

THE PREZ SEZ

June Meeting

Wednesday, June 1 - 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: WARREN BRUHL, CHIROPRACTOR
"THE CHIROPRACTIC FIELD AND ITS
ROLE IN PREVENTING AND HEALING
INJURIES OF THE BODY AS IT RELATES
TO CYCLING."

Warren is one of our new members
and has volunteered to speak to us
on this interesting subject. Plan to
attend - and bring a friend!



LETTERS

From Fritz Quasthoff in Sweden:

I enjoy receiving the monthly newsletter and reading about what's happening, but I'm sorry to say I won't be renewing my membership this season as the only benefit I get from being a member is receiving the Monthly Meanders, which is nice anyhow - like the last issue I got: The club went to the Wauconda Orchards and there were pictures of the area. I liked that because that's where we lived before we moved to Sweden.

I enjoyed being a Wheeling Wheelman when I was in the states. My first ride with the club was the Harmon Hundred. It showed me the difference between riding solo and riding in a group. I like riding in a group much better. That's why I'm joining a club in Rammas, a town about 5 miles south of where I live. They're pretty small and they're more of a team than a club. Yup, that's right, they race, and I hope to also.

I've only got about 300 miles of riding under my belt since my first ride in April, but that's Sweden for you: a late spring and an unfair amount of riding-weather days.

Fritz Quasthoff
Klockargarden Flackebo
730 71 Salbohed
Sverige

Sometimes we are at a loss to find words to describe certain situations. At our last general meeting we had an excellent presentation by Steven Gay, the RAAM competitor. Much interest was expressed regarding Steven's mental and physical preparation for the RAAM experience. It was a great program.

During the business part of our meeting it was moved and seconded to make a \$300 contribution from our club treasury to Steven Gay's efforts in the 1989 RAAM. It came up so fast that our enthusiasm was captured in the thrill of what we were doing that I didn't allow for discussion of the motion before the vote.

Since the meeting I have heard from several people and our Executive Board discussed the matter thoroughly. The following has been resolved:

1). The vote was illegal since I didn't allow opportunity for discussion. Thus, the motion must still be "on the table", and discussed at our June meeting.

2. It is accepted policy that the Executive Board makes final decisions on disbursements of money from the club treasury after discussion during general meetings.

3) We will continue to support L.A.W. functions appropriately.

Our ride schedule has brought out many cyclists on all our various rides. So far, we are meeting the needs of our membership. As the summer approaches, warmer weather will bring out many more riders.

It is very important that we be alert and aware of increased traffic. Our safety as a group is dependent on the actions of each individual within the group; so act in a safe manner while on your bicycle.

The Harmon Hundred is under way! Harmon Hundred registration forms have been mailed out to last year's participants as well as the St. Patrick's Day riders.

Al Petty, President

He Only Wanted A Burger

Down in Fort Lauderdale a bicyclist wanted a Big Mac and fries, but ended up with a jailhouse breakfast after demanding service at a drive-through window for cars only. . . The bicyclist was arrested on trespassing charges after the McDonald's worker refused to take his order and the bicyclist refused to leave. "It was the principle of the thing, I felt they were discriminating against me as a bicyclist. I woke up in jail and I wasn't in a very happy mood. These guys are looking over at me... finally one stolls over and says, 'What are you in for?' I said, 'I tried to buy a burger at McDonald's'"

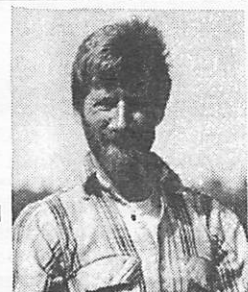
ProBike '89

Planning is underway for ProBike '89 to be held at the University of Victoria, British Columbia, August 17-20, 1989. A very exciting International Conference is anticipated based on the theme "Bicycling as a Lifestyle." It will be a choice vacation option as well - a beautiful setting at the height of the cycling season.

Kim Stanley

TransAmerica
Trekker

Over 300 will
bicycle 3425
miles from
Seattle to
Atlantic City June 6 to July 22.



Wheeling Wheelmen member Kim Stanley will be riding with the group to collectively raise over \$2 million for American Lung Assoc. Kim's personal commitment is to raise at least \$5000, most of which will remain in Illinois to support Lung Assoc. programs in our area.

Want to help? Send tax deductible check payable to American Lung Assoc. to Kim Stanley, 1164 Valley Stream Drive, Wheeling 60090.

President:	Al Petty	948-7288
Vice-Pres:	Aaron Tanzer	338-5374
Treasurer:	Betty Vargas	259-3210
Membership:	Geri McPheron	824-5091
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Editor:	Phyllis Harmon	537-1268
For check out:		
Bike Books:	Pat Marshall	564-0346
Bike Tools:	Chet Tobolski	362-7794

Wetlands



By Jenny Grant

Most bicyclists notice wetland areas on the roadside but are unaware of their value. The croaking frogs may arouse our curiosity, but we usually forget about the murky areas at the next bend of the road. Wetlands are the most underestimated and misunderstood areas on the planet.

Early human settlers knew the value of wetlands as food producers and flood protectors. However, later inhabitants since the mid-nineteenth century have contributed to an extensive loss of our wetlands. The areas have disappeared through draining, filling, dumping old cars and garbage on them, and turning them into something else. Some wetlands have been choked by sediment deposited from upstream erosion stemming from construction or agriculture along riverbanks. The realtor's definition of a wetland is "wasteland". Wetlands are difficult to develop. The notion arose that wetlands should be filled and built upon, turning mosquito-breeding grounds into valuable real estate.

Scientists have found wetlands to be the most productive of ecosystems. Also, they act as a sponge to absorb floodwaters before they can reach high ground. Expensive dams, levees, dikes and channels often fail to protect homes as efficiently as marshes once did. Wetlands also sponge up outgoing nutrients that would pollute lakes or bogs. They are a natural purification system.

In the 1950s, the federal government began to pass laws to protect wetlands, discouraging development by requiring permits for dredging, filling and constructing buildings in certain wetlands. Developers must obtain a permit from the U.S. Army Corp of Engineers to fill or dredge a wetland. Permits are also required by the Illinois Department of Transportation, Division of Water Resources for developing along waterways. Frequently, developers destroy streams and wetlands without permits. If you notice development on either an urban or country setting, do not assume it is legal. The Prairie Woods Chapter of the National Audubon Society suggests contacting the appropriate authorities to determine if the developer has obtained a permit.

The Des Plaines River provides an

excellent example of the importance of wetlands. The river originates in a cornfield 20 miles north of Wadsworth. Within these 20 miles, the meandering river picks up enough pesticides, sewage and other pollutants to make it almost unfit for game fish. The river wasn't always this way.

Before the Des Plaines River swamps were drained in the nineteenth century and the land converted to agricultural uses, the wetlands provided flood and pollution control. In fact, a quarter of Illinois, or more than 9 million acres, was once wetlands. By the early 1900s, virtually all of our wetlands had been drained.

Wetlands Research, Inc, a non-profit corporation, is researching the Wetlands Demonstration Project. The swamp restoration project is located on a 450-acre site along a 2.8 mile stretch of the Des Plaines River in Lake County at Wadsworth Road and U.S. Hwy. 41. Flood control is a goal of the restoration. Also, the swamp and its grasses will cleanse the Des Plaines River, giving it the natural pollution control it has when Native Americans inhabited the land.



by Woyteck A. Morajko
SAFETY HAZARDS ON THE ROAD

This month's topic is one that becomes more of a concern each year as the roads in our area deteriorate into bumps and potholes. There are, fortunately, a few things that you can learn and use in trying to deal with bad pavement.

The smallest bumps will cause you to be just a little bit uncomfortable. Keep pedaling, but try to relax your arms and bend your elbows more as you go over the bumps. It is also more comfortable to ride in the low position on the dropped handlebars; all of the bumps won't go up your spine.

The larger bumps will cause more problems. If you can't swerve around them do the following: stop pedaling, set the pedals in a horizontal position and lift your weight off the saddle. Your bent arms and legs again become springs to absorb shock. Toe clips will help you keep your feet on the pedals. On these bumps you will have to slow down, otherwise, if you hit hard enough, the rim

of your wheel may cut through the tire and tube.

To keep this from happening, watch carefully for bumps or holes which are especially large. Bumps with sharp edges are the worst. Make sure that you slow down, but release the brakes before you hit the bump to decrease the strain on the fork and frame.

If a bump, or pothole, is so big that you're not sure you'll make it safely, get off and walk. You'll be saving yourself and the bike from damage.

There is another way to deal with bumps/holes. Whenever possible, ride around them. You'll have to keep a few things in mind while attempting to avoid bad pavement. Use your mirror to check behind and make sure that you're not swerving in front of a car! When riding in a group, watch for riders behind you. Also warn other riders by pointing down to the pavement. I strongly recommend that you do not draft by riding just a few inches behind another rider. I know this cuts down on air resistance, but you'll never be able to watch the pavement in front of you for not only bumps, but also glass, gravel, etc. If several riders draft in a line and one spills in a hole, several probably will also fall, causing damage to equipment and/or riders. I always try to ride several feet behind another rider to avoid such an accident.

Learn to look at the pavement, because it will tell you about the next patch of road before you get there. As you gain experience you will be able to judge every foot of road before you get to it. On some roads you need to do no more than glance down every few seconds. On the other hand, some roads will force you to ride with your eyes practically glued to the pavement!

Learning how to handle your bike and avoid bad pavement will take time, but it is safer and you and your bike will need fewer repairs.

Recipe Of The Month

ARDIE'S ENGLISH TRIFLE
(Quick N' Easy)

from Ardie Sorenson

- 1 Large Sara Lee Pound Cake cut in 1/2 inch cubes.
- 1 Large package frozen sliced strawberries (thawed)
- 1 Large can vanilla pudding
- 1 large carton Cool Whip
- 1 large glass serving bowl.

Alternate layers, cake, pudding, strawberries, Cool-Whip and use Cool Whip as topping. Sprinkle with walnuts, if desired.

Note: To add pizzazz you may sprinkle brandy or rum over cake cubes.

Schedule

June 4 CHOP SUEY RIDE, Arlington Hts.
Sat. 10 a.m. - 40 miles from Arlington H.S. 502 W. Euclid. Peter Gianakakis - 784-3330.

June 11 BREAKFAST RIDE, Wheeling
Sat. 7:30 a.m. - 25 miles from Horizon Child Care Center (formerly Carl Sandburg School) Schoenbeck south of Dundee Rd. Bob and Betty Vargas - 259-3210

June 11 SILVER LAKE RIDE, Wisconsin
Sat. 10 a.m. - 45 miles from airport on Winfield east of U.S.45 in Winfield, Wisc. Bring or buy lunch to eat at Silver Lake. Ted Uhlemann - 790-1312.

June 12 PIZZA RIDE Buffalo Grove
Sun. 9 a.m. - 57 miles from Buffalo Grove H.S., Arl.Hts. and Dundee Rds. This ride has a romantic club reputation: members who met on this ride have gotten married! Elliott Kanner - 541-9176.

June 18 WISCONSIN OUTBACK DOUBLE
Sat. METRIC, Long Grove.
E 6 a.m. - 120 miles from Kildeer School. Jim Grant - 742-0814.

June 19 WAYNE BARTLETT RIDE, Wayne
Sun. 9 a.m. - 45 miles from Pratt-T Wayne Woods. Sue McPheron 248-2502.

June 25 KELSEY ROAD HOUSE, Long Grove
Sat. 9 a.m. - 25 miles from Kildeer L School. Lunch takes much too long at Kelsey, so we'll lunch in Long Grove after the ride. Howard Paul - 824-2941.

June 26 KILLER HILL, Long Grove
Sun. 9 a.m. - 60 miles from Kildeer E School. Challenging ride which includes most of the nasty hills in the area! Al Dargiel 685-7708.

July 2 ICE CREAM SOCIAL, Algonquin
Sat. 8 a.m. - 65 miles from Huntington School, corner of Huntington and South Huntington. A new ride that goes to Ellison's old-fashioned ice cream fountain in Hebron. To get to the school, turn onto Huntington Drive .3 mile south of St.62. Follow to end, turn right. School on left.

WEDNESDAY NIGHT RIDES 6:30-TWILIGHT

Wednesday nights are Touring pace.
Jun.8 16 James Ct. Hawthorne Woods. Kaete Schoenhoff - 540-0861.
Jun.15 Kildeer School, Long Grove Chuck Brenmark - 253-9025
Jun.22 J. B. Wineberry's, Lake Cook Rd. 1/4 mi. E of Arl.Hts. Rd. Buffalo Grove. Keith Kingbay-459-8242.
Jun.29 Caldwell Woods parking lot, Devon-Milwaukee, Chicago. Aaron Tanzer - 338-5374.

Want to lead a Wed. night ride in Jul-Aug? Call Aaron Tanzer 338-5374.

Beginners' Touring Series

SAT. JUNE 4 10 a.m. Pottawatomi Woods, Dundee Rd. just east of Milwaukee Ave, Wheeling. 35-mile ride through varied traffic conditions to the Botanic Gardens.

IMPORTANT NOTE: THE STARTING POINT OF THIS RIDE HAS BEEN CHANGED SINCE THE PUBLICATION OF THE MAY NEWSLETTER.

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.

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.
Kurt Schoenhoff - 540-0861.

LIBERTY METRIC CENTURY

We have left June 5 open on our Wheeling Calendar because this is the date of the Mt. Prospect Bicycle Club's annual invitational.

Registration 7-8 a.m. from Daniel Wright Jr. High on Riverwoods Road north of Rt. 22. You have a choice of 38-62 miles for a registration fee of \$6.00. Refreshments, map, sag and patch. Lolli Uhnavy - 299-4720.

Michigan Tour

Our week-long northern Michigan bicycle tour is booked solid! 25 members will start from Traverse City early Aug. 7 through the 13th and pedal 338.8 miles!

Jack Russell and Kurt Schoenhoff have prepared an excellent route and overnights. A meeting for participants will be scheduled in mid-July to cover all information. Date will be listed in the July newsletter.

Top Mileage

Listed each month will be top mileage members on Wheeling Wheelmen scheduled rides only.

	MEN	MILES	WOMEN	MILES
Woyteck Morojko		249	Debbie Dick	193
Jack Van Es		168	Carol Passowic	161
Mike Skala		161	Phyllis Harmon	156
Andy Dane		148	Geri McPheron	132
Roger Thauland		145	Cindy Cochrane	111
Joe Tobias		140	Catherine Zoch	111
Roy Erikson		122	Marlene Demke	107
Steve Manrose		107	Jane Newell	104
Kurt Schoenhoff		104	Jenny Grant	98
Dick Ryan		98	Peggy Heslinger	82

Ride Notes

by Aaron Tanzer

This month commences the listings of the ride mileage in the Monthly Meanders. We will list every month the top ten female and male riders based on the total mileage ridden during club functions. While I'll try to keep the information as current as I have it, there will be a lag time of between three and four weeks between the time the mileage is compiled and the time you see the list, so please be patient if you don't see all of your distance listed.

As several of us who went on the Woodstock Ride discovered, it really pays to check the listing in the Monthly Meanders rather than relying on the schedule published at the beginning of the year.

Another ride which will be run on July 2 at a different starting point from the one scheduled is the Ice Cream Social. This will start at the Huntington School (corner of Huntington and South Huntington) in Algonquin rather than, as originally scheduled, the park along the Fox River. The starting point was changed because of the current construction in downtown Algonquin. Please make note of this change.

Because of the increasing amount of traffic in the areas we ride in, we are currently evaluating the routes which are listed in our ride library. Of the weekend rides run so far this year, about half of the routes have been modified by the leaders to more enjoyable routes. Feel free to contact me with any comments about the routes used on our rides.

The Lake County Ramble invitational ride of the Bicycle Club of Lake County has been cancelled.

JOLIET 4TH OF JULY RIDE

Joliet Bicycle Club's annual invitational, Monday, July 4 - registration 7 a.m. Choice of 30 or 60 mi. From Bicentennial Park, Jefferson & Bluff Sts., Joliet. \$7 incl. map sag and refreshments. Don Trejo, 107 Candlelight Lane, Morris IL 60450.

Use Newsletter

Use your annual ride schedule for ride information but be sure to verify the dates in the monthly newsletter. There have been a number of changes, corrections and additions that required some leaders to switch dates, or the change in the Michigan week tour brought up several changes. So check latest information.



Dogs and Bicycles

by
Dick
Sorenson

Remember the character "Eddie" in the movie "American Flyers"? "Eddie" was the Wisconsin farm dog who gave chase when the younger brother cycled past Eddie's "territory". The scene with Eddie catching the younger brother and mauling his shoe off his foot was one of the funnier moments in the film. In real life it's not so funny! Under normal circumstances we generally share the belief that "dogs are man's best friend". Once we are pedalling a bicycle, however, that notion becomes questionable at best, even if we're dog owners ourselves. I'm referring, of course, to those times when we're startled out of a pleasant aura by a snarling, teeth-bearing, vicious dog. It can happen anywhere you may be bicycling on rural country roads, in so-called "gentlemanly estate" areas and even in your own neighborhood!

Why it happens, I'm not sure. Dogs certainly are territorial in nature. The spinning of bicycle wheels may hold some mystical canine attraction. The bicycling authority, Eugene Sloane, speculates that the bicycle emits some "infuriatingly high-pitched sound that only a dog can hear".

Whatever the reason, I do know that dog attacks always occur unexpectedly and when you're least prepared. And, don't expect any aid from the dog's owner who prefers to pretend nothing is happening or is angry because you are irritating his dog!

When a dog begins to chase, don't panic! Be prepared for quick maneuvering; don't swerve into traffic. Don't grab your pump to swing at the dog; you'll lose your balance or swing the pump into your spokes!

The best immediate strategy is to SHOUT LOUDLY. Startle the attacker with an aggressive and authoritative "GO HOME!" "STAY!" or "STOP!" Stand your ground. Usually you'll see the dog stop in his tracks, back down and even head home, tail between his legs.

I've seen some cyclists become the aggressor and turn on the dog, charging at him - it works - but could be dangerous.

Another tactic is to simply outrun the dog, but make a quick mental comparison between your physical ability, the size of the dog and the terrain - dogs do much better uphill.

Some experienced cyclists prefer to stop, get off the bike and put it between them and the dog, like a shield. This usually works while ordering him to "GO HOME!"

Don't show any outward sign of being intimidated. The dog will sense if you're afraid and hold his ground. Above all, never turn your back on the dog and remember, barking dogs do indeed bite!

I'm not a dog hater, but when a vicious looking dog is bearing down

on you and snarling, it's time to be defensive and/or offensive. In my opinion, traffic, gravel and dogs are the three worst hazards to bikers.

Cyclists arm themselves with everything from ammonia water to tire pumps to discourage attacking dogs. Some more sensible anti-dog devices include:

1) A loud, compressed-air horn that emits an extremely loud blast.

2) Halt! - a pepper base dog spray repellent that temporarily stings the eyes. It has a range of up to 10 ft. but closer is better. It works - but wind conditions can be a factor.

3) A cylindrical pistol-type device that shoots harmless shotgun primer caps that startles the dog with a loud shotgun blast - however the owner may think you're shooting his dog!

4) "Dazer" is a result of space age technology. It sells for about \$30. It emits ultrasonic, high frequency sounds, inaudible to humans, but discomfortable to dogs. It, too, startles the dog but is harmless. It's effective up to 25 ft.

In conclusion, whenever you see a loose dog, watch him closely. Keep alert for surprise dog attacks and have some pre-planned strategy in mind. Generally, avoidance and conciliation are the best tactics. I guess you'd call it defensive bicycling.. It's best to carry one of the standard repellents even if you are riding in the neighborhood. Dog bites are painful and a violent encounter can cause a tragic accident and injuries to you.

Ride Defensively

by Howard Paul

Recently, an adult bicyclist stopped rather quickly on the hood of my friend's car - and I'll give the cyclist full blame. My friend, the motorist, was waiting at a traffic light to make a left turn. Cars were also waiting at his right side. As the light turned green, my friend with his eyes on the auto traffic, started forward. However, the cyclist, approaching from the right on the sidewalk, decided to beat the changing light.

I hope our members, in interacting with automobiles, will never just assume that the parked or moving motorist sees them. Obviously, it's far better to lose a minute or two in waiting for a safe crossing than to risk collision with a vehicle whose driver's attention is concentrated on other cars that are a potential danger to him or her. Assume that the motorist has not seen you and act accordingly.

Snow White Ride

by Carol Passowic

The Snow White 60 is a bicycle ride for women only - but men are wanted to help with the food stops. This is a 60 or 30-mile ride Sunday, June 26 from BIKES PLUS, 1313 North Rand Road, Arlington Heights. \$10.00 includes map, cue sheet, sag service, 3 "low cal" food stops, lunch and awards.

In previous years several of our Wheeling Wheelwomen have ridden this invitational alone because they did not know of anyone else from our club attending.

This year we plan to ride together and will meet at Bikes Plus at 8 a.m. We welcome anyone who wishes to join us. We plan to ride the 60-mile route, however, several others will be doing the 30-mile route.

If you have any questions, please call me after 6 p.m. weekdays at 392-0530 or Janice Streicher 634-4537.

For Sale

For Sale:

21" Holdsworth "531" Reynolds
Turbo Tires w/Teflon SunTour Equip.
Racermate with Double Fans
Schwinn Floor Pump
3 pr. Bike Shoes Can small parts
Trunk Carrier 4 Tubes - 27"
4 Bike Shirts 2 Bike Pants
Dble. Size Water Bottle & Std. Bottle
Tool Box with Tools for Bike
Vetta Bike Helmet - used 3 times.

\$600.00

Many other Bike Parts.

Sam Weinstein, 920 W. Lawrence Ave.
Chicago, IL Apt. 111, 60640.
Phone Number: 312/989-4467.

FOR SALE:

1. Saturn sew up rims 32h - \$10.00
2. Thule Bicycle Rack, gutter mount
\$25.00

Rob Schaller, 1539 Woodbine Ct.
Deerfield IL 60015. 945-3699.

Harmon Happenings

Hans Predel

Our Harmon Hundred flyer is currently at the printers and is targeted to be mailed by May 15th. The Harmon Hundred will be held Sunday, September 11th. We have improved the route and will offer new patches and T-shirts to the riders.

Chair positions for the various parts of the organization needed to put on a quality ride have been formed. The following positions are still open:

- Glacial Park Sag Stop
- Safety (Sag Wagon patrol, etc.)
- Food and supplies
- Clean up.

These positions involve organizing that particular aspect of the Harmon Hundred and getting enough volunteers to do the job right. You will get lots of help and attention from me.

Lastly, we are looking for a new patch and T-shirt design as mentioned above. They can be the same, different or complimentary. They should try to capture the spirit of our quality ride and the club. Prizes will be awarded! Drawings aren't totally necessary (but helpful); we are looking for an idea or concept that can be turned into an eye-catching graphic. Please submit ideas to me either at 1435 N. Chestnut Ave., Arlington Heights, IL 60004, or at the next club meeting, June 1. All submissions must be received by that date in order to allow enough lead time for our vendors to make them for the ride.

Missing The Obvious

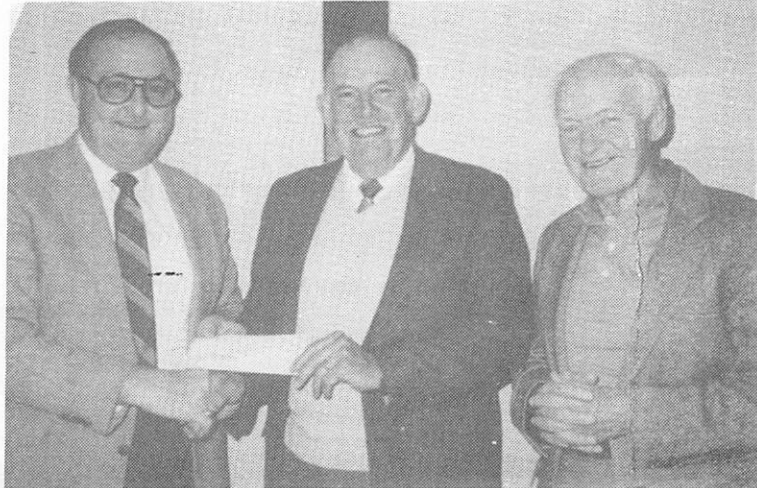
A customs officer was on duty one night when he was confronted by a pleasant-faced youth with a bicycle. On either side of the bicycle were two sacks. When asked what he had in the sacks, the boy replied, "onions." When the officer opened the sacks and found onions, he allowed the boy to go through.

The next night, he saw the same boy in the same circumstances. This time he had the sacks emptied, but still he could find nothing. When the same event took place every night for a week, he decided to search more thoroughly. He emptied the sacks, cut up the onions, even took the bicycle apart, but could find nothing.

He took the boy quietly aside and said, "I know you are smuggling something into the country, but I just can't find out what it is. I will take no proceedings, but will you please tell me?"

The boy's face was wreathed in smiles. "Bicycles," he said.

VIPs at May Meeting



Photos by Phyllis W. Harmon

Pat Murphy, Executive Director of Chicago Area Bicycle Dealers, 1956 Canadian Olympic racer and recent Torch Bearer in Olympics; John Torosian, President of League of American Wheelmen, from Atkinson, New Hampshire, guest speaker at our April meeting, and Keith Kingbay, Illinois Director for the League and club member.



Bob Illy and Ed Keys in deep discussion with John Torosian on his experiences in riding the challenging Paris-Brest-Paris race.

Important Legal Decision

AERODYNAMIC DISTURBANCE

Semi-tractor going downhill on an open highway in excess of 55 mph. Cyclist pulled into rear wheels of the tractor and killed.

Novel situation as to the placement of legal responsibility for accidents involving this phenomenon.

Favorable settlement. No case in the U.S. on this principle until this decision - 1978-79.

Lawyer: Craig D. Warner
Pryor, Riley, Jones & Aspelmeier
Mississippi Valley Savings Building
321 N. 3rd Street
Burlington, Iowa 52601

Joseph Tobias

Illinois-Michigan Canal

The Cook County Board has approved construction of a 14-mile bicycle trail along the banks of the Illinois-Michigan Canal near Palos Hills.

The \$1.4 million bicycle path to be built by the Forest Preserve Dist. will run along the canal from Ill. Hwy. 83 to 47th Street and Harlem Ave. where it will be linked with a \$2.5 million history exhibit to be built.

The paved path will run through forest preserve areas east of Ill. Hwy. 83 on the south side of the canal and then run along the canal east of Mannheim Road and Int. Hwy. 294. Bicyclists will be able to go from Ill. Hwy. 83 to the history exhibit and as far north as Roosevelt Road and as far west as the county line.

Send July Newsletter Material to Jenny Grant

Phyllis Harmon

Inasmuch as I'll be gone practically all of June showing New Zealand and L.A.W. slides at GEAR '88 Lancaster, Penn., attending a family reunion in Arizona followed by the L.A.W. National Rally in Flagstaff - there's no way I put out the July newsletter.

Jenny Grant has kindly volunteered to put out the July issue..so send all newsletter material to her at 615A Waverly Drive, Elgin, IL 60120. If you have any questions, call her at 742-0814. She will need the material by June 15.

Weight -Health- Exercise

by Phyllis W. Harmon

Physical fitness: flexibility, strength and "aerobic stamina".

The first two can be attained through stretching and strength-building exercise. "Aerobic stamina" refers to the amount of endurance one possesses while exercising. It is associated with the heart and lungs working at greater efficiency. It reduces risk factors of hardening of the arteries, heart attacks, lowers blood pressure and cholesterol level.

Three criteria determine whether an activity is sufficient to attain physical fitness: Intensity, Duration and Frequency. The greater the intensity of an activity, the less duration and frequency is required.

Most exercise prescriptions recommend activity sufficient to make the heart work at 70 to 85% of its maximum rate for 30 to 40 minutes, three times a week. The formula the experts use is: subtract your age from 220. Multiply the difference by .75. That number, plus or minus 20, is the heart rate you should achieve while exercising.

The three most beneficial exercises are bicycling, running (walking) and swimming. Naturally the longer and faster you pedal, the more calories you burn. For example, if you pedal at 8-10 mph you'll burn 300 calories an hour; at 15+ it's more like 600 calories!

Sports medicine and exercise physiology have been reporting on the exercise-weight loss test results. One interesting 6-month study had interesting results: Overweight women who continued to eat normally while beginning to walk, swim or bicycle up to an hour a day for six months.

Results:	Pulse	Weight	Weight loss
Cycling:	75/64	148/129	12%
Walking:	75/63	152/135	10%
Swimming:	76/63	148/153	0%

If you are aware of the relationship between calories expended and calories consumed you won't splurge on a banana split after a century!

For example, a chocolate chip cookie (200 calories) is equivalent to half an hour of bicycling! On the other hand, the same amount of pasta (200 calories) is far more filling and more healthful.

Weight loss through exercise without worrying about diet is possible only if an exercise threshold is passed. In the studies, nobody lost any weight without restricting their food intake until they got up to half an hour a day or more of exercise.

So, keep on riding with the Wheeling Wheelmen and enjoy the added bonus of good health and less weight!

Improve Bicycle Path

SPOKESgroup, a local bicycle advocacy group, claim over 1,000 residents of Libertyville, Mundelein and Vernon Hills support upgrading the right-of-way of the old North Shore Railroad parallel to Route 76.

Residents and surrounding communities support upgrading the right-of-way between Libertyville and Mundelein. Currently the path is improved between Milwaukee Avenue and Butterfield Road. The dream is to have it go all the way to Lake Bluff.

Thank You...

A record breaking 75 people enjoyed a perfect day on the McHenry Dam ride.

The massive turnout was handled very well by breaking into 3 groups. A special thanks to Kurt Schoenhoff and Dick Ryan who, on a moment's notice, offered to lead two of the groups.

Howard Paul

Great Riding This Year!

The shortage of rain is a problem for farmers, gardeners and lawns, but for us bicyclists it's been great! We've enjoyed lots of bright sunshine and great weather and the riders have turned out in great numbers.

Pat Marshall did an excellent job taking over the Covered Bridge Ride at 9 p.m. the night before and even making up great cue sheets! Also her Wednesday night ride, as usual, covers a terrific area and Pat gives us a personal tour of homes of various sports people...like where Jim McMahon is living and where he's building what looks like a mansion!

Al and Lynn gave a perfect example of how to lead a ride on the Lake Zurich Ride. Al took half of the riders at a touring pace; Lynn followed at a leisure pace, both with regrouping stops.

George and Marilyn Mathison would just as soon have skipped the Audubon Ride this year but riders turned out and they led with wind, cold and rain! Good trouper.

Jerry Goldman's Westward Ho went smoothly with no rain (customary on

this one) and no gale winds! Weather was perfect.

Don and Elida Derebey also demonstrated how to lead a ride perfectly. About 38 riders, Don led and Elida rode sweep. Don said back when he first joined the club Terry Schwerin told him, "Never let your sweep get out of sight." And that's the way he leads...regrouping where needed. We had a delicious lunch at Lake Forest College. What a perfect spring day!

Elliott Kanner's Apple Pie Ride to Wauconda Apple Orchards with the delicious apple turnovers and cider was great, bright, warm and sunny.

And Phyllis Harmon's Rural Rustic Ride on Mother's Day even had a good number of mothers riding! We lunched in Long Grove and on the way back the wind really began to blow and we really had to double over the handlebars and push into the wind. We were back by 1:15 but....

The riders on the Janesville weekend weren't so lucky! They blew up to Janesville in record time, but heading back was something else! The wind gusted stronger and stronger..tornado warnings were everywhere. The riders had their work cut out for them but made it back. Hans Predel learned the importance of "drinking before you're thirsty; eating before you're hungry and resting before you're tired."

I was home with a sore throat the following weekend so missed those rides, but this past weekend sure made up for it! Howard Paul's McHenry Dam ride with 75 riders! Birds, flowers, sunshine, bright blue skies practically no wind! What more could we ask for but a repeat the next day! So Terry's Summer Starter headed leisurely out through Streamwood to Bartlett for lunch and headed back through Elgin and a few light hills. Aaron Tanzer and Wojteck Morajko followed the group over the same route leading the Beginners touring ride.

It's great to see the wide range of riders turning out...many new members on their first club rides.. some who have been members two and even three years but never turned out to ride with us! And the new riders are doing fine. And don't forget..whenever the group stops, get up front behind the leader - it's much easier than playing "catch up".