



1988

MONTHLY MEANDERS



February MEETING

Wednesday, February 3 - 7:30 p.m.
Wheeling High School
Elmhurst Rd. (Rt.83) and Hintz
Enter west side; up stairs on
left to room 239-241.

PROGRAM: "CIRCLE AROUND AMERICA"
Wandering Wheel' Video of 10,000-mile journey in 10 months in 1985.
39 minutes of cycling and scenic enjoyment.

THE PREZ SEZ

Although the snow and cold have been with us during January, a lot of Wheeling Wheelmen have been involved with cross-country skiing. If you haven't been out yet, give it a try. We offer a ski outing each week end. Check the schedule in each newsletter for the cross country excursions. It's fun!

Well, I never thought I'd own 3 bicycles, but my newest arrival came on Christmas Day. My wife and oldest son decided I needed some off-road experiences, so a new "fat tire" Schwinn "High Sierra" has come into my life. Perhaps our club will even offer off-road events in the future.

It won't be long before we start working on the Harmon Hundred. Hans Predel is eagerly awaiting the warm weather and hoping for a record rider turnout.

Andy Dane has just informed me that our first ride of the season, our St. Patrick's Day invitational, will start and end at the Wauconda Apple Orchard on March 20. This is a new starting place for us, but it will provide a great 25-30 mile ride. 'Til then - enjoy - life!

Al Petty, President

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

An  Affiliate

Spokes In The Attic

By Aaron Tanzer

I have several little bits and pieces relating to the 1988 Ride Schedule. What follows is in no particular order.

- Sweeps: Having sweeps on rides helps insure that anyone who has a breakdown or is unsure of the route will get help. For this year, all rides are required to have a sweep for the class(es) listed in the newsletter. This means, for instance, that a scheduled touring-class ride will have a touring sweep. The trip leader will ask for a volunteer to ride sweep. Now I realize that most of us don't like riding in the sweep position, particularly on a regular basis. There will be incentives announced at the February general meeting to encourage everyone to volunteer to sweep.

- Unscheduled Express Rides: If a ride is not a scheduled express ride but there are some people who want to ride at that pace, the leader will ask for a volunteer to spearhead this group. The scheduled trip leader's responsibility to the express group does not go beyond signing up their names, handing them the cue sheets, and asking for a volunteer to lead the group. Beyond this, it is up to those riding in this group to decide when they want to stop, where they want to eat, whether there should be a sweep, etc.

- 1988 Ride Schedule: A group of us met over pizza and Bears to complete the initial ride schedule for this year. We have a total of 53 rides scheduled (not counting Tuesday and Wednesday night rides). The full schedule will be included with next month's Monthly Meanders.

Our first scheduled ride of the year is our annual St. Patrick's Day Invitational, which is scheduled for March 20. Andy Dane assured us that it won't snow this year (he muttered something about sacrificing broken spokes to the God of Bicycling). Our other invitational, the Harmon Hundred, is scheduled for Sunday, Sept. 11. Hans Predel is the chairman this year and has already started organizing.

If you would like to lead a ride but haven't gotten it on the schedule, please contact me: 338-5374. The motto for this year is, "There's always room for another bike ride."

CHALLENGE

The Fort Worth, Houston, Lubbock and San Antonio bicycle clubs founded the Easter Hill Country Tour in 1987. Over 1300 participants rode the beautiful Texas Hill country tour.

The tour committee felt that promoting future Easter Hill Country tours would not be possible unless the League of American Wheelmen and affiliated clubs continued to defend the cyclists' rights to ride safely on the road.

So, from the tour proceeds, the host clubs presented the League with a \$1000.00 check and issued a challenge to bicycle clubs across the country to match their donation to the L.A.W.'s Bicyclist's Educational and Legal Foundation.

BELF is a non-profit organization and funds are used to protect bicyclists' rights on the road, promote safety education and now, most important of all, will provide a legal defense fund to advise bicyclists on what to do in case of bicycling accidents. Lawyers are volunteering from all over the country to provide information and, judging from some of the crazy accidents recently, this League service will be vital to all members.

Back in 1985 the Pedal Across Lower Michigan tour issued the PALM Challenge to other clubs and raised \$10,000. With the current enthusiasm and positive attitude of members today, we should be able to raise a considerably larger amount.

Clubs wanting to meet the Hill Country Challenge or contribute part of the money, as well as individuals wanting to make personal contributions: Contact L.A.W. Administrator John Cornelison at L.A.W., Suite 209, 6707 Whitestone Rd., Baltimore, MD 21207.

With some of the recent attempts to rule bicyclists off the roads, BELF is very important!

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

Groundhog Day

by

Jenny Grant



Everyone is familiar with Groundhog Day. However, most people have only a vague concept of the animal's life history, some regarding the groundhog a fictional character. Confusion exists regarding the myth of winter's fate hanging upon the emerging groundhog's shadow.

The groundhog, or woodchuck, is the largest living member of the squirrel family. It is highly adaptable, surviving well in agricultural and urban environments, including fields, pastures, fence-rows, ravines, woodlots, and semi-open forest. I have noticed woodchucks on lush, green roadsides diving to safety upon the approach of my bicycle. The animal feeds close by one of several entrances to his underground home. Sensing danger, he whistles a warning, chatters his teeth, then disappears under the sod.

The heavy set rodent does not lay up stores for the winter, but instead gorges one pound per day of greens all summer. The diet includes clover and alfalfa. The woodchuck builds up a heavy layer of fat to sustain it through the winter which it spends in hibernation. Increasingly fat and lethargic, the animal turns in during September.

In the death-like sleep of hibernation, respiration and heartbeat

all but stop. The body temperature may drop as low as forty degrees. The hibernation chamber is usually located below frost level. The stored fat appears to be primarily for insulation during hibernation and is not actually utilized until after the woodchuck emerges in the spring, when green food is limited, or absent.

Folklore says that the ground hog emerges February 2 to test the weather. If it sees its shadow, the frightened animal returns to its den for six more weeks. If no shadow is cast, spring will come early. The myth originated with 16th century German farmers. The original animal of German legend was the badger. German immigrants, who settled in the 19th century in Punxsutawney, Pennsylvania, a small town in the heart of the Allegheny plateau, found the area had no badgers. Groundhogs conveniently fit into their folklore. At Punxsutawney's latitude, a groundhog emerges in February. In the upper Great Lakes region, the cold delays its appearance until March. Thus, it was the latitude at which the German immigrants settled that set Groundhog Day at February second.

In reality, weather has nothing to do with the groundhog's behavior. If, on awakening, a groundhog is sexually aroused and famished, it will stay above ground and search for a mate and a meal. If these appetites are still dulled from winter torpor, it will return to the burrow.

Folklore or scientific facts, Groundhog Day is a beacon of hope in the waning days of winter, promising the cyclic return of spring and warm weather.

on New Year's Day. Other tours available include Yellowstone, Grand Teton, the big island of Hawaii and Vermont. Guaranteed no flats or unexpected rain!

The videos are priced a bit high to consider purchasing them (about \$40 each), but the rental (about \$3 for a weekend) seems reasonable and gives you a nice variety of rides. I've found them at Blockbuster Videos.

You'll still miss the hills, cars, curves, intersections, broken glass, beer cans, ferocious canines, wildflowers, songbirds, scenic panoramas and the camaraderie of other riders. But, take heart, spring cycling days will be here soon.

There are 8 videos, one not mentioned on Competition. Each runs 75 minutes; 3 18-minute workouts, followed by Special Report. Toll free phone 1-800-624-4852 - Cycle Vision Tours, Inc. 1020 Green Valley Road, NW, Albuquerque, NM 87107. Choice of VHS or Beta ED

Wheeling Wheelmen Plans One Week Tour

Kurt Schoenhoff and Jack Russell are busily working on the plans for a 6-day, 300-mile bicycle tour, using motel accommodations. Average daily riding mileage will be 50-60 miles. Whether the trip will be self-contained or with the use of a sag wagon is yet to be determined.

Two rides are being considered: one to Kentucky June 18-26, and the other to northern Michigan August 13-21. Approximate driving time to the starting points is 6 or 7 hours and estimated cost (overnight, meals, etc.) would be \$300-\$350 - double occupancy.

In regards to either trip, I would advise members to get out maps of the areas to study the many interesting sites along the routes.

If you are interested in either or both of these rides, please contact Kurt or Katie Schoenhoff, 540-0861, Jack or Lilian Russell, 940-0633 or Al Petty 948-7288 *before Feb. 15*. This gives you less than 2 weeks after receiving this newsletter! Act now!

We need to know how the membership feels about the various arrangements, trip ideas, sags, costs, etc. Only ONE of the two planned trips will be taken this year, so we need to know which one *you* would go on and any other ideas or suggestions you might have.

After Feb. 15, Kurt and Jack will make the decision as to which trip will be taken, so get your responses to them today!

KENTUCKY TRIP

This is an estimated 290-mile, 6-day ride around the Bluegrass region of Kentucky. The ride starts and ends at Madison, Indiana, with stops at Williamstown, Georgetown, Harrodsburg, Bardstown and La Grange. Harrodsburg and Bardstown are Kentucky's two oldest towns.

Planned stops include the many historical towns, the Kentucky Horse Park, Lincoln Homestead State Park, and My Old Kentucky Home State Park.

Lodging includes an Econo Lodge, Days Inn, Best Western and, hopefully, the Beaumont Inn (established in 1845) in Harrodsburg.

The Terrain is rolling and very scenic. Dates: August 13-21.

MICHIGAN TRIP

This 300-mile, 6-day tour starts and ends in Traverse City. Stops along the way will possibly include Mackinac City, Rogers City on Lake Huron, Gaylord, Grayling, and Cadillac.

Motels used will be top rated with pools whenever possible. The terrain is flat to rolling and very scenic. Dates: August 13-21.

Winter Diversion

by Dick Sorenson

If you're like me, the exercycle, rollers and wind trainer really get to be pure drudgery about this time of the year. After all, many of us have been riding mostly indoors since late October. We can expect it'll be mid-March before the roads are clear again. Training indoors can be a monumental bore. One effective diversion I've found to relieve the tedium are the Videocycle programs from Cycle Vision Tours. Several video stores carry the entire series as rentals. Their advantage is that they convey the biker's sensation of travel. At times you actually feel you're right there trying to keep up with your riding companion and experiencing the motion of turns and fast-paced downhill. The best effect is when you really concentrate on the road or the rider ahead.

I rode in Maui and San Francisco

Schedule

FEBRUARY CROSS-COUNTRY SKI SCHEDULE

Sat. Feb. 6 - DEER GROVE, Palatine

10 a.m.. Go to south entrance on Dundee Rd. 1.4 miles west of Quentin. This is a different starting point than usual. Pat Marshall - 564-0346.

Sun. Feb. 14 - BUSSE WOODS

10 a.m. from parking lot where the Elk Are - on Arlington Heights Rd. just north of Higgins. Some special HOT, Valentines Day surprises are in store when you go on the "Love In The Snow" ski trip. Sue McPherson - 248-2502 (or 824-5091).

Sat. Feb. 20 KETTLE MORAIN SOUTH, Wis.

10 a.m. Hwy. 12 north through Elkhorn to town of La Grange. County Hwy. H 1 mile north to State Park. Dick Ryan - 381-1775.

Sat. Feb. 27 MORAIN HILLS PARK

11 a.m. on River Road north of Rt. 176, just south of entrance to McHenry Dam State Park. Meet at the farthest parking lot in, by the Northern Lakes area. Dick Ryan - 381-1775.

WW's Janesville Ride

The 6th Janesville Ride leaves Wheeling High School (west entrance) at 6 a.m. Sag. May 7. The 2-day event will cover 100 miles per day with overnight at the Super 8 Motel in Janesville, Wisconsin, and return the next day.

Saturday's route will go through Long Grove, Algonquin, Crystal Lake, Woodstock, Belvedere and Shoppiere, Wisc. to Janesville. Return route is via Elkhorn, Lake Geneva, McHenry, Long Grove and Wheeling.

Reservations by April 15. Single room \$25; double room \$35. \$2 or \$3 for sag wagon. All food and drink to be purchased by individual riders at scheduled stops. Further info from Jim Grant: 742-0814. Send reservation check promptly to Jim at 615-A Waverly Dr., Elgin, IL 60120.

This is an Express Ride with pace of 15-16 mph. Woyteck Morajko has volunteered to lead a Touring Group at 13-14 mph.

St. Pat's Invitational

Chairman Andy Dane reports this year out first ride and invitational of the season will start at 10:30 a.m. on March 20 from Wauconda Apple Orchard. \$1.00 registration for the 25-mile ride over beautiful rural roads. St. Patrick's Day patch \$2. Refreshments can be purchased at the Orchard after the ride.

At our Feb. meeting members are asked to volunteer to man registration or drive a sweep car.



GEAR Up '88

LANCASTER COUNTY, PENNSYLVANIA
FRI. JUNE 3 - MON. JUNE 6,
HDQ. MILLERSBURG STATE UNIVERSITY

Hosted by the Baltimore, White Clay and Lancaster bicycle clubs, GEAR Up '88 is in a fantastically beautiful area for bicycling. The Pennsylvania Dutch Country is peopled by the Amish and Mennonite Plain People. Those of you who saw the movie "Witness" will recognize the people, horses and buggies and covered bridges.

Registration fee is \$50 for L.A.W. members (\$67 for non-members.) Room and board for the 3 nights and 8 meals is \$65 for adults, \$55 for children on cots or \$45 on the floor.

Write for application and/or info on pre- and post-Rally tours to: GEAR UP '88, 4960 S. Raintree Ct., Wilmington DE 19808.

Here is just a sample of some of the ride destinations:

HERSHEY: The GEAR program will include a tour of the "chocolate" town with time to enjoy the Hershey amusement park.

LITITZ: Site of the Wilbur Chocolate Company and the original pretzel factory.

STRASBURG: A must is the ride on the steam-powered railroad from Strasburg to Paradise and back.

LANDIS FARM MUSEUM: A must! 21 buildings demonstrating early farm life in Pennsylvania.

EPHRATA CLOISTER: Site of an 18th century religious community.

ROBERT FULTON'S BIRTHPLACE: An area of beautiful bicycling

You'll find the Pennsylvania Dutch cooking tantalizing and the gift shops are filled with unique items!

For the late afternoons there is a full schedule of workshops and exhibit hall displaying the latest in bicycling items.

Evening plans include an ice cream social, wine and cheese party, square dancing, live theater and a musical program.

There's a late fee after April 20th. No mail-in registrations after May 24, however a limited number of "walk-ins" will be accepted.

The first 1,000 people to register will receive a free commemorative T-shirt.

Rally '88 in Arizona

Wed. June 29 through
Sun. July 3, 1988



Headquarters
Northern Arizona Univ.
Flagstaff

Special rates by Amtrak - Chicago direct to Flagstaff - \$188 - and special air fares \$350-\$400.

Registration Fee \$42.50 L.A.W. Non-members \$62.50 (so join L.A.W.)
Room and Board: 4 nights, 11 meals \$150. Children under 3 years no charge; 3-12 years \$32., 13-18 years \$40.

Pre-Rally Grand Canyon tour: \$50.
Grand Canyon bus trip: \$25.
Late Fee (after April 30) \$5.

Applications from: L.A.W. Rally '88, P.O. Box 2657, Scottsdale, AZ 85252. Checks or money order payable to: Greater Arizona Bicycling Assoc. VISA or MasterCard can be used.

Flagstaff is 7,000 ft. high so summer temperatures range from daytime at 80° to low 50s at night

There will be several ride options each day ranging from 12 to 120 miles. One-third will be on dirt roads and trails for mountain bikes.

In addition to a variety of workshops and exhibits, there will be an authentic western barbecue, and an old fashioned ice cream social and a day trip to the Grand Canyon.

POINTS OF INTEREST: Walnut Canyon natl. Monument, site of 300 13th century cliff dwellings; Wupatki Natl. Monument, a 3-story structure with 100 rooms, an amphitheater and ball court; Sunset Crater, volcanic cone that erupted over 900 years ago; Meteor Crater created 22,000 years ago when a meteor, traveling 33,000 mph dug a hole 600 feet deep and a mile wide; Sedona, a haven for artists, and famous for its beautiful red rocks; Oak Creek Canyon, 15 miles from Flagstaff drops over 1200 feet, and much, much more!

We Have AYH Club Membership

Our Wheeling Wheelmen holds a club membership in the American Youth Hostels, which qualifies club members to take advantage of special hostel activities or to use youth hostels for overnights on a bicycle trip.

We have two special membership cards that can be lent out to members for use, as well as an AYH Handbook that lists hostels in 22 countries around the world. If you are interested in using AYH services, please contact Al Petty, 948-7288.



by Woyteck Morajko

This month we will cover perhaps the most important aspect of bicycling - choosing the right bicycle. This includes not only the correct type, but, just as importantly, the correct size.

First of all, decide what your needs are. Do you already have a bike? What type of riding do you do now? What about the next two to five years? Finally, how much can you afford to spend?

If you already own a bike, you have something with which to compare your next bike to, or possibly your present bike is just what you need. If you're already riding a fairly good bicycle and it satisfies your current needs now and in the near future, consider keeping it. It might just need some simple repairs or an upgrade of some of the components.

If you don't own a bike, or if your bicycle is completely unsuitable for your needs, then you have to decide what type of bike to get.

There are several books/magazines (Bicycling, Bicycle Guide, Cyclist, Consumer Guide) which can help you decide, or you can ask someone you know who does a lot of riding. Or, you can follow my simple advice! Another way would be to visit a bike shop! Tell what kind of riding you do, or plan on doing, and see what they recommend.

What types of bikes are out there? Several! There are racing bikes, sport bikes, touring bikes, mountain bikes, track bikes, recumbents, etc. Let me briefly describe each kind and make some recommendations.

A racing bike is the high performance bike. Its wheelbase is shorter, its frame angles more abrupt, it's very light; very expensive. Built with performance in mind, it will have very quick handling and a stiffer ride. It will also be geared with a strong rider in mind. Unless you are that kind of rider, I wouldn't recommend this bike for our touring rides.

A sport bike fits between the racing and touring bike. Its specifications are more relaxed than that of a racing bike; it will offer you a more comfortable ride. They are also less expensive.

Touring bikes are the ones I would recommend to most people for our rides. Today's 15 or 18-speed touring bikes weigh about 23-25 lbs and can even carry baggage for week-long tours. They have such a wide range of gears that almost no hill is too steep to climb. A rider of

any strength can find suitable gears. All this makes the touring bike more versatile than any of the other.

Mountain bikes are a recent entry in the market. It combines a touring frame with added strength and wide wheels/tires. This enables a rider to go on and off road. With the shape that most of the roads in northeastern Illinois are in, a mountain bike is a good alternative to a touring bike. I could ramble on and on about various types of bikes, accessories, gears, etc., but I'll save that for another month.

Size is just as important as type. Your bike must be the right height and length to work properly for you. If it isn't, you will never be comfortable or enjoy your riding. It is best to ask for advice from the person selling you the bike. A quality bike shop and a knowledgeable salesperson will know how to fit you. Remember: There should be 1 - 2" between the top tube and your crotch when you straddle the bike (feet flat on the floor), and for top tube length, put your elbow against the front of the saddle and extend your forearm parallel to the top tube. If your fingertips reach about halfway across the horizontal stem, your top tube is probably right.

In last month's letter we received a booklet titled, "Bicycle and Pedestrian Rules of the Road". I strongly recommend that we all read and memorize these rules. I'll be discussing them in the upcoming months. Additional copies will be available at monthly meetings.

Dues are due

It's great the way renewals are coming in! Almost 100 in the first two weeks of January! If you have not sent in yours yet - an application form was sent with your January newsletter - you can sign up at our February meeting or ask Membership Chairman Geri McPherson for a form. \$8.00 Individual - \$10.00 Family to Wheeling Wheelmen, P.O. Box 581-D Wheeling, IL 60090.

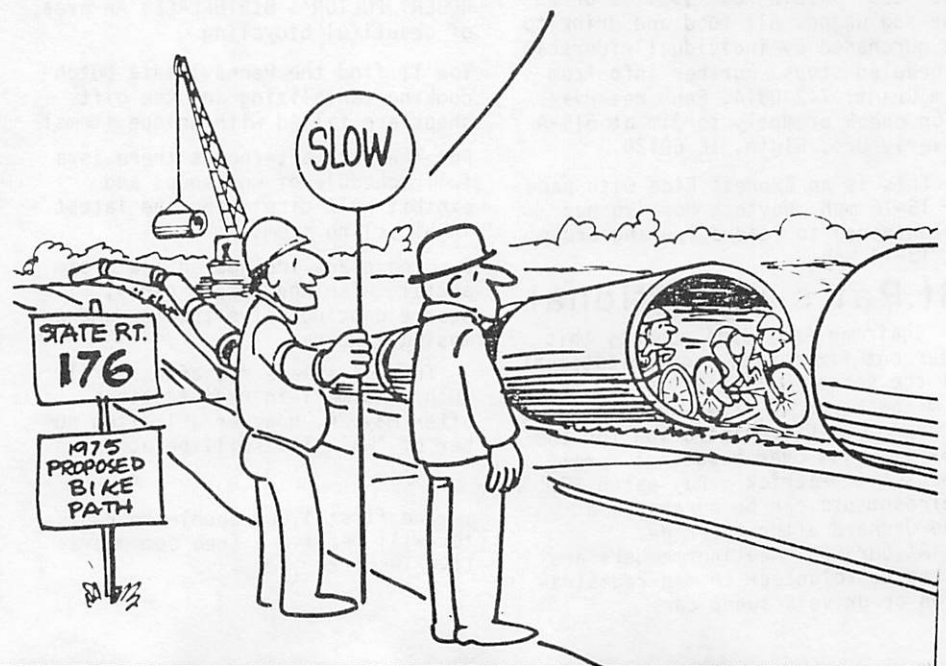
This is also a great time to join the League of American Wheelmen, the national organization of bicyclists: \$22 Ind. - \$27 Family. Applications from Phyllis Harmon. If already a member, please so indicate on your WW renewal form.

For Sale

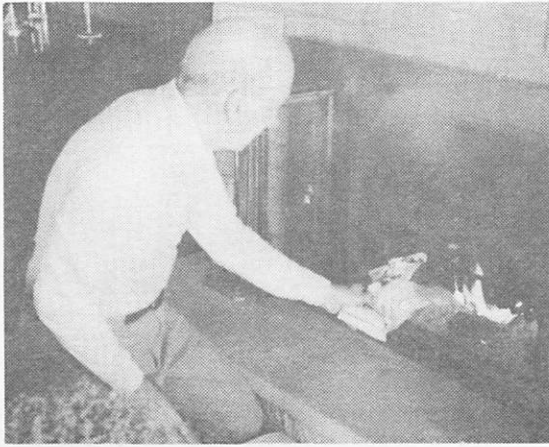
FOR SALE: Two 15-speed Schwinn Voyageur SPs with racks and front bags. 21" frames. 1 blue - 1 champagne

FOR SALE: Two 15-speed Schwinn Voyageur SPs with racks and front bags. 21" frames. 1 blue, 1 champagne \$250 each. Tony 692-6093.

"IT SEEMS TO BE WORKING.
EVERYONE KNOWS NOW THAT
SEWERS HAVE PRIORITY, BUT
FOR A FEW WEEKS..."



Holiday Party Photos by Joe Tobias



Left: Dick Ryan, our host, really lights a fine fire. Dick deserves credit for the excellent Harmon Hundred routes in the more recent years.

Right: Hostess Ruth Ryan greets Lynn Petty and Elida Derebey. That's Don Derebey in the background.



Right: We take off, all 32 of us, on a sparkling, crisp day, from the Ryan's front door out into Barrington's countryside - bikers and hikers.



Left: The party was all great vibes as evidenced here by Diane Predel and Lisa Gerhold.

Right: Besides enjoying the delicious food members did what they enjoy almost as much as they do bicycling - they talked! Kurt and Kaete Schoenhoff chatting with Jim and Jenny Grant and Jane Newell.



The Holiday Party is always a special treat for members. George Mathison's grab bag gift was a model bicycle with all Campagnola components, and all removable!

Thank you, Dick and Ruth Ryan, for your warm hospitality!

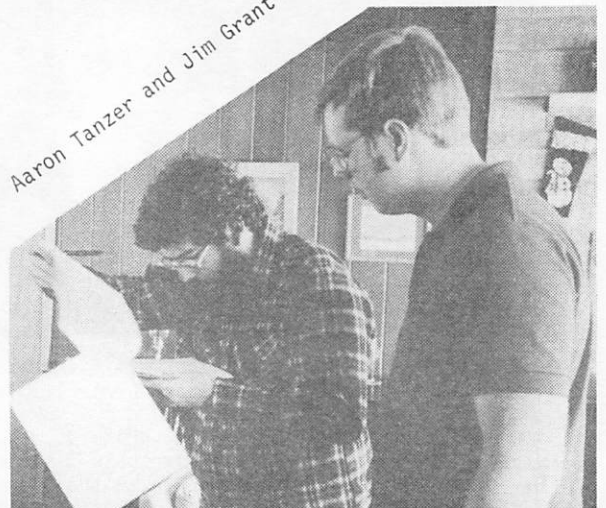
Below Right: Aaron Tanzer, 1988 Ride Leader, and Jim Grant, last year's ride leader, review a special collation of all established rides. Aaron is hard at work to beat Jim's record-breaking assemblage of 1987 rides.



President Al Petty



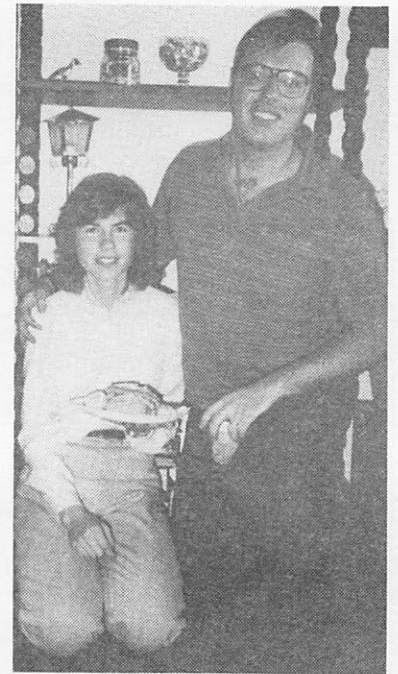
Howard and Lois Paul display their grab bag gifts. It's amazing the wide variety of unique gifts brought each year!



Aaron Tanzer and Jim Grant

New Years Day

Photos by Phyllis Harmon



Dick Ryan and Carol Passowic enjoying the delicious food.

Left: Johanna Goforth, Henry Obartuch and Howard Paul

Right: Gracious hosts in their new home - Jenny and Jim Grant



Left: Al and Lynn Petty showing off their Christmas gifts - 2 sweaters that make one bicycle "It takes Two Wheels"



It was bitter cold and the hike wasn't too long but the camaraderie was great! The hikers acquired rosy cheeks and good appetites. Woyteck opted for the TV football game.

Howard Paul and Henry Obartuch enjoying one of Keith Kingbay's interesting cycling stories.

Mr. and Mrs. Santa



George and Marilyn Mathison and Muffin thrilled the tiny tots at the Horizon Day Care Center. I took pictures and then headed home and drove down Dundee Rd. - I caught a glimpse of red up ahead...there were the Mathisons and Muffin in their Santa outfits waving merrily to cars and people in the busy morning traffic and shouting, "Merry Christmas"!!!

