

JULY, 1987



# MONTHLY MEANDERS



## July Meeting

Wed. July 8 - 7:30 p.m.  
WHEELING HIGH SCHOOL  
Elmhurst Rd. (Rt.83) & Hintz  
Cafeteria - 1st Floor West

PROGRAM: JOHN CORNELISON  
L.A.W. Administrator

There is much new activity going on at the League of American Wheelmen National Headquarters in Baltimore, Maryland. John is doing an excellent job of getting the League back into an "of, by and for bicyclists" organization.

John will be here directly from the National Rally. He'll give you any information you'd like to have.

*Please note that the meeting night is July 8 rather than the first. Because of the Fourth of July Holiday and the National Rally July 1-5 in Lansing, Michigan and the great opportunity to present John Cornelison at our meeting, we changed the date.*

## Club Library Books

Each month Pat Marshall brings our library book to the monthly meeting. Members can check them out on a month basis. Take a book out in July; return it in August.

There's a good selection so pick out a book at the July meeting.

## Seven Days Across America With Lon Haldeman and Pete Penseyres

FRIDAY NIGHT JULY 10 - 7:30 P.M.  
NORTH SUBURBAN YMCA  
2705 TECHNY ROAD, NORTHBROOK, IL

Lon and Pete will relive their record setting 7-day, 14-hour tandem transcontinental crossing of the United States. Training, diet, equipment, and stories from the road will all be presented during this unique program that covers 383 miles per day. See their customized Carbon-Fiber tandem with disc wheels. Meet Pete and Lon as they share their enthusiasm for bicycling and seeing the countryside. Admission \$5.00 at the door.

### TANDEM RECORD TRANSCONTINENTAL VIDEO

To document this Tandem Transcontinental a special 90-minute "How To" video was produced to show the behind the scenes secrets of a successful racing team. This video can be purchased for \$39.95 at this presentation or add \$5.00 for postage and handling to ULTRA CYCLING 87, Box 73, Harvard, IL 60033

## THE PREZ SEZ

The discussion on A and B rides continues to be interesting conversation. This time, yours truly has an active part in the discussion.

On the Volo Bog Ride, I was asked to lead the A group. After 14 miles of continuous open road, I pulled over for the catch up point and to make sure our group didn't miss the turn on unmarked Fish Lake Road. Up to that point we "averaged" 16 miles an hour, with some tailwind most of the way. The rest was welcome to all riders because the pace was too fast. We then continued the remaining 5 miles to the Volo Bog at a slower pace.

I would like to apologize to my A group riders for setting too fast a pace for them. It felt good to me to be moving on the open road at a decent rate, but I failed to consider *all* my group by going too fast. Please forgive me, it won't happen again.

Anyway, I guess the job of ride leader isn't easy, no matter what we say or do. By the way, Jack and Lilian Russell provided a wonderful watermelon and corn feast on the Volo Bog Ride. It was super, and it was a sample of how far our ride leaders go to please.

I really believe we are accomodating more than the majority of our riders on club rides. Hopefully, we will continue to do so, even though we do make mistakes. A few people may not be happy with all our offerings, but that's just more reason to try harder.

I thank all the ride leaders for doing the best they can and making our club a popular organization. To err is human, but to learn from error is a great endeavor.

Al Petty, President

## Top Riders

MEN	MILES	WOMEN	MILES
Woyteca Morajko	650	Jenny Grant	601
Bill Lorenzen	645	Lilian Russell	500
Jim Grant	628	Pat Marshall	444
Joe Tobias	465	Jane Newell	418
Roy Erikson	460	Sue McPheron	366
Jack Russell	435	Eileen Murphy	227
Elliott Kanner	369	Geri McPheron	221
Aaron Tanzer	346	Lois Paul	201
Dick Ryan	341	Joyce Lewis	177
Henry Obertuck	315	Elida Derebey	162

Here are the mileage standings through mid-June for the top men and women in the Wheeling Wheelmen. This is mileage on club rides only - not invitational.


It is great to see the names of new members in this list

## Bike Repair Tools

Hans Predel has taken over the Wheeling Wheelmen's bike repair tools available on a loan basis by members. Hans lives at 824 N. Chestnut Ave. in Arlington Heights. That's 4 blocks west of Arl. Hts. Rd. and 3-1/2 blocks north of Euclid. Phone is 255-4029...he also volunteered to bring the coffee pot to meetings!

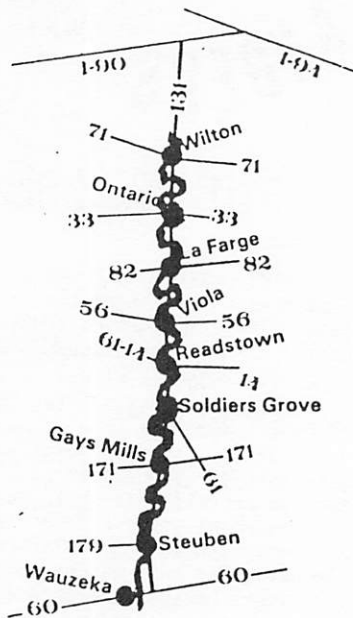
President:	Al Petty	948-7288
Vice-Pres:	Jim Grant	506-1269
Treasurer:	Betty Vargas	259-3210
Membership:	Pat Marshall	564-0346
Safety:	H.ward Paul	824-2941
Secretary:	Phyllis Harmon	537-1268
Editor:	Phyllis Harmon	537-1268
For check out:		
Bike Books:	Pat Marshall	564-0346
Bike Tools:	Hans Predel	255-4029

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

An  Affiliate

# Tour Of The Kickapoo River Valley

by Jenny Grant



Kickapoo River Valley, Wisconsin

At the Spring Valley Hostel, near Dodgeville, Wisconsin, bicyclists emerged from their tents on a chilly, 40° morning. The TOKRV participants each experienced a few moments of disbelief at the exceptionally chilly, dreary Memorial Day weekend weather. Even so, everyone eagerly anticipated riding over 200 miles in the challenging, hilly Kickapoo River Valley area.

Carl Sand, a warm, fatherly man, has organized the ride for 14 years through the American Youth Hostels. He drove the food van, welcoming us at the rest stops, always willing to fill our every need. Another van carried our baggage. Mrs. Yeager, the tender of the hostel, flipped pancakes early Saturday morning underneath an overhang extension. My shivering was out of control. Jim and I left immediately after breakfast, hoping that exercise would provide warmth. However, the downhill runs only made matters worse. The north wind on the flat stretches cut through my clothes. My hands were in agony and the shivering continued.

Fortunately, the sun emerged and the day was autumnlike with a glorious blue sky. The lightly travelled roads curving and dipping through the countryside, dairy cows walking on their paths and quaint farms were a welcome change from stoplights and subdivisions.

Just outside Ontario we pedaled up the road to Wildcat Mountain State Park - a former dairy and ginseng farm - providing one of the best views of the Kickapoo River Valley.

We had arrived near the headwaters of the Kickapoo River.

The road switchbacked and I sat back in my lowest gear climbing and climbing, noticing trillium and columbine in the lush greenery on the roadside. Our reward was a fast downhill run into the valley. We encountered an Amish man galloping a horse on the side of the road immediately behind a woman bicyclist with modern day paraphernalia.

At Bush Creek campground, our group of 35 bicyclists took over a remote area removed from the vehicle tourists. The final torture of the day was cold showers in a remodeled barn. The Amish people cheered us, as they were selling their baked goods in front of the barn. Hungry bicyclists bought most of their pies, cookies and bread.

Twenty years ago, these Amish people arrived in Vernon County to establish one of the largest Amish settlements in Wisconsin, fleeing suburban sprawl elsewhere in the Midwest. They are farmers, many of them dairymen. The Vernon County Amish are "old order" or "house" Amish. The term is derived from the tradition of having church in the homes. Their philosophy is to live well within their society but not to achieve wealth for wealth's sake. The Amish gave me food for thought on our weekend tour far removed from suburban life.

The dinner of spaghetti alfredo and an evening campfire get-together rejuvenated us for the second day. We awoke to the sound of galloping horses in the adjacent pasture and groaned at the chilly morning weather. Everyone looked forward to following the winding Kickapoo River on Hwy. 131.

The river is one of the most crooked in the world, snaking 125 miles through a 65-mile valley. There are over 40 bridges crossing and recrossing the Kickapoo River. Its tributaries drain much of southwestern Wisconsin, emptying into the Wisconsin River near Wauzeka. The work "Kickapoo" is from the native American Algonquin tongue meaning "he who goes there then here." The country was shaped by wind and water and is within a region known as the "Driftless Area", unique worldwide as the largest region to have been surrounded, but not invaded, by glaciers during the most recent ice age. The land was not smoothed out as was the rest of the state. Relic species of plants are living evidence of the glacial past, their normal habitat being the Rocky Mountains or Arctic regions.

Time stretches out on curves and rolling hills in an ancient landscape as we ride "there then here". The steep bluffs flanking the river are especially challenging. The challenge of a steep grade pulls me to the top. My body adapts to the rhythm of the land as I power uphill in my lowest gear and surrender to the pull of gravity on the downhill run. Downhills send a bolt of fear through me as I hit switchbacks almost out of control. My rearview mirror attached with Velcro begins to loosen, and the mapcase almost flies off. But the thrill of speed with no effort makes me reluctant to brake to a safer speed. The overheating of my uphill effort becomes a chill with the wind factor on the downhill as I thrill to the natural roller coaster of the Kickapoo River Valley.

Steuben Mill was the big challenge of the day. At the top of the ridge road, the overlook provided a panorama of the valley. A barn with the sign "1100 feet" announced our accomplishment as we rode on top of the Driftless Area world. One companion called the road a piece of cake - tier after tier.

With a joyous feeling from completing another challenging day, we descended upon the Manhattan Club for dinner in Boscabel situated on the Wisconsin River. Bypassing a chance to experience Carl's macaroni and cheese, we demolished the salad bar in ten minutes and filled up on good food notches above the usual biker's fare. The restaurant patrons probably considered us unruly and loud, but we had a great time, and the waitresses enjoyed us as they ran in circles with water pitches and plates of food.

Two huge blueberry pancakes from the down-home Unique Cafe fueled us for the final day of the tour. The threat of rain and sore legs sent the majority of riders back to Spring Valley on the most direct route. I could not resist following the original route on the ridges above the valley, thankful that my knees were strong as I continued to attack climb-after-climb. The incentive of returning to the starting point and a warm shower and trying to beat the rain made me feel strong and energetic. The rain did catch us during the last hour, but the wetness was a small price to pay for a final experience of bicycling heaven: rolling countryside, quaint houses, charming farms, dairy cows with tinkling bells, and lightly-travelled roads.



# Wheeling Wheelmen Safety Suggestions



This is vital information especially for the many new members in the Wheeling Wheelmen:

As a recently enrolled member of the Wheeling Wheelmen, you will be cycling more, and group cycling may be a new activity for you. Safe cycling should have always been important to you, but it takes on a new dimension now. Please ride in adherence to the following suggested precautions and rules of the road. When you choose to ride with the club, you forfeit the right to ride as you please. However, it is a small loss compared to the pleasure you will derive from cycling with the club.

FOR ALL CYCLING (Incl. club rides)

1. Ride your bike as if it were a vehicle - because it is.
2. Use arm signals for turns, slowing and stopping. Verbal warnings on club rides are also useful.
3. Obey all traffic signal lights and proceed past stop signs with caution - yield to motorists and pedestrians.
4. Always ride on the right half of the road - with the traffic.
5. Make left turns as you would as a motorist - from just right of center on a 2-lane road, or from the inner lane on a 4-lane road. The only other safe alternative is to walk you bike across where proper for a pedestrian.
6. When approaching or stopped at any intersection, be especially wary of car traffic to your rear - Cars frequently pass and turn right into your immediate path. When stopped by a traffic signal, you are safer proceeding in the center of the auto traffic lane until you are past the intersection, rather than hugging the curb.
7. Wear a helmet and a bright shirt or jacket. Don't blend into the landscape with dull, dark colors.
8. Ride with a safe bike - periodically check all cables, bag straps, and cords, tires, brake blocks, etc.
9. Wet roads cause inefficient brakes. Slow down, operate the brakes lightly occasionally. Allow extra distance between yourself and cars or bikes ahead.
10. Don't brake while turning on accumulated sand or gravel. Country roads frequently have this condition at intersections. Brake before the turn.
11. Cross railroad tracks at as near a right angle as possible. Be especially wary of tracks under wet conditions - walk your bike across.

ON A CLUB RIDE, ESPECIALLY:

12. Do not occupy improper road space because we happen to outnumber a motorist 20 to 1. It is discourteous, unprofessional, and dangerous. His vehicle outweighs us individually by at least 20 to 1.
13. Ride single file on all roads with moderate auto traffic, and always when the solid yellow line is in your lane. Stay to the far right on all uphill and "roller coaster" roads.
14. Give the verbal warning "Car back" when cyclists ahead are in a position to impede traffic. If you are riding double when a car is approaching from the rear, single up.
15. Use other verbal warnings such as "On your left" as you are about to pass another cyclist (never on the right), "glass", "hole", "sand", "gravel" as you pass these dangers, and "braking" or "stopping" to bikers close behind.
16. Stop at "Stop" signs when cross-traffic is present. We may outnumber a motorist at an intersection, but it does not give us the right to breeze through. However, sometimes a motorist will "wave" the group through.
17. Take roadside breaks off the road. Individual or group stops in the roadway are discourteous and dangerous.

by Howard Paul

I guess I'm kind of pokey, because I'm frequently at the rear of the group on club rides. That's OK except that I can't help seeing some of the foolish things that go on ahead.

One of these is not looking back before swinging out to pass someone on the upgrade. I know it's hard to stay in line, but it's not worth your life to jump out without checking on the cars coming up quickly from behind.

Many cyclists ride without rear view mirrors, when they would be afraid to do so while driving their cars. Try covering your car's mirrors and see how secure you feel.

Let's all do a better job of checking on the traffic behind before changing from our path to turn or pass.

CARPPOOL TO NATIONAL RALLY?

Cindy Cochran someone to carpool with to the League of American Wheelmen's National Rally in Lansing, Michigan.

Call her at: 991-9091



These are the League of American Wheelmen's 1987 Sanctioned patches that are available on any Wheeling Wheelmen qualifying ride: 25/50/62/100 miles. They are \$2.00 each. If you want to earn the complete set, contact Phyllis Harmon - 537-1268 - so she can have some idea how many patches to order. Check out the ride schedule for 1987 for ride mileages and select qualifying rides any time except September. There is a different set of patches for September - the National Century Month.

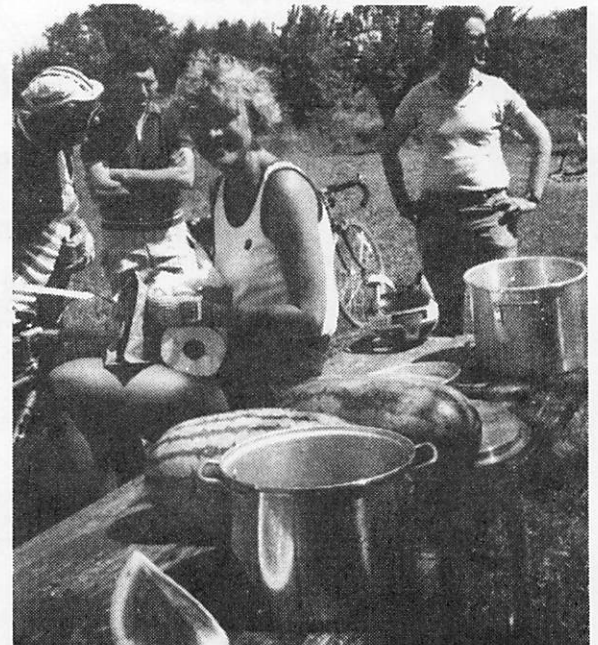
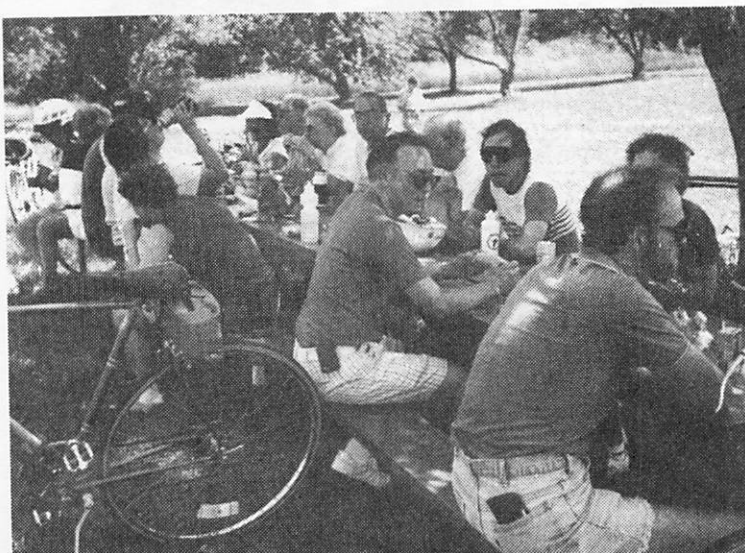
# Volo Bog Ride - Photos by Phyllis Harmon



Above left: Lynn and Al Petty check over route with ride leaders Jack and Lillian Russell.  
 Above: Lois Meute rides past beautiful scenery.



Above: Ron and Geri McPheron  
 Left: March newlyweds, Elida and Don Derebey with their brand new custom Santana tandem.



Above: Picnic lunch at Volo Bog. Right: Keith Kingbay, Lynn Petty and Phil Hursthouse enjoy fresh sweet corn and watermelon treat.

# Schedule

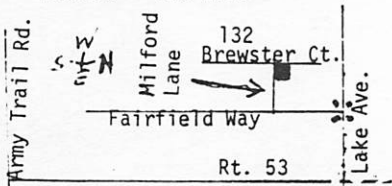
BE SURE TO USE NEWSLETTER CALENDAR RATHER THAN THE ANNUAL RIDE SCHEDULE. THERE ARE A NUMBER OF CHANGES COMING UP - FOR EXAMPLE THE WISCONSIN WEEK-END HAS BEEN MOVED TO SEPT. 26-27.

July 11 WISCONSIN OUTBACK, Long Grove

Sat. 6 a.m. Double Metric (120 miles) A from Kildeer School. Scenic back roads. Jim Grant - 506-1269

July 12 WAYNE-BARTLETT RIDE,

Sun. 8 a.m. - 40 miles from Chuck Moen's home, 132-D Brewster Ct. Bloomingdale. Sack lunch or buy makings on shore of beautiful lake in a park. Chuck Moen/Lynn Leander - 893-2693



July 18 HUFF & PUFF, Long Grove and

Sat. Algonquin. 7 a.m. 75 miles from AB Kildeer School, or 45 miles from stop light in Algonquin, 9 a.m. Lunch in Union. Jim Grant - 506-1269.

July 19 ALGONQUIN RIDE, Wheeling

Sun. 8:30 a.m. 52 miles from Chamber Park. Bring or buy lunch. Howard Paul - 824-2941

Jul. 25 LAKE GENEVA RIDE

Sat. 8 a.m. 75 miles from Moraine AB Hills State Park on River Road north of Rt.176 just south of McHenry Dam. 1st parking lot on right. Dick Ryan - 381-1775

July 26 ZION RIDE, Wheeling

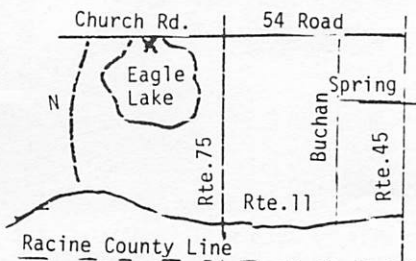
Sun. 7:30 a.m. - 68 miles from Chamber Park, Wolf Rd. N of Dundee Rd. Lunch at Illinois Beach State Park lodge or picnic on beach. Phyllis Harmon 537-1268.

Aug. 1 APPLE CIDER RIDE Hawthorne Wds

Sat. 10:30 a.m. - 30 miles from Kurt B Schoenhoff's, 16 James Ct., Hawthorne Woods. (McHenry Rd. north of Rt. 22 to Darlington, right to James Ct. Picnic lunch at the Schoenhoff's. 540-0861

Aug. 2 RACINE COUNTY RIDE, Wisconsin

Sun. 8:30 a.m. - 50 miles from Eagle Lake Park on Church Rd. west of Rt.75, Wisconsin. lunch at Tichigan Corners; ice cream in Burlington. Phyllis Harmon 537-1268



WEDNESDAY NIGHT RIDES 6:30-TWILIGHT

Please try to arrive 10-15 minutes early for unpacking and sign-in to allow a 6:30 sharp departure.

Jul. 1 From Carl Sandburg School (now Horizon Day Care) Schoenbeck South of Anthony, Wheeling. Phil Badame -392-2371.

Jul.15 Des Plaines - from rear (Rose Ave.) parking lot of school (now senior center) on Thacker/Dempster at Second Ave. (about half way between Rt. 45 and Wolf Road) Howard Paul - 824-2941.

Jul.22 BRAHMS, BEETHOVEN & BICYCLES

What a way to unwind after a hectic day! Classical music, well behaved concert goers, beautiful grounds and a superb sound system make RAVINIA a top summer attraction.

Meet me at 6:30 p.m. in the Ravinia parking lot in Highland Park, .2 mile north of Lake Cook Road on Greenbay Road. I will have a W W sign on top of my car. Our ride will proceed from there. On our return you MUST lock your bike in or on your car. Bring a lawn chair or blanket and \$6 for admittance to hear The Academy of St. Martin-in-the-Fields. This is one of the world's most recorded orchestras conducted by Neville Marriner. The performance starts at 8:30 p.m. You may bring or buy your own food/drink on the grounds.

I am hoping several non-riding spouses will save us an area on the lawn. Call me if you can help do this. Meet us promptly, ready to go, at 6:30 P.M. for a lovely evening. Pat Marshall 564-0346

Jul.29 Carl Sandburg School (now Horizon Day Care) Phyllis Harmon 537-1269.

PROGRESSIVE DINNER AUGUST 8 - 10 A.M.

Enjoy a day doing what bicyclists enjoy most (besides ride) - eating! We'll start from Barbara and Jim Hansen's in Northbrook for hors d'oeuvres, then ride to salad course, main course, dessert and back to the Hansen's. Cost estimate \$5.00.

Want to host a course? Coming? Please call Phyllis Harmon, 537-1268. We need a "nose count" so we know how much food to prepare.

WISCONSIN WEEKEND - SEPT. 26-27

Beautiful route from Chamber Park up to Hales Corners, Wisconsin, 65 miles, and about 75 miles on Sunday back through Antioch. Need your reservation and \$15.00/person for motel (2 to a room) Luggage transported. Call Phyllis Harmon - 537-1268 or Kurt Schoenhoff - 540-0861

TUESDAY NIGHT RIDES

Every Tuesday until Labor Day. 5:30 p.m. sharp. Distance 15-45 miles depending on time of sunset. Pace about 12 mph. From 16 James Ct. Hawthorn Woods. Kurt Schoenhoff - 540-0861

## INVITATIONALS

DOUBLE TROUBLE - McHenry County Bike

Club's 400-mile 2-day ride. Sat-Sun. July 11-12. Lon Haldeman and Pete Penseyres will be riding with the group. Contact Scott Offord: P.O. Box 312, Cary, IL 60013.

WOMEN'S CYCLING NETWORK - MIDWEST

HEARTLAND WEEKEND- July 18-19

Harvard, Illinois

Registration fee includes all seminars and rides led by experienced female cyclists, lunch and dinner on Saturday and lunch on Sunday. Camping base Rush Creek Conservation Area, Motel accommodations at the El Rancho.

Sat: aerobice, 3 rides, workshops, discussion sessions, fireside chat. Sun. Aerobics, 3 rides, stretching, discussion sessions, optional time trials.

\$35 for Weekend; \$25 Sat. only; \$20 Sun. only. \$10 WCN Membership

Contact Jenny Grant for further information - 506-1269 or write to: Women's Cycling Network, Midwest Heartland Weekend, P.O. Box 73, Harvard, IL 60033. 815-943-3171.

SIX-COUNTY SENIOR OLYMPICS Jul.27-29

at Wheaton College Campus, 501 E. Seminary Ave., Wheaton, Ill.

For all seniors 55 and older. Registration deadline is July 19. Entry forms available at local park districts or senior centers.

Events: Basketball free throw, bowling, golf 9 or 18 holes, horse-shoes, pool, shuffleboard, swimming, table tennis, tennis (singles and doubles), track and field, trap shoot, walking, archery and bicycle races.

Co-sponsored by the Illinois Parks & Recreation Assoc. and the American Lung Associations of DuPage & McHenry County.

More Info: Teresa Grodsky 823-2114.

THE NEW & IMPROVED WABASH RIVER RUN

Sept. 6 - 10/30/60/100 miles through the historic Wabash River Valley to the south and west of West Lafayette.

From Fort Quiatenon Historical Park, 4 miles south of West LaFayette, IN on South River Road. Marked and mapped routes. Refreshments and sag. \$10 until Aug. 29 then \$12. 7 a.m. registration. Wabash River Cycle Club, 360 Brown St. Levee Plaza, W. Lafayette, IN 47906. 317-743-3506.

# Rural Rustic Ride

Photos by Phyllis Harmon

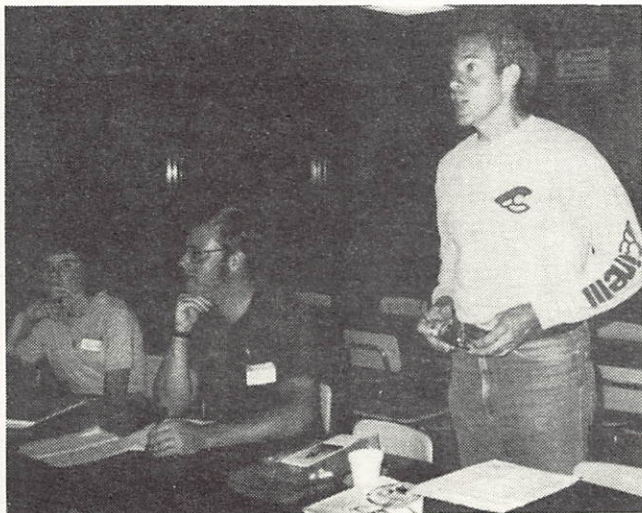
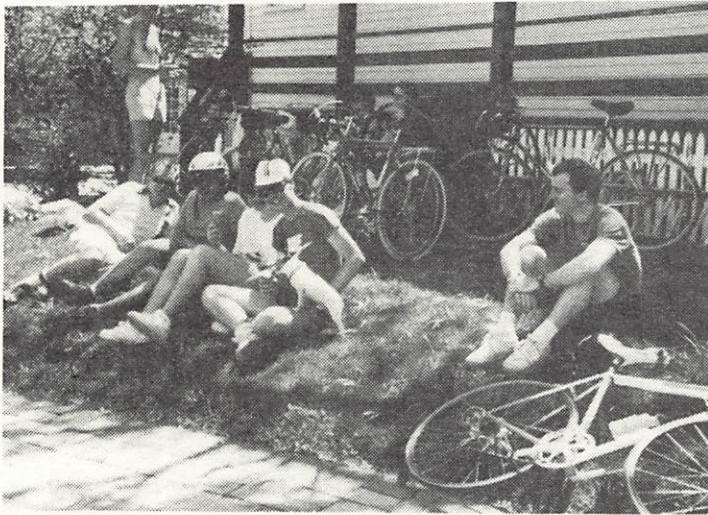
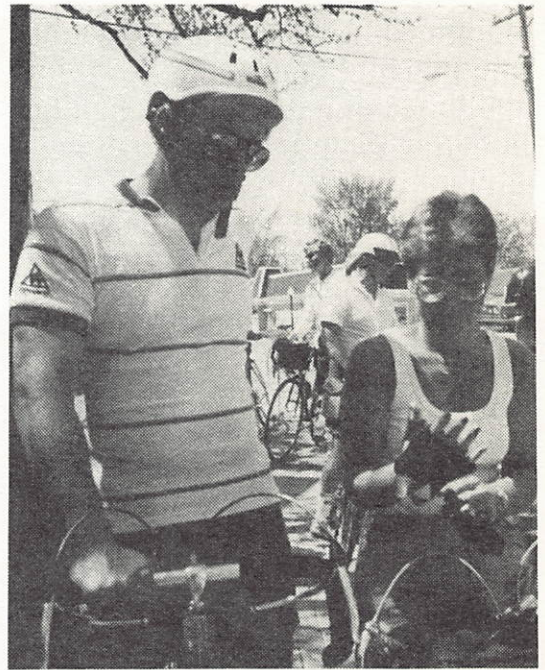


Above: New member Henry Obartuch already is in top ten in mileage.

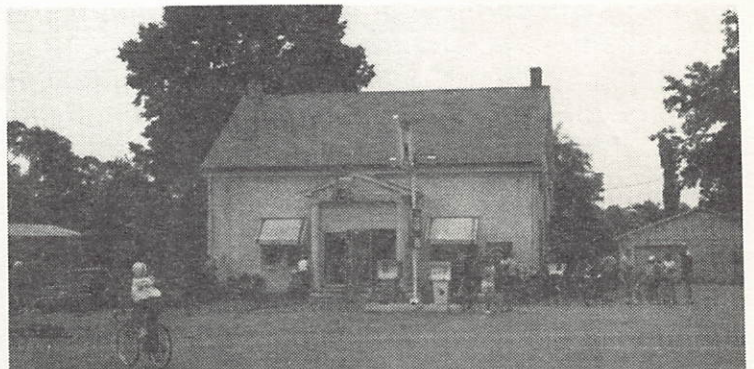
Right: Earl and Ruth Horwitz - it was Ruth's first ride with the club and she was delighted to ride her first 20 miles.

Below: Riders resting in the shade in Long Grove before riders regroup after the lunch break.

Below Right: Lilian and Jack Russell's daughter Rani Russell and Frank Feather chat while Brutus helps himself to a snack!



Jenny Grant, Jim Grant and Al Petty conducting the June meeting at Wheeling High School.



Beautiful bicycling in scenic rolling hill country at the Horsey Hundred based at Georgetown, Kentucky. Beautiful horses, stables, homes, stone walls, rustic stores.....