



# MONTHLY MEANDERS



**SEPTEMBER**

MEETING

Wed. Sept. 7 - 7:30 p.m.  
Wheeling High School



## PROGRAM: WHEELING WHEELMEN'S MICHIGAN TOUR

Looks like Ruth Ryan, Lois Paul and Jack Van Es are having a great time prancing around in the crystal-clear spring. They are! Come and hear about our adventures. Phyllis Harmon has slides and others will bring their photos.

Also this is our last meeting before our Harmon Hundred invitational, so there will be last minute announcements and preparations, too.

## ELECTION

Ballots for our 1989 officers will go out with our October newsletters. Be sure to vote and send in your ballot immediately so that new officers can be announced at our November Banquet.

Nominating Chairman Jim Grant has so far: President - Hans Predel  
Vice-Pres. - Aaron Tanzer  
Treasurer - Andy Dane  
Membership - Geri McPheron  
Safety - Woyteck Morajko  
Keith Kingbay

## What Is A National Century?

Phyllis W. Harmon

For eleven months out of the year the League of American Wheelmen offers Sanctioned Century patches to affiliated clubs - 100 miles, 62, 50 or 25 - and any club ride during those months can qualify as an L.A.W. Sanctioned patch ride.

But the month of September is different! That is National Century Month and there are a special set of patches for these rides. Back when the League of American Wheelmen was young - 1880- 1890 and on into the 1900s - there was a National Century Day in which riders on their high wheeled bicycles rode 100 miles over the rutted dirt roads in 10 - 12 hours. This was quite a feat!

In recent years, with paved roads and lighter, geared bicycles a century is much easier to complete. With L.A.W. clubs now in all 50 states, trying to set one day in the month of September for a National Century was almost impossible. Early in September southern states and Hawaii said it was too hot. Later in the month Alaska complained they had snow or blizzards! So we set any time in the whole month in which clubs could sponsor a National Century.

Then, because there were so many new riders taking up bicycling, we added the Half Century and eventually the Metric and Quarter Centuries so that every one can participate in this big event. The theme "You, too, can ride a Century" means now that all riders can pick up the challenge. And, a Quarter Century patch is just - or even more - important to that participant as a Century patch is to the experienced rider.

There is another difference to a National Century. Riders have a maximum time of 12 hours but it is not intended to be a race. Experienced riders are expected to help and encourage newer riders - give them a word of encouragement or a bit of advice where needed. Based on past Harmon Hundreds our invitational this year will have over 1300 participants! Let's make it the best ever!

## THE PREZ SEZ

Hey, did you know that two of our members have accomplished great feats this summer?

Rob Schaller broke a record in this year's Double Trouble (Harvard to Champaign and back). The 22-year old Rob broke the men's 20-29 division record with a ride of 17 hours 45 minutes. The old record was 18 hours 16 minutes. Congratulations, Rob!

Kim Stanley rode coast-to-coast and raised over \$15,000 in pledges for the Lung Association in July. According to Kim, the experience was super and the people he came in contact with on the trip made his days. Kim will tell us about his trip at our October meeting. Congratulations for a job well done!

Shortly after this article goes to press, I will be on my way to Colorado to watch a few stages of the Coors Bicycle Classic. "My three sons" and I are going to see what it really takes to ride the Rockies.

Of course, the summer Olympics will be on when you read this, so I hope all of you get a chance to follow many of the activities, including cycling.

Sunday, September 11, is the date of our Annual Harmon Hundred, so get yourself ready to work and help make this Harmon Hundred the best ever. If you haven't signed up to help, but would like to, contact Hans Predel, 255-4029.

Happy cycling!

Al Petty, President

## MEMBERSHIP STATISTICS

|                         |     |
|-------------------------|-----|
| Individual Memberships  | 240 |
| Family Memberships      | 99  |
| L.A.W. Memberships      | 49  |
| 14.5% Members in L.A.W. |     |

|                |                 |          |
|----------------|-----------------|----------|
| President:     | Al Petty        | 948-7288 |
| Vice-Pres:     | Aaron Tanzer    | 338-5374 |
| Treasurer:     | Betty Vargas    | 259-3210 |
| Membership:    | Geri McPheron   | 824-5091 |
| Safety:        | Woyteck Morajko | 392-0530 |
| Editor:        | Phyllis Harmon  | 537-1268 |
| For check out: |                 |          |
| Bike Books:    | Pat Marshall    | 564-0346 |
| Bike Tools:    | Chet Tobolski   | 362-7794 |



## HOW TO HAVE A SAFE AND SUCCESSFUL CENTURY

by Wojteck A. Morajko

Here we are in the month of September and the Members' Harmon Hundred is coming up. For many people it represents the only chance to do a century ride. I remember my first century. My bike was old and heavy, I got lost, ran out of food and generally felt miserable. The next year was a completely different story. I had a better bike, paced myself, and had plenty to eat and drink.

Your first 100-mile ride needn't be painful and frustrating, but you have to follow a few simple guidelines.

Hopefully you've been riding most of the year and averaging more than 75 miles a week, and you've been able

to find time to ride during the week. It is very difficult to build enough endurance without riding at least 45-75 miles. In other words, if you ride after work and go on our scheduled rides, you should have no trouble from the endurance point of view.

But there is more to a successful century ride than endurance. Try to follow at least some of the helpful hints that I have listed below:

1. Don't wait until you're thirsty to drink, especially on a warm day. Bring several bottles and find places to refill.
2. Also, drink a lot before and after the ride.
3. Eat foods filled with carbohydrates, such as pasta and rice for 2 - 3 days prior to the ride. For breakfast, fruit, oatmeal, whole grain cereal and bread will do nicely.
4. As with drinking, don't wait until it's too late to eat. Recommended snacks are bananas, cookies and other fruit, both fresh and dried.
5. Don't stuff yourself while riding. Eat lightly and consider bringing some snacks in your bag or pockets. You can snack as you ride.
6. Use different riding positions

with your hands on different parts of the handlebar every few minutes to prevent muscle fatigue.

7. Try stretching as you ride by standing on the pedals. Arch your back and stretch your legs. Also do slow neck rolls and shoulder shrugs to relieve neck pain.
8. Don't stop for more than 10 minutes at a time. Longer breaks can make you stiff.
9. Make sure that your tires are inflated and your bike lubricated and maintained.
10. Wear comfortable shoes and clothing. Clothing will vary with the temperature. If it's hot and you don't wear much, remember to use suntan lotion, preferably waterproof.
11. Wear sunglasses to protect your eyes and reduce fatigue from glare.
12. Ride with someone who has a similar pace and goals. It gives you more support and encouragement than riding alone.
13. Bring a spare tube and basic tools for repairs.
14. Pace yourself! If you start out too quickly you might not have the energy to finish!

If you follow most of these rules, you will have a more enjoyable and safer century ride - I guarantee it!

## Burning Those Calories

by Dick Sorenson

Most of us are concerned about how much we weigh--indeed, some are obsessed by thoughts of having a lean profile. Many of us bicycle for the benefits of burning off unwanted calories. After a day-long ride, I've often heard comments about the rider's plans to consume bizarre combinations of high caloric food and drink--things they wouldn't ordinarily have eaten, had they not biked all day. I've been on numerous week-long biking trips, several through mountainous terrain, where not one pound was lost at week's end, because of the uncontrollable temptation to eat - eat - eat at day's end. The problem always seems to be that we eat more than we burn off.

I've come across one of those handy slide-charts that shows how many minutes we have to bicycle to burn off the caloric intake caused by eating our favorite snacks, food and drink. This chart is the kind where you pull the middle tab to the food listing and various numbers are displayed in small windows. Mind you, the amounts are rough - after all, its basis is a 150-pound person trekking away at 9.4 mph. That's pretty slow, probably relating to someone biking leisurely around the neighbor-

hood. This combination is supposed to burn up 6.35 calories per minute. Some of you more fortunate ones will weigh less than 150 lbs. and others, more; practically all of you pedal faster than 9.4 mph on average, so you can make your own rough adjustments from these guidelines. Anyway, with those ground rules in place, here are some of the results--some are good news, some bad. As a rough rule, just as you've always suspected, anything really good is usually very fattening.

|                           | Calories | Min. |
|---------------------------|----------|------|
| 1 Egg McMuffin            | 352      | 55   |
| 3 Pancakes                | 180      | 28   |
| 1 Waffle                  | 210      | 33   |
| 1 1/4 lb. Hamburger       | 418      | 66   |
| 1 Cheeseburger            | 518      | 82   |
| 1 Hot Dog and Roll        | 291      | 46   |
| 1 slice Pizza             | 145      | 23   |
| Chile with Beans          | 250      | 39   |
| Pecan Pie - 1 slice       | 495      | 78   |
| 1 plain Doughnut          | 100      | 16   |
| 4 Cookies                 | 200      | 31   |
| 10 French Fries           | 135      | 21   |
| 10 oz. Club Sandwich      | 670      | 106  |
| 1 Brownie with Nuts       | 95       | 15   |
| 1 oz. Dry Roasted Nuts    | 160      | 25   |
| 1 cup Buttered Popcorn    | 85       | 13   |
| Unbuttered Popcorn, 1 cup | 25       | 4    |
| 1/2 cup Hard Ice Cream    | 270      | 43   |
| 1 cup Soft Ice Cream      | 370      | 58   |
| 10.6 oz. Chocolate Shake  | 360      | 56   |
| Banana Split              | 540      | 85   |
| Diet Coke                 | 1        | 0    |
| Regular Coke              | 145      | 23   |

|                    |     |    |
|--------------------|-----|----|
| 1 cup Orange Juice | 120 | 19 |
| 12 oz. Lite Beer   | 105 | 17 |
| 12 oz. Beer        | 150 | 24 |
| 3-1/2 oz. Dry Wine | 85  | 13 |

As you can readily see, we really haven't been biking enough to burn off the calories lurking in the food and drink we consume. In other words, it isn't that we're eating too much--the problem is we're biking too little! For those of you who are riding the Harmon Hundred, take heart! At a 9.4 mph pace it's going to take you 10.64 hours, a total of 638 minutes, to complete the ride. That's not too bad. Just think what you can eat after completing that outing: 15 ice cream cones, 7.5 banana splits, 11 Egg McMuffins, 37 Lite beers, 28 slices of pizza, 160 cups of unbuttered popcorn, 638 Diet Cokes, or some combination of the above. I'm certain you'll be prudent in your choices.

Ride, have fun, and enjoy the benefits.

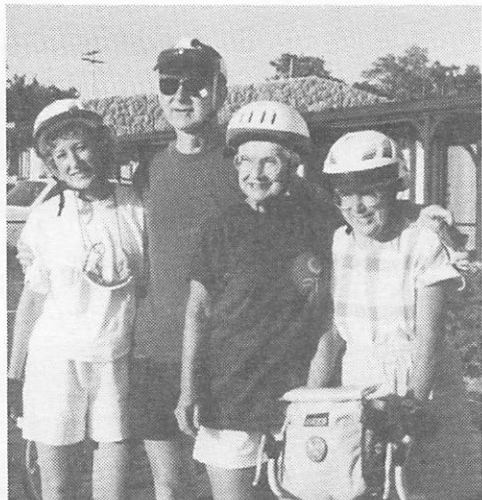
*Actually, the faster your pace, the more calories you burn per hour. At about 12 mph you burn 300 calories an hour; at 15-18 mph you'll burn about 600 calories per hour*

Ed.



# Wheeling Wheelmen's MICHIGAN TOUR

Twenty three of us gathered at the Knight's Inn in Traverse City for a week's tour in beautiful Northern Michigan.



Fran Green photo

Debbie Wistar, Kurt Schoenhoff, Gee Cunningham and Jane Newell all set to tackle the first day's hills to beautiful Shanty Creek Resort..a ski lodge 1.7 miles high above surrounding countryside.

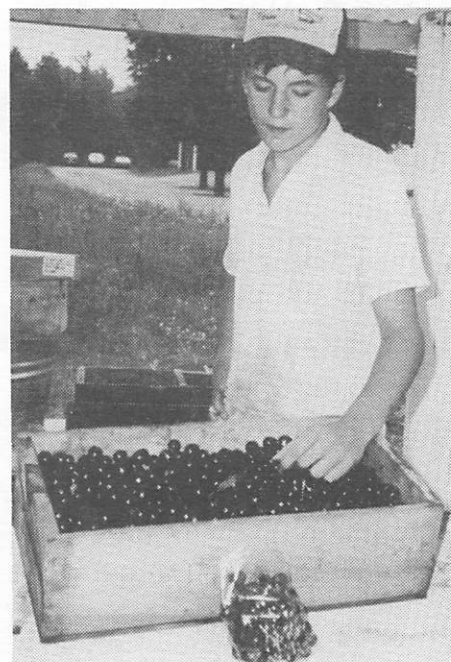


What a delightful experience to roll into the parking lot of the Continental Inn in Cheboygan, Michigan, to find this welcome sign. Since we were right in the heart of town, several members enjoyed browsing through the shops.

*Photos by Phyllis Harmon except those where indicated by Fran Green.*



A pleasant break in the day was a lunch stop on Lake Michigan shore for hot dogs and, for some, a swim.



Mmmm! Black cherries delicious!



Above: Harbor Hills Motor Lodge, Petoskey, graciously served us doughnuts and coffee before we left. Above right: One of the three flat tires promptly repaired.

Right: A stroll after a delicious dinner at Harbor Springs, viewing the yachts in harbor. Lilian and Jack Russell, Jack Van Es, Bill Lorenzen, Gee Cunningham and Jane Newell.



Our tour started in Traverse City First night at Shanty Creek Ski lodge, Bellaire, then along Lake Michigan shore to Harbor Hills, then Mackinaw City, Cheboygan, Grayling and back to Traverse City. Beautiful scenery and roads!

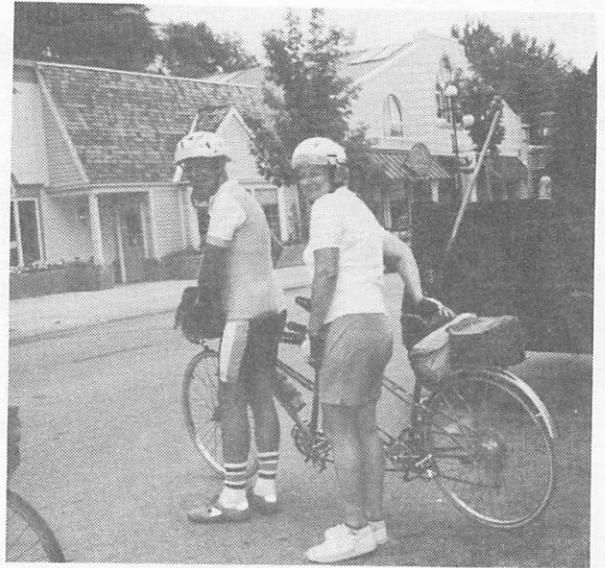
Phyllis Harmon and Kaete Schoenhoff join three cabbage headed figures along the road greeting visitors to a quaint antique shop.

This was along our route traveling from Lake Michigan to Lake Huron.



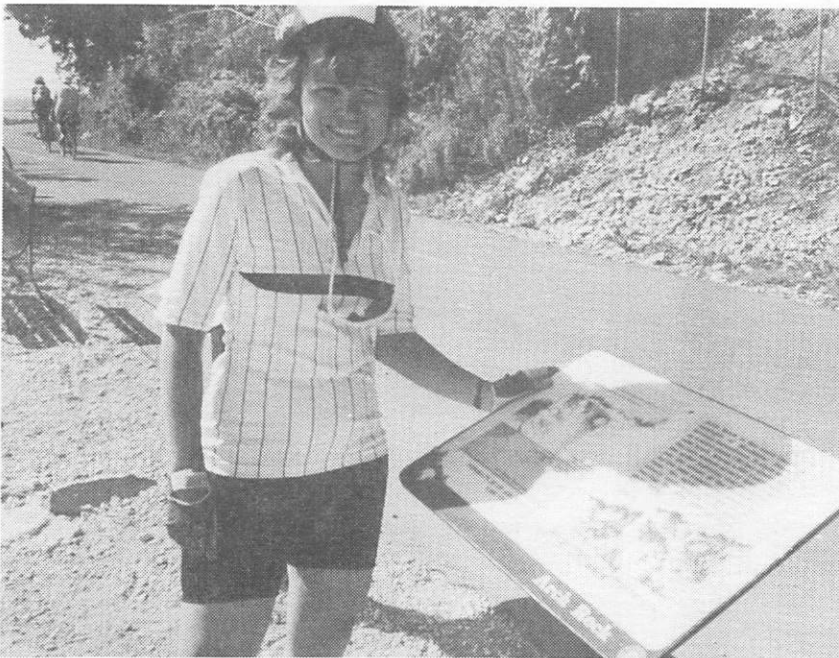


Debbie Wistar, Cindy Cochrane, Gee Cunningham and Kitty Hayes on ferry to Mackinac Island.



Howard and Lois Paul enjoyed riding the quaint streets of Mackinac Island.

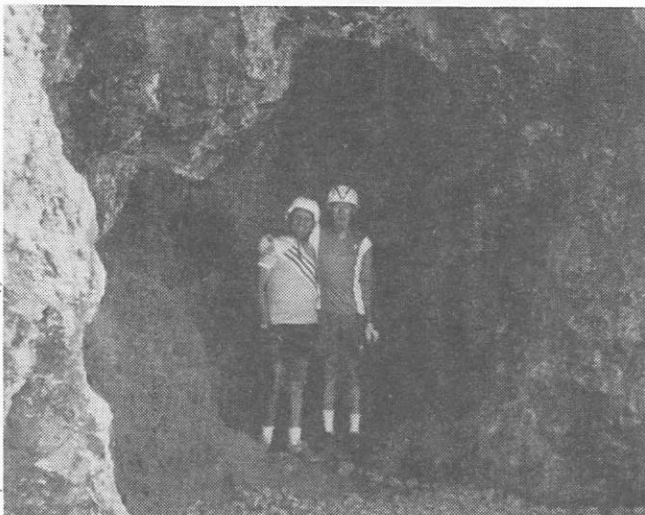
Fran Green photo



Fran Green reading information on Arch Rock, Mackinac.

Fran Green photo

We stayed at Days Inn, Mackinaw City, then ferried out to Mackinac Island where we biked the 8-1/2 miles around the island, visited beautiful Grand Hotel and toured Fort Mackinac where we watch a court martial (year 1885) watched a rifle drill, listened to bugle calls, bagpipes and toured the quarters of officers and men. We especially enjoyed the view from the fort - some 200 steps above the street! No automobiles but lots of bicycles, carriages and touring wagons.



Left: Jack Van Es and Bill Lorenzen in rock cave Mackinac Island.

Right: Geri McPherson wearing colorful bike shirt.

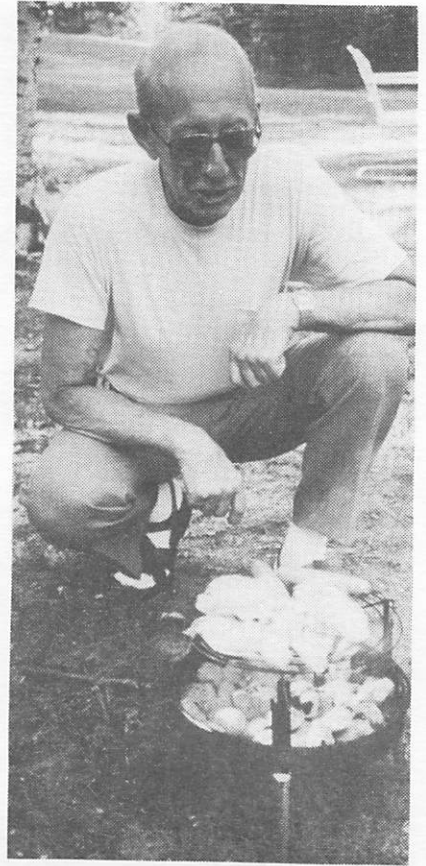


Fran Green photo

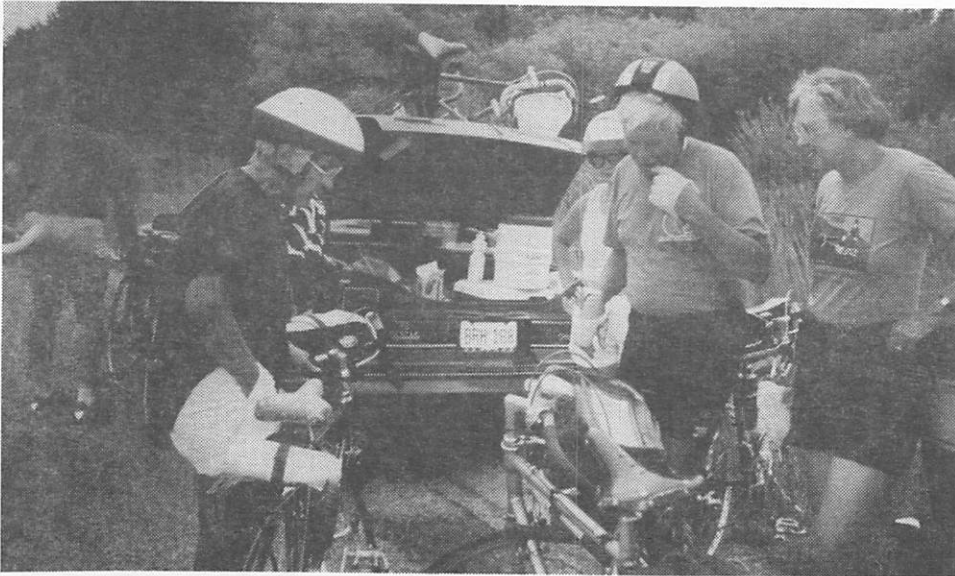


Fran Green, Debbie Wistar, Cathy Zoch at County Fair

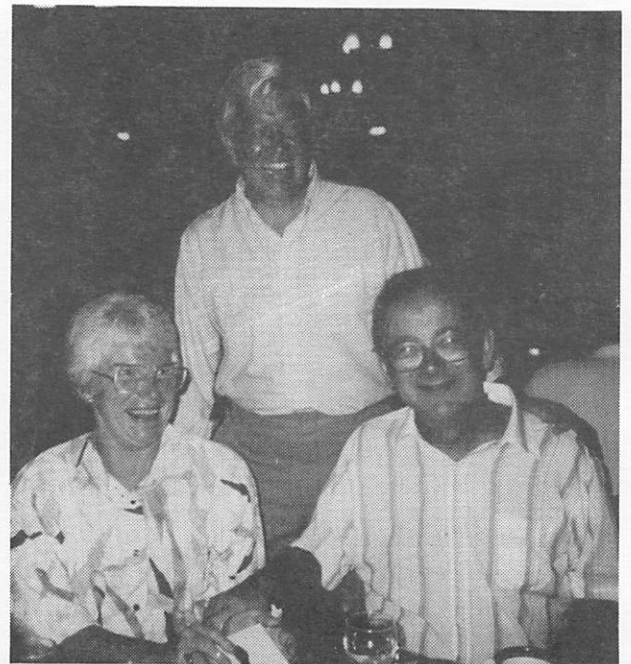
Fran Green photo.



Bill Lorenzen grilling hot dogs, corn, etc. at bar-becue dinner at Carefree Motel, Atlanta, Michigan.



Gee Cunningham, Geri and Ron McPheron and Ruth Ryan refilling water bottles at sag wagon .

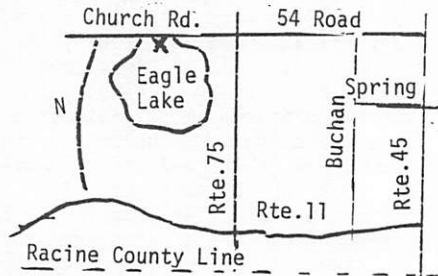


Ron McPheron presenting gifts to ride leaders in a big thank you for all their work in planning our tour. Above: Jack and Lilian Russell - and Kaete and Kurt Schoenhoff.

# Schedule

**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.

Lunch at Tichigan Corners, yummy custard in Burlington! (Rt. 75 starts where Rt. 83 turns west on Rt. 50) Phyllis Harmon - 537-1268. Beautiful bicycling!



**Sep. 4 MEMBERS HARMON FIFTY**  
 Sun. 7 a.m. 50 miles from Wheeling High School, Rt.83 and Hintz. We work the day of our invitational, Sept. 11, so here's your opportunity to earn the L.A.W. National Half Century patch. Carol Passowic 392-0530.

**Sep. 4 MEMBERS HARMON HUNDRED**  
 Sun. 6 a.m. 100 miles from Wheeling High School, Rt. 83 and Hintz. (See ride above re L.A.W. Century patch) Woyteck Morajko - 392-0530.

**Sep.10 MEMBERS METRIC CENTURY**  
 Sun. 7 a.m. - 75 miles from Wheeling High School, Rt. 83 and Hintz. L.A.W. Metric Century patch. Mel Robinson - 843-0422.

**Sep.10 MEMBERS QUARTER CENTURY**  
 Sun. 8 a.m. - 25 miles from Wheeling High School, Rt. 83 and Hintz. L.A.W. Quarter Century patch Phyllis Harmon - 537-1268.

**Sep.11 HARMON HUNDRED INVITATIONAL**  
 This is our day to work. 1318 riders last year so call Hans Predel - 255-4029 - if you have not signed up for your work location. 25, 50, 75 and 100 miles - workers for sags, registration, food distribution, etc.

**Sep:17 BELL ORCHARD RIDE, Long Grove**  
 Sat. 9:30 a.m. - 34 miles from Kildeer School - Ralph and Cindy Cochrane - 991-9096.

**Sep.17 NEW HILL 'N DALE, Long Grove**  
 Sat. 9 a.m. - 75 miles from Kildeer School. Bring or buy lunch. Kim Stanley - 459-9479.

**Sep.18 BOTANIC BICYCLE BLAST AND BARBEQUE WITH BEER AND BRATS**  
 Sun. 10 a.m. - 30 miles from Potawatomi Woods, Dundee Rd. just east of Milwaukee Ave. Wheeling. A joint ride with the Elmhurst Bicycle Club. Barbeque \$3.00. See application this page. Aaron Tanzer - 338-5374.

**Sep.24 APPLE CIDER RIDE, Hawthorn Wds**  
 Sat. 10:30 a.m. 30 miles from Kurt Schoenhoff's, 16 James Court, Hawthorne Woods. Joint ride with Arlington Heights Bicycle Club. Picnic lunch afterwards. Kurt Schoenhoff - 540-0861.

**Sep. 25 RACINE COUNTY RIDE, Wis.**  
 Sun. 8:30 a.m. - 50 miles from Eagle Lake Park on Church Road west of Rt. 75, Wisconsin. →

**Oct. 1 HUFF-N-PUFF, Long Grove.**  
 Sat. 7 a.m. - 80 miles from Kildeer School. Dick Sorenson 793-7945.

**Oct. 2 WHEELING BIKE-A-THON**  
 Sun. 7 a.m. to 5 p.m.. Our sixth Bike-A-Thon to raise operating funds for the Wheeling Senior Pavilion. Work and/or ride. From new location this year: Wheeling High School. \$10 registration or ride for pledges. 10-mile route. You can ride one lap or as many as you wish for mileage. L.A.W. Sanctioned patches \$2. for 25, 50, 62 and 100 miles. Many excellent door prizes donated by area business people. Workers needed in 2-1/2 hour shifts for registration, check points. This is our one big community project for the year. Phyllis Harmon - 537-1268

Two of the set of four National L.A.W. Century patches you can earn during September - participants on the Harmon Hundred and club members on Sept. 4 for the 50 and 100 miles and Sept. 10 for the 62 and 25 miles. Patches are \$2. Also you will receive the Wheeling Wheelmen special Harmon Hundred patch.

If you have a spare barbeque grill or other paraphernalia that can be used at the BBBBBB event below (e.g. volleyball nets, frisbees, etc.) please contact Andy Dane at 271-0808 and let him know.

**THE FIRST ANNUAL BOTANIC BICYCLE BLAST AND BARBEQUE WITH BEER AND BRATS!**

Sunday, Sept. 18 at 10 a.m. the Wheeling Wheelmen and the Elmhurst bicycle Club will co-sponsor a bicycle ride to the Chicago Botanic Gardens followed at 1 p.m. with an all-you-can-eat cookout including hot dogs, hamburgers and bratwurst.

The bicycle ride and cookout, rain or shine, will be at Potawatomi Woods, on the north side of Dundee Road between Milwaukee Avenue and Portwine Road in Wheeling. Fill in the form below and a check for \$3.00/person payable to Wheeling Wheelmen, P.O. Box 581-D, Wheeling, IL 60090. Reservations must be received no later than Sept. 12. For more information contact Aaron Tanzer at 338-5374 or Lew Cadkin at 834-4562.

**REGISTRATION FOR THE FIRST ANNUAL BOTANIC BICYCLE BLAST AND BARBEQUE WITH BEER AND BRATS**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ Club \_\_\_\_\_

I prefer (please check) Hamburgers \_\_\_\_\_ Hot Dogs \_\_\_\_\_ Bratwurst \_\_\_\_\_

Enclose a check for \$3.00 made payable to the Wheeling Wheelmen and mail to: The Wheeling Wheelmen, P.O. Box 581-D, Wheeling, Illinois 60090. THE REGISTRATION DEADLINE IS SEPTEMBER 12.

## Top Mileage

Members with top mileage on  
Wheeling Wheelmen scheduled rides:

| MEN             | MILES |
|-----------------|-------|
| Woyteck Morajko | 2,004 |
| Jim Grant       | 1,106 |
| Roy Eriksen     | 1,078 |
| Andy Dane       | 1,016 |
| Jack Van Es     | 1,010 |
| MikesSkala      | 982   |
| Joe Tobias      | 970   |
| Hans Predel     | 935   |
| Dick Ryan       | 840   |
| Aaron Tanzer    | 829   |

| WOMEN          | MILES |
|----------------|-------|
| Debbie Dick    | 1,016 |
| Jane Newell    | 1,004 |
| Carol Passowic | 934   |
| Catherine Zoch | 887   |
| Geri McPheron  | 843   |
| Gee Cunningham | 564   |
| Cindy Cochran  | 503   |
| Joyce Lewis    | 459   |
| Phyllis Harmon | 457   |
| Sue McPheron   | 378   |

## Michigan - Let's Go!

Hark! We're about to embark  
On a Michigan bike ride -  
Jack and Lilian side-by-side -  
The Schoenhoffs, Kurt and Kaete  
Our planners, first rate.  
Look, I see Ron and Geri  
Excited about taking the ferry.  
Howard and Lois Paul are here.  
They are excited, too, it's clear.  
The Ryans, the Zochs and Lynn and Joe  
Are organized and ready to go!  
Debbie and Kitty, and Bill and Jack  
May take off and never come back.  
I heard Jane just tell Frannie  
To ride safely. It's uncanny  
How Phyllis knows the rules of the  
road  
And tells us to bring a light load.  
Cindy's ready with water in tow  
And I'm aboard, raring to go.  
So fasten the helmets and mount the  
seat,  
Be careful and ride safely, I repeat.  
Enjoy the scenery and have some fun  
For here at dinner our trip's begun!  
Gee Cunningham

## FOR SALE

### FOR SALE: COMPONENTS

2 pr. tubular wheels  
Campy NR - Mavid - Clement Racing  
silks  
Phil Wood - Superchamp - Clement  
Shimano Durace Side Pull Brake set  
2 Sugino Cranksets 42-52, 44-52  
2 Pr. Campy pedals  
2 Shimano Front, 1 Huret Jubilee  
Rear Derailleurs  
Handlebars, stems, old 21-1/2" frame,  
etc. Will deliver.  
Jim Parsons (815) 229-1193.

## COMMENTS CORNER

For nearly 2 decades the Wheeling Wheelmen, while developing into a major cycling club, has also played a significant role in the bicycling movement. I've lately found myself looking back rather longingly, in a somewhat disturbed mood, to most of these years when weekend rides were a *universal* joy to anticipate. While our rides were by no means "slow moving", there was an opportunity for everyone of moderate experience to participate in *every* ride. They combined very fulfilling days of comradeship, exploration of new areas and good riding (including "Killer Hills" and centuries), with long remembered refreshment stops, and some new adventures.

While the classification of rides seemed, at first, to be a reasonable idea, I now feel that it's eroding the basic purpose of the club - to foster cycling as a joint experience. Many of our best ride destinations are now out of bounds to all but "Express" riders and, while I frankly feel good to have completed a few, I've not enjoyed the experience of trying all day to keep up, grabbing a rushed snack, and moving on. There is a place for Express riders but not as a major element of this kind of club, whose purpose still remains the promotion of cycling for the general population and maximum participation in *all* of our events! Turning us into a marathon will not invite a broad spectrum of riders, despite increasingly limited "Touring" and "Leisure" classifications. Let's remove the labels and have rides basically for everyone!

Elliott Kanner, Past President

Roget's Thesaurus declares that a synonym for "club" is a "fraternity". When I joined the Wheeling Wheelmen, I did so because I wanted to be with other people who also enjoyed cycling. It disturbs me now to see such emphasis on speed and mileage at the expense of development of friendships. Rides are not as much fun as they used to be.

I thought for a long time that perhaps it was only my own inadequacy that made me insecure, but comments that I've heard by other club members in recent weeks make me think otherwise. Here are examples of them:

"I joined this club last year and still hardly know anyone."

"I'm anxious about rides because I don't know if I can keep up."

"Should I join another club? Am I the only slower rider?"

"Do they ever stop?" (This comment was made by a new member on a *Leisure* ride.)

"I hate stop lights because if I get the red as it changes from green, everyone will ride off without me."

"Suppose my bike (or I) break down? Will I be left behind?"

I'm certain that some of the incidents that have occurred this year have been related to similar feelings. I am also sure that some people are unaware that a problem may exist.

Please, don't interpret my letter as destructive criticism. It is not intended as such. The support that I received from the Wheeling Wheelmen when I was sick last year was just tremendous, and I'm very grateful. It simply bothers me to see the fellowship I value so much endangered by inattention to this issue.

Although I'm better able to handle a touring pace now, I must agree with the statement of Earl Toran, Central Park Club president, made in the "New York Times". "We are a social club. We avoid having hot shots take off and leave slower riders in the dust." I've been there.

Debbie Dick

(Debbie was a new rider last year. She completed the Harmon Hundred and received the club award for the rider who made the most progress in that year.) Ed.

When I joined the Wheeling Wheelmen, I didn't know anything about bicycling. My first ride was the Lake Geneva ride....Gene Pilch rode along with me and taught me how to ride hills, how and when to shift... and the whole group stayed together! I never would have become an experienced rider without help from club members.

Dick Ryan, Past Vice. Pres.

We have had many such comments from members this year but apparently members are reluctant to speak out. Most of the riders on the Michigan tour said they weren't enjoying the rides as they used to and comment on help they received on group rides when they joined the club. Let's hear from you...what is your opinion? Let's hear your ideas on rides, mileage contest, or anything else you have in mind. Many of us feel there are too many "Express" rides for a very small percent of membership and not near enough rides for newer members. Comments please to: Phyllis Harmon, 356 Robert Ave., Wheeling, IL 60090 or 537-1268.  
Editor.