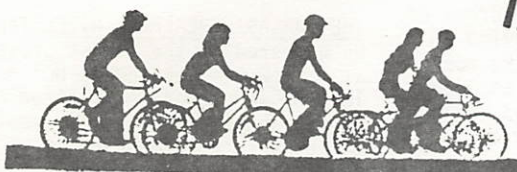


SEPTEMBER, 1986



MONTHLY MEANDERS



SEPTEMBER

MEETING

Wednesday, Sept. 3 - 7:30 p.m.
WHEELING HIGH SCHOOL
Elmhurst Rd. and Hintz
Room 217 2nd Floor - North side

Final preparations for our big
invitation - the HARMON HUNDRED-75-
50-25.

PROGRAM: TOUR DE FRANCE - WHAT IS
IT? BY KEITH KINGBAY

For the first time in history an
American, Greg Lemond, has won this
rugged European stage race. Some
of you have never heard of the Tour
de France; others have no idea what
a stage race is, how does it differ
from our Race Across America? Come
with your questions. Keith Kingbay
will make sure that we will be well
informed.



THE PREZ SEZ


As we all know, the September
meeting, Wednesday, September 3, is
the final planning session for the
Harmon Hundred. All of you on the
enclosed list of volunteers please
plan to attend. Bring your cookies,
ideas, etc. and a desire to help.

Last year some members worked
from 5:30 a.m. through to 8:00 p.m.
or later. With the large membership
we have, we should be able to secure
sufficient helpers.

See you at the meeting and at the
HARMON HUNDRED!

Discussion at the October meeting
will consider club ride philosophy:
mph preferred, fast group-slow group,
what type and/or length do you prefer,
etc. Come with your ideas.

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

An  Affiliate



by AL PETTY

September is National Century
month, so a lot of cycling will be
taking place. I would like to remind
you of some items we take for granted,
yet we still need to be aware of
them.

ROAD HAZARDS

Broken Glass: Steer around it if
you can, but be careful not to
swerve into the path of a car. If
necessary, get off your bike and walk
around the glass so the load on your
tires is reduced. If you have to
ride through it, inspect your tires
and brush off the broken pieces.
Call out "Glass" and/or point to it
for the cyclists behind you.

Wet leaves: These are extremely
slick. Stop pedaling, steer straight
ahead and avoid sharp turns.

Train tracks: Cross them at right
angles.

Car doors: Ride at least three feet
away from parked cars. Watch through
car windows for a driver about to
open a door in your path.

Gravel: Ride through it slowly and
pedal steadily. Avoid turns or stops.

Dogs: Man's best friend can be a big
nuisance to the cyclist. Try to out-
distance the dog chasing your bicycle.
If the dog is determined to attack,
get off your bicycle and keep it be-
tween you and the dog. Walk away
slowly or wait for help. A stern "Go
home!" or "Stay" sometimes works.

Wet metal grid bridges: Walk your
bicycle across. These can be as
slippery as ice.

Drainage spots: Avoid riding over
grates with openings parallel to the
direction of traffic. Your thin
tires can fall into these openings
and cause serious injury.

Below are some excellent ideas to
help with traffic safety:

1. Ride to the right of traffic as
required by the Vehicle Code.

2. Establish eye contact with drivers at intersections.
3. Allow ample time and distance at intersections.
4. Avoid abrupt, indecisive or irregular movements.
5. Practice consistent, straight-line riding.
6. Watch for low sun that may hinder a motorist's vision.
7. Be alert, ride defensively and cautiously. Approximately 1,000 bicyclists are killed annually nationwide.

Have fun and a safe September.

Vice Activities

As we approach the apex of the
year with the Harmon Hundred there
are many things to do. The spirit of
volunteerism that I acclaimed in
the spring is showing itself and
many people have volunteered to work
on the various segments of the ride--
it should be one of the most success-
ful ever.

If you are on any of the commit-
tees (you know who you are), or want
to be, call Jerry Goldman 695-7964
or me at 506-1269 to confirm what
you can do to help your part of the
ride.

I hope to see you all at the Sep-
tember meeting which should be a
good time to finalize all plans so
the Harmon Hundred will be a ride to
remember!

Jim Grant, Vice President

Gil Reid Dies

We were greatly shocked and sad-
dened to learn that Gil took his own
life April 28. He was a very pleas-
ant and likeable young man who enjoy-
ed riding with us whenever he could.
If you knew Gil, write to his dad,
Gilmore Reid, 18455 Harvest Lane,
Brookfield, WI 53005.

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

A Day Off

by Jenny Grant

Monday was a vacation day to do as I pleased, a time I had planned for taking a break from the weekly routine. All Sunday evening, possible activities ran through my head. I could catch up on reading while lounging by the pool or eating a picnic lunch. The day would give me time to visit some friends and relatives. Or, I could run some errands and catch up on small tasks around the apartment. And then there is always a bicycle ride... I fell asleep with options darting through my head, confident that the answer would be apparent with the rising of the sun.

Sure enough, I woke to a beautiful summer day. Instantly I knew that once again all other activities would be shoved aside to make way for my favorite summertime activity, a bicycle ride. After rounding up the gear and a quick breakfast, I was on the road for a relaxing time.

The walls of morning rush hour traffic shocked me. I was moving against the grain instead of being a part of the conglomeration of exhaust-spuming vehicles. The single occupants stared ahead with grim determination and the sole goal of arrival on time. Being a weekend rider used to light, early morning traffic, my only enjoyment in the situation was the knowledge that I had no definite destination or time schedule like the rest of the world.

By the time I reached the Long Grove area, my nerves were frazzled and the familiar country roads were a welcome sight. As I glided over Cuba Road, I missed the companionship of my fellow cyclists in the excitement of beginning a ride from Long Grove. But soon I was picking up my pace and thoroughly enjoying the solitary experience, knowing that I was the sole decision maker in determining my speed and direction.

Riding through residential areas, I discovered activities which less subdued to nonexistent on weekend bike rides. The landscapers were out mowing lawns and trimming bushes. Herbicide trucks were making the rounds. The sounds of construction rang through the air. Delivery vehicles hurried through the streets. The world was definitely not in a leisurely mood. The realization that we are a nation structured by the workweek - weekend bicycling really hit home.

Ending my ride on a nice note, I did a loop through Busse Woods. To my delight, the path was virtually deserted except for an occasional stray person. These wandering souls had also been able to escape from the mainstream for whatever reason. The fishing areas were deserted,

parking lots empty, and the drone of model airplanes absent, leaving an almost eerie feeling. Unlike more crowded times on the path, any need to move along with the crowd was nonexistent. The woods seemed to beckon me to slow down and enjoy their tranquility while I had the chance for solitude. By the time I arrived home, I was ready for another favorite summertime activity. Thoroughly relaxed after my treat of a bonus bike ride for the week, I enjoyed my lunch in the shade of a tree while reading a book and watching the ducks in our pond.

Rides Re-riden



PIZZA RIDE - We had a good turnout for the Pizza Ride. It was Jim's first club ride in a couple of months (after surgery) and the pace was agreeable to everybody, as we all stayed together. Garibaldis provided us with its usual quick service and good food. Lynn and Al Petty ordered a 14" pizza to celebrate their meeting on the ride two years ago. Witnesses report that only one small morsel remained of the pizza. David Bruns had a bad spill on the return route as his wheels lodged into a heat expansion gutter while making a turn. The bike abruptly became stationary as he did an acrobatic flip over the handlebars. Luckily, the only body damage was some nasty scrapes and bruises. He now owns a new Vetta helmet. Gee Cunningham's flat tire allowed us a convenient rest stop toward the end of the ride. With the aid of some helpful flat tire fixers, she was able to proudly complete the distance with the rest of us. Jenny Grant.

LAKE GENEVA RIDE - Dick Ryan led us from Moraine Hills State Park over rarely travelled rural roads. It was comfortably cool all the way up to Wisconsin. We lunched at Lake Geneva. The weather warmed considerably on the return trip - water was top priority and we refilled water bottles whenever we could.

HILL AND DALE RIDE - About sixteen riders rode this beautiful route on a day that couldn't have been better! With temperatures in the upper 70's and low humidity, everyone enjoyed either the century or 75-mile ride which featured separate leaders for those segments. Jim Grant suffered an aneurysm in his front tire which caused the tube to ooze out of the sidewall in various places, yet after repairing flats four times, he completed the ride. Pat Marshall solved the problem by patching the inside of the tire itself with a tube patch (hot tip!). Jim Grant

THE VARGAS' BREAKFAST RIDE: Ten of us gathered at the forest preserve at Willow Road and Edens but no leaders were there. We waited and waited and finally set out south on the bike path, wondering if we could find Lockwood Castle where we were to have breakfast when along came Bob and Betty Vargas. They had forgotten where they planned to start the ride and had been waiting at Lake Avenue! So off we went zipping through the lovely scenery along the North Branch Bicycle Trail to Lockwood Castle, then through Norwood Park where Bob had some historic spots to show us before heading back. Total 28 miles and great ride!

ST. CHARLES RIDE - What with perfect weather, a gentle and ever-helpful tail wind, and good company, 9 cyclists ventured west into beautiful horse country. Glenn Phillips and David Bruns made the ride in good time, scouting the route for the rest of us. Let it be said that Jane Newell is ready for the HARMON! The McPherons' "end of the ride" liquid treat was greatly appreciated by the leader! Deb Blomstrann

Note from Jane Newell re St. Charles: "You missed a PERFECT ONE Saturday: No flats, no one got hurt, averaged 12 mph, no rain, no head winds. Beautiful low humidity day. Debbie led the ride - gave us detailed map, wonderful hand signals, clear verbal warnings. She should be commended on her super planning and leadership. I rode "sweep" most of the way but did not make "killer hill" - next time - with my new Terry."

BELL ORCHARD RIDE - It has been a long time since this ride was on our agenda - I think I rode it in 1976! There are lovely roads on this ride, some ridden in reverse of our customary direction which made them seem like new roads. Cindy and Ralph did a good job of scouting and leading our group. The food at Bell Apple Orchard is delicious!

Phyllis Harmon

ELLIOTT'S WEDNESDAY NIGHT RIDE - It was a perfect night for riding, so Elliott led 13 riders at a good clip to Wright Forest Preserve and continued on to School Rd. before heading back, forgetting that night comes much earlier in August. So the ride ended in the dark! 24 miles.

PROGRESSIVE DINNER - What a great day for bicycling! We gathered at Paul and Sue Kent's in Mt. Prospect for hors d'oeuvres, then to Bob and Betty Vargas in Arlington Heights for tasty fruit salad. Back on the bikes, led by Pat Marshall, to Gee Cunningham's in Highland Park for a huge turkey and all the trimmings for turkey sandwiches! On to Keith and Rosetta Kingbay's for dessert cakes and back to the Kent's. It's fun to socialize and bicycle, too!

Schedule

Sept. 6 MEMBERS' QUARTER CENTURY

Sat. 9:30 a.m. - 25 miles from Wheeling H.S. rear parking lot, Hintz and Elmhurst Rd. (Rt. 83). Opportunity to earn your National Quarter Century Patch. \$2. Phyllis Harmon - 537-1268.

Sept. 7 HARMON HUNDRED/75/50/25

Sun. Our big invitational from Wheeling H.S. 5:30 a.m. to 7:30 p.m. Varied hours and locations. Check enclosed volunteer list. Call committee chairman of the committee you'd like to serve on.

Sept. 13 GREEN BAY TRAIL RIDE

Sat. (Note ride change from annual calendar) 9 a.m. - 45 miles from Lake Bluff train station just north of Hwy. 176 and Sheridan Road. Buy or bring lunch. Eat on Northwestern Univ. campus. Pat Marshall - 564-0346.

Sept. 14 ST. CHARLES-AURORA RIDE

Sun. (Uhlemann Family Ride) Leave promptly at 9:30 a.m. 60 miles from Great Western Trail parking lot Dean St., 1/4 mile west of Randall Rd. and 1/4 mile N. of North Ave. on the outskirts of St. Charles. Take NW Tollway to Rt. 31. south to Big Timber, west to Randall, south to Dean, then west. Joseph Tobias - 835-2547.

Sept. 20 ZION RIDE - Wheeling

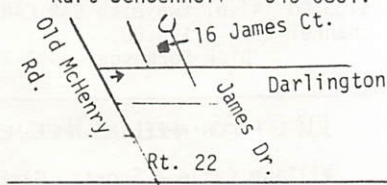
Sat. 7:30 a.m. - 68 miles from Chamber Park (Wolf Rd. north of Dundee Rd.) Bring or buy lunch at Illinois Beach State Park. Phyllis Harmon - 537-1268.

Sept. 27 CHAIN OF LAKES RIDE Long Gr.

Sat. 9 a.m. - 62 miles from Kildeer School, Old McHenry Rd. Great country roads! Bring or buy lunch makings to eat in state park. Al Dargiel - 685-7708.

Sept. 28 APPLE CIDER RIDE Hawthorn

Sun. 10:30 a.m. - 30 miles from Kurt Schoenhoff's home, 16 James Ct. Hawthorn Woods, IL. Joint ride with the Arlington Heights bicycle club. Picnic lunch in Kurt's back yard after the ride. Bring your own food to grill on Weber grill (and lawn chairs). Kurt Schoenhoff - 540-0861.



Oct. 4 DAN WRIGHT WOODS Wheeling

Sat. 10 a.m. - 25 miles from Pottawatomie Woods north side of Dundee Rd. just east of Milwaukee Ave. Short, scenic family ride. Elliott Kanner - 541-9176.

INVITATIONALS

Sept. 1 TOUR OF HOG HEAVEN, Kewaunee

Sponsored by Kewanee and Galesburg Bicycle Clubs. Monday. From Kewanee YMCA, 315 West 1st. Kewanee, Ill. Registration 7-9 a.m. Metric Century or Century. \$2. for L.A.W. patch. \$8.00 incl. T-shirt. incl. map, sag wagons, snacks and showers. (bring your own towels. Galesburg Bicycle Club, c/o John Burgland, 1248 N. Ce Cedar St. Galesburg, IL 61401 or phone Trips Bicycle Shop 309/342-8969

Sept. 13 PORTER VANDENBARK RIDE THROUGH AMISH COUNTRY 100/62 miles.

Century from Fairview Park on west edge of Decatur (Rt. 48 and Rt. 36) Eldorado Bowl is landmark for park entrance. \$5. by Sept. 6 or \$7. Regis. 6:30-8:00 a.m. 2 food stops. Metric from Dalton City at 9 a.m. with registration 8:30-9:30. \$5 by Sep. 6 or \$7. 1 food stop. Decatur Freewheelers Bicycle Club, c/o Dana Hansen, 318 Christine Dr., Decatur, IL 62526.

Sept. 14 THE NEXT 1/2 CENTURY

30 and 60-mile routes from Pioneer Woods in Palos Forest Preserve, 107th st. just west of LaGrange Rd. Registration 7:30-10:30 a.m. \$6. by Sep. 2 or \$7. Make check payable to: BIKE PSYCHOS and mail to NEXT HALF CENTURY c/o 8835 S. Ridgeland, Oak Lawn, IL 60453.

Sept. 21 1986 FALL FRENZY Aurora

100/62/50/25 miles \$6 by Sept. 12 or \$8. Scenic rides in Kane County. From Jefferson Middle School, 1151 W. Plum. (R. 31 south past I-5 to W. Galena Blvd. West to Randall Rd.; North to →

Schedule - Continued

Oct. 5 WHEELING BIKE-A-THON Wheeling

Sun. Our community service event. Thanks to our help the Pavilion Senior Center, 199 N. 1st Ave., is open and offering a full schedule of activities for the senior citizens. This year our proceeds will provide craft supplies and programs. 7 a.m. to 5 p.m. Need both riders and/or workers. \$10 registration fee OR ride for pledges. Lots of door prizes for dinners in area restaurants, bicycle equipment, various certificates for all kinds of items Ride 10-mile course as many times as you please - build up mileage to qualify for National Sanctioned patches. Phyllis Harmon - 537-1268

Oct. 5 KETTLE MORaine, Wisconsin

Sun. 9 a.m. - 32 miles from railway depot at Eagle, Wisconsin. (Rt. 12 to Wis. 67 then north on 67. Sack lunch is a must. Rob Schaller and Joe Tobias - 835-2547.

Plum St. East to Jefferson Middle School. Registration 6:30 - 11 a.m. Early starts for top mileage rides. Aurora Bicycle Club, P.O. Box 972, Aurora, IL 60507.

Sept. 21 THE LON HALDEMAN HUNDRED

50/100 miles from Lutheran High School, 3411 N. Alpine Rd., Rockford. Registration 7-10 a.m. \$6. by Sept. 12 or \$7. (Family up to 3 \$14.50 or \$15.50). Routes through farmland to small villages and over rolling hills. Refreshments on ride and hot lunch served indoors after the ride. Blackhawk Bicycle Club, Attn. Halde- man Hundred Registration, P.O. Box 6443, Rockford, IL 61125. Phone: Pat and Margaret Donnelly, 815-332-4195.

Sept. 27-28 MS 150 THE GREAT LAKE

GETAWAY - From Willow Creek Community Church in South Barrington. Bike to beautiful George Williams College on Lake Geneva, Wisc. Ride for pledges. Send \$35 accommodation fee and SASE envelope for registration kit. Minimum pledges \$150.00. Gear transported; support and mechanics' vans; refreshments every 15-20 miles; lunch both days at half-way point; overnight at George Williams College including spaghetti dinner and a hearty breakfast. 1st place \$ raised Grand Prize- Bahamas Vacation for 1 week for two. \$2000 in pledges. All Terrain Bike or Compac Disc Player. Many prizes for lesser amounts. Chicago-Northern Illinois Chapter National Multiple Sclerosis Society, 600 South Federal Street, Chicago, IL 60605.

Sept. 26-27-28 SENIOR OLYMPICS

Springfield, Ill. For people 55 and up. Events in 5-year divisions: 55-59 60-64, 65-69, 70-74 etc. 40 events include bicycling, swimming, track and field, bowling, golf, tennis etc. Biking events, on Friday, are 8 a.m. 10 mile road race, 9 a.m. 1/4 mile sprint, and 10 a.m. 10 mile road race. Separate events for men and women. Sept. 5 is deadline for filing Senior Olympic applications. Forms available from Wheeling Township Community Service Center. 359-7733. Further info after Sept. 5 1-5 p.m. 1-800-252-6565. If you can't get a form, phone Phyllis Harmon who can xerox a form for you. Fun event!

Oct. 17-18-19 HILLY HUNDRED Indiana

50 miles Sat. starting 8-11 a.m. and 50 miles Sun. 7-10 a.m. Friday registration 7-11 p.m. or Sat. 7-noon. Sleeping bag space \$4 or area motels. Fri. displays, 19th Hill Hundred celebration, refreshments, square dancing. Sat. ride, chili supper, entertainment. Sun. breakfast, ride. Entry fee \$9. by Sept. 8 or \$13. Supper \$4; Breakfast \$3; soap & towel rental and sleeping bag space \$4; Hilly Hundred T-shirt \$6 or \$9 long sleeves. Ross Faris, 5224 Grandview Drive, Indianapolis, IN 46208. 317/251-4130.

RACINE COUNTY RIDE - Phyllis Harmon photos

Top Riders Through July

MEN	CLUB RIDES ONLY	WOMEN	
Joseph Tobias	711	Jenny Grant	510
Roger Thauland	675	Phyllis Harmon	476
Rob Schaller	655	Carolyn Kropp	422
Dick Ryan	624	Janice Streicher	407
Howard Paul	564	Pat Marshall	403
Terry Schwerin	510	Sandy Krugman	347
Richard Wemstrom	401	Lynn Petty	340
David Bruns	355	Lois Paul Gee	326
Bill Lorenzen	341	Gee Cunningham	320
Glen Phillips	341	Carol Passorvic	308
Jack Russell	339	Lilian Russell	299
Phil Badame	323	Geri McPheron	273
Elliott Kanner	323	Betty Vargas	263
Jim Grant	321	Janet Newell	233
Al Petty	304	Cindy Cochrane	209

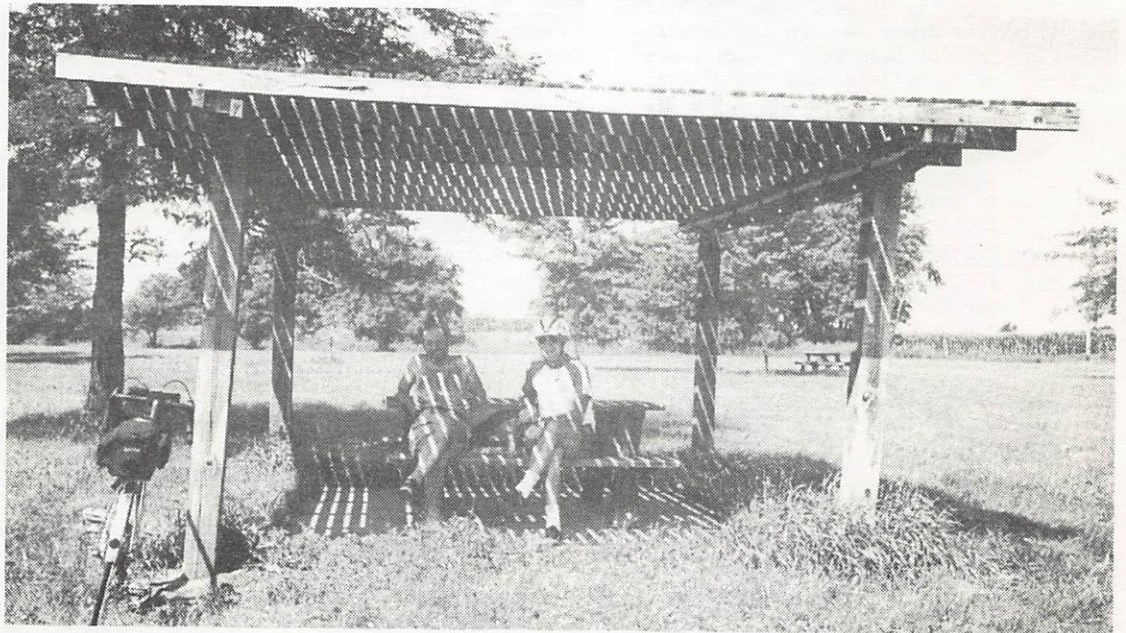


Cindy Cochrane, new member Jane Newell and Bill Lorenzen on scenic Racine County, Wisconsin, Bike Route.

LAKE GENEVA
RIDE

Interesting
pattern of sun
and shade.

Elliott Kanner
and Howard Paul
enjoy rest stop



Bernard's In India

Bernard Magnouloux, that charming red haired French around-the-world bicyclist who was with us last October, has made it to New Delhi, India! This from his latest letter.....

..."I remember that you warned me about India, trying even to dissuade me to come here. You were quite right, we had a very difficult ride from Katmanou to here. Most people are hostile, or at least very disagreeable. Always scandalously curious (enough to break open the door of our hotel room!) mean and cruel, like those truck drivers who run us out of the pavement just for fun. To prevent that I carry a big stone with which I threaten to smash their windshield. It works most of the times. When it

doesn't I throw the stone in the radiator (to prevent further troubles. In a village where I had hit a nasty taxi with a brick they put the police on us and I became scared the mob would lynch us...)

"Therefore, after a month of the real India (crowded, mad, mean, violent, and so dirty - Their stupid cows making a mess of every street and themselves using any nice country spot for a toilet...) we want to see something of the tourist pamphlets; so we leave the bikes in Delhi and will tour some more states by train, first class, like normal tourists do!"

Bernard

For Sale

RALEIGH FOLD-UP BIKE. In excellent condition; three-speed, hardly used. \$100.00 Also, two-bike CAR CARRIER, channel type - \$40.00.

Dick Sorenson - 593-7945.

10% OFF FOR WHEELING WHEELMEN

Village Cycle & Sports, Park 'N Shop Shopping Center, Arlington Heights Rd. and Higgins in Elk Grove Village, is offering Wheeling Wheelmen members a 10% discount on all purchases. The shop is across the street from the Busse Woods bike trail and is well stocked and service is helpful and friendly.