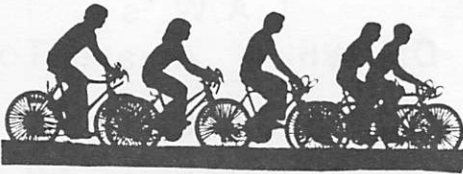


September, 1985



# MONTHLY MEANDERS



## SEPTEMBER

### MEETING

Wed. Sept. 4 - 7:30 p.m.  
Heritage Park  
222 S. Wolf Rd. Wheeling

#### PROGRAM:

Growth of Bicycling and the League of American Wheelmen 1934-1955 and 1964 to present.  
Phyllis W. Harmon

Also, this is last meeting before our big invitational - the Harmon Hundred - final preparations.

## The Prez Sez

The big event is finally here. I'm very gratified with all the cooperation, suggestions, ideas, etc. which have been forthcoming over the last several months. The final product is a result of compromise. I know that sometimes you wonder why we didn't do a certain thing a certain way. I will agree with all of you that there is always room for improvement.

With this newsletter you'll find a special supplement concerning the HARMON HUNDRED. Please study it carefully. If you were inadvertently missed on the list, please call me - 823-2592. We can always use more volunteers to man important positions. If you would like to volunteer for a specific job, please call one of the persons on the committee you wish to work for, and then call me so that I can update my list.

**COOKIES...COOKIES...COOKIES...**  
Call the COOKIE HOTLINE!!!! Sandy Krugman - 480-1843 - is chairman. Tell her how many cookies you will make. Freeze them yourself, or take them to Ruth Gaines, 541-8064. She has kindly agreed to freeze them for us (130 N. Buffalo Grove Rd., Buffalo Grove).

Thanks in advance for all your help--see you at the meeting and at the HARMON HUNDRED. 3ob Meute



By Jenny Bruns

### A TRIP BACK IN TIME

For years I have heard many words of praise for the Amishland and Lakes ride sponsored by the Michiana Bicycle Association. Jim Grant and I participated for the first time this year, and we are adding our voices of praise. The weekend event is headquartered at the Howe Military School in the small town of Howe, Indiana. It is a trip back in time to farm life as it existed prior to the mid 1800s. The Amish continue to worship, dress and follow traditions of centuries past. The people have been in the spotlight recently as a result of the hit movie, "Witness" in which Harrison Ford temporarily lives in an Amish community. As in the movie, the juxtaposition of the modern and the past was apparent, but the overall existence is of a time long ago.

The people were extremely friendly and receptive. It was a rare exception when an Amish person did not wave a greeting. Children quietly gathered on front lawns as they eagerly watched the steady progression of 1300 bicyclists. We encountered many lemonade stands and occasionally discovered homemade pies and ice cream. The unhurried manners of the Amish, whether at work or relaxing, left me with a peaceful feeling.

Transportation is by buggy, wagon or bicycle. We met many buggies and the clip clop of hooves became an accustomed sound. Sometimes we went around buggies traveling in the same direction. Each time, I felt a role reversal in passing one of the major means of transportation, instead of cars whizzing around me constantly. And each time I felt conspicuous in the eyes of the buggy occupants, wondering if they questioned the sanity of 1300 people speeding off to go nowhere at all but in a 50-mile loop each day.

The Amish have kept a simple lifestyle within a nation that has accelerated at breakneck speed towards a technological society with mind boggling complexities. The bicycle ar-

rived and subsequently evolved into an extremely efficient machine, capable of transferring human power into forward motion. Even though today's latest road machine has little resemblance to the first bicycles, muscle power is still the driving force. We saw all ages of Amish people pedaling upright bicycles. I felt a common bond with them in the mutual approval of bicycles, but quickly discerned the difference in purpose. Most of us bicycle for recreation to enjoy the outdoors and stay in shape. The Amish expend much of their energy in everyday tasks and therefore the concept of exercise is probably foreign to them. Bicycles are one of their means of transportation. However, we did talk to an Amish man who owns a Fuji bicycle shop in the area. Apparently current bicycle models have made an appearance in Amishland. Perhaps at this moment a world class racer is preparing to break away from traditional values.

### FOR SALE

MERCIAN TANDEM FRAMESET. Includes

- Campy Headset
- TA Bottom Bracket Assemblies
- 46cm Stoker Bars and stem
- 4 Bottle Cage Braze ons
- Pump peg braze on.

Blue with white details and decals. 25" front, sloped top tube, 20" rear. Set up for front and rear disk brakes (No Cantilever braze ons) excellent condition. Love tandeming, however, needed captain to lose 40 lbs. or order new bike. Ordered new tandem. Save marriage...

John and Marcey Werthwein, 3354 Interurban, Springfield, IL 62707. Phone 217/525-1230.

## 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

WHEELING WHEELMEN

P. O. Box 581-D,

Wheeling, Illinois 60090



An Affiliate

## Bicycle Touring

### Truisms

by Dick Sorenson

Some musings while on the 1985 Huff and Puff club ride:

1. Rain always begins at the point on the route farthest from the finish (corollary, it always rains when you are unprepared).
2. It always rains on the first ride after cleaning your bike.
3. An unexpected stretch of dirt road always occurs after cleaning and oiling the chain.
4. The cue sheets are always 95% accurate (unfortunately, the 5% inaccuracy said "left turn" rather than "right turn" 50 miles out in the middle of nowhere).
5. No matter how many tools you carry, the usual breakdown always requires the tool left behind.
6. Flat tires always occur in a series of three (also broken spokes).
7. That shiny catalog "can't do without" tool will never be used.
8. You'll always need a "Presta" when "Schraeder" is readily available.
9. Odometers always disfunction at critical times.
10. Potholes are always concealed under puddles (after a rain).
11. The proper clothing is always back at home (rain gear, woolens etc.)
12. When you take ample food and water on a ride, there is always plenty available...when you don't take any, there is none.
13. An unlimited myriad of free advice (mostly unsolicited), from trendy component talk to philosophy of life, is always available on any given bike ride.
14. Left turns are always at the busiest intersections.
15. I always dread the distant sound of a gravel truck bearing down from behind.
16. Always avoid routes leading to Hilltop drive, Skyline Drive, Eagle Nest Road, Summit Ridge, etc.
17. The wind is always fickle. Can you ever remember a terrific tailwind ride?

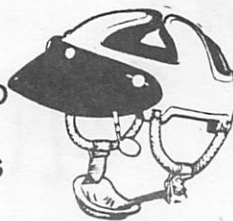
THANK YOU, BARB.....

Many thanks to Barbara Hansen for the expert way she finished the August newsletter for me when I dashed off to Florida to welcome a new grandson!

THE STORK IS LATE

Checked with Ruth and Rick Gaines but baby is a week overdue - so will have to announce the arrival of the new Wheeling Wheelman next month.

## Helmets Save Two Members



by Phyllis W. Harmon

Helmets definitely saved the life of one Wheeling Wheelmen member and without a doubt saved another member from more serious injury.

Earl Mason (photo on back of Aug. newsletter) was on the third day of a bicycle tour in Holland. There moped share the bike paths with bicyclists. Foreign cyclists are conspicuous because of their light-weight bicycles and helmets. Mopeds harass bicyclists by passing closely and cutting immediately in front of riders. Earl was riding behind another cyclist when three moped approached--two with girl passengers --and lined up in single file. The first passed so close he knocked Earl off of his bicycle and the second moped ran over him! His life was definitely saved because he was wearing his helmet. There are tire tracks over the helmet!

Earl broke his leg, his left arm was almost severed, his jaw and cheekbone were dislocated. In the hospital police asked Earl about the accident. Because of his injuries he was in no condition to testify and had no witnesses. The two girls who were passengers and the three moped drivers said Earl was "on the wrong side of the bike path" which is very unlikely. Earl pedals over 4,000 miles a year--always on the right side of the road! Anyway, he was blamed for the accident and had to pay all his medical bills as well as the expense of a doctor to accompany him back to the U.S. His cheek bone was incorrectly set in Holland and had to be re-set here!

Earl is recuperating nicely at home. Doctors were amazed at the speed of healing, but this is always the case with experienced cyclists.

The other accident was on TOBRAW. (The Other Bicycle Ride Across Wisconsin) from Milwaukee to Door County and back. A number of Wheeling Wheelmen were on the ride, including William Wilson. It was seven miles from the end of the ride. We were to make a left turn onto Farmland Road, which was an inconspicuous left turn. William was almost past the road when he discovered that was the road he was looking for and made a sudden wide turn that took him onto the shoulder and both he and the bike did a somersault! He landed on his helmet but only broke his collarbone. There, too, the helmet saved him from more serious injury.

Best wishes to both of you!

## L.A.W.'s Dr. White Award To Dr. Robert E. Bond

Since April, 1976 Robert E. Bond MD wrote the *Dear Doctor* articles for the L.A.W. monthly newsletter and also answered the many health and injury questions of members. He did not write these articles "off the top of his head"...he researched and searched for answers far beyond his own experience. His articles covered the whole gamut of cyclist's problems such as:

Knees. Ailing Thighs and Related Disorders. Ailing Ankles and Lamé Legs. Salt and Water. On Riding Centuries. About Cold and Numbness. Lessons on Nutrition. About Your Heart. Thin Air. Bad Air. About Your Head. Getting Clean and Related Topics. Road Rash and Related Injuries. Three articles on Bad Backs and Bikes-- Upper Back, Lower Back and The Neck. Healthy Food and Health Food. Three Things You Should Know About Your Next Heart Attack. Lightning Your Frame. Sore and Cramping Muscles. About Veins and Bikes. About Hypoglycemia. Regarding Mad Dogs and Bicycles.....and so much more!

The League of American Wheelmen (BICYCLE USA) set up a special award for those who have done much for bicycling. and named it the Dr. Paul Dudley White Award in honor of the famous heart specialist who tended President Eisenhower and also advocated bicycling for physical fitness.

Keith Kingbay, Wheeling Wheelmen member, received the first Dr. White Award; Fred DeLong, Phyllis Harmon, Dr. Clifford Graves, H. M. Huffman, Jr. and Dan Burden received subsequent awards. This year Dr. Robert E. Bond was honored for his contribution to bicycling. He was unable to attend the National Rally in Madison, Wisconsin, so Phyllis Harmon will fly to California with the special plaque to officially present it to him August 29. Dr. Graves will be there, too, so the three Dr. White Award recipients will be there.

Mike and Laura Enwright, WW members, who moved to San Diego, will also be present. Hope to have pictures for October newsletter.

## New Zealand?

Contact Phyllis Harmon, 537-1268, immediately if interested. We'll hopscotch to best of both islands with tour bus traveling with us. Last week of January and first two of Feb. Most beautiful and varied bicycling in the world!



# SCHEDULE

# L.A.W. National Rally, Madison, Wis.

Sept. 7 MEMBERS' QUARTER CENTURY

Sat. 9:30 a.m. - 25 miles from Wheeling H.S. west parking lot, Hintz and Elmhurst Rd. Wheeling Harmon Hundred Quarter Century patch. L.A.W. Quarter Century available for \$2. Howard Paul 824-2941.

Sept. 8 HARMON HUNDRED/50/25

Sun. Our big invitational. 5:30 a.m. through 7 p.m. Selected hours and locations for our big invitational. Wheeling H.S. and sag stops, Need volunteers and cookies. Jenny Bruns, 439-5345

Sept. 15 MEMBERS' HARMON HUNDRED/50

Sun. 6 a.m. 100 or 50 miles from Wheeling H.S. west parking lot, Hintz and Elmhurst Rd. Wheeling. New Harmon Hundred patches. L.A.W. patches available for \$2 Dick Sorenson - 593-7945. No sag...we ride together as a club. Fast and moderate groups.

Sept. 21 ZION RIDE, Wheeling

Sat. 7:30 a.m. - 60 miles from Chamber Park, Wolf Rd. north of Dundee Rd. Bring or buy lunch at Illinois Beach State Park. Phyllis W. Harmon - 537-1268.

Sept. 22 KETTLE MORAINE RIDE, WISC.

Sun. 9 a.m. - 52 miles from railway depot, Eagle, Wisconsin. Take Rt. 12 and go north on Wisc. 67. Sack lunch is a must. Beautiful ride. Joe Tobias - 835-2547.

Sept. 28 RIDE TO CANTIGNY Hoffman Est.

Sat. 8:30 a.m. - 45 miles from Eisenhower H.S., Jones and Hassell. Beautiful ride through western suburbs and Col. McCormick's WW I memorial park. Lunch on route. Don Derebey, 255-3422

Sept. 29 BREAKFAST RIDE, Glenview

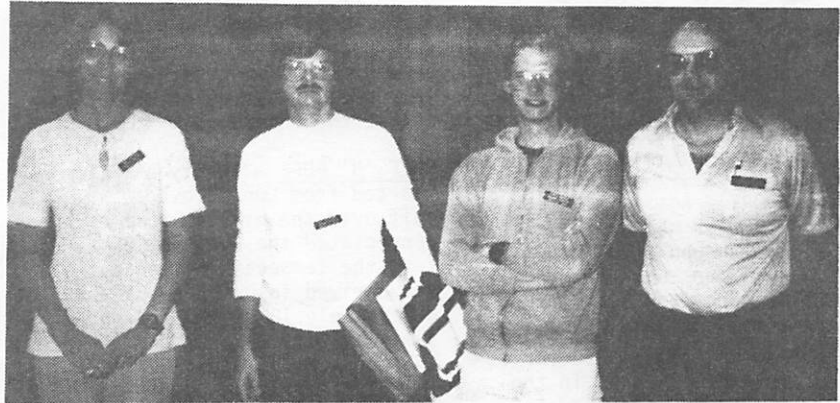
Sun. Re-scheduled rained out ride. 8 a.m. 22 miles from North Branch Trail parking lot on Lake Ave. east of Waukegan Road. Breakfast in Sauganash at Lockwood Castle. Bob and Betty Vargas - 259-3210.

Oct. 5 SHOE FACTORY EXPRESS Palatine

Sat. 9:30 a.m. - 35 miles from Harper College parking lot on Euclid just east of Roselle Rd. Terry Schwerin - 894-1325.

Oct. 6 WHEELING BIKE-A-THON

Sun. 7 a.m. to 6 p.m. over a 10-mile course. Ride any number of laps and volunteers needed for 3 hr. shifts - you can both ride and work. Ride for \$10 registrar or ride for pledges. Raise dollars for supplies and crafts for new Senior Center in Wheeling. Booth Tarkington School, Scott and Anthony (behind Carl Sandburg School) Phyllis Harmon - 537-1268. Door prizes & awards.



*League of American Wheelmen officers through July 1986: Amy Carlson, Secretary, Seattle, Washington; William Feldman, President, Lawrenceville, N.J.; Christopher Marsh, Treasurer, Houston, Texas, and Tom Ferstle, Vice Pres., Rockwood, Michigan.*



*One of the ice cream stops at the National Rally...tiny little town of Brooklyn, Wisconsin. There were a number of beautiful routes, fairly level to rugged, rider's choice. The lake views were great - especially from Observatory Point on a high hill overlooking Lake Mendota.*



*Wheeling Wheelmen members Phyllis W. Harmon, Honorary Director, and Keith Kingbay, Illinois Director, at Board Meeting of the League.*

About 15 club members attended the Rally - of course Muffin stole the show! An anonymous Baltimore member even gave Muffin a red crocheted rug, saying every dog should have its own rug...and Muffin immediately took possession!

Madison, Wisconsin has more facilities for bicycling than anywhere I have seen. The Bicycle Patrol gives out citations and tickets for stop lights, stop signs, etc. Everyone rides safely and sanely! There are special lanes for bicycles and special turns such as no turn signs with "Except Bicycles" underneath!

The Rally was excellently planned. Meals were delicious, workshops good and lots of exhibits.



## Rides Re-riden



**BAHAI RIDE** - Howard Paul led about 20 riders down to Wilmette and the Bahai Temple with lunch at Gilson Park on Lake Michigan. Weatherman gave us a good day for riding.

**ARGONNE-LOCKPORT** - Again this year we enjoyed riding with members of the Argonne Bike Club who provided us with not only a map but a leader - Henry Karplus, who expertly led us over the entire route.

Joe Tobias, co-leader, had forgotten a few steep hills early in the ride, but all riders made them in good shape. A rest stop was at The Little Red Schoolhouse, permanently released from its burden of young scholars in the early 40s, now housing a charming collection of bullfrogs, non-poisonous snakes and other fauna of the area.

The piece-de-resistance was our Tour de Lockport. Joe hauled out a taped running commentary by Gerald Adelman, Executive Director of the Illinois-Michigan Canal National Heritage Corridor. Debbie Blomstrann operated a cue sheet that shunted us to various points of interest in Lockport, and Rich Wemstrom took charge of the detailed map and listing of the sites.

This year we began with the poignant ruin of the 150-year old Lock Number 1 of the old canal, then on to Lock Number 1 of the Chicago Sanitary District and Ship Canal, built by the Army Corps of Engineers in 1930, and watched as massive steel gates opened to allow the shipping to head toward the Mississippi at the lowered level.

Four riders headed back immediately after lunch, six more, escorted by Terry Schwerin, departed from the Lockport cemetery (oldest in Northern Illinois). The rest of us listened to the last of Mr. Adelman's comments in the Pioneer Settlement before cycling up and over the great arc which bridges the Des Plaines River Valley to start home.

Joseph Tobias

**RAVINIA** - Our first ever Ravinia Wednesday night ride was a fun outing enjoyed by 19. Twelve riders left Ravinia at 6:30 for a 15-mile ride in Highwood and Highland Park, returning for the London Symphony performance at 8:30. Thanks to Barb Hansen and Ruth Ryan for coming early to hold a good area of the lawn for all of us. Geri, Ron and Sue McPherson missed the ride because of festival traffic but brought a birthday cake for all of us to celebrate Geri's birthday.

Pat Marshall

**SILVER LAKE RIDE** - Ted Uhlemann arrived early at the wayside parking and gathered a variety of wild flowers so that when the 15 riders arrived he gave a spiel on the type of flowers they could see along the road. Lunch was on top of the high hill in the park. There was no observing the parachute jumpers this year because Lloyds of London cancelled the insurance!

**HUFF 'N' PUFF** - Twenty one people started from Long Grove to huff and puff over the hills. Most everyone appreciated the overcast sky which kept the temperature reasonable. We all arrived in Union by 11 a.m. for a leisurely lunch and the usual sampling of ice cream delights at the Checker's Express Restaurant. By the way, a waitress did express her desire that we call ahead, if possible: 815/923-2253. Just as we were ready to leave, light raindrops began to fall. Pat Marshall showed her Olympic form in a whirl of blue lycra shorts. She must have eaten a healthy scoop of peach amaretto ice cream. The gentle drizzle felt refreshing but gradually increased to a downpour by the time we finished.

Lynn and Al Petty gave us details about their wedding and bicycling honeymoon trip in the Rocky Mountains. They had no problem with the grades between Long Grove and Union! And Ted Uhlemann was on cloud nine over the recent discovery that Sherry will increase the Wheelmen membership next April! Congratulations!

Jenny Bruns

**ST. CHARLES RIDE** - A gentle rain tried to accompany 12 riders to St. Charles but did not last past East Dundee. After touring through a western portion of the Fox River Valley and a speedy tire change by David Lachman (with help from Howard Paul and Rich Wemstrom), the sun appeared in time for lunch and stayed with us back to Hoffman Estates. Minor miscalculations of the mileage (on the leader's part) caused some riders to fear I had secretly charted a century course, but the tally was 71 miles.

Deb Blomstrann

**RACINE RIDE** - What a perfect day for a bicycle ride! Twenty eight riders turned out to pedal through delightfully scenic rural Wisconsin. We pedaled around Wind Lake, lunched at Tichigan Corners, cycled through Waterford, along the Fox River through Rochester and into Burlington and the much anticipated stop for delicious custard before heading back to Eagle Park. Bob Schaller both 50 miles to and from the ride for a total of 150 miles for the day!

Phyllis Harmon

**Aug. 17 BREAKFAST RIDE** - The sky was overcast with rain threatening to fall any minute - but 18 riders found that the clouds kept the heat down and made a great day for riding 22 miles through Wheeling, Arlington Heights and Palatine with lunch at Bill Knapps. Muffin has competition! On both the Racine ride and this one Jack and Lillian Russell brought Brutus, a tiny Mexican Chihuahua, to ride in Lillian's handlebar basket.

**RIDING TO WOODSTOCK** - Dick Ryan led 9 riders from Hoffman Estates and picked up 7 more in Algonquin on the way to Woodstock. It was a perfect day for riding. They bucked a slight wind out but when the wind picked up later, it blew them back! Lunch was in McDonalds in Woodstock after which the group took time to visit the Art Fair in the square.

This wasn't Dana's day! When the group stopped for ice cream in Union she put her spare on the ground to get her money...and forgot to put it back in her bike bag! So wouldn't you know she had a flat tire which was patched but not much further there was a "pop" - the seam had split below the patch! So another tube was provided by Al Petty. Not far down the road they stopped again! Seems the tire wasn't seated right.. so with that adjustment they returned without any more problems. That should last Dana for the rest of the year!

**TOBRAW** - The Other Bicycle Ride Across Wisconsin. Dana Elssesser, Howard Paul, Elliott Kannel, Roger Thauland, Don Derebey, Elida Rech and I with other cyclists from 7 states - 178 in all - started from Concordia College, 13 miles north of Milwaukee, and pedaled to Sheboygan where we stayed at the beautiful YMCA on the shore of Lake Michigan. On through Manitowoc to Kewaunee the second night and Sevastopol H.S. in Institute (north of Sturgeon Bay) the next night. Then a free day to pedal anywhere we wanted to. Roger, Elliott, Howard and I headed north along the west coast of Door County (so I could ride *down* the steep hills into Egg Harbor and Ephraim.. that I had pedaled on the three SAAGBRAW tours!) and then to Baileys Harbor and Jacksonport and back to Institute. Then through Potawatomi State Park, west through the Kettle Moraine hills to West Bend with overnight at University of Wisc. and on to Concordia College the next day. What beautiful water scenes along Lake Michigan!

Phyllis Harmon

**JERRY GOLDMAN!** Have received no details on Jerry's well-planned invitationals.....