



MONTHLY MEANDERS

SEPTEMBER, 1984



SEPTEMBER

MEETING

Wednesday, Sept. 5 - 8:00 p.m.
Heritage Park, 222 S. Wolf Road
(South of Dundee Road) Wheeling

PROGRAM: FRAME TALK - FRAME DESIGN

Cliff Mueller, designer for Schwinn Bicycle Company will enlighten us on the reasons for the various frames and answer some of our puzzling questions.

Also, last minute plans for the big invitational, our Harmon Hundred/50 and 25 scheduled September 9.

THE PREZ SEZ . .

Each time a new season rolls around, it's a good time to do something you haven't been doing. If you haven't been coming out on rides because it's too hot, now is the time to squirt some WD-40 on that chain and do it. It's nice to see all those friendly names on the membership roster, but it would be better to see them on the ride sign-up sheets!

New, but active, member, Dale Youssi called in an encouraging story. While biking by himself he narrowly missed a pothole big enough to endanger a car. He called the State Patrol about the real danger to all and the next day it was repaired! The Moral: We can wield some influence if we take the trouble to be involved.

Howard Paul



Wedding Bells

The announcement is late but our best wishes for years of happiness together to Jim and Ann Parsons who were married June 23. They are living in Ames, Iowa until Jim graduates from college.

Come and ride with us, Jim and Ann, when you are in the area visiting your families.



TODAY'S HIGH TECHNOLOGY

by Jenny Bruns

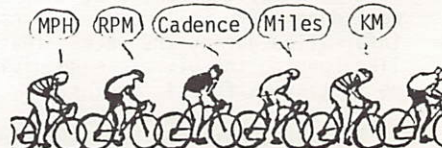
sophisticated new models which are unbelievably lightweight and sleek and yet have tremendous capabilities.

But we need to remember that bicycling is an activity which allows us to escape from the high technology many of us must deal with in our everyday lives. John Naisbitt states that the more high tech becomes a part of our society, the more we will want to create high touch environments. People will want to aggregate more and will have a greater need to compensate for technology by being outdoors more often, away from the computer and video games. We will want to exert ourselves physically in our leisure to balance the constant mental exertion on our jobs. Naisbitt's insight may explain the boom in bicycling, especially the social events such as invitationals and club rides which often overflow with enthusiastic people.

We must not fall into the trap of believing that advanced technology will control our personal discipline and responsibility. An expensive custom designed bicycle, complete with all the latest equipment, will not turn our bodies into lean, mean machines. Aerodynamics and ounces shaved off of bicycle parts are of no advantage if the bicyclist is out of shape. A cyclocomputer can not control our eating patterns or our efforts in physical exertion. High technology is not a liberation from ourselves but only a means by which we can better enhance our lives. The course of action is our responsibility.

John Naisbitt, in his book Megatrends, emphasizes America's shift from industrial production to providing services and information. We are in a period of great change and transition. High Technological advances have become a normal pattern of occurrence. By comparing a bicycling magazine or catalog from a few years ago to a recent issue, one discovers an overwhelming array of advances in equipment. The acceleration of technological change is mind boggling.

A good example is the cyclocomputer. There are many models on the market with no end to future possibilities. The computers provide the bicyclist with highly accurate information at the touch of a fingertip, ranging from cadence to total mileage readouts. Instead of having to calculate statistics from tediously recorded data, we can rely on the rapid transmission of information from the cyclocomputer. The devices have collapsed the information float, which is the amount of time information spends in the communication channel. For serious bicyclists, the readily available information gives us further incentive to improve our riding skills and set personal goals after analyzing the statistics. Many of us marvel at the



WHEELING WHEELMEN
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RAAM Ride - Race Across America

Phyllis W. Harmon

I missed it! I was in Orange, California, helping my daughter move into a new home. Monday evening I picked up the newspaper in the driveway...there was a front page picture of RAAM riders plus a bunch of others riding along part way! And I didn't know about it!

The RAAM Ride started in Huntington Beach instead of Santa Monica. Riders headed out on Santa Ana Canyon Road and took the wide bikeway along a channel of water near Riverside (91) Freeway. That was half a mile from my daughter's house! I could have been at the start; I could have taken pictures and chatted with Lon Haldeman and Michael Shermer and John Morino.... Nuts!

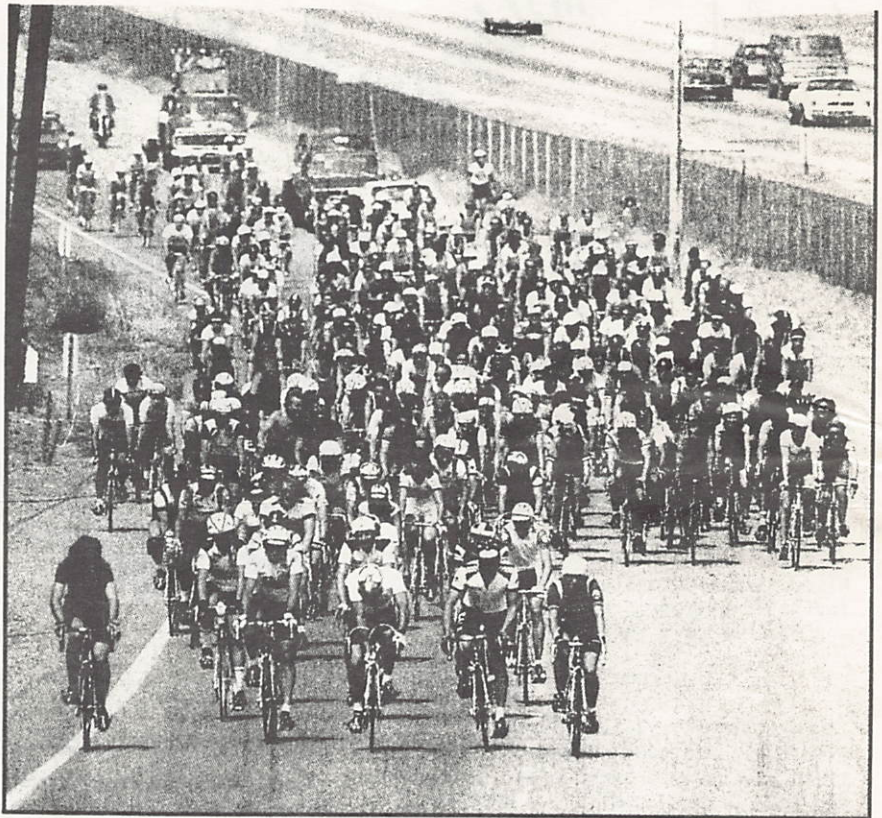
Lon Haldeman was leading the first two days according to the Monday and Tuesday newspapers...and then nothing. I came home Thursday and scanned all the accumulated newspapers in the Chicago Trib and Daily Herald. Not a word! The group would go through St. Louis and Indianapolis and on through West Virginia, Maryland, Pennsylvania to Atlantic City, New Jersey. That's 3047.4 miles!

Just as they have the past two years ABC-TV was following the riders and filming for a Wide World of Sports special probably next January. But what about NOW! This is the most grueling of all athletic events. This is an all out race with no set stages for sleep and food. In this race sleep is inconsequential! One or two hours of sleep a day..day after day..racing the clock, yourself, the others. There are mountains, desert, monotonous flat plains that treacherously try to lull you to sleep. Paris-Brest-Paris? Toure de France? No comparison!

I phoned the newspapers sports desks and ABC-TV. None of them knew about the RAAM Ride! I promised to provide info in plenty of time for next year! What good is a TV special five or six months after the event? Sure we enjoy the specials; they are well done..very well done. But no information during the race? That's like running the Olympics and giving no statistics for six months!

Finally I obtained the RAAM Ride phone number: 1-900-210-5IKE. Since the goal for finishing would be Wednesday or Thursday (9 or 10 days) I hoped to put some information in this newsletter.....only information on the first five .

At 11:40 a.m. Monday, August 27 Lon Haldeman was 57 minutes ahead of Pete Penseyres and Secret was 1-1/2 hours behind. OK. Lon has won all the previous events.



Twenty five bicyclists, trailed by many well-wishers, set out on the Race Across America from Huntington Beach, California, to Atlantic City, New Jersey, 3047.4 miles away.

Then Monday evening report, they were in West Virginia: Penseyres was leading, Haldeman second and Secret third!

Tuesday morning at 11:40 Pete Penseyres was in Pennsylvania, Lon Haldeman was 80 miles back, Secret 5 hours behind.

I kept checking. At 3:33 p.m. Tuesday Pete Penseyres was in Pennsylvania with an estimated arrival in Atlantic City around midnight! Lon Haldeman was 6 hours, 95 miles, back in Hagerstown, Maryland,

At 8:30 p.m. Tuesday the projection showed Penseyres in Philadelphia expected in Atlanta at midnight. Haldeman would probably reach Philadelphia about 6 a.m. and Atlanta at noon Wednesday. Mike Secret would probably reach Atlanta at 5:30 a.m., Jim Elliott before midnight and Michael Shermer just after midnight, Thursday morning!

This morning, Wednesday, I phoned again. Pete Penseyres, 41 years old, had set a new transcontinental record: Atlantic City at 1:13 a.m. Wed. a total of 9 days, 3 hours, 13 min.! Lon Haldeman was 6-3/4 hours behind. Michael Secret 11-1/2 hours back; Jim Elliot 13 hours..Michael Shermer 20 hours..Fortner 30-1/2 hours and

Krueger 31 hours back. No way of knowing how many of the 20 others were still in the race, how the four women had done, including Sue Notorangelo, Lon's wife, who holds the transcontinental women's record as well as for Paris-Brest-Paris.

It's so frustrating to have so little information. We'll have to get a more complete story in BICYCLE USA or Bicycling magazine...but at least we know the first five now. Still that could change just as it did between Tuesday morning and Tuesday night.

Pete Penseyres came in second last year and that was after all kinds of problems early in the race: Heat exhaustion, dehydration and saddle sores..10 minutes out of last place and Lon was 232 miles ahead! And Pete caught the field and came in second! That makes him one fantastic rider!

First place Penseyres will receive \$2,500 and Lon Haldeman will receive \$1,500.

Next year I hope this event will receive the publicity it deserves. I know I'll see that sports departments know well in advance about the toughest sport event in the world!

Schedule

Sep. 2 BREAKFAST RIDE - Wheeling

Sun. 7:30 a.m. 20 miles from Carl Sandburg School, Schoenbeck Rd. south of Anthony. Phyllis Harmon, 537-1268.

Sep. 9 HARMON HUNDRED/50/25 Wheeling

Sun. Our big annual invitational. Work day for club members: registration, sag stops, etc. Wheeling High School, Hintz and Rt. 83. Century 6 a.m. 50 and 25 7-9. Bob Klein 299-2888

Sep. 16 CLUB MEMBERS' HARMON HUNDRED

Sun. 6 a.m. 100 or 50 miles from Chamber Park, Wolf Road north of Dundee Road. This is your chance to earn your Harmon Hundred or National Century/50/25 patches. We ride as a group. Dick Sorenson - 593-7945

Sep. 22 ZION RIDE - Wheeling

Sat. 7:30 a.m. - 60 miles from Chamber Park, Wolf Road north of Dundee. Popular annual ride. Bring or buy lunch at Illinois Beach State Park
Gene Pilch - 541-7945

Sep. 29 GREEN BAY TRAIL - Lake Bluff

Sat. 9:30 a.m. - 40 miles from Lake Bluff train station just north of Hwy. 176 and Sheridan Road intersection. This trail was built on an old electric railroad bed and basically goes through North Shore back yards. Buy-bring lunch; eat on the Northwestern campus in Evanston. Return route via Sheridan Road. Pat Marshall - 564-0346.

Oct. 6 SHOE FACTORY EXPRESS Palatine

Sat. 9:30 a.m. - 35 miles from Harper College parking lot on Euclid just east of Roselle Rd. Jenny Bruns - 439-5345.

NOTE: WHEELING BIKE-A-THON has been moved up to Oct. 14. This is a Wheeling Wheelmen/Village of Wheeling combined event to raise money for furnishings for Senior Center now under construction. You have a choice: Ride for \$10 registration fee or for pledges. Door prize drawings for all and special awards for amount raised through pledges. 7 a.m. to 6 p.m. from Booth Tarking School, Scott and Anthony, Wheeling. We also need workers for registration table and to hand out tokens at 3 points along the 9-1/2-mile route. You can work and ride, too. Great door prizes are coming in - such as a triple chainwheel worth \$200 from George Garner and Cobra phone from Continental Bank. Registration forms with October newsletter. Mark your calendars. Phyllis Harmon - 537-1268.

INVITATIONALS

ATOMIC BIKE TOUR, ARGONNE, ILL.

Sept. 2 from Argonne National Laboratory Clubhouse behind the Visitor's Center on Cass Avenue, one mile south of I-55 near Darien. Registration 6:30-10:30 a.m.

Argonne Bicycle Club ride between Argonne and Fermi National Accelerator Laboratory. 100/62 and 25 miles. \$5.50. Info: Al Smith 963-3648.

EVANSTON BIKE CLUB ELGIN CENTURY

September 16 at 6 a.m. from Chandler Community Center, 1001 Lincoln St, just west of Ridge Ave. in Evanston. Elgin, Algonquin, Long Grove and return. Dave Tibbetts - 328-4780.

TASSLE

TOUR ALONG SOUTH SHORE OF LAKE ERIE

Sept. 22-23 (Entry deadline Sept. 12) 50, 100 or 200 miles a day from Lakewood (near Cleveland) and Toledo. A unique feature of TASSLE is that Cleveland and Toledo waves of cyclists start, stay overnight and end at opposite ends of the route, meeting for lunch both days of the tour.

TASSLE, 222 miles, 2 snacks, 2 lunches, Sat. dinner, Sun. breakfast \$29. 2 days either direction.

HALF-TASSLE 115 miles either end to Sandusky and back. 5 meals. \$29.

ONE-DAY TASSLE 115 miles. Ride with one group to Sandusky and back with riders going other way. Two snacks and lunch. \$11.

DOUBLE CENTURY Toledo-Huron-Toledo 200 miles. Two snacks, lunch, dinner. \$14. Application: TASSLE, P.O. Box 38222, Olmsted Falls, OH 44138-0222.

HILLY HUNDRED

OCTOBER 5-6-7, BLOOMINGTON, INDIANA

Two-day bicycle tour through the scenic hills of Southern Indiana. 50-mile loop through Morgan Monroe State Forest with beautiful lakes, hills and forest on Saturday at 10:00 a.m. Sunday 50-mile loop to Nashville, Indiana. Beautiful scenery! Headquarters at Bloomington North High School just off Kinser Pike. Saturday night ham supper and entertainment; Sunday breakfast. Motel room filled up. Sleeping bag spaces in high school. Cost approx. \$19 plus \$5 or \$8 for short or long sleeve shirt. Applications from Central Indiana Bicycling Assoc., 5224 Grandview Drive, Indianapolis, IN 46208.

This is a well organized event that draws over 3000 riders and you can be sure that a number of them will be Wheeling Wheelmen.

BICYCLE USA/LEAGUE OF AMERICAN WHEELMEN 1985 EVENTS

GEAR IN THE BLUEGRASS MAY 24-27

The Bluegrass Wheelmen will host these four days of bicycling in the heart of Kentucky's beautiful race horse country. Headquarters will be at Georgetown College in Georgetown, Kentucky, north of Lexington.

GEAR UP - JUNE 14-17

The Princeton Freewheelers host GEAR UP at Trenton State University at Princeton, New Jersey. Beautiful bicycling with your choice of hills or valleys.

BICYCLE USA NATIONAL RALLY - JULY

Right after the 4th of July BICYCLE USA will host its National Rally at Madison, Wisconsin with headquarters at the beautiful University of Wisconsin campus on the shores of Lake Mendota. Routes follow the shores of three large lakes around Madison. Also, located at a glacial moraine, rural Dane County offers a wide selection of terrain in which to cycle.

MARK YOUR CALENDARS/WATCH FOR DETAILS

TOURS OF ESTATES IN LAKE FOREST

1 p.m. on Sept. 23 and Oct. 7, starting from Market Square, 700 N. Western Ave., Lake Forest. Sponsored by the Chicago Architectural Foundation and the Lake Forest-Lake Bluff Historical Society. Fee \$3.00.

PRAIRIE STYLE ARCHITECTURE IN OAK PARK AND RIVER FOREST

Each Sunday in September and Oct. 7 and 14 from Unity Temple, Lake St. and Kenilworth Ave., Oak Park. See famous designs of Frank Lloyd Wright and his contemporaries. \$3.00. Two to three hours. No reservations required. More info: 326-1393.

HARMON HUNDRED

Enclosed with this newsletter is a brochure for our invitational on Sept. 9 from Wheeling High School... 25 - 50 - or 100 miles. Pass the brochure on to potential riders. Copies can be made. We host on this day and ride as a club on Sept. 16 from Chamber Park at 6 a.m.

Last year our invitational drew 765 riders. Already this year there are over 100 advance registrations. This is National League of American Wheelmen Century month and all over the country clubs are sponsoring rides and special patches are available as well as L.A.W. patches.

LEAGUE OF AMERICAN WHEELMEN SPECIAL
PATCHES FOR 100/50/25 AND HOLIDAYS.



SEPT. ONLY. 100-62-50 OR 25 MILES



HOLIDAY PATCHES CAN BE EARNED WITH-
IN ONE WEEK BEFORE AND ONE WEEK
AFTER THE HOLIDAY.

Dick Ryan will have some of the
patches available for any of the
qualifying rides. 381-1775

Currently, if you have ridden 25,
50, 62 or 100 miles with our club,
Dick still has a few of the special
Sanctioned patches. They are for
rides during any month except the
National Century Month - September.

The 25, 50, 62 and 100-mile patch-
es fit together to form a circle
with appropriate pictures for:

*Oh beautiful for spacious skies..
..for amber waves of grain..
..for purple mountain majesties..
..and amber waves of grain.*

Altogether they make a beautiful
set..you have Oct. Nov. and Dec. to
complete your set.

Rides Re-ridden



ICE CREAM SOCIAL - Twenty one riders
turned out for Jim Baum's ride which
is great considering that 23 members
were on the Amishland and Lakes in
Howe, Indiana! Jim led over some new
roads to Kallberg's Old Fashioned
ice cream parlor in East Dundee - a
favorite stop each year. Afterwards
Jim invited members to a cooling
swim in his "mini-Olympic" pool on
his patio in Long Grove.

AROUND LAKE GENEVA - Twenty three
riders attended this hilly introduc-
tion to the Kettle Moraine ride the
next week. Dick Ryan carefully
planned new routes with a choice of
29 miles around Lake Geneva or a
total of 50 mile which also included
pedaling around Lake Como. There
were short, tough hills for good
training and weather was excellent.

KETTLE MORAINE RIDE - This is beau-
tiful riding country but rugged hills
and hot weather made this a truly
outdoor experience. Riders picknicked
at a small grocery. Bob Vargas pro-
vided excellent sag assistance. Joe
Tobias found a challenging area for
his ride.

PROGRESSIVE DINNER - This is a fun
event with riders pedaling to mem-
bers homes to chat and eat. We began
at Phyllis Harmon's sor appetizers
and punch even though bicyclists
usually don't need anything to in-
crease appetites! Then on to Lois
Paul's for delicious fruit salad
followed with a circular ride to
Herb and Mary Jensen's for chicken
and potato salad and toe-tapping
music on their player piano. On to
Lee and Nancy Arnold's but a quarter
of a mile from their home Mary Jen-
sen sent in to a parked car which
necessitated a paramedics visit and
trip to the hospital for stitches to
her mouth, lip and knee. Mary found
it is so easy to forget to ride def-
ensively...she was looking down to
see why her cyclocomputer wasn't
working and never saw the car.

Here is a letter from Mary:

*I very much appreciate all
the concern and help extended to
me by the club members, the res-
idents at the accident area and
the paramedics. I'm thankful I
was wearing a helmet. I'm
healing up rapidly and will be
riding with you again soon. I
might have to get a new bike as
I bent the frame badly and it
won't heal like I do.*

We were a more subdued group at
Lee and Nancy Arnold's as we wonder-
ed how Mary was doing. Nancy's des-
sert was delicious and provided fuel
for the return ride to Phyllis' home.

Last year's Progressive Dinner
headed west and south to Elk Grove
Village. This year we headed into
Des Plaines. Next year we hope to
have our food courses northwest or
north. So members in those areas
can consider taking a course. We
can have a minimum of three courses
up to seven or eight....the more the
merrier!

HILL AND DALE - Twenty three people
attempted two challenging routes
from Long Grove. Besides hills,
obstacles included riding over the
cobblestone street on the Woodstock
Square, crossing through one lane
construction zones, negotiating a
section of washboard gravel and a
brief rainstorm.

Most riders attempted the 100-
mile route and for many it was their
first century of the year. Dick
Ryan brought the L.A.W. Sanctioned
patches to the riding, adding incen-
tive to the task at hand. Weather
conditions made it possible to ride
leisurely and finish within 9 to 10
hours. The sky was overcast most of
the time and the tailwind from Lon
Haldeman's home town of Harvard blew
everyone into Bull Valley, site of a
couple of infamous hills. The Bull
Valley hills always provide opportu-
nities for riders to expound on their
techniques for riding or walking
maneuvers for conquering them. Of
course somebody always knows of a
sleeper hill elsewhere in the coun-
try. But the challenging terrain of
the first Hill & Dale Century offer-
ed plenty of hills and congratula-
tions are in order for all who are
entitled to L.A.W. patches.

Jenny Bruns

BREAKFAST RIDES - There usually are
about 20 people on each ride and
the expressed pleasure on these
early morning rides that include a
friendly breakfast stop call for
more on the schedule next year.

AUGUST MEETING - Many thanks to the
busy workers who turned out to mail
out our Harmon Hundred brochures. It
was a much easier job this year be-
cause Bob Klein had typed all the
addresses on pre-stick labels, thus
saving time and making it easier for
mailmen to read!