



WHEELING WHEELMEN

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

MONTHLY MEANDERS

MAY, 1989



Wednesday, May 3 - 7:30 p.m.
WHEELING HIGH SCHOOL
Elmhurst Rd. (Rt.83) and Hintz
West entrance - West parking lot

PROGRAM BY:
PAT
MARSHALL



GERMANY, AUSTRIA
AND SWITZERLAND

Promise our member Pat Marshall a beer after a bike ride and she will go anywhere!

Promise her a local, fresh draft beer from one of Germany's 650 breweries and she will board a plane for Munich and continue on to Uberlingen by train.

Promise her the companionship of 16 cyclists and she will hop on her bike and join the group circling der Bodensee (Lake Konstanz) through Germany, Austria and Switzerland. Come join her on this 2-wheel venture via slides.

T-Shirt and Patch Contest

Many excellent designs and unique ideas have come in for the Harmon Hundred patch and T-shirt. Winners will be announced at our May meeting.

Cycle Shorts

Our cycle shorts have arrived! Come to the May meeting to pick up your shorts. This will save time and mailing costs. Any shorts left after the meeting will be sent by first class, insured mail within the following week.

THE PREZ SEZ

Will we ever see warmer weather? Will April showers turn to May snow storms? I'm sure most of you are a little frustrated by the weather like I am. It seems to me that we have been spoiled over the last couple of years by decent weather in late February or early March. By this time in prior years, most of us had a month or more of riding under our belts.

Bike riding seems to grow every year. The rideline has already produced some new members along with other sources we use as a club. Look around you at the rides, welcome the new faces you see and ride with these people as we journey out on our favorite rides.

Survey and Membership List: This month's newsletter will include two very important items: a member survey and the current membership list. I encourage you to complete the survey and return it to us. Your opinion is important to us and helps us plan activities suited to the interest of the members. Also, the results of the survey will provide direction to the Board with respect to policies and issues affecting the club. We are asking for 5-10 minutes of your time and a postage stamp... hopefully, a small donation on your part with a big return in terms of your enjoyment in the club. The club membership list is provided for you so that you can have access to the people you ride with and contact outside of club activities. We do not give this list to any outside organization, be it bike shops or magazines, etc. who wish to solicit our members. We respect your right to privacy and take steps to ensure it is not violated.

Safety when riding is always an issue. I try to be constantly aware of other riders, cars and hazardous road conditions. The use of an approved helmet and following rules of the road for cycling will go a long way towards enjoying the season and the club. None of us is perfect and I have seen some riders breaking the rules already this year. Let's be more aware of how we are riding when on the road.

Hans Predel



PEDAL FOR POWER

ACROSS AMERICA
May 13 - June 27

Our own Roger Thauland will be pedaling this fund-raising 3,136-mile route from Los Angeles, Cal. to Ocean City, Maryland, timed to participate in the L.A.W. National Rally in Salisbury. Roger needs sponsors for mileage. Any contribution will be much appreciated! He will be at the May meeting before flying to California May 7 (hopefully in time to pedal a few miles with the Enwrights before the May 13 starting date). Pledges also can be sent to 306 Inverrary Lane, Deerfield 60015 or phone him at 541-2294.

DRIVING SAG: Phyllis Harmon will drive the Across America sag van, picking up the route at Topeka, Kan. and continuing all the way to the National Rally and Board meeting and then return the van to Boston before heading home!

The North-South Pedal for Power ride is Sept. 22 from Portland, Maine, 1,562 miles to Lake Buena Vista, Florida. Beautiful route!!!

Thank You ...

Hats off to MIKE MILTON! While enjoying the delightful weather on Jerry Goldman's 75-mile Elgin ride (you don't know how unusual good weather is on his ride!!) I managed to have FOUR flat tires!

Mike stopped to help me even though I told everyone to go on because I knew how to change tires. Luckily he did stop because three of the flats occurred right there!

After pooling our sleuthing techniques, spare parts, and mechanical skills, we finally limped into a bicycle shop in St. Charles to have a "burr" filed off from the inside wall of the rim!

Thank you, Mike, for your patient, caring attitude for a fellow club member.
Pat Marshall

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

Let's Talk About Tires by Dick Sorenson

Definition: The circular rubber thing on the rim of the wheel that's supposed to stay full of air.

There are two basic types: clinchers (sometimes called wire-ons) have separate inner tubes; sew-ups are generally much lighter and able to take much more pressure than clinchers. But they are delicate, difficult to repair and more expensive than clinchers. Sew-ups are glued to the rim with a special cement. This bond is critical to riding safety. If the bond fails, a fall is almost certain. All sew-up tires have Presta valves, and some clincher tires have them, too. But most common clincher tire tubes have Schrader valves, which are similar to the tire valves on cars. In recent years the distinctions between sew-ups and clinchers have become more subtle. Clinchers are becoming lighter and more flexible - also more expensive and wear faster!

There are a myriad to tread types of tires available today. You must be certain to choose the type that best suits your riding habits. Don't settle for any other. And don't accept the excuse that "Sorry, we're out of that type, this one is just as good!" from your dealer. Either wait for the right one or go somewhere else. Some of the types include the bald (smooth) tires, a fine tread with a raised center ridge, narrow smooth center tread with a fine herringbone tread on each side, cross diamond styles, tread angle patterns with dimples and others. Only you can decide which is best for your style of riding.

For optimum efficiency, it is recommended that both tires have the same tread. That way they track on an even line and give you a balanced "feel" on fast downhills.

Have you ever wondered why bike tires go flat when your bike isn't used for long periods of time? Actually there are three good reasons. And the answer is probably a combination of all of them.

You see, first of all, air escapes through the valve stem. Although a valve stem cover will help reduce the rate of outflow, nothing can prevent leakage completely.

Secondly, no materials are completely impervious to the migration of gases (such as air) through them when there is a pressure differential between the inside and the outside. It makes sense that the bigger the differential, the faster will be the migration or outflow. For example, a typical auto tire will lose from one-half to one pound of air pressure per month, even when in regular use. Butyl rubber, the best type of materi-

al for reducing leaks, is the most impermeable rubberlike substance available. Less expensive nonbutyl rubber inner tubes tend to leak even more. On the other hand, polyurethane inner tubes are available with less leakage but have less resilience and tend to give the feel of a "harder ride."

Thirdly, tire pressure lowers as the temperature goes down (Boyle's Law). The actual volume of air in a bicycle tire is quite small. There might be about a pint of air - compared to five gallons in a typical auto tire. Therefore, a small loss of air volume affects the bike tire much more.

It's a good rule to keep your bicycle tires inflated to the proper level during the riding season. Make it a regular habit to check the tire pressure before riding your bike. Underinflation can cause rapid wear to the tire and tube, as well as damage the wheel rims. Yes, owner laziness or inattention to proper tire pressure is an even greater threat to tires than potholes and curbs and other road hazards. Besides rim damage, the other big cost exacted by underinflated tires is tube pinching, producing the telltale pair of "snake bite" holes in your tube. Moreover, it takes more effort to pedal a bike with underinflated tires. Obviously, overinflation can cause a blowout, so don't get "pumphappy" either.

A word of advice - stay away from gas station pumps: They inflate too much too soon and the gauges are usually highly inaccurate. There are some really good floor and frame pumps on the market today. They may seem expensive, but are rugged, dependable and accurate and will last several years. A good pump is one of the cyclists' best investments.

Oh yes, one last word. Kevlar. Kevlar is one of the greatest inventions since the bicycle helmet. It consists of a puncture-resistant belt that dramatically reduces the odds of flat tires. My own experience (I ride the glass-strewn Elk Grove Bike Path daily) has been a reduction from an average of three flat tires a week to one, maybe two, a year. Thank you, Mr. Kevlar.

FOR SALE

FOR SALE: FUJI SUNDANCE ALL TERRAIN Bike. 22" frame. Excellent condition. \$350.00. Call Andy Dane: 271-0808.

FOR SALE: BELL HELMET - Size 7. Worn once. \$35.00 Genevieve Senne - 394-5993



by Keith Kingbay

I'm often criticized for not wearing a helmet and perhaps rightly so. May I tell you my side of the picture?

I think it is even more foolish to ride in an unsafe manner. Wearing the helmet is a great safety feature, but like wearing a seat belt in your car and then driving in an unsafe manner all the precautions are for naught.

Unfortunately, bicycles do not have stop lights and, since most of our people tailgate, the stop light would not do too much good anyway. Most of our accidents, and a number of the serious ones, have been caused by riding too close to one another. Many of the cycling magazines emphasize riding close to the rider in front of you for protection from the wind. It is true that following the lead rider closely can save a great amount of power, BUT this is true only if you are riding at a fairly high speed.

Racers follow the rider in front of them very closely, however this is only after much practice. Racers are trained to ride at a very steady rate, they also are adept, through training, at missing pot holes and debris. It isn't practical for most of us to become so proficient, nor do most of us have the inclination to do so. PLEASE MAKE IT A PRACTICE TO ALLOW SPACE IN FRONT OF YOU.

By the same token, be aware of how the following rider is riding. If he is too close, ask him to back off or get yourself into a different group.

I know this sounds as though it is a lot of work and practice. It isn't. Once you have learned these few rules and regulations, you will have many miles of carefree wonderful riding.

WEATHER VARIETY! - Elliott Kanner

In our area, if you don't like the weather, wait..it will change! Ralph and Cindy Cochrane led the 33-mile Grayslake ride. Great day! We lunched at Wauconda Apple Orchard and headed back to Libertyville. Then, down came the sleet! Glad we had helmets on! Then we pedaled into heavy snow which then turned into rain! By the time we reached Winchester, just west of Libertyville, out came the sun and again it was a great day for riding a bicycle!

Schedule

CODE:

L - LEISURE RIDE. 8-12 mph. Group stays together. Leader, cue sheet Regrouping points.
 T = TOURING RIDE, 11-15 mph. Group stays together. Leader, cue sheet Regrouping points.
 E = EXPRESS RIDE, 15 mph and over. Ride own pace, cue sheet, short breaks. Usually leader.

May 6 COLLEGE CAMPUS CRUISE, Wheeling

Sat. 10 a.m. - 35 miles from Potawatomie Woods, Dundee Rd. east of Milwaukee Ave. Lunch at Lake Forest College - \$3 all you can eat! Elliott Kanner - 541-9176

May 6 BEGINNERS RIDE #3, Wheeling

Sat. 11 a.m. - 30 miles from Potawatomie Woods. Final ride in the series. Goes through varied riding conditions. Final destination Chicago Botanical Gardens. Review techniques learned. Aaron Tanzer - 323-3204

May 6 ALGONQUIN EXPRESS, Long Grove

Sat. 9:30 a.m. 53 miles from Kildeer E/T School, Old McHenry Rd. north of Long Grove. Bob Illy and Ed Keys 459-4129.

May 7 RURAL RUSTIC RIDE, Wheeling

Sun. 10 a.m. 20 miles from Horizon L Day Care (formerly Sandburg School) Schoenbeck south of Dundee Rd. Lunch in Long Grove. Phyllis Harmon - 537-1268

May 13 MR. T'S TREES, Deerfield

Sat. 10:30 a.m. 25 miles from Wilmot L School, Deerfield and Wilmot Rds. Bring bagged lunch. LEISURE RIDE ONLY. NO CUE SHEET. No Touring or Express Riders.

May 13 JANESVILLE WEEKEND, Wheeling

6 a.m. 200 miles from Wheeling H.S. Overnight Janesville, Wis. Jim Grant - 742-0814, Woyteck Morajko - 392-0530.

May 14 HEBRON II, Algonquin

Sun. 9 a.m. 63 miles from Neubart T Elementary School, Huntington and S. Huntington. From Algonquin stop light, Rt. 31 S to first traffic light. R on Huntington to end at school. Enjoy old fashioned ice cream fountain in Hebron. Aaron Tanzer - 323-3204

May 20 HILLY GENEVA AND PICNIC, Wisc.

Sat. 10:30 a.m. 22 miles from Library T Park, Main and Madison Streets, Lake Geneva. Bike around Lake Geneva, bring lunch. Kay Richards - 205-0639.

May 20 McHENRY DAM RIDE, Long Grove

Sat. 9:30 a.m. 40 miles from Kildeer School. Bring or buy lunch. Howard and Lois Paul 824-2941

May 21 ARLINGTON 500, Arlington Hts.

Sun. Arl. Hts. Bicycle Club event. 7-10 a.m. 32 or 62 miles from Frontier Park, Kennicott and Palatine Rd. \$7. Bob Hinkle - 259-1423.

May 27 BREAKFAST WITH THE BOARD

Sat. 8 a.m. 20 miles from 1435 N. L Chestnut Ave., Arlington Hts. Hans Prede1 - 255-4029.

May 28 FOX RIVER RIDE, Algonquin

Sun. 8 a.m. 80 miles from Neubart T Elementary School, Huntington and S. Huntington. Chet Tobolski - 362-7794 and Joe Tobias 835-2547.

May 29 BROOKFIELD ZOO RIDE Arl. Hts.

Mon. 8 a.m. 55 miles from Busse Woods, parking lot off of Golf Road west of Arlington Heights Road. Two hours at the zoo so bring lock and key. Carol Passowic - 392-0530.

Tues. P.M. Rides

Every Tuesday April 4 to August 29. 5:30 p.m. Express pace. Distances range from 20 to 45 miles depending on length of daylight If you break down, stay where you are. You will be picked up at the end of the ride. No cue sheets provided. From 16 James Court, Hawthorne Woods. Jack Van Es - 537-0867

Wednesday Night Rides

Every Wednesday 6:30 to twilight except meeting nights.

May 10 from Recreation Park, Miner and Douglas, Arlington Hts. Sue McPheron - 259-6475.

May 17 from Harms Woods, second parking lot on left on Harms Road north of Golf Rd. Morton Grove. Linda Svrcek - 965-8249

May 24 from Botanic Gardens parking lot, Lake-Cook Road, Glencoe. Dave Wolfson and Melissa Maes-Wolfson - 541-3914.

May 31 from Horizon Day Care, Schoenbeck south of Dundee Road. Phyllis Harmon - 537-1268.

Thurs. A.M. Rides

9 a.m. moderately paced rides of 20 miles or more. From Dominick's parking lot, northeast corner of Arlington Heights and Lake-Cook Rds. in Buffalo Grove. Jack Van Es - 537-0867.

INVITATIONALS

May events in April Newsletter. Info from Aaron Tanzer - 323-3204. Here's one more:

May 21 McLEAN COUNTY SPRING METRIC 70 and 100K routes. Normal, Illinois

Registration 7 to 9 a.m. from Maxwell Park off Est College Avenue in Normal. Take US 51, Main St. to College Ave. West 1.4 miles to Parkside Rd. Maxwell Park 1 block north behind school. \$8 until May 1, then \$12. T-shirt \$8. Snack stop at Carlock and lunch at Lake Bloomington McLean County Wheelers, P.O. Box 947 Bloomington, IL 61701.

INVITATIONALS continued

June 4 KENOSHA DIAMOND, Kenosha Wis. 7 to 9 a.m. Registration \$10. 25/50/75/100 miles from Gateway Tech. College. I-94 N to Hwy. 42. E to 30th Ave. N to college. Wendy Schneider 414-657-4304. Kenosha Roadrunners.

June 4 LIBERTY METRIC Lake Forest 6:30-9. 38-62 miles \$6. From Dan Wright Jr. H.S. I-94 N to Rt. 22. W to Riverwoods, R, N to school. Lunch incl. Mt. Prospect Bike Club. Dolores Schauer - 259-0845.

June 11 CHAIN OF LAKES RAMBLE, Zion 7 to 10 a.m. 31-62 miles. \$7. from David Park. I-94 N to Rt. 173. E to Kenosha Rd. S to 21st. E to David Park. Bicycle Club of Lake County. John Grote - 244-6396.

June 11 DUNES CENTURY, Gary, Ind. 7-11 a.m. 25/50/70/80/100 miles. \$8. I-94 E past Gary to U.S. 20 East. 1-1/2 miles E to Mineral Springs Rd. Left, N., Parking lot for Bailly Homestead is on right. NW IND. AYH. Dave Richards - 219-662-0828.

June 18 TWO RIVERS CENTURY Kankakee 6:30 -10 a.m. 35/65/100 miles \$6. From Beckman Park Boat Dock. I-57 to Hwy. 17. W to Evergreen and turn left. At "T" intersection take Cobb to the park. Easy Spoken Bicycle Club. Ellen Liehr - 815-933-3554.

June 25 SWEDISH DAYS RIDE St. Charles 6:30-11 a.m. 25/50/75/100 miles. \$10. From American Legion Hall. North Ave. west through St. Charles past Randall Rd. to La Fox Road. R, N, 1/4 mile to Legion Hall. Fox Valley Bicycle Club. Dennis Cipcich 584-1414

June 25 SNOW WHITE 60, Arlington Hts. BIKES PLUS ride from shop at 1313 North Rand Road. 8 a.m. 30 and 60 miles. \$15.00. I-94 to Willow Road, W to Rand (Rt. 12). S 1/2 mile to shop. Women only event. Men assist at rest stops. Meal after ride. M-E Spirek - 398-1650.

June 11 CHICAGO BOULEVARD LAKEFRONT Chicagoland Bicycle Federation. Reg. by May 15. Limit 200 riders. 33-mile loop through 11 Chicago Parks. \$12. (CBF member \$10) incl. T-shirt. 7-8 a.m. parking lot in Jackson Park, NE corner Hayes and Cornell. E on Stevenson Expy. (N-I-55). R on S. Lake Shore Dr. (Rt. 41) past Museum of Science & Ind. to Hayes (6300 S.) Right. Parking lot 2 blocks into Jackson Park. Phone 42-PEDAL.

PEDAL ACROSS WISCONSIN TOURS -

May 13 Reunion-Get-Acquainted Ride Tour Fox River Valley. 25-50 miles 9:30 near West Dundee. \$5 lunch incl.

June (9) 10-11 WHITEWATER WEEKEND

U. Wisc. campus, Kettle Moraine June (23) 24-25 DOOR COUNTY WEEKEND July (21) 22-23 WAFAL (Wisc. Amish Farms and Lakes)

Aug. 6-12 CRANKIT (Across Northwoods) Oct. (6) 7-8 NEW GLARUS FALL FANTASY Info: Jerry Goldman, Pedal Across Wisc. P.O. Box 365 W. Dundee IL 60118. Phone: 695-7964.

Recipe of the Month

Stuffed Pizza

Here is my recipe for stuffed pizza - great for carbo-loading prior to a century!

Allan Berman

THE DOUGH

4-1/2 C. flour 1/2 C. milk
1 t. salt 1/4 C. butter
1/2 t. baking powder 1/2 C. warm
2 pkgs. dry yeast water
2 t. brown sugar 2 eggs

Dissolve the yeast and brown sugar in the 1/2 C. of warm water. Set aside. Put the butter and 1/2 C. milk in a saucepan and warm until the butter is melted. By now the yeast mixture should be frothy. Pour 1/2 of the yeast into the flour and knead. Then pour in the rest of the yeast mixture as needed, until the dough can be formed into a smooth elastic ball. Coat the inside of a bowl with olive oil. Place the dough in the bowl and turn a few times to coat the dough with oil. Cover the dough with a damp towel and place in a warm draft-free place for 2 hours.

TOMATO SAUCE

2 T. olive oil
2 cloves chopped garlic
2 medium onions finely chopped
1 6-oz. can tomato paste
2 28-oz. cans Italian style tomatoes
1 T. fennel
1 t. basil
1 t. oregano

Heat the olive oil in a large saucepan. Put the chopped onions and garlic in the pan and saute until tender and transparent. Stir in the tomatoes, tomato paste, fennel, brown sugar, salt, basil and oregano. Before putting in the Italian tomatoes, put them in a blender and chop them up so the sauce will have a smoother texture. Simmer gently for 40 minutes. Do not cover.

TOPPINGS

1/2 lb. ricotta cheese
1 pkg. frozen spinach
1/4 C. grated parmesan cheese
1/2 lb. grated mozzarella cheese
1/2 C. grated romano cheese
fresh mushrooms, thinly sliced.

After the dough has risen, roll it out on a floured board to a circle large enough to cover the bottom and sides of a deep dish pizza pan. Coat the bottom and sides of the pizza pan with olive oil, and place the dough in the pan, pressing it against the sides. Preheat the oven to 450° and bake the dough for about 10 minutes. Cook the spinach according to the directions on the package. When done,

drain all the water and mix the spinach with the ricotta cheese. Spread a layer of tomato sauce over the dough, blend the spinach-ricotta mixture in with the sauce and spread evenly over the dough with the back of a wooden spoon. Spread the grated mozzarella cheese evenly over the spinach-ricotta mixture, and then sprinkly the romano cheese over the mozzarella cheese. Melt some butter in a frying pan and brown the sliced mushrooms. Pat them dry with a paper towel and spread them evenly over the cheeses. Spread another layer of tomato sauce over the mushrooms and sprinkly the parmesan cheese over the top. Brush the exposed edges of the dough with olive oil. Bake in a pre-heated 450° oven for 20 minutes until the crust is golden brown.

Ride Notes

by Aaron Tanzer

You know, nobody from this bike club remembered my birthday last October 16. No cakes, no cards, no nothing. However, it is not too late to get me a belated birthday present. I think the best birthday present would be not having to phone people at midnight to get them to "volunteer" to lead Wednesday Night Rides. What a present it would be! Everyone actually calling me! These rides are perfect for new ride leaders before they volunteer to run a day ride, as well as veterans who just want to get out at the end of a week-day. I hope I didn't make you feel guilty or anything for not signing up to lead a Wednesday Night Ride.

Occasionally, a conflict occurs for a ride leader at the last minute where he or she cannot run the ride. If you cannot find a qualified ride leader, call me. If you can't find me, call one of the other Board members listed on the front of your newsletter. Remember, any ride listed in the monthly newsletter will have to be run at the time and location scheduled.

This month's CRACKED HELMET AWARD goes to the group on the Lake County Ride that made the left-hand turn from the right-hand lane!

The invitational section in our newsletter was compiled by Larry Schulman who has been diligently contacting all the bike clubs in the region about their invitationals and providing the list to those interested. He has done a marvelous and thorough job! Invitationals are a great way to meet other members of the Chicagoland cycling community. If you would like more information, call the number listed or call me: 323-3204.

Finally, call Hans or myself with thoughts or suggestions for our annual picnic.

BICYCLE ETHICS 101

The Cost of Safe Roads

By Jay Hardcastle

With permission from CIBANEWS of the Central Indiana Bicycling Association

You are proceeding through a local park at an enjoyable safe pace, coming to an intersection with a cross street, and although you have the right of way, a steady stream of vehicles appears to ignore you and proceeds through their stop sign, forcing you to stop to avoid a collision.

You are stopped at a traffic light, waiting to drive straight through, when a stream of vehicles passes you on the left making a right turn in front of you, and continues to do so while the light changes, making you wait while they pass.

You are stopped at traffic light, in a marked right turn lane, and when the light changes, a stream of vehicles is suddenly passing you on your right and continuing straight through the intersection, not allowing you to complete your right turn.

Do these sound like things you've had done to you by car drivers while on your bicycle? Instances where you would wonder why motorists don't respect your right to the road? These are all examples of irresponsible driving, with one important difference: I witnessed all three while participating in CIBA promoted training rides and the offending vehicles, seen from the point of view of the motorist, were *bicycles* and *bicyclists*!

Bicyclists are a group of road users who are best served and protected by knowledge and adherence to the rules of the road. Many bicyclists expect motorists to respect their rights totally, but without any shared burden of responsibility on themselves. But all cyclists must accept that there is a social contract any time different groups, if they are to co-exist, must share a common resource.

I have come to understand that my safe riding comes at a price. My safe cycling environment over the last 18 years has included every type of road, from one lane gravel to eight lane interstate. And the price I have had to pay for this is to abide by the same rules that I expect to protect me.