

AUGUST, 1986



MONTHLY MEANDERS



AUGUST MEETING

Wednesday, August 6, - 7:30 p.m.
WHEELING HIGH SCHOOL
Elmhurst Rd. and Hintz
Room 217 2nd Floor - North side

This is our work night. That important meeting before our Harmon Hundred/75/50/25. 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 bring them to the September 3 meeting or drop them off at Food Chairman Sandy Krugman's at 843 Meadow Lane, Northbrook 60062 Phone 480-1843.

Jerry Goldman has the volunteer sign up list. Check where you can help: Arrows on the road, direct traffic at Wheeling H.S., sag stops (5 of them), check-in and check-out, make signs, purchase supplies, food distribution etc. etc. Jerry's phone - 695-7964.

The Prez Sez


Now that we are in the middle of our cycling season, I'm sure that we can feel the new muscle tone, the increased endurance, and the aerobic benefits of our avocation.

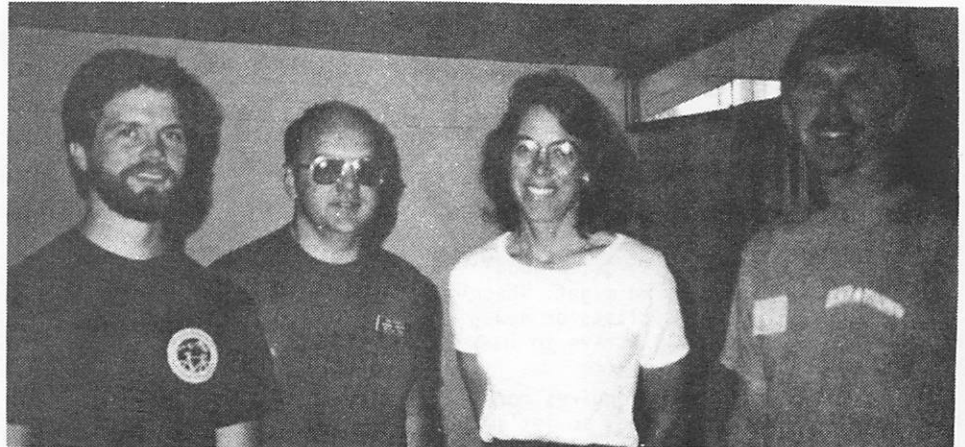
Our August meeting is important because of the final Harmon Hundred plans and mailing out brochures. Dick Schaller has all of last year's participants on the computer and will run off labels for us...

On a recent ride, one of the participants had bike trouble that was impossible to repair, so the rider had to call to be picked up. So...I urge all of you to bring basic tools, spare tube and pump so you can be taken care of in an emergency.

Bob Meute

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

An  Affiliate



1986-87 NATIONAL L.A.W. OFFICERS

President Steve Clark, Boulder, Colorado, Director Rocky Mountain Region 12
Vice-Pres. Tom Ferstle, Rockwood, Michigan, Director Great Lakes Region 7
Secretary Amy Carlson, Seattle, Washington, Director Northwestern Region 15
Treasurer Larry Hodapp, Kettering, Ohio, Director East Central Region 6

LEGISLATIVE ALERT -

Write



Write: Hon. James R. Thompson
Governor
State of Illinois
Straten Building-Sec. C
Springfield, IL 62706

Urgent notice from Chicagoland Bicycle Federation: An important new bill, H.B. 3512, has passed the Illinois legislature and is awaiting Gov. Thompson's signature. The purpose of the bill would coordinate and fund the establishment and extension of a system of biking and hiking trails within and between the member counties: DuPage, Kane, Lake, McHenry and Will. Cook County might join at a later time.

It is important that all bicyclists write to encourage the Governor's signature for this bill which will help to preserve abandoned railway rights of way and other corridors for trail use and also demonstrate to the Governor the strength of the bicycling community.

If you are anti-bike trail, Illinois no longer has a mandatory side path law (when a separate bikeway paralleled a roadway, a bicyclist must use the bikeway) and that newly developed standards for bikeways are improving the design of trails used by bicyclists.

As far as League members are concerned, the National Rally in St. Louis was the best in a long time! I'm not referring to hospitality, rides, work shops, etc. but the benefits to members. New President made it very clear that he wants to hear directly from members - complaints and suggestions. What you like and don't like. Especially he would like to hear from members who have dropped out...why - what reasons. So if you know of club members who no longer are members of the League of American Wheelmen (BICYCLE USA) ask them to write Steve too - . He's interested in returning to emphasize an "of, by and for bicyclists" organization.

Write: Steve Clark, 4576 Ledhill Rd., Boulder, CO 80302. Home phone 303-440-4199; work 303-441-3266.

Steve is Bicycle Coordinator for Boulder. Larry is a CPA.

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-]268
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



by AL PETTY

TECHNIQUES OF GROUP RIDING

Riding in a group is one of the most enjoyable activities going. Cycling with friends, traveling rapidly, safely, and confidently with your companions is one of life's real joys. On our club rides, sometimes we do not always follow good practices as well as we might. Whether we are experienced cyclists or newcomers, we should all strive to improve.

Cycling in a group requires more skill than cycling alone, so let's take a look at some of the more important rules of good group riding.

- A. A good cyclist always looks before making a maneuver, especially as part of a group.
- B. Groups usually ride double frequently but some situations require single-file riding:
 1. On narrow, heavy traffic streets or roads with parked cars.
 2. At narrow underpasses and bridges.
 3. In the case of street repairs.
 4. When cars come from the rear, we should move into single file.
- C. If riding at night, have your bicycle equipped with both head and tail lights.
- D. When riding on the open road, ride about one foot from the right edge, unless you have a wide shoulder, in which case it could be safer to ride there (but watch out for glass).
- E. When riding on the street with parked cars, ride 2 to 3 feet from the cars on the right. Do not weave between parked cars. Ride in a straight line.
- F. When riding double, rider on the left should maintain at least one foot between handlebars.
- G. Pass only on the left and announce your intentions, "On your left."
- H. Obey all traffic lights and signals.
- I. Do not "gang up" at stop lights or busy intersections and obstruct traffic. Keep to the right.
- J. Watch for intersections with separate right turning lanes. If going straight, do not stop in the turn lane; stay on the straight ahead line.
- K. Use verbal signals to warn cy-

clists, such as "braking", "car up", "car back", etc. If there is debris on the pavement or a bad road situation, warn following cyclists by pointing and yelling, "Glass!" or "Hole!"

- L. If at any time you find it necessary to leave the group, be sure to notify the Ride Leader. He is nose counting and is concerned about missing riders.
- M. Dogs call for extra communication within the group. Warn of dogs vocally and immediately upon sighting them in order to give cyclists time to plan their actions without emergency maneuvers.
- N. When we stop to regroup, we should get off the roadway or at least to the far right side of the road so we do not block traffic.

Well, there are others, but I think obeying these will improve your cycling and help you enjoy it more.

Have a good month of "warm" cycling in August.



Red Lights? Stop!

by Phyllis W. Hazmon

It is so frustrating to be told when a cyclist goes through a red light that, "It's OK there's no traffic." If you want the rights to the road that means the responsibilities, too! It has taken much effort but now all 50 states look upon the bicycle as a vehicle. (In Illinois it is called a "device" but a separate section in the vehicle code states that wherever the word "vehicle" is used, that includes bicycles.

I serve on the Sec. of State's Bicycle and Pedestrian Safety Advisory Committee and we have put through several "rights" for bicyclists: We have done away with the mandatory bikeway law, you can ride two abreast when there is no traffic and you can make a vehicle left turn.

A number of organizations are represented on the committee: DOT, PTA, AAA, Natl. Safety, Education, police, etc. but as the only lifetime bicyclist on the committee I have much experience on which to base suggestions, usually with good results.

The next time you are tempted to ride through a red light, please remember a privilege can be removed if abused. It is up to us to set a good example so others will learn by our good riding habits... and we'll reduce bicycle accident statistics.

A Note Of Thanks

by Jenny Grant

Four years ago a Wheeling Wheelmen member invited me to ride on the Hill and Dale ride. Immediately I was swept up with the enthusiasm and friendliness of the club. It was a sweltering summer day, and I barely finished the ride as the sun beat down on the pavement and the hills loomed ahead of me. But the encouragement of people whom I had just met carried me along. My love for bicycling had resurfaced in full force following a somewhat dormant period during my college years. In the intervening time, my bicycling has improved tremendously, and I have reached many personal goals. The improvement in my endurance continues to amaze me, which carries over into my everyday life. And bicycling has been great therapy in smoothing over some of the rough edges of life. I am thankful to my fellow bicyclists for being so much a part of my life in the past four years.

Some of my bicycling friends have come and gone, but the new faces are always a welcome sight as a source of new potential and enthusiasm. A couple of years ago I met my husband Jim on the College Campus Cruise ride, and we are forever grateful for the bicycling club which brought us together. My brother David recently became hooked on bicycling and now is interested in club rides and events. For the first time in our adult lives, we enjoy a mutual activity which has brought us closer together. More than ever, I feel as though I am returning a favor to the club by encouraging new members just as other members encouraged me.

Jim and I greatly appreciate the support and concern from both the Wheeling and Evanston clubs during his back problem episode. We appreciate the many phone calls, cards and visits. When I found the time to ride on a couple of club rides shortly after his surgery, I felt a tremendous release of tension as my worries fell by the side of the road for a day. The process of riding with fellow bicyclists and participating in the demanding, but relaxing, physical activity all day was perfect therapy.

At the July meeting, I was overwhelmed by the welcome back everybody gave Jim. Most of you can imagine the anguish of an extremely active bicyclist sidelined in the middle of summer. The doctor assures us that bicycling is one of the best activities for strengthening his back. Eventually we will both be riding down the road together, returning to our normal bicycling activity.

Schedule

Note switch of dates on the Bell Orchard Ride and the Hill and Dale.

Aug. 2 HILL & DALE RIDE, Long Grove

75 or 100 miles, 7:30 a.m. from Kildeer School. Bring or buy lunch at McDonald's in Woodstock. Here's your chance to earn your BICYCLE USA Sanctioned Century or Metric Century patch - \$2.00. Jim & Jenny Grant - 506-1269.

Aug. 3 BREAKFAST RIDE, Winnetka

7:30 a.m. - 20 miles from Willow Road parking lot just east of Edens. Breakfast at Lockwood Castle, Edgebrook. Bob Vargas - 259-3210

Aug. 9 ST. CHARLES RIDE, Hoffman Est.

8 a.m. - 70 miles from Eisenhower Jr. High, Jones and Hassel. Lunch in St. Charles. Deb. Blomstrann 256-4855.

Aug. 10 SILVER LAKE RIDE, Wisconsin

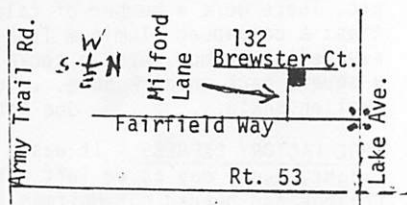
10 a.m. - 45 miles from Wayside parking on Rt. 45 & Winfield Rds. in Wisconsin. Lunch atop hill at Silver Lake. Bring or buy lunch. Ted Uhlemann - 790-1312.

Aug. 16 BELL ORCHARD RIDE, Long Grove

9:30 a.m. - 34 miles. Enjoy cold cider on a hot day! Cindy Cochrane - 991-9096.

Aug. 17 WAYNE-BARTLETT, Bloomington

9:30 a.m. - 45 miles from Chuck Moen/Lynn Leander's home, 132-D Brewster Ct., Bloomington. Bring or buy lunch. Eat in exceptionally beautiful park beside a lake! Chuck Moen - 893-2693.



Aug. 23 WOODSTOCK RIDE, Long Grove

8:30 a.m. - 84 miles from Kildeer School. Wheeling/Evanston club ride. Bring or buy lunch. Jim & Jenny Grant - 506-1269.

Aug. 24 PROGRESSIVE DINNER Mt. Prospect.

\$4.00. Annual fun event. 10 a.m. from Sue Kent's, 132 Lancaster in Mt. Prospect. Take Central west of Rt. 83 (Elmhurst Rd.) to Wego Trail. South on Wego to end at Lancaster. Right to 132. We'll nibble on appetizers there, then pedal to Bob and Betty Vargas' in Arlington Heights for salad, and on to Gee Cunningham's in Highland Park for main course, then back to Keith and Rosetta Kingbay's for dessert. Reservations to Phyllis Harmon - 537-1268. If not home, son Phillip will take the message.

Training For A Century

By Dick Sorenson

If you are among the newcomers to bicycle touring who intend to make the September 7 HARMON HUNDRED their first century (100 mile) ride, you had better begin training seriously right now! You had better shape up. Literally.

Sure, it's possible for a novice tourist to complete a century ride, but without conscientious training, that novice will often spend more time in a sag wagon than astride a bicycle.

#1 - At this point, you need to spend at least one hour a day, a minimum of three days a week, riding a bicycle, or do some equivalent form of formidable exercise: swimming laps, riding intervals on exercise bike, or running. And on weekends, you need to work out for at least two hours each day, without stopping for more than a breather. If you aren't sweating

when you train, you're not working hard enough.

By now you ought to be capable of easily riding 20 to 35 miles on Saturdays and Sundays. Push yourself, but remember: What counts is endurance, not speed. It's all important that you set your own comfortable pace. Don't strain yourself to the point you no longer enjoy the sport: Relax, talk to your fellow cyclists and pace your cadence. Keep some energy in reserve for those hills and/or headwinds on the return loop. Don't be intimidated by the fast riders. Often you'll pass them up before the finish. Don't forget, you're doing this for fun and exercise.

#2 - Get your bicycle in shape, too. Take it now to a bike shop for a tuneup. Consider taking a bike repair class, too, so you can fix flats and broken spokes without having to wait for help. Also, you'll learn how to do your own tuneups. Many bike shops and park districts offer free or nominal charge workshops.

#3 - Endurance riding means building slowly and steadily to strengthen your cardiovascular system as well as your muscles.

Pay attention to how your body responds to the foods you eat before and during your ride, and how often you need to rest. Take short breaks off the saddle. Find a comfortable pace that leaves you pleasantly tired at the end of each trip.

#4 - Make a deliberate effort to be a safe, conscientious rider. Use designated bike paths whenever possible and always ride with, not against, motorized traffic. Wear a helmet, even for commuting and for that "around the block" cruise. If you ride after dark, use a light and wear reflective clothing.

Extend your arm pointing your index finger when signaling turns. Inform pedestrians and other riders when you're passing them - "On your left." (Do not pass on the right!)

#5 - On your long rides, remember to eat frequently, in small amounts, and concentrate on complex carbohydrates, not junk. Also, increase your daily water intake by at least a quart.

Now, strap up your toeclips and get going.



It's A Girl!

Jessica Anne Dargiel
8 lbs.

Parents: Al and Eva. July 10, 1986

Schedule - Continued

Aug. 31 MEMBERS' HARMON 100/75/50/25

6 a.m. from Wheeling H.S., Rt. 83 and Hintz (west parking lot). This is our day to ride (we work next week!) Members ride together, fast and average pace. Patch ride. Jerry Goldman - 695-7964.

Sep. 6 MEMBERS' QUARTER CENTURY

9:30 a.m. - 25 miles from Wheeling H.S., Rt. 83 and Hintz (west parking lot). This is our opportunity to earn Quarter Century patch. Phyllis Harmon - 537-1268.

Sep. 7 HARMON HUNDRED, 75, 50, 25.

Our big invitation! Work day in shifts for us. Registration at Wheeling H.S., 5 sag stops. If you have not yet volunteered for some committee, do so by calling Jerry Goldman - 695-7964. Lots of yummy home made cookies needed!

Wednesday Night Rides

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

August

- 6 Meeting night. No ride.
- 13 From St. Mary's Church, SW corner of parking lot. Buffalo Grove Rd. north of Lake Cook Rd. Buffalo Grove. Keith Kingbay - 459-8242.
- 20 From Chamber Park in Wheeling, on Wolf Rd. north of Dundee Rd. Elliott Kanner - 541-9176.
- 27 From George & Marilyn Mathison's home at 227 N. Greenwood in Park Ridge. 825-5470.

INVITATIONALS

Rides Re-ridden



Aug. 3 - GREAT DANE CENTURY, Wisc.

100/62/30 miles from Lakeview Park Middleton, Wisconsin (6300 Mendota Ave.) Near city limits of Madison. Registration begins 7 a.m. \$8.00 includes sagwagons, food and drink at rest stops, map/cue sheets plus post-ride meal. Route moderately hilly; mid-section relatively flat. Camping and motels available. Sponsored by Bombay Bicycle Club. Wilbur Wright, 6 Quinn Circle, Madison, WI 53713. Home 608/221-0456. Work - 608/222-3050.

Aug. 17 - DIANE'S RIDE, Illinois

100/62/32 miles on rural county roads. All routes are hilly; the long routes are challenging. \$6.50 until Aug. 10, then \$8.00. Includes coffee and roll breakfast, map, marked route, patch, sag, food stops and picnic after the ride. Swimming, showers, and hospitality homes for out-of-town riders. Registration 6 to 9 a.m. at Lake Camelot Clubhouse, Mapleton, Illinois.

Directions: From I-474 (Peoria by-pass) take exit #6 Airport Road. Left on Airport Rd. to Limestone High School. Right on Lancaster 4 miles to Lake Camelot. Watch for blue water tower. Mail checks payable to ILLINOIS VALLEY WHEELMEN to Diane's Ride, c/o Maureen Kelly, 5339 Longwood Drive, Peoria, IL 61615. Enclose S.A.S.E. for hospitality home confirmation.

Diane Matuska was past president of the IVW killed by a hit and run motorist in April. A portion of the proceeds will be given to the Wayne Phillips Fund.

Extra! Saturday, Aug. 16, Diane's favorite local ride will leave promptly at 8:30 a.m. from the Square in Washington, Ill. (On Rt. 24 just east of Peoria and the Illinois River. 30 to 40 miles with breakfast at a small town cafe.

Hospitality home (sleeping bag or bed space only) available Friday and/or Saturday nights. Info. Ron Matuska 309/697-9009, or Maureen Kelly 309/691-4010.

Aug. 17 DOG DAZE DOUBLES, Batavia, IL

50/100/160 or 200 km routes varying from basically flat to more challenging terrain. Registration 7 a.m. for 200 km; 9 a.m. for 160 km; 10 a.m. for others. \$7. until Aug. 1 - then \$8.00. From Engstrom Family Park. Rt. 5 to Rt. 31 exit. North on Rt. 31 to Main St., West to park across from High School. Registrations to Oak Park Cycle Club, P.O. Box 2331, Oak Park, IL 60302. 524-9208.

Aug. 24 - ROCK 64 - Janesville, Wis.

100 or 50 km through scenic Rock County: rolling hills, quaint farms,

lakes and streams. \$6. before Aug. 1 or \$7.00. Registration 7 a.m. to 10 a.m. From UW Rock County, Kellogg Ave. Application form from Dennis and Sue Schroeder, 1016 N. Lexington Drive, Janesville, WI 53545.

Aug. 30-Sep. 1 PACRACC Bloomington IL

Pantagraph Area Cyclist Ride Around Corn County. 220-mile bicycle/camping Labor Day weekend will start from Nestle-Beich Candy Co. on the southwest edge of Bloomington. Check-in 6:30-8:30. \$35 before Aug. 1 or \$40.00. Sat. 80 miles. Overnight on grounds of LeRoy Elementary School in LeRoy. Sun. 80 miles past Moraine View State Park, around Lake Bloomington and overnight on campus of Eureka College (Reagan's alma mater!) Monday 60 miles back to Beich's for an end-of-the-ride meal. Write PACRACC, The Pantagraph 301 W. Washington St., Bloomington, IL 61702-2907 or call toll-free at 1-800-233-6397.

Sept. 20-21) CHESAPEAKE BICYCLE TOURS, Royal Oak, MD.

Tour headquarters for Saturday overnight is the Pasadena Inn on the river at Royal Oak, Maryland. Saturday morning cycle to St. Michaels for tour of the village: Maritime Museum or quaint shops. Lunch at the dock in Claiborne, visit studio of a waterfowl artist. At the Inn swim in the pool, do some row boating or stroll around the 135-acre farm. Dinner Eastern Shore Style. Sunday enjoy short ride before breakfast. Then cycle to Bellevue boarding the ferry for Oxford to cycle the boatyards and quaint shops. \$90.00. Chesapeake Bicycle Tours, Box 345, Westminster Maryland 21157. 301/876-2721.

Oct. 17-18-19 HILLY HUNDRED, Indiana

Two-day bicycle tour through the scenic hills of southern Indiana. 50 miles on Saturday, 50 on Sunday. Headquarters at Bloomington North High School, Bloomington, Indiana. Staggered start 8-11 a.m. Saturday and 7-10 on Sunday. Chili supper on Saturday; breakfast on Sunday, optional. Entertainment both Friday and Saturday evening. Square Dance and refreshments Friday; 3-screen slide show of weekend's activities on Saturday with awards and music. 500 motel rooms available or sleeping bag space in the high school and nearby grade school. Camping 1 mile. Application form from: Ross Faris 5224 Grandview Drive, Indianapolis, IN 46208. 317/251-4130. Phyllis Harmon has a few applications. Sponsored by CIBA (Central Indiana Bicycling Assoc.) Entry fee \$9 to Sep. 8 or \$13. Chili \$4. Breakfast \$3. Sleeping bag space \$4/night. etc.

McHENRY DAM RIDE - Howard Paul led us at a comfortable pace on a hot, but sunny, day to McHenry Dam where we lunched and chatted before heading back. Carolyn Wells and two friends were down from Milwaukee to ride with us.

COVERED BRIDGE RIDE - A dark and forbidding day! Dick Ryan showed up mud besmirched. He had cycled the 15 miles from home. John Schroeder, new member, rode with Dick to the halfway point. Howard Paul, steady and very reliable, at 8:35 a.m. found the leader gazing out at a vast, gray emptiness. A few others showed up and then chose not to ride. Howard and Joe pulled into a Convenient in Palatine during the one, brief rain, then encountered Howard's daughter, Susan, club member who lives close by. I greatly enjoyed Howard's company. Joe Tobias.

GENOA RIDE - It was a perfect day for bicycling when Dick Ryan led a small group on fairly new territory in southwest McHenry County. Riders lunched in Genoa before turning back and on the way encountered Jerry Goldman leading bicyclists back from his Whitewater Weekend ride.

TWIN LAKES RIDE What a surprisingly ragged ride! We were stretched out over about a 10-mile spread of the 37 miles to Twin Lakes. The stretch on US 12, I thought, was dangerous, what with boats being dragged along, etc. There were a number of calamities: a collapsed aluminum Trek, severe leg cramps, broken spoke, and a severe back wheel wobble...plus a swollen ankle... Joe Tobias

SHOE FACTORY EXPRESS - It was a hot, bright, sunny day as we left Harper College and headed out Hoffman Estates to Shoe Factory Road and out to Elgin to lunch in Lord's Park after a brief stop at 7-11 for our snacks.

WHEELING/DEKALB JOINT RIDE - If you were not one of the eight riders who trekked out to DeKalb to join the DeKalb County Bicycle Club on a 64-mile ride through the good, rich land of North Central Illinois - you missed it!

Charlene Riefler, of DeKalb, led us west on flat, quiet county roads to Rochelle and back to campus. All of us kept up a pretty fair clip for most of the way and stuck together. That's terrain and weather and astute leadership for you!

"Let's do this again! and Many thanks, Charlene," was the by riders before heading home. And the co-leader is glad that the suggestion was favorable received. Joe Tobias



RIDES RE-RIDDEN - Continued

HUFF AND PUFF RIDE Riders left Long Grove at 7:30 a.m. on a sunny day which turned into a scorcher. The small group of riders arrived in Algonquin in time to meet the second group by 9 a.m. We all arrived in Union strung out, as we had a flat tire and encountered a headwind from the south on the stretch into Union. But everybody was finished with lunch by noon. As we headed into the headwind again, I was happy that everybody was together in a group during the heat of the day. But my joy was short-lived as I suddenly realized after merrily riding down Marengo Road that I had led my trusting group three miles in the wrong direction--west instead of east! My discussion with Lynn Petty about The Mammoth Hunters ended abruptly as Al and Lynn decided to continue west and I headed back to find the rest of the group. I eventually discovered that the people further back with the sweep, Kurt Schoenhoff, did make the right turn. I apologize to the riders who stayed with me through thick and thin and six extra miles on a very hot day. We did finish in good fashion by 4 p.m. All I could think about was jumping into the swimming pool at home.

Jenny Grant

BAHAI RIDE - It was a beautiful, sunny day, but quite warm as we followed Howard Paul on his annual ride to Wilmette and lunch at the beach. Mike Hawkins had a flat - no spare - so decided to wait at the beach for a ride back. He was back before we were for we no sooner headed home than he met a young student friend who drove him back to Wheeling!

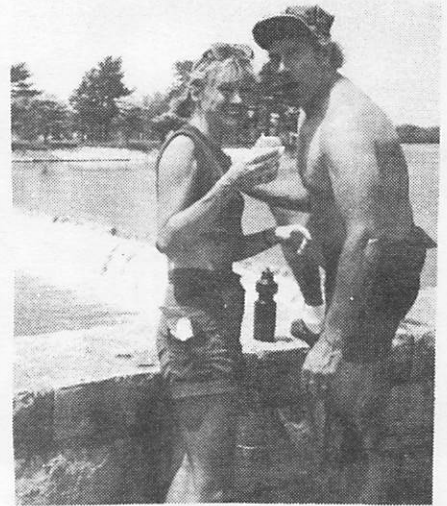
RACINE COUNTY RIDE - The nine of us who completely ignored the weatherman in Illinois met at Eagle Lake parking lot in Wisconsin and, except for a brief 10-minute shower, we had a perfect day for riding! We pedaled through Waterford (where Paramount bicycles are made) and around Wind Lake, lunched at Tichigan Corners, and followed the Racine County Bike Trail through Rochester, past Honey Lake and into Burlington for excellent custard before riding the 10 miles back to Eagle Lake.

TEMPEL LIPIZZAN HORSE SHOW Fourteen riders almost started north when POW! the stem literally blew off Pat Marshall's tire. It was a sunny, but windy, day but who could complain after all the rainy days. The 50-mile ride took in the Tempel Lipizzan Horse Show performance and a brief stop at the Gold Pyramid House. The latter is getting more garish with each new concrete addition!
Pat Marshall.

ICE CREAM SOCIAL - Elliott Kanner scouted the 57 miles of this ride but the 13 people who braved the ex-

treme heat and humidity had no desire to pedal that far, so Dick Ryan improvised an excellent 24-mile route winding between Long Grove Rd. and Cuba Rd. past beautiful homes. We enjoyed lunch and ice cream in Long Grove instead of in Dundee, after which most of the riders did an additional 15 miles before heading back to Buffalo Grove High School.

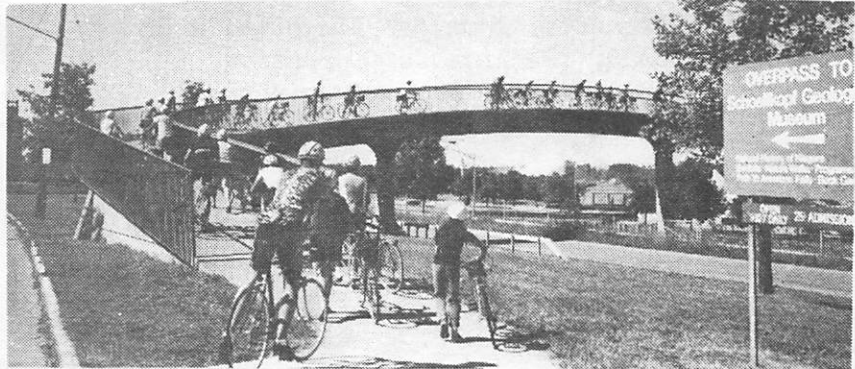
BREAKFAST RIDE - What a break! Nine of us showed up for what we thought would be another very warm day! But it was 75° to 80° as we headed to Palatine to ride both east and west frontage roads along Rt. 53 and then to Bill Knapp's where we always receive "red carpet treatment" and excellent food.



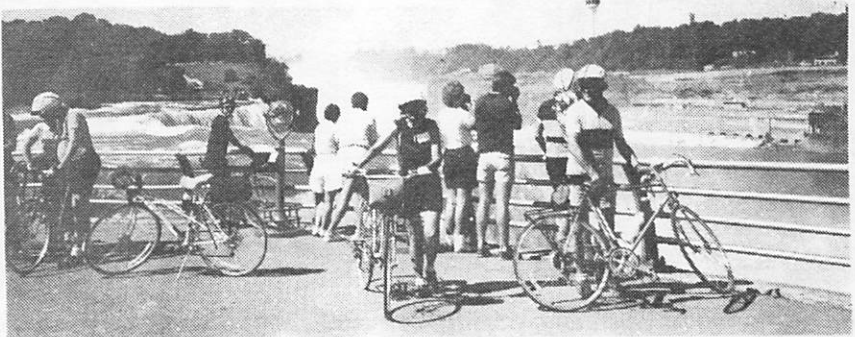
McHENRY DAM RIDE

led by Lois and Howard Paul, below

Al and Lynn Petty at the dam.



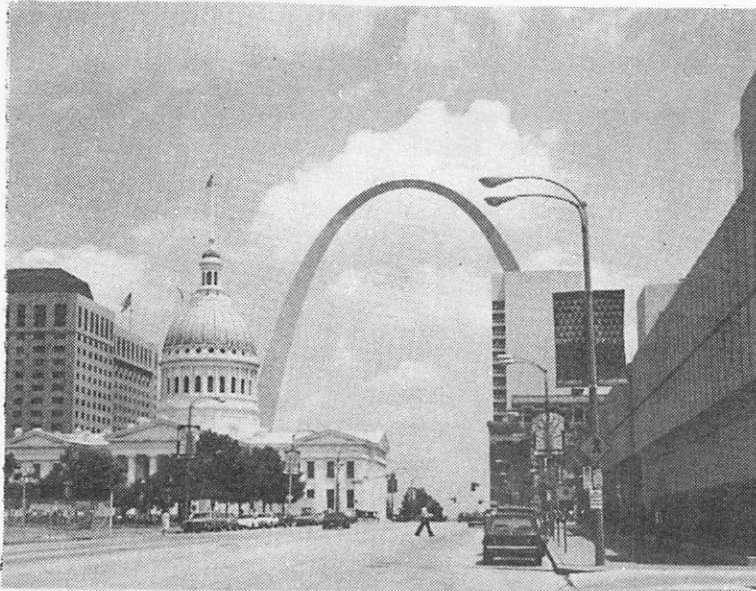
Beautiful bicycling at GEAR INTERNATIONAL, Buffalo, N.Y. Above foot bridge to Goat Island. Below American and Horseshoe Falls, Niagara Falls.



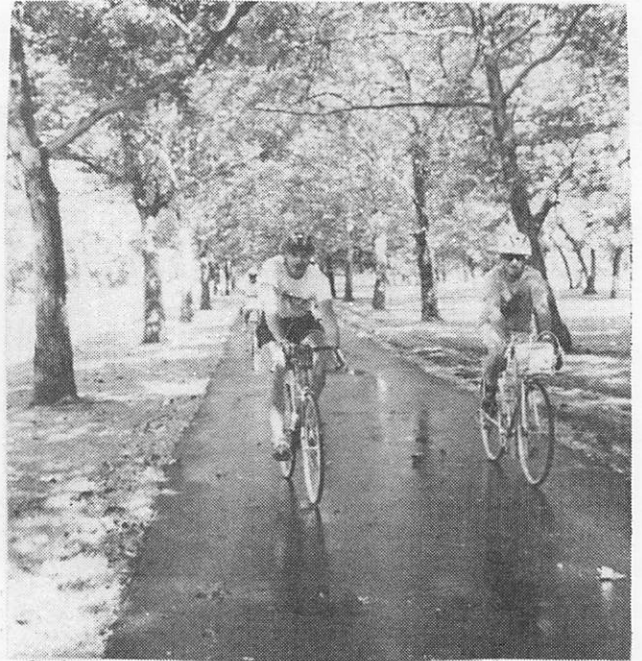


L.A.W. NATIONAL RALLY
WASHINGTON UNIVERSITY
ST. LOUIS, MISSOURI
Photos by Phyllis Harmon

Left: The Enwrights were there from California but I didn't get a picture..so here's one from California last January: Bernard Magnouloux, French around-the world cyclist; Laura Enwright, Phyllis Harmon, and Mike Enwright. Bernard was at 36,000 mile at that time!



St. Louis is a beautiful town for bicycling - wide streets, clean, the Arch is impressive, Mississippi River and river boats fascinating!



Forest Park bike path meanders around huge park and to points of interest.



The Effective Cycling Committee in session.



Jack and Jo-Ann Neis of Palatine