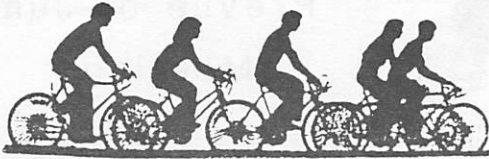


May, 1985



# MONTHLY MEANDERS



## Keith Kingbay New Illinois Director



## SAFETY

Ken Smith  
Safety  
Chairman

Wednesday, May 1, 7:30 p.m.  
Arts & Craft Room, Heritage Park  
222 S. Wolf Road, Wheeling

PROGRAM: SPORTS MEDICINE AS IT  
RELATES TO CYCLING

By: Mike Palmieri

If you are an "old" cyclist with nagging knee problems or a new rider anxious to avoid injury, come to hear Mike Palmieri speak on bicycling aches and pains. Mike, as a practicing Physical Therapist and cyclist himself, will inform us about proper conditioning techniques. His presentation will include self treatment of injuries but will emphasize the prevention of injury by stretching and strengthening exercises of various muscle groups used in bicycling.

## Incorporation and Insurance

Thanks to the combined efforts of Joe Tobias, Dick Ryan, Bob Meute and Jim Baum, the Wheeling Wheelmen is now incorporated! That is an issue that had been under discussion for several years and, finally with their cooperation has been accomplished.

Also currently under way is liability insurance for the club. That, too, has been under consideration for some time. The McHenry County Bicycle Club kindly sent us a copy of their policy. Bob Meute, Joe Tobias, Elliott Kanner and Dick Ryan will be working on that this month.



Keith Kingbay

In the recent BICYCLE USA/League of American Wheelmen election for five regional Directors, Wheeling Wheelmen member Keith Kingbay won the election for Illinois, Region 8.

Keith has been a bicyclist for about 57 years. He was racing in Kenosha when he was 15, went on to touring and recreational bicycling, served 12 years on the Olympic Cycling Committee and managed 5 international bicycle racing teams. He also served 14 years on the President's Council for Physical Fitness.

Keith is better known to bicyclists today as one of the reorganizers of the current League of American Wheelmen and was awarded the first League of American Wheelmen Dr. Paul Dudley White Award for one who has done much for bicycling.

Locking your bike is the best defense. About one million bikes are stolen each year. A lock and chain will stop most kids from stealing a bike. The U-Bolt type is the best. They secure your bike well and most insure the bike if it is stolen because of lock failure. These locks are about \$30.00 but if you're riding a \$300, \$400 or more bike it's a good investment.

Insurance-check your homeowners or renters insurance. Most policies will cover your bike at home and away. Find out in advance how much is covered. Most people don't realize the true cost of a good bike.

Register your bike. Most towns now have these records on file and if your bike is recovered you will be able to claim it easily.

One further step would be to engrave your name on a crank arm. This will help in identification.

With a few simple steps you can save the riding season because it's tough to ride without a bike.




## BICYCLING

### MAY-AMERICAN BIKE MONTH

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:	Jenny Bruns	439-5345
Pool Rides:	Marilyn Mathison	825-5470
Program:	Pat Marshall	564-0346
Library:	Dick Ryan	381-1775
Editor:	Phyllis Harmon	537-1268

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

An  Affiliate



## Exercise-Fitness

by Jenny Bruns



In July of 1984, Jim Fixx, author of *The Complete Book of Running* died of a heart attack at age 52 while out running; the ultimate irony. He was instrumental in inspiring many people to take up running, lose weight and quit smoking. Yet despite all of these measures, Jim Fixx, "the running guru", was still frightenly mortal.

We encounter risk any time we step outside the door, whether to run, bike, or even walk down the street. Last June on a beautiful sunny day, I was bicycling on an extremely scenic road, floating on the glorious feeling of being in good physical condition in tune with myself and my bicycle. All was right with the world. Suddenly a shocking sight marred the scenery as I saw a group of people clustered around a prostrate bicyclist. I later learned that the man had collapsed from a heart attack. The tragedy left me with the greatly increased realization that at any instant in time we are not guaranteed anything beyond the present.

One might ask in light of the above occurrences whether the exercise caused the deaths or exercise over a period of time had prolonged life beyond the time either person may have been expected to live due to cardiovascular problems. But a better question concerns the reasons either person was performing the

activity. Exercise should be fun, rejuvenating and exhilarating to the mind and body as we exert ourselves in enjoying the present moment.

However, many people use exercise as a means to cure the symptoms of poor eating habits, smoking and drinking. Exercise is performed as a duty to counterbalance bad habits in taking care of ourselves. Therefore it becomes a measure similar to taking a spoonful of medicine, an activity that has to be performed rather than enjoyed. The sooner one finishes, the better. Those who take doses of exercise will hardly enjoy the activity and will fail to find the feeling of wholeness of which the physical exercise is only a part.

A mere holistic approach towards exercise is to view the physical exertion as a vehicle towards discovering the cause of bad habits, realizing that our psychological well-being and feelings are interrelated with our physiological condition. Exercise can serve as an outlet for all kinds of tension, negating the desire to resort to bad habits. The activity becomes meaningful and a pleasure as we discover its essence. The present enjoyment and benefits outweigh any inherent risks, within reason of course. Jim Fixx and the bicyclist died doing something they enjoyed, not a bad way to go....

## Tired? Groggy? Exercise!

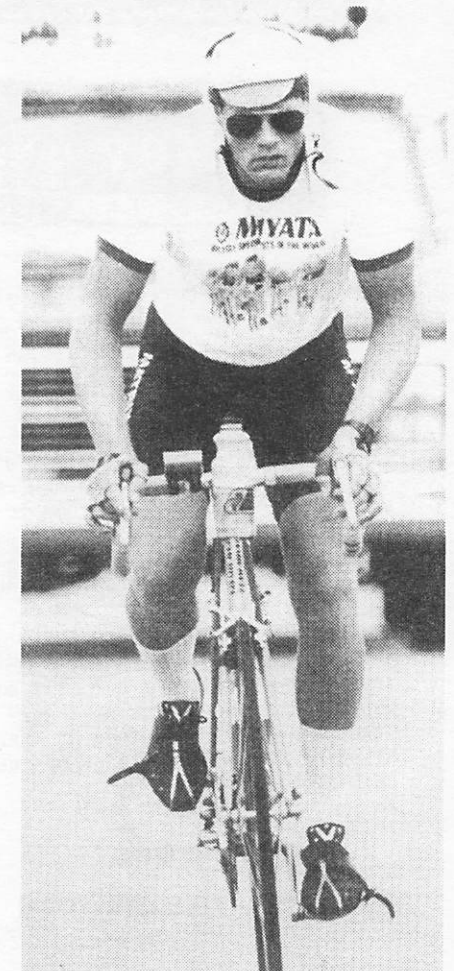
New WW member Barbara Hansen is Senior Coordinator for the Village of Wheeling and puts out *Wheeling's Senior Spokesman*.

She discovered on a recent 25-mile ride with WW that she was painfully in need of a regular physical exercise program and resolved to incorporate into each day some form of physical exertion.

She brought out a very interesting point for everyone, not just seniors. Do you get the blahs? Do your eyelids get heavy--your mind in a fog? Do you reach for coffee or

candy bar, cola or cigarette and still feel tired? The best solution is not a nap but a short burst of exercise! You're not tired - you're groggy. If you were physically exhausted you'd be sweating. What you are is half asleep.


So wake up - with a little exercise that gives your body a fresh supply of oxygen which you need to get cooking! So, if you're sitting, stand up. Do 25 jumping jacks! Results? Double oxygen intake; pump twice as much blood through your veins; convert blood fats into blood




At our June 5 meeting John Silker, the fifth place finisher of the 1983 RAAM (Race Across America) will speak of that event and also his training/qualifying for the 1985 Ironman Triathlon event scheduled this fall in Hawaii.


sugar; and raise your metabolic rate (idling speed) from 25% to 75%. What you get is renewed energy because your body used its reserve fuel instead of you adding fuel (calories) from the candy bar. Any exercise will do: climb stairs, stretch, walk, bike--whatever gets you breathing!

Thanks, Barbara, for the ideas!





**YOU ONLY GET ONE HEAD! THERE IS NO OTHER REAL SUBSTITUTE!**



**DON'T BE A CABBAGE HEAD!**

**wear a helmet!**

Charles Pelletreau  
Touring Club of North Jersey

## Wanted

26" bicycle in good, safe condition for my 11-year old daughter. Sandy Krugman - 480-1843.

Bicycles and equipment to buy or sell? Phone Phyllis-537-1268.

## SCHEDULE

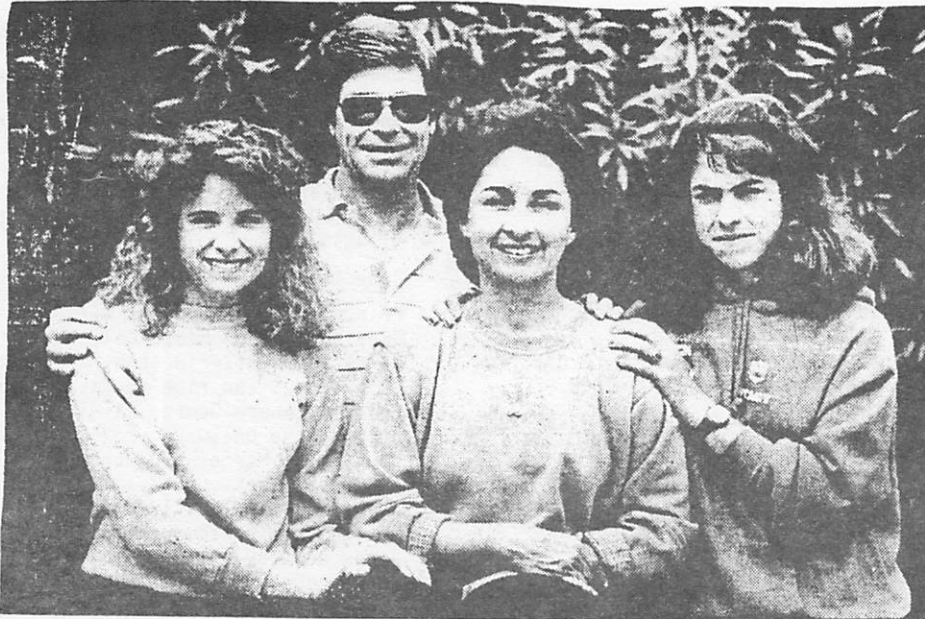
- May 4 WESTWARD HO - Elgin  
Sat. NOTE EVENT SWITCH WITH MAY 11 FROM 1985 RIDE SCHEDULE.  
65 miles at 9:30 a.m. from Wing Park, 1 mile south of NW Tollway on Rt. 31 to Wing. 1/2 mile west to park. Bring or buy lunch. Jerry Goldman 695-7964.  
(For a fast-paced 8:00 a.m. ride from Arlington Heights to the Elgin ride for a total of 100 miles, call Don Derebey at 255-3422.)
- May 11 COLLEGE CAMPUS CRUISE Wheeling  
Sat 10 a.m. - 35 miles from Chamber Park, Wolf Road south of Dundee. \$3 for lunch at Lake Forest College. Tour three campuses. Don Derebey - 255-3422.
- May 11-12 TOSRV-Alternative Arl.Hts.  
210-mile 2-day trip from Frontier Park with overnight at Red Star Inn, Janesville, Wis. \$25. Evanston and Wheeling Bicycle Clubs. Jim Grant - 743-3941.
- May 18 - EAST LOOP - Wheeling  
Sat. 9 a.m. - 30 miles from Carl Sandburg School, Schoenbeck south of Anthony. Interesting picturesque ride includes the Northbrook bicycle track and Botanic Gardens. Bring or buy lunch at Gardens. Elida Rech - 394-5990
- May 19 - ARLINGTON 500, Arl. Hts.  
Sun. 7 to 9 a.m. registration 35 or 65 miles from Frontier Park, 1933 N. Kennicott. Arlington Heights Bicycle Club invitation - \$5. registration includes lunch and patch. Robert Hinkle - 259-1423.
- May 24-27 GEAR IN THE BLUEGRASS  
Memorial Day weekend event based at Georgetown College, Georgetown, Kentucky. \$95.00 incl. meals, room, program book, maps, patch, workshops, exhibits, entertainment, more. Application from: GEAR IN THE BLUEGRASS, P.O.Box 22059, Lexington, KY 40522.
- June 1 McHENRY DAM RIDE Long Grove  
Sat. 10 a.m. 0 40 miles from Kildeer School, Old McHenry Road. Bring sack lunch. Howard Paul 824-2941
- WEDNESDAY NIGHT RIDES  
6:30 p.m. until twilight. 8 to 20 miles depending upon length of day.  
May 8 from Wood Oaks School, Sanders Road south of Dundee, Northbrook Pat Marshall - 564-0346  
May 15 from Carl Sandburg School - Phyllis Harmon - 537-1268  
May 22 from Harper College parking lot, Euclid east of Roselle Rd. Jerry Goldman - 695-7964  
May 29 Arl.Hts. H.S. Euclid & Walnut Arl. Hts. Don Derebey - 255-3422.

## INVITATIONALS

- May 18-19 DIABETES BIKE-A-THON  
12 routes to choose from. Our area May 18: North Branch Trail Dempster-Lake and also Lake-Dundee. Chicago Lakefront Lincoln Park Jorth-Montrose. Sun. May 19 Northwest Suburban Ride Schaumburg. Contact Bob Ortlieb - 346-1805.
- May 19 McLEAN COUNTY WHEELERS 35/65/100, Normal, Illinois. 7-9 a.m. from Ash Park on East College Ave. \$7.50 incl. snack stops and lunch. Application from Phyllis Harmon or write to McLean County Wheelers, P.O.Box 947, Bloomington, IL 61702-0947.
- May 26-27 TOUR OF WISC. RIVER VALLEY  
7:30 a.m. from Sauk-Prairie H.S. 105-9th St., Prairie du Sac, Wisc. \$30 dormitory, \$25 camping. Includes 2 meals, snacks, equipment shuttle, slide show. etc. 100 miles each day. Beautiful biking in wildest corridor in southern Wisconsin. Overnight at Eagle Valley Nature Preserve. Bob Kaspar, Eagle Valley Cyclists, 305 N. Sixth St., Madison, WI 53704. 608/241-9426.
- June 1 UDDER CENTURY, Crystal Lake  
From McHenry County College, 1 mile NW of I-176 intersection on Rt.14 between Crystal Lake and Woodstock. 7:30 - 10 a.m. registration. Half-metric century (31 miles) to Union, Il; Metric Century to Harvard (65 miles) and 100 miles to Union, Harvard and back. \$8 until May 18 or \$10 ride day incl. water bottle, patch, snacks, donuts/coffee before the ride, spaghetti dinner after. Cheryl Patterson, 815/385-2296.
- June 1 CITRONET COOLER CYCLING CELEBRATION, Lincoln Park Mall, Chicago  
Coordinated by Bicycle Federation to benefit the Arthritis Foundation. Morning ride, national BMX trick team riders, unicyclists show, entertainment, fashion show, contests, prizes, bike repair, exhibits. For cyclists of all ages. Mary L. Coscarelli, Project Director, Suite 316, 1055 Thomas Jefferson St., NW, Wash. D.C. 20007. 202/337-3094.
- June 5 LON HALDEMAN SUE NOTORANGELO  
Evanston Bicycle Club and the Evanston Recreation Dept. hosting. 7:30 p.m. in the Levy Center. Slide program on history of marathon cycling events and video on Tandem Transcontinental Record. \$3 in advance; \$3.50 at door. 1700 Maple Ave. Evanston.
- June 22-23 ACROSS THE STATE TO THE MIGHTY MISSISSIPPI - Wheaton  
2-day 150-mile tour for Multiple Sclerosis. From Wheaton College to White Pine State Park. Campint or cabins overnight. To Galena on Sun. and bus back. \$50 registration and \$150 in pledges. Lots of prizes for money pledged. Ed Dietz, MS Soc. 600 S. Federal, Chicago 60605. 922-8000 or 1-800-2HELP MS.

- JUNE 22-28 PEDAL ACROSS LOWER MICH.  
250-mile 7-night tour \$40. includes overnight campsites, baggage transport, sag wagon, patch, gift. Route from Holland through Allegan, Hastings, Eaton Rapids, Dexter, New Boston and Crosse Ile. Bike or bus back. PALM, P.O.Box 7161, Ann Arbor MI 48107
- June 14-17 GEAR UP PRINCETON '85  
Princeton Free Wheelers will host GEAR at Trenton State College, 8 miles south of Princeton, N.J. Rides galore: you can ride to Washington Crossing where George Washington crossed the Delaware, rolling rural country in Mercer and Hunterdon counties; Bucks County, Pa. with hilly countryside, 13 covered bridges; Princeton with historical sites and revolutionary battlefield; horse country, Monmouth Battlefield and Atlantic Ocean. Many bicycle-related workshops and entertainment including a big band sound, country rock, dixieland and square dancing. Pete Penseyres who won the 1984 Race Across America will be there \$93 for BICYCLE USA members; \$15 more for non-members. GEAR UP PRINCETON '85, P.O. Box 185, Lambertville, N.J. 08530-0185.
- July 3-6 NATIONAL RALLY, Madison, WI.  
BICYCLE USA/League of American Wheelmen National Rally will headquarter at beautiful University of Wisconsin campus on the shore of beautiful Lake Mendota. Numerous route to choose: around 3 lake shores, centuries through rugged hills; ethnic communities where you can enjoy Swiss pastries, stop at cheese factories, dairy farms, a winery, swim in cool lakes, and visit pioneer settlements.
- There'll be a picnic, reception, a full series of workshops and special activities. \$140 covers registration, meals and lodging. Application forms from Bicycle USA '85 National Rally Committee, P.O. Box 1455, Madison, WI 53701.
- Pre- and Post- tours are also available. June 30-July 2 in Green County one camping \$22 or motel \$42 and Elroy-Sparta June 29-30 \$63 or \$33. Post-Rides July 6-13 Door County tour \$130 lodging; \$67.50 camping.
- July 19021 AMISHLAND & LAKES, Ind.  
Friday optional. 4 p.m. registration and 14 or 28-mile rides. Social hour. Headquarters Howe Military Academy, Howe, Indiana. Sat. 50-mile ride in Amish country, dinner, entertainment Village Green. Sun. 50-miles southern Michigan lake area. \$30. incl. 2 meals, overnights. Michiana Bicycle Assoc. Box 182, Granger, IN 46530.

## Where There's A Will...



This summer, the Pando family of Costa Mesa will use the funds earned from newspaper

deliveries for a bicycle trip through Europe. From left: Laurie, Lee, Genie and Stacy Pando.

Bicycle touring isn't nearly as expensive as traveling by car, plane or train but, even so, how do you fit an extended tour into a limited budget? Here is how one family from Costa Mesa, California, have solved their problem:

Ray Blum of Downey, California sent me their story in the Los Angeles Times. Lee and Genie Pando took up bicycling before their two daughters could ride bicycles. First there were rides to the park or for ice cream, then all-day trips to Laguna Beach (10 miles) and finally their first long-distance ride to San Diego in 1973. Both daughters, Laurie and Stacy, made their first riding trips when they were 7 years old.

As the family's bicycling enthusiasm grew, so did equipment purchases: bikes, helmets, Gore-tex rain suits, gloves, shoes, etc. They also took lessons on bicycle safety and maintenance.

After several rides to San Diego the family planned a cross-country ride. As a training ride to see how they would handle "living off a bicycle" they took two weeks to bike from Costa Mesa to Los Angeles and were ready for their cross country trip.

They started out in June, 1981, and have many heartwarming memories of people and places along the road. Genie, the mother, was miserable the first few weeks. They had made the mistake of trying to catch up with another group ahead and at the same

time riding up mountains, through rain and terrible head winds. In Montana she "literally threw in the towel." She cried her way to the nearest phone and called her dad to ask him to come pick her up. He refused! He said he had told all his friends how they were riding across the U.S. and she wasn't going to make a liar out of him! She never thought about quitting again!

This experience taught them a good lesson: They rode at their own pace and took time to enjoy the beauty of the country instead of speeding through it. They reached Washington D.C. in September, 1981.

Then the family began dreaming of bicycling in Europe. They knew they'd need \$10,000 so in January, 1984, they began delivering newspapers to help finance their "dream vacation", riding their bicycles from Amsterdam to Italy, June 1985. They get up at 2:30 a.m. to fold, wrap and deliver 260 newspapers..up to 3-1/2 hours on weekdays and 4-1/2 hours on Sunday due to extra inserts.

Laurie is a junior in high school and Stacy, 14, has visions of Olympic gold. Her parents have promised to find a good trainer for her after the European trip.

This is one family that will really appreciate their experiences and will treasure their memories for years to come - for they have earned every minute of them!

The moral to this story? If you really want to - you'll find a way!

## Rides Re-ridden



**APPLE PIE RIDE** - Over 25 enthusiasts assembled in light rain at Buffalo Grove High School for our first spring ride after our St. Patrick's Day ride. It wasn't long before the warm sun - nearly 80°! - appeared for most of the remaining ride. The original leader, George Mathison, now almost completely recuperated from knee surgery, appointed Elliott Kanner to lead while George and Marilyn performed an even more valuable service by sagging with their station wagon which was a terrific boost to such a large group so early in the season. We were glad to have ten new members riding with us.

**RURAL RUSTIC ROUTE** What a beautiful day for a ride! Twenty eight riders, a number of them new members, turned out on a bright, sunny day with temperatures that reached 85°. We headed up to Prairie View and lunched in Long Grove before heading back.

**BREAKFAST RIDE** In spite of a "backwards" map in the newsletter, twenty eight turned out at President Bob and Lois Meute's home for a 7:30 breakfast ride. Bright and sunny, but windy, we biked 4 miles for a delicious breakfast and then headed for the North Branch bicycle trail which we rode all the way up to the Botanic Gardens at Lake Cook Road. As we headed out of the Gardens we met the Evanston Bike Club coming in, so chatted briefly before bucking the wind back south. This was longer than the usual 20-mile breakfast ride, but what a beautiful day for bicycling! There were again a number of new riders with us, several that just joined in the past week.

**APRIL MEETING** Now we know how sardines feel! The park district had remodeled the Board Room into two rooms and there was no way we could fit in let alone show the 1981 Coors International Bicycle Classic film. Fortunately they moved us to the other end of the building: the Arts and Craft room and we finally settled down and enjoyed the program.



## CONSTITUTION REVIEW

Dick Ryan, Howard Paul, Elliott Kanner and Joe Tobias are reviewing our constitution, checking for any needed update, conformance to our new incorporation and pending insurance. Thank you fellows for your efforts and time!