



WHEELING WHEELMEN

P.O. BOX 581-D  
WHEELING, ILLINOIS 60090

# MONTHLY MEANDERS



## March

WED. FEB. 1 - 7:30 P.M.

WHEELING HIGH SCHOOL  
Elmhurst Rd. (Rt.83) and Hintz  
West entrance - West parking lot.

PROGRAM: NUTRITION FOR SHORT/LONG  
DISTANCE CYCLING  
by Tom Crum

Tom Crum is Director of Physical Fitness at Triton College; holds a Masters Degree in Physical Education plus 60 hours in post graduate work in Health and Physical Exercise. He's a member of the Governor's Council of Fitness and a member of both the Oak Park and Elmhurst Bicycle Clubs.

Tom is leading a 2-week bicycle tour in Belgium and Luxembourg May 16-30 (p. 3 Jan. newsletter).

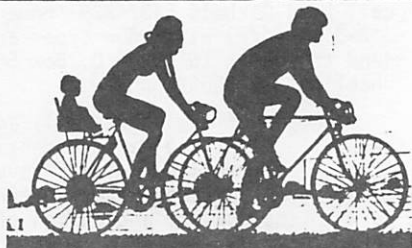
He plans to talk on Nutrition and Bicycling and then turn the program over to questions and answers.

### COMING FOR APRIL 5 MEETING:

Conditioning and Preparing for the Season Ahead: Physically, Mentally and Equipment.  
by Michael Cavanaugh of Libertyville Schwinn.

This ties in perfectly with our March program and will also include question and answer period.

Michael is well qualified to talk on these subjects: His Licenses are for U.S.C.F. Cat. II Coach, U.S.C.F. Cat. I Track and CAT II Road. Also, there are numerous awards we'll tell you about next month.



### It's A Boy

Matthew Robert Grant  
Feb. 17, 1989 - 8 lbs. - 21 inches.  
Proud parents: Jim and Jenny Grant

## THE PREZ SEZ

Well, we had some spots of good weather here and there that allowed a number of us to get out on our bikes. While the recent cold and snow switches us back to cross country skiing, it won't be long before we can put the skis away!

The club's St. Patrick's Day invitational is coming up March 19. We start at 10:30 a.m. from Wauconda Apple Orchards. I believe we have our volunteers, so the rest of you can just enjoy participation in the ride! Hot apple cider and goodies are available inside after the ride!

### Bicyclists' Rights To The Road:

Cyclist magazine contained an article that disturbed me and should do the same to you. It concerned the various bicycle bans/restrictions enacted in several parts of the country, including several areas in Illinois. The article supported the League of American Wheelmen as the national organization which has the clout and lobbying power to fight for cyclists' rights. Further, we have received and responded to a Northern Illinois Planning Commission transportation plan covering traffic needs over the next 20 years. As you can probably guess, bicycles got short shrift in the plan. We sent a letter politely, but firmly, demanding equal access and consideration in the plan. By now you must be getting the idea that cyclists are getting crowded right out of the picture. We won't get our rights to the road unless we get involved in national and local issues. For some, that may be as simple as joining the L.A.W. and letting them represent your interests. For others, it may be seeking a local voice in development planning by the villages in the area to include bikes. The worse thing you can do is nothing because then you have given up your rights. Join L.A.W. today!! Membership applications are always available at the club meetings.

### Women on Wheels

My recent issue of Bicycling magazine contained an editorial on women in cycling. It stated that women are just starting to move into cycling in a big way, just like they did in running some years back. I've got news for them. The Wheeling Wheel-

men has a good number of women participating already. Among them are Geri and Sue McPherson, Pat Marshall, Carol Passowic, Bobbie Brenner, Joyce Lewis, Phyllis Harmon, Lilian Russell, Jane Newell, Lynn Petty plus many other "regulars" that are on most rides. I would encourage more of our women members to come out and join the sizeable group that's out there already. You'll find lots of company and you won't be just one woman among a bunch of "jocks".

Hans Predel, President

## Harmon Hundred Patch and T-Shirt Design Contest

As mentioned in the previous newsletter, the Harmon Hundred design contest was announced and begun at the February club meeting. You can submit a separate design for either the patch or T-shirt, or a complimentary design for both. You don't have to be a "starving artist" to participate. Describe your idea to us on a piece of paper and we will see that it gets drawn up if it looks interesting. By the way, let us know what kind of color scheme you think would do your design justice.

This contest runs until April 1st with the winners and their prizes announced at the April 5 membership meeting. So get out the pencil and paper. In between struggling with your taxes, jot down your Harmon Hundred ideas. It could be your ticket to fame and fortune on the backs of 1500 riders!

## Dues Are Due

Individual \$8.00 - Family \$10.00

Don't "miss the boat" - only renewed memberships will be included in the 1989 Membership List.

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

# The Zen of Bumper Stickers and License Plates

by Dick Sorenson

One of the things I enjoy most on long rides is the opportunity for clear thought. I'm not sure if it's stimulated by the fresh air, the rigorous (but pleasant) exercise or the fact that your day-to-day hum-drum problems seem so far removed out on a quiet country road. It's probably a combination of all three. Sometimes it's really euphoric. Other times, however, after a particularly stressful work week, it feels so great to be riding in the country and have your mind regress to an almost rudimentary level where the pedalling and steering are on automatic pilot.

It's during the latter phase when the most complex thing on my mind is reading the bumper stickers and vanity license plates on passing cars. I find it fun to contemplate these personal "messages". Trying to "read" the personality of the person behind the wheel from these cryptic "messages" brings out the amateur psychologist in each of us. Quite often you're glad that the car has passed you safely by - particularly some of those with near violent NRA bumper stickers and "Come near me and I'll kill you" and "Go Ahead... Make my day" stickers. Some are really sickoo. However, most are gentle and kind. I'm personally glad that "Baby on Board" is now

passee. It was boring and never really made much sense. Likewise, "Escape to Wisconsin" and "Foxy Grandpa" seem to have disappeared from the scene. Now we see "Careful ---Former Fetus Driving", "Party Naked", "Save the Humans", "So Many Men, So Little Time", and the newly popular "I owe, I owe, it's off to work I go." In fact, we see fewer and fewer bumper stickers... why, I don't know. Not even during the 1988 election year were many candidate stickers seen. It seems that most people would rather declare their loyalty for a favorite losing Chicago sports team than declare allegiance to a politician.

What can really bring a smile are some of the clever personalized license plates we see...the so-called vanity plates. Most people pay the extra fee to display their name or initials or an abbreviation of their name. Many, however, choose to be creative in expressing their "vanity". Here's a sampling of some favorites spotted during the 1988 season and classified under the categories of Frivolous, Occupation, Personal and Mysterious:

## Frivolous

FABULUS	ROC N ROL	EZ LIFE
Y I WORK	TOYTWUK	ADULTOY
WABBITS	HOU DOIN	

## Occupation

THE LAW	TRKS R US	I SEL SCS
MR SALTY	D BOSS	I DO ART
I TRAVEL	STORK U	

## Personal

B SAVAGE	MS COOL	WURYWRT
EX WIFE	BABYED	TRAVELER
SKI BUM	BRN SGR	MY TYPE
DIS TUF 1	SUC S FUL	SUN NUT
IM LAFN 2		

## and, Mysterious (Puzzling?)

BUDOMNI	NOOSH 1
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Here are a few I've yet to see:

BIKER	BICYLST	CYCLIST
I BIKE	I CYCLE	PEDALR
CYKLER	SPOKES	I PEDAL ETC.

You can appreciate that vanity plates have created a whole new fun pasttime for cyclists. Next, we'll discuss and expose the psychological idiosyncrasies of motorists with toothy Garfield cats stuck on the inside of their car windows (Just kidding!).

*Great, Dick! Here are three of my favorites:*

LQQK A GT	KIDZZZ	WERB4U
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*Ed.*



by Keith Kingbay

Perhaps one of the most important mechanical hazards during the year are wheels.

I am constantly amazed that some of the wheels don't collapse before the end of the ride.

Wheels should be checked after every few rides, not only to check that they are true. To most people this means that they do not wobble when they are spun. We will go into the other phases of wheels later, but now let's keep to the simple part.

Yes, the wheel should run without more than a minimum of side movement. It is, though, necessary that the spokes be correctly tightened to maintain that configuration.

A bicycle wheel is a marvel of strength and rigidity, but only if each spoke is bearing part of the load. When there are one or more loose spokes, the added strain on the balance of the spokes very easily can become more than the spokes or rim can maintain.

Although truing a wheel and tightening the spokes is a relatively simple project, you will find that if it is done by a *real* expert the wheel will remain true for a considerably longer period.

If you decide to true your own wheels, use a good spoke wrench. The cheap spoke wrenches will round off the nipples and cause a further problem when you attempt to have the work done professionally. All spokes should be at the same tension when you are through with the job.



## Cycle Shorts

Hans Prede1

OOPS!! We goofed!! The P.O. Box on your order form was incorrect. It should be P.O. Box 581-D, not 381. For those of you who already sent in your order--not to worry! The post office has gotten them to us. The wrong box number just slows down our receipt of your order.

So far, about 33 orders have been received and I haven't been to the box since last week. We would like to place our order for your shorts with PACE by March 15. Please hurry and get your order to us soon!! If you are missing your order form, call Lisa Gerhold (537-8391 home or 382-3160 work) with your order and send the check to the P.O. Box 581-D, Wheeling, IL 60090.

A sample of the shorts will again be available at the March 1 meeting. At the last meeting, we took several orders from members who were impressed with the quality and design of the shorts.

Left: L.A.W. has patches for all holidays. If you ride anytime within a week before or after a holiday, you qualify. Bill Bergeron 397-4836.

# Schedule

## March 5 SHOW 'N GO - Mt. Prospect

Sun. Noon. Mt. Prospect train station NW Hwy. (Rt.14) and Rt. 83. Woyteck Morajko - 392-0530

## March 11 - HIKE - Darien

Sat. 10:30, 9 mile hike in Waterfall Glen Park. Take Stevenson Expwy. (I-55) to Cass Ave. exit. S. to first parking lot on right on North Gate Rd. (Argonne Labs. entrance) After hike we will have early dinner in local restaurant. Bring hiking boots and change of clothes. Aaron Tanzer 323-3204.

## Mar. 12 - SHOW 'N GO - Mt. Prospect

Sun. Noon. Mt. Prospect train station. NW Hwy. (Rt.14) and Rt.83. Woyteck Morajko - 392-0530.

## March 19 ST. PATRICK'S DAY RIDE

Sun. 10:30 a.m. 27 miles from Wauconda Apple Orchards. Gilmer Road 1/w mile west of Fairfield Rd., Wauconda. Our traditional first ride of the season, spring invitational. Registration \$1.00 L.A.W. St. Patrick's Day patch \$2. Andy Dane - 271-0808.

## March 25 LAKE COUNTY RIDE, Long Gr.

Sat. 10 a.m. - 35 miles from Kildeer L School. Joint ride with Lake County Bicycle Club. Kurt Schoenhoff - 540-0861.

## March 26 HEBRON I: OUR CEREAL BEGINS

Sun. 8 a.m. - 35 miles from Moraine L Hills Park, River Rd. north from Rt. 176 (just south of Mc Henry Dam) 1st parking lot on right. Breakfast with Board members. Includes one hill to work off the pancakes. Aaron Tanzer - 323-3204.

## April 1 THE FOOL'S CENTURY, Wheeling

Sat. 9 a.m. 65 miles (Metric Century) E from Potawatomie Woods, Dundee Rd. just east of Milwaukee Ave. Bob Illy and Ed Keys - 459-4129.

## April 2 APPLE PIE RIDE Buffalo Grove

Sun. 10 a.m. 35 miles from Buffalo Grove High School, Dundee and Arlington Heights Roads. Snacks at Wauconda Apple Orchards. Kay Richards - 205-0636.

## Tuesday Night Rides

Tuesdays from April 4 to August 29. 5:30 p.m. to twilight, so mileage ranges 20 to 45 miles at Express Pace.. From Kurt Schoenhoff's, 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.

## Wed. Night Rides

Wednesday night rides, 6:30 to twilight (except meeting nights) start from various locations. Will be listed in newsletter. Held during Day-Light Savings season.

## 1989 RIDE CLASSIFICATIONS

**L - Leisure Ride.** Slow pace, average 8-12 mph. Entire group stays together. Regrouping points for all riders. Cue sheets and/or maps usually provided. Leader specified in Ride Schedule or Monthly Meanders. Sweeps provided. Rides usually shorter distances. New riders welcome.

**T - Touring Ride.** Moderate pace, average 11-15 mph. Entire group stays together. Regrouping points for all riders. Cue sheets and/or maps usually provided. Leader specified in Ride Schedule or Monthly Meanders. Sweeps provided. This class covers all distances. New riders are welcome.

**E - Express Ride.** Fast pace, average 15 mph and over. Riders 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. All distances are covered. All riders who can ride this pace are welcome.

## Ride Notes

by Aaron Tanzer

Enclosed is our 1989 Ride Schedule as of mid-February. Like babies' diapers, we are certain there will be changes as the year progresses. Some times dates have to be changed to accommodate other events or to adjust for conflicts in the leaders' schedules. Also, additional rides will be added throughout the year. So this is a rough schedule. For accurate ride listings, check the monthly newsletter.

Our goal for this year is to have a minimum of three rides per weekend and there are several weekends which do not meet this criteria. A number of you want to lead a ride but could not schedule at this time. You may want to scout out a ride and then schedule it later in the year. We also have a number of rides of various lengths from which you can choose. For more information, call me evenings at 323-3204.

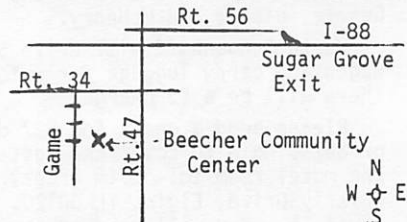
This year we have a shortage of two-day weekend rides. Our rides library has three or four possible cycling weekends in Wisconsin and several possible locations in Illinois, Michigan and Indiana. These are popular but are harder to organize, with many more factors to consider. If interested in organizing a cycling weekend, get in touch with me.

## INVITATIONALS

### April 23 SILVER SPRINGS 60

Aurora Bicycle Club Invitational starts from Beecher Community Center Yorkville, Illinois. Registration 7:30 to noon. 25 or 65 miles with spaghetti dinner after the ride. \$8 by March 12 or \$10.

Take I-88 (formerly I-5) west to (exit after Aurora) Sugar Grove Exit



Info: Ron Saluski Work 810-5252 Home 739-6058

## TOGIR TOURS - BIKING IN IOWA

**TOGIR VIII** June 24-30. College overnights. Davenport-Dubuque-Fayette-Decorah-Waverly-Mt. Vernon-and back to Davenport.

**LION V** - July 8-9 Luther College, Decorah. Variety of rides.

**BEAR IV** - Aug. 11-12-13 Pella to Oskaloosa--Indianola--Pella. Highlights: Dutch heritage and baking, early settlers' history, restored towns, hot air balloon competition, swimming and picnicking.

**TIGER VI** - Aug. 5-6 Eldridge to Mt. Vernon and back.

Registration forms from: TOGIR TOURS, 2011 Ridgeview Drive, Davenport, IA 52806.

**TOBRAW, INC.** (The Other Bicycle Ride Across Wisconsin)

Sat-Sun. June 17-18 Elroy-Sparta and LaCrosse River Bike Trail \$35 to June 5, then \$45. 2 meals, 2 nights

June 25-July 1 TOBRAW's Mississippi to Michigan Tour. \$160 to June 5, then \$175. 6 breakfasts, 5 evening meals, bus/bicycle transport, gym or tenting overnights. Bus from Concordia College, Milwaukee to Fountain City, Wisc. Bike to Black River Falls, Wisconsin Rapids, Hortonville, Ripon, West Bend, Concordia College.

July 17-22 Door County Peninsula

\$115 until July 1, then \$125. From Sheboygan to Kewaunee, Sevastopol, Door County, Sevastopol, Sturgeon Bay, Two Rivers, Sheboygan. Includes breakfasts, luggage transport, overnight gym or tent.

Application forms from:

TOBRAW, INC.  
3632 W. Maple St.  
Milwaukee, WI 53215.

T-Shirts \$10. Patches \$2.50.

## 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.

## Wheeling Wheelmen's Kentucky Tour

September 16-23, 1989  
by Joe Tobias

Our 1989 bicycle tour will start from the Lexington, Kentucky, area and go through Kentucky's famous Bluegrass and horse country.

The ride organizers: Ron and Geri McPheron, Howard and Lois Paul and Joe Tobias, urge all those already enrolled to confirm by immediate remittance of \$50.00 deposit per person payable to "Joe Tobias - Kentucky Ride" and mail to him at 660 Orchard Lane, Glencoe IL 60022.

We already have a full complement of 24 participants, but if you are interested in participating, write to Joe, address above. Any dropouts will be replaced by new enrollees.

We all had such a wonderful time on last year's Michigan tour that we are looking forward to September in Kentucky!

The McPherons and Pauls will soon be driving down to Kentucky to finalize the route and accommodations. So get those deposits in!

## Ski Weekend A Success

Eighteen wheelmen headed up to Wisconsin for Fran Green-Kelner's well-planned ski weekend. She took a whole roll of film before she realized there was no film in the camera! But Bob Browning also took pictures we hope to have for the April issue.

Everyone had such a great time that Bob Browning already is planning a similar trip for next year!

# Coming L.A. Events

GEAR '89  
*Saratoga*

Saratoga Springs,  
New York

Friday, June 16 - Monday, June 19

Registration forms for both GEAR '89 and "Beach to Bay" National Rally are enclosed with this issue. Details in February newsletter.

## 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

## Bike Shop Discounts

Most of the bicycle shops in the area have been offering bicycle club members a 10% discount. Show your club membership card when you make your purchase. Discount on all merchandise except bicycles.

A B C Cyclery, Winkelman's Schwinn and C C Cycle continue to offer the 10%. You'll have to check with the other shops to ask their policy.

Bikes Plus has decided to drop the 10% club member discount and offer instead a "preferred customer" 10% discount card. However they are having a "Club Night" on March 30, the night before their "Super Sale". You will need your membership card to get in.

## BIKES PLUS WORKSHOP PROGRAM

Basic Repair, 5 nights,	\$12.00
Advanced Repair, 5 nights	\$40.00
Wheel Building, 3 nights	\$20.00
Phone 398-1650 for brochure.	

## Legislative Update

Call Phyllis Harmon - 537-1268 - if you'd like a copy of L.A.W. latest Legislative Update report: Mandatory Sidepath laws; Trails; Scenic Byways; NHTSA 402 Funds; Mobility; Bike Month.



## NATIONAL RALLY

SALISBURY STATE UNIVERSITY  
SALISBURY, MARYLAND

Friday, June 30 - Tuesday, July 4

## NATIONAL RALLY PRE- AND POST-TOUR INFORMATION:

OPTION 1: BIKING INN-TO-INN OF EASTERN SHORE OF DELAWARE AND MARYLAND.

3 and 5-day midweek tours biking Inn-to-Inn \$207.00 for 3 days; \$345 for 5 days. June 26-30 or 28-30. for Pre-Tour; July estimated dates July 5-7 or 5-9. Info and all reservations to Gwen North, phone 1-302-875-7015.

Inns range from elegant waterfront estates and country plantation homes to colonial tavern houses. Price includes luggage transport, breakfast and dinner.

## OPTION 2: BICYCLE CAMPING TOUR

Check-in Sunday June 25 after 1 p.m. at University Center, Salisbury State University. Organizational meeting 8 p.m.

Monday, June 26: Continental breakfast. Cruise on Captain Tyler and lunch on Smith Island. Overnight at Point Lookout State Park.

Tuesday camp at Patuxent State Park  
Wednesday camp at Martinak State Pk.

Thursday, June 29 return to Salisbury University for registration and check-in for National Rally.

Luggage transported, continental breakfasts each day plus lunch on Smith Island. All other lunches and dinners on your own. Cost \$100.00 Tour includes a visit to the U.S. Naval Academy in Annapolis. Leader is Bob Carson, L.A.W. Region 4 Director. Fee is \$100 payable to L.A.W. National Rally'89, sent to Salisbury State University, Salisbury, Maryland 21801-8937.

## Thank You ...

Dick Schaller: For keeping our membership list on your computer and printing up our labels each month.  
Pat Marshall: For expertly taking over the mailing of our newsletter and to Gee Cunningham who obligingly took over the mailing of this months newsletter because Pat will be out of the country.