

JULY, 1985



MONTHLY MEANDERS



July Meeting

(NOTE DATE THIS MONTH)
WED., JULY 10, 7:30 P.M.
Heritage Park
222 S. Wolf Rd. Wheeling

Program: FITTING YOUR BIKE TO
YOUR BODY
by Keith Kingbay

There's more to making your bike fit you than just adjusting the seat height. Proper saddle fore-aft position, stem length, cleat placement and other adjustments can often eliminate some of the little - or big - aches and pains you may now take for granted.

Our own Keith Kingbay will speak and demonstrate careful bike setup. Keith lectured on this subject for the American College of Sports Medicine, so I know we all can benefit from his knowledge.

Pat Marshall.

Cookie Makers

There is nothing more popular on an invitational ride than homemade cookies! With an even greater participation anticipated this year on our Harmon Hundred/50/25 we will need more than ever. There is no need to wait to start your ovens!

Ruth Gaines, Harmon Hundred chairperson two years ago, has a large freezer available in which to store cookies baked ahead of the event. So bake away to your heart's content and then call Ruth at 541-8064 and she'll freeze the cookies until needed.

Rick and Ruth are expecting their first child sometime in August so this is one way they can help on the Harmon Hundred. Thank you!

Now is the time to decide what job you want to take on for that big day: sag stop, registration, check-in, food supplies/distribution, sweeps, arrows on the road, etc.etc. Bob Klein, chairman - 299-2888.



Sylvain Imbleau, Canadian bicyclist touring the U.S., and John Silker, fifth finisher in the 1983 RAAM Race across America, at our June meeting.

TWO BICYCLISTS - A TOURIST AND A MARATHON RIDER - AT JUNE MEETING

Phyllis W. Harmon

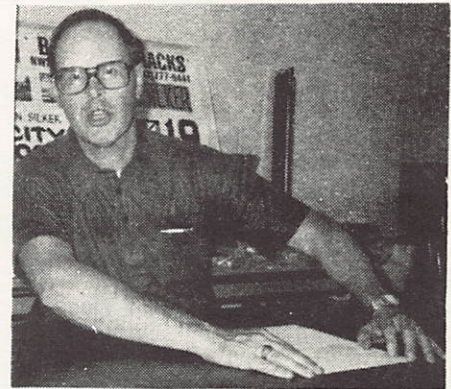
Last January I was visiting my daughter in Orange, California. Steve Gottlieb, formerly of Fermi Lab, was coming up from San Diego and asked if it was OK to bring a French Canadian bicycle tourist with him. Of course it was! So we met Sylvain Imbleau who had left Montreal on August 17, bicycled down the east coast to Florida, across to San Diego and he was waiting for milder weather before heading up the west coast to Seattle, Victoria, Vancouver and across back to Montreal. I promised him that if he dipped down into the Chicago area on his way back I'd show him the Chicago area points of interest.

Sylvain came down through the Dakotas and Wisconsin to Wheeling. For a week we thoroughly enjoyed hearing of his travel experiences and showed him the famous sights in Chicago. He brought the U.S. map to the June club meeting with all of his route marked outlining the country. Saturday I biked 18 miles with him as he headed out of town to Indiana, Detroit into Canada, back across the Niagara Falls to bike New England and Newfoundland before returning to Montreal and college. What a trip!

John Silker, the RAAM rider, held our interest telling important prin-

Continued page 2

THE PREZ SEZ



Now is the time for all good club members to come to the aid of the HARMON HUNDRED.

I know that this is only the month of June, but before you know it, September will be here. So block out the date of Sunday, September 8 on your calendar. This is our big invitational. It has grown over the years to the extent that we are now known in most of the states. We expect 900 to 1,000 people to ride this year. Wednesday, July 10, our July meeting date, is another date to remember. We will plan our work crews for the Hundred at that meeting.

My theme this year has been volunteerism. You have certainly responded so far. The spirit of cooperation is alive and well and living in the membership of the Wheeling Wheelmen! S00000000000, when your phone rings, you know that we will be asking for people to help on various committees. The job of hosting such a successful invitational is very important indeed. I look ahead to everyone's contribution in a group effort.

Bob Meute

President:	Bob Meute	823-2592
Vice-Pres:	Elliott Kanner	541-9176
Treasurer:	Dick Sorenson	593-7945
Membership:	Dana Elsesser	437-7047
Safety:		
Rec. Secy:	Jenny Bruns	439-5345
Pool Rides:	Marilyn Mathison	825-5470
Program:	Pat Marshall	564-0346
Editor:	Phyllis Harmon	537-1268
Check-out:		
Library:	Dick Ryan	381-1775
Tools:	Brian Henderson	537-3120

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

An  Affiliate

Blow'n in the Wind - by Jenny Bruns



As city dwellers, most of us think of soil as dirt that is a nuisance when it blows in our eyes, under our clothes, and appears in places we try to keep clean. Bicyclists struggling against the wind on the Westward Ho ride got their fill of blowing dirt in the gusts which swept across bare fields. Dust storms are becoming more frequent as the soil of our continent is being blown, washed and bulldozed away.

We should not take soil for granted. It is a complex, living substance on which the world food supply depends. There are 20,000 different soil types in the U.S. alone. They vary by origin, parent materials, age and climate. Every cubic inch holds millions of beneficial creatures and microscopic organisms which help to enrich the soil.

Erosion is a natural process. Wind picks up dust and rain carries soil away in sheet erosion. But human activity accelerates erosion far beyond the replacement rates of nature. Farming and development strips the land of year round protective vegetative cover. In Iowa, some topsoils that were once a foot deep today are only 6".

On the farms we are losing more soil than we were losing in the Dust Bowl. Loss of soil means the

loss of agricultural productivity. The top layer has the most nutrient matter and the best soil structure for aeration, moisture and temperature. Farmers have tried to plant every inch of their land in a desperate effort to avoid financial disaster by producing more crops. But removing windbreaks, plowing pastures for crops, planting land that is steep and prone to erosion are methods leading to disaster. We have tried to stave off a collapse in productivity by using technology. Tractors, pesticides, herbicides and fertilizers have enabled farmers to get higher yields in soil-eroded fields. But these methods cannot continue to offset the loss of precious topsoil. It takes 250 to 1000 years to build one inch of topsoil!

We must conserve soil the way we conserve other habitats such as forests and wetlands. The nation hasn't been ignoring the problem. The Soil Conservation Service employs 14,000 full-time workers and there are 3000 soil conservation districts covering almost every inch of American topsoil offering scientific advice on how to save the soil. We must all heed the advice from the large operation farmer to the smaller scale home gardener. Otherwise we will find ourselves cycling in more frequent dust storms of greater magnitude and, worse of all, lose the base for our food supply.

IMBLEAU AND SILKER cont. from p.1

principles of long-distance riding:

1. Get involved; training takes time.
2. Set your goals..RAAM, Triathlon.. Be prepared for frustration. Set goals and reassess as you progress. Competition helps you ride better.

There is an exhilarating feeling when you are with a group..TV, helicopters..the feeling builds; let other people inspire you.

In talking of his 1983 RAAM ride, John stressed: Don't take yourself too seriously. People think the route is monotonous; not so. In Arizona there was a 26-mile climb, but 85% of the time the scenery is really beautiful.

He talked of mental highs such as at Gettysburg, the Ben Franklin bridge...and only 60 miles to go!

In his slide show he mentioned the silence and anxiety at the start of 3200-mile ride. Then the excitement of the start and the loneliness, feeling you are the only person. Then the desert: the "bonks" deplete blood sugar, cramps, nausea and Lon 425 miles ahead, John 300 miles ahead. The excitement atop Loveland Pass after a 12-mile, 2-1/2 hour climb; the frustration when Michael Sherman had to drop out and the exhilaration at the finish.

Thank you, John, for a great evening!

WHEELING WHEELMEN LIBRARY

ON LOAN FROM MEETING TO MEETING

- Designing and Building Your Own Frameset, Richard P. Talbot, 1984
Anybody's Bike Book, Tom Cuthbertson
John Marino's Bicycling Book, John Marino et al, 1981
The All New Complete Book of Bicycling, Eugene A. Sloane, 1980
Glenn's Complete Bicycle Manual, C. W. Coles and H. T. Glenn, 1973
The High Tech Bicycle, Edward P. Stevenson, 1982
The Bicycle Users' Manual, Editors of Bicycling, 1982
Expert Bike Handling, T. Prehn & John S. Allen, 1984

Additional planned book purchases:

- Sutherland's manual
 Sharp's manual
 Bicycling Science
 The Custom Bicycle
 The Bicycle Wheel

WHEELING WHEELMEN TOOLS ON LOAN FROM BRIAN HENDERSON - 537-3120

- Cone wrenches, 13mm x 14 mm, 14 mm x 17 mm
 Y socket wrench, 8 x 9 x 10 mm
 Park brake centering wrench 10x13 mm
 Campagnolo pedal wrench (dust cap)
 A T D Bottom bracket & headset wools
 Sun Tour freewheel and hub vise.
 Sun Tour freewheel tool (remover)
 Phil Wood freewheel tool, splined
 Sun Tour sprocket remover, chain type, Ultra width
 Park wheel truing stand.
 Park spoke wrenches, red, green and black.

BRAHMS, BEETHOVEN AND BICYCLING

WEDNESDAY, JULY 24 - 6:30 P.M.

What a way to unwind after a hectic day! Classical music, well behaved concert goers, beautiful grounds and a superb sound system make Ravinia a top attraction.

Meet me at 6:30 p.m. in the Ravinia parking lot in Highland Park, .2 mile north of Lake Cook Rd. on Green-bay Road. I will have a sign on top



of my car. Our bike ride will proceed from there. On our return you must lock your bike in or on your car. Bring a lawn chair or blanket and \$5 for admittance to hear the London Symphony Orchestra at 8:30 p.m. You may bring or buy your own food/drink.

I am hoping several non-riding spouses will save us an area on the lawn. For those coming early there is a 7 p.m. free preview concert featuring the evening's piano soloist. Call me if you can help out.

Meet us promptly at 6:30 p.m., ready to go, for a lovely evening.

Pat Marshall - 564-0346

'84 BICYCLING ADVENTURE CONTINUED.

About five friendly favors and several nice people down the road, I came to Arrow Rock. You have to *come* to this little town because no one *leaves* it once they arrive. Well it was pretty hot and there was a 150 year old tavern and inn celebrating its birthday, so I thought this might bear some looking into. I reckoned any place with a 150-year track record had to serve a good beer! (If you haven't noticed, Pat Marshall isn't the only one who appreciates a "cold one" occasionally.)

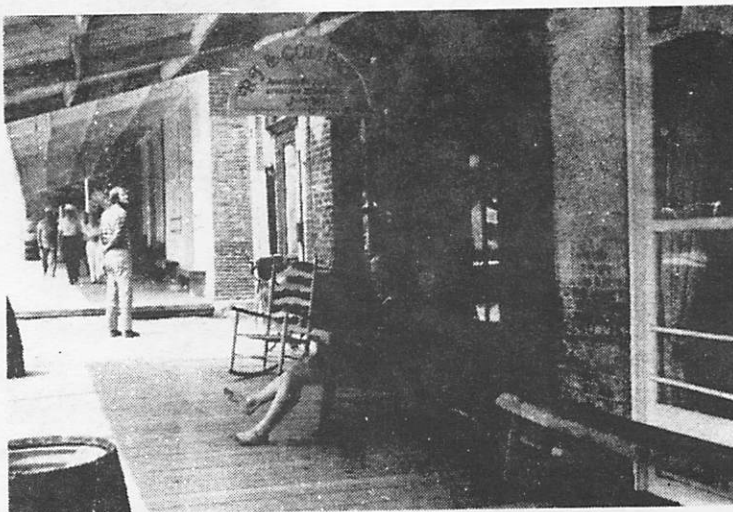
As I coasted down Main St. toward the Missouri River time slowly turned back a century and a half. Memories of old western movies came to mind. Wooden sidewalks lined the street as the hot August sun was fended away from the store fronts by overhanging roofs extending out from the facades. Cobblestone streets lined with hand hewn limestone gutters fell away toward the east end of town and the river. I was swept back in time, fully expecting to turn a corner and run into Jesse James or Doc Holiday!

Kathy ran the small info office in town. She fit in perfectly; hair tied up in a bonnet with ruffled trim, dark blue calico dress that fell to her high lace-up boots and a demeanor that would set the hardest city person at ease. She convinced me the town was worth a look see.

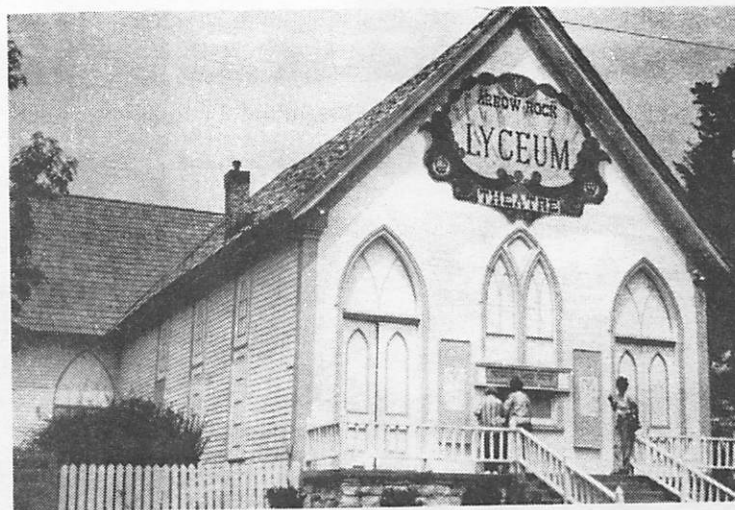
Some points of interest included the 150 year old inn, the Lyceum Theatre, a myriad of small shops and homes reflecting the early 1800s period and a small jail which reportedly held one of Daniel Boone's sons overnight.

While exploring this lovely town, I discovered a complete desire to give up my journey and settle down right then and there. Upon Kathy's insistence I proceeded to barter with the theatre director to exchange some backstage work for a reduced ticket to the evening performance of "Fiddler on the Roof." In exchange I received a superb evening of entertainment and friendship with the theatre troupe.

As I sat in the balcony of a restored 1840s Baptist Church, I saw "Fiddler" come to life. At one point near the end of the second act, while the father is lamenting over the trials and tribulations of being cursed with only daughters, an elderly woman quietly stood up and shyly asked, "Where's the ladies room?" Without missing a line or breaking the mood, he smiled and, throwing his hands up in the air, said, "See what I have to put up with?!" After



Wayne Platek resting on shaded wooden sidewalk in Arrow Rock, Missouri



Lyceum Theatre in restored 1840s Baptist Church in Arrow Rock, Missouri.

several standing ovations, I met with the troupe backstage where they invited me for dinner and drinks later that evening.

At the general store I again was treated to home town hospitality as I settled in to a free lunch of cucumbers, green peppers, home grown rock melon and lemonade while comfortably seated in the vintage rocking chair in front of the shop. I rounded out the day with a visit to the object of my initial curiosity, the inn. Before departing I'd bought a round and received three in return from locals and visitors alike. They liked what I was doing on my bicycle.

Nightfall found me with the nicest, craziest bunch of folks I'd

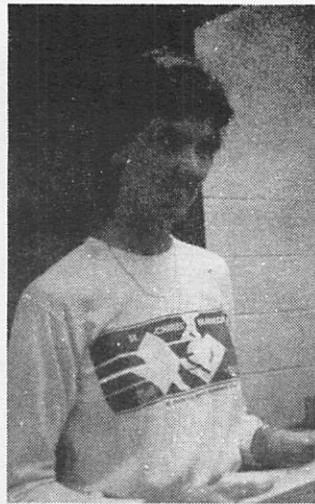
met in at least 24 hours! Actors and actresses surrounded me as we sat eating spanish rice with fresh tomatoes, stuffed peppers and fried chicken. When we finished eating, many retired to the lawn for several hours of backrubs, dancing and general summertime cavorting.

Arrow Rock was a very special experience in my life...but more soon followed.

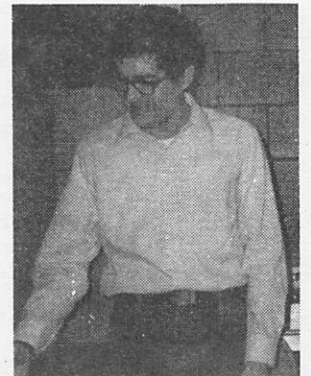
Continued next month....



PHOTOS by Phyllis W. Harmon
JUNE MEETING



Above left: David Lachman and Debbie Blomstrann
Above: Dana Elsesser, Membership Chairman
Above right: Barbara Hansen chatting with Alberta and Dale Youssi
Left: Elliott Kanner, Jennry Bruns and Jim Grant
Right: Peter Gianakakis brought refreshments



COLLEGE CAMPUS CRUISE

Below left: Lunch at McDonald's
Below right: Tandem couples on Campus Cruise
Jerry and Carol Hug
Dick and Ruth Ryan
Al and Eve Dargiel



East Loop

Left: Snack at Botanic Gardens.
Elliott Kanner,
Debbie Blomstrann
Barbara Hansen
Roger Thauland.

Right: Pat Marshall pumps up her tires with an audience of David Lachman Al Berman and Sandy Krugman.



'84 BICYCLING ADVENTURE Part II by WAYNE PLATEK

On my first day of riding in Missouri, I discovered the answer to two long-standing questions: "Why did Mark Twain like the Mississippi so much?" and "Why is it called the 'show me' state?" Twain wrote on the River because it afforded the only level spot in the state, and the inhabitants have to climb at least three hills anytime someone wants to show them something!

As far as cycling goes, my knees found Missouri to be synonymous with pain. An unquenchable thirst and crackling tar bubbles under my wheels afforded me an opportunity to meet a friendly local at the crest of each hill. Sauna-like heat and humidity forced me to drink upwards of three gallons of water a day and I seldom needed a tree... My black riding shorts soon became crusted and white with body salt. While hauling my 200-pound carcass and 80-pound load over a never-ending assortment of hills, I swore I'd invent a negative resistance granny gear or, better yet, give my bike away and hitchhike home. "I must've been some scoundrel in my previous life to deserve this much torture!" I thought.

Rule #1 of Wayne's Guide to Survivable Cycling: "Thou shalt not party for a week and ride still more without consequence." Addendum: Rule #1a. "leave the six pack at the base of the hill."

As the day rolled by (mostly up-hill), I decided the Rockies began at the Mississippi! At the end of Main Street in Perry, Mo., sat Nelson Staehle, the self-appointed chronicler of this small nook in the left armpit of Missouri. An old--old man sitting on a rough hewn bench in front of an equally old dusty storefront; the world passed by for him to scrutinize. At this moment in time, I was part of that world.

He leaned forward, both hands steadying himself on his cane, eyes squinting a hole through the unique sight before him. Finally, "Whar ya hadedi?" he drawled. "Through every small town I can find between here and Oregon", I answered, looking him hard in the eyes. He leaned back pondering such an idea, no doubt thinking I was crazy.

"I reckon you'd be from somewhar else!", he grinned. Appreciating his sly down home humor, I replied, "Yup. Don't reckon folks'd leave such a fine state as this."

His smile showed a few vacancies for teeth as he turned to his left

and increased his tobacco puddle by one squirt.

"Yer all right! Com'er and have a real seat.", he patted the bench. So began a three-hour discussion of politics, history (his grandfather was in the Civil War) and Nelson's unique philosophy of living. We parted beneath a fading late afternoon sky. His handshake still firm and steady.

I headed off for a brand new recreation area in Missouri. At a cost of almost a hundred million dollars the Clarence Cannon Dam had only been recently opened by no less than President Reagan. They must have known I was coming because they broke the water main for the whole area, leaving me dusty, dirty, and dehydrated. But take heart. Rule #2 (see Wayne's...) "believe in others and trust in yourself..."

I hurriedly began backtracking in search of a friendly farmhouse. Instead I found a friendly transplanted Texan tending his farmstand cum rural White Castle. Calvin Burnett was closing the overhead shutters as I rode up. He wore a tattered straw cowboy hat and scuffed boots. The outline of his truckers billfold ended where the chain began and looped around connecting toward his belt buckle. His heavy belt was fighting a losing battle with his sloping stomach.

I thought if St. Nick was a cowboy, this was him! Before I could finish explaining my needs, he'd already figured on where I'd pitch camp and what the meager cost'd be.. help him drop the shutters and send him a Christmas card. In exchange (Missouri style) he gave me a sack full of veges and fruit, two cans of cold pop, and two barbecue sandwiches. I took a quick photo of him for posterity and he was gone with a wave. With him, my belief in fellow man was reaffirmed.

Sunrise comes early when you're in a field, so do the natural sounds. The past week I awoke to clanking tent stakes and the sounds 500 hung-over bicyclists make. This morning was different and so were the next four weeks worth. Birds of every singing and squawking variety, accompanied by squirrels, chipmunks, thundering herds of crickets and a couple of lonely coyotes! They would be my alarm clock from now on.

Missouri's backroads should have summer-time road signs--BEWARE OF TAR PITS! In the 100° heat, the oil-tar base becomes a seething quick-

sand-like mass which slowly sucks down unsuspecting cyclists...beware!

Compensating for this is what I call the "Missouri Philosophy." Simply stated: if you're riding across the country, then you enjoy stopping whenever possible to talk, eat, drink, meet the family or anything else they can do to be friendly. I ate so much ice cream and pie between the hills I must have gained weight in Missouri!

When I departed on this odyssey, I took just over \$200. This I figured was my challenge, not just riding 2,500 miles but being able to eat along the way. Aside from the cost of repairing my free wheel cone and bearings and a ticket to see "Fiddler on the Roof" I spent only about \$20 in six days.

Three days into Missouri found me off course in Columbia, searching for a solution to a noise which emanated from my free wheel. The last time I'd heard anything similar was just before the transmission on my dad's Studebaker made a traffic jam on the Dan Ryan! In order to avoid any father-like-son incidents I'd headed for Columbia, Mo., the day before. It turned out this rural oasis was home of the University of Missouri. By the way, it's not possible to get into this town safely with any means of transportation smaller than a semi trailer.

Initially I was pretty ticked off by the owner of the only capable bike shop in town. He informed this haggard weary soul-on-a cycle there were at least fifteen other customers' bikes needing repair - and they were locals!! "So much for the often unspoken camaraderie between biking enthusiasts," I thought.

It was time to check Rule #3... "When things can't possibly get worse, drop your chamois and moon the world!" A pannier in each hand, my tent and sleeping bag slung over each shoulder, I set out on a quest worthy of someone as desperate as I. My journey ended in front of the Pi Kappa Phi Fraternity on Greek Row.

The next three days and nights were nothing short of Epic proportions. To put it in better perspective, have you ever seen "Animal House"?

My mail drop in Western Kansas beckoned so I had to leave my new-found fraternity. By 7 a.m. I was on the road again, bound for Lexington, Mo. 100 miles away.



SCHEDULE

July 6 BREAKFAST RIDE Highland Park

Sat. 6 a.m. from Chicago Northwestern RR Ravinia Station, Roger William Ave. north of County Line. Breakfast at the original Walker Pancake House in Wilmette A1 Berman 541-9248 or Sandy Krugman 480-1843.

July 7 LAMB'S FARM RIDE, Wheeling

Sun. 12:30 - 26 miles from Pottawatomie Woods just east of Milwaukee Ave. on north side of Dundee Road. Great family ride. Snack at Lamb's Farm. Bob Meute - 297-6326.

July 13-14 NEW GLARUS WEEKEND, Wisc.

Varied rides from New Glarus H.S.. Est. \$35 incl Sat. dinner and Sun. breakfast. Overnight at H.S. Jerry Goldman 695-7964

July 13 ICE CREAM SOCIAL, Buffalo Grove

Sat. 10 a.m. - 50 miles from Buffalo Grove H.S., Arlington Heights and Dundee Roads. Lunch in Elgin and ice cream in East Dundee. Bob and Marie Morrell - 297-6326

July 14 BREAKFAST RIDE, Glenview

Sun. 7 a.m. - 20 miles from North Branch Trail parking lot on Lake Ave. east of Waukegan Road. Breakfast in Sauganash, Lockwood Castle. Bob and Betty Vargas - 259-3210

July 20 BAHAI TEMPLE, Wheeling

Sat. 9:30 a.m. - 35 miles from Pottawatomie Woods, Dundee Road east of Milwaukee Ave. Scenic ride to Wilmette and Lake Michigan. Lunch in Wilmette. Howard Paul - 824-2941.

July 21 ARGONNE RIDE, Batavia

Sun. 9 a.m. - 50 miles from Visitor Center, Argonne Labs. (take Tri-State or Rt.83 to I-55 to next exit, Cass Ave. One mile south to visitor center, low building on east side. Beautiful ride through historic area of Illinois-Michigan Canal. Joe Tobias, 825-2547

July 27 PIZZA RIDE, Buffalo Grove

Sat. 9 a.m. - 41 miles from Buffalo Grove H.S., Arl.Hts. and Dundee Roads. Ride through Barrington-Hoffman Estates. Elliott Kanner 541-9176

July 28 SILVER LAKE RIDE, Wisconsin

Sun. 10 a.m. - 45 miles from wayside parking on Rt.45 and Winfield Rd. Lunch atop hill at Silver Lake, bring lunch or buy makings in town. Watch parachutists. Ted and Sherry Uhlemann 790-1312

Aug. 3 BREAKFAST RIDE Wheeling

Sat. 6:30 a.m. - 20 miles - from Carl Sandburg School. Ride early before the heat of the day. Bob & Betty Vargas 259-3210

Aug. 4 HUFF AND PUFF, Long Grove

Sun. 7:30 or 9 a.m. 75 or 48 miles Long Grove or Algonquin. Jenny Bruns 459-5345

WEDNESDAY NIGHT RIDES

6:30 until twilight. Distance varies with length of daylight and prompt starting time.

July 17 From Buffalo Grove H.S., Arlington Heights and Dundee Rds. Rich Wemstrom -634-1168

July 24 From Ravinia - see BRAHMS, BEETHOVEN AND BICYCLES page 2 Pat Marshall - 564-0346

July 31 From Kildeer School, Long Grove, Chuck Brenmark - 253-9025

EDITOR OUT OF TOWN....

Phyllis W. Harmon

As I typed the July Ride Schedule I realized with dismay how many great club rides I'd miss this year.

With the L.A.W. Board meeting and National Rally in Madison followed immediately with a trip to Florida to welcome a new grandchild July 10 and a rush back for The Other Ride Across Wisconsin (Milwaukee to Door County and back), I won't be home until August 3.

I am finishing this July newsletter early and will do as much as I can on the August issue, including the Rides Re-ridden, omitted in this issue. Then, Barbara Hansen will put in the finishing touches to get the August issue to the printer. Any information, For Sale or Wanted, etc. send to her at 2176 Brentwood in Northbrook, 60062 or phone evenings at 272-3791.

11 WHEELING WHEELMEN AT GEAR IN THE BLUEGRASS, KY.

"GEAR" in League of American language mean "Great Eastern Rally" held annually on Memorial Day weekend and /or mid-June...this year in Georgetown, Kentucky, and, in June, at Princeton, New Jersey.

In Kentucky we based at Georgetown College, north of Lexington. 800 cyclists stayed in the dorms, ate at the college and enjoyed a number of exhibits and workshops. I went through my photo albums of the 1930s to 1955 and had slides made of League history in that period, then went through thousands of slides of GEARS, National Rallies, Hilly Hundreds, Winter Rendezvous, Amishland and Lakes, Apple Cider Centuries etc. bringing Reminiscences of L.A.W. up to 1981.

As I counted, WW members who enjoyed bicycling through that delightful horse country were: Richard and Sally Figge, Al Petty, Lynn Masters, Elliott Kanner, Marilyn Wilkerson, Roger Thauland, Matthew Hursthouse, and Larry Wathen.

Next year, GEAR will be at Niagara Falls which will feature some great bicycling and give the event an international flavor with Canadian and U.S. cyclists participating.

INVITATIONALS

Aug. 4-10 THE RIDE IN RURAL INDIANA

The Bicycle Garage of Bloomington is sponsoring this bicycle-camping tour of Southern Indiana. \$40. is for 6 overnight campsites, 1 meal, baggage transport (1 duffel bag per person!) Deadline July 15. TRIRI, c/o Bloomington Bicycle Club P.O. Box 463, Bloomington IN 47402. Phone: 812/332-6028.

Aug. 10-13 Across Illinois Bike Ride

6th Joliet Bicycle Club event from Upper Rock Island Co. YMCA in Moline, Illinois. YMCA overnights in Kankakee, Ottawa, Rock Falls and Rock Island. \$46 incl. registration, overnights and sag service. Self addressed envelope to Joliet Bike Club, 325 Morris, Joliet, IL 60436.

Aug. 31-Sep. 2 PACRACC '85 Bloomington

Illinois.. Bicycle camping from Beich Candy Co. in Bloomington 70 miles to LeRoy; 80 miles to Eureka College, and 70 miles back to Beich. \$30 by July 15 or \$35. incl. 4 meals, luggage transport. PACRACC, The Pan-tagaph, P.O.Box 2907, Bloomington, IL 61702-2907. 309/829-9411.

Sep. 8 CAPITAL CITY CENTURY Springfield

Illinois. from Lincoln Park Pavillion. 100 and 62-mile routes through small towns and historic New Salem. 25-mile route in Springfield. Springfield Bicycle Club, c/o Marcey Werthwein, P.O. Box 2203, Springfield IL 62705.

Sep. 8 THE POPCORN-PARKS CENTURY

Deep River County Park, Lake County, Indiana. 100/62/50/25 miles sponsored by Calumet Crank Club. Route includes Valparaiso Popcorn Festival. \$6 by Aug. 15 or \$7. Calumet Crank Club, Box 6841, Valparaiso, IN 46383.

Sept. 29 APPLE CIDER CENTURY/50/25

Three Oaks, Michigan. Two 50-mile loops with short cut means a number of combination of miles. \$15 incl. spaghetti dinner, patch, refreshments. \$3. for breakfast. Maximum 4000 registrations. Deadline July 31. Headquarters at River Valley High School 3 miles north of traffic light in Three Oaks-Rt.12 intersection. Saturday self-guided tours. Pre-ride get-together. Sleeping bag sappe at school and also camping. Breakfast 5 to 10 a.m.. Rides start 7 a.m.. Spaghetti dinner noon to 8 p.m. All the apples and cider you can consume plus bargain sales by gallon or half-bushel. Varying terrain, well marked routes. Food stops every 15-20 miles. This is an outstandingly well organized event now in its 12th year. Application from: ACC '85, 303 E. Michigan, Three Oaks, MI 49128. Incl. stamped self-addressed envelope.

NOTE: Because of the many invitationals, they are only listed once. Save back issues for specifics.