



July Meeting

Wednesday, July 6 - 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: Sue McPheron
"Nutrition for the Active
Lifestyle"

Sue is one of our members and has volunteered to speak on a subject of interest to us all. Everybody has to eat! She will talk about nutrition for physically active people.

Sue has a B.S. in Foods and Nutrition and works at Lutheran General Hospital in management in her chosen field.

IN SEARCH OF THE TRUTH - - -

by Dick Sorenson

As we wander through the downward side of mid-life some comfort can be taken in the fact that we know a lot of answers. This is true in our family and personal lives and careers, as well. What bothers me, though, are the imponderables which occur to me while bicycling through the quiet countryside.

Here are a few:

- * Why do people in passing cars feel a need to shout obscenities at a lone bicyclist? Maybe a psychiatrist can answer that one.
- * Why do people ride recumbents? They appear so unstable, uncomfortable and dangerous. I wonder if drivers can see them on the road.
- * Why do some cyclists take off on 50+ mile trips without a water bottle?
- * Why do some cyclists ride without helmets? Do they ever consider the consequences? It can't happen to them -- right?
- * Are gravel truck drivers paid by the load or by the hour? They always drive with such abandon and speed to get from point A to point B. What motivates them to risk their lives (and ours)?

The July general meeting will mark the first time your President will be absent from the gathering since he took office back in November of 1986. I guess that event isn't exactly earth-shaking! However, it does give our membership a change of pace, giving another a chance to be at the podium.

My wife and I will be attending the L.A.W. National Convention in Flagstaff, Arizona during the July meeting. Have you attended a L.A.W. rally or convention? Well, I highly recommend it! During 3, 4, or 5 days, you can cycle various areas of the great United States, attend workshops, enjoy great food, socialize with fellow cyclists, sightsee, party, or just relax. It surely can be a wonderful vacation for you.

During my 11 1/2 years of cycling I have had the opportunity to attend various L.A.W. rallies and one National convention. The events give you a chance to make choices in trip length, and what rides to choose. The many workshops offered give you an opportunity to expand your knowledge of the cycling world. The social get-togethers, whether formal or informal, are a great way to hear from cyclists in other parts of our country. Of course, a vaca-

tion wouldn't be a vacation without ice cream and cake! This is amply provided, too! In a few words --- you can have a blast!

Last year, Lynn and I were in East Lansing, Michigan attending the National Convention. It was super organized, and the hosts were very hospitable. We even went to Hell! There was a ride to a town named Hell in Michigan. It was a very beautiful ride --- and Hell was very interesting too!

A trip to Georgetown, Kentucky (near Lexington) was extremely enjoyable at "Gear in the Bluegrass" back in 1984. The horsefarms and beautiful rolling countryside made that 3 day trip most exciting. Again, the hospitality, accomodations, food, prices, and rides were super!

I've been to Millersville, Pennsylvania and Charlotte, North Carolina for Gear rallies in my earlier years, and they all were great experiences.

There is something for everybody. The price is right! Families with kids are more than welcome, too. So, if you're having a hard time figuring out what to do, or where to do it on an upcoming vacation --- try a L.A.W. rally.

Al Petty, President

SUBSTITUTE NEWSLETTER EDITOR by Jenny Grant

A slight stab of fear struck me at the June meeting as Phyllis handed me a packet of material for the July newsletter. Knowing that she was leaving on another extensive travel adventure for the month of June and part of July, I hinted to her to leave me an emergency phone number. Well, she changed the subject and I've been on my own.

Phyllis did give me a thorough training session at her house. Yes, being Newsletter Editor requires extensive preparation and time, as well as patience. Once again, we need to thank Phyllis for her generous contribution over the years.

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 362-7794

- * Why do people dump junk and litter along the road?
- * Why do people (?) break bottles on the bike path?
- * Why do some cyclists carry heavy, loaded panniers and/or back packs on short rides?
- * Why do runners always grimace and wear knee bandages if they're having such a good time?
- * Why do dogs chase bicyclists?
- * Why do drivers turn left or right in our path - - - as if we were invisible, or chopped liver?
- * Is it my imagination, or are yuppies taking over bicycling? There seem to be more overdressed and upscale, high tech bike freaks than ever before. Will they eventually abandon cycling as they've deserted the racquetball and health clubs?

I'd appreciate your answers.



by Woyteck A. Morajko

This month let's consider one of the most important components that you can buy for bicycling, and it doesn't even bolt to your bike! I'm talking about helmets.

The most important considerations when choosing a helmet are protection and comfort. Many manufacturers have realized that appearance is also important to many customers, and have come up with helmets that are colorful and shapely. You no longer have to ride around in something that looks like a toilet bowl!

Helmet protection is tested by the American National Standards Institute (ANSI) and by SNELL Memorial Foundation. Helmets are tested by being placed on a weighted headform and dropped from a height of 1 meter (ANSI) or 1.2 to 2.0 meters (SNELL). Deceleration is then measured in Gs (Gravity). A 300 G cutoff is used to determine whether a helmet passes or fails. Both SNELL and ANSI are simple and reliable and any helmet worth spending money on should have one of these stickers. So don't buy one without it!

Helmet comfort is important. Try one on before you buy it. Two approaches are used by makers for fitting: adjustable and non-adjustable. Non-adjustable ones come in set sizes from extra small (XS) to extra large (XL). Since they don't adjust, make sure that it fits correctly. Adjustable helmets come in two or three sizes with variable thickness pads or an adjustable headband to take up any slack. Ventilation is also important and most manufacturers provide openings in the helmet for air circulation.

All helmets that meet ANSI standards have a crushable liner of expanded polystyrene (also known as styrofoam). Some have a hard outer shell of plastic or fiberglass; others make full-size versions of lightweight styrofoam helmets without a hard cover (they have the nylon stretch cover). Many people were skeptical when foam only helmets first came out. But they do pass ANSI and SNELL tests, and many people have survived crashes and credited their no-shell helmets with preventing head injury. Their biggest advantage is lighter weight - they weigh one-half to one-third as much as hard shell helmets. They do require careful handling when not in

use. Prices for helmets, both hard shell and foam only range from \$30 to \$70. That's probably the best item you can spend money on.

I recently purchased a lightweight, no shell helmet. I used it on the Liberty Metric and had no problems getting used to it. The day was fairly warm and the helmet's ventilation holes kept my head from sweating. Whether this holds true for the upcoming hot and humid weather remains to be seen.

Two more comments. For cleaning use only warm water and mild soap; cleansers or solvents might weaken the plastic. Try not to damage the helmet by dropping or throwing it and if you should (God forbid) crash and hit your head - replace the helmet. They are designed to absorb any shock!

Harmon Happenings

Hans Predel

Lots has happened in the last 30 days. Our flyer went out on schedule to our mailing list. Many bike clubs and a few bike shops have received a supply of flyers for their use. If you would like some flyers for your friends or your local bike shop, please call Andy Dane (271-0808) or me (255-4029).

Glacier Park Sag Stop is the only leadership position that is not filled. The job involves setting up the sag and serving incoming riders. Since it is the second stop on the 100 mile ride, the sag is open by morning until midday. Or the chairperson can find a co-leader and split up the hours. Any interested parties should give me a call.

We received some interesting designs for patches and T-shirts including a couple of wild color combinations! They are exciting! The patches are ordered and the T-shirt design contest and the winning designs will be featured in the next newsletter.

By the way, all this work has been done with a limited number of people. Over the next two or three months, we need to line up volunteers to help the chairpersons. Many hands make the job fun, not hard work! I enjoy seeing and meeting the bikers on the ride. I especially like to hear good comments about our club and the quality ride we sponsor. Many riders in Chicago did their first Century on the Harmon Hundred, and the experience has a special place in their biking memories. Beyond your membership fee, we need a couple hours of your time to keep the ride successful. If you are proud of the club, benefit from the ride schedule, enjoy the comradery of the group rides and other activities, then you should consider devoting a portion of your time to

maintaining the quality and reputation of the Harmon Hundred. Please refer to the list of chairpersons and their duties. Each chairperson needs volunteers. Either contact them at the telephone number listed or call me directly. Sign-up sheets will be available at the monthly meetings. Bring a guest or friend. All volunteers are welcome and greatly appreciated.

HARMON HUNDRED ACTIVITIES AND CHAIRPERSONS

*REGISTRATION

Phyllis Harmon: 537-1268.

*WAUCONDA ORCHARDS SAG

Bob Browning/Keith Kingbay: 537-3391.

*GLACIER PARK SAG

Vacant

*WOODSTOCK SAG

Jack & Lillian Russell: 940-0633.

*HICKORY GROVE SAG

Lynn Petty: 948-7288.

*CUBA ROAD SAG

Pat Marshall: 564-0346.

*SAFETY (SAG WAGON PATROLS)

Woytek Morajko: 392-0530.

*PARKING/TRAFFIC CONTROL

Mike Sachiem/Elliott Kanner: 259-5216.

*FOOD & SUPPLIES

Susan McPheron: 824-5091.

*ROUTE MARKING

Bob Vargas: 259-3210.

*CLEAN UP

Hans Predel: 255-4029.

QUOTABLE QUOTE

It takes all sorts to make up the world of wheels.

From Bicycling: A Guinness Superlatives Guide. J. Drury and J. B. Wadley, 1976.

Recipe Of The Month

from Jenny Grant

Brain Dip

4-6 packages Budding Beef
3 medium size Philly Cream Cheese
1 small onion
1-3 tsps Worcestershire sauce
1 tsp real lemon juice
Tops of green onions
Garlic salt

Leave cream cheese out to soften while you chop beef into small pieces. Chop onion into small pieces along with green onion tops for some color. Mix all of the above and put into bowl. Flip bowl onto plate and remove bowl from molded "brain"! Serve with crackers and vegetables such as carrot sticks, cherry tomatoes, etc.

** For you nutty people:

Sprinkle chopped nuts on the dip.

Schedule

July 2 ICE CREAM SOCIAL, Algonquin

Sat. 8 a.m. - 65 miles from Neubert
T Elementary School, corner of Huntington and South Huntington. To get to the school, turn onto Huntington Drive .3 miles south of State Hwy 62. Follow to end and school is ahead. This is a new ride that goes to Ellison's old-fashioned ice cream fountain in Hebron. Aaron Tanzer - 338-5374.

July 9 CHAIN O' LAKES, Long Grove

Sat. 8 a.m. - 60 miles from Kildeer
T School. Hans Predel - 255-4029.

July 10 TWIN LAKES RIDE, Long Grove

Sun. 8 a.m. - 81 miles from Kildeer
T School. Woytek Marojko - 392-0530.

July 16 BELVIDERE RIDE, Elgin

Sat. 6 a.m. - 100 miles from the
E Grant's home, 615-A Waverly Dr. Floor space is available for those who would like to stay overnight on Friday. Jim and Jenny Grant - 742-0814.

July 17 BAHAI RIDE, Wheeling

Sun. 9 a.m. - 35 miles from Pottawatomie Woods, Dundee Road between Port Wine and Milwaukee Roads. Ride to Bahai Temple in Wilmette. *Bring lunch or buy for a picnic in Gillison Park. Howard Paul - 824-2941.

July 23 ZION RIDE, Wheeling

Sat. 8:30 a.m. - 68 miles from Chamber Park on Wolf Road. Picnic lunch at Illinois State Beach. Phyllis Harmon - 537-1268.

July 24 BROOKFIELD ZOO, Mt. Prospect

Sun. 8 a.m. - 50 miles from Lyons
T Park. You and your favorite animal! What more could you want in a bike ride. We will be spending some time at the zoo, so bring a lock and chain. Carol Marojko - 392-0530.

July 30 MORAIN HILLS TO FONTANA RIDE

Sat. 9 a.m. - 65 miles from Moraine
T Hills State Park, River Road just south of McHenry Dam. Dick Ryan - 381-1775.

July 31 GRAYSLAKE RIDE, Libertyville

Sun. 9 a.m. - 32 miles from American
L National Bank, Cook Street. Bank is located 1 block west of Milwaukee Ave. (State 21) in downtown Libertyville. Ralph and Cindy Cochrane - 991-9096.

July 31 TROLLEY WHEELS AND HILLS,

Sun. Long Grove
T 7 a.m. - 77 miles from Kildeer School. This ride visits the Trolley Museum in Elgin. In other words, perfect summer training! Geri and Ron McPheron - 824-5091.

CODES:

L = LEISURE RIDE. 8-12 mph. Group stays together. Leader, cue sheet
T = TOURING RIDE 11-15 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.

Unfortunately, Kurt broke his elbow and will not be riding for awhile. However, the Tuesday Night Rides will still leave from his home. They will be either "Show and Go" or led by Jack Van Es.

WEDNESDAY NIGHT RIDES

6:30 - TWILIGHT

Touring pace.

July 13 Barrington High School at Main (Lake-Cook) and Hart in Barrington.
Dick Ryan - 381-1775.

July 20 Show and Go at Kildeer School in Long Grove.

July 27 615-A Waverly Dr., Elgin
Jim & Jenny Grant, 742-0814.

August is the last month for Wednesday Night Rides and we need leaders. Call Aaron Tanzer at 338-5374 to sign up now!

THURSDAY MORNING RIDES 8:00

Moderate pace. 25-40 miles. From parking lot at the SW corner of Dominicks, Lake Cook Rd. and Arlington Heights Rd. Keith Kingbay - 459-8242.



Top Mileage

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

MEN	MILES	WOMEN	MILES
Woytek Morojko	765	Geri McPheron	442
Mike Skalka	631	Debbie Dick	367
Kurt Schoenhoff	530	Phyllis Harmom	347
Roy Erickson	484	Carol Passowic	337
Jack Van Es	459	Jane Newell	311
Kim Stanley	431	Cathy Zoch	311
Bill Bergeron	396	Jenny Grant	269
Bob Flanagan	395	Peggy Heslinga	239
Mel Robinson	385	Pat Marshall	215
Aaron Tanzer	373	Joyce Lewis	196

Ride Notes

by Aaron Tanzer

Carol, Woytek, and I would like to thank all of the club members who helped make the Beginner's Touring Series the success it was. To Pat Marshall and Dave Umlauf for an eye-opening talk on bicycle maintenance; To club members Debbie Dick, Hans Predel, Al Petty, and Gee Cunningham, who helped at the different sessions in various capacities; To Bob Meute who originally suggested the Series; And to Judy Menosky, whose experience and format with a similar program were liberally borrowed upon.

Michigan Tour

The week-long northern Michigan bicycle tour is booked solid! 25 members will start from Traverse City early August 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 held in mid-July to cover all information. Call Lilian Russell at 259-8682 for details about the meeting place and time.

For Sale

Miyata 1000 Touring Bike

23 in. / 58 cm.
Bar end shifters. Recently overhauled. New jumbo brake pads. Bio-pace chain rings, 15-speed. This baby can climb hills! Mint condition. Includes front and rear racks. \$400.00
Call Bob Meute: 823-2592 evenings.

Panasonic Touring Deluxe

20 1/2 in. frame - 15 gears.
1984 - Good shape. Hand pump.
\$200.00. Call Sue McPheron.
248-2502 (H) or 824-5091 (Parents).

Use your annual ride schedule for ride information but be sure to verify the dates in the monthly newsletter each month.

Changes, corrections, and additions do occur.



Janesville Ride - May 7 & 8

Top, left - Woodstock breakfast/lunch stop at McDonald's in Woodstock on Saturday. Annie Clauson, Kim Stanley Bill Bergeron, Bob Illy.

Top - Leaving the Super 8 Motel Sunday morning after eating breakfast at the adjacent Country Kitchen. Bob Flanagan, Bob Savio, and Aaron Tanzer are ready for the 100 mile return trip to Wheeling High School at the early hour of 6:00 a.m.



Apple Pie Ride - May 7

Middle, left - Carol Passowic and Debbie Dick head the line wandering to Wauconda Orchards.

Bottom, left - Searching for lunch at Wauconda Orchards.