

WHEELING, ILLINOIS 60090

MOMEANDERS





P.O. BOX 581-D

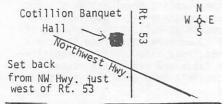
NOVEMBER

No November meeting - instead be sure to come to our annual Banquet, November 11, at the Cotillion Banquet Hall (former Creekside Theatre) at 360 Creekside Drive in Palatine. That is on Northwest Highway just west of Rt. 53.

By no means is this a "couples" party! Everyone is welcome for this popular social event! And Chairman Lilian Russell has a great program and surprise events for us! Also, there'll be awards, introduction of new officers, fashion show (and items will be available at the Banquet!) and...music to top off the evening.

Social hour is 6:30, dinner at 7:30. There is a cash bar. There's a 7-course dinner and you have a choice of orange roughy or pork tenderloin.

Reservation form is with this newsletter - you have until November 4 to get it in to Lilian Russell, 707 Bayside Court, Wheeling IL 60090, phone 259-8682.



OOPS!

Guess I'll have to say I'm not responsible for typos after midnight! The photo captions on Oct. page 6 mere done on an 18-hour day after leading the Racine County Ride - and the Banquet/Ballot page was well after midnight the next night so I could get the newsletter to the printer! I put Al Petty's name down for president instead of Hans Predel! Phyllis Harmon

President:	At Petty	948-7288
Vice-Pres:	Aaron Tanzer	323-3204
Treasurer:	Betty Vargas	259-3210
Membership:	Geri McPheron	824-5091
Safety:		392-0530
	Phyllis Harmon	537-1268
For check of	ut:	
	Pat Marshall	564-0346
Rike Tools .	Chet Tobolski	362-7704

THE PREZ SEZ

As my term comes to a close, I feel as though the last two years have been good ones for the Wheeling Wheelmen. We have ventured out into a new ride classification system, brought in many new members and have provided varied and interesting rides for our membership.

Our programs at the general meetings have been super, and who can forget the 1987 banquet! Wow! This year we probably had the "best ever" Harmon Hundred.

But, we can't stand still! Our efforts, under new leadership, must continue to work toward maintaining and improving our cycling activities. I know our incoming officers will do a superb job in the year to come.

I would like to thank all the 1988 officers for all the hard work they put in during the year. Without their guidance and leadership, our club would not have done as well.

Aaron Tanzer did a super job with our ride program and working with the ride leaders. Geri McPheron has gotten our membership up to 440 members, plus she provided great Mexican food at the Board meetings! Betty Vargas kept the books so we wouldn't go into the red. Woyteck Morajko has been very active as a safety chairman. He has logged over 2,000 miles on club rides and has been keeping our club members safe! Of course, many thanks to our recording secretary and newsletter editor, Phyllis Harmon, for a job well done!

When you are at the November Banquet, please go up to these people and thank them for their dedicated efforts in making the Wheeling Wheel-men the fine club it is!

In closing, let me say that I have enjoyed being your President for the past two years. I hope I haven't let you down, and that you were able to feel that the Wheeling Wheelmen gave you pleasure on or off the bicycle. If so, I have succeeded! Thanks to all of you for your continued support and help during my time in office. Good luck to all of you in the years to come.

Happy trails, Al Petty

Al, thank you for two outstanding years of service to the Wheeling Wheelmen as our dedicated president!



Chicagoland Bicycle Federation

Annual Meeting

NOVEMBER 18, 1938

The Chicagoland Bicycle Federation invites all bicyclists in the six counties of Northeastern Illinois to attend our third Annual Meeting Friday, Nov. 18 at the Garfield Park Fieldhouse, just off the Eisenhower, in Chicago.

Bicycle clubs are urged to send a delegation of members and to bring literature about their club for distribution. During the 7:00-7:30 p.m. reception, clubs are invited to display a poster about their club with photos of their rides, invitational, and other activities. This will be a unique opportunity to acquaint others with your club and to network with other clubs. The reception will be held in the Rotunda of the Fieldhouse, . an ornate domes area, where refreshments will be served.

At 7:30 p.m. CBF's annual business meeting will be held, followed at 8:00 p.m. by a forum on state support for cycling. So far, four state agencies have confirmed that they will send a representative: Illinois Department of Transportation, Illinois Department of Conservation, Secretary of State, and the Department of Economic and Community Affairs (tourism). Each will give a brief description of their bicycle-related program, their budget, staff, time allotment and plans for the future. This will be followed by questions, answers, and discussion. This will be the first time in many years that these agencies have appeared before a bicycling audience and CBF hopes an audience of several hundred will show their interest and concern for state-sponsored programs.

Plan now to attend. Garfield Park is at 100 north on Central Park, 3800 west. Coming east on Eisenhower exit north at Hamlin; coming west on Eisenhower, exit north at Independence Ave. Security parking is right there at the park.

Why I Can't Go Bicycling Today

by Dick Sorenson

Okay you procrastinators out there. Are you tired of using the same old excuses when friends call to go bicycling? You've used the "I'm too tired", "the temperature's too hot", or, "too cold", "it's windy" excuses till you've lost all credibility. Well take heart, it's never too late (especially for a procrastinator) to come up with a few creative "I can't bike!" excuses:

- o I have to water my plants today.
- o My tires are flat, the chain is rusted, spokes are broken.
- As soon as I finish reading "War and Peace".
- I never ride unless I'm totally color coordinated (cycling outfit/ bike color).
- o It would violate my official status as a couch potato.
- o Won't I burn the same calories watching the videocycle instead?
- It's time to watch the presidential debates (Wheel of Fortune).
- My biorhythm (horoscope(is all wrong for biking.

- I just had my hair coiffured.
- I don't like to drink warm water out of a dirty plastic bottle.
- I get my exercise by "grazing" (The art of flipping through 50 or so cable TV channels with a remote control looking for something interesting to watch.)
- I need fresh batteries for my "Walkman" -- I can't ride without it.
- o I don't bicycle during an election year.
- I just cleaned my bike and don't want to get it dusty.
- My cyclocomputer doesn't work.
- My water bottle is empty.
- My muscles ache already! (probably from inactivity).
- The last time out I got lost, got caught in a torrential downpour, the temperature dropped 30 degrees, I was chased by a pack of vicious dogs, a gravel truck brushed my elbow, hit a spoke-popping pothole, and my chain broke. (Why don't you take a pass today!)

SAFETY CORNER spill.

by Woyteck Morajko

Now that the summer months are over and winter is quickly approaching, it's time for us hardy souls to consider the hazards and dangers of winter riding.

There are three things to canside er: a) lack of daylight, b) insufficient traction, and c) cold temperatures.

For lack of daylight, consider installing a light set, either battery operated or with a generator. If you do get a set with batteries, get one with rechargeable batteries. Also, consider adding reflective tape to your clothes and bike for safety.

Insufficient traction can come about as a result of snow or ice. Wide tires with lots of tread will be a big help on snow, making an ATB (mountain) bike much more convenient. Riding on snow is similar to riding on gravel. Your bike will wander from side to side a few inches, but don't try to correct it. Let the bike come back to the straight line by itself. In order to accomplish this, relax your upper body and avoid grip-

ping the handlebars too tightly. Also, try to avoid any sudden move ments of your body to prevent a

Ice is more dangerous than snow. Braking and turning are nearly impossible on ice, both will cause loss of traction. Try to do both before you get to an icy patch. Always be suspicious of shaded areas, they may contain ice that is not visible.

The secret to surviving cold temperatures is layering. Start with long underwear made from materials that help wick perspiration away from skin. Then add insulating layers of wool or synthetic and cover it with a breathable windbreaker. If you put on too many items, you can always peel something off as you ride. Hands and feet always suffer during cold weather. Wear insulated gloves with a windblocker such as Gortex. For your feet, consider wool socks and neoprene booties. Cover your face with a scarf, or wear a hat with a mask that covers your face, leaving just openings for your eyes and mouth. Sunscreen/ moisturerizer is still a good idea during the winter months.

Here are a few more tips. For carrying liquid use a small thermos or an insulated case. You might want to put your bottle in a pocket between your inner and outer layers of clothing to prevent the liquid from freezing. Spray your chain with a silicone instead of oil. Oil thickens at colder temperatures.

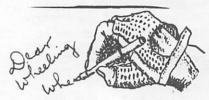
COMMENTS CORNER

Many riders come to club rides believing that regardless of what is scheduled they will do the ride in a style that suits them. They seem to forget that, of necessity, club rides are compromise rides. If they are unwilling, or unable, to accept the compromise for a specific ride, they should not go on it. Sadly that is often not the case.

When I started to ride with the club three years ago, turnouts were still relatively small. I had done plenty of riding but very little with groups. I was in the minority. I learned the actions and attitudes expected of a club rider by watching and listening to the experienced riders around me. Today, riders with that experience are themselves in the minority. They struggle to maintain their standards but, they are lost in the mob.

I don't have a quick fix. Perhaps some other member knows how you teach people that when they join a club "me" very often becomes "we".

Mike Sackheim



The 6th Annual Wheeling BIKE-A-THON was another successful fund raiser for the Pavilion Senior Center program fund due to the support of the Wheeling Wheelmen! We sincerely appreciate all the good will and promotion as well as the services of over 30 members who worked the check points, road intersections, registration table and marked the route. We couldn't have done it without you!

We hope to raise approximately \$4,500 for capital items, i.e. video camera, overhead projector to be used for senior programs and to fund community service events and activities at Pavilion, the Wheeling Senior Center, serving all area 55+ citizens. The Senior Citizen Commission and I thank you very much!

Barbara Hansen

Due to a knee injury I was unable to participate in the event I enjoy so much. Thank you for sending the Harmon Hundred T-shirt and sharing some of the enjoyment I missed this

Mike Cohen

If you go out and ride even a couple of hours each week during the winter, you will retain a good portion of your fitness, and you won't have to start from scratch next spring!

Schedule

Nov. 5 BREAKFAST RIDE, Wheeling

Sat. 8 a.m. - 20 miles from Horizon L Day Care, Schoenbeck south of Anthony. Breakfast at Walker Brothers Pancake House. Phyllis Harmon - 537-1268

Nov. 6 ALGONQUIN RIDE, Long Grove

Sun. 9 a.m. - 47 miles from Kildeer T School. Cathy and Anton Zoch 692-6093.

Nov. 19 TURKEY RIDE, Chicago

Sat. 10:30 a.m. - 34 miles from
L Caldwell Woods, Milwaukee and
Devon. Brunch/lunch in Glencoe
(bring money). First half of
ride on North Branch trail with
second hald on country and city
biking roads. Jerry and Carol
Hug - 696-2899. L.A.W. Thanksgiving patch for this ride.



Ride Classifications

For 1988

- L LEISURE RIDE. Slow pace, 8-12

 mph pace. The entire group stays together during the ride. There are regrouping points for all riders. Cue sheets and/or maps are usually provided. The leader will be specified in the ride schedule or the Monthly Meanders. Sweeps are provided. These rides are usually shorter distances. New riders are welcome.
- T TOURING RIDE. Moderate pace, 1115 mph pace. The entire group
 stays together during the ride.
 There are regrouping points for
 all riders. Cue sheets and/or
 maps are usually provided. The
 leader will be specified in the
 ride schedule or the Monthly
 Meanders. Sweeps are provided.
 This class covers all distances.
 New riders are welcome.
- E EXPRESS RIDE. Fast pace, 15 mph and over. Riders will move at their own pace. Short breaks. Cue sheets and/or maps provided. If the ride is not a scheduled Express ride, those wishing to ride this pace may leave before the scheduled-paced ride. A leader and sweep may be appointed at the start by those wishing to ride this class. All distances are covered. All riders who can ride this pace are welcome.

Holiday Party

Sat. December 11 - 10 a.m.

Hike and/or Bike. Grab

Bag. Pot Luck. Hosts are

Ron and Geri McPheron
in Mount Prospect

What The Statistics Mean

A SUBJECTIVE INTERPRETATION

Last month I presented several statistics relating to this year's ride schedule.

This month I wish to give my own subjective (for, as we all know, statistics can be used to say anything you want them to say) inter-pretation of them. The table breaking down our schedule by ride class is shown below. It has been updated to include our most recent rides. The chart in last month's newsletter showed an average of 41 riders for Sunday Touring rides; that number actually should have been 26 or 32. That's because we included the St. Pat's Ride which should not have been added because it was an invitational. See what I mean about statistics proving anything you want?

I think that the most important statistic is the average number of riders going on each trip. From observation and personal experience, I have found that it is impossible for a leader to effectively control a group when the size gets above 20. A large group like this tends either to string out so much that leaders cannot have a general knowledge where everybody is, or bunch up so closely that they risk the possibility of an accident. There are also too many people in a group this size for a leader to know when someone is missing at regrouping points.

Yet, the average number of participants on Leisure and Express rides is greater than 20 on weekends! Even worse, trip leaders were not told what to do when the group size became unmanageable, making their jobs harder. Although there has been an increase this season in the number and variety of rides, our active membership has grown at even a faster pace! Most criticisms of the rides program this year can be traced back to the large group sizes and their subsequent effects. We are delighted to be this popular and now that we recognize the problem, we can address

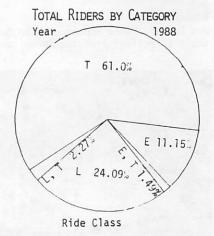
The solutions to handling large groups include increasing the number of rides on next year's schedule (our size dictates a minimum of three rides per weekend), increasing the number of active ride leaders, updating our instructions to leaders to include steps on how to handle large

- by Aaron Tanzer

group sizes, and workshops for new and current leaders on how to more effectively handle rides. Specific details will appear in the coming months' newsletters. Meanwhile, if you have any specific suggestions, please contact me with them.

The average difference in distance between Touring and Express rides is only 20 miles on weekends. Many Touring riders have said that they would like to ride the Express route but at the slower pace. (Express riders don't have this problem on Touring rides because every trip offers an Express option). Although the interest is there, we do not schedule a ride for two different paces unless there are two different leaders. On the other hand, many of the 19 Leisure weekend rides run so far did offer Touring options because the crowd was large enough for the leader to break the ride up into several groups, each at different paces. believe that many of our rides would be more enjoyable if two different paces were offered on them. Sometimes they would follow the same route, and other times one ride would be the short distance version of the other. In order for this to happen, though, a second leader will have to be procured before the newsletter is published.

One final note on the statistics, a puzzle, really. Touring and Express riders ride 20 miles more, on Saturdays than on Sundays. Does anyone have a logical reason why this is true? (See, I told you statistics can prove anything!)



Nordic Fest Nov. 4-5-6

Ski swap and Grass Ski Biathlon at BIKES PLUS, 1313 Rand Road in Arlington Heights.

Mike Gallagher will be there at 7 p.m. Friday. He is a former Olympian, Coach of U.S. Cross Country Ski Team and is in the Ski Hall of Fame.

Saturday 9 to 5 representatives of ski companies will be present and there'll be a waxing clinic and Biathlon. Sunday 10 to 5 there'll be roller ski and seminars.

Call BIKES PLUS, 398-1650, and they'll send you a brochure.

Progressive Dinner



Mmm! Kurt Schoenhoff, Jack Van Es, Lois and Howard Paul and Merritt Lewis dig in to the delicious salad course at Dick and Ruth Ryan's in Barrington.



Fran Green and Debbie Wistar enjoying dessert back at the Ryan's. Debbie had the yummy soup course.



Joe Tobias, Kaete Schoenhoff and Geri McPheron making their selections from the three soups served.



Soup eaters ate indoors our outdoors at Debbie Wistar's in Hawthorne Woods. The Mathison's grandson wondered why we had to pedal 15 miles to the main course at Kurt and Kaete Schoenhoff's when they only live next door to Debbie! Kurt led us on a beautiful route through several new luxurious new developments with new roads and no



Main course at the Schoenhoff's - brats, potato salad, Beautiful biking on traffic free roads and then, as is customsour kraut, etc.



ary on Progressive Dinners -- a ride in the rain to Barrington.

Harmon Hundred

Photos by Phyllis W. Harmon



Famous Marathon rider, Lon Haldeman, Harvard, Ill., W Wheeling Wheelmen President Al Petty, "Lady Lafayette" Robin Radtke, San Diego, Cal., Gene Sullivan, Plantation, Fla.



Pat Murphy, President of Chicago Area Bicycle Dealers, M-E and Dick Spirek of Bikes Plus. Dick is a past CABDA president. CABDA printed all our brochures and maps for us...! Thank you so much!



Harmon Hundred efficient Chairman, Hans Predel.

This year's Harmon Hundred went smoothly - there were 1,411 registratants, including 81 "no shows" that pre-registered and for an unbelievably wide variety of reasons were unable to come. Also 41 riders did not check out, so assumed incomplete.

Right: CCCycle display and repair equipment set up at Wheeling High School and later at Cuba Sag stop.
A B C Cyclery and BIKES PLUS had displays and assisted riders, too, and out in Woodstock, Tony's Schwinn shop was on hand for the second year. Thank you all!



Altogether Preregistration and Registration lines moved smoothly - 32 members checked riders in and out!



Right: Geri
McPheron handled
Registration Tshirts. Mike
Milton made himself
generally handy and
his two children,
Lauren and Jason,
energetically handed
out T-shirts from
Geri's table to
Registration - what
pep!

RID	ERS
Century	614
75 miles	141
.50	376
25	158





Harmon Hundred continued

Left: Lois Paul manning Glacial Park Sag Stop

Right: Overall view of Glacial Park Sag beautiful location.



GLACIAL PARK SAG STOP - PHOTOS BY BARBARA HANSEN
Surplus Harmon Hundred food went to Addolorata Villa for Aged Men and Women, Pavilion Senior Center, and tenants in Senior Housing.



Barbara Hansen and Joey Hesling, Joey's parents, Peggy and Bob Hesling were working at the Glacial Park Sag Stop.

How about some photos from some of the other sag stops next year?



Howard Paul stirring up a fresh batch of lemonade.

Right: Eric Grundin of Oak Park Cyclery and Pete Grundin and daughter, Erica, 2-1/2 years old. They rode 50 miles and then Pete signed up for a Wheeling Wheelmen family membership in time for the Wheeling Bike-A-Thon.





Cuba Road Sag stop was at Old Mill Flower Garden Center on Rand and Cuba Rd. $\underline{\text{All}}$ of the riders went through there!



Denise and Chuck Hallman and 26-month-old Tracy of Wheeling - they rode 25 miles.





Left: Youngest rider to complete the Century, Casey Dreyer, 11, proudly displays his two patches. He was awarded a Harmon Hundred shirt. With him is Ron Longhurst.

Right: Busy checking out riders after the ride: Joe Tobias, Fran Greene, Elida Derebey and Ian Gerber.

Workers found that Registration is really the heart of Harmon Hundred.."you see the riders before and after..!"



Left: Sue McPheron, excellent Food Chairman, foreground, Lilian Russell, bring in surplus supplies from Woodstock lunch stop.

Right: Ron McPheron sorting turned in rider numbers into numerical order! Many thanks!



Peggy and Bob Hesling at Glacial Sag



Ride Notes

by Aaron Tanzer

- Joe Tobias is recovering nicely from his recent accident on the Kettle Moraine ride. He only suffered a broken nose, and by the time you read this, he will be back on his bicycle.
- Ski trip leaders are needed. We plan on having at least one crosscountry trip a weekend from the week after the Dec. 11 Christmas Party until the end of February.
- I am compiling a list of those who might be interested in downhill skiing this winter. If there is enough interest, Glen Butler has expressed an interest in leading downhill trips. Contact me at 323-3204 if you are interested.
- Our successful growth has necessitated an increase in the number of bicycle rides next year. A minimum of three rides per weekend will be necessary. New leaders are needed for the next year in order to

- achieve this ambitious plan. If you have never led a ride before, but would like to try, please, PLEASE, volunteer. We will do more to help new leaders in organizing their rides.
- Rides needed. We need good new bicycle rides scouted over the winter for inclusion in next year's schedule. We are particularly short on Leisure rides which start in the country. (Most Leisure rides are either in congested suburbs or start at Kildeer School). However, new rides are needed in all categories.
- Have an ATB and would like to ride this winter? Woyteck Morajko would like to hear from you -392-0530.
 If there is enough interest, we will organize some ATB rides.
- We will begin to put together next year's rides schedule at the Banquet, Nov. 11. Lists of current rides we have on file will be available at the Banquet. If you led a ride this year which you would like to lead next year, you have until January 1 to volunteer to lead it. After that date, anybody can volunteer to lead it.

Henny Volpe Competes

There were 3,700 participants in the Chicago Triathlon - a one-mile swim, 25-mile bike ride and 6.3 mile run. Approximately 925 were women of which 400 finished. In the 50-60-year old age division, Wheeling Wheelmen member finished in second place - her best time ever. Henny works out several times a week and eats the right foods. She strongly advocates exercise, especially for women in her age group. She hopes to do better in next year's Triathlon.

Grandparents' Day

Howard and Lois Paul were "show and tell" guests at their granddaughter's Grandparent's Day at school. Her picture:



That's grandfather on his bicycle; the granddaughter is following....



HUFF AND PUFF: A special group of 18 riders assembled at 7 a.m. in the face of almost certain day long rainstorms and an 80-mile route. The sky was very, very ominous with dark, fast moving clouds. We split almost evenly into two riding groups, express and touring. The ride went quite well. Only one flat tire. Following "Sorenson's principle" the rain began when we were the furthest out - at the Union lunch stop. It plaqued us almost all the way back. Everyone was prepared for the worst, and the rain was gentle, a light drizzle, it wasn't cold and we enjoyed mostly a tailwind on the return. The tourists played tag with the express riders all day. Not a complaint was heard from this congenial group even though the breaks were short and the pace relatively fast. Everyone wanted to enjoy this delightful outing on a winding, hilly, countryside route, realizing that this was the last "long" WW ride of the season. Many early signs of Fall were evident: The subdued coloration, the drying corn and soybean fields, the rural smells and the birds flocking together in preparation for their flight south. The "Huff N' Puff" ride is my personal top favorite in the WW repertorie. (A warning: Route 62 and the Fox River bridge in Algonquin is a mess and makes for rather difficult, close to impossible, riding, particularly in the rain - use extreme caution in this area).

Dick Sorenson

BREAKFAST RIDE: I returned from California Sat. night just in time to lead the Sunday ride. A drizzle began just as I headed for Horizon Day Care where about 18 riders had

gathered. It wasn't raining hard but a bunch of the fellows drove to Granny Annie's for breakfast, a few went home. That left 9 undaunted bicyclists ready for the ride. Pat Richards (proud parent of 6 month old George) was on her first club ride and was delighted to meet some people whose names she had read in the newsletter. It was great having Jack and Lilian Russell, back from Oklahome, riding with Brutus. Geri Sedloff, who is a waitress at Market Square and late hours keep her from riding often with us, delighted us with stories of how she learned to ride a bicycle. First, by riding with one foot through the frame that she was too small to straddle, and later she'd stand on one pedal, her brother on the other pedal and a sibling on the seat - and they'd pedal into town like that! Turned out to be a beautiful day for bicycling. We breakfasted at Big Boy in Palatine.

Phyllis Harmon

WHEELING WHEELMEN ANNUAL BANQUET

Elegant Atmosphere - Liberal Libations Delectable Dining - Wonderful Camaraderie

Friday - November 11

Time: Social Hour 6:30 - Dinner 7:30

Location: THE COTILLION BANQUETS

360 Creekside Drive - Palatine

On Northwest Highway, just west of Rt. 53



Program: Mystery Program - Skit - Fashion Show - Awards - New Officers

CASH BAR

- SEVEN COURSE DINNER

\$14.00

Dinner: CHOICE OF: PORK TENDERLOIN - OR ORANGE ROUGHY

TOR ADDI	TIONAL INFORMATION, CALL LILIAN R	USSELL - 259-8682
FRIDAY, NOVEMBER 11, 1988 6:30 p.m.	November Annual Banquet REGISTRATION FORM	THE COTILLION BANQUETS PALATINE
NAME		
Address	Number of Persons	a \$14.00 = Total
	CHOICE OF DINNER (QUANT)	ITY)
PHONE	PORK TENDERLOIN	and the self-
NAMES OF OTHERS IN YOUR PARTY	URANGE ROUGHY	
	MAKE CHECKS PAYABLE TO:	WHEELING WHEELMEN
	SEND TO: LILIAN RUSSELL 707 BAYSIDE CO WHEELING, IL 6	DURT