



MONTHLY MEANDERS

FEBRUARY, 1985



FEBRUARY

MEETING

Wednesday, February 6 - 8 p.m.
Heritage Park, 222 S. Wolf Road
(south of Dundee Rd.) Wheeling



PROGRAM WHEELS

by Andy Tudor

Andy will continue his talk on bicycle rims and wheels which was interrupted in October due to the Heritage Park closing hour. As an engineer at Schwinn Andy "specializes in applied research." Come to learn about compression wheels, tension wheels and the why behind various spoke lacing patterns. You know this man can answer *all* of your questions!



Renewals are coming in every day. As of Jan. 24 we have 39 Individuals and 30 Family renewals representing 53.6% L.A.W. membership! Add to that the 9 new Individual memberships and 5 Family we have a great start for the new year!

Good news! Richard Schaller has volunteered to put our membership on his computer and will provide us with up-to-the-minute mailing labels each month! So get your renewals in soon! We will get the current mailing list out to you with the April or May newsletter

Richard Wemstrom of Buffalo Grove is our one new member this month. We're glad to have him with us.

NEW VOLUNTEER

Judy Doi has volunteered to take over Elida Rech's duties of last year: she will prepare envelopes for mailing the newsletter and also help mail them out. Thank you, Judy.

WHEELING WHEELMEN

P. O. Box 581-D,

Wheeling, Illinois 60090



An L.A. Affiliate

President's Column

Now that we are in the depths of winter, my thoughts turn towards dreams of warm weather and the upcoming cycling season. Now is the time to fix your bike, recondition it, or have a bike shop do it for you. A year ago, at this time, I was afraid to take my bike apart. I took a bike mechanic's course through a bike shop; it was worth it. I can work on my own bike now. I'm sure that you can do your own work on your bike.

Although I despise winter, I know that some (or many) of you out there do like winter sports. I know that you are enjoying skating, skiing, and the great sport of cross country skiing. I'm sure you are a courageous lot, because I don't have the nerve to go out there to try these various sports.

For those of us who stay indoors during the cold, winter days, it is important to keep in mind the idea that we need to exercise. While it is important to get our bikes in good condition for the approaching cycling season, we can't forget to keep ourselves in shape as well.

I know that many people join the Wheeling Wheelmen, come out for a ride or two and then we never see you again. Perhaps you don't like some of the rides that are on the calendar. Perhaps some of you lead very busy lives and don't have time to ride very often. Perhaps something happened on one of the rides which may have upset you. Please, let me hear from you. Give me a phone call so that we can talk about it. The only way that a bike club can improve is by having input from its members.

We need every one of you. Help us this year. Volunteer to do something now and then. We can grow together. When you get down to it, we members need each other. So give me a call-- just to chat, give us some new ideas and perspectives. The phone number is 823-2592.

BOB MEUTE

PIERRE DEVISE

Roosevelt Univ. ad in Pioneer Press featured Pierre deVise's photo as assoc. prof. of Public Admin. and as a noted urbanologist and authority on Chicago population trends.

ELECTION FOR L.A.W. ILLINOIS DIRECTOR

Illinois will vote for a new L.A.W. Director in March to serve for the next three years. At the December Board meeting in Baltimore the Nominating Committee selected 4 of 8 applicants to run in Illinois:

- Lynn Babcock, Chicago, professor at University of Illinois
- Ken Licht, Evanston, past president of Evanston Bicycle Club
- Bill Turner, Mt. Prospect, member Arlington Heights Bicycle Club
- Keith Kingbay, Chicago, Wheeling Wheelmen member. Keith is the first recipient of the League's Dr. Paul Dudley White Award as well as numerous awards and commendations from bicycle clubs and governmental bodies for his work in aiding bicyclists and bicycling

He is a lifelong cyclist - racing, touring and recreational - and pedals thousands of miles each year..across U.S., Europe, India..

He is a retired executive from the bicycle industry; the last 18 years in that capacity were spent in promoting bicycling in all its various phases. This played prominently in the reorganization of the League of American Wheelmen.

Keith served 12 years on the Olympic committee for cycling and managed 5 international bicycle racing teams. He also served on the President's Council for Physical Fitness for 14 years.

Keith has excellent abilities and experience that well qualifies him to represent Illinois cyclists on the Board of the League of American Wheelmen/BICYCLE USA.

If you are not a League member now but want to vote for the L.A.W. Director, get your membership in now. You can get applications from Phyllis Harmon - 537-1268.

President:	Bob Meute	823-2592
Vice-Pres:	Elliott Kanner	541-9176
Treasurer:	Dick Sorenson	593-7945
Safety:	Ken Smith	647-0563
Membership	Dana Elsesser	437-7047
Rec. Secy:	Marilyn Mathison	825-5470
Pool Rides	Marilyn Mathison	825-5470
Program:	Pat Marshall	564-0346
Editor:	Phyllis Harmon	537-1268

WIND



by Jenny Bruns

A ship, like a human being, moves best when it is slightly athwart the wind, when it has to keep its sails tight and attend its course. Ships, like men, do poorly when the wind is directly behind, pushing them sloppily on their way so that no care is required in steering or in the management of sails; the wind seems favorable, for it blows in the direction one is heading, but actually it is destructive because it induces a relaxation in tension and skill. What is needed is a wind slightly opposed to the ship, for then tension can be maintained, and juices can flow and ideas can germinate, for ships, like men, respond to challenge.

*from Chesapeake
by James Michener*

As in sailing, wind is a challenge in bicycling which we have all faced. My first memory of battling a strong headwind is of standing on the pedals of my one-speed Sears bicycle as a ten year old, trying to cover the short distance between school and home. Coming to a standstill, I gave up and walked. At that time, I could never have imagined being able to someday ride against strong winds mile-after-mile for hours at a time. Gradually developing a positive attitude, combined with improved riding technique and equipment, enables any cyclist to respond effectively to the challenge of wind.

Overcoming discouragement and the urge to quit is extremely important. We can see the physical shape of a hill which gives us a visual obstacle to conquer. We look forward to reaching the top and the resultant exhilarating feeling of a downhill run. But wind is a force which is felt but not seen. It has no mercy and there is no guarantee of a subsequent tailwind or abatement. Its intangibility and continuous onslaught leaves us frustrated at not being able to see a beginning or end. Immediately becoming discouraged at slow progress will not make the wind disappear or the miles to melt away. All we can do is accept the situation, relax, and put out our best effort.

But such words are easier said than done. Many times I have taken my eyes from the distance stretching ahead to concentrate on the near-

by roadside in an effort to forget about a strong wind. At one point in Door County, where the wind seemed to circle from every direction, I felt extreme frustration at the sight of a grasshopper hopping parallel to my direction of movement at a much faster clip. The whistle of the wind near my ears, the wildly waving roadside grass, and my depleted energy reserve left me with an overwhelming urge to ditch my bike and collapse for a summer snooze in a bed of soft grass. But the persistent fear of the roving sagwagon drove me forward to the next food stop and temporary relief from the wind. Rejuvenation helped to restore my confidence in completing the remaining distance.

A strong wind leaves us with our own thoughts as our words are scattered into infinity when we attempt to talk to our fellow cyclists. The work of riding forces us to concentrate on the task at hand. The physical exertion starts the adrenalin flowing, emptying our minds of frivolous thoughts. I find that I am able to clearly think through problems at such times and formulate some of my best ideas. Of course, one usual train of thought centers on methods to combat the problem of wind, from riding techniques to lighter weight equipment.

A tailwind is every cyclist's dream. One is quickly induced into a state of relaxation, sometimes sailing along at well over 20 mph and flying over hills in high gears. But many times I am unaware of the presence of a tailwind until my route changes and I suddenly find myself struggling to maintain a reasonable pace. I feel foolish at my lack of observance and realize that the miles ahead bucking the wind are the penalty for enjoying a free ride. Once again, I must rely on my endurance and riding skills in persevering.

A good headwind tends to humble even the strongest of cyclists. It knocks us down to size, reminding us that as bicyclists we are at the mercy of the weather. As in all of life, the setbacks give us character and resolve to better ourselves and face the many challenges of bicycling.



SAFETY



Ken Smith
Safety
Chairman

Most of us bike riders also drive cars. Most people spend maybe 18 hours a week on the road. Truck drivers spend 70 to 80 hours a week on the road. They have a tough time when the trucks are empty since they have a tendency to sway in the wind and don't stop well. When loaded, the truck takes longer to stop and sways from side to side because of tire flex. When the driver looks out the mirrors he can see the side of the truck and much of the road but can easily miss seeing a car - or bicyclist - riding alongside. Trucks need two lanes to make a right turn - this includes straight trucks, too.

As a cyclist, what does this mean? There are vehicles weighing over 40 tons that can't stop, can't see you and a lot of the time don't care if you're there or not.

What I'm getting at is that trucks - and their drivers - are hazardous. Stay away from them and the stones that can be thrown up from their tires.

Although a vehicle is responsible for the vehicle it passes - that includes bicycles - sometimes trucks don't slow down sufficiently to pass safely. Keep a firm grip on your handlebars for control and to avoid being blown off the road or pulled into the vacuum of the passing truck.



Rick and Ruth
Gaines
are expecting
a new biker
in August!



Debbie Blomstrann and Peter Gianakakis cross-country skiing -10° in Busse Woods. Photo by Pat Marshall.

SCHEDULE

VERIFY DETAILS WITH LEADER BEFORE ALL SKI ACTIVITIES.

- Feb. 3 SKI DEER GROVE, Palatine**
 Sun. 10 a.m. Deer Grove entrance from Quentin Road, south of Dundee Rd. 1st parking lot after left fork in road. Howard Paul 824-2941.
- Feb. 9 SKI DEER GROVE, Palatine**
 Sat. 10 a.m. Note change in parking lot! Entrance on Dundee Road .8 mile west of Quentin Road. Sign says *Forest Preserve - Camp Alphonse* but this is a Deer Grove parking area. Some hills. Ski only. Pat Marshall 564-0346
- Feb.16 SKI CHAIN OF LAKES STATE PARK**
 Sat. 10 a.m. NOT FOR BEGINNERS! You must be able to make sharp downhill turns at high speeds! Rt. 12 through town of Fox Lake to State Park Road. Follow road all the way to parking lot by park office near warming house and concession stand. Dick Ryan 381-1775
- Feb.17 SKI NORTH KETTLE MORAINE, Wis**
 Sun. If you survive Feb. 16 skiing, call Ted Uhlemann for details! Skiing trails groomed, for beginners up to experts as well as rugged trails. Ted Uhlemann 790-1312
- Feb.23 SKIING BUSSE WOODS, Elk Grove**
 Sat. 10 a.m. from 1st parking lot south of Higgins Road on Arlington Heights Road. George and Marilyn Mathison - 825-5470.
- Mar. 2 RYERSON CONSERVATION AREA**
 Sat. Skiing 10 a.m. Entrance from Riverwoods Road 1.6 miles north of Deerfield Road, Riverwoods. Park in lot at Education Center. Pat Marshall 564-0346
- Mar. 3 SKI DEER GROVE, Palatine**
 Sun. 10 a.m. Deer Grove entrance from Quentin Road north of Dundee Road. 1st parking lot after left fork in road. Howard Paul 824-2941
- Mar.17 ST. PATRICK'S DAY RIDE**
 Sun. First bike ride of the season invitation. 10 a.m. 25 miles from Kildeer School, Old Mc Henry Rd., Long Grove. \$2.00 members; \$2.50 non-members. Incl. St. Patrick's Day patch. Bob Klein - 299-2888. Home made Cookies and volunteers needed.

SKI RENTAL FROM BIKES PLUS

\$9 for Sat. or Sun. \$15. both days. Reserve up to 8 p.m. Thurs. for Sat. and up to 8 p.m. Fri. for Sun. Can Master Card or Visa over phone or make cash deposit of \$5.00 in adv.

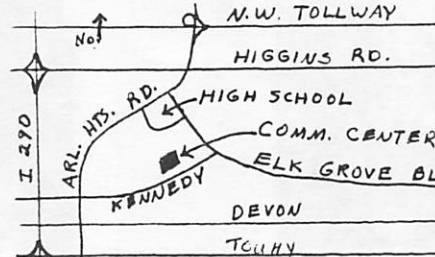
INVITATIONALS

FREE INDOOR FIRESIDE RIDE

SUNDAY, FEBRUARY 10, 1985

10:00 A.M. TO 4:00 P.M.

Elk Grove Park District Comm. Center
 180 Kennedy Blvd., Elk Grove Village



Bring any exercise equipment you have: exercycle, rollers, wind trainer, Nordic Track, etc. If you have none, bring your bike and try that of others. Travel and bicycle films will be shown while you ride.

Bring your lunch if you wish with hot dogs or marshmallows to roast in the fireplace. Condiments and lemonade furnished.

Come any time - L.A.W. Valentine patches available - \$2.00. Roller races at 11:00. Co-hosts: Elk Grove Bicycle Club and Arlington Heights Bicycle Association.

ARLINGTON 500 BICYCLE RIDE

MAY 19 - 7:00 TO 9:00 A.M.

From Frontier Park, 1933 N. Kennicott, Arlington Heights. Choice of 35 or 65 miles. Flat to rolling hills. Registration fee \$5.00 incl. lunch and patch. Robert Hinkle, 935 N. Mitchell, Arlington Heights, 259-1423.



GEAR IN THE BLUEGRASS

May 24-27

Georgetown, Ky

Headquarters

at
 Georgetown College

Registration Fee incl. program book, maps, cue sheets, patch, exhibits, workshops, entertainment \$32.

Facilities Fee \$12

Meals (12 and up) \$23

Children under 12 11.50

Sat. breakfast to Monday Lunch

Housing incl. sheets, towels \$28

May 19-24 Pre-Rally Central Kentucky tour. 45 miles/day. Fee incl. sag wagon, maps and rooming \$265.

For application, write to:
 GEAR in the Bluegrass
 P.O. Box 22059
 Lexington, KY 40522

No registration fee for children 11 and under. Registration fee for non-League members is \$47 - so join the League and save.

GEAR UP PRINCETON

Ewing Township, New Jersey

June 14-17, 1985

Headquarters Trenton State Univ.
 Registration \$32; Non-members \$47.
 Meals Adults, children 7 up \$31.
 Children under 6 \$16
 Sat. breakfast - Monday lunch
 Housing Fri. - Mon. 4 p.m. \$30.
 incl. sheets, pillow case, towel.
 Pre-Rally in planning stage.
 Registration fee incl. program book, route markings, ride maps, cue sheets patch, workshops, exhibits, and 3 nights entertainment. No registration fee for children 11 and under.
 Application form from: GEAR UP PRINCETON, P.O. Box 185, Lambertville, NJ 08530-0185.



BICYCLE USA 1985 NATIONAL RALLY

Madison, Wisconsin
 July 2-6, 1985

Headquarters: University of Madison
 Registration L.A.W. members \$40.
 Non-members \$55. Children 11 under free. Fee includes program book, maps, cue sheets, patch, workshops, exhibits, 10 rides/day, square dance Wisconsin fish fry, music, art fair, swimming and more... Also for minimal fee boat and canoe rental, movies, beer garden, entertainment.

Room and Board..all meals from Wed. breakfast through Sat. breakfast.
 Double occupancy \$100.

Children 11 and under \$50.
 Single occupancy addl. \$22. Air conditioning \$6.

Pre-Rally Rides June 30-July 2 in Green County. 50 miles/day.

Motels \$42. Camping \$22.

Post-Rally Rides July 6-July 2 Door County 65 miles/day.

Lodging \$130. Camping \$67.50

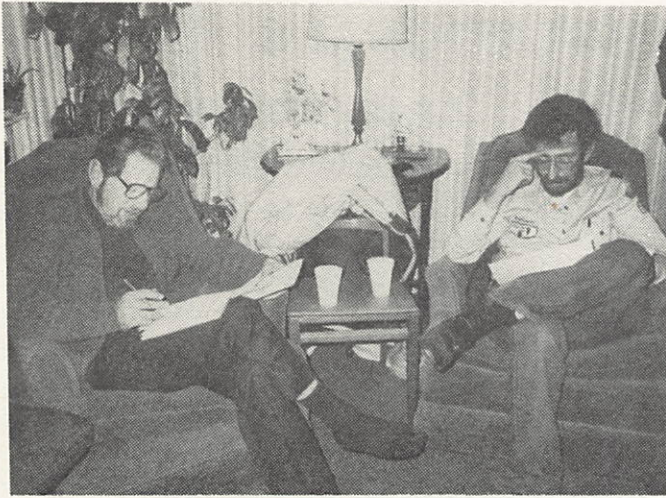
Applications: BICYCLE USA '85 National Rally Committee, P.O. Box 1455, Madison, WI 53701.

THE TOBRAW TOURS, WISCONSIN CHOICE OF KICKAPOO RIVER VALLEY JULY 7-13

440 MILES, LODGING IN 4 HIGH SCHOOLS AND 2 UNIV, TENTING PERMITTED, SIX BREAKFASTS, SIX EVENING MEALS, \$130. From St. John's Military Academy

DOOR COUNTY PENINSULA JUL. 28 AUG. 3
 375-475 MILES, LODGING HIGH SCHOOL GYMS, TENTING PERMITTED, SIX BREAKFASTS, SIX DINNERS. \$130.00. From Concordia College.

Applications and info. from Mel Welch, The TOBRAW Tours, Inc., 3632 W. Maple St., Milwaukee, WI 53215.



Left: Elliott Kanner, Ride Chairman and Ken Smith, Safety Chairman.

Right: George and Marilyn Mathison



Ride Planning Meeting

Photos by Phyllis Harmon

This was by far the best ride planning meeting the Wheeling Wheelmen have ever had! Twenty five members turned out to plan our 1985 Ride Schedule. It was a real pleas-

ure to see so many new members turn out and the enthusiastic way all volunteered to lead rides, suggest new ones. There were only a few rides or dates left to fill in when

Elliott Kanner and Phyllis Harmon phoned potential leaders the next morning. The result is almost a 100% filled schedule with rides both on Saturdays and Sundays!



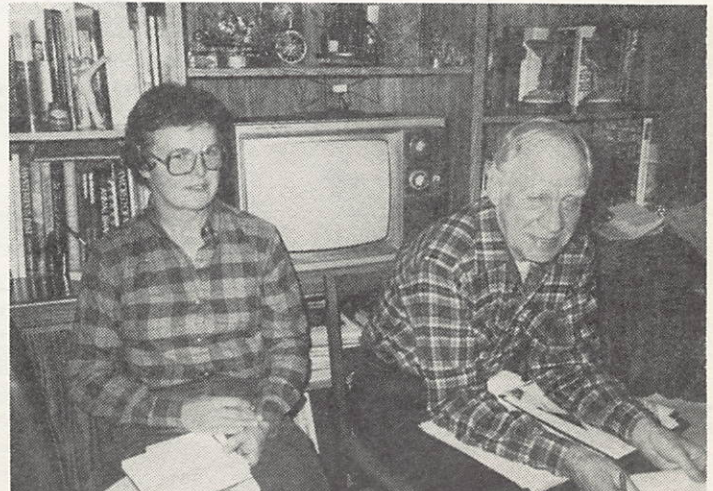
Chuck Moen and Lynn Leander



Sandy Krugman and Betty and Bob Vargas



Jerry Goldman, Don Derebey and Elida Rech



Pat Marshall, Program Chairman, and Howard Paul, past president.