



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

MONTHLY MEANDERS

JUNE, 1989



June
Meeting

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

PROGRAM: CENTURY RIDING TECHNIQUES

Now is the time to get in training for our Century in September. Aaron Tanzer will host a panel of experienced riders who will give you advice, hints, training rules, and answer any questions you may have.

COMING NEXT MONTH: GEARING
by Dick Marr

Count your teeth (those on the front and rear sprockets of your bicycle) and bring a pencil! Club member Dick Marr will discuss portions of his new book Bicycle Gearing: A Practical Guide. (See page 6)

Part of Dick's book is "Using Your Gears Effectively;" Part II is "Selecting a New Gearing," and the Appendices contain 654 gearings from which to choose.

THE PREZ SEZ

Remember, you read it here first last month! I wondered in May's newsletter if we might have "May snow showers", and so we did! Maybe if I forecast gradually warmer conditions....?

Further kudos to Mike Milton! I hope everybody noticed that Pat received other offers of help to repair her flat tire. That is one of the "bennies" of belonging to a bike club --the help and support of other members. I have gotten so used to group riding and made so many friends that I don't like to ride alone any more. Too many things can happen on the road where a "buddy" system is very helpful.

The Harmon Hundred is less than four months away. Starting with the June meeting, we will be looking to sign up volunteers to work the Harmon Hundred. It's great fun and there will be a post Harmon party for the volunteers. Sign up now before your favorite spot is filled up!!

Hans Predel



by Keith Kingbay

We are into the riding season and I look forward to a wonderful year. May it be the safest year in our history. We have been incredibly lucky up to this time.

We must all get in the habit of not only giving a hand signal that we are stopping but give an audible call as well. Riding as close together as we usually do, there is very little time to react. We have not had, to the best of my recollection, any serious accidents because of this, but unless we clean up our act, we will have.

We must get out of the habit of stopping on the pavement. I know that a number of you have been irritated when we stop and I call out to please get off the road. We must not stop without a place for all the riders to get off the pavement. The League of American Wheelmen has spent much money and time to get us the privileges we have. Please don't jeopardize them. Ride leaders should not stop haphazardly on the side of the road. We should look for a side road, a driveway or a sufficiently wide shoulder for the entire group to stand off the road before calling for a stop.

Remember the riders behind you; we have a tendency to act as though we are riding alone. If you are in the early part of a bunch, make sure that you have gone far enough so that all of the following riders will have room to get off the road when they stop.

These are not difficult things to do, but they will add immeasurably to the pleasure of all the people on the ride and LET'S DO OUR BEST NOT TO BE A STATISTIC.

Thank You ...Pat!

"A job worth doing is worth doing well" must be Pat Marshall's motto for she gave us a mighty entertaining program on her Germany-Austria-Switzerland bicycle tour!

Harmon Hundred Patch and T-Shirt Design Winners

We are pleased to announce two members have won first place for their work. Howard Paul submitted an excellent design for the patch which shows the various routes we offer on the Harmon Hundred.

Lisa Gerhold came up with an interesting T-shirt design sure to be a hit with the riders.

Thanks and congratulations to both Howard and Lisa! They will both receive a free patch and T-shirt plus a monetary award for their efforts.

Duane Regenfuss and
Joe Tobias, Chairmen

Cycle Shorts

If you missed the first opportunity to order your very own dazzling Wheeling Wheelmen cycling shorts, you can now catch up with the other fashion plates in the club!

Send your name, address and sizes along with \$16.00 for each pair of shorts desired c/o Hans Predel, Wheeling Wheelmen, P.O. Box 581-D, Wheeling, IL 60090.

Sizes: Small (waist 28-30)
Medium (waist 32-34)
Large (waist 36-38).

We expect the next shipment to arrive by June 16.

Wedding Bells

If you were a club member in the 1970s you'll remember Alan Zoller, Laura Enwright's brother, who moved to California first, followed by Mike and Laura.

June 25, in Van Nuys, California, Alan and Lillian Ortiz will exchange wedding vows. We send our best wishes to the happy couple!

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
Wheeling Wheelmen phone: 989-7373		

Velcro - The Biker's Friend - by Dick Sorenson

Don't you ever find yourself wondering where things come from and how they work? We all do. It's only natural. But quite often we tend to take certain everyday things for granted, not giving them a second thought, even though they serve a valuable function. Some things work so well and are so dependable, we just assume they've been around forever, so why concern ourselves?

One of those "take for granted" products is Velcro. Bicyclists can find Velcro on their gloves, shoes, helmet straps, jacket sleeves, pocket flaps, panniers, packs, handlebar bags, rearview mirror mounts, water bottle cage mounts and literally hundreds of other uses. Just flip through any bicycle product catalog or visit your local bike shop and, as they say, "count the ways" this silent, efficient, dependable fastener serves bicycling enthusiasts. Ever wonder where it came from and when it was invented, and why and how it works?

Well...just read on!

Quite simply, the Velcro fastener consists of two nylon strips, one containing thousands of tiny hooks, the other, tiny eyes. Pressing the strips together locks the hooks into their eyes.

Confessions of a Sag Wagon Driver by Jerry Rice

My first year with the Wheelmen I rode the Harmon 75. Never having been on an organized ride, I was quite impressed with the amount of effort the club put into the ride. So, in my second year I decided to pitch in and help the cause by driving one of the sag wagons.

Bright and early on the day of the ride, I loaded all of my bike tools into my car. By 7:30 a.m. I already had passed the first riders on the way to Wauconda Apple Orchards, the southern end of my assigned route. After checking in with the Orchards Sag chairman, I drove on to Glacial Park, the northern end of my route. Knowing riders would soon be on the way, I started back toward the Orchards and came across a house fire where fire trucks and ambulances were blocking the Harmon route. I parked up the road and warned cyclists of the coming road hazard until the commotion dissipated.

Continuing on to Wauconda, I picked up a woman walking her bike with a flat tire. She reported having *six* flats in a week and had just incurred her seventh. It didn't take long to locate the tiny thorn stuck in the tread and apply a patch to put her back on the road.

The next trip brought a man with

During an Alpine hike in 1948, Swiss mountaineer George de Mestral became frustrated by the burs that clung annoyingly to his pants and socks. While picking them off, he realized that it might be possible to produce a fastener based on the burs to compete with, if not obsolete, the zipper. Textile experts de Mestral consulted scoffed at the idea of man-made burs. Only one, a weaver at a textile plant in Lyons, France, believed the idea was feasible. Working by hand on a special undersized loom, he managed to produce two strips of cotton fabric, one with tiny hooks, the other with smaller eyes. Pressed together, the strips stuck adequately and remained united until they were pulled apart. De Mestral christened the sample "locking tape."

Unfortunately, the original cotton fabric was damaged easily by continual opening and closing of the strips. A significant breakthrough came when de Mestral discovered that pliant nylon thread, woven under infrared light, hardened to form almost indestructible hooks and eyes. By the mid-1950s, the first nylon locking tape was a reality. The cotton had been replaced by the more durable nylon.

3 broken spokes. After removing his freewheel, it looked like his chain had overshifted several times and damaged all of the spokes. I replaced the broken ones, trued the wheel and explained the impending doom. He chose to ride on.

The middle of the day went smoothly with no more problems until my last trip to Glacial. Two young men had to abandon the ride when one of them had his freewheel disintegrate at the 35-mile point. The end cap had unscrewed and he lost all those tiny bearings all over the road.

Returning to the high school via the Orchards, I picked up two more gentlemen who had ridden 53 miles to finally arrive at the 20-mile sag! They decided to quit, having faulty navigation equipment.

After my passengers unloaded at the high school, a distressed woman asked me if there was any way to check on a rider's progress. She was riding with another woman and their two daughters when the girls fell in some gravel. The 3 of them had been taken for medical treatment, but there was no room for the fourth. With a description of the woman, I drove back over the course and found her 5 miles from the end. She was glad to accept a ride to the high

school for a reunion with her injured daughter.

For a trademark name, de Mestral chose vel from "velvet" simply because he liked the sound of the word, and cro from the French crochet, the diminutive for "hook".

Velcro---the product with an endless list of uses, is one man's attempt to create synthetic burs like the small prickly thistle balls produced as seedpods on cocklebur bushes.

Ian Shoales (of San Francisco's Ducks Breath Mystery Theater) is all bent out of shape because shoe manufacturers are making shoes for kids with velcro strips instead of laces. He was afraid that, if these things caught on, kids wouldn't know how to tie their shoes anymore. Well jeeze! Give me a break! If we don't have shoes with laces anymore, what's the value in knowing how to tie your shoes? It's like getting upset because they don't make buggywhips anymore.

Now, what about zip-lock bags--they are also the bikers' friend. They keep valuable gear and tools dry on rainy days when cycling or camping. Who invented them, and why? Was this also the product of an inventive mind, similar to that of George de Mestral, the Swiss mountaineer?

For the day I logged over 200 miles. Helping the few people that I did more than justified the mileage. Beyond that, having been there before, I could almost see the looks on the hundreds of faces that said, "I hope I don't need you, but thanks for being there!"

After being so wordy, I hope the message got out! Duane Regunfuss and Joe Tobais are putting together what will most likely be the biggest Harmon Hundred ever. The ride can only be a success with membership participation in all tasks. So, if you are able, please be ready and willing to volunteer for at least one job.

Riding BAMMI?

If you are planning to ride BAMMI (Bicycle Across the Magnificent Miles of Illinois) this year, and are interested in having access to a private support van, please contact me. All that will be required is that you share the cost of gas and are willing to drive one of the seven days between August 6 to 12.

For more details, call Bill Bergeron at: 312/516-0126 or leave a message at: 312/516-0125.

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.

Jun. 3 HEBRON III - Wheeling

Sat. The Saga of the Century

E 6 a.m. 104 miles from Wheeling High School. This ride previously was known as the Hot Hundred. Mel Robinson - 843-0422

Jun. 4 WAYNE-ST. CHARLES RIDE, Wayne

Sun. 8 a.m. 45 miles from Pratt

T Wayne Woods. Entrance on west side of Powis Road north of Army Trail Road. Bring a picnic lunch. Sue McPheron - 259-6475

Jun. 10 CHOP SUEY RIDE, Arlington Hts.

Sat. 10 a.m. 40 miles from Arl. Hts.

L High School, 502 W. Euclid, W. of Arl. Hts. Rd.
 Peter Gianakakis - 784-3330.

Jun. 11 WOODSTOCK RIDE, Long Grove

Sun. 8 a.m. 73 miles from Kildeer

T School. Hilly, gorgeous ride to the McHenry County Seat. Mel Robinson - 843-0422

Jun. 17 WISCONSIN OUTBACK DOUBLE

Sat. METRIC CENTURY. 6 a.m. 120 miles

E from Kildeer School. Grueling ride. Bring extra water.
 Jim Grant - 742-0814.

Jun. 17 LONG WAY TO VILLAGE TAVERN

Sat. 8:30 a.m. 27 miles from Kildeer

L School, Long Grove. Enjoy this morning ride, then lunch at the Long Grove Village Tavern.
 Howard and Lois Paul - 824-2941.

Jun. 18 McHENRY COUNTY RIDE, Union

Sun. 8 a.m. 80 miles from elementary

T school. Rt. 176 W to Union St., Left on Union (becomes Main St.) Cross RR tracks. L on Washington to school at end. Al Berman and Fran Green 541-9248. Jim Grant 742-0814.

Jun. 24 BALLOON RIDE, South Barrington

Sat. 2 p.m. 35 miles from Willow

T Creek Community Church parking lot - entrance on Algonquin Rd. (Rt. 62) east of S. Barrington Rd. Ride to the Norge Ski Jump in Fox River Grove and watch the release of the hot air balloons. Bring a snack/supper to enjoy. Bike and/or rider should have lights/reflectors because of late time of day. No Leisure option. Jerry and Carol Hug - 696-2899.

Jun. 24 TWO LOOPS WEST OF THE FOX

Sat. 9 a.m. 40 miles from Valley View

L Shopping Center, St. Charles. From Randall Rd. go E on Oak

St. .3 miles; N on 17th .3 miles. Bring sack lunch. Tour includes Leroy Oaks Forest Preserve and Johnson Mound.
 Mike Milton - 577-9887

Jun. 25 KILLER HILL, Long Grove

Sun. 9 a.m. 67 miles from Kildeer

T School. This ride tackles some of the toughest hills in northern Illinois.
 Al Dargiel - 685-7708

Ju1. 1 CHAIN 'O LAKES RIDE, Long Gr.

Sat. 8 a.m. 62 miles from Kildeer

T School. Ride to lunch in the park. Bring sack lunch.
 Hans Predel - 255-4029

Ju1. 2 ALGONQUIN/LONG GROVE, Wheeling

Sun. 7:30 a.m. 58 miles from Wheeling

T High School. Ride to quaintest towns in the region.
 Bill Lorenzen - 455-3325

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.

Jun. 14 from Senior Center parking lot at Thacker/Dempster and 2nd Ave., Des Plaines. The center is located on Thacker/Dempster between Wolf Road and Rt. 45.
 Howard and Lois Paul - 824-2941

Jun. 21 from Wayside Woods, Lehigh 1 block north of Dempster, Morton Grove. Bobbie Brenner 965-6103

Jun. 28 from Waterfall, Glen Forest Preserve, Darien. Take Cass Ave. South from I-55 to Argonne Labs entrance, then turn right. Turn into main parking lot of the park 200 feet past Cass.
 Aaron Tanzer - 323-3204.

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.

Wanted

WANTED: SECOND-HAND 21" BICYCLE, Diamond frame. Approximately \$100. Cathy Chang, Days 491-1000, Evenings 864-8641. If not there, please leave message.

Ride Notes

by Aaron Tanzer

How hardy a group are the Wheeling Wheelmen? On Saturday, May 6, a freak snowstorm and fierce winds conspired to cancel the three rides which were scheduled that day. Yet members showed up for all three rides and did go cycling! Our Polar Bear club members will receive credit for miles ridden that day.

We keep track of members' mileage throughout the season. Those who have ridden the most miles on club rides during the year will receive a special award at our November banquet. Your mileage is based on your signature on the sign-up sheet at the start of the ride. A legible signature (unlike my own) guarantees credit for that ride mileage. When mileage is listed in the newsletter, it is based on the sign-up sheets received by the newsletter deadline. So don't worry if you've done more miles than shown. They will be counted.

What are ride leaders supposed to do with sign-up sheets after the ride? Please send them right to me at 16W500 Honeysuckle Rose Lane #103, Hinsdale, IL 60521. If you don't remember the address, then send them to the club P.O. Box 581-D, Wheeling IL 60090.

Another question which turned up recently was what to do if the weather is too bad to ride. You or a representative still have to be at the starting point to inform riders that the ride has been cancelled.

We need leaders for Wednesday night rides - call me at 323-3204 or expect a midnight call from me!

Finally, this month's Cracked Helmet Award goes to the person on the Audubon Ride who performed the left turn from Sleepy Hollow Road to busy Huntley Road by:

1. Pulling into the oncoming traffic lane
2. Running the stop sign...
3. ...without looking
4. Pulling into the oncoming traffic lane on Huntley
5. Did not bother to stop to wait for oncoming traffic to clear before crossing Huntley to ride on the other side!

Bicycle Garage Sale?

The club would like to hold a members only bicycle garage sale in July or August. Anyone interested in putting it together with the help of some friends should call Hans Predel - 255-4029.

No doubt you have a number of accessories, parts and bicycles you no longer use or need. Others can.

SUSAN NOTORANGELO

Training For Her Last RAAM Ride

Since 1981, Susan Notorangelo and her husband, Lon Haldeman, have cycled across the United States twenty times during races, tours and record attempts. She has been semi-retired the past two years after the birth of Rebecca, who will be two years old in June. Susan plans to return to the Race Across America this August 13 to put together one perfect ride before she stops competitive long distance cycling.

Lon says, "We are both excited about RAAM for several reasons. For one, we are interested to see how much the sport of long distance cycling has changed and improved in just seven years. The route from southern California to the New York City area will be very similar to the same one Susan used during her first transcontinental record, and my Great American Bike Race record in 1982. When Susan first

rode from Los Angeles to New York, she was the first person to ever ride 350 miles nonstop across the desert. After watching Susan do this, I revised my strategy a month later during the GABK. I thought, "if Susan did it, I could too" so I rode all night and gained an early lead over John Howard, John Marino and Mike Shermer with a "surprise" nonstop first night.

"During her July, 1982 record, Susan went on to cross the country in 11 days, 16 hours and learned a lot about the challenges of riding 260 miles per day. Those were still the days when riders slept seven hours almost every night and ate their meals at the table in the motorhome. Susan even had one 12-hour break in Albuquerque and sat through the Mayer's welcoming ceremonies for her in St. Louis. Today most riders aren't off the bike for more than 24 hours across the entire country.

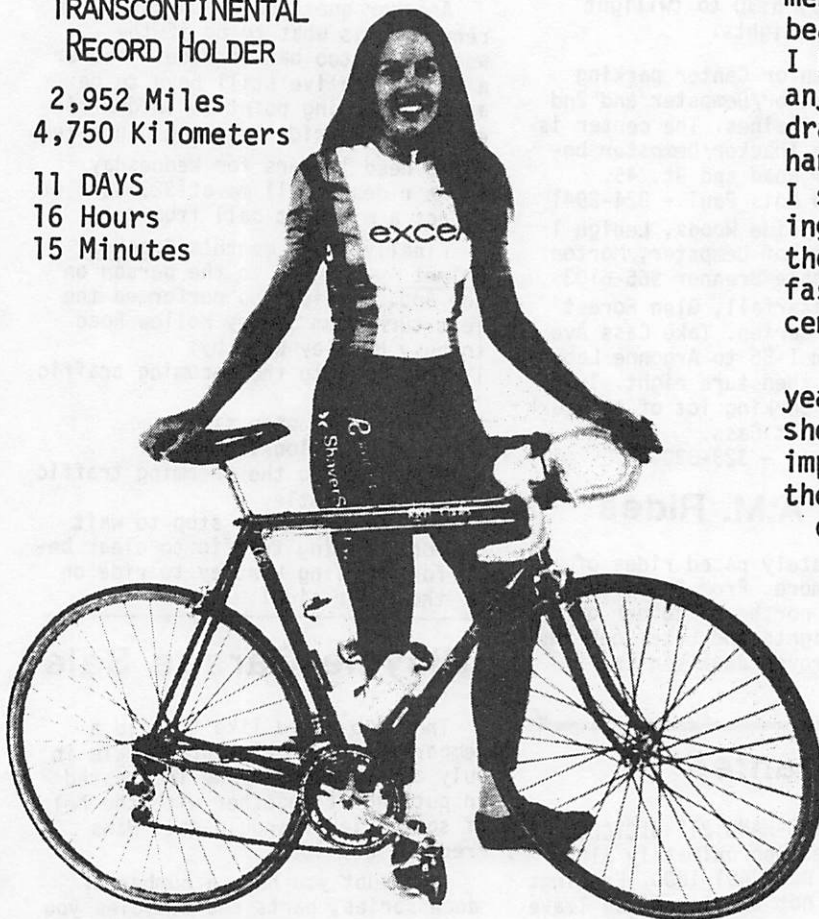
"During August in the GABR I set a new men's record of 9 days, 20 hours and felt beaten to a pulp. I was the most exhausted I had ever been. I couldn't imagine going any faster. Three months later I was still drained physically and emotionally and my hands hadn't regained their feeling. Today I still feel the GABR was the most punishing transcontinental record for me. Although I have since crossed the country faster four other times, none of these recent races have drained me as much.

"Now as Susan prepares for RAAM seven years later, we both are confident that she can surpass my GABR record. With the improvements in diet, pacing and equipment the sport of long distance cycling has changed quickly. This year I will be crewing for Susan again. We vividly remember the difficult areas along the route. She is preparing for the 300 miles of intense 110° desert heat the first day, the changeable wind in Kansas, and she won't be surprised by the challenge of the forgotten rolling Ozark Mountains which have almost as much vertical climbing as either the Rockies or Appalachians.

WOMEN'S TRANSCONTINENTAL RECORD HOLDER

2,952 Miles
4,750 Kilometers

11 DAYS
16 Hours
15 Minutes



SUSAN NOTORANGELO continued

"For Susan to cross the country in under ten days will take a perfect ride. She knows this will be her last transcontinental race before returning to motherhood. For her to go faster than I did during my most intense crossing would be a momentous way to end her career. I think she can do it!"

Lon and Susan's cycling plans this year:

July - Organize the Ultra Week series of races.

August 13 - Susan's RAAM ride, Los Angeles to New York.

September - Lon will be racing a Human Powered Vehicle (HPV) across the country on a relay team with Pete Penseyres.

October 1 - Organize the PAC Tour Transcontinental - San Diego to Jacksonville, Florida, in 20 days.

SUE NOTORANGELO'S PROGRESS

1980 1st Woman. Missouri 300. First woman to finish this AYH Tour.

1st Woman Course Record. BAM (Bicycle Across Missouri) 61 hours - 542 miles. Only woman finisher.

1981 1st Woman Course Record. Litchfield Double-Triple Century First woman to ever ride 300 miles on this course. 200 miles 12 hrs. 30 min. 300 miles 20:54

1st Woman Course Record. Bicycle Across Missouri. Finished 542 miles in 5th position out of 70 riders. 38 hrs. 47 minutes.

1982 National Record 401.6 Miles. U.S. National 24 Hour Open Road Time Trial. Record set in spite of torrential rainstorm and a tornado alert. First time an American Woman had ridden 400 miles in any one-day event.

NATIONAL RECORD 11 days: 16 hrs: 15 min. 2,952 miles. Women's Transcontinental Record, L.A. to NYC.

Arlington Heights Bike Path Plan

A 30-mile network of bike paths calls for establishing several new routes along existing streets and sidewalks and future routes along the Commonwealth Edison property from Lake Arlington west almost to Rand Road and in the Chicago NW Railway property.

Officials will work with surrounding municipalities to tie Arlington Heights paths into their networks.

Maps will be available and street signs will be installed. Plans also call for stricter enforcement of bicycle traffic laws.

Rides Re-ridden



AUNT MARY'S RIDE - About 50 people showed up on a clear, sunny morning to taste Aunt Mary's breakfast! Last year there were three, including the ride leader! After an enjoyable 24 miles through parts of Barrington, Witt and Penny Roads, we arrived at Aunt Mary's restaurant. A number of us really dug into the stone ground wheat pancakes topped with granola mix, raising and pecans!! It was delicious! We needed the energy because shortly after breakfast we had to tackle Shoe Factory Hill, always a tough one at the beginning of the season. We arrived back at Disney Park, completing a good 43 miles ride, one of my favorites!

Hans Predel

AUDUBON RIDE - A little bit of wind combined with cool temperatures put a chill on the start of this ride. But it was a sunny day and, as we got going, everybody felt warmer. Over 50 riders broke into four groups after we lunched in Algonquin. Each group was trying to find a different way around the hills heading out of town! The group with the ride leader made it up Huntington Drive and past the second Hanson Road hill to reach Sleepy Hollow Road. We flew down into Huntley and enjoyed the Fox River Bike Trail to Elgin. We returned to Eisenhower Jr. High with the wind at our backs, a perfect way to end the ride!

Hans Predel

APPLE PIE RIDE - It was a beautiful spring day for riding. Kay Richards used Kurt Schoenhoff's technique of "leading from the rear" which meant most of us didn't see her. The large group spread out along the route to Wauconda Orchards for lunch before heading back through Hawthorne Woods. This is a beautiful route!

RURAL RUSTIC RIDE - What a perfect day for a bicycle ride! It no longer is as "rural" as it was back in 1971 when Phyllis and Willard Harmon worked out the 20-mile route when working on their Presidential Sports Award mileage. But Prairie View, Hicks Road and Old Checker are still great and the rest of the suburban area is enjoyable. Thirty riders rode on this bright, sunny day with a lunch stop in Long Grove.

COLLEGE CAMPUS CRUISE - See page 6

Ride leaders - send a brief write-up of your ride for the newsletter. Send to Editor, Phyllis Harmon, 356 Robert Ave., Wheeling IL 60090.

Recipe of the Month

Since our newsletter is turning into a cooking club, I cannot resist sending in my all time favorite recipe:

RECIPE FOR A HAPPY MARRIAGE

- 1 cup of consideration
- 1 cup of courtesy
- 2 cupfuls flattery carefully concealed
- 2 cupfuls milk of human kindness
- 1 gallon faith in God and each other
- 2 cupfuls of praise
- 1 small pinch of in-laws
- 1 reasonable budget
- A generous dash of cooperation
- 3 teaspoons of pure extract of "I am sorry"
- 1 cup of contentment
- 1 cup each of confidence and encouragement
- 2 children, at least
- 1 large or several small hobbies
- 1 cup of blindness in the other's faults

"Flavor with frequent portions of recreation and a dash of happy memories. Stir well and remove any specks of jealousy, temper, or criticism. Sweeten well with generous portions of love and keep warm with a steady flame of devotion. Never serve with a cold shoulder or hot tongue."

I gave this to Jerry last November for our 25th wedding anniversary. I think it is terrific.

Lenore Goldman

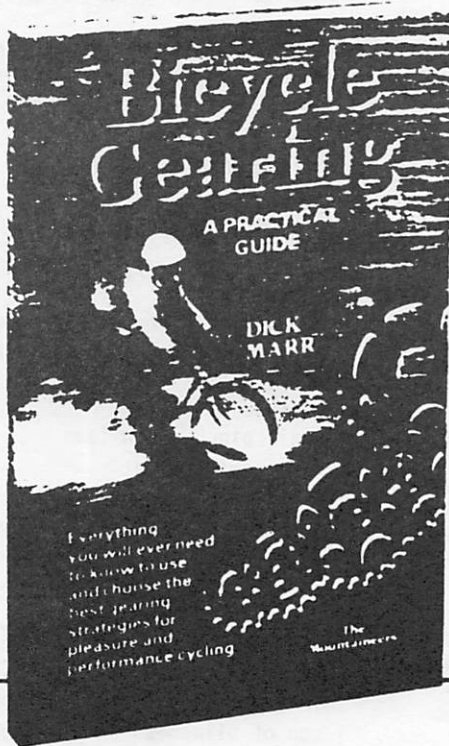
Two Riding Across USA

Two Wheeling Wheelmen are riding for dollars across country. Roger Thauland, past president and past ride chairman of the club, left May 13 on the L.A.W. Pedal For Power ride from Los Angeles to Maryland - 3,136 miles. Send checks payable to Pedal for Power to Roger Thauland, 306 Inverrary Lane, Deerfield, IL 60015.

Kim Stanley will be riding the 1989 Pacific Coast Bicycle Trek for the American Lung Assoc. 1,500 miles from Seattle to San Diego, Sept. 25 to Oct. 20. Send checks payable to American Lung Association, to Kim Stanley, 1164 Valley Stream Drive, Wheeling, IL 60090

PEDAL FOR POWER NORTH-SOUTH

Portland, Maine to Orlando, Fla. Sept. 23-Oct. 14, 1600 miles in 23 days. Info? Pedal For Power, P.O.Box 898-F, Atkinson, NH 03811 508/352-2293.



**136 pages 5½" × 8½" Paperbound
Illustrations
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\$6.95 \$5 at club meeting**

Author Dick Marr is a Wheeling Wheelmen member. He lives in Wheeling and teaches high school math. His bicycling has taken him from the Everglades to British Columbia.

BICYCLE GEARING: A Practical Guide

Everything You Will Ever Need to Know to Use and Choose the Best Gearing Strategies for Pleasure and Performance Cycling

BY DICK MARR

At last, a book about bicycle gearing for both novice and expert that will neither bore nor confuse, but instead provide good clear help. Author Dick Marr is passionate about teaching timid riders to let go of gear fear and get more fun out of their rides. He is also a whiz with gear ratios and shift patterns. The result is a first-of-its-kind, all-inclusive reference for anyone who owns a city, touring, mountain or racing bicycle.

Bicycle Gearing reassures the beginning rider with the basics: how and when to shift, easy-to-follow explanations of parts, gear sizes, chains and shifting strategies, how to make a take-along chart to show the relative size and chain position of each gear.

The advanced rider, on the other hand, can explore the whole range of gearing possibilities with the book's charts of 654 different configurations - more than any other source. Numerous charts and examples clarify advanced riding strategies.

For both groups, the book's emphasis is on determining individual body strength, riding style, stamina and personal shifting preferences, to help the rider toward better cycling performance - and fun!



COLLEGE CAMPUS CRUISE - Photo by Doug Kritz

Left: Clarence Littwin, Lucy Wathen, Elliott Kanner, Carolyn Wells of Milwaukee, and Pat Marshall. See the blanket of snow - in May!

It was a very overcast day. Elliott Kanner and three others were at Potawatomie Woods and it was snowing. They decided to wait and join the Beginners' Touring Ride scheduled an hour later. At Aaron Tanzer's request, Hans PredeI showed up to cancel that ride, but Pat Marshall and Doug Kritz and the other four decided to ride anyway. So they headed north into increasingly heavy snow! They rode part of the Campus Cruise route but ended up at Lamb's Farm for hot drinks and to warm up. The sun came out as they headed back - into another very heavy snow storm. Elliott called it a "delightful experience" for the 25-mile ride.

Dear Member,

Harmon Hundred time is fast approaching! During the summer, we are anxious to complete the process of getting enough volunteers to staff the various Harmon Hundred activities.

The monthly member meetings have produced most of our volunteers. However, we know some members, because of scheduling conflicts, can't make the monthly meeting but would still like to help out.

So, on the back of this letter, you will find a list of all committees working on the Harmon. If you have some time available to donate, and haven't signed up yet, please indicate your choice of committee by marking the appropriate spot. A space is provided if you have no preference, but are willing to help out anywhere. We will try to honor to all requests as noted.

Thank you for supporting the Harmon Hundred !!!

Joe Tobias
Duane Regenfuss

P.S. All workers will be invited to a Post Harmon party to thank them for their efforts. Date, time and place to be announced.

Name: _____

Address: _____

Phone: _____ (Home)
_____ (Work)
(can you be contacted at work? _____)

- () Registration -- sign in riders, T-shirts, etc.
Shifts starting at 5:30 AM to 7:00 PM
- () Routing Marking -- paint WW signs
- () Driving Sag -- shifts throughout the day
- () Sag stop -- serving food and/or drink to riders --check
one (in shifts - all times are approximate)

____ Registration
____ Wauconda 6am to 1pm
____ Glacier Park 7am to 2pm
____ Woodstock 8am to 3pm
____ Hickory Nut Grove 8:30am to 3:30pm
____ Cuba Road 8am to 5pm

- () Food Distribution -- help purchase food/get to sag
(done Saturday evening)
- () Hot Supper committee
- () Parking duties -- keep the incoming cars organized
- () Clean up -- 7pm till done
- () Post Harmon party committee
- () NO PREFERENCE, BUT I DO WANT TO HELP.

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or

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