



Wednesday, May 4 - 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: 1987 RACE ACROSS AMERICA
BY STEVEN GAY.

Steven is an official finisher of the Race Across America and presents a great program showing individual dedication to the difficult challenge of ultra-marathon cycling.

Thank You!

Below is part of an evaluation by a writer for the Chicago Area Tandem Club newsletter. He evaluated about a dozen Chicago area invitations and rated the HH as THE ride in the area.
Howard Paul

HARMON HUNDRED

"This is THE ride in the Chicago area. Starting from the high school in Wheeling and going through Long Grove to Woodstock, for years the Wheeling Wheelmen have sponsored a superb ride. Annually held on the first Sunday after Labor Day, this ride attracts over 1000 riders. The routes are very scenic, usually with no killer hills. The 100-mile route has five rest stops, and there are shorter 25 and 50-mile options, but not a 62 mile one. Road markings and cue sheets are excellent, snacks are good. Last year, T-shirts were available. The slightly rolling course really allows you to hammer and ride a fast century, if you are so inclined. To avoid registration delays, I'd recommend pre-registration."



Sheri and Ted Uhlemann and Family.
The boys love to ride in the Buggy.

GRANDMA AND GRANDPA DEREBEY

Don and Elida became grandparents twice when Elida's daughter delivered twin boys late Tuesday, April 19.

THE PREZ SEZ

I am really excited about our program for the May meeting featuring Steven Gay, 10th place finisher in the Race Across America in 1987. I've seen Steve's presentation and the viewpoints he expresses about his preparation, both mental and physical, are very interesting. Those viewpoints have applications for leisure, touring and express type rides that our club offers, as well as helping each of us with a strong philosophy for success.

Steve has a terrific audio and visual presentation. I'm sure you will enjoy him. Currently, Steve is challenging himself in another cycling endeavor. He wants to be Illinois State Road Champion, not just an ultra-marathon cyclist. So, I hope to see a large turnout at our May meeting. Bring a guest!

Enclosed in our May newsletter is a postcard from the United States Forest Service. They desire our help in conducting a study about bike paths and bikeways. At our April general meeting, we, as a club, agreed to take an active part in this study by completing the information requested on the post card and sending it back. This is a great

opportunity for you to help in the formation of ideal cycling conditions for others in the country by telling the U.S. Forest Service what we, as cyclists, need. So, please fill in the information and mail it back. Thank you.

Our cycling season is in full swing now and we really need to be aware of riding safely and defensively. The sport of cycling requires concentration and good judgment, as well as conversation and viewing the beautiful sights.

I'm sorry to report that one of our members had a very unfortunate fall on the Covered Bridge Ride in early April. Marlene Demke had a freaky accident when turning around so slowly that the bicycle literally stopped and she couldn't get her foot out of the toe clip, thus falling over. She broke one bone just below the knee, another just above the ankle and then both bones about two inches above that! She will be incapacitated for about 12 weeks, but still hopes to travel to Russia to cycle in August! We all hope for a speedy recovery, Marlene!

Also, we are glad to report that Diane Predel is making an excellent recovery after hospital surgery!

Al Petty, President

COMPUTING AROUND AMERICA

In the adjoining column is a picture of Steven Roberts on his computerized bicycle described in the March newsletter. A copy of his book is now in our club library so you can check it out at a club meeting and return it the next month. You will find it quite interesting!

Note the fairing with all the equipment. He controls the computer by "typing" with his three middle fingers on each hand on the handlebars - "playing" like a flute. One little finger is for capitals; the other is for shift! Water is in the tank behind the seat and is consumed through a spray hose. Book list p.5.



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

Spring Wildflowers



by
Jenny Grant

White Trillium, Trillium grandiflorum

"Earth Laughs In Flowers"
Ralph Waldo Emerson

As you ride through or visit wooded areas in the spring, most likely you will encounter some of the numerous wildflower species of the Eastern Deciduous Forest. Anybody can quickly learn to identify the most common species. The spring wildflower explosion is a sign of the earth's rejuvenation after the winter's dormancy.

It is difficult to imagine a world without flowers, yet in the earth's chronology, flowers are a relatively

recent innovation. A flowering plant produces a fruit. A fruit develops from a flower and contains seed. Flowering plants probably evolved from an advanced type of seed fern over 120 million years ago.

The forest floor has plenty of sunlight at this time of year because of the absence of foliage. Many kinds of plants bloom at the same time because flowers like sunlight. A trip to the same forest in July or August would reveal hardly any blooms in the dense shade.

The Chicago area has a great diversity in wildflowers in wooded areas. Some of the more interesting woodland species are:

Spring Beauty - probably the most abundant of our native woodland wildflowers. It has an ample storage root, giving it the ability to get an early start in spring. It can stand a lot of abuse and will remain on disturbed wooded property, forming dense patches competing with grass. The petals are white or pink with darker pink veins.

May Apple - the most characteristic species of the deciduous forest. The flower is often missed because it

hides under the two large, deeply divided umbrella leaves. A bicyclist has little difficulty recognizing the plant's leaves in the roadside woods. But you will have to dismount and look under the leaves to find the large flowers with a delicate fragrance reminding one of fresh fruit.

Red Trillium or Wake-robin - towers above Spring Beauty. It is ill-scented and a liver-red color on a short stalk, standing open to the flies which pollinate it. Trilliums belong to the Lily family and all parts are in threes (i.e. three petals, three sepals, three leaves).

White Trillium - the largest and most variable trillium. One cannot miss the spectacular display of the large flowered species covering the forest floor in May. It has three broad leaves and three showy petals which turn pink with age.

There are many woods and parks in the Chicago area in which to see the showpieces of the spring woods, such as Ryerson Conservation Area and Morton Arboretum. Pack a lunch and bicycle to a wooded area to enjoy the short-lived spring wildflower display.

Bananas

by Dick Sorenson

Almost everyone loves bananas. The Almighty must have had bicyclists in mind while creating the banana. It comes with its own bio-degradable wrapper. Its slightly curved shape makes for good handling while pedaling. It peels easily, and it tastes great, just as it is. The bright cheery yellow jacket just tells you there's something good inside. I'm certain that none of the current crop of trendy designers and well-paid market researchers could have come up with a better package or product inside.

Nothing tastes quite as good as does a banana during a long bike ride. It always provides an extra bit of energy for those remaining miles. They don't upset the stomach and, best of all, bananas are good for you. One medium raw banana contains 100 calories of food energy, 1 gram of protein, a mere trace of fat, 26 grams of carbohydrate, 10 grams of calcium, 230 IU of Vitamin A, and amounts of nutrients iron, thiamin, riboflavin and niacin and 12 milligrams of Vitamin C. Also, they are recommended as a good source of Vitamin B6 and magnesium. As you can see, the nutritive value is high.

They're really flexible for cooking. They can be baked, broiled, sauteed, flambéed or prepared a la Vesuvial, a delectable flaming dessert complete with chafing dish.

Ardie enjoys banana slices on her peanut butter sandwich. This treat

doesn't win any gourmet awards but it has to be a powerful protein-packed combination!

One last advantage, generally when fruit is overripe it should be tossed. Not so with the banana. At our house, once they become overripe we know it's time to make banana bread.

I haven't seen a diet banana yet. I suspect there's no need for a one calorie, "contains Nutrasweet", banana or se'd already have it on the grocers' shelves. Similarly, none have been fortified, enriched or enhanced to my knowledge. Nor have I seen frozen (except for the chocolate-covered variety) or canned bananas.

The noted cook, the late James Beard, claimed that the banana chips you see in the market are not really bananas at all, but are in fact a sweetmeat.

The legendary bicyclist, Dan Henry, always tapes a banana on his bicycle in the angle where the top tube meets the seat post. That way it's out of the way but within handy reach. Most bikers, however, find the rear jersey pockets to be more convenient for carrying this luscious snack. Bananas also fit into the smallest bike bags quite well.

It's a good idea on the longer rides to take along a couple of bananas. Their nutritive benefits will help keep you physically and emotionally stable over the long haul. Don't worry about "ODing" on bananas -- your system will usually tell you when enough is enough.

Recipe Of The Month

BEST EVER RUM CAKE
Pat Marshall's Favorite

1 or 2 quarts of rum	baking powder
1 cup butter	1 tsp. soda
1 tsp. sugar	lemon juice
2 large eggs	brown sugar
1 cup dried fruit	nuts

Before you start, sample the rum to check for quality. Good, isn't it! Now go ahead. Select a large mixing bowl, measuring cup, etc. Check the rum again. It must be just right. To be sure the rum is of the highest quality, pour one level cup of rum into a glass and drink it as fast as you can. Repeat.

With an electric mixer, beat 1 cup of butter in a large fluffy bowl. Add 1 saespoon of thugar and beat again. Meanwhile, make sure the rum is of the highest quality. Try another cup. Open 2nd quart if necessary. Add 2 arge leggs, 2 cups drilled fruit and beat til high. If drilled fruit gets stuck in beaters, just pry it loos with a drowscriber. Sample the rum again, checking for tincisticity.

Next, sift 3 cups of salt or pepper (it really doesn't matter). Sample rum again. Sift 1/2 pint lemon juice. Fold in chopped butter and strained nuts. Add one babble-spoon of brown sugar or whatever color you can find. Wix mel. Crease over and turn cake pan into the coven and bake at 350 gredees. Check rum again and go to bed.

Schedule

May 1 COLLEGE CAMPUS CRUISE, Wheeling

Sun. 10 a.m. 35 miles from Chamber Park (Wolf Rd. north of Dundee Rd.) Three colleges. Lunch at Lake Forest College. \$3. Don Derebey - 255-3422.

May 7 APPLE PIE RIDE, Buffalo Grove

Sat. 11 a.m. 35 miles from Buffalo Grove H.S. Arlington Hts. and Dundee Rd. Lunch at Wauconda Apple Orchards. Elliott Kanner 541-9176.

May 7-8 JANESVILLE WEEKEND Wheeling

Sat/Sun. 6 a.m. 100 miles/day Tour E/T of the Fox River Valley. Overnight at Super8 motel in Janesville, Wis. Space limited. Call Jim Grant 742-0814. Woyteck Morajko will lead touring section.

May 8 RURAL RUSTIC RIDE Wheeling

Sun. 10 a.m. 20 miles from Horizon Care Center (formerly Carl Sandburg School) Schoenbeck S. of Dundee Rd. Lunch in Long Grove. Phyllis Harmon - 537-1268.

May 14 WANDERING TO WOODSTOCK Hof. Est

Sat. 7 a.m. 83 miles from Eisenhower Jr. High, Hoffman Est. (Jones & Hassel) Dick Sorenson 593-7945

May 14 LOCKPORT CASTLE, Winnetka

Sat. 7:30 a.m. 20 miles from Willow Rd. forest preserve parking lot just east of Edens Expy. Breakfast at Lockwood Castle, south end of North Branch bike trail. Bob and Betty Vargas - 259-3210

May 21 MCHENRY DAM RIDE, Long Grove

Sat. 9:30 a.m. 40 miles from Kildeer School. Bring lunch or buy. Howard Paul - 824-2941

May 22 TERRY'S SUMMER STARTER Hoff. E.

Sun. 10 a.m. 25 miles from Eisenhower Jr. High, Jones and Hassel, Hoffman Estates. Terry Schwerin - 894-1325.

May 29 FOX RIVER-AURORA Algonquin

Sun. 8 a.m. 82 miles from Algonquin park behind police station SW corner Rt. 31-Rt. 62. Extended version of Fox River Trail. Sack lunch a must. Joe Tobias - 835-2547.

May 29 ALGONQUIN EXPRESS Wheeling

Sun. 9 a.m. 50 miles from Chamber Park, Wolf Rd. N. of Dundee Rd. Bob Illy - 459-4129.

June 4 CHOP SUEY RIDE Arlington Hts.

Sat. 10 a.m. 40 miles from Arlington High School, 502 W. Euclid. Lunch in Barrington. Peter Gianakakis - 784-3330.

CODES:

L = LEISURE RIDE. 8-12 mph. Group stays together. Leader, cue sheet
T = TOURING RIDE 11-18 mph. Group stays together. Leader, cue sheet
E = EXPRESS RIDE 15 mph and over. Ride own pace, Cue sheet.

Beginners' Touring Series

The Beginners' Touring Series (BTS) has been designed to teach the fundamentals of touring cycling to new cyclists. The series will last five weeks and will be comprised of three rides and two class sessions. scheduled to run from May 6 to June 5.

FRIDAY, MAY 6 - 7 p.m. Holmes Jr.

High School (Wolf Road south of Dundee Rd.) Wheeling. Room 103. This classroom session covers the fundamentals needed to make bicycle touring enjoyable, including how to prepare for your first touring ride and what equipment and clothing might make touring more enjoyable. Bring your bicycle along so your individual equipment needs can be discussed.

FRIDAY, MAY 13 - 6:30 p.m. Busse

Woods parking lot on west side of Arlington Heights Road just north of Higgins. A 10-mile evening ride on the Busse Woods bike paths to practice technique and go over the equipment each new rider has.

SUNDAY, MAY 22 - 10 a.m. Eisenhower

Jr. High School, Jones and Hassel Roads, Hoffman Estates. We will be riding a 25-mile ride in light-suburban and country traffic over the route of Terry's Summer Starter, also scheduled for that day.

WEDNESDAY, MAY 31 - 7 p.m. Holmes Jr.

High School, Wheeling. A bike maintenance clinic geared toward the starting rider featuring such items as flat tire repair and derailleur and brake adjustments. Bring your bike with you.

SATURDAY, JUNE 5 - 10 a.m. Horizon

Day Care Center (formerly Carl Sandburg School) Schoenbeck south of Anthony, Wheeling. 35-mile ride through varied traffic conditions to the Botanic Gardens.

This program is designed so that cyclists don't have to attend every session to get into touring, though attending all of them would give the maximum benefit. Call Aaron Tanzer 338-5374 or Woyteck Morajko 392-0530 for further information. Volunteers are need for each session.

WEDNESDAY NIGHT RIDES 6:30-TWILIGHT

May 11 Wood Oaks School 1/2 mi. so. of Dundee Rd. Pat Marshall 564-0346

May 18 Senior Center, Thacker/Dempster & 22nd Ave. Des Plaines, Howard Paul - 824-2941.

TUESDAY NIGHT RIDES 5:30 SHARP

Express pace. 20-45 miles depending upon daylight. From 16 James Court, Hawthorne Woods. If you break down, stay where you are. You will be picked up at the end of the ride. No cue sheets provided. 5 Tuesdays in May. Kurt Schoenhoff - 540-0861.

Michigan Tour

Wheeling Wheelmen members' tour. Aug. 6-13 (riding starts Aug. 7) from Traverse City, Michigan. 338.8 total miles. Luggage transported. 14 registered; room for only 10 more! Send \$50 deposit NOW to Lilian Russell, 923 Wayne Ave., Deerfield, 60015. More info: 940-0633.

Overnights in Traverse City, Shanty Creek Resort, Harbor Springs, Mackinac City, Sheboygan, Atlanta, and Grayling. Motels pre-booked. \$220.00 per person double occupancy. Food and miscellaneous expenses paid by individuals.

Bike Train!

CHICAGO-FLAGSTAFF, AZ.
NATIONAL RALLY

JUNE 29 - JULY 3.

AMTRAK round trip coach fare is \$239. But Family Rooms (sleeps 4) is \$624. or \$156 per person! Wheeling Wheelmen can get together and travel to Arizona in style! This includes all meals - 2 dinners, breakfast and lunch!



GEAR Up '88

LANCASTER COUNTY, PENNSYLVANIA

Fri. June 3 - Mon. June 6

Headquarters

Millersburg State University

Beautiful bicycling in Pennsylvania Dutch area. Registration fee \$50. (\$67 non-members). Room and Board 3 nights, 8 meals \$65. GEAR UP '88, 4960 S. Raintree Ct. Wilmington DE 19808

Rally '88 in Arizona



Wed. June 29 through

Sun. July 3, 1988

Headquarters

Northern Arizona Univ.

Flagstaff, Arizona

Registration fee \$42 (non-members \$62.50) Room and Board 4 nights, 11 meals \$150.00. L.A.W. Rally '88, P.O. Box 2657, Scottsdale, AZ 85252.

Use Newsletter

The Ride Schedule is made up in January. This year, more than any other, there have been a number of changes - especially with the change of the Michigan Tour dates. So use your Ride Schedule but refer to your Monthly Meanders for final schedule which will update the Schedule, listing changes and corrections. Questions? Call Aaron Tanzer 338-5374.

Winter Rendezvous

March, 1988 - Homestead, Florida



Kurt and Kaete Schoenhoff, Phyllis Harmon, Geri and Ron McPheron at Caribe Motel



Scenic ride to Miami Zoo and Knaus Berry Farm

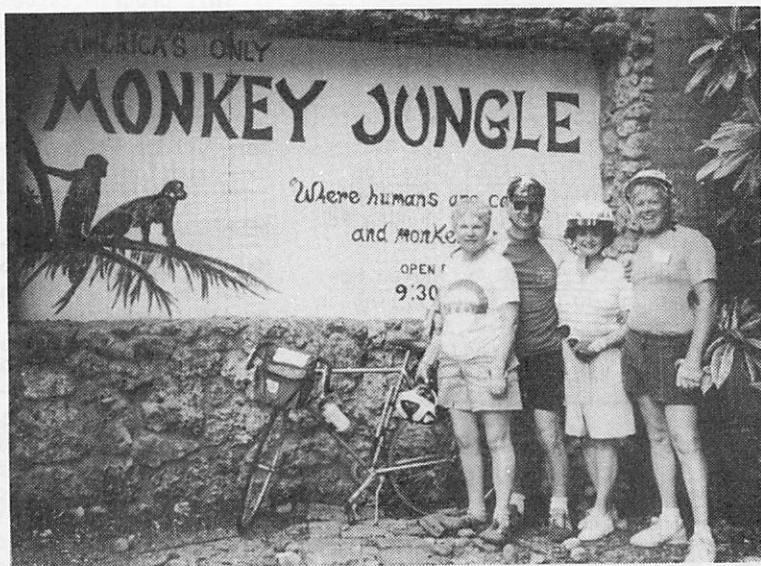
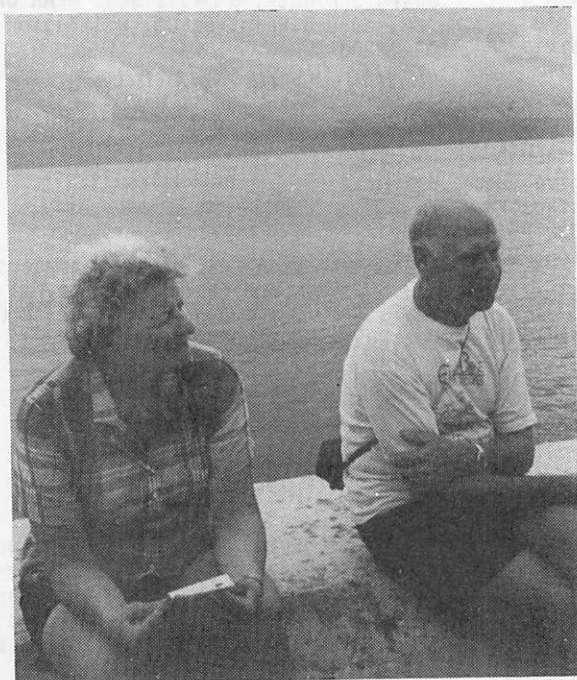
Right: Riders lined up for picnic ride to Turkey Point.

Photos by Phyllis Harmon

Also attending were Herb and Mary Jensen, bringing total to 9 Wheeling Wheelmen.

Below: Lois and Howard Paul on Key Biscayne..stormy clouds in background!

Below right: Schoenhoffs and McPherons at popular tourist stop in Rendezvous area.





By Woyteck Morajko

Let's talk about getting in shape and preparing for longer distance riding this month. As you look at our ride schedule you'll notice that we have short rides under 25 miles, medium rides of 25 to 50 miles and long rides of 50 to over 100 miles.

The best way to prepare for the long rides of over 50 miles is to do it gradually. Get used to shorter rides and work your way up to longer distances a little at a time. Do not attempt to ride successive rides of 50 miles, try to get used to shorter ones first.

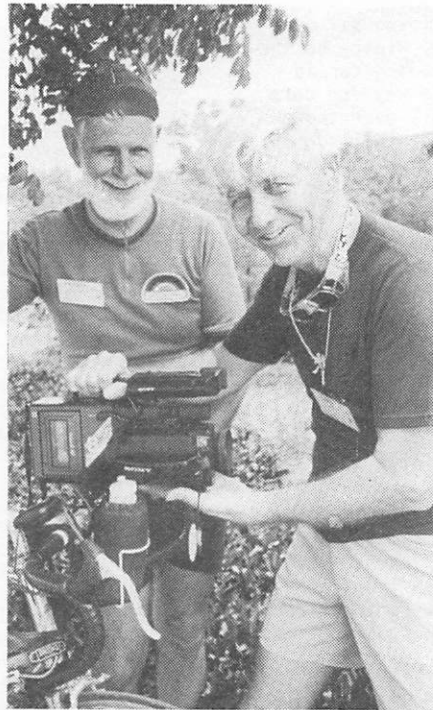
You should also try to ride during the week, not just on weekends. Whenever possible ride during the week, if only for a few miles. The best way would be to find a route near your home, preferably one with few stop signs and traffic signals. It doesn't have to be more than 3-4 miles, just ride the same route over and over. This has several advantages. Early in the season you only have to do a couple of laps, which is convenient because of the short days. The route is near your home, which means that in case of a breakdown, or bad weather, you're never too far away. As the days get longer and you get in better shape, you can lengthen and vary your route.

Regardless of whether you're doing a 40 or a 100-mile ride, you have to learn to pace yourself and to eat properly. If you're in good shape, rides up to 25 miles don't require any meals. About all you need it to take a bottle of liquid. Of course, this is assuming you've eaten a decent meal before you begin. Rides over 50 miles are another matter. Either bring a snack with you, or plan ahead for food stops. Because it takes a while for the body to turn food into energy, make sure that you are eating regularly and not just when you get hungry!

As for pacing, try to remember the following three basics: 1. Don't waste energy at the beginning of a ride by starting out too quickly. This will not only cause you to use up your energy too soon, leaving you very tired for the rest of the ride, but might also cause damage to your cold muscles. I always take it easy the first few miles of the ride to make sure that I'm properly warmed up. 2. Try to schedule rest stops in

your ride to both rest and eat. Try not to make your stops too long. I find that if I stop for more than 15-20 minutes my muscles start to stiffen up and I end up having to go through a warm up again. 3. Establish a steady cadence. You ride most efficiently when you can maintain the same number of pedal revolutions per minute from the beginning of a ride to the end. Remember to use a gear that makes pedaling easy! You have a 10 (or more) speed bike, so you should have the right gear for any terrain (flat or hilly) or wind velocity. Riding in a gear that makes it hard to move the pedals is a common error which will make your ride less enjoyable!

Start with a basic strategy for road survival. Then experiment with different routines (pace, food, gears, etc...) to find what works best for you. Once it clicks, you'll have many miles of safe, comfortable riding to look forward to.



UNIQUE IDEA: Henry Martin, left, shows Lou Sloss how he attached the top of a photographic tripod to his handlebars, screwed on his video camera and records while pedaling!

Wanted

WANTED: USED BURLEY-LIGHT TRAILER for children. Howard Schneider, 541-3827.

WANTED: USED BURLEY CHILD TRAILER. We are anxious to introduce our 7-month old son to the wonderful world of bicycling. Please call Chris or Sandy Hayden - 506-0691.

Books

Wheeling Wheelmen Library Books:

- . Designing and Building Your Own Frameset
- . Anybody's Bike Book
- . John Marino's Bicycling Book
- . The All New Complete Book of Bicycling
- . Glenn's Complete Bicycle Manual
- . The High Tech Bicycle
- . The Bicycling Users' Manual
- . Expert Bike Handling
- . Computing Across America
- . Complete Guide to Bicycle Maintenance and Repair.

Make your selection, check out the book at our club meeting and return it the next month.

Pat Marshall

Membership List

Enclosed with this newsletter is our current 1988 Membership List.

If someone complains that they did not get their May newsletter, tell them they probably didn't renew by the 3rd week in April...

Check the list, is there an "X" in the L.A.W. column if you are a member of the League of American Wheelmen? If not, please call Geri McPherson -824-5091 - so she can correct our records. It's great to keep tabs on the percentage of L.A.W. members in our club - usually well above the nation's average!

We will send out a list of members who join up through July so you will have a complete list.



Did you see the Hildegard cartoon recently where "Everything was perfect in the Garden of Eden until a snake gave Adam an apple." And there was Adam, with a big grin on his face, playing a game on his Apple computer while Eve stood in her clump of bushes and fumed!

It is now 1988 - and this editorial is even more true today!

My Angry Editorial

by Phyllis W. Harmon

Written October, 1973.

October 14 marked my 45 years riding a bicycle. During this time I have ridden thousands of miles, pedaled many, many centuries, commuted to work in downtown Chicago, led hostel trips, rode with many bicycle clubs, participated in Roundups, Rallies, tours. I rode alone, with 2, 6, 12 cyclists up to 2700 riders. We rode single file, double file, in groups in close formation or spread out. We had no accidents because we were disciplined riders. We knew how to ride defensively, how to be alert, to be aware of riders ahead or alongside, to pass only on the left etc.

Now my favorite sport is in danger. Years ago the accident statistics were confined between the ages of 5 and 15. Accidents among older cyclists were almost unheard of--especially where L.A.W. members were concerned. Now, there are millions of bicycle riders--children and adults--but the accident rate has soared and the accidents are no longer confined to the 5-15 age group. Why? Why has the bicycle been declared the most dangerous product on the American market?!!

First the children: Why are they riding all over the street with no control? Why are they riding on the left side of the street; why are they riding spread out across the road and refusing to make way for cars; why do they ride in circles and weave all over the street? How can parents buy bicycles for their children and then pay no attention to what they do with them? Why are the police reluctant to give children tickets or warning notices? In many cases it is because the parents object to having them "pick on their children"!!!

Two 13-year-olds were riding their bikes at 11 P.M. with no lights on a narrow two lane road. One was killed. Why? Where were his lights, light clothing or reflective tape? A five year old girl was hit by a car this week in Wheeling. In order to complete the mileage requirements for the Presidential Sports Award (1,000 miles in 4 months with only 20 miles maximum per day allowed) Willard and I had to do 20 miles per day for the last three weeks. This resulted in miles of cycling over local suburban streets and the irresponsible cycling habits of the many, many children encountered was appalling! I watched children race into the street without once looking for cars, they'd turn suddenly into a wide circle right in front of my bike and I was thankful I wasn't driving a car for I'd never in the world have been able to stop in time!

Thank goodness some communities are setting up traffic courts for bicyclists; some have well organized safety programs but we have to reach the parents. They must be made aware of the suicidal way their children are riding and the young ones should be kept off the streets. I had six children of my own. Each had a full size bike by the age of seven and they knew how to ride safely and sensibly.

Next the new adult riders: They ride on the left, ride the wrong way on one way streets, ride through traffic lights and, in general, are just as irresponsible as the children are. The bicycles are not dangerous--the people who ride them are. Why aren't they required to ride safely and responsibly? Why do they feel that they are immune to regulation? We went to Chicago for the opening of the bicycle expressways. One lane of traffic, labeled for bicycles, led the cyclists into the Chicago Loop. We rode down the one way street with the cyclists during the morning rush hour, then headed back on the northbound one way street. Twice in two blocks we encountered women commuters pedaling the wrong way on the one way street. Why? They wouldn't have driven there in a car?



Now this brings me to L.A.W. members and riders who participate in L.A.W. events. The new trend is to "do your own thing". Don't ride in a group, ride at your own pace. The result is undisciplined bicyclists who do not know how to ride defensively. Just about every event this year has had at least one cyclist who has spilled going around a sharp curve at the bottom of a hill. Why? Certainly it is exhilarating to swoop down a long hill..but it also takes training and conditioning so that you instinctively control your bike. Why does one club feel pleased that there were "only three motor/bicycle incidents"?!! Why does a cyclist, riding in a large group of riders, suddenly sit up, hands off the handlebars, proceed to remove a jacket, a maneuver that momentarily trapped both arms...

Why are experienced cyclists having accidents? Almost without fail it is because of carelessness or failure to stay alert or ride defensively.

Why do some cyclists feel that they are immune to following traffic regulations? Why do some feel that they don't have to stop at traffic lights and laugh and think it funny because a past L.A.W. officer never stops for lights? We know we are to ride on the right side of the road, near the edge for the obvious reason that slow traffic keeps right. Then, why do some cyclists ride up a long hill in a long zigzag back and forth across the full width of the road? A car cresting the road at 60 mph couldn't possibly stop in time! Why do some cyclists insist on riding along the center line or just beyond? They create all kinds of traffic problems when they have to pull over to where they should have been in the first place as well as blocking traffic. Why do they gather in groups all over the road or intersection when they stop for a break...Why are there more and more cyclists who spill because they were drafting and flipped the rider's wheel ahead? Drafting is a highly specialized way of riding. The basic success is highly controlled cadence and requires the rider to be extremely alert. This is mainly a way of riding for the racer. No cyclist should draft unless he has his cadence down to an art. Instead we find very undisciplined riders drafting and the result is chaotic to say the least.

Those of you who have read this far...stop a moment and think. When was the last time you had an accident? What was the cause? How many accidents occurred on the last Rally you rode...the last tour...the last club ride? Was it the bike's fault or the rider's?

That is why I am angry! Every time you have an accident, you have added another number to the accident statistics, thereby endangering my favorite way of life. I resent having bicycles referred to as the most dangerous American product! I love the freedom that my bicycle gives me..the call of the open road..the challenge of the miles and hills...the companionship of wonderful people all over the country. I resent the danger of restrictions on bicycles and bicycling. I resent the danger of being restricted to riding in specific areas...the danger of losing the right to use my bicycle as a vehicle. This right was fought for by the L.A.W. for eight years in court..are we to lose that right now because of carelessness or neglect?

I don't know what I can accomplish with one angry editorial--they say you can accomplish more with "honey" as Ross Faris demonstrated in his effective safety plea on the Hilly Hundred--but, if I will make just a few of you think about this article when you ride through a stop light, cross the center line, or spill because of drafting, then this editorial will not have been in vain---and perhaps some of you will speak up when cyclists ride dangerously or irresponsibly--and then, maybe, the statistics will be better!