

JUNE, 1986

MONTHLY MEANDERS



June Meeting

Wednesday, June 4 - 7:30 p.m.
WHEELING HIGH SCHOOL
Elmhurst Rd. and Hintz
Room 291 2nd Floor - North side

PROGRAM

**BICYCLE TOURING:
WHAT TO TAKE AND
HOW TO PACK**



by Keith Kingbay

Keith has now bicycled in 52 countries, crossed the U.S. and has just about pedaled in every state in the U.S., so he is well qualified on this subject.

THE PREZ SEZ

June, July, August - WOW! Ride, enjoy, get exercise! As we build endurance and that overall healthy feeling, let's remember not to overdo it. It is important to get exercise, we all know that. But it is important to warm up before exercising and to cool down after the ride. If you are out for a casual, social ride, then there is no need to warm up and cool down.

What you drink and eat during a prolonged ride is also important. Drink the fluids before you need them. Bananas, oranges, etc. are also good.

One other thing: Jerry Goldman, Chairman of the Harmon Hundred, needs a Food Chairman and several members to serve on that committee. Give him a call: 695-7964.

Bob Meute



by AL PETTY

Left Turns

On club rides recently there has been some confusion as to how to make proper left turns. I will try to clarify this.

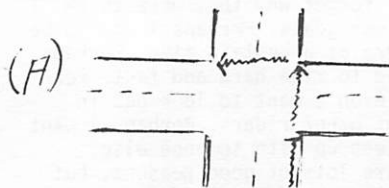
First of all, there are several left turn situations. How you make the turn can depend on the number of lanes of a road, the number of riders in a group, the amount of traffic, and the type of traffic signals, if any. Let's look at a few important left turn situations.

On regular 2-lane roads, you should be riding on the right side of your lane. About 100 yards before the intersection or turning point, you should:

- 1) Check the traffic behind you to see if it is safe to move.
- 2) Give the extended left arm signal.
- 3) Move toward the center or left side of *your* lane.
- 4) Before making the turn, yield to oncoming traffic.

If traffic is busy when you look back, slow down and maybe even *stop* until it is clear to move over in your lane to make the left turn.

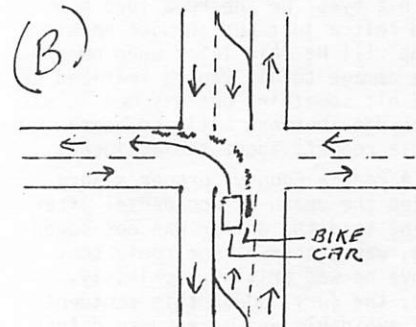
On occasions, at busy 4-way intersections, one or two riders may even have to stop on their right side of their lane, obey traffic signals or signs, and do as shown in drawing (A)



While riding on 4-lane roads *without* specifically marked left turn lanes, you need to move into the *next* lane to your left (after steps 1 and 2 above), staying to the left

or center of that lane before making the turn. Remember, in this situation, cars behind you, in your turning lane, *may not* be turning, so be considerate and move to the left to give them room to go straight ahead.


On 2 or 4-lane roads *with* specifically marked left turn lanes, you may occupy the center of the lane before turning. This prevents the car behind you from going by you until your turn is completed. However, this situation could pose a problem with a large group of cyclists and a lot of traffic. The polite and safest way would be to stay to the *right side* of the left turn lane in single file. When safe to make the turn, you will not slow up traffic and will be able to turn as shown in drawing (B).



No matter what the left turn situation, always be defensive and communicate your turning intentions to motorists. Here are some useful hints:

- 1) Signal lights can control the traffic of cyclists and motorists satisfactorily, but stop signs *may not* control the actions of many cyclists. However, the law says we should stop before proceeding. This is especially important before making the left turns.
- 2) Do not cut across another lane in a "short cut" situation during a left turn. Only turn in the proper lane and stay to the right of the lane after making the turn.
- 3) Do not change lanes or make turns just because the rider ahead of you does. Check traffic behind you, signal, and proceed to turn. **ONLY** when it is safe for YOU!

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

An  Affiliate

WANTED

WANTED: Good used 10-12-speed 23" frame. Max. \$250.00
Jon Brannan - 680-5452

FOR SALE

FOR SALE:

MOTOBECANE GRAND JUBILEE 19" Mixtie. Extras. \$200.00

NEW LOTUS EXCEL 18" MIXTIE. Odometer, basket, Blackburn rack. Bargain at \$300.00. Gee Cunningham - 831-5628.

Hit and Run Update...

by Phyllis W. Harmon

Update on the hit and run death of Diane Matuska: Peoria police pick-up a suspect on the day of her funeral - a tavern owner whose cream-colored van was found hidden in a relative's lane with the right front panel cut away - the portion believed to have struck Diane. Paint from her clothing and a headlight rim also indicated that was the car. The driver said he had had only one beer; as he was going up hill the sun was in his eyes. He "heard a loud boom and felt a jolt but thought he hit a bump" !!! He said later when he saw the damage to his van he realized he had hit something but assumed it was a bridge abutment until he heard media reports about the accident.

A Peoria County coroner's jury ruled the death as accidental after being told the driver was not speeding, was not drunk nor could they prove he was driving recklessly. But, the jury added "this accident was avoidable and we recommend that the state's attorney look into the matter and take whatever action is deemed necessary."

The only charges lodged against him were leaving the scene of an accident and failure to reduce speed to avoid an accident. The trial will be some time in July.

Considering the conflicting statements made by the driver, I find the conclusion intolerable. Diane's employer, a lawyer, has contacted the sheriff and state's attorney to say concerned people feel the pursuit of justice is slow in this case.

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:	Keith Kingbay	459-8242
Rec.Secy:	Marilyn Mathison	825-5470
For Check Out:		
Bike Tools:	Bill Butcher	541-7411
Library:	Dick Ryan	381-1775

Sometimes I forget

By CHUCK FEARNOW

Elida Reeh sent in this article from the Indianapolis Central Indiana Bicycle Assoc. newsletter because "I thought it was something I should read every now and then because sometimes I forget, and if I do, I'm sure others do also."

I've been riding for several years now and I'm a pretty good rider. I wasn't born that way. It wasn't instinct. I had to go through that building process. The process of riding and practicing. Practice is the only way to do it. I'm not even close to the strongest rider in CIBA, but even the slowest of the regular CIBA riders is one of only a few hundred good riders in the county. To the average person, anyone who can simply ride 25, 50, let alone 100 miles has accomplished an amazing feat.

Sometimes I forget that. The people I talk to about biking take that amazing feat as the minimum requirement. I begin to deal with "time for the distance." My goals are in terms of becoming an even stronger rider. They become goals of riding those miles even faster. That's good. That is how we all got to be strong riders. Setting those goals a little higher each time. Pushing that extra effort when it hurt. Being happy and excited when I cover the distance in a really good time. Those are the things I think and talk about. Those are the things that are meaningful to me.

What is meaningful to a rider out there for the first time? It's the same thing that was meaningful to me the first time. Simply covering the distance. Long distance or short, they have to start somewhere. They're not worried about the time or the speed, only that they cover the distance. Sometimes I forget that!

This Sunday I forgot that. There was a couple riding slower than we were. We could have waited and ridden with them, but I forgot. I can give a lot of good reasons for not riding with them. Of course, they'll never know any of those reasons. They only know that no one rode with them. They may keep riding in spite of me, but certainly not because of me, because I forgot why they were there. I had my own goals. Perhaps I had to be somewhere at a certain time. Perhaps I wanted to ride hard and fast. Perhaps I didn't want to look bad in front of other riders. Perhaps I wanted to keep up with someone else. There are lots of good reasons, but those slower riders will never know any of those reasons, because I won't see them again.

Sometimes I forget. I ask slow riders if they had trouble on the

route. I'm honestly concerned about them, but they hear: "You must have have trouble to be that slow." I could get the same information by asking "Did you have a good ride?"

Sometimes I forget when a ride leader puts out the extra effort to ride the short ride slowly to help new riders. I kid him about riding the short ride. Those new riders hear: "You're not worthy to ride with us if that's all you can ride." That's not what I meant, but that's what they hear.

Sometimes I forget why I'm out there in the first place. I forget that I love the joy of riding. I revel in the new strength I find in riding. Sometimes I get caught in schedules and have only a limited time to ride. When I do that, I've forgotten I'm there for pleasure and to forget the pressures of the workday world, not for competition. Most importantly, I've forgotten that if I had ridden that first ride alone, there would have been no reason to come back. I could ride alone anytime. I'm very glad that someone slowed down and rode with me. I'm sad that I didn't do that for someone else. I'm going to try to do better next time. I'm going to ride at least twice during the season with the last rider because there are things that I want to remember, and sometimes...I forget!

Jim In Hospital

The morning after the Tour of The Fox River Valley, Jim Grant's painful back (which had forced him to drive sag instead of pedal) was so bad he went to the hospital in an ambulance and has been there ever since May 12.

After a number of specific tests for his back problem it was decided Jim would have surgery sometime during the last week of May.

Jim is at Northwest Community Hospital - 259-1000, Room 661 Bed 1.

New Zealand Anyone ?

Three weeks - last week of January and first two of February (summertime in New Zealand!). If interested send your name and address to Phyllis Harmon, 356 Robert Ave., Wheeling, IL 60090 to get on the mailing list for information. This is outstandingly beautiful country and we'll cover the best of both islands. One bike; one suitcase. Tour bus will transport luggage and us when we hop scotch.



Lake Forest is an outstandingly beautiful area for bicycling. Here, on the Lake Forest College Campus is a sample of the route which explains why this ride is so popular!

Right: Pat Marshall pointing out the Shedd family estate (Shedd Aquarium) and telling us about the indoor clay tennis court under the huge skylighted roof. Pat is great to have along on a ride - she manages to have little nuggets of knowledge to spark our interest.

PHOTOS BY PHYLLIS HARMON



Breakfast Ride

Breakfast ride from Bob and Lois Meute's began with breakfast in Park Ridge and then riding the North Branch Trail to the Botanic Gardens and back.

Left: Keith Kingbay, Bob Meute, Betty Duffy, Howard Paul, Lois Meute, and Lois Paul.

College Campus

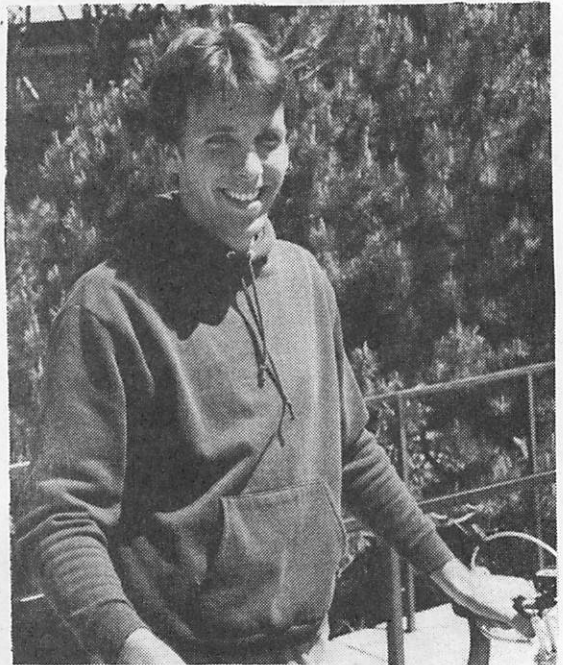
Cruise

Don Derebey led 43 riders over this outstandingly beautiful ride to three college campuses and colorful spring foliage throughout Lake Forest and bicycle trails.

Al Petty closely followed our group with about 15 members of his Holmes Jr. High Bicycle Club.

Right: Riders gathering at entrance to Barat College.....

Below: Group gathering after a delicious all-you-can-eat lunch at Lake Forest College



Above: When Jenny Bruns became Jenny Grant, her brother David Bruns joined the club!



Left: Third college - Woodlands Academy. We pedaled over colorful winding paths through the campus and then out onto Lake Forest streets displaying many fruit trees in blossoms, lilac bushes, spring flowers..

Schedule

NOTE: Several revisions from annual schedule. Always use monthly newsletter for latest information:

June 7 COVERED BRIDGE RIDE, Buffalo Gr.

Sat. 9 a.m. - 45 miles from Buffalo Gr.H.S. Two covered bridges and great scenery! Bring your own lunch. Joe Tobias 835-2547.

June 14 VOLO RIDE, Long Grove

Sat. 9:00 a.m. - 35 miles from Kildeer School. See the Bradenburg Bog. Bring sack lunch. - David Lachman - 564-5451.

June 15 GENOA RIDE, on Hwy. 14

Sun. 9:00 a.m. - 60 miles from Mc Henry City College on Hwy. 14 1-1/2 miles NW of Rt. 176 between Crystal Lake and Woodstock - east side of road. Sandwiches, pizza etc. in Genoa or bring your own lunch. Dick Ryan - 381-1775.

June 21 TWIN LAKES RIDE, Long Grove

Sat. 8:00 a.m. - 75 or 100 miles from Kildeer School. Lunch at Twin Lakes or bring your own. 75-mile riders turn back there, Century riders head on to Burlington and loop back. Rob Schaller - 945-3699.

June 22 LAMB'S FARM RIDE, Wheeling

Sun. 12:30 p.m. - 26 miles from Potawatomi Woods, north side of Dundee Rd. just east of Milwaukee Ave. Snacks and exhibits at Lamb's Farm. Bob Meute-823-2592.

June 28 SHOE FACTORY EXPRESS, Palatine

Sat. 9:30 a.m. - 35 miles from Harper College parking lot on Euclid just east of Roselle Road. Phyllis Harmon - 537-1268

June 28 MILWAUKEE WIS. RIDE, Evanston

Sat. 5:30 a.m. - 155 miles fast-paced Evanston/Wheeling joint ride from Jim DeBlois house, 2011 Orrington, Evanston. Jim DeBlois before 8 p.m. - 475-7508.

June 29 DEKALB RIDE, DeKalb, Ill.

Sun. 9:00 a.m. - 62 miles from Northern Ill. Univ. Field House. I-5 to 2nd DeKalb exit - Annie Glidden Rd. North 2 miles through RR underpass and 2 blocks north of Rt. 38. Field house on east side, rounded roof. Charlene Riefler will lead the out to Rochelle for lunch and back. Joe Tobias - 835-2547.

July 5 HUFF & PUFF RIDE, Long Grove

Sat. 7:30 or 9:00 a.m. - 75 miles from Kildeer School or 48 miles from stop light in Algonquin. Ride to Union. Buy or bring lunch. Jim/Jenny Grant 506-1269.

July 6 BAHAI RIDE, Wheeling

Sun. 9:30 a.m. - 35 miles from Potawatomi Woods, north side of Dundee Rd. east of Milwaukee Ave. Lunch in Wilmette. Howard Paul - 824-2941.

Invitationals

ESTATES OF LAKE FOREST BY BIKE

June 1, September 21, October 1

Sundays at 1 p.m. Costs \$4.00.

Meet at Market Square, 700 North Western Ave., Lake Forest. Tour lasts 2 hours. Sponsored by the Chicago Architecture Foundation.

June 1 LIBERTY METRIC RIDE

6:30 a.m. 38 or 62 miles. Mt. Prospect Bik Club invitational from Dan Wright Jr. High School, 1370 Riverwoods Rd., Lincolnshire. \$5. fee incl. maps, patches sag, etc. Barbara Koehler - 827-4071.

June 7 UDDER CENTURY

7:30-10 registration from McHenry County College on U.S. 14 one mile NW of Ill. Rt. 176 between Crystal Lake and Woodstock. \$10.00 includes marked route, map, sag, patch, food and spaghetti dinner after the ride. MCBC UC, P.O. Box 917, Crystal Lake, IL 60014.

June 21-22, PEDAL-IN '86, Peoria

Illinois Valley Wheelmen invitational Sat. 25, 50, 62 or 100 miles. \$9.00 Sun. 35 miles \$4.00. Fees include marked routes, maps, photo, fanny flags, refreshments at food stops. 6:30 a.m. registration Saturday and 7:30 a.m. Sunday from River City Athletic Club, 8603 N. University, Peoria. Application from Illinois Valley Wheelmen, c/o Bill Semmens, 4224 N. University, Peoria IL 61614.

June 29 - THE SNOW WHITE 60. Ladies

a 30 and 60-mile ride designed just for you! Sponsored by BIKES PLUS and NORDIC LITE BEER. \$10.00 includes cue sheet, maps, "low cal" food stops, lunch and awards. Free giveaways to pre-registered riders. Contact Lori at Bikes Plus, 1313 N. Rand Rd. Arl. Hts. 398-1650.

WANTED: Good natured men to help with the food stops. We promise you an interesting day and a great lunch.

July 5 ARLINGTON 500 RESCHEDULED

Rained out in May - so here is short version of ride sponsored by the Arlington Bicycle Club. Registration 6:30 to 9:30 from Frontier Park, Kennicott & Palatine in Arlington →

Wednesday Night Rides

6:30 p.m. until twilight. 10 to 20 miles depending upon length of day.

June 11 from Arlington Heights H.S. 502 W. Euclid. Don Derebey - 255-3422.

June 18 from Carl Sandburg School, Schoenbeck south of Anthony Wheeling. Phil Badame - 392-2371

June 25 from Wilmot School, Wilmot and Deerfield Rd. Deerfield Al Petty - 948-7288.

Heights. \$3.00 includes cue sheet, map, patch and 2 food stops. 35 miles. Forest and Marilyn Robertson, 392-3465.

July 13-19 HEART OF WISCONSIN TOUR

\$165.00 for 6 nights lodging, 6 breakfasts, 5 dinners, maps, cue sheets, baggage transport and emergency sag. (\$28. addl. for 4 private rooms) From Johnsburg H.S. 60 miles to Rockford College on Sunday. Monday 65 miles to New Glarus. Tuesday 50/65 miles to Madison. Wed. 78 miles to Pardeeville. Thurs. 50/75 miles to Madison. Fri. 65 miles to White-water and 60 miles on Saturday back to Johnsburg. Registration form from Pedal Across Wisconsin, P.O. Box 365, West Dundee, IL 60118. Phone: Jerry Goldman - 695-7964.

July 27 JOLIET'S TRIATHLON, Joliet

Swim 1/2 mile, bike 20 miles, 10K run from Joliet Beach Club, Rowell Ave., at end of Hammel Woods Forest Preserve and Black Road.

\$30.00 registration (Addl. \$10 after July 7) Pre-Race registration noon to 4 p.m. Sat. July 26. Eleven age categories for both men and women.

Phone Hank Agney for info and registration form: 815-744-5560 8:30 to 5 Monday through Friday.

Sept. 28 APPLE CIDER CENTURY, Mich.

Three Oaks, Michigan. 25-50-75-100 miles. REGISTRATION DEADLINE JULY 15 limited to 5000 riders. Send for applications immediately: ACC '86 P.O. Box 5000, Three Oaks, MI 49128. \$17.50 incl. spaghetti dinner, ACC patch and mileage patch, fanny flag, refreshments, apples, cider...etc. This is an outstandingly popular and well organized event!

1986 WORLD CYCLING CHAMPIONSHIPS

Aug. 27-Sept. 7, Colorado Springs, Col. For the first time in history the U.S. will host the World Cycling Championships. Tickets for all-inclusive track package range from \$70 to \$95. Or \$25/day parking and road races for "inner" parking area and \$15/day for "outer" parking and races.

ALSO: 1500 volunteers needed! Feb. to June; July 1-20; and 21-31; Aug. 1-10 and 17-23, and Aug. 24-Sept. 10..in numerous categories: Clerical, word-processing, translator, phoning, P.R. media, Competition: Marshalling, security, ushering, drivers/runners, chauffeurs, parking,..team host, parade, bike tours, bike races, film festival, social events, etc. etc.

Write for ticket info. or job assignments form to:

Susan Barton, Coordinator of Volunteers, 1986 World Cycling Championships, U.S. Olympic Training Center, 1750 East Boulder Street, Colorado Springs, CO 80909.

Rides Re-riden



CHOP SUEY RIDE: Peter Gianakakis led about 40+ riders over hill and dale to Barrington where most of us opted for McDonalds rather than chop suey. Since it had been 27° on Thursday, most of us weren't prepared for the 89° temperature. Several of us really felt the heat that day!

COLLEGE CAMPUS CRUISE - What a perfect day for a ride! Photos on page 4 and 5 will show you just some of the beautiful scenery! Don Derebey led at a steady pace and let the hot shots get lost by themselves! The \$3.00 lunch at Lake Forest College was great - a wide variety of food and all-you-could eat!

BREAKFAST RIDE - With the big turnout for the College Campus Cruise - (50 riders) there were seven of us who started from Bob and Lois Meute's for a Pancake House breakfast in Park Ridge before heading north on the North Branch Bike Trail. It was a bright, sunny but cool day but we raced with the wind up to the Botanic Gardens to enjoy the flowers and watch the Canadian Geese and tiny, fluffy goslings before bucking the wind back.

LAKE COUNTY COLLEGE CLASSIC - Again Don Derebey led 40 riders over beautiful roads. Unfortunately the Lake Forest College restaurant, Gulliver's, was not open as promised so the group lunched at McDonalds in Mundelein.

TOUR OF THE FOX RIVER VALLEY - Jim Grant's 2-day Wheeling/Evanston tour to Janesville, Wis., and back wasn't quite as he anticipated. On the Wednesday before the ride Jim slipped a disc in his back and so could not ride but drove sag instead. Twenty three riders turned out. With a strong tailwind, the group made great time. The hilliest stretch of road was Free Church Rd. in Illinois just south of the Wisconsin border: six miles up and a great twelve miles down! The general store in Shoppiere was very popular, especially the old fashioned soda fountain. The group was in Janesville by 2:30 p.m. The trip back unfortunately was against the same wind that had helped them the day before. Four riders made a double century by riding round trip in one day and Rob Schaller and Tom Wilson started at midnight, rode to the start of the ride and did the whole ride in one day for a triple century!

WESTWARD HO - See separate story by Jerry Goldman on this eventful ride.

Westward Ho

by Jerry Goldman

Ten members, 3 McHenry Bike Club members and one guest journeyed to Elgin's Wing Park for the "Annual Rain Derby" to St. Charles. The fact that the women outnumbered the men prompted the female riders to start a campaign to have the club renamed the "Wheeling WheelWOMEN."

Paul Matz and Pat Marshall arrived first to join Lenore and Jerry Goldman for the annual prayer service for sun. This failing, Paul took off with McHenry member Mark Caldwell in an effort to avoid the approaching storm.

As the remaining three were about to leave, Joe Tobias and Sandy Krugman pulled in. A "short" hour later the group had succeeded in extricating both their bikes from Joe's backseat and trunk! At last the five took off in wild anticipation of practicing their weather skills. Within one half mile, Sandy became too cold and hungry to continue. While Lenore Goldman led Joe and Pat out Sleepy Hollow Road, Sandy stopped at her hospitable ride leader's home for a jacket and snacks. (Who ate all those bagels???)..

All arrived at the park about the same time, the threesome finishing 20 miles and the snackers 15 miles since Sandy's native guide knew a shortcut. The twosome reasoned better to ride 15 with food; the 20 without! They all were joined by 40-mile hopefuls Howard Paul, Jack and Lillian Russell (with Brutus), Carolyn Kropp and McHenry members Pat Kellogg and Marlene Denke. Mary Lee St. Aubin chose this day in a moment of weakness to come as a guest.

The group overcame the temptation

RIDES RE-RIDDEN CONTINUED

BREAKFAST RIDE - Phyllis Harmon led 7 riders on this Mother's Day ride through Morton Grove and out to Bill Knapp's where we enjoyed the usual "red carpet" treatment. This was a money making ride: Phyllis found a penny on the road; a few miles further Lillian Russell found one and on the way back Carolyn Kropp picked up a quarter!

MAY MEETING - David Blustein showed us the video he made of our Harmon Hundred. (It was on Channel 26 about 10 times in April and May.) Many thanks to George Karpen for bringing his TV so we could view the film.

FIRST WEDNESDAY NIGHT RIDE - Pat Marshall took us on a "Sport Celebrity Cruise" in Northbrook. The 18.4 mile route took us past the homes of Michael Jordon (Bulls), Scott Sanderson (Cubs) and Jim McMahon (Bears).

to remain at the ride leader's domain for breakfast and lunch, opting to journey to St. Charles and expressing a wish for future leaders to select lunch stops more befitting those over the age of 39 (ahem!) than the usual gourmet at fast food stops! (okay, you asked for it--next year's rain derby stops at Inglenook Pantry, a terrific Amish style buffet in downtown St. Charles--hope their roof doesn't leak!)

After lunch, the route went west on Compton Hills Rd., the south to the town of La Fox and Potters General Store where all found safety on the front porch while the storm swept through. As added excitement, the railroad gates went down and although no train passed, this event was no doubt heralded as the highlight of the day in downtown La Fox, second only to 12 bikers looking for dry space for their bottom brackets on Potter's porch! Suddenly, all realized that the storm had come and gone and the little group had been out most of the day and was still dry, a fact generally attributed to the ingenious planning of ride leader who had been through this scene so often he obviously knew just where to have the group stop at the critical moment.

In an act of self confidence and defiance to Mother Nature, rain gear was stuffed back in rack packs for the final 20 miles. Deliriously deceiving themselves into believing they could outcrank the nearby bank of thunder clouds to the west, all headed north.

Five miles from the shelter of South Elgin, the law of gravity was enforced and everything that was above fell at the same time: rain and hail pelted helmets, thunder rang in ears, while lightning flashed almost near enough to touch. Little Brutus crouched in his basket while the water level rose. There was NO shelter within miles, a fact generally attributed to the stupidity and lack of planning on the part of the ride leader who had been through this scene so often, yet still obviously did not know where to have the group at the critical moment!

All hydroplaned to the near edge of Elgin when, just two miles from the finish, the next monsoon swept in. This time protection of a huge gas station canopy was nearby. After a 30 minute wait, mainly for the lightning to move on, the last two miles were negotiated.

There were hasty goodbyes said beneath the thunder. Next year the rain derby lunches at Inglenook Pantry in St. Charles. The ride leader will take no more chances. The starting point will be across the street--from Inglenook Pantry, that is.