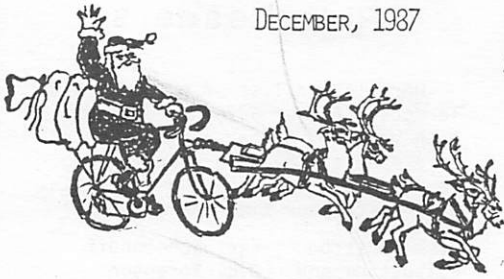


DECEMBER, 1987



MONTHLY MEANDERS



DECEMBER

ANNUAL BANQUET

SAT.
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5

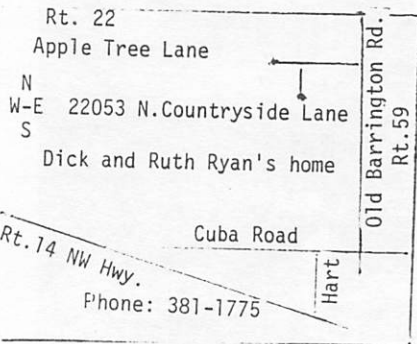
**Holiday
Party**

10:00
A.M.



Annual Holiday Party/Meeting

Bike or hike - distance will depend upon the weather. Hosts this year are Dick and Ruth Ryan, 22053 North Countryside Lane, Barrington. This popular event is a pot luck so phone Ruth, 381-1775, for menu ideas and also to give her some idea how many will attend. The club buys the entree. Also, bring a grab bag gift (\$3-\$5)



SPECIAL AWARDS

Special Ride Leader awards went to Jack and Lilian Russell for the corn on-the-cob and watermelon served on the Volo Ride - and to Ardie and Dick Sorenson for the Cornish pasties, cider, cookies and apples on the Hilly Metric ride.

WHEELING WHEELMEN

P. O. Box 581-D,

Wheeling, Illinois 60090



Ride Chairman Jim Grant presents award to Lilian Russell for top mileage for women: 1,171 miles.



Chairmen of the Banquet, Lilian and Jack Russell provided a fantastic evening for us all.



Debbie Dick: Award for most progress from a tough 20 miles to Harmon Hundred. Also #5 for Women's mileage.



Record top mileage for 1987: 2,542 miles ridden by Woyteck Morojko, last year's recipient for most progress. With him is Carol Passowic.



Jack Van Es received the award for the most progress for men in 1987.

President:	Al Petty	948-7288
Vice-Pres:	Aaron Tanzer	338-5374
Treasurer:	Betty Vargas	259-3210
Membership:	Geri McPheron	824-5091
Safety:	Woyteck Morojko	392-0530
Editor:	Phyllis Harmon	537-1268

For check out:

Bike Books:	Pat Marshall	564-0346
Bike Tools:	Chet Tobolski	945-5686

Top Mileage For The Year

Jim Grant has compiled members' 1987 mileage accumulated on Wheeling Wheelmen rides only and has listed all members with over 200 miles for the season. The top five men and top five women received monetary awards and recognition at the annual Banquet. Special recognition for the highest mileage ever recorded in the Wheeling Wheelmen went to Woyteck Morojko! He joined the club last year and at the 1986 Banquet received the award for making the most progress in one year!

WOMEN

1. Lilian Russell	1171	9. Lynn Petty	626	16. Gee Cunningham	258
2. Jane Newell	1147	10. Joyce Lewis	593	17. Judy Doi	255
3. Jenny Grant	1103	11. Lois Meute	472	18. Carolyn Kropp	235
4. Pat Marshall	1031	12. Elida Dereby	426	19. Eileen Murphy	227
5. Debbie Dick	990	13. Lois Paul	357	20. Sandy Krugman	212
6. Geri McPheron	955	14. Sue Liss	351		
7. Phyllis Harmon	827	15. Cindy Cochran	305		

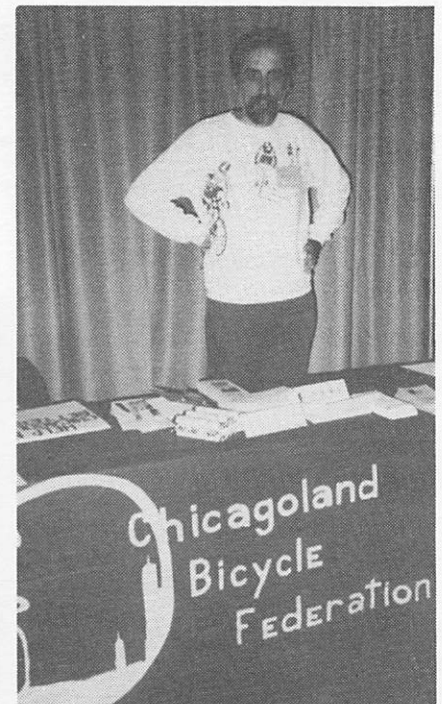
MEN

1. Woyteck Morojko	2542	19. Dick Wemstrom	659	37. Gene Snyder	408
2. Bill Lorenzen	1751	20. Mike Sackheim	639	38. Warren Roddy	369
3. Jim Grant	1571	21. Al Berman	599	39. Doug Berman	368
4. Roy Erikson	1490	22. Aaron Tanzer	588	40. Steve Manrose	363
5. Joe Tobias	1466	23. Merritt Lewis	563	41. Al Dargiel	355
6. Kurt Schoenhoff	1445	24. Bob Meute	556	42. Dick Berz	340
7. Jack Van Es	1264	25. Fred Haag	541	43. Ralph Cochran	340
8. Henry Obartuch	1235	26. Mel Robinson	540	44. Mike Skalka	327
9. Jack Russell	1212	27. Hans Predel	536	45. Dick Sorenson	320
10. Howard Paul	1188	28. Andy Dane	522	46. Terry Schwerin	309
11. Dick Ryan	1028	29. Ron Cook	516	47. George Mathison	290
12. Elliott Kanner	941	30. Brad Moody	512	48. Les Fleming	286
13. Bill Bergeron	861	31. Ron McPheron	511	49. Herb Munsterman	275
14. Al Petty	847	32. Jim Van Schoyck	504	50. Bob Flannagan	263
15. Leo Tanedo	813	33. Don Derebey	489	51. Dennis Braun	259
16. Keith Kingbay	699	34. Ed Addison	488	52. Bob Browning	229
17. Dale Youssi	695	35. Phil Badame	480		
18. Chuck Brenmark	669	36. Roger Thauland	473		

Ride Leaders

Here is the list of our 1987 Ride Leaders. At our November Banquet each received either a club T-shirt or a special Wheeling Wheelmen mug. We thank all of you and very much appreciate your time and efforts.

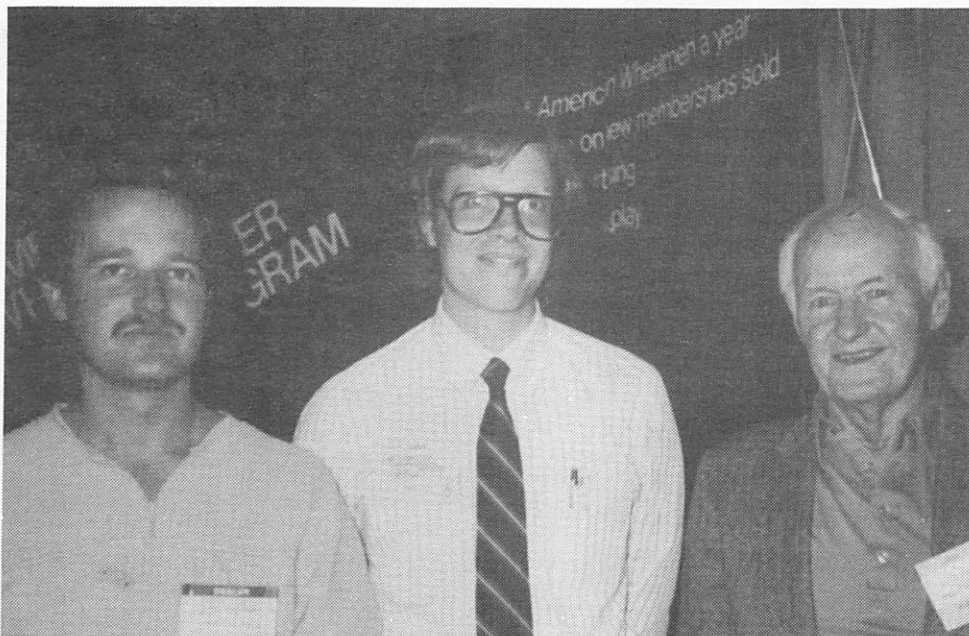
Rich Wemstrom	Kurt Schoenhoff
Elliott Kanner	Dick Sorenson
Aaron Tanzer	Don Derebey
George Mathison	Marilyn Mathison
Jerry Goldman	Keith Kingbay
Terry Schwerin	Phyllis Harmon
Jim Grant	Jenny Grant
Dick Ryan	Al Dargiel
Howard Paul	Bob Vargas
Betty Vargas	Jerry Hug
Jack Russell	Lilian Russell
Ted Uhlemann	Joe Tobias
Pat Marshall	Peter Gianakakis
Chuck Moen	Lynn Leander
Al Petty	Lynn Petty
Cindy Cochran	Ralph Cochran



Greg P. Dreyer, President of Chicagoland Bicycle Federation, at their booth at the CABDA show.

CBF's November meeting was held at the new Schwinn Corporate Headquarters at 219 N. Jefferson in Chicago. About 100 members attended and Greg Dreyer conducted a brief meeting that outlined activities of CBF and goals and election ballots and a questionnaire was distributed.

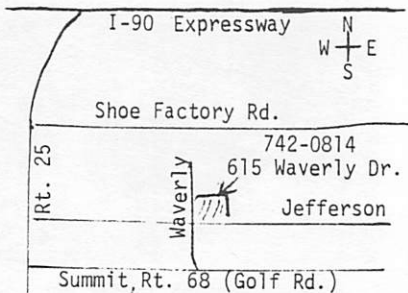
Then the group was split into 5 smaller groups and given very interesting tours of the whole building which included very interesting antique bicycles. Schwinn has one of the largest collections (over 400) in the country!



League of American Wheelmen booth at the Chicago Area Bicycle Dealers Show at O'Hare Holiday Inn - November 14-16. Keith Mistrik, President of CABDA, L.A.W. Administrator John Cornelison, and Illinois L.A.W. Director Keith Kingbay. Also manning the booth were Phyllis Harmon, Cathy Winslow and Elliott Kanner. There was a considerable more interest in Supporting Memberships by dealers than in previous years. Many comments were favorable on the progress the League is making. There were compliments on the League efforts that resulted in New York dropping the ban on bicycles. Many, too, were pleased with the return to the name League of American Wheelmen.

Schedule

- Dec. 19 SKI, Arlington Heights**
 Sat. 10 a.m. Cross country ski at Busse Woods. Meet at first parking lot on Arlington Heights Road south of Higgins. George and Marilyn Mathison - 825-5470
- Dec. 26 SKI OR HIKE, Palos Park**
 Sat. 10 a.m. Cross Country ski or hike at Swallow Cliff and Cap Sauer Holding Woods in Palos Park. Meet near the hot house at the foot of the toboggan slides where you can rent cross country skis and boots, if needed. Swallow Cliff is just west of Rt. 45 on Rt. 83 (Note this is South - not the North intersection of these 2 routes) Take Tri-State (294) south to the Stevenson (I-55 north) You will only be on the Stevenson approx. 1.5 miles to pick up Rt. 45 (La Grange Rd. South) to Rt. 83 West. Plan on stopping for lunch at a nearby restaurant. Trip will go rain, snow or shine. Bring appropriate gear to hike (rain poncho or ski). Eileen Muephy - Work 702-0245. Home 266-7865.
- Jan. 1 NEW YEAR'S DAY GET TOGETHER**
 Fri. 10 a.m. - Bike or hike followed by lunch. From Jim and Jenny Grant's new home at 615-A Waverly Drive, Elgin. We always appreciate leftover munchies. Also, bring memories of the 1987 cycling season, especially photos. Please call 742-0814 by Dec. 25 if attending.



- Jan. 2 SKI OR HIKE, Winnetka**
 Sat. 10 a.m. from Skokie Lagoons forest preserve parking lot on northeast corner of Willow Road and Edens Expressway. Peter Gianakakis - 784-3330.

Ride Planning

New Ride Chairman Aaron Tanzer will schedule a January meeting to plan the 1988 Ride Schedule. Meeting info will be in the January newsletter and, in the meantime, decide which rides, or new rides, you would like to lead in the coming year.

Invitational



The 21st Winter Rendezvous is scheduled for March 5-10 in warm, sunny Homestead, Florida. Take a break from Illinois' cold and snow to bicycle amidst tropical flowers, palm trees, and enjoy the camaraderie of bicyclists from many states.

Registration is \$40.00 and includes the picnic on Turkey Point and the Banquet at the beautiful officers' dining room at the Homestead Air Force Base.

Saturday will be registration and a short ride. Sunday morning there is an outdoor church service sponsored by the Miami club. Also a local century for those in the area who have to work during the week. The evening will feature an ice cream social and briefing on coming schedule.

Monday there's a ride to the Anhinga Trail - a walkway above the Everglades from which to observe all the area birds, fish and reptiles.

Tuesday features the picnic at Turkey Point followed by the ever-popular stop at Kaus Berry Farm for huge fresh strawberries, sundaes or shakes as well as other goodies from the Amish bakery, etc. Evening is sign up for the metric, century, or double century on Wednesday.

Wednesday - the Century goes all the way to Flamingo, the southernmost tip of the United States in the Everglades. The metric century turns around at the 31-mile point and the quarter century goes to the headquarters to view films and browse through the Everglades literature.

Thursday there's an 80-mile ride to Key Biscayne, or a shorter ride to Parrot Jungle. The Banquet ends the Rendezvous in the evening.

Phyllis Harmon will have registration forms. Reservations for overnights are in area motels, a list of which will be on the registration form. Further info from: Dr. Paul Dunley White Bicycle Club, P.O. Box 1155, Homestead, FL 33030, or phone Bill Daggett, 305-245-1509.



See pages 6 and 8 for: GEAR Down '88, Feb. 12-14; Mt. Dora, Fla.; GEAR Up '88 June 3-5, Lancaster, Penn. and National Rally, June 29-July 3, Flagstaff Az.

Food For Thought

by Phyllis W. Harmon

Since 1937 I have been riding and/or leading bicycle rides with four clubs and shared the freedom of the open road, the camaraderie of the bicyclists as well as integrating newcomers with the group. In recent years a few riders would show up, register on the club ride and disappear over the hill - a phenomenon the rest of us found hard to understand...and continued to enjoy our club rides.

In the last two years, with the bicycle computers on the market, there was more and more emphasis on pace, rpms etc. and more riders rode ahead, leaving the group behind.

So this year we established the A, B and AB rides for faster and slower paced rides - although often there was not much difference in the groups. However, members immediately felt "A" meant expert and "B" meant beginners and there was more emphasis on maintaining an "average" mph, pace and cadence. Riders spread out, there was little re-grouping and newcomers were left behind. That is club riding? No way.

I found I wasn't enjoying the rides as much. I missed the camaraderie. Then other long-time members began voicing the same feelings: Dick Sorenson, Howard and Lois Paul, Elliott Kanner, Lillian and Jack Russell, Geri and Ron McPheron, Bob and Betty Vargas, Herb and Mary Jensen, Bob and Lois Meute. All feel club rides were "more fun" when they joined the club.

I have puzzled over this problem and finally realized what has happened. The physical fitness craze has invaded the bicycling world. The advertisers are pushing their products and theories. A whole new language has developed and bicycling has become technical: cadence, pulse, workouts, speed, distance, carb-loading, etc. Bicycling for this group is "do it, it's good for you!"

Then there's the rest of us who, on the other hand, bicycle because it is "good" and take the physical fitness benefits as added bonus for enjoying our favorite pastime. We like to ride long and short rides but re-group, stay together, take time to stop to see something of interest along the way and enjoy the scenery...and not feel we have to maintain a set mph.

How to handle this "two clubs in one"? I'd like to call the "A" ride the work out ride and the "B" ride the club ride most of us prefer.

Let's hear from you club members. What are your ideas, what kind of rides do you prefer? Send your comments to: Phyllis Harmon, 356 Robert, Wheeling 60090 or phone 537-1268.

Banquet Photos

by Phyllis W. Harmon

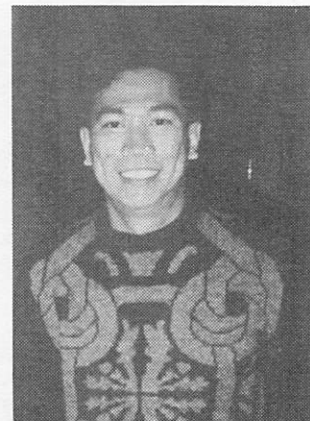
At The Elephant Walk, Half Day - November 14, 1987



Editor Phyllis Harmon and President Al Petty



Treasurer Elizabeth Vargas and husband Bob who is our excellent arrow painter for out invitationals!



Leo Tanedo

It is always fun at our November Banquet to identify our cycling buddies in the "Sunday best"!



Jenny Grant, who writes those very interesting articles for the newsletter, and Dick Ryan



Lynn Petty, Andy Dane, Lisa Gerhold and John Cornelison, League of American Wheelmen Administrator, in from Baltimore for the Chicago Area Bicycle Dealers Show.

Jack and Lilian Russell hosted an excellently planned evening. After President Al Petty and Ride Leader Jim Grant made awards, there was a fashion show with the latest in bicycling clothing modeled by out own club members - in fact some of them even bought the clothing they modeled

Then came the dancing--it was great to see so many enjoying themselves! Thank you, Jack and Lilian for a great evening!



Fran Green and Joe Tobias who loves to find new areas for club rides.



Kaete and Kurt Schoenhoff who is working working on a club tour for next year.



Mary Jensen and Elida Derebey. Elida and Don have discovered the Elder Hostels.



Donna Weisman and Duane Regenfuss.



Here's that great bicycling family: Sue, Geri and Ron McPheron. Geri is our new Membership Chairman.



Eva and Al Dargiel obviously having a good time!



Hans and Diane Predel. Hans has volunteered to be the Harmon Hundred Chairman for next year.



Linda Forness, Al Berman, Barbara (Pavilion Senior Center Administrator) and Jim Hansen



Dale and Alberta Youssi and Ruth Ryan



Lois Meute, George and Marilyn Mathison and Past President Bob Meute.

1987 FALL BICYCLE USA *News*

PUBLISHED BY THE LEAGUE OF AMERICAN WHEELMEN

Board of Directors Nominations

Nominations are now being accepted for L.A.W. board of directors' seats in the following regions: Region 2, Mid-Atlantic (N.Y., N.J., P.R.); Region 4, Coastal (Md., D.C., Va., W.Va., N.C.); Region 8, Illinois; Region 10, South Central (Okla., Ark., La., Texas); and Region 15, North-western (Idaho, Ore., Wash., Alaska). League members are encouraged to nominate worthy individuals for these positions.

Regional directors attend two board meetings a year and usually serve on L.A.W. committees. They form the governing body of L.A.W., deciding on short- and long-term goals, voting on policy statements, initiating new programs, overseeing L.A.W.'s expenditures, and participating in the direction of hired staff. Depending on individual time constraints and interest, board members devote varying amounts of time to the league. Their expenses are covered by the organization.

A nominating committee will review all nominations and choose candidates who have a knowledge of bicycling concerns, are involved in bicycling organizations, and have been L.A.W. volunteers before. The nominating committee is eager to find individuals with backgrounds in business, public relations, law, and non-profit organizations to lend their experience to the league.

Nominations will be accepted until October 31 and should be addressed to: Nominating Committee, L.A.W., Suite 209, 6707 Whitestone Rd., Baltimore, MD 21207.

—*BICYCLE USA News*

Upcoming L.A.W. Rallies

GEAR Down '88

February 12-14, 1988

Lakeside Inn

Mount Dora, Florida

Contact: Florida AYH, P.O. Box 1108, Tallahassee, FL 32302, (904) 878-2042

GEAR Up '88

June 3-5, 1988

Millersville State University

Lancaster, Pennsylvania

Contact: Bob Carson, 205 E. Joppa Rd. #607, Baltimore, MD 21204

Bicycle Investments

by John Cornelison
L.A.W. Administrator

Bicycling is inherently a sport for individualists. Because cyclists are self-sufficient and solely responsible for making it to their destinations, they do not feel compelled to belong to a team.

Cyclists, however, find reasons to work together: to educate, to train and ride together, to defend and advance our right to the road, and to socialize. This helps explain our country's healthy structure of over 1,000 bicycle clubs.

Yet, to make it tick requires volunteers. Think of your first days of cycling. Who helped you? Those who had the support of a well-organized club undoubtedly appreciate the help they received. Today, consider volunteering to help your local club.

The task can be as simple as helping a few friends get into bicycling. Give them a few brochures and let them know about the resources offered by your club and the League of American Wheelmen. Having done that, you've already volunteered and helped bicycling!

Many think volunteering requires special expertise and a formal commitment of time. Some positions certainly do, but there are many ways to help even without making major time commitments. If you have an afternoon or evening free, give your local club a call, or take your own initiative and propose a manageable project to the club. Start out small to see if you enjoy it and can find more time for it.

Never feel guilty for not doing enough, though. Just carrying those brochures around and gently recommending us to your friends is an easy task that does not require much time, but is still very valuable.

—*BICYCLE USA News*

L.A.W. National Rally

June 29-July 3, 1988

Northern Arizona University

Flagstaff, Arizona

Contact: L.A.W. Rally '88, P.O. Box 2657, Scottsdale, AZ 85252

GEAR Up '89

June 16-19, 1989

Skidmore College

Saratoga Springs, New York

Contact: Mohawk-Hudson Wheelmen, P.O. Box 5230, Albany, NY 12205

—*BICYCLE USA News*

BICYCLE USA News

The League of American Wheelmen
Suite 209, 6707 Whitestone Road
Baltimore, MD 21207

Dale Adams, *Editor*

David Borucki, *Art Director*

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Baltimore Club Permitted in Park

Under a compromise negotiated by the Baltimore Bicycle Club (BBC), the League of American Wheelmen, and the Shenandoah National Park Superintendent, the BBC was issued a permit for their 19th Annual Skyline Drive Twin Century on September 12 and 13. The compromise limited the number of participants to 80, instead of the planned 150.

"I'm pleased that we could work out a compromise with Shenandoah National Park to allow this ride," L.A.W. Administrator John Cornelison said. "Superintendent Ronald Wrye should be complimented on his willingness to listen to the concerns of bicyclists and work with us to reach a fair agreement."

"Unfortunately, Mr. Wrye could not guarantee that the BBC could hold its ride in the park next year," Cornelison said. "More ominously, Mr. Wrye said that the appropriateness of bicycle tours in national parks is an open question and noted that in some national parks, such as Yellowstone, tours are not allowed. It's clear that the Park Service considers bicycling a stepchild to motoring."

Cornelison said that the League of American Wheelmen, the national bicycle lobby representing over 160,000 bicyclists, will lead efforts to insure that bicycling will flourish, not flounder, in national parks.

"With the serious traffic problems many national parks are experiencing, bicycling ought to be encouraged, not discouraged, and allowing organized rides is the best way to encourage bicycling." —*BICYCLE USA News*



Liability Insurance

To better serve and protect affiliated clubs, ride leaders, volunteers, and officers, the L.A.W. board of directors has been looking at proposals to supply liability insurance. After investigating the issue for several years, contacting many insurance companies, and reviewing several proposals, the board considered the best proposal to date at the annual meeting in July. Coverage would consist of \$1,000,000 per incident with a \$5,000 deductible to be held in trust by the league. Included with that is \$5,000 of medical coverage with \$100 deductible and \$5,000 of accidental death coverage.

Every member of a participating club would automatically be covered for activities performed while acting for the club. The club premium would be based on a per-member fee of approximately \$6.50, which would drop by 50 percent in subsequent years. It is expected that many clubs will not add the insurance cost to membership dues, but rather charge participants of events where such insurance is needed. For instance, a club of 100 members would have quarterly payments of \$150; this might be raised by adding an insurance surcharge of 25 percent to the fee for club rides or by increasing the charge to students in an Effective Cycling class.

The board decided to further investigate liability insurance rather than accept the proposal at this time. An information packet will be developed and sent to all affiliated clubs, and L.A.W. will ascertain club interest in the proposed liability policy. —*BICYCLE USA News*

Women Cyclists Weekend

7

Women cyclists, from interested beginners to champion racers, will ride together and share bicycling information at the Women's Cycling Network's Santa Barbara Weekend in southern California on November 7 and 8. The weekend will offer afternoon workshops and discussions covering topics ranging from mountain biking and USCF racing to nutrition and ultra-marathon cycling. Morning and evening rides of various lengths will take in the beautiful scenery along the Pacific coast. The cost of the weekend will be \$25 per day. Non-members must also pay the membership fee of \$10 to join the Women's Cycling Network.

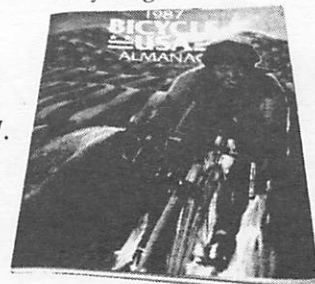
Susan Notorangelo, winner of the Race Across America in 1985 and co-founder of the Network, will be a workshop leader. She helped start the Network because of her frustration with the media's poor and inaccurate coverage of women's cycling. "Especially in magazine stories, men's races get full coverage, but the parallel women's races are confined to one or two finishing sentences," says Notorangelo.

For more information on the Women's Cycling Network and the Santa Barbara Weekend send a self-addressed stamped envelope to the Women's Cycling Network, P.O. Box 73, Harvard, IL 60033. —*BICYCLE USA News*

MORE THAN A MAGAZINE

When you join the League of American Wheelmen you receive more than a bicycling magazine. As the national organization of bicyclists, we have the only national advocacy program defending your right to the road. And our members will teach you bicycle safety, help plan your next tour, put you up for the night, or invite you on a club ride. Join your fellow cyclists and get the most out of bicycling.

Yes, I want to receive these benefits, an L.A.W. patch and decals, plus the magazine for everyday cyclists, *BICYCLE USA*.



NAME(S) _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
TELEPHONE _____

Individual: \$22 Family: \$27 Sustaining: \$40

(Allow 6-8 weeks for receipt of first magazine. Add \$4 for postage to foreign countries. Pay by check drawn in U.S. dollars or international money order.)

League of American Wheelmen
6707 Whitestone Road, Suite 209, Baltimore, MD 21207

Freeloading In Style

by Jason King with Lori King

"Look at that!" "Isn't that cute!" "Can I have a ride?" These are just some of the comments I hear as I travel across the land. You see, I am a bicycle trailer traveler. You might think I have it made, cycling my way through the countryside without actually having to pedal, but it's not as easy as it looks.

Guess where all the odds and ends go that won't fit in the panniers. That's right—I usually end up with a tent at my feet, a sleeping bag next to me on the seat, and grocery bags in my lap (with instructions to guard them with my life until we get to the campground). Now, that's a big responsibility for a little guy like me! I've been pushed, pulled, shoved, and carried over ditches, fences, and brick walls, down the sides of many a hill, through fields and marshes, and even through rush-hour traffic in downtown Seattle. (The cyclists I travel with tend to get lost once in a while.) And I've had more than a few heart-stopping moments when a child-eating dog chasing us down the road came awfully close to jumping in beside me for a free ride and a tasty morsel.

I must admit though, I wouldn't trade my life as a trailer traveler for anything. I'm probably the only kid on the block who realizes you can get from here to there without ever setting foot on the freeway and that there is more to this world than whizzing through life at 55 miles per hour. I bet I've seen more of the beautiful state I live in than most of the adults who have resided there all their lives. But the thing I love most is all the friendly people who smile and wave at me as I pass by.

All in all, I'm afraid my days as a freeloader are numbered. I've heard Mom and Dad talking about a new addition to our family (no, not a baby—another tandem) so I can start doing my share of the pedaling. I guess we all have to grow up sometime. What worries me most though is Mom's retirement plans for the future. When my brother and I start riding tandem together, she's going to relax in the trailer and reap her just rewards. I sincerely hope she's not serious—a thing like that could really cramp our style!

—*BICYCLE USA News*

Rally '88 in Arizona

L.A.W. goes west next year when Rally '88 is held in the cool, pine-shaded community of Flagstaff, Arizona. The event will run from July 6 to 10, and lodging and food will be provided at Northern Arizona University. Camping and motel accommodations will also be available. The Greater Arizona Bicycling Association (GABA) will host the event.

A pre-rally ride is being planned which will almost certainly include the Grand Canyon. For those on a tighter schedule, GABA plans to put together a one-day bus trip to the Grand Canyon. Other special events may include a Western barbecue, a trip up 12,600-foot Humphreys Peak (Arizona's highest), and perhaps a post-rally ride.

The Greater Arizona Bicycling Association has 800 members, and they are divided almost evenly between chapters in Tucson and Phoenix. GABA is perhaps best known for its annual Grand Canyon to Mexico Almost Across Arizona Bicycle Tour, staged by the Tucson Chapter. For more information on Rally '88 see the 1988 *BICYCLE USA Almanac* or write GABA at P.O. Box 43273, Tucson, AZ 85733.

—*BICYCLE USA News*

Midwinter GEAR Down in Florida

Sunny central Florida will be the location for L.A.W.'s 1988 GEAR Down, set for February 12-14, the first such rally held in Florida. The co-hosts, the Florida Council of the American Youth Hostels and the Mount Dora Bicycle Club, are planning a weekend full of activities, including rides through Florida's delightful Lake County.

GEAR Down '88 will be at the small town of Mount Dora, Fla., a picturesque lakeside community 25 miles northwest of Orlando. Mount Dora's finest resort, the Lakeside Inn, located in the heart of the quaint downtown shopping district, will provide lodging for rally-goers. Art galleries, clothing stores, gift and antique shops, and superb restaurants line the town's quiet streets, and flower boxes and street lamps add color and grace.

Not only is the Lakeside Inn a first-class resort hotel with a beautiful lakeside setting, Olympic-size swimming pool, and flowers blooming year-round; it is also on the national historic register. The inn opened in 1893 as a 10-room hotel and quickly became a favorite winter retreat for writers, university presidents, and politicians. Bird watchers from around the world were drawn by the more than 200 species of common and exotic birds that inhabit the area during the winter months.

Many famous Florida attractions are less than an hour's drive from Mount Dora. Disney World and EPCOT Center are but 45 minutes away. Some of the outstanding beaches—Daytona, Cape Canaveral, and Cocoa—are within close reach. One unique and exciting place, the Crystal River Manatee Sanctuary, is nearby. Trips to snorkel with the manatees will be on the rally agenda. A local jungle boat cruise through the Dora Canal will provide a close-up look at the blackwater cypress swamps of the area, complete with rare flowers and alligators dozing on sunny banks.

For a midwinter cycling vacation that cannot be surpassed, come to central Florida for L.A.W.'s GEAR Down '88. For more information and application form, write or call: Florida AYH, P.O. Box 1108, Tallahassee, FL 32302, (904) 878-2042.

—*BICYCLE USA News*

Hundred Percent Clubs

Clubs with a high percentage of league members may wish to consider a little-known option and become a 100 percent club. To be a 100 percent club, the club must have a minimum of 50 members, and every member must also be a member of L.A.W. Membership rates for the club automatically include the L.A.W. membership fee, and clubs are required to send quarterly rosters to the league.

In return, L.A.W. waives the annual club membership fee, and club members receive a 20 percent discount on their L.A.W. memberships. Hundred percent clubs also receive 20 percent discounts on all bulk patch orders.

Charles River Wheelmen (CRW) in Boston started as a 100 percent club over 20 years ago and now is the largest, with over 450 members. Charles River Wheelmen members constitute one third of L.A.W. Region 1 membership. President Michael Hanauer points out that someone who is going to join the league for \$22 can join Charles River Wheelmen for only \$4 more. CRW benefits because it gets \$8.70 for each membership.

—*BICYCLE USA News*