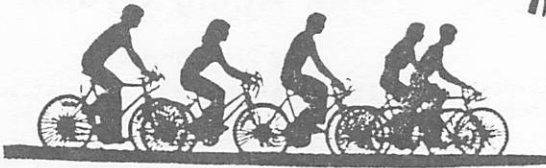


NOVEMBER, 1987



MONTHLY MEANDERS



NOVEMBER BANQUET

Sat. Nov. 14, 1987
THE ELEPHANT WALK
175 Old Half Day Rd.
Lincolnshire

The Banquet is held instead of the meeting each year. New officers take over. Awards are presented. Chairmen Jack and Lilian Russell have been busy planning special surprises. The theme is "A Taste of the Cycling World".


Registration deadline is NOW - so before you put your \$12.00 check in the mail (payable to Wheeling Wheelmen) addressed to: Lilian Russell, 923 Wayne Ave., Deerfield, IL 60015, phone Lilian at 940-0633 to let her know your food choice of Chicken Breast Alpine or Filet de Sole Florentine. Activities start at 6:30 sharp! Lots of fun for all!

There will be no meetings at Wheeling High School until February. December we have our Christmas party, grab bag and bike ride; New Year's Day we have a ride and social. At both of these events any urgent club business can be taken care of.

Trouble In Bunches

Right after the October newsletter went out we learned that Jerry Cantor had a 4-by-pass surgery, Madeline Kanner broke both ankle bones in a spill on the Udder Century, and Keith Kingbay had hernia surgery! Also, on the Wisconsin Weekend ride, Al Berman collided with a young boy on the Lincolnwood bicycle trail--the boy was on wrong side and result was a pretzel front wheel on Al's bike. Everyone is recovering and currently Keith is in China on a business trip.

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



An LAU Affiliate

THE PREZ SEZ

Well, the 1987 year is coming to a close. Our club officers, ride leaders and other members have spent many hours working to make this a very successful year. In my mind, IT WAS SUCCESSFUL!

I would like to thank ALL our club members for their contributions of time and effort during the year. The hard work of our executive board has not only made my job easier, but has made our club a winner! Thank you Pat Marshall, Betty Vargas, Jim Grant, Phyllis Harmon, Rich Wemstrom and Howard Paul, for a job well done.

There have been a lot of pluses during the 1987 year, even though our St. Pat's Ride in March was "snowed" out. Our general meetings were lively, interesting and well attended. The AB ride schedule attracted new riders and gave all our members a choice of riding options.

Our newsletter continued to be a *super example* of communication to our members and friends. New members continued to join our club throughout the year. The Harmon Hundred was the most successful in history, both financially and in rider participation. Some of our ride leaders even offered "extra special treats" during their rides. Phyllis Harmon was awarded the "Club Volunteer of the Year" L.A.W. award, too. These are just a few highlights of the many wonderful things that happened this year.

After our November 14 banquet, a new set of officers will take over leadership of the club. I hope next year can be just as good or better than this year. With cooperation and hard work, the year of 1988 will be super.

In my term as president, I've learned a lot, and have tried to keep things moving in a positive direction. I've even enjoyed the job! Hopefully I can continue to help our membership enjoy cycling in the year to come.

Cycling may cease for some of you during the winter months, but the sport of cross country skiing can be a fun replacement. Plan on joining club members on various week-ends. Check the cross-country ski calendar in the newsletter.

Again, thanks for a great year!
Al Petty, President

Protect Our Rights To The Road



by Phyllis W. Harmon

In all 50 states the bicycle is either a vehicle or has equal rights and responsibilities on the road with motorists. It is imperative that we protect those rights and responsibilities or we have a good chance of losing them.

The annual bike ride along the Skyline Drive in Virginia was forbidden by the National Park person. There were many letters and discussions before permission was given - but then only for a specific number of riders! Bikers racing down mountain roads way above speed limits, scooting around curves, scaring motorists so they complain to the police - all these actions endanger the rights of law-abiding bicyclists.

New York startled bicyclists by suddenly putting a ban on bicyclists in New York City - because the bicycle messengers were playing havoc with vehicular laws. Many, many people commute to work in New York. There was a flood of protests because law-abiding riders were being penalized for the irresponsible actions of a few. The League of American Wheelmen brought suit and the ban has been dropped - for now.

Here in Illinois, the Winnetka Village Board voted 5-0 to ban bike traffic along the picturesque ravine on Sheridan Road. Any rider who has ridden along Sheridan Road knows the section that suddenly dives down over 50 feet, then curves around and back up again. It is a beautiful stretch but bicyclists love to zoom down in

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

Gruetzi - Welcome To New Glarus Wisc.

by Jenny Grant

In 1845, people from the Canton of Glarus, Switzerland, left their homes for America, looking to build a better existence. A Canton is a state or province of Switzerland. Eventually they settled in the Sugar River Valley in northern Green County of Southwestern Wisconsin, impressed by the abundance of water, fertile soils, timber resources and endless prairie. The Swiss desire to succeed led to the establishment of a successful cheesemaking industry in the 1880s. Today, the Swiss of New Glarus preserve the customs and traditions of Switzerland. In fact, visitors are likely to hear Glarnerdeutsch spoken by the Glarners of the friendly village.

In 1987, over sixty bicyclists ventured to New Glarus for an October weekend of relaxing cycling, an event sponsored by Jerry and Lenore Goldman's Pedal Across Wisconsin (PAW). Most of us arrived Friday evening to set up sleeping bags in a high school gym. A few brave souls pitched tents in the very chilly fall weather. The Goldmans held a briefing explaining the various routes on a handful of maps, something for everybody. (Sound familiar?).

Saturday morning was overcast and 40° with a northwest wind, colder than the norm but enjoyable as long as the legs were moving. We ate breakfast in Mt. Horeb at 23 miles, fighting for tablespace with the Iowa fans inundating the town waiting to attend the Badger/Hawkeye game in nearby Madison. After shivering for a few minutes upon hitting the road again, we warmed up with some hill climbing, including the longest one of the weekend in Blue Mounds State Park. We were happy to find many of the trees with bright, fall colors, adding some light to the still dreary day. I was amazed at the abundance of birds, including Blue Jays, Cardinals and Hawks.

Happy to return to New Glarus after 70 miles, we wandered into town a couple of blocks from the school. The friendly community has gift shops, historical buildings, restaurants, and events depicting Swiss culture. Jim and I went on a tour of the Chalet of the Golden Fleece, an authentic mountain-style chalet displaying such cultural items as Swiss wood carvings and furniture. Eventually, dinner at the New Glarus Hotel found us all in our own banquet room enjoying a buffet while making new friends.

The morning brought clear, crystal air with bountiful sunshine but little warmth, the low during the night being 23°. I longed for the balmy 40° of the day before. But people rose with good appetites, providing the incentive to head for the

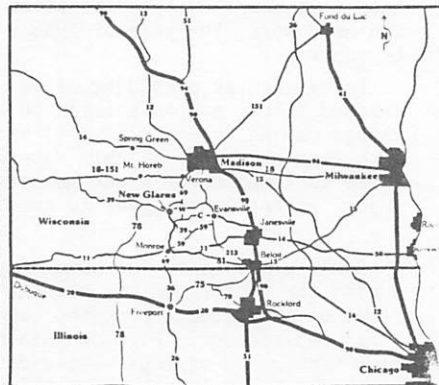
Chalet Landhaus for a buffet breakfast. The cheery decor and wonderful food, including Swiss pastries, temporarily postponed the inevitable riding in cold weather.

The landscape was covered with a thick frost for the first hour or two. Wrapped in layers, I found the ride invigorating until my toes and fingers began to protest the cold. We stopped at the Edgewater Cafe where the waitress shook her head in disbelief as Jim ordered a chocolate malt at 10:00 in the morning. As for myself, hot chocolate never tasted so good. We laughed about having just encountered two huge cows on a narrow, winding road. They were not impressed by our bicycling effort, barely allowing us to pass at a safe distance. Livestock on the roads must be common in the area, as Bob Meute had recounted his tale, the night before, of finding a huge pig on the road on a downhill run. Jerry had warned us about hazards on the roads, including delirious football fans and steep downhills with nasty debris liable to cause a fall at high speeds. Next year he can add livestock to the list.

The frost disappeared except from my toes, but on we went for a total of sixty miles. We had opportunity to ride the Sugar River Trail numerous times, as we crossed and recrossed it on our route. The trail is along an old railroad right-of-way and goes through the rolling hills of Green County. New Glarus is the northern entry point. By the middle of the day, riders of all abilities were covering its length, the main reason we chose to enjoy the lightly travelled roads.

Auf wiedersehen New Glarus - See you again.

"Little Switzerland"



Publication Information: This Visitors' Guide is the publication of NEWTAP, P. O. Box 713B, New Glarus, WI 53574. Phone: (608) 527-2095. Produced by Jerome Mooney.

The Aging Cyclist

by Dick Sorenson

It probably comes as no great surprise that both you and your bicycle are continually aging. Just when I was feeling pretty good about my personal fitness, an article appeared in the September, 1987, issue of *Bicycling* magazine that burst my bubble. The article, "How a Cyclist Ages", was intended, I think, to give us "mature" riders some degree of comfort and self-satisfaction about our cycling activities. However, it was written by a 42-year old racer who makes it sound like the end is near! Besides physical decay and decline and mental depression, he cites a loss of snap, competitiveness and quick recovery. Reflexes and coordination deteriorate. Bones begin to lose calcium, getting thinner and more porous. Flexibility decreases. You even sweat less. The good news/bad news after age 60 is that you become less sensitive to pain. Why? Because of the degeneration of nerve fibers and the decline in the central nervous system's ability to process sensory information! Also, you tend to experience lessened obsession with the "right" way to do things, diet, or precise riding position, or the latest and greatest equipment, and even less interest in how the bike looks.

I must admit to many of these symptoms. Some primal urge still gets me momentarily upset when a skinny-legged adolescent flies past me on the bike trail - a few years ago I would have taken up the challenge - but, no more, I just contemplate wryly "Wait until he's my age! then we'll see who's best!"

It's not all "doom and gloom", however, the good news is that medical studies show that cycling slows aging, improves health and prolongs life.

The news, however, definitely is gloomy for your bicycle! Instead of becoming better, the frame becomes stiffer and more brittle, not more flexible, with age. This is caused by "work-hardening". Old frames may crack (usually in the bottom bracket area) and may also be internally damaged by rust. So, with bikes, too, older is not necessarily better!

A related article in that same issue, "Through the Years", does end with a positive note: "If we see ourselves as youthful and energetic, we'll tend to perform that way on the bike and in everyday life." So--hang in there! Keep cycling--you may not live longer but you'll certainly live better and feel good about yourself.



Schedule

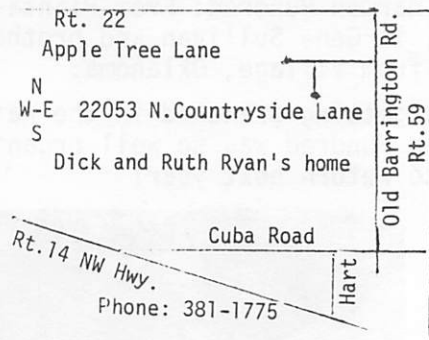
Nov. 1 **LIBERTYVILLE RIDE**, Wheeling
Sun. 10 a.m. - 32 miles from Chamber
B Park, Wolf Road north of Dundee
Road. Lunch in Libertyville -
Elliott Kanner - 541-9176

Nov. 7 **BIKE-A-THON AWARDS**, Wheeling
Sat. 3 p.m. Pavilion Senior Center.
Awards to those who rode for
pledges and raised \$100, \$200,
\$300 or more. 199 N. 1st Ave.,
Wheeling. (1 block west of
Milwaukee Ave. and 1/2 block
south of Strong.

Nov. 15 **BEFORE THE SNOW RIDE** Wheeling
Sun. 10 a.m. approximately 30 miles.
B from Carl Sandburg School,
Schoenbeck south of Dundee Rd.
Phyllis Harmon - 537-1268.

Nov. 21 **TURKEY RIDE**, Chicago
Sat. 10:30 a.m. - 30 miles from
B Milwaukee & Devon parking lot
Earn your Thanksgiving Day
patch - \$2.00. Jerry Hug -
696-2899

Dec. 5 **HOLIDAY PARTY**, Barrington
Sat. 10 a.m. bike followed by pot
B luck Holiday Party and grab bag
at Dick and Ruth Ryan's, 22053
N. Countryside Lane. Check with
Ruth re menu and what to bring.



Jan 1 - **NEW YEAR'S DAY RIDE**, Elgin
Details in December newsletter.
Will be at Jim and Jenny Grant's
..... Ride first and then social.

Thank You, Judy

For almost two years Judy Doi has mailed out our newsletter - she puts on the stamps and labels and then, when the newsletter is printed, stuffs and mails them. Some months it can be a long job - such as last month's with all the separate enclosures.

This is the last month that Judy will so serve us - and we very much appreciate the many hours she has donated to the Wheeling Wheelmen.

Pat Marshall has volunteered to take over this job starting with the December issue. Thank you, Pat.

PROTECT OUR RIGHTS..cont. from p. 1

a stretch that has a 15 mph speed limit. There is no problem with speed going back up..that's slow going. The Chicagoland Bicycle Federation and Evanston Bicycle Club have protested.

In San Carlos, California, the city sued a 12-year-old boy for \$13,000, saying he was at fault in a collision of his bicycle and a city truck. Even though witnesses say the driver was going too fast, the boy rode out between parked cars. The driver accumulated medical bills and workers' compensation because he strained his back while trying to avoid hitting the bike. The bike rammed into the passenger side of the truck.

In New England a bicyclist was fined \$1,200 for hitting a car door that opened in front of him. In that state there is no law against opening a door on the driver side and causing an accident.

So, as members of the Wheeling Wheelmen and the national League of American Wheelmen, we must lead the way--be examples to other adults and children - stop for lights; drive your bicycle as you do your car. One day the police will crack down on the offenders and give them tickets, but until they do - our rights and responsibilities are in danger...we could lose our freedom on the open road!

One Or Two Week Tour?

Interested in a Wheeling Wheelmen bicycle tour for one or two weeks in 1988? When would you like to go? June, August, September or ? Which direction would you like to go? North, South, West ? Door County, Southern Illinois, west to the Mississippi? Michigan, Indiana?

Kurt Schoenhoff is asking for your ideas and suggestions and from those he and Phyllis Harmon will plan the tour. This would not be a camping trip - we'll stay in motels. Send your suggestions to: Kurt Schoenhoff, 16 James Court, Hawthorn Woods, IL 60047 - or phone him at: 540-0861.

New Zealand?

Last call for my New Zealand tour - Sunday, January 24 through Saturday, February 13 from Los Angeles. Cost approximately \$3000. depending on the exchange rate. Includes Air New Zealand, hotels, breakfast, dinner and special sight-seeing. Mt. Cook Tour bus will carry luggage and also us and our bikes when we hopscotch to see the best of both islands. Contact immediately: Phyllis Harmon - 537-1268.



by Howard Paul

During the coming winter months, it's a most opportune time to clean, lube and check our bikes for maladjustments, wear and safety. Suggestions are offered below - do as many as you can and possibly prevent a breakdown or damage when we start those great rides again early next spring.

1. Disassemble bottom bracket, headset and hubs for cleaning, inspection and lubrication with a water resistant grease.
2. If reluctant to start the above, clean the chain and sprockets and then listen for gritty sounds while the parts are rotated. If it sounds bad, do the job or have it done.
3. Check brake pads for correct position on the rims, clean those parts and lube pivot points.
4. Check the headset, bottom bracket and hubs for bearing adjustment by jiggling the parts from side to side. If more than a hint of looseness is detected, readjust the bearing cones.
5. Check cables for broken strands and lubricate with a light oil or grease.
6. Check all rack fasteners for tightness.
7. Check tires for wear, cuts and bulges.
8. Check the wheels for wobble and adjust spokes if it is excessive.

Our club will offer tips on maintenance at future club meetings and several of the bicycle shops, including C C Cycle of Buffalo Grove and Bikes Plus in Arlington Heights, also offer hands on courses in bicycle maintenance.

Dear Wheeling Wheelmen:

On behalf of the Residents and Sisters at Addolorata Villa, a Home for the Aged, I would like to thank you for your donation of:

Bread, Apples, Snacks, etc.

Many, many thanks for thinking of us!

Your thoughtfulness was greatly appreciated. God bless you for your generosity.

Sister Mary Roberta Prince, O.S.M.
Administrator

17th HARMON HUNDRED



Eileen Murphy and Jane Newell.



Matthew Hursthouse and Judy Doi.

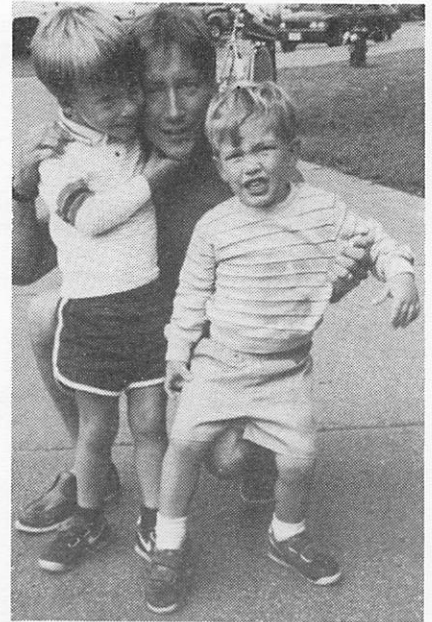


Two brothers who came the farthest to participate in the Harmon Hundred: From Plantation, Florida, is Gene Sullivan and brother Bill Sullivan from Village, Oklahoma.

Neither minded getting drenched in the rain. Said the Harmon Hundred was so well organized they plan to return next year!



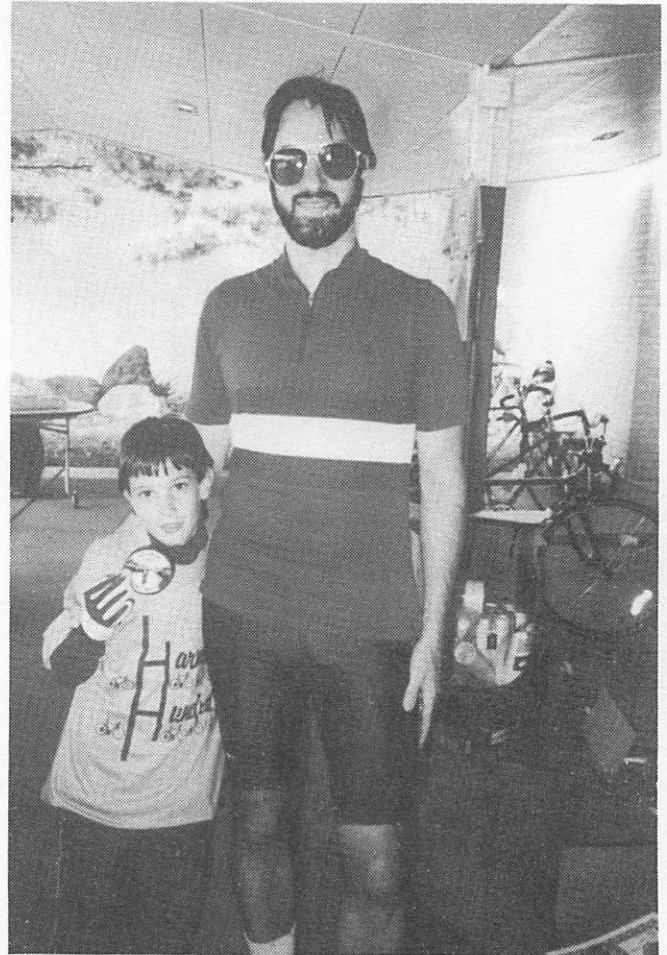
Brand new member Kathy Zoch put in 3 hours with Chuck Brenmark and Jack Van Es



Jim Andresen of ABC Cyclery had his two sons to assist at his work stand.



Although Wheeling had fair weather most of the day, a number of riders returned looking mighty mud-spattered. Fortunately the skies cleared early so riders could dry out.



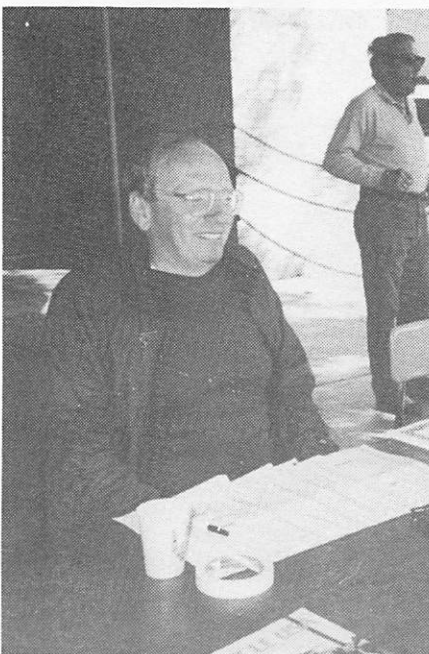
Eight year old David Pullman proudly displays his fifty mile patch for miles ridden with his proud father, Marc.

Photos by Phyllis W. Harmon

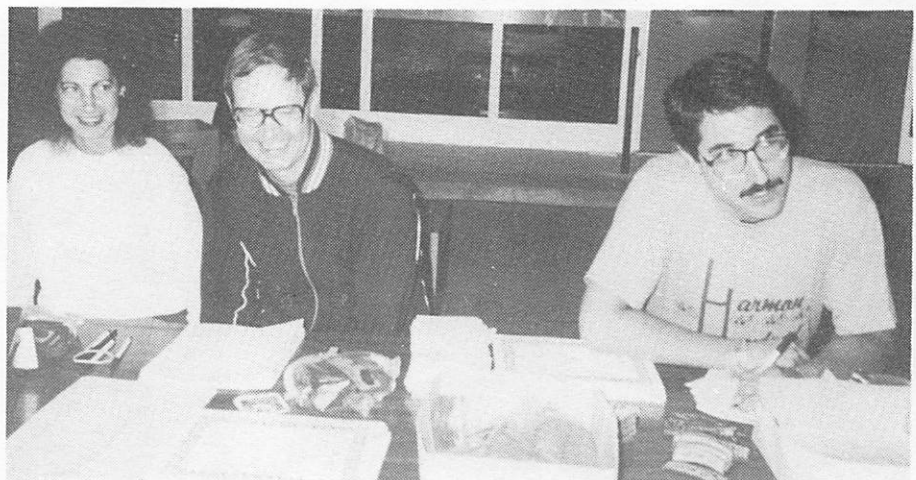
STATISTICS

Century	- 560 riders	Did not complete	71
75 Miles	107	Did not show up	67
50 Miles	356		
25 Miles	157		

T-shirts sold - 492



Roger Thauland



Susan Sclove, Bob Meute and Andrew Dane check in riders.
Continued on Page 8.

BIKE-A-THON



Phyllis Harmon presents door prize to Wheeling President Sheila Schultz.

Nineteen Wheeling Wheelmen worked on the day of the Bike-A-Thon and 25 rode one to 12 laps of the 10-mile course. Some members both worked and rode. All participated in the drawing of the numerous door prizes. Altogether, approximately \$5,500 were raised to fund programs and supplies for the Pavilion, Wheeling's Senior Center.

November 7 at 3 p.m. the Award Ceremony will be held at the Pavilion, 199 N. 1st Ave. for riders who raised \$100, \$200, \$300 or more through pledges.



Wheeling Fireman, Michael Proebstle and Matthew, 2, Scott, 7, and Sarah, 9.



Larry Schimke and Bill Bergeron, tied for top mileage, 120 miles, received trophies.



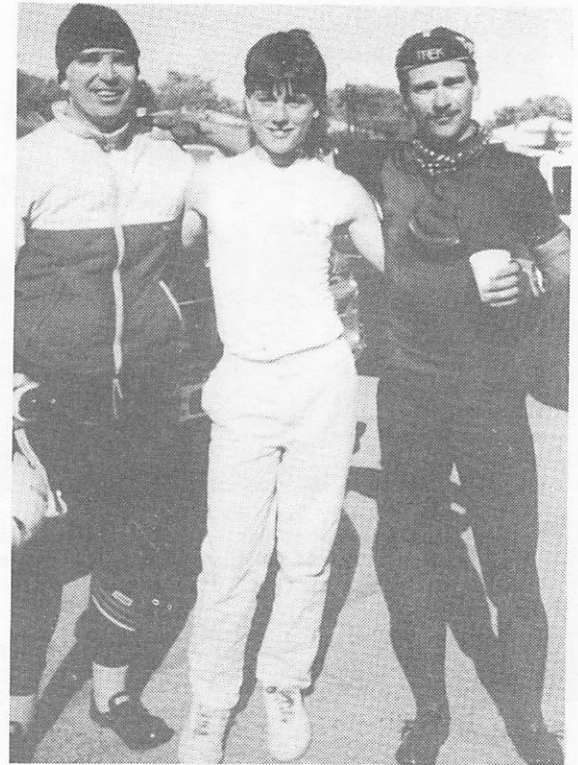
Debbie Dick received trophy for top mileage for women, 60 miles.



It's chilly at registration table manned by Lois and Howard Paul and Gertrude Trunda



Lois Paul, Pat Marshall and Phillip Hursthouse handling registration and check-out in afternoon.



Right: Three happy fellows: Larry Schimke, 120 miles, Kris Gehrke, 100 miles, and Bill Bergeron, 130 miles, but Bill checked in 25 minutes after closing time, so he and Larry tied for first place and each received trophies. Larry and Kris both joined the Wheeling Wheelmen after the ride. Bill is a member.

Dear Wheelmen:

It is with deep appreciation that I again thank you and Chairman Phyllis Harmon for co-sponsoring the 5th Annual Wheeling Bike-A-Thon with the Senior Citizen Commission.

You may have marked the route, worked the Registration table or Tag corners, or rode laps over the 10-mile route to help us reach a total of 2,264 miles ridden for which Century 21 donated 10¢ per mile.

Thank you for volunteering your time and expertise to this fundraiser for the Pavilion Senior Center serving 55+ persons.

Barbara J. Hansen
Senior Coordinator



Left: Chuck Brenmark

Top Mileage

<u>MEN</u>	<u>MILES</u>	<u>WOMEN</u>	<u>MILES</u>
Woyteck Morojko	2844	Jenny Grant	1103
Bill Lorenzen	1523	Lilian Russell	1040
Jim Grant	1490	Pat Marshall	1031
Roy Erikson	1439	Jane Newell	955
Kurt Schoenhoff	1414	Geri McPheron	924
Joe Tobias	1316	Phyllis Harmon	827
Howard Paul	1137	Debbie Dick	823
Henry Obartuch	1128	Sue McPheron	711
Jack Russell	1040	Lynn Petty	626
Jack Van Es	1010	Joyce Lewis	486

Here's an update on the miles ridden on Wheeling Wheelmen scheduled rides. Final tally for the year will be listed next month. Thank you, Jim Grant, for adding up all those miles for us.

Membership

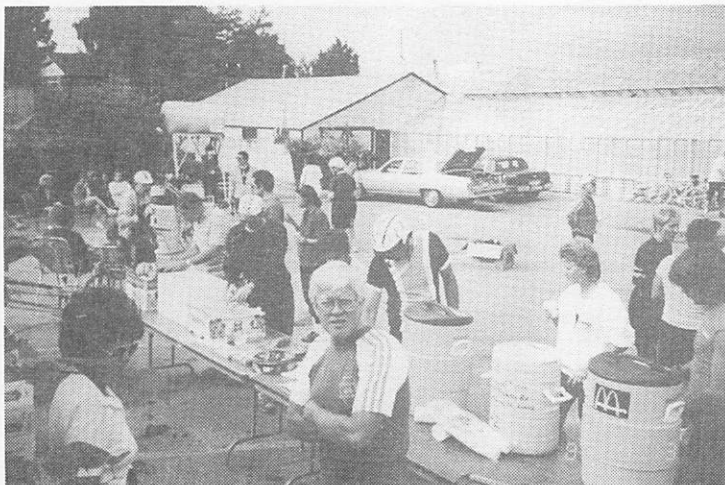
Memberships for 1987:

Individual	199	
Family	<u>95</u>	294
Renewals	163	
New	<u>131</u>	294

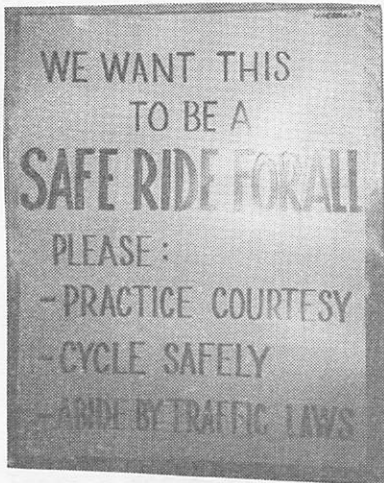
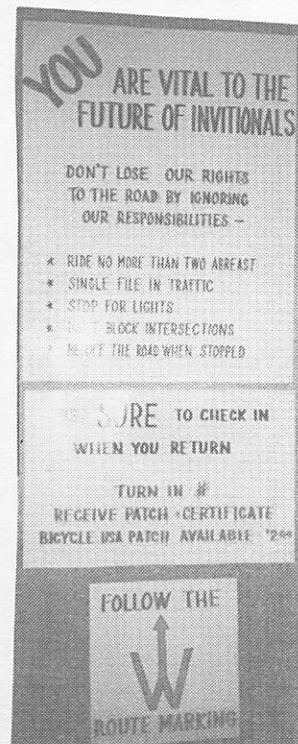
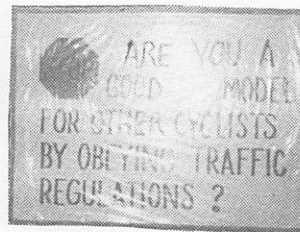
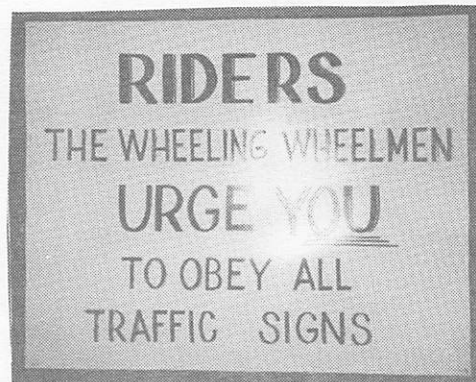
Figuring 2 members per family, that's 389 members compared with 312 for 1986!

Pat Marshall
Membership Chmn.

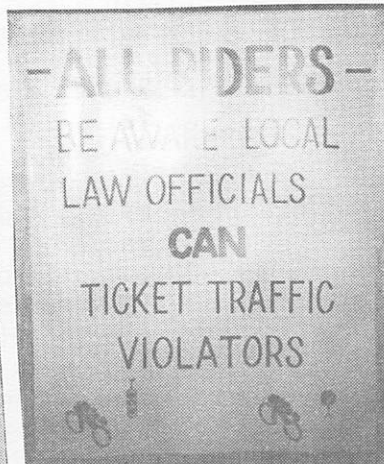
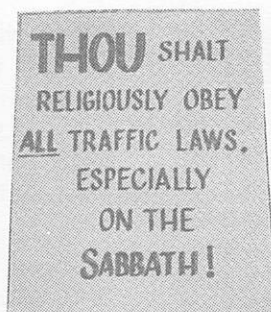
HARMON HUNDRED CONTINUED FROM PAGE 5



Pat Marshall's Sag Stop at Old Mill Garden Center, Cuba Road and Rand. Foreground, Geri and Ron McPheron are manning the table. Pat suggests we thank Mike Cherhavy of the Garden Center for his support of excellent facilities.



Many thanks to Pat Marshall for these excellent signs she made for the HARMON HUNDRED.



Group on Bob and Betty Vargas' well-planned Chicago lakefront ride with historic points of interest and architecturally famous buildings highlighted. L to R: Dale Youssi, Debbie Dick, Betty Vargas, Joyce Lewis, Carolyn Wells, Lisa Vargas, Elliott Kanner, Teresa Moffett, Henry Obartuch and Bob Vargas. The bike path is now complete over the new outer drive route avoiding the detour into downtown Chicago.

THE HILLY METRIC PLUS RIDE (Formerly "Killer Hill") - The temperature was 35° when the 23 intrepid riders pushed off west on Cuba Road--eagerly awaiting the 67-miles of hills ahead. It was a sunny, bright, crisp day. A good day to view the early stages of Nature's fall foliage display. As an unadvertised special treat, Ardie Sorenson "catered" lunch in Lakewood Park, featuring homemade Cornish pasties (beef and vegetable filled pies), cider, cookies and apples. Whoever originally developed this route did a great job! It is such a challenging, but yet, very scenic ride. True to form, the new cue sheet was 95% accurate. A "right turn onto Green Street" was omitted, almost causing the riders to miss everyone's favorite hill climb up Valley View Road.

Dick Sorenson

Keith Kingbay and I will be at the League of American Board meeting in Baltimore, Dec. 4-6, so will be unable to attend the Holiday party on Dec. 5. Hope someone will take photos for the newsletter. Editor