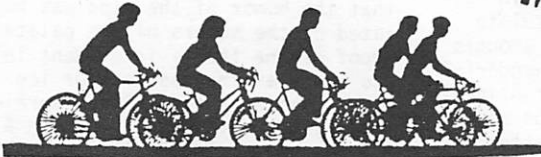


AUGUST, 1987



MONTHLY MEANDERS



AUGUST MEETING

PROGRAM: League of American Wheelmen Rallies and GEARS incl. Phyllis Harmon's "My 58 Years Riding a Bicycle"

PROGRAM: LEAGUE OF AMERICAN WHEELMEN by Keith Kingbay and Phyllis Harmon Director Hon. Director L.A.W. Rallies and GEARS and Phyllis' "My 58 Years Riding a Bicycle"



by Howard Paul

It's frequently hard to break some bad habits in bicycling safety and courtesy, so a couple of repeat suggestions may be appropriate. Despite a recent criticism about bunching up on hills with auto traffic behind, this still occurs. Please remember that while you're struggling up that hill at 6 or 7 mph, that car behind can be approaching at 40 mph. If a car behind is in sight, please let it pass before you cut out to pass the cyclist in front of you.

Another suggestion to prolong your life and co-exist with motorists is to pull off the road when stopping for a break, or just to check the zipper on your rear carrier pack. Even if the shoulder is grass or gravel, you can move on to it immediately after stopping. It's so easy for the group to stop in the roadway when no traffic is present, but one or more cars always appear during the break.

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

An  Affiliate

THE PREZ SEZ

Our annual HARMON HUNDRED Invitational is soon approaching. It'll be here Sunday, September 13. Our major need at the moment is to have our club members volunteer to help out with various sag stops, registration, making cookies, driving sag wagons, marking roads, etc. At our general meeting Aug. 5, we would appreciate having as many as possible sig up to help. If you can't be there, contact Jim Grant 506-1269 or at his new phone after July 31 - at 742-0814, or Al Petty - 948-7288.

At our July Executive Board Meeting our Board members sent out the Harmon Hundred brochures, so our general membership won't have to do that busy job this year! How 'bout that?

What we do need is everyone's help. This promises to be another big event in our club's history. Call today and volunteer to assist in any way you can. If you don't know how to help, we can help you and assign you an area.

Our rides have been going along very well this year. We continue to add members to our club roster. Keep up the good work, all you ride leaders, especially during the "dog days of summer."

The fourteen of us that attended the L.A.W. National Rally in Lansing, Michigan, thoroughly enjoyed the week. The weather was great; the food was excellent and our rides were varied and scenic, especially our century ride to Hell,----Michigan! The Tri-County Bicycle Club did a splendid job in providing "cadillac" service and hospitality. It was an exceptionally well-run rally. Many old timers thought it was the best of all times.

If you can, plan to attend a National Rally. It's a great vacation that includes cycling, sightseeing and friends. Next year it's in Flagstaff, Arizona. We're making plans to attend now.

See you at the August meeting.
Enjoy your cycling -

Al Petty, President

Adjoining column lists HARMON HUNDRED duties and chairmen of the various committees.

Volunteers Needed

WORKERS AT ALL SAG STOPS: Listed here are chairmen of the five stops.

Wauconda Apple Orchard - George and Marilyn Mathison - 825-5470

Ringwood: Marilyn Wilkerson 439-4496

Woodstock: Jack and Lilian Russell 940-0633

Hickory Nut: Lynn Petty 948-7288

Cuba Road: Pat Marshall 564-0346

(This sag especially needs a number of volunteers because it serves all participants all day)

Registration: Phyllis Harmon 537-1268

Need a minimum of 4 people 5:30 a.m. to 10:30; 10:30 to 3 p.m. and 3 to 7:30 p.m.

Route Marking: Bob Vargas 259-3210

Food Committee: Keith Kingbay 459-8242

Clean Up: At the end of the day we need volunteers to pack up all supplies and surplus food to take to Phyllis Harmon's home.

Routes: Dick Ryan

Parking: Elliott Kanner and Michael Sackheim - 541-9176

COOKIES: Home made cookies are very popular so we need oodles of them. Especially those of you who are unable to volunteer in other capacities! Bring cookies to the Sept. 2 meeting or drop them off at Phyllis Harmon's, 356 Robert Ave. Wheeling.

Jim Grant will have the sign-up sheets at our August 5 meeting so you can sign up at that time. If you are unable to come to the meeting, phone Jim at 742-0814 to let him know your preference.

We will have attractive T-shirts for the first time this year plus Harmon Hundred patches and National L.A.W. patches.

This is our big invitational so we need the cooperation of all of you!

President:	Al Petty	948-7288
Vice-Pres:	Jim Grant	506-1269
Treasurer:	Betty Vargas	259-3210
Membership:	Pat Marshall	564-0346
Safety:	Howard Paul	824-2941
Secretary:	Phyllis Harmon	537-1268
Editor:	Phyllis Harmon	537-1268
For check out:		
Bike Books:	Pat Marshall	564-0346
Bike Tools:	Chet Tobolski	945-5686



"I SCREAM
YOU SCREAM
WE ALL SCREAM FOR
ICE CREAM"

by Jenny Bruns

Ice cream is an American passion. It is a cool treat in the summer, but comforting and soothing at any time of the year. The multitude of flavors and forms, richness and smoothness confronts the consumer. The selection ranges from plain Vanilla to Chocolate Chocolate Chip flavors, Blizzards and Blasts, Dove Bars, and the all-time favorite Sundae dripping with rich syrup, nuts and whipped cream. Price is no object for the ice cream fanatic. The smooth, cool consistency allows for easy consumption of large amounts of calories. Therefore, many of us associate ice cream with special occasions and as a reward for physical activity. Bicycling and ice cream eating are inseparable.

Ice cream making is an ancient art. Sherberts and ice creams are a part of America's rich heritage from Italy, France and England. Ice cream in our country originated with the most elite colonists. Only they could afford the extravagance of buying ice for freezing cream. George Washington had two pewter ice cream pots.

In 1774, the first shop to sell ice cream opened in New York. Competition grew as other scattered shops opened. The sweeping advance of ice

cream from a rarity to common food began in 1851, when a milk dealer began to manufacture ice cream in Baltimore. Today, modern immaculate plants are filled with vast amounts of machinery producing the wonderful dessert. The ice cream is continually pumped into one end of the machine and, under pressure, in a matter of seconds it is whipped, frozen, injected with fruits, nuts or whatever, automatically packaged, sent to hardening rooms, into refrigerated trucks and on to consumers.

Over the years, innovative people invented ice cream creations which we still enjoy today. Portable ice cream treats became popular in the early 1900s. Ice cream cones were invented at a St. Louis Fair in 1904. A waffle salesman noted that a neighbor vendor had run out of dishes for selling his ice cream. The clever man rolled his thin waffles into cone shapes, which hardened as they cooled. The eatable holders were immediately a big hit!

The ice cream sundae developed as an evasion tactic. A drugstore owner in Evanston, Illinois, became enraged when a local blue law passed in the 1880s banned the sale of carbonated drinks on Sunday. Some community citizens believed that sodas were too close to intoxicating drinks for Sunday consumption. The druggist poured syrup of the customer's choice on scoops of ice cream and found a winner with the Ice Cream Sunday. The "Sunday" later was changed to "sundae" for fear of being sacrilegious in using the name of a holy day across the counter.

The Good Humor bar was so named because of a then popular theory that the humor of the mind was regulated by the humors of the palate. Proof of the theory is evident in the 1980s as the passion for ice cream continues to explode. Worried fall by the wayside at a Baskin & Robbins as people of all ages and walks of life enjoy the wide range of flavors. Ice cream is associated with happiness and childhood memories. Most of us remember hearing the ringing bells of an ice cream truck and of riding a bike to the local ice cream hangout. As adults, we worry about calories, cholesterol and fat in our food, but even the most health conscious succumb to an ice cream treat occasionally.

Visions of cold, smooth ice cream dance through my head on a hot, humid day. After a long day of bicycling and the appropriate recuperation time, Jim and I will head for the local ice cream shop. I will indulge in a waffle cone with two scoops of chocolate chip... No, make that one each of chocolate chip mint and New York Cherry. However, a Blast of vanilla ice cream with Reese's pieces is a new and exciting experience. A simple strawberry shake would go down smoothly and easily through a long straw. But a deluxe Sundae with 4 scoops of my favorite flavors, oozing with syrup and mounds of whipped cream would be more fun to eat. Oh, forget the small fare! Let's bring home a quart of Pistacio Nut and enjoy a movie while recovering from a wonderful summer day of bicycling.

Top Riders

MEN	MILES	WOMEN	MILES
Woyteca Morajko	1109	Jenny Grant	793
Jim Grant	900	Jane Newell	678
Roy Erikson	814	Lilian Russell	642
Bill Lorenzen	774	Pat Marshall	581
Joe Tobias	739	Sue McPheron	444
Howard Paul	670	Joyce Lewis	352
Henry Obartuch	621	Sue Liss	351
Jack Russell	584	Phyllis Harmon	267
Dick Ryan	551	Debbie Dick	255
Bill Bergeron	479	Elida Derebey	251

These are mileage figures turned in by Ride Leaders up through mid-July. If you have any sign-up sheets on hand, send them immediately to Jim Grant.

Mileage is based on Wheeling Wheelmen club rides only, not invitational rides elsewhere.

Bike Repair Tools

Correction! It's Chet Tobolski who is handling the Wheeling Wheelmen bike repair tools available on a loan basis. His address is: 1316 Streamwood Lane, Vernon Hills, IL. Phone - 362-7794.

Thank You, Aaron!

Aaron Tanzer typed up our Harmon Hundred brochure on his computer. It looks great! As soon as the routes are completed by Dick Ryan, Aaron will do them on the computer, too. Much easier, then, to make future corrections or changes.

Mathisons and Muffin II

June 6 George and Marilyn Mathison and Muffin II left on their cross country bicycle tour:

June 25: We are now in Missoula, MT Montana, the 12th day of our trip. We visited BIKECENTENNIAL headquarters and are now at a bike shop getting some repairs on Sweetie Pie (our new bike's name - short for Sweet Chariot). Tomorrow we should be on our way again. Hope the L.A.W. convention is great!

June 30: We can hardly believe it is the end of June already. We kind of lose track of time when we are on the road. So far it has been wonder-
→

ful. We have seen so much beautiful scenery we can hardly take it in. We just climbed Logan Pass - crossing the Continental Divide in Glacier National Park. We got in shape for that by crossing 4 passes in as many days while we were going through the North Cascades. The people here are so friendly and accommodating, we really like these wide open spaces.

Our new mountain tandem is working out real well for touring. We have been thankful more than once for our "fat" tires.

Also, our new Muffin is proving to be a very good bike tourist. We fight over who can have her in our sleeping bag at night because the nights in this part of the country are cold - 30° in one place. Muffin is like a little heater and likes to cuddle next to us.

We miss you guys - but we will see you for the Harmon Hundred. We are taking lots of slides. See you in about 2-1/2 months.

George, Marilyn & Muffin

Instead of riding on a back platform like Muffin did, Muffin II rides in a red handlebar bag with a red awning to keep off the sun.

Schedule

Please be sure to use newsletter Schedule for update on corrections and/or changes.

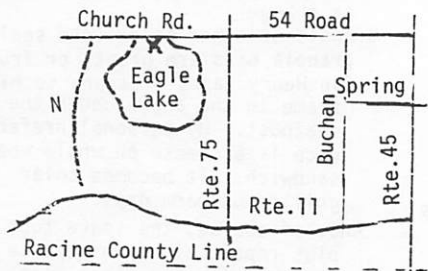
Ride Rating: "A" 14-16 mph; "B" 10-13 mph. "A-B" two groups riding.

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 B Lake Park on Church Rd. west of Rt.75, Wisconsin. Lunch at Tichigan Corners; ice cream in Burlington. Phyllis Harmon 537-1268



Aug. 8 PROGRESSIVE DINNER, Northbrk.

Sat. 10 a.m. from Barbara and Jim B Hansen's 2176 Brentwood, Northbrook. (Brentwood runs E-W between Western and Shermer Rd., halfway between Techny and Walters. Phone 272-3791. Hors d'oeuvres there, then to Paul and Sue Kent's in Mt. Prospect for salad, to Phyllis Harmon's in Wheeling for main course and on to Jack and Lilian Russell's for dessert and back to the Hansen's. Cost \$5. Phone Phyllis at 537-1268 so we know how many are coming. About 40 miles.

Aug. 9 Ice Cream Social cancelled

Aug. 15 AURORA RIDE, Hoffman Estates

Sat. 8 a.m. - 80 miles from Eisen- AB hower Jr. High, Jones & Hassel. Jim & Jenny Grant -742-0814.

Aug. 16 HOT HUNDRED, Wheeling

Sun. 6 a.m. - 100 miles from Wheeling A H.S., Rt. 83 and Hintz (west parking lot) Aaron Tanzer - 338-5374. Sanctioned Century.

Aug. 16 BREAKFAST RIDE, Wheeling

Sun. 7 a.m. - 20 miles from Carl B Sandburg School (now Horizon Day Care) Schoenbeck just south of Anthony. Bob Vargus 259-3210.

Aug. 22 BELL ORCHARD RIDE Long Grove

Sat. 9:30 a.m. - 34 miles from Kil- B deer School. Yummy cider and turnovers! Cindy and Ralph Cochrane - 991-9096.

Aug. 23 HILL & DALE, Long Grove

Sun. 7:30 a.m. - 75 or 100 miles from AB Kildeer School. Here's your chance to earn your Sanctioned Century or Metric Century patch

\$2. Jim/Jenny Grant -742-0814

Aug. 29 WHERE ARE WE GOING? Lake Forest

Sat. 9 a.m. - 55 miles from Lake For- B est train station, Everett and Waukegan Rd. Pat Marshall's mystery ride - 564-0346.

Aug. 30 ALGONQUIN EXPRESS, Wheeling

Sun. 9 a.m. - 50 miles from Wheeling A H.S., Hintz & Rt.83. Bob Illy - 459-4129.

Aug. 30 BREAKFAST RIDE, Wheeling

B 7 a.m. - 20 miles from Carl Sandburg School (now Horizon Day Care) Schoenbeck S. of Anthony. Phyllis Harmon - 537-1268.

Sep. 5 MEMBERS HARMON HUNDRED Wheeling

Sat. 6 a.m. - 100 miles from Wheeling AB H.S. west parking lot. (Hintz & Rt. 83) Earn your special Harmon Hundred patch. Special National L.A.W. Century patch \$2.. (We work on our Invitational Sep.13) T-shirts \$7. Jerry Goldman - 695-7964.

Sep. 12 MEMBERS QUARTER CENTURY Wheeling

Sat. 9 a.m. - 25 miles from Wheeling

AB H.S. west parking lot. Quarter Century patch \$1. L.A.W. Quarter Century patch \$2. Jim and Jenny Grant - 742-0814.

Sep. 13 HARMON HUNDRED/25/50/75

Our big invitational (1065 participants last year! Work day for members. Sign up for duties. Need volunteers - lots of home made cookies! Shifts 5:30 a.m. to 7:30 p.m. Jerry Goldman - 695-7964; Jim Grant 742-0814 or Al Petty 948-7288.

WEDNESDAY NIGHT RIDES 6:30-TWILIGHT

Aug. 5 Meeting night

Aug. 12 Joe Tobias' home 600 Orchard Lane, Glencoe. Coffee and cake after the ride! 835-2547.

Aug. 19 Chuck Brenmark from Kildeer School, Long Grove. 253-9025

Aug. 26 Cindy/Ralph Cochrane from their home, 426 Carter Ave. (west on Palatine Rd. to stop light at Smith, north to Colfax, west to Carter, then right to 426. Phone 991-9096

At L.A.W. National Rally

Photos by Phyllis Harmon



Above: It was great to see Mike and Laura Enwright of San Diego at the Lansing, Michigan Rally!

Left: Kurt and Kaete Schoenhoff try out a different kind of wheels.

Rob Schaller - RAAM

While I have been typing the August newsletter, sweltering in all the heat and humidity, Rob Schaller has been riding the RAAM (Race Across America) qualifier ride in Capron, near Harvard, Illinois!

From 8 a.m. Friday, July 24 to Sunday, July 26, 8 p.m. riders are pedaling two 15-mile loops for a total of 600 miles! I learned about Rob's efforts when his father, Dick Schaller, stopped by to borrow two of

our club's water coolers. Rob is one fantastic cyclist. Recently he rode the Double Trouble: 205 miles from Crystal Lake to Champagne on one day, sleep and head back the next day for a total of 410 miles! PH

CABDA Volunteers Help

The Chicago Area Bicycle Dealers Association has generously printed up 4000 yellow HARMON HUNDRED brochures for us. We very much appreciate their assistance!



Lessons Learned From Bike Breakdowns

(HOW MY 20-POUND BIKE BECAME A 60-POUND MONSTER)

BY DICK SORENSON



Beginning riders often ask "What tools and gear should be taken on the bike ride?" The answer varies, depending upon the planned length of the trip, around the neighborhood or on an all-day trek or longer, and the confidence level you have in the performance of your bicycle. If you aren't careful, the tools and gear you carry can create a 60-lb monster out of your 20-lb sleek, streamlined riding machine. The type of emergency gear that cyclists carry varies in content according to their individual past experiences with breakdowns. The specific items I carry are definitely related to problems I've experienced - and don't want to repeat - on the road.

As an absolute necessity - whenever you ride - wear a helmet! You never know when an accident will occur and, more than likely, when it does occur, it'll probably be in your neighborhood - close to home.

I always gauge my potential needs by the maximum distance I'll be from home. There is a lot of truth in the old biking maxims: "Breakdowns always occur at the most inconvenient time", "Flats always occur at the most inconvenient time and always when you've forgotten your patch kit or spare tube", and "The part that malfunctions is always the one that needs that special tool that is just too heavy to carry."

I probably carry too much gear! Probably as a result of observing mistakes--mine and others--on previous trips. A beginner today has the advantage of learning from many, many mistakes and experiences of others. If you read and talk with people, you'll find yourself getting a lot of contradictory advice about the proper gear to carry, but you'll also find a lot of agreement.

As a minimum, carry a spare tube (and patch kit - the belt and suspenders syndrome!), tire levers (the light, plastic ones) and a frame pump. Be certain your pump works with the tubes you carry. Take a water bottle, an I.D. and money. Sometimes - especially with a nice tailwind - you tend to ride further than you expected - and find yourself out in the remote countryside, parched and all energy drained. It's great to be able to call your personal sag wagon for a lift home.

Spokes and a small spoke wrench are also recommended. They're light. I usually tape mine to the frame pump or bike rack so they're always handy. Spoke problems also tend to occur at the most awkward times - spoke sizes vary considerably, so your spoke size probably won't be the one that everyone else carries.

You never know when a breakdown will occur.

On a "Historic Virginia" tour, about five years ago, deep in the rural area of Southern Virginia, my crank arm (the thing the pedals are attached to) loosened during a blinding rain storm. The rain was a surprise that day so all the rain gear was stored in the sag wagon which went ahead to our next overnight stop. We were all wearing cut-out garbage bags! It was a case of both good news and bad news. I had the wrench to tighten the crank arm (a handy item to carry) but I don't have a 5MM hex wrench to remove the dust cap to get at the bolt. Ever try to remove a dust cap in the rain without the hex wrench? It was miserable. After pedalling one-legged for 5 miles, I came upon an old farm house and knocked on the door. The farmer was rather surprised to see an oddly-dressed person, soaking wet and wearing a garbage bag, but he was polite, and through some miracle, actually found a (never before used) 5MM hex in his tool box.

That was the worst breakdown event. The best (or luckiest) breakdown occurred during the first hour of a week-long tour from Boston-to-Maine and back. My freewheel went into a powerless spin* - right in front of a bike shop in Danvers, Mass. The shop had an exact replacement. It turned out to be the last bike shop to be seen for the next six days!

**For those technically inclined, the pawl inside the freewheel broke (you know, the thing that makes the freewheel go click, click, click as it spins).*

My most unusual breakdown experience? My chain broke apart with about seven miles to go on the Hilly Hundred. What'd I do? I walked up the hills and coasted down - and finished in about the same time as my riding companions.

There was another time, midway through a week-long tour of the Catskills, I noticed an inch-long split down the center of the front tire. As we were in the middle of nowhere for the next three days, a friend offered a strip of duck tape as a "boot" for the flat tire. The tape held the tire together for another 250 miles.

As a result of those incidents, and others, I now load up with this assortment of gear:

- Various sizes of metric key wrenches
- Crank arm wrench
- Small sized adjustable wrench
- Small screwdrivers (Phillips & reg.)
- Spokes, spoke wrench
- The tool needed to adjust the handlebar angle

- Sunglasses, sunblock lotion, lip balm, eye drops
- A few strips of duck tape - good for emergency repairs, booting tires, etc.
- Raingear - a light wind/rain jacket
- Kleenex (the small travel packs)
- Various sizes of Baggies (to cover valuables and the cyclometer unit in case of rain)
- A couple of "Wash 'N Dri" packets
- Kerchief
- An inexpensive compass and a general map of the area
- A pair of latex disposable gloves
- A sport (waterproof) watch
- Credit card, telephone credit card or change
- Granola or other snack (the sealed granola bars are great) or fruit - Dan Henry tapes a banana to his frame in the angle under the seatpost. My personal preference is a cheese on whole wheat sandwich. It becomes solar grilled on warm days.
- And, of course, the spare tube plus repair kit (you replace the tube for the first flat, repair tube on the second flat), frame pump, spokes and spoke wrench.

For week long or longer rides, I also take along replacement cables, spare brake pads, another water bottle, a free wheel remover tool, a chain tool, cone wrenches, and other tools to keep me, more or less, self sufficient. I've found that you can generally find someone around who has the repair skills needed (if you don't), but if the part or proper tool isn't available, you're up the proverbial creek.

I've even had flats riding rollers in my living room! You just never know!

Of course, one of the best ways to avoid mechanical problems is preventive maintenance. Also, take a check of your bike before pedalling off. Check bolts and nuts for tightness, see that the tires are properly inflated, check for unusual play or looseness of the wheels and bottom bracket, and be certain you can't "feel" the friction of loose or damaged ball bearings.

Oh yes, it may be useful to learn how to make those emergency repairs yourself - or, alas, be forever doomed to have to ride with someone who can!

Have a good ride!

(Perhaps other members could contribute their bike breakdown experiences and lessons learned for the benefit of all.)