

February, 1986



MONTHLY MEANDERS



FEBRUARY

MEETING

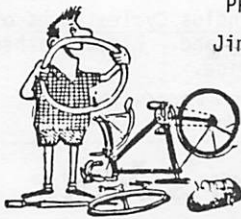
Wed. Feb. 5 - 7:30 pm
FEBRUARY MEETING AT
INDIAN TRAIL PUBLIC
LIBRARY, WHEELING



We are seeking a permanent meeting room. For this month we have permission to meet in the Indian Trails Public Library, on Schoenbeck Rd. across from Carl Sandburg School.

PROGRAM:

Jim Andresen of



ABC Cyclery will talk to us on maintenance/repairs, and fitting bicycles to our various sizes...what


repairs can we do; what is it best to let a bike shop do....

Hot Off The Press

"My Life on Two Wheels" by Dr. Clifford L. Graves. Limited first edition. 324 pages of text and illustrations. The appendix is illustrated with maps and a detailed route description of each International Bicycle Touring Society tour. Hard cover; only 1000 copies. \$30.65 incl. postage. Manivelle Press P.O. Box 2220, La Jolla, CA 92038.

Dr. Graves was organizer and president of the IBTS, active in AYH and recipient of the League's Dr. Paul Dudley White Award.

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

An  Affiliates



BY AL PETTY HELMETS

There has been much controversy concerning the pros and cons of *wearing* bicycle helmets. However, it is my opinion that every rider *should wear a helmet*. That's all there is to it. There should not be any controversy about that issue! The controversy can be had concerning the type, brand, and style of helmet. This area is open for discussion. Let me mention a couple of important points. 1) Landing on your head will hurt more without a head protection device! 2) The United States Cycling Federation (USCF), an organization for bicycle racing, has required *hard shelled helmets* for all races starting with the 1986 season. Need more be said? Apparently the idea of death from head injuries is widespread enough to warrant the use of a safe and effective helmet.

New helmets are coming out onto the market. They are safer, more stylish, and better ventilated than older models. The idea of safety first is becoming a much greater concern. Thank goodness!

Here are a couple of interesting items. 1) John Hopkins University's School of Hygiene and Public Health is undertaking a project on helmet use and is collecting information on all types of helmets, head injury protection ideas, reports of personal accidents, why cyclists *don't* (or won't) wear helmets, etc. It will be interesting to learn of their findings in the near future! 2) One of the more popular helmets in the last eight years is (or was) Skid-Lid. Guess what? The company is folding. This helmet of great popularity has had controversy as to its safety ratings, too.

Here are a few good reasons to wear a helmet, besides the obvious-- head protection:

1. You are easier to see with a helmet.
2. Emergency data (diabetic, etc.) could be taped on your helmet.
3. You can "climate control" your head.
4. Precipitation Protection.
5. You project a "serious cyclist image" so that others that see you may be more alert to your cycling activities.

On the lighter side: The Nashoba Valley Pedalers of Acton, Massachusetts, listed some other things to do with a helmet.

In Season

1. Great place to put a rear-view mirror.
2. Keeps your saddle cool when you get off your bike.
3. Store your gloves, sunglasses, let-warmers, etc. in it.
4. Put it over your face to keep the sun out of your eyes while napping after or during a ride.

Off Season


1. Use it as a headpiece for a Halloween costume.
2. Makes a great centerpiece by inserting flower cuttings in the air vents.

BE SAFE WHILE CYCLING, WEAR A HELMET!

1986 RIDE SCHEDULE ENCLOSED

Jim Grant did himself proud getting the schedule out early! Use this as an overall schedule but use the newsletter for final details, additions and changes.

There are several open dates, especially late in the year. Volunteer your favorite long or short ride.

Say it with  **MUSIC**

1986
Dues Are Due -
Individual \$8. - Family \$10.

President:	Bob Meute	823-2592
Vice-Pres:	Jim Grant	506-1269
Treasurer:	Dick Sorenson	593-7945
Membership:	Pat Marshall	564-0346
Safety:	Al Petty	948-7288
Secretary:	Phyllis Harmon	537-1268
Editor:	Phyllis Harmon	537-1268
Program:	Volunteer needed	
Rec. Secy:	Volunteer needed	
For Check-Out:		
Bike Tools:	Bill Butcher	541-7411
Library:	Dick Ryan	381-1775

Let's Go For A Walk

by Jenny Grant

Winter is a trying time for bicyclists living in the Midwest. We are forced to look for other activities in which to release our energy. Sometimes it is difficult to fight off the frustration of being confined indoors. But I have discovered that a good therapy for winter blues is to simply walk out the door, even for only a few minutes. The cold, fresh air is invigorating and I return with new alertness and energy. Bicycling below the freezing point is not a pleasant experience for most of us. The majority of the people who attended the Christmas and New Year's Day get-togethers hiked a few miles instead of braving the wind chill factor on bicycles.

Usually I have no destination, my goal being to burn off some tension, stretch my legs, and enjoy a change of scenery. It's a time to call my own if I choose. Ideas flow as I sort out my thoughts. Many times the brainstorming helps me to plan and schedule future projects. At the end of a brisk walk, I'm in a productive mood ready to tackle a number of these projects.

One of my favorite aspects of walking, as in bicycling, is making a survey of houses. I wonder about the inhabitants and their activities, note the construction and style of the house and observe details about the surrounding grounds. I never tire of looking for unique aspects, constructing my dream house in my mind. In the winter, especially, a cozy, warm-looking house gives me a glowing feeling for human companionship. My pace increases as I return to my own home - glad to be warm and comfortable again in familiar surroundings.

Walking is a totally natural activity which we have been doing since an early age. The only essential equipment is a good pair of walking shoes and appropriate clothing to provide protection from the elements. Stretching a bit before and after is beneficial. The lack of preparation involved lends itself to the spontaneity of a walk. A brisk pace will stimulate your circulation and provide a good aerobic workout.

But even if you don't feel like walking fast or venturing outdoors, a walk of some type is better than none. Burning off some calories will help keep off the creeping winter pounds. One becomes expert at discovering all the possibilities. Mine include walking whenever possible in the office, parking my car a distance from a building entrance, using

stairs, and strolling around the jogging path at lunchtime. A great energy release is walking through stores and malls to shop, even though the sticker shock can be unnerving. If you have time, walking to find a particular item at the best price is a productive use of your ability.

Walking is as easily a social activity as it is solitary. Open space can help the words of communication flow effortlessly. So if you prefer, bundle up, grab a friend and head for the door - "Let's go for a walk!"

THE PREZ SEZ

Now that we are looking forward to the coming cycling year, I would like to offer two suggestions for all of us to consider.

Continued cooperation and volunteerism will be needed in order to build upon the success of the past. Each member can contribute in some way. We need everyone, so give a commitment to the club. We all enjoy club activities, the camaraderie, the socializing, etc. We also have an obligation to serve, so help the club grow in some way.

The second suggestion concerns our rides. I'm sure everyone needs to review the guidelines concerning ride courtesy, riding manners, safety, and the need to help and encourage *all* members - new and veteran - to enjoy the many varied rides planned for the future. Please ponder these things. Your suggestions are welcome.

We also need a Program Chairperson. Possibly more than one person could serve in this capacity - why not? If you feel this post would be in interesting way to serve the club, please give me a call: 823-2592.

Bob Meute, President

Vice Activities

The ride schedule is shaping up to be one of the most full and diverse that the Wheeling Wheelmen club has ever had. Not only have there been a plethora of volunteers to lead rides, but I have been fortunate enough to receive much needed advice from members who have been involved with the club longer than I.

I feel that we are one of the finest bike clubs in the Chicagoland area. We must project this image at every club ride so that new people along will want to return again for more rides and become more involved with the club.

The best way to create this pseudo-professionalism is to have route sheets that everyone can easily follow. Of course, the aim of every club ride is to remain together, and this is a worthwhile goal. At times, however, to remain together under any and all circumstances can destroy the ride for all. Riders are not the same, and cannot be expected to be.

I will be happy to help anyone to compile a good route sheet. The better organized our rides are, the more people will return for future activities.

Jim Grant
Vice-President

FOR SALE

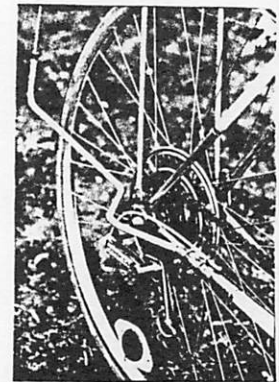
RRB CUSTOM BICYCLE. 19-1/2" diamond frame, sea blue. Sugino Crankset at 24-42-47, Pedals SR SP100; New 600 EX derailleurs; Cluster and hubs 600 Ex Cassie 13, 15, 17, 19, 23, 28; Mavic 700 c rims; 28 c tires; SR Laprade seat. Price negotiable.
Gee Cunningham - 831-5628

CYCLING SHOES -

Custom made Reynolds Cycles shoes of Northampton, England. Black leather size 7. Worn twice.

BATA Biker custom made with 1/2" heel. Phyllis Harmon - 537-1268

Flagger's Mate



UNIQUE
HOLDER
FOR YOUR
BIKE FLAG,
STAINLESS
STEEL
\$10.00

- Allows mounting and dismounting easily.
- Avoids pannier bags and quick release hubs.
- Provides accident protection for the rear derailleur
- Installs easily.

Only eight left.

Phyllis Harmon - 537-1268

ROLLERS - ROLLTRAC with solid top platform, excellent condition. \$70.
Phyllis Harmon - 537-1268

Schedule

Feb. 1 SKI SKOKIE LAGOONS

Sat. 10 a.m. from forest preserve parking lot northeast corner of Willow Road and Edens Expressway. Peter Gianakakis-784-3330.

Feb.15 SKI DEER GROVE, Palatine

Sat. 10 a.m. Entrance on Dundee Rd. .8 mile west of Quentin Rd. Sign says *Forest Preserve Camp Alphonse* but this is a Deer Grove parking area. Some hills. Ski only. Pat Marshall-564-0346

Feb.22 SKI BUSSE WOODS, Elk Grove

Sat. 10 a.m. from first parking lot south of Higgins Road on Arlington Height Road. George and Marilyn and Muffin Mathison 825-5470.

March 16 ST. PATRICK'S DAY RIDE

Sun. 10:30 a.m. 25 miles from the Kildeer School in Long Grove. \$2.00 includes St. Pat's patch. This is our first ride of the year and an invitational..we need volunteers and lots of home made cookies. Jerry Goldman - 695-7964.

T.O.F.R.V.

For the fourth year in a row the Wheeling Wheelmen will be conducting the Tour of the Fox River Valley (formerly TOSRV Alternative). This is a 2-day event, 100 miles each day, leaving from Frontier Park in Arlington Heights at 6 a.m., Saturday, May 10 and going to Janesville, Wisconsin, via Long Grove, Union, Belvedere and Shoppiere. Return route via Lake Geneva and McHenry. Overnight at the Super 8 Motel. Double rooms, two beds, \$35; single rooms \$25. I must have the money by April 15 as the rooms have to be paid for in advance. I can arrange roommates. Send checks to Jim Grant, 1216 South New Wilke Rd., #204, Arlington Heights, IL 60005. Call for more information at 506-1269. This will be a joint ride with the Evanston Bike Club.

INVITATIONALS

In addition to our Wheeling Wheelmen schedule, there are a great number of invitationals sponsored by other bicycle clubs - far and near. It would be handy to keep this section covering invitationals nearby and accumulate the information as there is not enough room to repeat details over and over again.

May 18 KODAK LIBERTY RIDE FESTIVAL

Here is your opportunity to support the restoration of The Statue of Liberty! Kodak, with the assistance of 125 BICYCLE USA affiliated clubs all over the U.S., will sponsor a day-long series of activities: The Liberty Ride Noncompetitive ride for people of all ages and abilities..10, 20 and 30 miles. You will "roll into history with thousands or people across America. \$20.

An Afternoon of Fun Fun, refreshment, entertainment from your area.

Liberty Rock Concert Exclusive live concert on giant video screens featuring a popular entertainer and beamed by satellite to each of the Liberty Ride Festival cities.

Participants will receive a specially designed commemorative T-shirt and admission to all Liberty Ride Festival events in their area. Also they'll receive a pre-paid certificate of entry to America's Family Album, the exciting new video exhibit that opens July 4, 1986 Statue.

America's Family Album This exhibit, created by Kodak, is a collection of photographs of Americans whose photographs have been sent to America's Family Album. Photos and information will be assembled on video discs so that when they visit the Statue they can see themselves on special TV screenes. Send your photo, \$10 and completed coupon available from your photo retailer.

Or, for \$20, join the fun of the Liberty Ride Festival. You'll receive at no additional cost a certificate entitling you to join America's Family Album. America's Family Album, P.O.Box 23195, Rochester, NY 14692.

Join Howard and Lois Paul, Phillip and Matthew Hursthouse, Michael Hawkins, Phyllis Harmon and Robin "Lady LaFayette" Radtke in Homestead, Florida in March.

Write for registration form to: Wheelmen's Winter Rendezvous, c/o World Bicycles, Rick Roush, 10678 S.W. 186 Street, Miami, FL 33157.

Registration \$35. incl. Banquet. Motels in Homestead. Rides 25, 35 miles and Century Day 25/62/100 and 200 miles.

MAKE NOTE OF THESE DATES:

June 13-15 GEAR INTERNATIONAL,

State University, A,herst, NY. Beautiful bicycling in Niagara Falls area with Canadian cyclists.

July 1-5 BICYCLE USA NATIONAL RALLY

Headquarters at Washington University; hosted by the St. Louis Bicycle Club.

TOBRAW TOURS

. July 6-12 Kickapoo River - Delafield, Evansville, New Glarus, Platteville, Wauzeka and return. 390 miles. \$125.00 before May 1 or \$140. Optional lodging July 6 at St. John's Military Academy \$10.00. Parking for the week \$5.00. Lodging in high schools and Univ. of Wisc. Six breakfasts, 5 dinners.

. July 27-Aug. 2 Door County 405 miles from Milwaukee to Manitowoc, Sturgeon Bay, Sevastopol - free day in Door County, Sevastopol, Kewaunee, Sheboygan, Milwaukee. \$125.00. Deposit \$50 before May 1. May-July \$140.00 with \$65.00 deposit. Lodging at Concordia College July 26 - \$10. Week parking \$5. Lodging high school gyms and Rec.Park. Six breakfasts; 5 dinners.

Application from: The Tobraw Tours, Inc., 3632 W. Maple St., Milwaukee, WI 53215. 414/383-5563.

TUESDAY NIGHT RIDES: Starting with daylight savings time, every Tuesday, when streets are dry, at 5:30 p.m. sharp, ride until sunset. Pace 12-13 mph. Distance varies with length of day - 20 to 47 miles. Last ride the week before Labor Day. Rides start at Kurt Schoenhoff's, 16 James Court, Hawthorn Woods, 540-0861.



VIDEO AVAILABLE

THE WHEELBUILDING AND TIRE MOUNTING VIDEO BY PAUL RANDAZZO IS NOW AVAILABLE FOR PURCHASE OR RENTAL.

If your club or members are interested, please contact:

Bob's Bicycle Shop of Park Ridge
141 S. Vine St.
Park Ridge, IL 60068
312/825-4438

CLASSIC BICYCLE TOURS

Interesting brochure covers tours to Crete, Apr. 24-May 9; Greece May 8-30 and Sept. 4-26; Ireland, June 13-28; Quebec, Richelieu River, Aug. 3-10; Quebec City and Environs, Aug. 10-17; and Natchez Trace, Miss., Part 1, Oct.26-Nov.2 and Part 2, Nov. 1-6.

Send for brochure to: Classic Bicycle Tours, P.O. Box 668, Clark-son, New York 14430.



WINTER RENDEZVOUS
March 1-5
Homestead, Florida

Why stay up north with the ice, sub-zero temperatures, wind and snow. Come to the 20th Winter Rendezvous in semi-tropical Florida.



MATHISONS THREE

Santa Claus George, Elf Marilyn and Muffin in a red sweater created quite a stir when they pedaled up to Jack and Lilian Russell's front door to attend our Christmas party. They presented quite a colorful picture as they pedaled down the street. Two big stockings on either side of the luggage rack held hard candies which Elf Marilyn scattered as they pedaled along. As usual, Muffin entered into the spirit of the occasion by wagging her tail enthusiastically and keeping an eye on approaching traffic.

This trio is now well known at biking events all over the country. Muffin has been pictured on more magazines, newspapers, TVs and public events than any human bicyclist. At the BICYCLE USA Rally in Madison, Wisconsin, Muffin received her own specially made rug from a Baltimore fan who subsequently knitted the gay red sweater Muffin was showing off!

NETWORK NEWS

For \$2 you can get a sample issue of Network News, a low cost clipping service. Write for your sample to: John Nowlin, Network News, P.O.Box 8194, Philadelphia, PA 215. Phone: 215/222-1253.



Bernard and Robin

Around-the-world French bicyclist Bernard Magnouloux made it out to California by December 4. From Wheeling he pedaled to Rockford, on to Kansas and Salt Lake City, showing his slides. But heading west in October and November introduced him to American winter weather..the worst he had encountered in all his 40,000 miles in 35 countries! The ice and snow in the Rockies was formidable. In Utah trucks and cars were jack-knifed or skidded off the road. His bicycle was coated with ice. He pedaled 36 hours to reach the San Francisco area by Dec. 4! Then he learned his slide show and talk was Dec. 6! Five shows in San Francisco area, another in Petaluma, Irvine and then to Robin Radtke's, "Lady LaFayette", in San Diego. Phyllis Harmon joined them there - Mike and Laura Enwright too - and we attended his slide/talk show. Then he pedaled up to Whittier to the Cardiac Hospital and on the 20th to Los Angeles and the French Consulate in order to head for the Orient, Nepal, India, through Turkey and back to France.

Robin is preparing for a trip to LaFayette, LA, the Winter Rendezvous in Florida and will meet the French cyclists in North Carolina to tour with them in NC and Virginia - wherever LaFayette fought.