



# MONTHLY MEANDERS



## February MEETING

Wednesday, Feb. 1 - 7:30 p.m.  
 Wheeling High School  
 Elmhurst Rd. (Rt.83) and Hintz  
 West entrance



**PROGRAM:**  
**CROSS-COUNTRY SKIING**  
 BY  
**DICK SPIREK OF BIKES PLUS**  
 In time for our X-Country  
 ski weekend, learn about  
 equipment/clothing, basic  
 techniques and areas to  
 ski, locally and in Wisc.

### Cycle Shorts

Hans Predel

I'm excited!!! We have completed arrangements to offer you a top quality, attractively designed and colored cycling short. The Wheeling Wheelmen logo will be printed on the white side panel. The shorts are black with some hot pink highlights in the white side panel.

Because of our buying power, the club can offer you these shorts at a bargain of \$16.00 per shorts. That's comparable to a \$40-\$60 pair from the bike shops. See the enclosed order form for more details. A sample will be available at the February meeting. We want to get all orders placed by mid-March so your shorts will be here early in the cycling season. So, order a couple of shorts (one to wear while the other is in the wash) and get the order in NOW to reserve your supply!!!

We will look into jerseys as the year progresses. More on that later!

### Dates To Remember

Wheeling Wheelmen Invitationals scheduled for 1989 are:

St. Patrick's Day Ride: Sunday, March 19, 10:30 a.m. from Wauconda Apple Orchards.

Harmon Hundred: Sunday, September 10, Wheeling High School.

Wheeling Bike-A-Thon: Sunday, Oct. 1 Wheeling High School

### Rani Russell

Surely all Wheeling Wheelmen members have heard or read about the horrible accident about 9 p.m. Dec. 29 at the dangerous intersection of Clavey Road and U.S. 41, but some of you might not realize that Rani Russell was the daughter of our Jack and Lilian Russell!

Jack and Lilian had just driven up from Tulsa, Oklahoma, in time to find Rani proudly displaying her engagement ring received the night before from her fiance John Shelby Michael, Machinist Mate 3rd Class based at Great Lakes Naval Training Center. Rani, John and two friends from Great Lakes, Charles Bealmeear and Maria Ellen Hutchinson, were going out to dinner.

At 10 p.m. Jack and Lilian heard about the accident, but didn't know the people in the car were Rani and her friends. Rani's car was fifth back from the light, in the center lane. It was the first vehicle struck by a truck, starting a fiery, 8-car pileup that left another 10 people injured.

It wasn't until 3 a.m. that Jack and Lilian learned the tragic news. We all extend our heartfelt sympathy to Jack and Lilian.

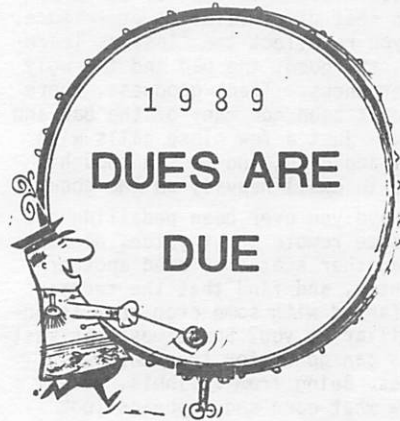
Jack said, right after they moved into Deerfield in 1983 there was a very similar accident at that intersection. As a result, legislation was passed to build an overpass there. Now 5 years later, still nothing was done. Sadly it took this accident to get the wheels in motion and the overpass is scheduled to be built this year instead of in 1990.

### In The Works...

Aaron Tanzer is busily finalizing our 1989 Ride Schedule which will go out with our March Newsletter.

Again this year there will be a series of training rides for beginners, a number of breakfast rides and President Hans Predel is planning a ride each month with participation by each Board member.

On Page 4 are the League of American Wheelmen's series of Sanctioned and National patches. Good designs!



Enclosed with this newsletter is a membership application/renewal form. Fill it in now so you won't forget! Don't be so late that your name doesn't get on the 1989 Membership list which will go out with the May newsletter.

Individual dues - \$ 8.00  
 Family dues - \$10.00

If you already have renewed, then give the application to a friend. Early in the year there will be a "Bring A Friend" ride, which sounds like a lot of fun!

### Free Clinic

Cycling Injuries of  
 The Knee, Ankle, & Foot  
 Treatment & Prevention.

By: Dr. Jared Frankel  
 Fellow American Foot  
 Surgeons.

Member of American  
 College of Podiatric &  
 Sports Medicine.

April 8th 10:30-12:00  
 1:00- 2:30

C. C. Cycle  
 307 W. Dundee Road  
 Buffalo Grove, Illinois

President:	Hans Predel	255-4029
Vice-Pres:	Aaron Tanzer	323-3204
Treasurer:	Andy Dane	271-0808
Safety:	Keith Kingbay	249-8242
Membership:	Geri McPheron	824-5091
Editor:	Phyllis Harmon	537-1268
For check out:		
Bike Books:	Pat Marshall	564-0346
Bike Tools:	Chet Tobolski	362-7794

## Field Guide For Fields

by Dick Sorenson

You probably don't ordinarily think about summer biking trips when there's a heavy layer of snow still covering the ground. But I do! I like to daydream about the rides to be ridden in the coming year; and, to rereide the previous year's routes. I guess it's this type of contemplation that gives value to experience, as you recollect the "lessons learned", the good, the bad and the ugly experiences. Thank goodness, there haven't been too many of the bad and ugly - just a few close calls with dogs and cars, and so the thoughts tend to dwell heavily on the good.

Have you ever been pedalling out in some remote countryside, perhaps in another state, or even another country, and find that the terrain is farmed with some crop that is unfamiliar to you? Sometimes this vastness can go on for thousands of acres. Being from Illinois, we all know what corn and soybeans look like as these crops sprout, mature and await harvesting. If you've ever bicycled around the DeKalb area in July-August, you certainly know what corn stalks look like! But what about oats, wheat, rye and barley? Pumpkins and squash are rather obvious, and our nostrils usually tell us an onion field or cabbage patch is nearby. So too, the abundant fields of sunflowers in Door County are delightful. Their bright yellow faces follow the sun. What about cotton, sugar cane, tobacco, cranberries, ginseng and other mid-western "exotic plants"? Other mysteries that come to mind are the berry farms and fruit orchards in Southwestern Michigan and the extensive vegetable fields along Route 1 in Northern California featuring garlic, spinach-artichokes, broccoli, cauliflower and brussel sprouts. Could you identify a crop of Belgium Endive--even after all the flak during the 1988 presidential election? How about flax, the source of linseed oil?

My point is that we poor cyclists rarely know just what plants are growing in the fields. It would be so nice if the farmers would display small identification signs along their acreage simply saying "beans", or "peas" or whatever. This would save countless friendly arguments among cyclists and, better yet, would be one less imponderable question to ponder, as we pedal along the open road.

There are field guides for birds, insects, shells, fishes, mushrooms, trees, mammal tracks, wild flowers and butterflies - but none for field crops.

Let's unite behind a common front to correct this omission in our culture. I'm certain this void is a throwback from the time when we were primarily a nation of farmers - after all, back then everyone just knew what those crops were; so who needed a guidebook? But now we're a generation of urban dwellers who only wander into rural areas on weekends - mostly between May and October. It's so great to be out on the back roads and blut highways (so called because they're the blue colored lines on most maps), to observe the verdant fields and abundant crops. We're used to having handy guidebooks and signs to give us quick-fix answers. We need something to tell us whether the crop growing in that farmer's field is potatoes or tomatoes. If the farmers aren't willing to provide informational signs (I haven't seen any movement to the contrary yet), then we need a field guide to the fields. How about that Mr. Roger Tory Peterson?



## Bike Tools: Tune-up Time

Our Bike Tool Chest consisted of the following:

- Wheel truing stand, spoke wrenches,
- Chain-type sprocket remover,
- Freewheel & Hub vise,
- Both lugged and splined freewheel removers,
- 3-way "Hex" wrench,
- 10-13, 13-14, & 14-17 open-end wrenches, and
- Bottom bracket wrenches.

Recently acquired are:

- Dishing Tool,
- Freewheel grease injector
- Chain rivet extractor

Now, when you are truing either your front or rear wheel, you can check and/or adjust for proper "dishing".

Another recent addition is a VHS Video tape "All About Bikes". This is an excellent presentation covering all aspects of cycling, including the use of the above tools in maintenance of bicycles.

You may "sign out" (name and phone No.) for any of the above items at club meetings with the proviso that they be returned no later than the following meeting day.

Chet Tobolski - 362-7794.

## THE PREZ SEZ

It is the middle of January and no snow! While my electric bill looks great, my body is slowly going to rot from lack of outdoor activity. I, for one, can't wait for Spring.

We had a good members' meeting. Aaron did a fine presentation on leading rides. He has plenty of handouts left, so contact him by phone or at a meeting for a copy. If you are a regular rider with the club, consider leading a ride. Using a current ride from the club library (updated) or developing a new one isn't difficult. This year we are encouraging what I like to think of as "team ride leading". We would like the ride leader to get co-leaders and/or sweeps in advance of the ride to map and help lead the ride. Two or more heads are better than one. Not having all the details fall on one person helps you relax and be more comfortable about volunteering to lead a ride. Think about it, get your friends together and sign up, please!

The February program is timely for those of us going on Fran Green's Wisconsin soiree. However, it should provide some good information for all of us. Think snow so you can use the tips this year.

The patch and T-shirt design contest for the Harmon Hundred will be starting shortly. This is the 19th year for the Harmon Hundred. Get those creative brain cells perking and get ready to submit your designs!

Hans Predel

## Janesville Ride

May 13 - 14, 1989

The Janesville weekend ride will leave promptly at 6 a.m. from the west parking lot of Wheeling High School. The 100 miles per day route will go from Wheeling through Long Grove, Woodstock, Belvidere, Shoppiere, Wisconsin, to Janesville, where we will overnight at the Super 8 Motel. Return via Elkhorn and Lake Geneva, Wisc., and McHenry.

Kaete Schoenhoff will drive Sag Wagon and carry luggage for which there will be a \$3 charge.

Please send a check for \$37 double or \$27 single to cover the cost of the motel room to: Jim Grant, 615A Waverly Drive, Elgin, IL 60120, by April 15. You will need approximately \$25 to \$30 for meals. Call Jim Grant, 742-0814, for more information.

Woyteck Morajko will lead a Touring group; Jim Grant will lead an Express group.

## For Sale

BELL HELMET - Size 7. Worn once.  
Genevieve Senne - 315 N. Salem Ave.  
Apt. 302, Arlington Hts. IL 60005.



FEBRUARY  
SKI  
SCHEDULE

Unless noted, bring snack or lunch.

Sat. Feb. 4 CHAIN OF LAKES

10 a.m. NOT FOR BEGINNERS! Must be able to maneuver sharp downhill curves at fast speeds! Rt. 12 through town of Fox Lake to State Park Road. Follow road all the way to parking lot by park office near warming house and concession stand. Mike Goldberg - 506-1778.

FEB. 11 NED BROWN FOREST PRESERVE

Sat. 10 a.m. (Busse Woods) Meet at Bosa Donuts, 5440 New Wilke Road (by Golf Road) for hot chocolate/coffee beforehand and lunch afterward. George & Marilyn Mathison - 825-5470

FEB. 17-20 X-COUNTRY SKI WEEKEND

Fri.-Mon. Wisconsin. See adjoining column. Fran Green-Kelner - 291-1461.

Feb. 26 - DEER GROVE - Palatine

Sun. 10 a.m. from entrance on Quentin Road north of Dundee Road. First parking lot after left fork in the road. Lisa Gerhold - 537-8391.

SHOW AND GO BIKE RIDES



There will be show 'n go bike rides every Sunday in February, weather permitting. Meet at the Mt. Prospect train station, corner of

Rts. 83 and 14 (NW Hwy.) at noon. Woyteck Morajko - 392-0530.



23rd Winter Rendezvous  
March 4-11  
Homestead, Fla

Had enough of winter? Here's a week of bicycling is warm, sunny Florida. \$55 registration until Feb. 15, then \$60. incl. maps, patch, sag, route markings, and T-shirt if registered before Feb. 15.

Headquarters this year at the Par Park Royal Inn, 100 US 1, Florida City. Special rates at all area motels. List incl. with registration form. Fee incl. ice cream social, picnic, wine & cheese party, Banquet. Beautiful rides every day! Optional day's cruise \$39 on Sea of Discovery March 11 - 9:30 to 4:30.

Regis. form: Dr. Paul Dudley White Bicycle Club, E. J. Wertz, 9129 SW 72 Ave. #H3, Miami, FL 33156. Phone 305/661-7552. (Or phone Phyllis Harmon, 537-1268, for Xerox of form.)

X-Country Ski  
Weekend

Fran Green

Due to the current lack of snow in Wisconsin, I found it necessary to move our Feb. 17-20 cross country ski weekend to Minoqua in the Wisconsin North Woods, where snow is plentiful, the trails well groomed and the food superb!

I tentatively made reservations at a motel near Minoqua (while keeping the accommodations in Black River Falls at no obligation to us). But, I need to confirm by Feb. 1 that the group will be going, and I need an exact head count no later than Feb. 8.

Please contact me no later than Feb. 8 to confirm that you will still be going, and I will discuss further details with you. There may still be additional space available on the trip if you have not already contacted me. Also, there are plenty of trails in the area for beginners.

Call Fran Green 606-9004 (bus.) or 291-1461. Overnights \$24-\$27 plus meals and trail fee.

St. Patrick's Day  
Invitational

The Wheeling Wheelmen's annual St. Patrick's Day invitational ride is scheduled for Sunday, March 19 at 10:30 a.m. Again this year the ride will begin at Wauconda Apple Orchards. Andy Dane, ride chairman, has issued a call for volunteers to assist with registration, parking, sag and sweep. A sign-up sheet will be available at our February 1 membership meeting. Ride flyers are available for distribution to your neighborhood bicycle shop. Call Andy at 271-0808 for further information.



Planning to attend both or either of the two League of American Wheelmen events listed below?

Al and Lynn Petty will be at Saratoga Springs. Howard and Lois Paul, Keith Kingbay and Phyllis Harmon will be at Salida. Let Phyllis know if you will be going - it's nice to know who will be there.

Coming Events

GEAR '89

Saratoga Springs,  
New York

Friday, June 16 - Monday, June 19

L.A.W.'s GEAR '89 is based in both Saratoga Springs and at Skidmore College. The Mohawk-Hudson Wheelmen have taken advantage of the fact that GEAR is in a small city this year and motels and college are close, so events will be spread throughout the town. From the mid-1800s to 1920s Saratoga Springs was as famous then as Las Vegas is today. The roads into the surrounding countryside, so popular for afternoon drives a century ago, are every bit as fine for bicycles today as they were for surreys and buckboards back then.

Rides of 8 to 125 miles will show off the beauty and history of the area from the banks of the Hudson, to Adirondacks, Albany and Saratoga.

Registration is \$35.00; meals, Sat. breakfast to Monday breakfast is \$50.00; housing \$80.00. Optional Friday night buffet at the Canfield Casino in town \$7. Write for registration form: GEAR '89-Saratoga, P.O. Box 127, Albany, NY 12260 or phone 518/383-2828.



NATIONAL RALLY

SALISBURY STATE UNIVERSITY  
SALISBURY, MARYLAND

Friday, June 30 - Tuesday, July 4

Beautiful bicycling on Maryland's Eastern Shore between Chesapeake Bay and the Atlantic Ocean! Enjoy delightful rides along scenic rivers and through back country over level, uncrowded country roads. Swim at Ocean City, visit Assateague Island and its herd of wild ponies, fishing villages, enjoy delicious sea food.

There are a variety of daily rides, social events, workshops, exhibits. New this year is a National Leadership Council for League's club leaders and officers, and a special event for Life Members!

Registration is \$50; meals Fri. dinner to Tues. lunch \$90.; Lodging is \$50. Free T-shirt to first 1000 registrants.

Regis. form: L.A.W. National Rally '89, Salisbury State University, Salisbury, MD 21801-6837. Phone: 301/543-6012. Register early. Accommodations limited.



by Keith Kingbay

How quickly the winter seems to be disappearing, by the time this appears we may have snow past our tokeses. But the days are growing longer and it is only our impatience that is growing shorter.

May we each resolve to start our preparation for a safe and happy year of cycling. Our best way to do that is withing two prime areas.

Perhaps, first, because we won't hold the mental stimulus for too long, is to prepare our bicycles.

For those not mechanically inclined, take your bicycle to your favorite dealer and have it completely checked. This is not only a safety procedure for yourself but a step toward popularity. It is inconsider-

ate to show up week-after-week with a bicycle which is truly an accident waiting for a place to happen.

The vast majority of dealers have winter overhaul or tune-up specials. It is now that they have the time to give all the attention you would like. In not too many weeks they will be overloaded with last minute Janes and Johnnies.

Most dealers are not looking for a chance to sell you more than you need. But it is highly possible that they will try to encourage items that you think are unnecessary. Most dealers today have school trained mechanics who have been impressed with the legal implications of returning a bicycle to a customer without all the necessary safety precautions being attended to.

If you are mechanically inclined, do the repairs and adjustments carefully. I have seen so many bicycles which are done so poorly that I, personally, am very concerned with riding in the same group.

Of utmost importance is the operation of the brakes. Are your brake cables frayed? If so replace them immediately.

If the brakes do not release with

a sharp snap, remember that, conversely, they will not apply firmly. Brake cables are subject to not only the weather but the problem of perspiration as well. Remove the brake cable completely from the cable housing and lubricate with a good grade of molybdenum grease. This is the type of grease which will not oxidize and lose its lubricating property.

When replacing the cables, be sure that the cable end is properly seated in the handle.

Inspect the brake shoes before making the adjustment. If needed, purchase a good grade of shoe and one which is designed for your type of rim. There is a considerable difference in the stopping properties of various shoes.

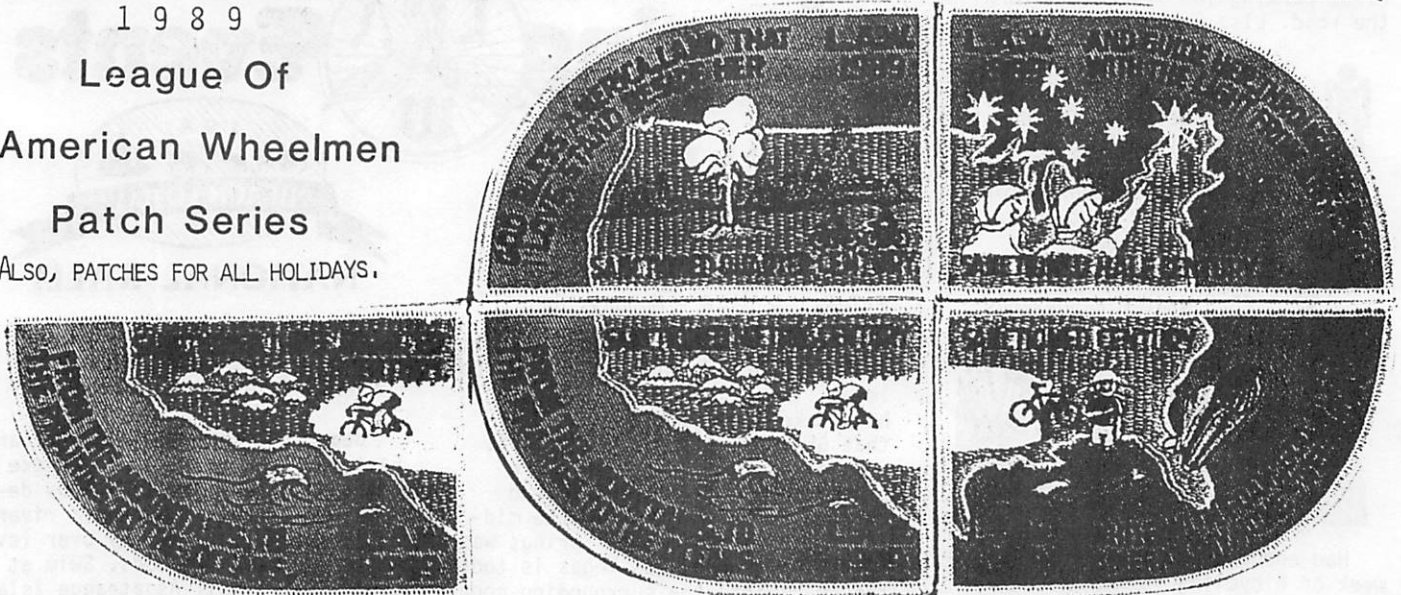
Install the shoes so that they touch the rim fully and do not touch the tire. The front edge of the shoe should touch the rim slightly before the balance. Failure to do this will result in squeaking brakes.

Be careful of your adjustment. No bike is safe without properly operating brakes and no rider is safe riding an unsafe bike, regardless of skill.

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League Of  
American Wheelmen  
Patch Series

ALSO, PATCHES FOR ALL HOLIDAYS.



Sanctioned 3/4 Century Patch

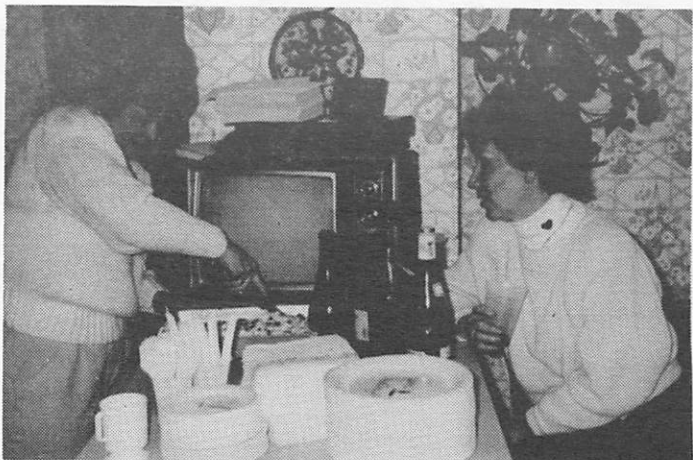
Sanctioned Century Series can be earned any month except September.



L.A.W. NATIONAL CENTURY PATCHES which can be earned only in the month of September. There's also a 3/4 Century

# Holiday Party

Photos by Geri McPheron



Hostess Geri McPheron and Donna Weisman



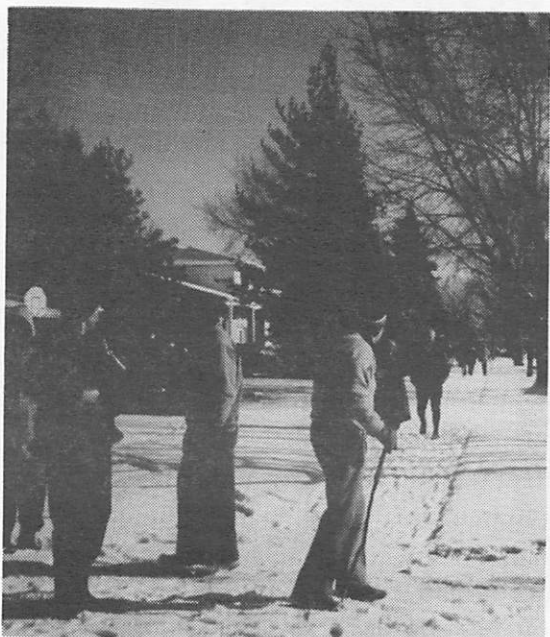
Wheeling Wheelmen heading out for a hike. George Mathison is Santa.



Ron and Geri McPheron were gracious hosts for our Holiday Party, pot luck and grab bag. It's always fun to see the novel items members find for the grab bag.

Below left: Hikers strung out along the route, chatting as usual!

Mmm! Time to munch on the goodies!



Marilyn and George Mathison and Muffin rode in on their tandem at Horizon Day Care school's Christmas party. They hope another club member will carry on for them when they move to South Carolina next year.

# New Year's Day Hike and Social at Hans and Diane Predel's



Here's a happy group of Wheeling Wheelmen ready for the New Year's Day hike and social. Just enough snow to deter us from bicycling. Only Howard Bronson brought his bicycle.

Photos by Phyllis Harmon

Our New Year's Day hike/bike and social is a great way to start the New Year!

Right: Chet Tobolski winner of both the patch and T-shirt design contest for our Harmon Hundred.



Linda Svrcek was down from Minneapolis. Bill Lorenzen, Hans Predel, host. Treasurer Andy Dane and Al Berman



Kathy Sturm, Lisa and Diane Predel, hostesses.



Howard Paul, Carol Passowic and Jenny Grant enjoying snacks.