



MONTHLY MEANDERS

APRIL, 1984



April Meeting

Wednesday, April 4 - 8 P.M.
Chamber Park, 131 N. Wolf Road
Wheeling, Illinois

PROGRAM

LUXEMBOURG - GERMANY



Phyllis Harmon will show slides and tell experiences on Keith Kingbay's Value Holidays tour to Luxembourg and biking along the Mosel River to Rhine River to Bonn and back.



Myra and Jim Baum - our most recent newlyweds. Photo from our annual banquet in November. They rang the New Year in with wedding bells.



Someone's stolen my bicycle!

The Prez Sez

We all know the one about how you must learn to walk before you run. In biking language that translates to doing shorter rides before you attempt intermediate and long ones. That certainly applies to all of us, so don't be forced to pass up some of our great longer rides because you haven't prepared. This is particularly appropriate if you haven't done much cycling and risk discouragement by attempting too much too soon.

Howard Paul

NEW MEMBERS

New memberships are coming in each month. Watch for these people at meetings or on rides to make them welcome. So far there are 31 new memberships this year! Latest are:

Judy A. Doi, Buffalo Grove
George W. Hale, Jr., Chicago
David R. Jones, Chicago
Alan and Debbie Keyes, Glenview
Paul Matz, Hoffman Estates
David Q. Schindler, Buffalo Grove
Joan Smith, Deerfield
Karin W. Sullivan, Northfield
Melinda Thornton, Northbrook

Current Membership statistics:

| | | | |
|------------|-----|-------|-----|
| Individual | 78 | New | 31 |
| Family | 60 | Renew | 107 |
| | 138 | | 138 |

L.A.W. Membership = 47%

The Membership List will go out with the May issue, so if your renewal isn't in yet, don't delay!

in Sunny California

I won't be able to renew my membership as I have moved to California. Good luck to you all. I enjoyed the many rides I took with the Wheelmen.

Judy Klem

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

An  Affiliate



Spring

by
Jenny
Bruns

As the weacher becomes warmer and spring arrives, bicyclists will emerge from inactivity along with many wildlife species. Upon developing a practiced eye for observing movements in the roadside, the bicyclist gains the awareness that each venture down the road offers new possibilities in learning about wildlife.

One of the first bird species to appear on the scene is the Redwinged Blackbird. The males arrive before the females to set up territories the size of which is a factor in attracting females. The male is strongly territorial, which explains the species' notorious reputation for dive-bombing Bell helmets. After choosing a territory, the male begins advertising his ownership by singing from perches. Sometimes the only perches available are flimsy rushes and it's a comical sight to see a bird balancing on one as the rush waves in the wind. The squeaky konk-ka-ree song is a common sound in spring, especially around the marshy areas where the Redwings breed.

Another method used to show ownership is flaunting of the spectacular red and yellow shoulder epaulets or wrist feathers. Color is significant in territorial defense. The male perches on a song post and lifts his wings to flash the colors as a sign that other birds must back off. If the intruder does not leave, the defender will attack.

The beginning birdwatcher can easily spot the brilliant plumage of the Redwinged Blackbird male from a bicycle. Taking the time to pull off the road for a few minutes for observation will add a new dimension to your bicycling experience.



| | | |
|-------------|------------------|----------|
| 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 |



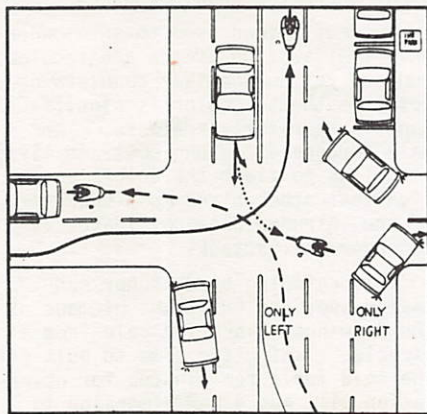
THOSE @★?!\$# LEFT TURNS!

Imagine the scene . . . that first "good" ride of the season . . . you're a little weary, but it's not as bad as you thought it might have been . . . a fairly busy 4-lane thoroughfare and you've got to make a left turn at the next intersection . . . what to do?

John Allen, in his book *Bicycle Commuting**, describes 3 levels of riders and ways to deal with traffic situations: **Level 1** is the easiest and, in many cases, means walking the bicycle; **Level 2** is used when you have to deal with only one or two other vehicles at a time; at **Level 3**, you mix right in with traffic. You make maneuvers as though you were driving a car, but you also prepare the other drivers around you for your maneuvers by signalling to them and then double-checking their reactions—(this is a very critical point!) To use Level 3 techniques you make space for yourself in traffic between one vehicle and the next, not just find space.

In the above-described scenario, you will have two choices, based upon factors such as weather, amount of traffic, your riding skills, etc, etc. However, your decision must be made well ahead of the intersection, in order to allow time for signalling and for maneuvering.

Please study the following diagram and description very carefully, as they may save you a lot of grief if you understand them!



"Make a left turn either like a driver, or like a pedestrian. Do not hesitate or cross to the left side of the street before making the turn, and do not go to the far right side of the intersection, and then turn left from the right lane. These fudge maneuvers are dangerous, and illegal . . .

"**Level 2:** with no cars about to cross your path, move to this position: the left side of the rightmost left-and-through lane, or if there is a left-turn-only lane without a left-and-through lane to its right, the right side of the left turn lane.

"In other words, you want to be on the appropriate side of the rightmost lane from

which vehicles turn left, so you can easily get to the right side of the street you are turning into.

"Continue around to the left. If a left-turning car is coming in the opposite direction, pass it right side to right side.

"**Level 3:** Level 3 is like Level 2, except you prepare the turn in traffic. Where you station yourself to begin the turn depends on where the cars around you are going. Move to the same place as for Level 2 . . .

"If you are at the head of a left-and-through lane waiting for a traffic light or for cross traffic, claim the entire lane until you know which way the driver behind you is going. Depending on which way most of the traffic in this lane goes, you will be at its left making a slow signal, at its right making a left turn signal, or if the lane is too narrow to share, blocking it.

"If you are pulling up between lanes in stopped traffic, notice whether the second car has its turn blinker on. Then position yourself accordingly ahead of this car near one side or the other. While you wait, show the driver what you are going to do with hand signals.

"In moving traffic, you will usually be changing lanes from the right, ahead of a car. Watch for the car's turn signal. If the lane from which you will turn is for through traffic as well as right-turning traffic, hold the middle of the lane unless you're sure the car is going straight—then pull farther left.

"If there isn't a special left-turn sequence that gives you a clear path, move slowly out toward the middle of the intersection as soon as you have the green light. Make your turn as soon as traffic clears to your left. If the light has turned red, you still have the right of way, and the middle of the intersection is the safest place to start your turn. You're well ahead of cross-street traffic.

"Always, as you enter the intersection, look for traffic from the left and the right, and for traffic coming toward you. Pass a left-turning car from the opposite direction right side to right side. Watch for a right-turning car from the opposite direction. You must yield to this car."

That was a rather lengthy explanation, but necessary, in order to give both yourself and all other drivers the safest conditions in which to operate. In essence, however, it just means that you should avoid surprising or confusing your fellow-drivers. Give them a chance and they'll give you a chance!

*From: John S. Allen, *The Complete Book of Bicycle Commuting*, 1981, The Rodale Press, Emmaus, PA, pp 107ff. The Club has a copy of this book if you can't find a copy. Please ask!



Photo by Jim Gehrke

How's this for a sign for our snowed out St. Patrick's Day ride? Thank you, John Storaasli, we'll save it for next year.

\$15,000 Dupont Award

DuPont Co., Wilmington, Delaware, will award \$15,000 to the first person who can attain cycling's most exclusive goal: reaching or exceeding 65 mph (105 kph). DuPont will give the money to the first person to build and demonstrate, on level ground, a single-rider, human-powered vehicle reaching 65 mph. Computer modeling has shown that the theoretical limit for a single-rider is between 65 and 70 mph.

The existing speed record of 58.89 mph is held by Dave Grylls, a professional cyclist.

As stipulated, the challenge is to design a vehicle that is lightweight and aerodynamically efficient and allows for safe and firm directional control. The rider can use arms, legs or both, but storage of energy through springs or other mechanical devices is prohibited. The offer covers the next four years. If no one can reach 65 mph, the money will go to the person who comes closest.

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. Originally \$650. Excellent condition \$425. Don Kahn - 367-6090

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

TANDEM BICYCLE - Santana with 25x22 inch frame. Bill Turner: 255-1710.

Schedule

April 1 - SHOW AND GO, Long Grove

Sun. 1 p.m. from Kildeer School
Old McHenry Rd. 30 miles max.
Roger Thauland - 541-2294



April 8 - ST. PAT'S ROUTE, Long Grove

Sun. 1 p.m. from Kildeer School.
25 miles. We were snowed out
for our invitational - but we
can ride, and enjoy, the ride.
Bob Klein - 299-2888



April 14 - APPLE PIE RIDE, Buffalo Gr.

Sat. 10 a.m. - 35 miles from Buffalo
Grove High School, Dundee Rd.
and Arlington Heights Road.
Cider, doughnuts, etc. at the
Wauconda Apple Orchard, or
bring your own. Elliott Kanner
541-9176.



April 21 - WHEELING/LAKE COUNTY RIDE

Sat. 10 a.m. 35 miles. Combined
Wheeling Whkelmen and Lake
County Bicycle Club ride. From
Cook Ave. in Libertyville, one
block west of Milwaukee Ave.
(Behind 1st Natl.Bk.) L.A.W.
Easter patch available \$1.50.
Bring or buy lunch. If you
want additional miles for 65-
mile total and 9 a.m. start to
ride to Libertyville, phone
Phil Kahn - 520-3114.



April 28 - AUDUBON RIDE - Hoffman Est.

Sat. 9:30 a.m. - 47 miles. From
Eisenhower Jr. High - Jones
and Hassel Rd. Buy or bring
lunch. This is a beautiful
ride - don't miss it!
George & Marilyn Mathison -
825-5470.



MAY 2 - SCUBA SLIDES AT MAY MEETING

Pat Marshall will show some of
the lovely pictures she and her
husband, Bill, have taken.

MAY 5 - COLLEGE CRUISE, Wheeling

Sat. 10 a.m. from Chamber Park,
Wolf Road - 35 miles. \$3.00
for lunch at Lake Forest Col-
lege or bring your own.
Don Derebey - 255-3422.



DOOR COUNTY AND DEVIL'S LAKE, WISC.

Bicycle beautiful New Englishish
Door County and/or Devil's Lake, Wis.
We would cycle Door County over the
Memorial Day weekend and Devil's
Lake (more hilly) the weekend of
July 13-15.

If interested, must know before
April 10 in order to make necessary
reservations.

Door County
Devil's Lake

Name _____

Address _____

Zip _____

Phone _____

Send to: Bob Klein 299-2888
815 Oakton St.
Des Plaines, IL 60018

Silver Springs 20-40-60

April 29, 1984

The Aurora Bicycle Club's annual
invitational gives you a choice of
mileage over excellent county roads
through Kane, Kendall, DeKalb and La
Salle Counties

\$6.00 registration includes mark-
ed routes, map and cue sheet, sag
wagons, patch and chicken dinner.

Registration 7:30 a.m. Jefferson
Middle School, 1151 Plum St. in
Aurora. 60 milers start at 8 a.m.,
40 milers at 9 a.m. and 20 milers at
noon.

Further information from Harvey
Hanig - 312/896-3678 before 9 p.m.



COMING EVENTS

GEAR Charlotte

Charlotte, N.C., June 8-11, 1984 (Friday-Monday)

GEAR Charlotte 1982 was so enjoyable
they decided to do it again! Based
at University of North Carolina, the
campus, accommodations, meals and all
facilities are great.

You can choose from 20 different
rides ranging from 6 to 102 miles,
including one to a gold mine!

You'll find workshops on just about
any subject you can think up.

Also, Pre-GEAR tours in beautiful
North Carolina mountains - one camp-
ing, one in country inns. Or route
provided to bike from GEAR Charlotte
to GEAR UP at Towson, Maryland - 450
miles.

GEAR UP 1984

Towson, Maryland, June 15-18, 1984 (Friday-Monday)

GEAR UP will be at Towson State Uni-
versity, just seven miles from down-
town Baltimore. Beautiful campus,
dormitories and meals are great!
Campus is just a mile off the East
Coast Bike Trail. There will be a
wide variety of rides to Hampton Man-
sion built in 1783, Cloisters Child-
ren's Museum, National Aquarium,
Ladew Topiary Gardens, a horse show
or horse farm, Boordy Vineyards, etc.

Evenings will be packed with enter-
tainment for you: ice cream social,
wine and cheese party, theatre,
dancing, and a trip to Baltimore's
famous Inner Harbor.

There will be workshops galore..you
will find it hard to choose from so
many! And Michael Shermer, partici-
pant in 1982 Great American Bike
Race and 1983 RAAM ride. Pre-GEAR
tour up Eastern Shore,

BICYCLE USA 1984 NATIONAL RALLY

Indianapolis, Indiana, July 3-8. (Tuesday-Sunday)

The National RALLY will be held in
downtown Indianapolis. The Hilton
will house all the workshops.

You can ride the Indianapolis 500
track, and the Major Taylor Velo-
drome. You have a choice of three
different rides each day: 10 miles,
25-35 miles and 45 miles or more.
There are beautiful routes in every
direction with numerous points of
interest including Saturday's 50-
mile Hilly Hundred Loop. You can
earn all the Sanctioned patches!

Lon and Sue Notorangelo will each
try to set new 24-hour records at
the Major Taylor Velodrome. His cur-
rent record is 454.24 miles; hers is
401.6!

Numerous workshops covering all as-
pects of bicycling will be scheduled.
July 2-3 Pre-tour, Indiana Canal Ride
camping trip, and 2 Post-Rally tours:
Hoosier Hills 5-day motel tour in
southern Indiana, and Southern Ind.
State Park Tour are available.

QUESTIONS? APPLICATIONS?
INFORMATION? COSTS?
CALL PHYLLIS HARMON
537-1268



KINGBAY'S

EUROPEAN
BIKE TOURS

Seven European tours have now been set up through Value Holidays, 2050 W. Good Hope Road, Milwaukee, Wisconsin 53209. 1-800-558-6850 for information. Departure dates for all of them are: June 10, July 21, July 28, September 15 and October 6. Or if any club or group wants to get 15 or 20 to go together, you can set up your own dates. All tours 15 days.

HISTORIC AND SCENIC ENGLAND

Fly to Glasgow, Scotland. Alston, to Barnard Castle, Richmond, Masham, Darlington, Wigginton and York. Free day in London.

EMERALD ISLE

Fly to Shanon. To Limerick, Abbyfeale, Killarney, Tralee, Kilrush, Lahinch, Kinvara, Costelloe, Leenaune, Galway, Ennis, Limerick and airport.

CYCLING ALONG THE MOSELLE

Fly to Luxembourg. Follow the Moselle River to ancient Trier, castles at Bernkastel, Beilstein, Cochem to Koblenz where you join the Rhine and bike to Bonn, 3000 years old. Much to see there! Return to Luxembourg by way of Saar River and a brief stretch into France.

BELGIUM AND HOLLAND

Fly to Amsterdam. Tour Brielle. Bike to islands of Zeeland district to Goes, Vlissingen, Brugge, free day in Ieper, then Oudenaards, Dendermonds, Herentals, Oisterwijk, Wageningen, Vorden, Amersfoort, Aalsmeer and Amsterdam.

ROMANTIC GERMANY

Fly to Luxembourg. Bike to Orscholz on the Moselle River, then to Altenkirchen, Kaiserlautern, to Heidelberg and the famous castle on the Neckar River. Free day there. Then to Mosbach, Dorzbach, Rothenburg, Dinkelsbühl, Mainhardt, Offenau, Hirschhorn and bus to Luxembourg.

HOLLAND OF YESTERYEAR

Fly to Amsterdam. Bike to Monnkendam/Katwoude, then to Ouddorpen Oever, Makkum, Heerenveen, over famous Dutch bikeways to Hoogeveen, Almelo/Ommen and Zutphen. Free day in Zutphen. To Venray, and then Arkel, the famous windmill area of the land, Leiden, Aalsmeer and Amsterdam.

The seventh tour, not itemized, is to the French chateau country and the lake region of Switzerland.



GAINING WEIGHT?

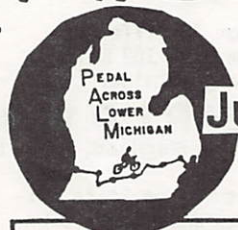
Do you get frustrated each year when the cycling season ends and you continue to eat the usual amount of food but gain weight?

It's the exercise that keeps your weight down. As you pedal you burn calories, so the calories consumed with pie, ice cream or spaghetti don't add weight during the cycling year, but do in the winter..unless you roll up miles on the exerciser or cross country ski.

Here are some samples showing calories in various items and the number of minutes of bicycling required to burn off those calories.

| Food | Calorie | Cycling |
|-----------------------|---------|---------|
| Apple, 1 medium | 87 | 11 |
| Beer, 8-ounces | 115 | 14 |
| Chicken, TV dinner | 542 | 66 |
| Chocolate chip cookie | 50 | 6 |
| 1 scrambled egg | 108 | 13 |
| Hamburger | 350 | 43 |
| Ice cream, 2/3 cup | 186 | 23 |
| Orange juice, 4-oz. | 54 | 7 |
| 1/6 fruit pie | 400 | 49 |
| 1/8 cheese pizza | 185 | 23 |
| Potato chips, 5 | 54 | 7 |
| Tuna sandwich | 278 | 34 |
| Spaghetti/meat sauce | 396 | 48 |

PALM III



June 24-29

An inexpensive, quality bicycle getaway exploring Michigan's scenic beauty on lightly travelled paved roads. Come make new friends or renew acquaintances while keeping in shape.

With mileage of 35-55 mile/day this tour is easily accomplished by the young as well as the older person in addition to being fun for singles as well as families.

This year's route starts in South Haven & proceeds to overnights in Kalamazoo, Colon, Concord, Pinckney, & Rochester. The destination is Mt Clemens. Bus transportation available to and from the start/end.

FOR MORE INFORMATION SEND A SELF-ADDRESSED STAMPED ENVELOPE TO

P A L M
PO BOX 7161
ANN ARBOR, MI 48107

Rides Reridden



rites of winter - Cancelled because of spring!

MORRAIN HILLS - Cross country skiing cancelled, but thanks to the instigation of Joe Tobias, an improvised ride was enjoyed by six WWS - and of course it rained on the way back. (Caution: Buffalo Grove Road is a Tank trap - ask Jim Ryan.)

Bob Klein

SKI OR BIKE - BUSSE WOODS - Three turned out for a 26-mile ride on the Ned Brown bike trail. The sun came out and it was a great day for riding.

SHOW AND GO - Elliott Kanner, Roger Thauland and Don Derebey showed up for this ride. Temperature was in the low 20s and it was quite windy.. so Elliott and Roger headed home; Don went on to Botanic Gardens.

ST. PATRICK'S DAY INVITATIONAL - Five inches of snow! Bob Klein, Chairman reports:

A REQUIEM: Well, people, what can I say. We all know what happened. Having the St. Patrick's Day ride this year was like booking passage aboard the Titanic or crossing the Atlantic in the Hindenburg. Maybe it was my fault because I'm not really Irish, or, and I must confess, I didn't check with Omar. To add insult to injury, Don Derebey showed up with his skis and asked, "What's happening?" Oh well, there's always next year...I guess.

I would like to express my warmest thanks to the Gaines, Marshalls, Mathisons, Ryans, Storaaslis, Jenny, Peter, Roger and Elliott for all their efforts. Thanks.

P.S. Did you notice Howard and Lois Paul and Phyllis Harmon were no dummies, they got out of town and were bicycling in sunny Florida!

MARCH MEETING - The March meeting was an ambitious one. A good turnout showed up for a short business meeting followed by an exhibition and talk on wheel tune ups. Many members were quite interested in facts about rebuilding their existing wheels as well as learning how to touch up rough spots. Phil Kahn enjoyed talking about various wheel building techniques, wheel products and teaching members those truing tips.

BREAKFAST RIDE - Elliott Kanner led 13 riders on a 19-mile ride on a bright, sunny morning. Bill Knapp's Restaurant saw the riders ride up and gave them red carpet treatment!