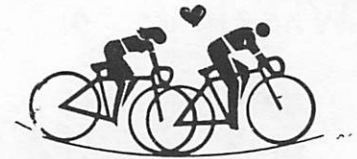


February 1984



# MONTHLY MEANDERS



## FEBRUARY

MEETING

Wednesday, February 1 - 8 p.m.  
Chamber Park, 131 N. Wolf Road

### PROGRAM

Marshall Balling  
Wheeling Historian

has many interesting facts and anecdotes on the village for which we are named.

Don't miss this most interesting evening!



## The Prez Sez

A favorite column in our newsletter is our Rides Revisited. However, it does take some effort to assemble this information and we shouldn't ask Phyllis to track it down. We are grateful that she does this frequently! If you are a trip leader, or a participant, please call Phyllis or send her some details after each event - she'll appreciate the info and so will the rest of us.

## Ironman Rudy Lederer

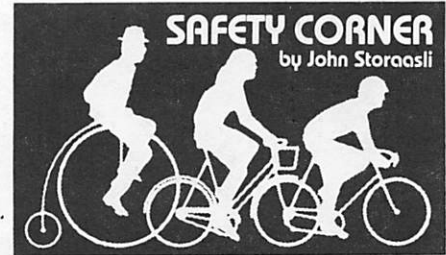
Wheeling Wheelman Rudy Lederer, 48, a Highland Park executive with National Can Corporation, says it's fun to set up goals and achieve them. So he trained for five months in swimming, biking and jogging to prepare for the Ironman Triathlon World Championships in Hawaii.

In Hawaii 1000 well-trained athletes started with a 2.4-mile swim in the treacherous Kona surf--some-what rougher than the pool at the North Shore Y.M.C.A. where Rudy trained! Then at the Kamehameha Beach, Kailua Pier he pedaled 112 miles in 7-1/2 hours and then ran the 26.6-mile marathon in 6-1/2 hours.

And Marianne? She was there and says, "I was able to race my scooter all over the place, where other people couldn't go. I saw him come out of the water looking fresh and happy, and then caught flashes of him on the other two legs. I think he's crazy, but it was wonderful!"



Marianne and Rudy Lederer, Wheelmen on wheels. Because of multiple sclerosis, she drives her battery powered cart; he pedals his Miyata.



## MAKING IT FIT!

Last month I wrote about maintenance and the annual overhaul which, hopefully, you've accomplished (or are in the process of accomplishing).

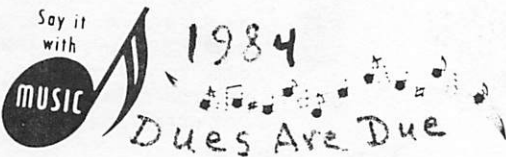
The next step towards a good... safe... ride is to make sure that your bike fits you! As much as we might wish it, the fact is that while our bodies aren't too adjustable, the bicycle designers, builders and manufacturers (in their infinite wisdom) have made it possible for us to adjust their product to our own geometries. (Knees hitting our chin on each up-stroke, severe backaches after an afternoon's ride, or numb hands from being forced to lean too far forward are good signs that something "ain't quite right".

There are a multitude of good books and magazine articles which detail the steps in fitting a bike to your unique requirements, so I won't repeat the process... merely refer you to your own favorite source (most public libraries also have books on the subject) and then get on with the job, step-by-step.

Even if you've been riding the same bike for the past several years, it's really a good idea to go through the procedure again this year. (Some of your bodily proportions may, indeed, have changed since the last time you did it... and, heaven forbid, that your bike was never really adjusted correctly from the beginning!)

While the weather outside today is somewhat less than inviting for the recreation cyclist, things will change shortly and on that first nice day, won't it be great to be able to jump right on the bike (recalling all of our inherent safety habits, or course) and enjoy the day, rather than wondering why we didn't do the maintenance and fitting when we had the chance?

Have a good month, stay warm and look forward to another great year of biking!



We are off to a good start. So far we have received 53 renewals and 16 new memberships. Now is the time to get your renewal in...if you have lost your renewal form sent with your last newsletter, phone Pat Marshall, Membership Chairman, at 564-0346...she'll send another. Individuals \$8.00 - Family \$10.00

Membership forms will also be available at our February 1 meeting.

## New Members

Welcome this month to one new family and one individual:

Al and Susan Geierman, Calumet Park  
Ben Nesbeitt, Buffalo Grove.

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

An  Affiliate

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

# Wheelmen on Skinny Skis - Photos by Pat Marshall



Looks like they're really enjoying it! Dick Ryan, Lois Paul, Susan Paul and Ruth Ryan.



Cross country skiing is great around the Skokie Lagoons



The gals gang up for a bit of fun: Elida Rech, Lois Paul, Ruth Ryan and Susan Paul.

## Meet Pierre de Vise

Rush hour stop



Pierre de Vise is a strong rider and not-often-enough participant in Wheeling Wheelmen rides. He is an associate professor of public administration at Roosevelt University.

Born in Belgium, Pierre came to the U.S. in 1937 and has held a number of community planning posts in and around Chicago. He is best known for his socioeconomic rankings of Chicago's suburbs. He uses census data on housing prices and income to arrange the suburbs in a richest-to-poorest list.



## Wedding Bells

Jim Baum travels a lot, but in the last year or so, when he was able to make a Wheeling Wheelmen ride, he usually brought along his friend Myra, first on separate bicycles and then, in order to enjoy the longer rides, on a tandem. So, many of us got to know and enjoy riding with Myra.

This New Year's Eve Jim and Myra were married...and we have a new member and another couple to add to the growing number of tandem couples in the Wheeling Wheelmen.

Congratulations Jim and Myra - we wish you many, many happy miles of pedaling down through the years together.

## We're Sorry to Say Goodby - -

Dear Wheeling Wheelmen -

Four years have gone by and the Coast Guard says it is time to move again. Although I did not make many club rides, I enjoyed the club for rides I did make, and it was a great way for me to learn the area quickly.

This year I finally was able to ride the Harmon Hundred and must compliment the club on a super event. The food could not be better. My wife enjoyed the ride also.

Thanks,  
Rod Leland

Also, Terry Bradley has moved and left no forwarding address.

Fear Wheeling Wheelmen -

I have been a member of the Wheeling Wheelmen for about three years and thoroughly enjoyed my membership. However my wife and I will be relocating and moving this year, so I cannot renew my membership.

Best wishes for continued success in 1984.

Sincerely,  
Joe Dudek

BAMMI '84

"North-By-Northwest", August 5-12 is the Chicago Lung Association BAMMI ride this year (Bicycle Across the Magnificent Miles of Illinois).

400 miles from Chicago Buckingham Fountain to Quincy, Ill. BAMMI '84, Chicago Lung, 1440 W. Washington, Chicago IL 60607. 312/243-2000.

# Schedule

## Feb. 4 - CROSS COUNTRY SKI Wisconsin

Sat. 10 a.m. at Old World Wisconsin 3.2 mile trail through exhibit area and 3.8-mile perimeter trail. Restaurant and ski rental available. If you intend to rent skis, please arrive at least an hour early as The Tribune states that the rental line is long. \$2.00 admission. Located on Route 67, 1-1/2 miles south of Eagle (West of Milwaukee). Call Howard Paul 824-2941 a day or two before for trail conditions.

## Feb. 12 RITES OF WINTER, Lakewood

Sunday 10 a.m. Your choice, any or all: Cross country skiing, ice skating, tobogganning or tubing, etc..own equipment. Will have grill. Bring your own hot dogs, steak or lobster, etc..maybe something to share would be nice. At Lakewood Forest Preserve Winter Sports Area on Fairfield and Ivanhoe Rds., 1/2 mile south of Rt. 176. Bob Klein - 299-2888.

## Feb. 18 SKI MORAIN HILLS STATE PARK

Sat. 10 a.m. From last parking lot beyond park office. Park is on River Road between Rts. 176 and 120 - just south of McHenry Dam State Park. Roger Thauland - 541-2294

## Feb. 26 - SKI DEER GROVE

Sun. 8 a.m. (the forest preserve is beautiful at that hour!) Cross country ski or bike, depending on the weather. Dick Ryan -381-1775.

## March 3 - SKI OR BIKE, Busse Woods

Sat. 9 a.m. at Busse Woods parking on Arlington Heights Road just north of Higgins Road (across from Chevy dealer) Don Derebey - 255-3422

## March 18 ST. PATRICK'S DAY RIDE

Sun. Annual invitational. Registration 10:30-noon at Kildeer School on Old McHenry Road in Long Grove. 20-25 miles. Club members \$1.50 for St. Pat's patch. Non-members \$2.00. Bob Klein - 299-2888.

## Lon Haldeman Show

Presentation by Illinois' Lon Haldeman, winner again of the transcontinental bike race. Thurs. Feb. 2 downstairs at the Olympic Pool, Ridge and Euclid in Arlington Heights (behind Arlington High School).

Club members free. Non-members \$1.00. Wheeling, Mt. Prospect and Arlington Heights bicycle clubs are co-sponsors of this event.

## Power Cam Demonstration

Did you ever wonder how this revolutionary crankset can make it easier to ride hills? How can you push with maximum efficiency with no lost power? Find out February 14 any time between 2 and 8 p.m. at C C Cycle, 307 W. Dundee Road, Buffalo Grove. Representatives from Houdaille Industries of Fort Worth, Texas will be there to answer all your questions and show video films.

## Bicycle Maintenance Course to Be Repeated

The eleven people taking the bicycle maintenance course at C C Cycle (including Pat Marshall and Elida Rech) are having so much fun that David Schindler has decided to repeat the course, starting Feb. 22 and running every Wednesday through April 25 (except for March 7 and April 4 - the nights of the Wheeling Wheelmen meetings).

The cost is \$35.00 per person or \$50.00 per couple (one bike) and the class is limited to 10 people. Classes will run from 7 to 10 p.m. at C C Cycle, 307 W. Dundee Road, Buffalo Grove. Phone 541-3133.

Sessions will cover:

1. Introduction to Course. Tire inspection and inflation. Changing the rear tire and tube.
2. Overhauling the headset.
3. Overhauling front and rear hubs.
4. Overhaul crank hanger. Clean and examine chain.
5. Clean and adjust derailleur.
6. Rebuild brakes.
7. True wheels. Fitting the bicycle to you.
8. Class choice.

Bearings and cables supplied at no additional charge. Helpful tools: 6" crescent wrench, 8, 9, 10 mm open end wrenches.

Please wear suitable clothing, we will be working with grease.

## TOBRAW

470 miles in 7 days for 300 cyclists. \$125.00 (\$50 by March 30 or \$75 by July 4) for 6 breakfasts, 5 dinners. Overnights in 4 high school gyms and 2 college dorms. July 29 to August 4.

Ride from Milwaukee, to Waterloo, Reedsburg, Wauzeka, Platterville, New Glarus, Whitewater and back to Milwaukee. (TOBRAW means "The other bike ride across Wisconsin")

TOBRAW, Inc., 3632 W. Maple St., Milwaukee, WI 53215

## Rides Reridden



NEW YEAR'S DAY - The day began with dry roads, but by the 10 a.m. starting time, several inches of snow had fallen. Five club members substituted hiking shoes for bikes and enjoyed a beautiful walk in the falling snow in the woods near the Des Plaines River. Two more joined us after the hike for hot cider, coffee and holiday treats. It was a pleasant way to start the new year.

Thank you, Howard and Lois Paul for hosting this annual event.

DEER GROVE SKIING - Three guys and two gals turned out for cross country skiing on Jan. 7, but path conditions were far from ideal. Heavy prior use, followed by thawing and freezing, left a hard-packed surface that made the going more difficult than normal. However, it was a good workout to keep us in shape for later outings. Thanks for leading, Bob Klein.

SKOKIE LAGOONS SKIING - Thirteen Wheelmen turned out Jan. 14 and Howard Paul led them over the 5-mile trail around the Skokie Lagoons. It was Phil Kahn and Sherry Uhlemann's first time on the skinny skis, but as experienced downhillers, they did fine. Peter Gianakakis and Joe Tobias were experienced second time skiers but they decided that more practice could do them no harm. Hackney's Hamburgers never tasted better afterwards.

RIDES COMMITTEE MEETING - About a dozen members met at the Community Center to review previous rides and decide what to repeat, what to add, review riding practices. It was decided that, in addition to the usual Saturday or Sunday rides, there would be a number of separate break-fast rides of approximately 20 miles. Any ideas or suggestions for rides contact Roger Thauland - 541-2294.

## TOGIR III

"The other great Iowa Ride" TOGIR is for a maximum of 500 riders for 7 days and 6 colleges for overnights. \$45 deposit by April 30 or \$65 by June 1. Write TOGIR III, 2325 Fulton Ave., Davenport, Iowa 5-803 for additional details.



## For Sale

NISHIKI COMPETITION bicycle - 23", silver. Completely overhauled. \$210. also  
Set of stay up rollers.  
Gene Pilch - 541-3191

NEW TREK - 510 frame. 22-1/2", Campy hubs, triple crank, cyclone gears. Excellent condition. \$425.00  
Don Kahn - 367-6090

PAIR WHEELS - Campy hubs, Super Champion rims. Excellent Condition. \$85.00. Phil Kahn - 520-3114.

## RAAM '83

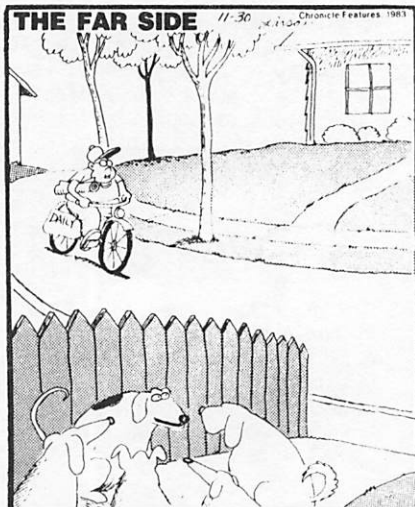
February 15 the McHenry County Bicycle Club's RAAM '83 show will feature riders from the Race Across America: winner Lon Haldeman, Mike Shermer, John Silker and John Marino as well as the executive race director John Hustwit.

There will be a slide presentation of this year's race that will give an inside look at ABC Wide World of Sports forthcoming coverage, prizes, and question and answer period.

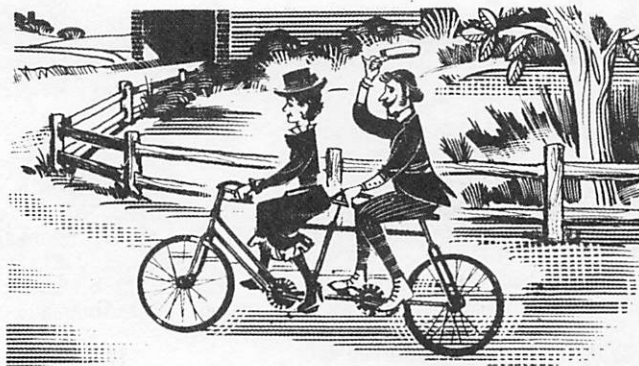
This will be at McHenry West Campus High School auditorium. Starting time is 7:30 p.m.. Tickets are \$4.00. Seats are not reserved so it would be a good idea to order tickets in advance. Mail check and self-addressed envelope to: Scott Offord, P.O. Box 312, Cary, IL 60013.

## Where Is Gene Pilch?

For those who have been asking, Gene Pilch has taken early retirement and will ride with us this year.



"Okay, this time Rex and Zeke will be the wolves, Fifi and Muffin will be the coyotes, and ... listen! ... Here comes the deer!"



## 1890 Bicycle Warnings

Ninety years ago, in the 1890s when bicycling became the rage, doctors warned of a wide range of new diseases, including bicycling-spawned appendicitis, "cyclist's sore throat" and fears that cycling might damage a woman's ability to have children.

From 1891 to the early 1900s both in Europe and America, many medical books and journals explored the issue of bicycling-related illnesses. A new medical category - diseases of cycling - developed.

Doctors warned of "kyphosis bicyclistarum" - more commonly called

cyclist's spine - and feared that biking could damage the posture.

Doctors also feared that bicycling might cause appendicitis because "strenuous cycling might twist the appendix" and thought inhalation of germs and cold air during cycling could cause cyclist's sore throat.

There was concern that sustained exertion would cause "cycling heart" and biking would cause "uterine displacement" and harm women's capacity to bear children.

Doctors finally concluded that bicycling was healthy. One physician wrote in 1894:

"There have been too many spindly children built up to healthy vigor, and too many chlorotic, languid girls made rosy and buxom by riding, for physicians to be easily alarmed and dissuaded from believing in 'wheeling.'"

## No Pavement-3000 Miles

Wandering Wheels, based at Taylor University in Upland, Indiana, has a new challenge: Dirt Coast to Coast. This co-ed tour will cover over 3000 miles, departing June 13 from Southern California and arriving in Savannah, Georgia 8 weeks later.

This tour would be on mountain bikes on all gravel or dirt roads, touching no pavement from San Diego to Savannah. They have been working on Geological Survey maps and it does appear to be possible.

Open to 50 riders. Contact Wandering Wheels, Taylor University, Upland, Indiana 46989. 317/998-7490.

## CABDA Bike Show

The Chicago Area Bicycle Dealers annual Bike Show will be at the O'Hare Expo Center across from the Hyatt-Regency Hotel in Rosemont... (River Road and Bryn Mawr). The League of American Wheelmen will have a display of League merchandise, dealer memberships, as well as information on local clubs. Executive Director Don Trantow will be in charge. Karen Missavage, the new advertising rep, will be contacting prospective advertisers. Peggy Skonecki, Phyllis Harmon and others will help man the exhibit.



BROTHER JUNIPER

by Fred McCarthy



"Who got to you: Jane Fonda or Victoria Principal?"