wall. There was a lot of confusion among TourLite

owners, so we decided to eliminate it by replacing all first and second generation buckles."

Fisher said that 80 press releases were mailed to cycling related publications, and that Bell is also doing a direct mailing to dealers to alert them to the problem.

## Patriotic patches for '84



By DON TRANTOW, Executive Director

For 1984, the League of American Wheelmen has established the Sanctioned Century Series, in which bicyclists can earn a set of four beautifully designed embroidered patches that combine to picture the sentiments of "America the Beautiful."

Each separate colorful patch is shaped like a slice of mom's apple pie, and the four patches fit together to form an oval design linking together cycling scenes from the song about the U.S. The patch set appears in full color in the League's 1984 *Cyclist's Almanac*.

Spacious skies are depicted on the century patch, amber waves of grain on the half century, purple mountain majesties on the quarter century and fruited plains on the metric century patch.

To earn the set, riders will need to complete rides during 1984 of 25 miles, 50 miles, 62.1 miles (metric century) and 100 miles. Each ride must be sanctioned by a League-affiliated club and the patch purchased through the club.

Clubs can schedule the four rides any time throughout the year except in September.

continued

**League of American Wheelmen**  
Don J. Trantow, Executive Director  
P.O. Box 988  
Baltimore, MD 21203

**L.A.W. Bulletin**  
Walter K. Ezell, Editor  
Mary Alice Bahler, Art Director  
Jim Fremont, Information Editor

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ber, National Century Month, starting, for example, with the 25-miler the first month, the half-century the next month, and so on, spreading the schedule over several months. Bicyclists can begin with a quarter century ride and work up to a full century (and earn all of the SCS patches, one each time, working up to the full set of four).

The League will be using a certification process so clubs that schedule Sanctioned Century Series will verify the participation of riders in each of the four rides. It's also working on a special SCS shirt depicting scenes of the Series to be made available for purchase through affiliated clubs by bicyclists who successfully complete the entire Series.

One is good, two is better, three is best, so four must be super! Clubs are encouraged to begin planning now to fit the four rides of the Sanctioned Century Series into their ride schedule for 1984.

## League rallies feature rides, workshops

By JIM FREMONT

Rides, workshops, equipment displays and socializing will highlight GEAR Up, GEAR South, and the National Rally, all sponsored by the League of American Wheelmen.

Open to all cyclists and their families, League rallies draw from 400 to 2,500 people. Beginners, old hands, singles, families, casual riders, and century aficionados enjoy these gatherings.

The League rallies are hosted by local bicycle clubs—clubs who contract with a college or hotel to provide housing, meeting facilities and food service.

GEAR once stood for the Great Eastern Rally, originally held in the northeastern U.S. Now, however, the term GEAR has become synonymous with a League-sponsored regional rally, whether it's held in the east, south, midwest or west.

For cyclists who like to plan far in advance, here are the dates and locations of the 1984 events:

**June 8 — 11**, GEAR South, University of North Carolina at Charlotte, hosted by the Tarheel Cyclists.

**June 15 — 18**, GEAR Up, Towson State University, Towson, MD., hosted by the Baltimore Bicycling Club.

**July 3 — 8**, League of American Wheelmen National Rally, Downtown Hilton and Riverpointe Suites, Indianapolis, hosted by the Central Indiana Bicycling Association.

For GEAR Up, the Baltimore club is planning a series of rides, ranging from about 15 to 100 miles long, in the rolling horse farm country of Baltimore County, plus an ice cream social, wine and cheese party, a barbeque and optional tours of Baltimore's Inner Harbor with its shops and restaurants, or an evening at *The Sound of Music* at a local dinner theater.

A pre-rally tour on Maryland's flat eastern shore is also an option. Cyclists on this June 13 to 15 event will cover 30 to 50 miles a day and stay in picturesque inns.

Riders attending GEAR South will cycle

through woods and alongside fields in the rolling North Carolina hills. Time trials will be run on the Charlotte Motor Speedway, and there will be the usual GEAR workshops and a variety of evening entertainment.

GEAR South will offer two pre-rally tours, both hilly loop trips, with sag service, starting at Pisgah National Forest near Hendersonville. June 4 through 8, riders can take the Blue Ridge Parkway Tour, with overnights at campgrounds and lodges. The second tour, the Land of the Sky Tour, runs from June 3 to 8. The route is partly on the Parkway and accommodations are at inns.

Cyclists going to the League National Rally and Annual Meeting will have a wide selection of rides to choose from in the morning, workshops in the afternoon and entertainment in the evening.

One cycling attraction will be Eagle Creek Park, with more than 3,500 acres, the largest city park in the United States. A smoothly-paved road course in the park has been the site of International Human Powered Vehicle Association races and other cycling events. There'll be a night ride to the Major Taylor Velodrome, named after a famous turn-of-the-century bicycle

racer, plus the chance to ride around the Indianapolis Motor Speedway, site of the famous Indy 500 auto race.

Seminars will include dozens of sessions on touring, racing, commuting, health, bicycle mechanics, club organization, and other topics of interest to bicyclists. Cyclists will also have the chance to become certified in first aid.

One two-day pre-rally tour and two five-day post tours will take cyclists through the wooded, rolling hills of southern Indiana. Pre-tour riders will stay in campgrounds (motels are close by, though), and post-tour riders have the choice of campgrounds or motels depending on which tour they pick.

Attractive rates have been arranged at the Hilton and the Riverpointe, and they will compare favorably with the usual costs of university accommodations.

A special section of the League's February magazine will include full information about all three rallies, including registration forms. Cyclists who are not League members can receive this insert by writing to the League of American Wheelmen, P.O. Box 988, Baltimore, MD 21203.

## 1984 Cyclists' Almanac tells you where to go . . .

The 1984 *Cyclist's Almanac* is an exciting new publication of the League of American Wheelmen, designed to "tell you where to go"—for pleasant riding, major cycling events, maps, tourbooks, cycling films, and help with laws, parking, bikeways and road design.

It also tells you where to go for Touring Cyclist's Hospitality Homes (1,100 of them), Effective Cycling Instructors, and routing advice. This 140-page, magazine-format almanac includes:

- A 60-page state-by-state cycling guide—climate, terrain, clubs, major rides, maps, cycling conditions, key contacts
- A colorful illustrated calendar of bicycle history
- Capsule reviews of most bicycle films available in the USA
- A look ahead at 1984—human-powered vehicles, the Olympics, Greg LeMond in the Tour de France, the centennial of the first bicycle ride across the U.S., and more.

And if the 1984 *Cyclist's Almanac* doesn't

answer a question, its special directory of information sources tells you where to go for an answer, touring, racing, commuting, facilities, or whatever.

In all these ways, the 1984 *Cyclist's Almanac* tells you where to go—on the phone, in the library or on the road. You can't buy it anywhere, but you will automatically receive a free copy of the 1984 *Cyclist's Almanac* when you join the League of American Wheelmen. Plus you will receive 11 regular issues of the League's monthly magazine, and—as soon as it's published—the 1985 *Cyclist's Almanac*.

*The Cyclist's Almanac* is the bicycle publishing event of 1984. With 11 magazines, 2 almanacs, and the League's many services to its members, your League membership is the *biggest bargain* in the world of bicycling. And by joining now and displaying the League's emblem, you'll be telling the world you support the League's Effective Cycling and Legislative programs—efforts to make cycling better for everyone.

### LEAGUE OF AMERICAN WHEELMEN MEMBERSHIP APPLICATION

(Please print or type)

New  Renewal

NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

#### CHECK TYPE OF MEMBERSHIP DESIRED

- Individual: \$18  Public or school library subscription \$15
- Family: \$24 (two adults and unmarried children to age 21 living at same address)  Bicycle Dealer: \$40 (Details furnished on request)

Sustaining: \$40

Club supplying this application form \_\_\_\_\_

Enclose check or money order payable to:

LEAGUE OF AMERICAN WHEELMEN, P.O. Box 988, Baltimore, MD 21203