

JUNE, 1985



MONTHLY MEANDERS



June Meeting

Wednesday, June 5, 7:30 p.m.
Heritage Park
222 S. Wolf Road, Wheeling

PROGRAM: JOHN SILKER
RACE ACROSS AMERICA RIDER

Take heart all you new bicycle riders! This 5th place finisher in the 1983 RAAM event started biking at age 30 and did his first century in 1982. By 1983 he completed the grueling RAAM averaging 275 miles a day from California to New York! John is now training and trying to qualify for the 1985 Ironman Triathlon in Hawaii.

Come to the meeting to see and hear this cyclist with the unusual physique of a football player with a competitive heart to match.

Pat Marshall,
Program Chairman



JIM AND MYRA BAUM

We had no chance to even say, "We'll miss you, Jim and Myra, keep in touch" before they moved to Scottsdale, Ariz. Jim was transferred back to the Phoenix area with a nice promotion as Vice President and General Manager of Tex-

aco Division of Motorola.

Their lovely home in Long Grove, in which they hosted our New Year's Day ride and social - including the pool, is up for sale and they are renting an apartment at 6349 N. 78th St. #125, Scottsdale, AZ 85253 while they look for a home.

DANGER

Phyllis W. Harmon

Several new as well as long-time members are developing dangerous group riding habits.

- Do NOT pass on the right.
- Do not ride close to the center line so another rider cannot pass without crossing to opposite lane.
- DO NOT DRAFT in group riding. i.e. ride with your wheel about six inches from rider ahead. And never, at any time, draft without knowledge and permission of rider ahead.
- Allow good space between handlebars when passing.
- Do not pass and then cut in abruptly.
- When leading, be sure to give a hand signal before the intersection to alert riders of turn.
- Riders, pass hand signal along. Motorists and bikers behind cannot see leader.
- Stay behind the leader.
- Do NOT go through red lights. Two did Saturday at Techny and Saunders.

THE PREZ SEZ

Now that the warm weather is here once again, I really enjoy riding my bike to and from work. The warm weather also means that many more people and children are outside enjoying the longer, brighter, warmer days. On my daily commute, I see birds, rabbits, cats and dogs in the early morning.

On the return trip, during rush hour, the scene is quite different. There are cars, trucks, buses and children all around the riding environment. It is more stressful riding home.

On our club rides, the riding environment changes constantly due to the fact that we ride in towns as well as the countryside. We ride in groups large and small. We sometimes ride alone.

The point I'm trying to make is that we must constantly be alert to the changing scene around us in order to make sure that our rides are accident free. Wear your helmet, carry a spare tube, look to all sides and enjoy!

Keep in mind that before you know it the Harmon Hundred will be here. Bob Klein will need help from all of us in order to have a successful outing. We'll be calling for help from the membership before long.

Summer is here! Let's celebrate the season by cycling safely.

Bob Meute

Help Wanted

THINK ABOUT IT! Are you busy on Sunday morning July 7? Want to spend an exciting morning standing at a street corner making sure no car hits a bicycle rider? Want to hand cups of water to super-thirsty bikers? Want to check off their numbers as the pedal by?

Sign up to help the ARLINGTON TRIATHLON. Your help is needed from about 6:45 a.m. to 10:30 a.m.

Your job will be over in plenty of time to see the exciting finish at Recreation Park. Guaranteed an exciting event; we need your help.

Contact Bill Eilers at 394-8560 or M-E Spirek at 398-1650 or at 398-1244.

FOR SALE

RALEIGH 1 " Mixte. Club ready with grabons, mirror, odometer, kevlar tires. Pat Marshall - 564-0346

WANTED

ROOFTOP CARRIER FOR TWO BIKES.
Pat Marshall - 564-0346

New Members

Sixty seven new memberships and 113 renewals so far this year! See page 6 of enclosed BICYCLE USA for additions to our membership list.

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



'84 BICYCLING ADVENTURE Part I by WAYNE PLATEK

The young cowboy beside me slept uncomfortably, unable to recline the extra few inches that would allow his sinewy body to fully relax. The man who designed Greyhound seats was a sadist, I thought. We rolled on, mile-after-mile in the cool darkness of the late summer Nebraska night. It seemed ironic to me that neither I nor my newfound Wyoming friend were comfortable out of the saddle. Earlier in the evening he'd told me how he'd fallen asleep often on the back of his horse and how he hated traffic and most everything on four wheels.

We had much in common: a love for the outdoors, a desire for peace found in solitude, a keen sense of where we fit in "life's big picture" as he called it! The only real difference was he rode a horse and I rode a bicycle. But fate found us alongside one another, sharing a brief moment of our lives together, and I for one am a firm believer in fate. It had guided me safely for 2,500 miles, alone on a bike, just me and the road and the experiences in between. This is the story of a few folks' experiences with a lone bicyclist last summer....

Early August in Missouri is not the high point in a bicyclist's life. This I learned immediately after crossing the "Big Muddy" from a week's ride with five hundred equally "unbalanced" but fun-loving cycling enthusiasts! The promoters simply called it BAMMI (Bicycling Across the Magnificent Miles of Illinois), a 450-mile tour from Buckingham Fountain in Chicago,



BAMMI riders pedaling along the beautiful Mississippi River

across Illinois and south as far as Quincy, Illinois. I came to know it as one of the most enjoyable experiences in my life...good friends, good riding and six nights of partying with a few hundred of my closest friends! No doubt Nauvoo, Illinois, will long remember the crazy bike riders who celebrated a peer's birthday with the usual vigor of V-E Day! The line dance out of the saloon and down the main street was only outdone by the ten barefooted folks twisting on the pool table! We made Chubby Checker proud that night.

Sunrise found a few of us stretched out on a spit of sand along the Mississippi. Passing barges blasted their riverboat horns like so many roosters in a barn, much to the

annoyance of several hungover cyclists!

A brief, skinny dip in the cool, slow-moving waters, which stretched three quarters of a mile to the banks of Missouri, cleared the cobwebs as we headed off for another day's ride.

As all good rides must, this first week saw an end but it also marked the beginning of four weeks of solo riding. I spent an hour on that last morning in Quincy, Illinois, saying good-bye. Soon I was off on my own, feeling a little depressed and very alone. Ahead of me lay Missouri, Kansas, Colorado and Wyoming....to be continued next month.

MARATHON By JENNY BRUNS

During the Fall Frenzy century last September, bicyclists encountered marathon runners several times along the route. The effort of sharing the road was a major preoccupation as one had to avoid runners to the right and vehicles on the left. I felt a small triumph over vehicle traffic as the two sporting events dominated the road in the rural Aurora setting.

The word "marathon" commemorates the messenger Phidippides who ran from Marathon to Athens to carry word of a Greek victory over 30,000 Persians at Marathon in 490 B.C. "Rejoice" he declared, "We conquer." Then, the story goes, he died. In the running world, the standard distance for a marathon of 26 miles, 385 yards, emerges in the 1908 Olympics. But the word "marathon" is

also applied to any long distance race or contest of endurance. A bicycling marathon may vary in distance but the implication is that cyclists will have to demonstrate a high level of endurance.

I took the opportunity to observe the runners as they were fresh into their marathon and immediately noticed a wide range of mannerisms. Some nonchalantly strolled along, chatting with fellow participants, acknowledging passing bicyclists with a greeting. Others were solely intent on the task at hand, but still in a relaxed manner. In turn, I wondered how the runners viewed the steady stream of bicyclists as we alternately pushed up grades, fought the wind, and luxuriantly glided downhill.

The routes separated from each other for awhile and then became one again as the runners went beyond the 20 mile mark, entering the stage which makes a running marathon unique from other foot races. I noticed the pained facial expressions as the runners willed their protesting bodies past the infamous wall where energy reserves are depleted. Spectators capable of understanding the suffering shouted encouragement and I inwardly empathize with the runners as I continued to pedal toward completing my own marathon of endurance. I hoped that when I was approaching the end of the century in a few hours, I would once again find the energy to complete the distance. On that day, in the midst of Illinois cornfields, runners and cyclists viewed each other with mutual respect during their marathon ing efforts.

SCHEDULE

- June 1 McHENRY DAM RIDE, Long Grove
Sat. 10 a.m. - 40 miles - from Kildeer School, Old McHenry Road north of downtown Long Grove. Bring sack lunch. Howard Paul - 824-2941
- June 2 LIBERTY METRIC, Riverwoods
Sun. 6:30-10 a.m. - 31 or 62 miles from Wright Jr. High on Riverwoods north of Rt. 22. \$5. Sponsored by Mt. Prospect Bicycle Club. \$5. incl. patch and snacks. L.A.W. patch \$2. Jim Shoemaker - 392-6533.
- June 8-9 WHITEWATER WEEKEND - Various
Jerry Goldman's Pedal Across Wisconsin weekend ride. 100 miles from Barrington Hills; 75 miles from Crystal Lake; 50 miles from Genoa City, WI. Overnight in dorms at Univ. of Wisconsin; dinner Sat. - breakfast Sun. Baggage transportation and sag. Jerry Goldman - 695-7964.
- June 14-17 GEAR UP Princeton, N.J.
BICYCLE USA at Trenton State University. Variety of rides, workshops, entertainment. GEAR UP, P.O. Box 185 Lambertville, NJ 08530-0185.
- June 15 HILL AND DALE RIDE Long Grove
Sat. 7:30 a.m. 75 mi. from Long Gr. 9:30 a.m. 40 mi. fr. Algonquin Strenuous with most hills on short route. Bring lunch. Dick Ryan - 381-1775
- June 16 BREAKFAST RIDE, Wheeling
Sun. 7 a.m. - 20 miles from Chamber Park, Wolf Rd. north of Dundee Rd. Early Father's Day ride to Libertyville.
- June 22-23 MS BREAKAWAY to Galena
Sat. from Wheaton College. 75 miles to White Pines State Park. Picnic supper and entertainment. Sun. 75 miles to Historic Galena. Charter bus ride back to Wheaton. Great prizes based on money raised. MS-150 long sleeved T-shirt for all. Info from MS Soc. 922-8000 or 1-800-2-HELP-MS
- June 22 CRYSTAL LAKE RIDE, Long Grove
Sat. 9 a.m. - 62 miles from Kildeer School. Lunch in Crystal Lake. Bob Kelin - 299-2888
- June 23 TEMPEL LIPIZZAN SHOW Deerfield
Sun. 10 a.m. - 50 miles from Wilnot School corner of Wilnot and Deerfield Rd. (Park on south side of school. Buy or bring lunch. \$6 for 1-1/2 hour horse show. Pass Gold Pyramid on route. Pat Marshall - 564-0346.
- Jun.29-30 DOOR COUNTY WEEKEND, Wisc.
Sevastopol H.S., Institute Wis. Rt.57 North of Sturgeon Bay. \$35 incl. Sat. dinner

INVITATIONALS

- June 2 ESTATES OF LAKE FOREST BY BIKE
Sun. 1 p.m. \$4 for 2-hour tour of lovely estates. Meet at Market Square, Lake Forest. Chicago Architectural Foundation 922-3432.
- June 1 CITRONET COOLER, Chicago
Sat. 10-4 from Lincoln Park Mall. Organized by Bicycle Federation for benefit of Arthritis Federation. \$3. registration. Bike north to Montrose Beach. Lots of prizes and sponsors. Arthritis Foundation, 79 W. Monroe, Suite 1120, Chicago IL 60603
- June 2 KENOSHA DIAMOND RIDE, Wisc.
Sun. 7-10 a.m. 25/50/75/100 miles from Bradford H.S. 3700 Washington Road, East Parking Lot (Hwy.142) Pre-registration \$5 or \$6, incl. food stops, patch, map, sag wagon. Kenosha Roadrunners, Elfriede Finnegan, 1711 74th St. Kenosha WI 53140 414/652-3373.
- June 9 HIGHLAND PARK BY BIKE
Sun. 2 p.m. \$4 for 2-hr. tour. Meet at Time Square, Central/St. John's

SCHEDULE CONTINUED

- and Sun. breakfast. 25/50/75 and 100-mile loops plus miles along Green Bay and Lake Michigan shorelines. Monday, July 1 optional. Can go directly to BICYCLE USA National Rally at Madison. Jerry Goldman - 695-7964.
- July 2-6 BICYCLE USA NATIONAL RALLY
University of Madison, Wisc. Regis. \$40 (non-members \$55.) Room and board \$50. 10 rides a day, workshops, exhibits, entertainment. BICYCLE USA '85 National Rally Committee, P.O.Box 1455, Madison WI 53701.
- July 6 BREAKFAST RIDE Highland Park
Sat. 6 a.m. - 20 miles - from Chicago Northwestern Railroad Ravinia station, north of County Line. Breakfast at the original Walker Pancake House in Wilmette. Al Berman 541-9248 or Sandy Krugman - 480-1843.

WEDNESDAY NIGHT RIDES

- 6:30 until twilight. Distance varies with length of daylight
- June 12 from Lancer Park, Schaumburg.
Take Higgins to Roselle Road. 2-1/2 miles south on Roselle to Weathersfield Way. Left (E) on Weathersfield Way 1/3 mile to the park. Joe Kabbes - 894-3570.
- June 19 from Busse Woods, first parking Tot on Arlington Heights Road
south of Higgins. George and Marilyn Mathison - 825-5470.
- June 26 from Kildeer School, Long Grove. Al Berman - 541-9248.

Ave., Highland Park. Chicago Architectural Foundation 922-3432.

June 9 RAILROAD DAYS RIDE TO BISHOP HILL
Sun. 7-9 a.m. from Carl Sandburg College in Galesburg, Ill. 25/62/100 miles \$6 by June 5 or \$7. Galesburg Bicycle Club, 1158 Brown, Galesburg, IL 61401. 309/343-0243.

CLASSIC BICYCLE TOURS, P.O.Box 668, Clarkson, NY 14430.

Crete, June 13-28
Classical Greece I June 27-July 19
Classical Greece II Sept.5-27
Southern Spain, June 23-July 8
Quebec, August 4-18 or Aug. 18-25.
Dale 716/637-5970.

June 15-16 GREAT NORTHWEST TOUR, Mich
\$8 by May 31 or \$11. From Glen Lake H.S. 3-1/2 miles west of Maple City, Mich. on County Road 616. Two 50-mile loops through Leelanau and Benzie Counties plus optional 25-mile extension. Also shortcuts for less mileage. GREAT NORTHWEST TOUR, Glen Lake H.S. Journalism Dept. 49664.

June 16 SPRING CITY ANNUAL TOUR
Sun. 7-noon. 30 mile in Kettle Moraine State Forest area or 70 mile in hillier loop past Wisc. landmarks incl. Holy Hill. From Waukesha YWCA 306 N. West Ave., Waukesha, Wisc. \$7 by June 1 or \$8 incl. lunch. Checks payable to Spring City Spinners, send to SCAT '85 c/o Steve Giles, 705 Oak Ridge Ct., Waukesha, WI 53186. 414/547-9471.

July 20-29 MACKINGTON RIDES AGAIN

Arlington Heights Bicycle Assoc. tour of beautiful Lake Michigan views, quaint towns, excellent food, and varied terrain. Bus holds 45 people. Start with ferry ride to Mackinac Island, tour lovely Grand Hotel and lunch. Overnights in campgrounds. Bike to Ludington for ferry across Lake Michigan to Kewaunee. Ride on Wisconsin side of Lake Michigan and bike to Milwaukee and Park East Hotel. Enjoy German Fest in Milw. Then back to Arlington Heights. Norma Witherbee, 674-0523.

Jul.21-Aug.3 THE GREAT LAKES TOURS

From Ludington, Michigan to Petosky, across the north end of Lake Michigan over to Wisconsin, down to Green Bay and the ferry back from Kewaunee Wisc. GLT, P.O.Box 27316, Lansing, MI 48909. 1-517-485-9943. Camping or motels.

Aug.4-11 BAMMI, Chicago

Chicago Lung Assoc. ride from Buckingham Fountain at 8 a.m.. Stops in Joliet, Peru, Peoria, Springfield, Pittsfield, Jerseyville and Edwardsville. 50-72 miles/day. Total 450 miles. \$120 by June 1 or \$130 until July 19 deadline. Application from BAMMI IV, Chicago Lung Assoc. 1440 W. Washington Blvd. Chicago IL 60607

Rides Re-ridden



BREAKFAST RIDE - It was a great day for bicycling when Bob and Betty Vargas led us through several suburbs followed with a leisurely breakfast at Bill Knapp's. Bob conveniently had a flat tire near his home, so Betty led us back.

AUDUBON RIDE - Bright, sunny but cold at first, we pedaled to Crabtree Nature Center, lunched at the White Hen in Algonquin, pedaled up Hansen hill and swooped down into East Dundee for ice cream before pedaling the scenic road along the Fox River to Elgin and Shoe Factory Road back, bucking a headwind instead of the terrific tailwind of last year. Thanks Bob and Marie Morrell.

WESTWARD HO Wind? I think this was the toughest wind we've bucked in a

long, long time! Twenty mph winds with 45 mph gusts almost stopped us in our tracks. Pedaling east or west was almost as difficult as the strong gusts required strong grips on the handlebars and hard pumping. Most of the ride back was north and we coasted long stretches from 13 to 18 mph and one stretch uphill at 21 mph! Jerry Goldman led this beautiful ride and then led us to a store afterwards where we could get big ice cream cones for 25¢! Because of the wind, mileages ranged from 40 to 48, 54, 65, 85 and 105 miles! Five riders did the whole round trip from Arlington Heights!

COLLEGE CAMPUS CRUISE Again a beautiful bright, sunny day but a very strong south wind. Don Derebey has some beautiful roads and bike paths through Lake Forest. We toured the campus of Barat College, Lake Forest College and an Academy. We couldn't lunch at Lake Forest College as planned because of a graduation luncheon so we ate at McDonalds near Fort Sheridan.

EAST LOOP - Elida Rech led us over this route originally mapped by Mike Enwright but she found a new way to get to Lake Cook Road without bucking Dundee Road traffic. We meandered to the Botanic Gardens entering from the north. We had an hour to lunch and/or enjoy the views before we headed to the Northbrook bicycle track for a few laps. The strong west wind had switched to the northeast but no matter which way we went we seemed to be bucking the wind!

WEDNESDAY NIGHT RIDES Pat Marshall led the first evening ride of the season through little known streets, lovely homes and parks. Phyllis Harmon led us through Prospect Heights, Mount Prospect, Wheeling and Arlington Heights, making a bee-line back when black clouds loomed in the southern sky. We rode the last four miles in a light drizzle.

MAY MEETING - Mike Palmieri talked on sports medicine and various exercises to do before bicycling to stretch muscles.

GEARS

Phyllis W. Harmon

A number of you, not only new riders, have been asking questions about gears. In regard to bicycling, "gear" is the diameter of a hypothetical wheel whose circumference is equal to the distance traveled by a bicycle with one revolution of the pedal.

$$\text{Gear formula: } \frac{\# \text{ teeth in chainwheel}}{\# \text{ teeth in rear sprocket}} \times \text{wheel diameter} = \text{Gear}$$

Figure all gear combinations by counting teeth. Use above formula or Gear Chart below. Set up a chart showing your Gears. Tape to your handlebars for easy reference:

Teeth on Sprockets	Teeth on Chainwheels	
	52	40
14	100.3	77.1
17	82.6	63.5
20	70.2	54.0
24	58.5	45.0
30	46.8	36.0

For the circumference, if you want to know the exact distance you will travel with each revolution of the pedal, simply multiply Gear by pi (3.14) Example:

$$\frac{48}{27} \times 27" \text{ wheel} = 81 \text{ Gear} \times 3.14 \text{ pi} = 254.34" \text{ or } 21'2" \text{ per pedal revolution.}$$

The formula for figuring Gear is: Divide # of teeth in front chain-wheel by # of teeth in rear sprocket. Multiply by wheel diameter and the result is the Gear.

It is much more convenient to use the chart.

Gears vary to allow maximum speed or maximum power..uphill, downhill, into or with the wind. Practice shifting feel results.

Gear Chart from Wares-Cycles Milwaukee, Wisc.

GEAR CHART FOR 27" WHEEL

Teeth Per Rear Sprocket	Number of teeth, Chainwheel (large front sprocket)																					
	24	26	28	30	32	34	36	38	40	42	44	45	46	47	48	49	50	52	53	54	55	56
12	54.0	58.5	63.0	67.5	72.0	76.5	81.0	85.5	90.0	94.5	99.0	101.2	103.5	105.7	108.0	110.2	112.3	117.0	119.3	121.5	122.7	126.0
13	49.8	54.0	58.1	62.3	66.4	70.6	74.7	78.9	83.1	87.2	91.4	93.4	95.5	97.6	99.7	101.8	103.9	108.0	110.1	112.1	114.2	116.3
14	46.2	50.1	54.0	57.8	61.7	65.5	69.5	73.3	77.1	81.0	84.9	86.7	88.7	90.6	92.6	94.5	96.4	100.3	102.2	104.1	106.0	108.0
15	43.2	46.8	50.4	54.0	57.6	61.1	64.8	68.4	72.0	75.6	79.2	81.0	82.8	84.6	86.4	88.2	90.0	93.6	95.4	97.2	99.0	100.8
16	40.5	43.7	47.2	50.6	54.0	57.2	60.9	64.1	67.5	70.9	74.3	76.0	77.6	79.3	81.0	82.7	84.4	87.8	89.4	91.1	92.8	94.5
17	38.1	41.2	44.4	47.6	50.8	54.0	57.2	60.3	63.5	66.7	69.9	71.5	73.1	74.6	76.2	77.8	79.4	82.6	84.1	85.7	87.3	88.9
18	36.0	39.0	42.0	45.0	48.0	51.0	54.0	57.0	60.0	63.0	66.0	67.5	69.0	70.5	72.0	73.5	75.0	78.0	79.5	81.0	82.5	84.0
19	34.1	36.8	39.7	42.6	45.5	48.2	51.1	54.0	56.8	59.7	62.5	64.0	65.4	66.8	68.2	69.6	71.1	73.9	75.3	76.7	78.1	79.5
20	32.4	35.1	37.8	40.5	43.2	45.9	48.7	51.3	54.0	56.7	59.4	60.8	62.1	63.4	64.8	66.2	67.5	70.2	71.5	72.9	74.5	75.6
21	30.8	33.4	36.0	38.6	41.1	43.7	46.4	48.9	51.4	54.0	56.6	57.9	59.1	60.4	61.7	63.0	64.3	66.9	68.1	69.4	70.7	72.0
22	29.4	31.9	34.3	36.8	39.2	41.6	44.2	46.6	49.1	51.5	54.0	55.2	56.5	57.6	58.9	60.1	61.4	63.8	65.0	66.2	67.5	68.7
23	28.1	30.5	32.8	35.2	37.5	39.9	42.4	44.6	47.0	49.3	51.6	52.8	54.0	55.2	56.3	57.5	58.7	61.0	62.2	63.6	64.5	65.7
24	27.0	29.2	31.5	33.7	36.0	38.2	40.5	42.8	45.0	47.3	49.5	50.7	51.8	52.9	54.0	55.1	56.3	58.6	59.6	60.7	61.8	63.0
25	25.9	28.0	30.2	32.4	34.6	36.7	38.9	41.0	43.2	45.4	47.5	48.6	49.7	50.8	51.8	52.9	54.0	56.2	57.2	58.3	59.4	60.4
26	24.9	27.0	29.0	31.2	33.2	35.3	37.4	39.5	41.5	43.6	45.7	46.7	47.8	48.8	49.9	50.9	51.9	54.0	55.0	56.0	57.1	58.1
27	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0	42.0	44.0	45.0	46.0	47.0	48.0	49.0	50.0	52.0	53.0	54.0	55.0	56.0
28	23.1	25.0	27.0	28.9	30.8	32.8	34.8	36.6	38.6	40.5	42.4	43.4	44.4	45.3	46.3	47.2	48.2	50.1	51.1	52.0	53.0	54.0
29	22.4	24.2	26.1	28.0	29.8	31.6	33.5	35.4	37.2	39.0	41.0	41.9	42.0	43.8	44.7	45.6	46.5	48.4	49.4	50.3	51.2	52.1
30	21.6	23.4	25.2	27.0	28.8	30.6	32.4	34.2	36.0	37.8	39.6	40.5	41.4	42.3	43.2	44.1	45.0	46.8	47.7	48.6	49.5	50.4
31	20.9	22.8	24.4	26.2	27.9	29.6	31.4	33.1	34.8	36.6	38.3	39.2	40.1	41.0	41.8	42.6	43.5	45.2	46.2	47.0	47.9	48.8
32	20.3	22.0	23.6	25.3	27.0	28.7	30.4	32.1	33.7	35.4	37.2	38.0	38.8	39.7	40.5	41.4	42.2	43.9	44.7	45.5	46.4	47.3
33	19.6	21.3	22.9	24.6	26.2	27.8	29.5	31.1	32.7	34.4	36.0	36.8	37.6	38.5	39.3	40.1	40.9	42.6	43.4	44.2	45.0	45.9
34	19.1	20.6	22.2	23.8	25.4	27.0	28.6	30.2	31.8	33.3	35.0	35.7	36.5	37.4	38.1	38.9	39.7	41.3	42.1	42.9	43.6	44.5