

May, 1987



MONTHLY MEANDERS



Wednesday, May 6 - 7:30 p.m.
WHEELING HIGH SCHOOL
Elmhurst Rd. (Rt.83) & Hintz
In Library - 1st Floor North

PROGRAM: EXERCISE AND HEALTH
By World Renowned

DR. NOEL NEQUIN

Head of the Cardiac Department of Swedish Covenant Hospital, Chicago. Member American College of Sports Medicine and organizer of the Chicago Marathon.

Dr. Nequin will speak on problems of heavy exercise, the need for water and nutrients--. Don't miss a very informative evening!

Joe Tobias' Daughter In Chicago Debut

Nina Tobias, professional musician, is cellist with the Canadian Piano Trio which will appear in their first visit to Chicago on Sat. May 16 at 5:30 p.m. at the Art Club in Chicago. Concert, reception and refreshments \$30. Seating limited.

The Trio will broadcast live Sun. May 19 at 7 p.m. over WFMT.

The Trio is artists in residence at York University in Toronto and is very well received throughout Canada. In June they will travel to Europe for a return engagement.

Call Joe and Lynn Tobias, 835-2547 for further particulars.

MEMBERSHIP

Membership is growing rapidly. Pat Marshall reports 33 new members in this last month! Welcome!

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

An  Affiliate

THE PREZ SEZ

After reading an article in Bicycle Rider magazine entitled "Getting the Most From Your Bike," I decided to share some of it with you. The article is written by world class racer Davis Phinney. Last summer, Davis put on two cycling camps at Copper Mountain, Colorado, and he has some good tips for all of us.

1. RELAX! Most riders, even the experienced cyclists, are much too tense on their bikes. The tense cyclist has straight arms because the elbows are seemingly locked and rigid. This tenses up the shoulders, too.

Consciously think about dropping your shoulders, let your elbows bend slightly and keep a light touch on the handlebars. If you find yourself tensing up, take a deep breath and flutter your fingers on the bars a bit.

2. GET COMFORTABLE! Practice standing up as well as sitting down on your bicycle. Your bike and you should feel as one as often as possible.

3. GEARING! Knowing when and how to shift is important, and it takes practice! The reason you shift gears is to try to maintain a steady cadence or rpm. The most efficient cadence is 80 to 100 rpms. Count your cadence by counting the revolutions of one leg for 15 seconds and multiply by 4, or use a cyclometer with a cadence function. Working with your gears can really improve your overall performance and climbing efficiency as well. Practice!

If you try working with the above ideas, I'm sure you will enjoy cycling more.

So far, our March and April rides have been extremely well attended. If this continues, our cycling year will be very successful. What does this really mean? Well, I would say people are having fun, and our club is doing what it set out to do in the beginning---providing enjoyment in the sport of cycling.

A Wormy Day

by Jenny Grant

The weather cooperated for the Milk Pail ride as the sun broke through the clouds. However, instead of dodging raindrops, we gingerly tried to avoid the outpouring of earthworms upon the pavement. Many of us felt squeamish at the thought of leaving squashed worms in our tracks, but to our amazement, everyone discovered that the mess did not stay conveniently on the road. We were picking them out of spokes, derailleur cables, bottom brackets, down tubes and water cages at every stop! Someone suggested deworming our bicycles as a post-ride activity.

Earthworms are found almost anyplace where soil and green plants exist. They spend all day underground in burrows, and come to the surface at night or when forced out of their burrows by too much rain. In the spring, in temperate climates, earthworms come up from the deeper burrows where they spent the winter. They may be found just below the surface up to mid-autumn. The birds have a feast when the worms cover paved surfaces after a heavy rain.

The worms must soon find another burrow that is dry. They are nocturnal, a night animal, and cannot stand direct rays of sun. They breathe through the skin and must stay moist. In an attempt to find air and yet stay hidden from the sun, the worms will surface under rocks, logs, or rotting piles of plants.

The organisms are very important animals. They break down dead plant materials and turn them into useable humus by eating them. They literally plough and turn the earth. This brings to the surface tons and tons of well decayed organic material, at the same time taking underground new organic material. The holes and burrows made by the worm provide pas-

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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
For check out:		
Bike Books:	Pat Marshall	564-0346
Bike Tools:	Bill Butcher	541-7411

Al Petty, President

Early Morning Bike Tripping - By Richard Sorenson



It's almost always an exhilarating experience! Yes, rising at 5:00 a.m. can be exhilarating. In late spring, once daylight savings time takes effect, a light glow in the east pervades an otherwise darkened sky. It's time for a brisk early morning bicycle ride!

The clothes are generally laid out the night before, after a check on what the likely weather conditions will be. How many layers are needed? Have the woolens handy - and gloves - even during the summer months, but particularly in the spring.

The getting up is not always easy, it's dark, often chilly and the bed feels so warm! But we do rise, glance outside to make sure it isn't raining, and dress--fighting off the early morning stiffness of muscles and joints.

A quick check of air pressure on the tires, don the helmet, bike gloves, reset the Cateye and away we go into the semi-darkness.

Our early morning ride is through the Ned Brown Forest Preserve along the paved Bike Trail. Through some incredible foresight, the commissioners of Cook County, in their infinite wisdom, expanded the existing 10-mile trail one additional mile so it begins within two blocks of our home. Crossing Biesterfeld Road to access the trail entrance is a snap at 5:15 a.m. During other more "civilized" rush hour times of the day it can be almost impossible to cross.

The trail is dark and straight and begins with a nice gentle downhill slope. A glance upward reveals the wink of a morning star and the waning brilliance of Mercury or Venus. The birds are beginning to be active with their early morning calls - a variety of sounds emanate from robins, doves, jays, martins and cardinals. After about one mile we enter the forest preserve - often greeted by several pairs of Canadian Geese feeding among the new spring grass along the trail. We pass the first lakes area, round a bend - really feeling the momentum by now - and there stand four deer! They are as surprised to see us as we are to

see them. Startled, they bolt away in three directions, about 50 yards and stop, only to begin grazing again once we've ridden by.

We ride between the lakes, over the narrow bridge and continue on along the winding trail. Robins flit to and fro in front of the wheels, startled from their early morning feeding. The sounds of nesting geese can be heard from across the lake. Occasional ducks fly over, quacking constantly. The Cateye registers 2.5 miles and I'm still stiff! Something in the shadows ahead scurries across the path and disappears into the brush. Probably a ground hog or fox. The robins are really upset that we're disturbing their breakfast - they squawk and fly away. The trail winds through a dense grove of trees - overhead sounds of wrens and finches now - another bridge crossing and across the open field it goes.

In the prairie grass we see the distinctive white stripe of a large skunk foraging about, nearing the finish of his nocturnal rounds. Approaching the Higgins Road crossing, the bronze reflective glass highrise walls of nearby office buildings reflect an eerie glow of the early pre-dawn sky. Higgins Road, six lanes wide, has surprisingly heavy traffic for this time of day. There are always the rumbling gravel trucks and the early morning commuters.

Now on the north trail, the path winds eastward, paralleling the highway for a mile, but through the woods. Two startled deer dart in front of the bikes, now into the open field the silhouette of two geese are outlined in the misty dawn light. Streaks of light now brighten across the sky. The path winds deeper into the woods, away from the traffic sounds. The man-made noise fades away as the early morning forest sounds create a feeling of tranquility - back to nature for a few precious minutes. The woods have a beautiful misty green glow. The squirrels are busy. An occasional deer can be seen inside the woods. There is a downhill serpentine winding of the trail - a grand prix like

path encouraging us to speed-up through the remainder of this section. A squirrel darts in front of the front wheel; it zigs, then zags, then zig-zags away, narrowly avoiding a collision. We pass a tranquil pond where two regulars - a pair of mallards are preening their feathers. We wind out of woods now, into new sunshine. You can feel the warmth on your bare legs and arms. We cross Higgins Road again; we've ridden seven miles with four to go. Now we head south, along Arlington Heights Road and back into civilization. We pass an occasional jogger, dog walkers and another cyclist. The trail skirts the woods, through the picnic groves, over the bridge past the calm lake and into the prairie. I hear myself panting. A definite headwind is evident. Another regular, a red fox, scampers across the field into the woods.

Back on the final leg home - a straight stretch of blacktop - its fully dawn now. The bright sun is visible above the horizon. Sounds of crows, blackbirds and sparrows are heard. We're back into the neighborhood - feeling quite different than when the ride began: refreshed and aware, the adrenalin is definitely flowing.

The 11-mile ride is finished - 45 minutes have elapsed. Now for a glass of O.J. with vitamin pills. Then into the routine, shower, shave and dress into suit and tie. Off to the commute downtown - our other world.



Top Riders Through April 4

Each month Jim Grant is tallying mileage for riders on Wheeling Wheelmen rides only. Listed here are the top riders early in the 1987 season. Mileage does not include any invitationals you participate in.

Please, when you sign the ride registration form. We can-

not give mileage credit when we cannot read your name.

Ride leaders, please indicate total mileage on registration sheet before sending to Jim Grant. Note mileage for anyone leaving early, and indicate visitors. Please be sure to get their addresses, too.

MEN	- CLUB RIDES ONLY -		MILES
	MILES	WOMEN	
Elliott Kanner	91	Gerri McPherson	65
Don Derebey	83	Pat Marshall	62
Terry Schwerin	81	Sue McPherson	61
Roy Erikson	65	Jenny Grant	57
Paul Frizane	65	Lilian Russell	35
Bill Lorenzen	65	Rosemary Anderson	30
Woyteca Morajko	65	Lenore Goldman	30
Howard Paul	65	Lois Paul	30
Al Petty	65	Kaete Schoenhoff	30
Kurt Schoenhoff	65	Janice Streicher	30
Joe Tobias	65		

Schedule

RIDE RATING: "A" average 14-16 mph; "B" average 10-13 mph. "A-B" two groups riding.

You all have your 1987 Ride Schedule but be sure to use the monthly newsletter schedule for that includes any additions, changes or cancellations.

May 3 TERRY'S SPRING TUNE-UP

Sun. 11 a.m. - 27 miles from Jones B and Hassel at Eisenhower Jr. H.S. in Hoffman Estates. Terry Schwerin - 894-1325.

May 9 RUSTIC RURAL ROUTE, Wheeling

Sat. 10 a.m. - 20 miles from Carl B Sandburg School on Schoenbeck south of Anthony. Lunch in Long Grove. Phyllis Harmon, 537-1268

May 9-10 TOFRV, Arlington Heights

Sat-Sun. 6 a.m. Tour of the Fox River A-B Valley. 100 miles/day from Frontier Park, Kennicott & Palatine Road. Overnight Janesville, Wis. \$25 - \$35 double. Jim & Jenny Grant - 506-1269.

May 16 COVERED BRIDGE RIDE, Long Gr.

B 9:30 a.m., 55 mi. from Kildeer School, Old McHenry Rd. Route covers 4 covered bridges! Bring or buy Tunch in Crystal Lake. Dick Ryan - 381-1775.

May 17 SKOKIE VALLEY RIDE, Morton Gr.

Sun. 9 a.m., 35 miles from Wayside B Woods parking lot on Lehigh, 1 blk. north of Dempster. New ride! Al Dargiel - 685-7708

May 23 McHENRY DAM RIDE Long Grove

Sat. 10 a.m., 40 miles from Kildeer B School. Bring or buy lunch at McHenry Dam. Howard Paul - 824-2941.

May 24 BREAKFAST RIDE, Winnetka

Sun. 7:30 a.m., 20 miles from parking B lot on Willow Rd. just east of Edens. Eat at Lockwood Castle. Bob Vargas, 259-3210.

May 30 GRAYSLAKE RIDE, Libertyville

Sat. 9 a.m., 35 miles from American B Natl. Bank on Cook, 1 blk. west of Milwaukee Ave. across from library. Jerry Hug, 696-2899.

June 6 VOLO BOG, Long Grove

Sat. 9 a.m., 39-48 miles from Kildeer AB School. Bring sack lunch. Jack and Lilian Russell - 940-0633.

WEDNESDAY NIGHT RIDES 6:30 to twilight

May 13 Bob Meute's Home, 232 Michael John - 823-2592. Oakton St. W. of Milw. Ave. to Washington, South to Michael John - Park Ridge.

May 20 Kurt Schoenhoff's, 16 James Ct., Hawthorn Woods. Old McHenry Rd. N of Rt. 22 to Darlington. R to James Ct. Left to 16. 540-0861.

May 27 Bill Butcher's 20838 N. Raphael Prairie View. 541-7411. Weiland N. of Lake Cook to Marie. Right to Raphael, Left to 20838.

INVITATIONALS

May 9 KAL-HAVEN TRAIL BLAZER

This is a benefit ride for the Kal-Haven Trail, a 38-mile stretch of abandoned railroad between Kalamazoo and South Haven to be used for bicycling and other non-motorized uses. Sponsored by Kalamazoo Bicycle Club and The Black River Riders of South Haven, registration is 7:30-12:00 from Peoples Church 1758 N. 10th St. in Kalamazoo and from South Haven High School. 10-25-40-60-85-mile rides. Sag service and rest stops which will offer snacks, liquids and toilet facilities. \$10 until May 12, then \$12. Family \$20 or \$24 after May 2.

Checks to Kalamazoo Bicycle Club, c/o Gail Slaughter, 3716 Devonshire, Kalamazoo, MI 49007. Indicate starting point and whether you want info on motels and campgrounds.

May 17 ARLINGTON 500, Arlington Hts.

Registration 7-9 a.m. 35 and 63 miles from Frontier Park, Palatine and Kennicott. \$5.00 incl. patch, food, route sheet, road marking and sag service. L.A.W. Quarter and Metric Century patches available - \$2.00

May 29-31 HORSEY HUNDRED, Georgetown

Site of GEAR BLUEGRASS in Kentucky. Hdq. at Georgetown College, 12 miles north of Lexington. 25-100 mile rides through beautiful horse country. Overnights \$12.50 each Fri. and Sat. 3 Sat. and 2 Sun. meals \$12.50, plus Registration \$10. Checks to Bluegrass Wheelmen, Box 23134, Lexington, KY 40523. Send self-stamped, addressed envl. for confirmation.

May 31 MEMORIAL METRIC, Joliet, Ill.

Registration 7-9 a.m. 31/62 mile rts. Flat to gently rolling hills. From Joliet Jr. College, 1216 Houbolt Rd. Easy access from Rt. 52, 55, 80 and Rt. 6. Fee \$6. incl. snacks, cue service and marked route. L.A.W. Memorial Day patches available - \$2.

June 6 CANCER BIKE-A-THON Palatine

1.8-mile loop at Harper College. You can form a group of club members into teams of six, you can ride as individuals, or club members can organize a team at their workplace. Call 358-3965 for more information.

June 14-20 BICYCLE TOUR OF MISSOURI

420 mile loop covers 60 to 85 miles per day. CATSUP (Cycle Around The State's Universities and Parks) \$160 incl. 6 breakfasts and 7 dinners, sleeping bag space or outdoor camping (bed addl.) showers, T-shirt, Map booklet, gear shuttle, sag wagon, route markings, insurance. From Lindenwood College, St. Charles, Mo. then to Clarksville, Canton, Kirksville, Moberly, Fulton and St. Charles Ozark Area Council AYH, 1908 S. 12th St., St. Louis, MO 63104. or phone (314) 421-2044.

Rides Re-ridden



SHOE FACTORY EXPRESS - After 5" of snow that cancelled our St. Pat's ride, the following week seventy two riders turned out in bright, warm sunny weather for a beautiful ride out to Elgin for lunch and back. Rich Wemstrom greatly improved the previous route.

LAKE COUNTY RIDE - About 48 riders turned out for this beautiful day to pedal 35 miles in the Wauconda area. Jim Grant took the lead and Kurt Schoenhoff led from the rear, setting a pleasant pace for all riders.

APPLE PIE RIDE - Elliott Kanner led this traditional spring ride. There were 29 riders who started out on this beautiful sunny day but with a strong head wind. Therefore refreshments were very welcome by the time they reached the Wauconda Apple Orchard for lunch. Pedaling back was literally "a breeze".

ELK GROVE MILK PAIL RIDE - Fifteen riders ventured forth in the face of a pessimistic (rainy) weather forecast and ominous dark cloud cover. It turned out to be a pleasant ride. The small birds, ducks, and geese were extremely busy with their nesting activities along the route, adding to the enjoyment as we pedaled westward on mostly back roads. The cyclists had a late breakfast (or second breakfast) at the Milk Pail Restaurant in Dundee. Alas, the Milk Pail - once the grande dame of special "country style" breakfasts and brunches - has changed. "It ain't what it used to be!" in quality, service or ambiance. If this ride is to be re-ridden in future years, we'll just have to select a new destination "eatery".

Anyhow, it didn't rain, the sun actually shone on us for the return leg. It was a good day! There was a lesson learned: don't get discouraged by threatening weather forecasts, they aren't necessarily accurate.

Dick Sorenson

CANTIGNY RIDE - So many riders turned out on this unbelievably warm, sunny summer (April 18) day that the group was divided into A and B groups. Jim and Jenny Grant led the A group and Aaron Tanzer, who did an excellent job on a new route out of Hoffman Estates, led the B group. Cantigny is Col. McCormick's war memorial park. Riders viewed the World War trench and animated Normandy battle or the invasion of Omaha Beach, or wandered through the lovely gardens. We lunched in Bartlett on the return trip.

A WORMY RIDE - Continued from page 1

sages for air to reach soil. If you find a grassy patch, with many worms, you know that it is good, fertile soil that will support plant life for years to come.

The next time you encounter an earthworm in your path, consider the following:

- * It has been estimated that worms add an additional 8-15 tons of topsoil/acre/year.
- * They build up the topsoil seven inches every century.
- * In 1000 years time, earthworms can bury walls as tall as a person. The earthworm is the major reason so many Greek and Roman ruins in Europe are now buried underground.

WHEELING WHEELMEN'S BICYCLE TOOLS

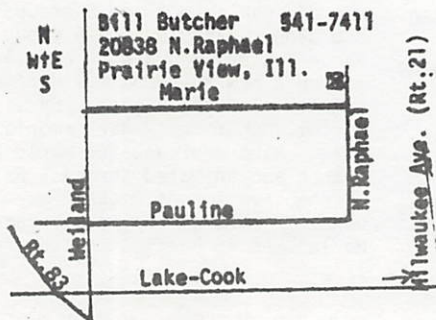
For those of you who prefer to do your own bicycle repairs, we have a number of tools with which to make your job easier. These can be checked out from Bill Butcher our Tool Chairman - phone: 541-7411.

Here is the list available:

1. Cone wrenches 13x14 14x17
2. "Y" socket wrench 8x9x10 mm
3. PARK brake centering wrench 10x13 mm
4. Campagnolo pedal wrench (dust cap)
5. A T D Bottom bracket & headset tools (2)
6. Sun Tour freewheel and hub vise
7. Phil Wood freewheel tool
8. Sun Tour freewheel tool
9. Sun Tour sprocket remover, chain type, Ultra width.
10. PARK wheel truing stand (with instructions)
11. PARK spoke wrenches, Red/Green/Blk

ALSO: BILL BUTCHER'S OWN TOOLS

- Cone wrench 13x14 mm, 15x16 mm
- MAFAC wrench 9,10,12x14 mm
- Chain Brake
- Third Hand Tool
- Crank Wrench
- Crank Remover
- Calipers
- Book Ten Speed
- Tire press gage
- "Y" Allen wrench 4-5-6-mm
- PARK Floor Bike Stand



Cantigny Ride

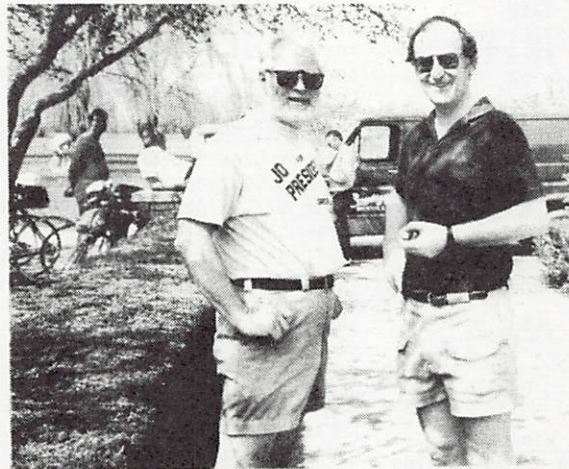
Photos by Phyllis W. Harmon



What a beautiful day for a ride! It was only April 18 but the temperature went up to 85°, all the trees and flowers were in buds.

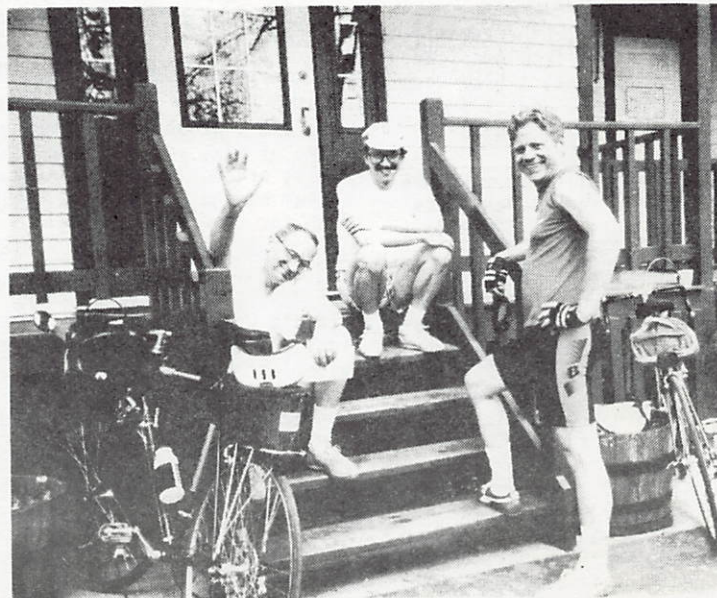
In two groups we headed for Cantigny, Col. McCormick's War Memorial Park. Forty five minutes for viewing the exhibits or wandering through the lovely gardens and we headed on to Bartlett for lunch.

There we enjoyed delicious ice cream and sandwiches to eat inside or picnic outside in the balmy sunshine.



Left: At Catigny - Michael Sackheim and Tom Rogers. Tom has registered for the National Rally in Lansing in July and including the 5-day post tour from Lansing to Michigan's beautiful Mackinac Bridge.

Details on the National Rally are on page 4 of the enclosed BICYCLE USA NEW.



New riders with our group:

- Fred Haag,
- Steve Pietrzak
- and
- Hans Predel.

The local newspapers and Chicago Tribune have brought out many new riders and many have joined our club.