

# MONTHLY MEANDERS



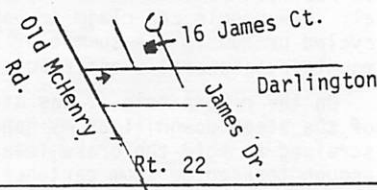
## January

Jan. 1 - NEW YEAR'S DAY RIDE/SOCIAL



Thurs. 11 a.m. Bike or hike depending upon the weather. From Kurt and Kaete Schoenhoff's, 16 James Court, Hawthorn Woods. (See map below.) Brunch. Call Kaete 540-0861 to say you are coming. Bring a few cookies.

Social and brief meeting. Start the New Year right!



## Good News!

The many letters and phone calls sent to new League of American Wheelmen President Steve Clark, as he requested, have paid off! At the Dec. Board meeting John Cornelison from Minneapolis was hired as Administrator. We will phase out the trade name Bicycle USA (except for the magazine title) and return to being League of American Wheelmen, of, by and for bicyclists, with activism, like good health, an added bonus with membership!

Now write for the restoration of the L.A.W. Directory--preferably in the 8-1/2x5-1/2" size so it can be taken along on bike or car wherever you go. Write Steve Clark, 2136 Bluff Boulder, CO 80302. He wants to hear from you!

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

An Affiliate

## THE PREZ SEZ

### HOLIDAY PARTY

Well, the year of 1986 has come to a close. A lot of good things happened to us and many wonderful cycling miles have been stored in our memories. On Dec. 13, the Russell's hosted our Holiday Party in fine fashion. The brisk hike we took allowed us to talk to many of our friends, both old and new. Elliott Kanner's mountain bike went along with us and many took a turn on the pedals.

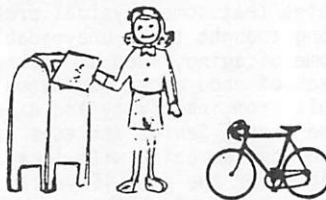
Our appetites were aroused by the time we returned and hardly a morsel was left after the feast. The short business meeting was successful and eventful with the Harmon 100 date being established for 1987. The first Sunday after Labor Day was chosen. Also, the plans for A & B rides were announced and unanimously supported. More on this subject later.

Before we departed, Santa Claus (George Mathison) handed out the grab bag gifts to the enjoyment of all. It was a fun time, and everyone had a chance to converse and joke with their cohorts. Yes, a cycling season came to a close.

I hope your holiday season is filled with good times. Have a Happy New Year.

Al Petty, President

## DUE\$ ARE DUE



Membership renewal forms are enclosed with this issue. Please return them *now* and be sure to sign the release.

You will receive your membership card with the next newsletter. More bicycle shops are requiring club membership identification before giving a 10% discount.

Reminder: If you paid your membership *after* September 1 you will *not* need to renew now. Your membership is good for all of 1987.

— Pat Marshall, Membership Chairman

## Vice Activities

## Ride Planning Meeting

The most important meeting of the year is coming up Friday, January 16 at 7:30 p.m. at Jim Grant's apartment, 1216 S. New Wilke Road in Arlington Heights. This is the meeting to plan our 1987 Ride Schedule. A large attendance will guarantee a most productive meeting.

I will be making up at least part of the ride schedule before the date of the meeting, so please call me at 506-1269 if you want to lead a ride, especially a favorite of yours. I am not against scheduling more than one ride on any one day if that is what it takes to please the most people and their various riding styles.

Something new this year will be riding classifications. The theory of this is to allow as much room for as many people as possible on the ride schedule. If there are a great variety of rides, most of those rides should please most of the people most of the time.

There will be three classifications: A, B and AB. An "A" ride will have an average riding speed of 14-16 mph. This is not an average speed including stops, but rather the speed a rider can expect to do while riding with minimal wind and a flat road. "B" rides will have an average riding speed of 10-13 mph. The "AB" rides will be split into two groups (A pace and B pace) with the ride leader appointing someone to lead the second group.

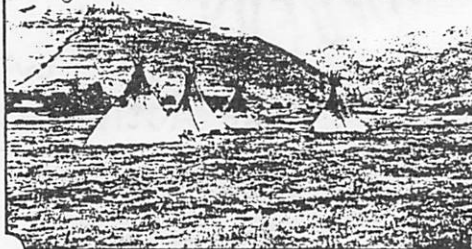
All-in-all, I expect an enjoyable riding season. See you all at the rides meeting.

Jim Grant, Ride Chairman



President:	Al Petty	948-7288
Vice-Pres:	Jim Grant	506-1269
Treasurer:	Betty Vargas	259-3210
Membership	Pat Marshall	564-0346
Safety:	Rich Wemstrom	634-1168
Secretary:	Phyllis Harmon	537-1268
Editor:	Phyllis Harmon	537-1268

# MISSOULA



Many of you have heard me talk about Missoula, a town of 50,000 people in western Montana, where I attended college. Although I left Montana five years ago, the Missoula Valley is still a part of me. Five valleys open into the Missoula basin at 3000 feet. Missoula comes from the Indian word "Lm-i-sul-etiku" which signifies "at the stream of surprise or ambush". The mouth of a canyon leading into Missoula was a natural ambush spot used by the Blackfoot Indians.

At the edge of campus is Mount Sentinel which rises abruptly to an elevation of 5000 feet. About one-third of the distance to the summit is a huge concrete "M" visible for miles. Many people follow the switchback trail to the "M" for the view and exercise. Every visitor to Missoula is familiar with Mount Sentinel.

I was fortunate to discover another side of Mt. Sentinel in a unique way. The owner of the bicycle shop where I worked built mountain bikes in addition to the normal, everyday business of a Schwinn shop. He used old frames and parts or ordered top quality components to assemble the ultimate in lightweight cruisers. I was witnessing the beginning of the

## Mountain Bike Adventure

BY JENNY GRANT

mountain bike craze that has swept the country.

The Missoula area is prime territory for mountain bikers, even within city limits. One day in June, the owner, a mechanic, and I decided to go on a cruiser bike ride to look for some adventure and test the bikes. I was fortunate to have the brand new Cooks Brothers bike with five gears, drum brakes, knobby tires and alloy parts composing a surprisingly lightweight bike.

We began our adventure on a railroad bed where the tracks had been removed, a mountain biker's paradise. Upon finding the Deer Creek drainage the other side of Mount Sentinel, we climbed uphill on gravel to the pavement of Pattee Canyon Drive. The area was bursting forth with life after the long winter, and we were overwhelmed by the serenity and green landscape. There was a wide array of flowers in bloom, including Indian paintbrush, Balsamroot, Lupine and Yarrow. I spotted a deer standing in the creek.

Finally we came to the dirt trail that goes directly to the top of Mount Sentinel. The crazy people that hand glide use the trail to transport their equipment. The challenge was in front of me, and as I negotiated the rocky parts I began to have difficulty in keeping my balance. Leaning forward over the handlebars was essential to keep from doing backflips. But one reaches a point where the wheels simply will not turn regardless of the effort. At the end of the trail, the terrain was so steep and full of ruts that we walk-

ed the remaining distance, grunting and groaning as we pushed the bicycles ahead.

The view was stupendous even with the cloud cover as we gazed out over the city of Missoula. From our elevation, we could feel the immensity of the Rocky Mountains and see that civilization is minuscule in comparison. We had a pair of binoculars and sat for an hour locating familiar sites in town while catching our breath. A red-tailed hawk soared nearby.

Suddenly, a man came running up from the west side of the mountain facing Missoula. He was as shocked to see us and the bicycles as we were to see him. I would be hard pressed to find the stamina to run to the top of Mount Sentinel, whereas bicycling on a mountain was beyond the runner's comprehension. At that point, we all realized that each of us had accomplished something special. Few people can claim to have bicycled or run to the summit of a mountain, especially off road.

On the return trip, I was afraid of the steep downhill as my hands strained to hold the brake levers enough to keep me from cartwheeling to the bottom. Finally I walked to a controllable area. Back on the pavement, we found great pleasure in our downhill run returning to town. We lined up, pushed off, and on the agreement that pedalling was not allowed, stayed close together as we glided through Pattee Canyon. The joys of mountain bike riding know no boundaries in the Rocky Mountains.

USA

JUNE, 1987  
St. Louis

### Senior Olympics

Next June 4,500 athletes age 55 to 75 will gather in St. Louis to compete in the first U.S. National Senior Olympics. Competition will be divided into 5-year age groups which allows those who have "maintained a level of capability in their sport to compete against their peers and enjoy the same satisfaction of competition they did in their youth".

Over the last six months senior athletes have been qualifying for more than 400 athletic competitions. Regional qualifying competitions will continue through May. Those interested in entering can contact the National Senior Olympics at 321 West Port Plaza Drive, Suite 202, St. Louis, MO 63146.

Recent scientific research indicates that some physical problems long thought to be unavoidable symptoms of aging, such as weakness and lack of endurance, may actually result from inactivity and disuse of the body. Senior athletes have been proving the point with local competitions for the past 15 years, but there has never before been a nationally organized tournament.

Senior Olympics are fun and anyone can participate! Phyllis Harmon entered the Senior Olympics in both Springfield, Illinois, and Phoenix, Arizona, and won gold and silver medals in bicycling. Don Derebey, this year, entered a number of events in Springfield and won three silver medals in bicycling. Incidentally, did you see the Sunday Herald special article about Don and his bicycling?

Don't delay - Write today!

## We're Off To New Zealand

January 25 five Wheeling Wheelmen: Howard Paul, Jane Newell, Mary Jensen, Phillip Hursthouse and Phyllis Harmon will be joined in Los Angeles by Arlene Van Nort of La Grange and Mary's sister, Belle Reilly for our Air New Zealand flight to Christchurch on New Zealand's south island. There we will be met by Ruth Fankhauser of the Evanston Bike Club, who will be arriving in Christchurch via a previous tour to South America, Easter Island and Tahiti.

We will see the highlights of both islands with a Mt. Cook Tour bus traveling with us to transport luggage and, when long distances must be covered, carry us and our bikes. We're counting the days! We'll be back Feb. 15.



# Schedule

**Jan. 1 NEW YEAR'S DAY Hawthorn Woods**



Thurs. 11 a.m. Bike or Hike depending upon the weather (Ski, too?) From Kurt and Kaete Schoenhoff's, 16 James Court. See map on page 1. Brunch. Call Kaete to say you are coming. Bring a few cookies. Social and brief meeting. Start the New Year right!

**Jan. 4 BIKE or SKI - Deerfield**

Sun. 10 a.m. Distance depends upon the weather. From Ryerson Woods, west side of Riverwoods Road, west of the intersection with Portwine Road. Bill Butcher, 541-7411

**Jan. 10 CROSS COUNTRY SKI, ilinnetka**

Sat. 10 a.m. from Willow Road parking lot, northeast corner of Edens Expressway and Willow Rd. Ski Skokie Lagoons. Howard Paul 824-2941.

**Jan. 17 SKI CHAIN OF LAKES STATE PARK**

Sat. 10 a.m. NOT FOR BEGINNERS! Must be able to maneuver sharp down hill curves at fast speeds. Route 12 through town of Fox Lake to State Park Road. Follow road all the way to parking lot by park office near warming house and concession stand. Dick Ryan - 381-1775.

**Jan. 24 SKI - Deer Grove, Palatine**

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

**Feb. 1 SKI Kettle Moraine State Park**

Sun. 10 a.m. Call Dick Ryan for the details. Skiing trails for beginners up to experts as well as rugged trails. Dick Ryan - 381-1775.



NOTE: Any unscheduled Saturday or Sunday in January or February, weather permitting, 10 a.m. bike from Chamber Park, Wolf Road north of Dundee Road, Wheeling.



**DATES TO PLAN FOR**

Apr.26 BOTANICAL GARDENS, Chicago-land Bicycle Federation 433-1124

Jun.5-7 LAKE TREK, Chicago Lung, Ill.Beach Resort - 469-1124

Jun.28 SNOW WHITE 60. 30/60/100 mi. Women only (Men assist the ride) Bikes Plus - 398-1650

Jul.5 ARLINGTON TRIATHLON, Arlington Heights Festival. 398-1650

# Invitationals

**CROSS COUNTRY SKI & CHILI FUN FEST**

Jan. 18 Chain O'Lakes State Park, Spring Grove, Illinois sponsored by the American Lung Assoc. (Snow Date: Feb. 8. \$7 registration fee. Also various prizes for dollar amount raised through pledges. Ski instructors available. Official entry form from: American Lung Assoc. of Du Page and McHenry Counties, 526 Crescent Blvd., P.O. Box 590, Glen Ellyn, IL 60138.

Ski as many km as you wish between 9 a.m. and 3 p.m. Chili served 11 a.m. to 2 p.m.

**Feb.28-March 1 WINTER RENDEZVOUS**

Since 1967 this has been a great warm-weather event in the middle of winter! Based in Homestead, Florida, it's sponsored by the Dr. Paul Dudley White Bicycle Club. Application from: Ed Collier, 1202 N. Krome Ave., Homestead, FL 33030.

Headquarters at The First Presbyterian Church, North Krome Ave. & 16th St. Lots of socializing and beautiful bicycling in flat, semi-tropical Florida. Daily rides include a Poker Ride, picnic, Quarter, Metric Century or Double Century into the Everglades, early bird rides, Metro Zoo, Banquet at the Homestead Air Force Base. Social events in the evening. \$35 Registration fee includes picnic and Banquet. Logo'd T-shirt \$5. Overnights in area motels. List sent with application.

**DATES TO NOTE: TOGIR TOURS, Iowa**

TOGIR VI June 20-26 - 7 days

(The Other Great Iowa Ride)

LION III July 11-12

(Loop Iowa's Outstanding Northeast)

BEAR II July 31- Aug. 1-2

(Bicycle Early Agricultural Roads)

TIGER IV Aug. 8-9

(Tour Iowa's Great Eastern Region)

Special "early bird" prices. So write for brochures to: TOGIR TOURS, 2325 Fulton Avenue, Davenport, IA 52803.

## BICYCLE USA 1987 RALLIES

**1987 BICYCLE USA National Rally**  
July 1-5, 1987

**GEAR '87 Long Island**  
July 17-20, 1987

Michigan State University  
State University of New York at Stony Brook.

'87 National Rally  
P.O.Box 25114  
Lansing, MI 48909

GEAR '87  
P.O.Box 7159  
Hicksville NY  
11802



The Invitationals Column is for other club events not covered in the Wheeling Wheelmen 1987 Schedule.

**A KILLER OF A RIDE** - Thirteen riders left Long Grove on our quest to conquer every major hill in the area. I was apprehensive at being the only woman, but a nice, sunny day gave me plenty of encouragement. We pedaled to Algonquin and on to Crystal Lake, climbing Huntington, Rainbow and Signal Hill roads. Appetites increased sufficiently to warrant a raid of Crystal Lake's general store. We enjoyed a leisurely rest next to the lake. The energy supply prepared us for the notorious hills on Bull Valley and Valley View roads. Surviving the challenge of the two worst hills, we continued our roller coaster ride as hills continued to appear in abundance.

For a change of pace, we visited the Rawson Bridge area for a firsthand experience with the great flood. The road was under water; my heart sank at the sight of flooded homes, sandbags and various partially submerged objects, including a gas tank. I would rather have seen another dry hill, but vehicles were passing slowly through the water. Jim tested his expertise at floodwater riding at the same time a huge van came from the opposite direction. We watched with mouths agape as the distance closed between them, but Jim's 1" tires survived the turbulence created by the van and he survived, mostly dry. Everyone followed in varying techniques of entry and pedaling. Meandering back to Long Grove, most everyone felt a noticeable depletion of energy. Each successive hill drew groans of increasing intensity. Back on level ground at Kildeer School, David, Erin and I celebrated by heading for the bakery. Jim never wavered from his goal of riding back to Arlington Heights. By early evening extreme fatigue overcame me, surpassing that of any century this season.

Jenny Grant

**A WONDROUS AUTUMN DAY** - A handful of tigers braved the early morning chill, donning hats and gloves to keep warm, but the temperature climbed to 60° and we quickly shed some layers of clothing. We enjoyed perfect autumn weather. The midmorning snack at White Hen Pantry in Cary consisted of the usual wholesome food such as turnovers, MM's and coke. We returned to Deer Grove completing 35 miles.

We had an hour to enjoy a leisurely picnic lunch alongside the lake before the pussy cats arrived. The afternoon provided perfect bicycling weather requiring only a long sleeved jersey at the most. A moderate pace allowed plenty of time to savor the fall scenery. We rode through some hilly areas near Hoffman Estates. The serenity of the country roads, complete with stately farms, left me wishing that the ride could go on forever. As the sun settled in the west and shadows lengthened, after 25 miles we returned to Deer Grove.

Jenny Grant/

## Don't Become "Couch-Potato"

by Richard C. Sorenson

Remember last summer? Most of us got out there and cycled regularly because it made us feel good - more relaxed and confident, less tired and irritable, trimmer, stronger, even sexier.

If you're now in danger of getting over the exercise bug, you may be motivated to get moving and stay moving by mounting evidence showing that vigorous physical activity may be preserving our health and prolonging our lives.

Here's what exercise can do:

**HEART AND BLOOD VESSELS** The more physically active you are, the lower is your risk of suffering a heart attack. Exercise therapy is sometimes all that is needed to control high blood pressure.

If you are cardiovascularly fit you have a lower heart rate at a given level of exercise.

**DIABETES.** Exercise increases an individual's sensitivity to insulin, making it useful in the treatment of diabetes.

**WEIGHT CONTROL.** Studies have shown that obese and normal weight people don't differ in the amount of food they eat, but rather in the number of calories they expend by activity and exercise. Even at the same weight, an active person looks trimmer than one who is sedentary because muscle tissue has a smaller volume than the same weight of fat.

**BONE STRENGTH** Inactivity leads to a loss of calcium from bones, increasing their susceptibility to fracture. By contrast, continued physical activity throughout life diminishes the risk of osteoporosis, the loss of bone with age, which is a leading cause of disability among people past fifty.

**PERSONALITY AND MOOD.** An exercise program can help to relieve the anxiety and tension common among people in high-pressure jobs and difficult life circumstances, possibly diminishing the psychological factors that increase the risk of heart attack. Exercise generally promotes a sense of well-being by enhancing ego strength, dissipating anger and hostility, relieving boredom, and resolving frustration.

Convinced? Great! But before you don those jogging shoes, jump on that bike, or dive into that pool, take heed. Vigorous exercise can also be dangerous if you don't treat it with discretion and respect. Some doctors refer to it as a drug that must be carefully administered in

proper dosages, with attention paid to possible adverse effects. In general, anyone over thirty-five who has been reasonable sedentary in recent years should have a medical checkup before embarking on an exercise program. Regardless of age or previous level of activity, anyone with a chronic illness, such as diabetes, heart disease or arthritis, should first check with a physician.

Start slowly. There is nothing more discouraging to a would-be exerciser than aching muscles and injuries. Both are likely if you fail to heed certain cardinal rules:

- Work up gradually over a period of weeks or months to your ultimate exercise level.
- Be sure to stretch and do warm-up exercises before you embark on any strenuous activity and, remember to cool-down gradually; it's as important as the warm-up!
- Get up off that couch; turn off the TV and enjoy the benefits of regular sustained exercise. Start slowly, work up gradually and use common sense regarding your pace and capabilities.

This winter resolve not to become a "couch-potato" - be fit and ready to go for the Wheeling Wheelmen's St. Patrick's Day ride!

*Definition: "Couch-Potato", one who vegetates on the couch for extended periods, eyes glued on the TV, moving only occasionally for refrigerator and bathroom trips - identified by glassy eyes and expanding waistline.*

## Bicycle Law and Practice

Interesting new book by Paul F. Hill from his collection of bicycle case law gathered for the Legal Committee of the League of American Wheelmen. The book is edited by Edward F. Kearney, former executive director of the National Committee on Uniform Traffic Laws and Ordinances.

The book covers Bicycling and the Law: License, Registering, Rules of the Road, Motorists Duties Towards Cyclists, etc.; Accident Investigation and Reconstruction, Product Liability, Insurance Coverage, Tort Liability, Negligence, Bicycle Traffic Law, Bicyclist in Collision, Bicycle-Motor Vehicle Cases, Check-list and Forms for the Bicycle LAW Practitioner, Misc. Information.

\$39.00. Available from League of American Wheelmen, 6707 Whitestone Road, Suite 209, Baltimore, MD 21207.



## MAINTENANCE SEMINARS



Because of the success of our recent Maintenance Seminar, we will be running several more. Many Wheeling Wheelmen have benefitted from these courses. We would like to give others the opportunity to attend.

TOPIC: MAINTENANCE AND GENERAL ADJUSTMENTS.

Session 1: Jan. 19, 26 and Feb. 2  
Session 2: Feb. 9, 16 and 23

Time: 7:30 p.m. to 10:00 p.m.

Cost: \$35.00 per person

Bring: Own Bicycle

Limit: 10 per class

TOPIC: EXTENSIVE BICYCLE OVERHAUL

When: Jan. 14 through March 3  
8 Consecutive Wednesdays

Time: 7:30 p.m. to 10:00 p.m.

Cost: \$55.00 per person

Bring: Bicycle and Tools

Knowledge of bike maintenance helpful or completion of General Maintenance course.

Where: C.C. CYCLE

307 W. Dundee Road

Buffalo Grove, IL 60084

541-3133

## No Bike Path in Libertyville

Jane Newell sent in a number of newspaper clippings from Libertyville. Seems the streets committee unanimously agreed to include an 8-foot bike path in the plans to widen Ill. 176 and then subsequently cancelled those plans. Susan Wakefield SPOKESgroup representative has been quite vocal speaking up for bicyclists in the community. With many people now coming forward voicing concern she suggests phone calls and letters to village board members and to newspapers. Votes are also important: find out where candidates stand on the issue, or even run for seats on the village board.

The bike path would have run from 4th Ave. to St. Mary's Road. The new Ill. 176 bridge was built to accommodate a 10-foot path. For bike riders the path would become the first truly safe eastward route through Libertyville. Someday it would be linked to the Lake Bluff bike path, which connects to others, ultimately creating a linked bike trail in the six Chicago-collar counties.