

MONTHLY MEANDERS



AUGUST MEETING

Wed. Aug. 7 - 7:30 p.m.
Heritage Park
222 S. Wolf Rd. Wheeling

HARMON HUNDRED

This is our big meeting before the Harmon Hundred/50/25. This is the night we mail out the brochures to former participants and new requests...also a night to sign up for any remaining jobs.

Cookie makers can drop them off any time at Ruth Gaines - 541-8064.

Arrows on the Road; Direct traffic at Wheeling H.S.; Sag stops--a.m. or p.m.; Registration - check-in--check-out; Make signs; Purchase supplies; Food distribution, etc.etc.

THE PREZ SEZ

Now that the hot, humid days are with us, we need to be certain to carry lots of water along for the ride. August has been known as the "Dog Days" for a long time. I don't know where the term originated, but we all know what they mean.

Enough of this rambling nonsense. September is Century Month. The days are cooler, shorter, and soon the leaves will turn into a splash of Mother Nature's colors. September 8 is our big day--The Harmon Hundred--our famous invitational of the year. We need your support, help, and ideas.

We anticipate close to 1,000 riders this year. That is a very important reason alone for you to offer to help. I've never worked the club century before. This is the first! Those of you who have done your share in the past, and those of you who will be working for the first time--WE CAN DO IT TOGETHER!!!

Bob Meute

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

An  Affiliate



Water

by Jenny Bruns

"All is born of water, all is sustained by water"

Goethe

Long-distance bicyclists quickly learn the importance of a continual intake of water. At least one water bottle attached to the bicycle is standard equipment. I'm constantly reaching for my water bottle and topping it off at rest stops. It's reassuring to have a full supply. Drinking before thirsty is good advice and regularly swallowing a few gulps is the best advice. In fact, my habitual water drinking does not end after a bicycle ride, as I frequently reach for the water pitcher at home. Of course, we mostly take water for granted when a faucet is nearby. But on a long bicycle ride on a hot day, a portable water supply can be the fine line between a successful venture and disaster.

Water is absolutely essential to life. The average human has about 50 quarts of water, 70% of his/her body. Most of this water is found between the cells. The wettest part of the body is blood which is 83% water. The driest is tooth enamel at 2%. Most people would die if they lost only 12% of their body water. Water loss in man on a hot, summer day in the southwestern deserts of the U.S. has been recorded as 1.41% of body weight per hour.

Desert dwellers have many adaptations allowing them to satisfy their water requirements. They survive with less water than marine animals. The kangaroo rat is about 65% water. By contrast, a jellyfish is 95% water. Man lacks the adaptations of desert animals and must proceed with extreme care. For example, camels can tolerate long periods without drinking water. They can drink tremendous amounts of water after periods of dehydration and show no ill effects. A camel that had lost 25% of its body weight recovered its original weight within 10 minutes by drinking a nearly unbelievable amount of water. Unfortunately, humans do not have the same potential to restore such a tremendous loss of water.

Moving from gas to liquid to solid ice, water molecules constitute a dynamic hydrologic cycle that bathes and supports life. Body water is remarkably pure and constant in its composition and temperature, a result of the body's filtering and immunity systems. Such purity is remarkable when we consider the basic recipe for municipal tap water (from The Cousteau Almanac).

"Start with raw branch water, as in bourbon-and-branch. Drop it through a funnellike device. Shake it up a bit. Strain it to remove large impurities, like fish and trees. Add some chlorine to kill the germs. Add some Flouride, so the drink's good for your teeth. Funnel some more. Add aluminum sulfate to settle the dirt. Add charcoal, if needed, to kill bad tastes. Let set several hours. Filter it and add some more chlorine. Let set some more."

Pour into your water bottle and drink, drink, drink!

July Photos

The photos in our July issue were much too dark and not very sharp...but when I protested to the print shop I learned why.

The printer mashed his hand in the press on page one of our newsletter and had to go to the hospital for treatment which included a broken thumb. The other printer was on vacation. That left the rest of the newsletter and pictures to be done by an assistant not too well versed in that type of work.

All should be back to normal by the time this goes to press.

Call Jenny Bruns

at 439-5345 to volunteer for any job on the HARMON HUNDRED/50/25.

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

Rides Re-ridden



TOSRV ALTERNATIVE - The third annual TOSRV Alternative drew 17 people, including 5 Wheeling Wheelmen, on this 200-mile ride on Mother's Day weekend from Arlington Heights to Janesville, Wisconsin, and back. A convenient tailwind from the south made the first day a breeze. Good food at the Country Kitchen and sleep in luxurious accommodations helped riders face the wind and threatening skies on the return trip. Fortunately the wind shifted to the west early in the morning and the clouds gradually gave way to blue sky. Most of the riders stopped in Long Grove for ice cream to congratulate each other on completing back-to-back centuries. Jim Grant & Jenny Bruns

McHENRY DAM RIDE - Howard and Lois couldn't have asked for a better day to lead about 40 of us over a fairly new route out to the dam for a leisurely picnic lunch before heading back over Fairfield and Old McHenry Road.

HILL AND DALE RIDE - Dick Ryan and 10 other ducks gathered in the rain in Long Grove and actually pedaled 36 of the 72-mile ride before the rain stopped. The bicycle computers got steamed up and wouldn't work but Pat Marshall and 10 hardy men never thought of stopping. By the time they returned there was a bright sun shining but, those I've talked to, riders found it took a long time to "thaw out".

BREAKFAST RIDE TO LIBERTYVILLE

An even dozen riders turned out on a very overcast morning the day after the soggy Hill and Dale ride. Nevertheless they started out ignoring the impending downpour and not far down the road the sun came out! It turned out to be a perfect cycling day, comfortably cool. We chatted quite a while over breakfast before heading back. Phyllis Harmon took over for leader Elliott Kanner as he had to be out of town.

CRYSTAL LAKE RIDE - Twenty nine bikers turned out on this very windy day. Elliott Kanner took over as leader at the very last minute which left him with an unfamiliar map. They bucked the wind over a slightly convoluted route to Crystal Lake and glided with the wind to Rawson Bridge and delicious lunch at the Broken Oar after which riders lolled on the lawn by the Fox River before

skirting the wind back. Elliott appreciates the route help of Roger Thauland and Jim Grant who knew the area when the map was difficult to follow and expressed a heartfelt thank you to Elida Rech and Pat Marshall who rode sweep. The mileage ended up at 48.5 miles instead of 62.

TEMPEL LIPIZZAN/GOLD PYRAMID - Pat Marshall led 10 of us from Wilmot with very dark skies gathering ahead. In a short time rain came tumbling down and we sought refuge in Bob Peterson's garage - so gave him a copy of our route and newsletter and headed on about three more miles and shelter under trees in another yard.. and three more miles to another garage before the sun finally came out for a beautiful day for bicycling. Several riders were on their first 50-mile ride and look forward to a Sanctioned patch to prove it. The Lipizzan horses - playful dark colts, gray "teenagers" and sparkling white adults gave us an excellent show.

The gold pyramid on Dilleys' Rd. is unique - covered with 24 carat gold on steel. There's a 3 pyramid garage and the large pyramid is surrounded with a moat. All is surrounded by a concrete wall with Egyptian hieroglyphics on all the panels. The day turned quite warm and we all appreciated the cold well water at Wright's Forest Preserve.

LAMBS FARM RIDE - Lois and Bob Meute led a group of 18 cyclists on this ride on July 7th. We stopped at Dan Wright Woods and proceeded to Lambs Farm for a cool drink and a rest in the shade on a very warm Sunday. We arrived back at Pottawanamie Woods at 4:15 pm just in time to gather for delicious ice-cream treats at the Gazebo Ice-Cream Parlour. P.S..... Brutus the Dog accompanied by Jack and Lillian Russell helped the Meutes lead this ride!

MUFFIN GOES TO MADISON.....

"Candid Canine Comments About the BICYCLE USA CONVENTION-----"

Hi! My name is Muffin and I belong to George and Marilyn Mathison. I attended the Bicycle U.S.A. Convention (also called League of American Wheelmen) in Madison, WI July 2-6 and took them along with me. Since it didn't begin until Tuesday evening, we decided to leave on Saturday and make it a four day bicycle tour because southern WI is such a pretty area in which to bike. I was "dog" tired at the end of our first day out (eighty-plus miles) and was glad to sack out in our tent at Rock-Cut State Park. They didn't make me walk up any hills that day but they sure made up for it later. The next night we moteled it at New

Glarus where I met some old friends and made some new ones when we met a group of pre-convention tour bikers. I even went to church that night with my "parents." Of course I had to wait outside by the bike (the story of my life) while they went inside but I always meet lots of interesting people that way. The following night we stayed at a real neat hostel near Dodgeville, WI. I liked that best because we were the only ones there and I had the run of the place. We slept in the boys' dorm (even though I'm a girl) and I tried to stake out a cot of my own but they made me sleep on the floor. (It's a dog's life.)

I wasn't allowed in the dorm of University of WI where the Convention was held so we had to camp nearby. However, I spent a lot of time on the campus renewing old acquaintances and making new ones. We went on several very interesting day rides and my parents kept raving about how good the food was at the "U". If I hadn't put on my well-rehearsed "pitiful" look and gotten some samples I wouldn't have believed them, but they were right!

One of the best events was the Fourth of July picnic where I made out pretty well. I even enjoyed listening to a musical group called "The Free Hot Lunch" tho I have to admit that it was their name that really attracted me. Another event was a "whoopin-hollerin' square dance. I couldn't attend which is probably just as well since instead of "two left feet" I have four of them. Everyone talked about how great the workshops were and how interesting the displays were. I heard there were around 800 people there and they all looked happy!

Well, I could go on and on but I really had a good time and plan to go next year in St. Louis. I hope to see a lot of you there too!!

WALKER BROS. PANCAKE HOUSE RIDE - 11 bright-eyed??? bikers turned out at 6 am for a delightful ride led by Al Berman and Sandy Krugman. It was a perfect morning, cool, a soft breeze and clear roads. Who else would be up that early? Soon after leaving Ravinia Station Duane Regenfus had a flat and added a patch to his already patched tube. We just made it to the Pancake House before the crowd showed up and enjoyed a yummy breakfast. Filled up with goodies we ambled over to RRB Cyclery where we all pitched in to buy Duane a new tube, (wouldn't let him near the patches!!). Sandy Krugman spotted a group of racers and took off after them and lasted about 200 yds.!! We rode a leisurely route through Highland Park for a fine ride!

SCHEDULE

- Aug. 3 BREAKFAST RIDE, Wheeling
Sat. 6:30 a.m. - 20 miles from Carl Sandburg School, Schoenbeck Rd. Ride early before the heat of the day. Bob & Betty Vargas - 259-3210
 - Aug. 4 HUFF AND PUFF, Long Grove
Sun. 7:30 a.m. for 75 miles from Kildeer School, Long Grove - OR 9 a.m. for 48 miles from traffic light in Algonquin. Ride to Union, Illinois, Bring or buy lunch. Jenny Bruns 459-5345
 - Aug. 10 ST. CHARLES RIDE Hoffman Est.
Sat. 8 a.m. - 60 miles from Eisenhower Jr. Hi. Jones and Hassell. Tour the "south" Fox River Valley. Lunch in St. Charles. New area - horse country. Paul Matz 351-2074.
 - Aug. 11 RACINE COUNTY RIDE, Wisc.
Sun. 9 a.m. - 50 miles from Eagle Lake Park on Church Road just west of Rt.75 (which is continuation of road when Rt.83 turns west on Rt.50). Good part of route on Racine County Bike route..beautiful rural Wisconsin through Waterford, around Wind Lake, Tichigan, Waterford, Rochester, Burlington and back. Lunch at Waterford. Ice Cream in Burlington. Phyllis Harmon - 537-1268
- A hand-drawn map of Racine County, Wisconsin. It shows Eagle Lake in the center, surrounded by Church Rd to the north and Buchanan Spring to the east. Major roads are labeled: Rte.75 (north-south), Rte.11 (east-west), and Rte.45 (east-west). The Racine County Line is indicated at the bottom.
- Aug.17 BREAKFAST RIDE - Wheeling
Sat. 7 a.m. - 20 miles from Carl Sandburg School, Schoenbeck Rd. Phyllis Harmon - 537-1268
 - Aug. 18 WANDERING TO WOODSTOCK
Sun. 7:30 a.m. - 82.8 miles from the Eisenhower H.S., Hoffman Estates or 9:30 a.m. for 48.2 miles from the stop light in Algonquin. Dick Ryan - 381-1775
 - Aug. 24 PROGRESSIVE DINNER, Northbrk.
Sat. 10 a.m. - approx. 30 miles from Sandy Krugman's at 843 Meadow Rd., 3 blks. W. of Dundee and Waukegan Rds. intersection, 1 blk. S. of Dundee. (1st street E. of Chgo. NW RR tracks) Ride from home-to-home for each food course. Fun ride! \$6. Phone Phyllis Harmon 537-1268 for reservation.
 - Aug. 24 WAYNE-BARTLETT RIDE
9:30 a.m. - 45 miles from Chuck Moen/Lynn Leander's home 132-D Brewster Ct. Bloomingdale

INVITATIONALS

1985 SIX-COUNTY SENIOR OLYMPICS

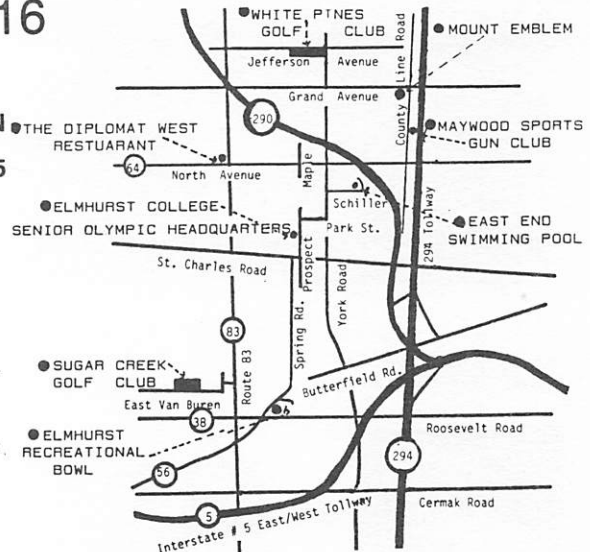
AUGUST 15 & 16

ALL ENTRIES MUST BE RECEIVED NO LATER THAN MONDAY, AUGUST 5TH, 1985

ENTRY FEES:

\$3.00 per person for 1 day;
\$5.00 per person for two days.

This 5th annual event, sponsored by the Illinois Parks and Recreation Association, is open to all men and women age 55 and up. Events are held in 5-year increments: 55-59; 60-64; 65-69; 70-74, etc.



**ELMHURST COLLEGE,
190 North Prospect Ave.,
Elmhurst**

BICYCLE EVENTS Friday, Aug. 16 8 a.m. 1/4-mile sprint, 1-mile and 5-mile race competition held at Mt. Emblem Cemetery - Grand Ave. and County Line Rd., Elmhurst.

OTHER EVENTS

- Basketball Free Throw - # of baskets
- Bowling - 3 games
- Golf - 9 and 18 hole
- Horseshoes - single elimination
- Pool- best two out of three games
- Shuffleboard - single elimination
- Swimming - 25 yard pool
- Table Tennis - single elimination
- Tennis - singles & doubles
- Track & Field - A.A.U. rules
- Trap Shoot - 50 targets
- Walking - one mile
- Archery - American Round

SCHEDULE - THURSDAY

- 7:30 a.m. check-in Elmhurst College student union, main lobby
- 8 a.m. Golf, Track & Field, Tennis
- Noon Lunch \$3.50
- 1:00 Horseshoes, Bowling
- 2:00 Pool

SCHEDULE - FRIDAY

- 7 a.m. check-in
- 8:00 Tennis, Shuffleboard, Bike Races
- 9:00 Trap Shoot
- 10:00 Swimming
- Noon lunch \$3.50
- 1:00 Archery, Table Tennis, Bowling
- 2:00 Basketball Free Throw
- 5:00 The After Bash. Diplomat West Restaurant, RT.83 & North Avenue \$9.75

**MORE INFORMATION?
CALL 823-2114**

SCHEDULE CONTINUED:

Lunch on route. Phone Chuck for directions to starting point: 893-2693.

Sept.7 MEMBERS' QUARTER CENTURY

Sat. 9:30 a.m. - 25 miles from Wheeling H.S. (parking lot behind school). Our chance to earn the National Quarter Century patch which is only available in Sept.- Dale Youssi - 537-3915

Sept. 8 HARMON HUNDRED/50/25

Our work day as hosts for our big invitational.

Sept.15 MEMBERS' HARMON HUNDRED/50

Sun. 6 a.m. Our chance to earn the National Century or Half Century patch. From Wheeling H.S. 6 a.m. Dick Sorenson 593-7945.



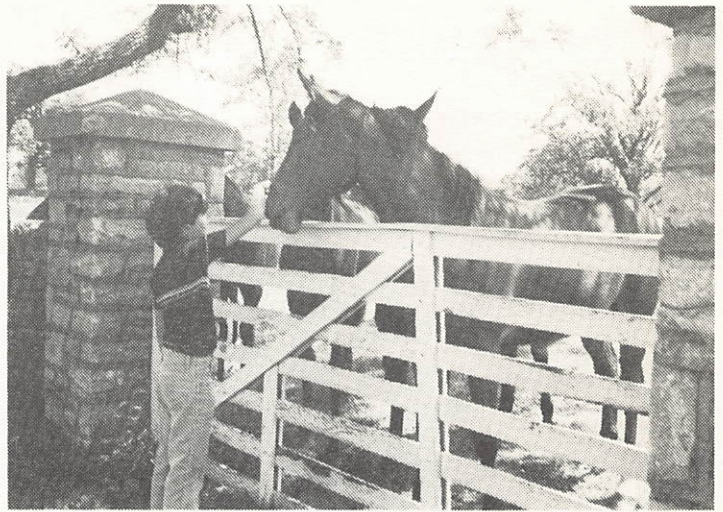
WEDNESDAY NIGHT RIDES

These will be the last of the season night rides. The evenings are too short in September. 6:30 to twilight. Prompt starting time. Distance varies with daylight available.

- Aug. 14 from Chamber Park, Wolf Rd. north of Dundee Rd., Wheeling. Howard Paul - 824-2941.
- Aug. 21 from Arlington H.S., Euclid and Walnut, Arlington Heights Don Derebey - 255-3422.
- Aug. 28 from Lions Park, 2 blocks east of Rt.83 and south on Maple from Northwestern RR tracks along NY Hwy. Mt. Prospect. Jenny Bruns 439-5345.



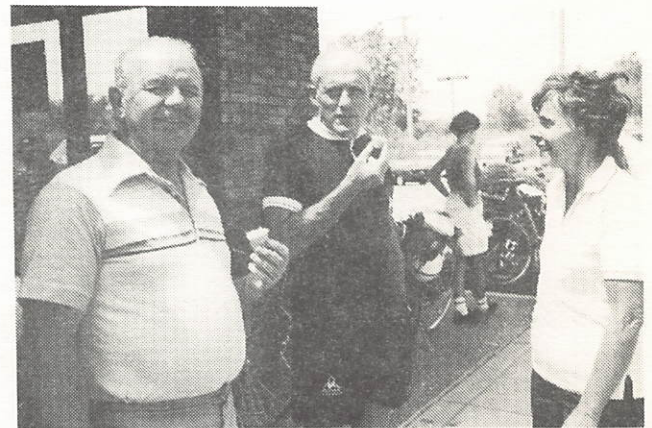
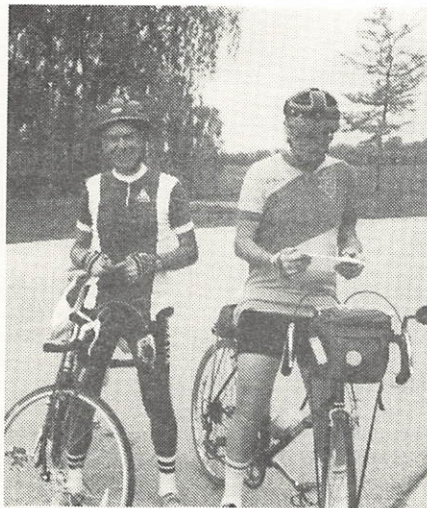
Elliott Kanner, Joel Sirower of Atlanta, GA., and Matthew Hursthouse at GEAR In The Bluegrass, Georgetown College, Georgetown, KY.



Kentucky is horse country...horses, miles of fences and beautiful stone walls. Matthew Hursthouse loved the horses!



Roger Thauland at GEAR In The Bluegrass. Right: Dale Youssi and William Wilson, Jr. on College Campus Cruise.



Earl Mason, Leader Don Derebey and Elida Rech lunching at McDonald's on Campus Cruise.

RAMBLINGS.....



Wedding Bells

Al Petty and Lynn Masters were married June 30. There was a garden ceremony and the happy couple will honeymoon on bicycles in Canada. This is another Wheeling Wheelmen romance! Lynn joined the club last July as a new bicyclist and received the "Person Who Made the Most Progress" award at our annual Banquet in November. Congratulations and best wishes for many happy years together.

WELCOME NEWCOMERS..... Roger Kasch from Elk Grove Village and the Al Klein family from Chicago. We're glad to have you join us!!

RIDES RE-RIDDEN, cont.

ICE CREAM SOCIAL RIDE, July 13th - About 15 riders rode on a beautiful sunny 96 degree day, relieved considerably by the Dundee Dairy Queen after finding that Kallberg's Ice Cream Parlor had closed. Bob and Marie Morrell led the group over a very pretty route through Elgin. Even the hot wind was a welcome relief!!

WEDNESDAY NIGHT RIDE, July 17th Rich Wemstrom led us on possibly the longest Wednesday night ride of almost any season; certainly this one! It was 23 miles thru districts of Buffalo Grove and Vernon Township which did not exist a short while ago. Therefore, this was also an exploratory trip!

by a RIDER/WRITER..... Due to several unsuccessful calls for info on rides re-ridden some will have to await our able Editor's return. I really appreciate how much work Phyllis puts into this Newsletter each month! So, with space available I'll take the Editor's privilege of saying a word or two....As a new member as of this St. Pat's Ride I really appreciate the Wheeling Wheelmen. Actually, I was touched by the kindness and helpfulness of members as I ventured out on several cross-country ski trips this winter. An apple was offered to a very weary skier...ME...when I looked like I may not make it back and on other occasions helpful skiing tips were generously offered. My first bike ride on that blustery March day considerate riders coached me in, giving me the encouragement to come back to the next ride. I've learned a lot from many of you and the best part is belonging to such a friendly, cooperative and supportive Club. WHEELMEN..YOU'RE THE BEST!!! Barb Hansen