



WHEELING WHEELMEN

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

MONTHLY MEANDERS

September Meeting

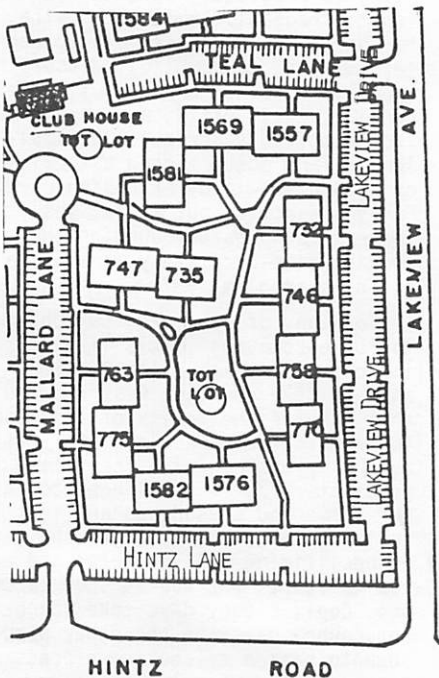
WEDNESDAY, SEPTEMBER 6, - 7:30 P.M.
WHEELING HIGH SCHOOL

Elmhurst Rd. (Rt.83) and Hintz
→ Library - Second floor - North
Last minute meeting and preparation
for our Harmon Hundred invitational,
Volunteer party, Bikeathon, etc.

Harmon Hundred Volunteer Party

All Harmon Hundred Volunteers are invited to a pizza party on Friday, September 15 from 6:30 to 9:30 p.m. at the Mallard Lakes Club House. R.S.V.P. to Dick Marr - 398-0106. Anyone other than a volunteer will be charged \$5 for refreshments.

Mallard Lake Apartments are off of Hintz Road between Schoenbeck and Buffalo Grove. Turn north on Lakeview Avenue to Teal Lane. The club house is at the end of Teal. We are asked to park on either Lakeview Avenue or Lakeview Drive (parallel) and walk to the club house.



THE PREZ SEZ

Volunteers are the lifeblood of any organization. The success of the Wheeling Wheelmen has been due to the many volunteers devoting time and effort to the various activities and serving as officers, ride leaders, and committee members.

As we head into the last part of 1989 a number of events are coming up that require volunteers. The Harmon Hundred is almost upon us. A great number of you have already volunteered. Hosting an event of over 1300 riders does take workers and the Wheeling Wheelmen has always had a great number of workers. If you haven't called in yet, phone Duane Regenfuss at 878-2363.

All Harmon Hundred volunteers will have a special party a week after the big event.

During the coming month we will be seeking candidates for 1990 club officers. Membership and Vice President (Ride Chairman) will definitely be vacant. However, members can run for any office: President, Safety, Treasurer. Call me - 255-4029 - if are interested in any office.

We need someone to chair the refreshment committee and to see that someone brings goodies to each meeting.

Our annual Banquet is coming up early in November. Lilian Russell can use volunteers for that: 259-8682.

And, of course, there's our Wheeling Bike-A-Thon October 1 - our one big chance to say "Thank you" to Wheeling and our meeting facilities. Benefits go to the Pavilion Senior Center. We need people for registration, road marking, and to hand out tokens at the 3 check points on the 10-mile course. Call Phyllis Harmon at 537-1268 - to get your name on the list. You can ride as many laps as you please and also put in 2-1/2 hours of time!

All you new members have a great discovery to make - one that our many volunteers have learned! You get the most out of a membership when you put more into it than just paying dues!

Hans Predel

HARMON HUNDRED T-SHIRTS

Our attractive 1989 Harmon Hundred T-shirts will be available to members at our September meeting--\$6 special!

Harmon Hundred Food and Sag Preparations

LUNCH PREPARATION: Food preparation for the Century and 75-mile route lunches will be done on Thursday, Sept. 7 at 6:30 p.m. at Stevenson High School on Rt.22 between Rts. 83 and 21. We will be preparing peanut butter and jelly sandwiches.

SAG SUPPLY PICK UP: Sag supplies will be picked up at 5 p.m. Saturday, Sept. 9 from Phyllis Harmon's, 356 Robert, Wheeling. Sag Chairmen, please notify me how your supplies will be picked up and by whom. 259-6475.

SPAGHETTI DINNER, DAY OF RIDE: Sunday, Sept. 10, we will be preparing a spaghetti dinner at Wheeling High School. I will need people to help from 10 a.m. for preparation and from noon to 6 p.m. for serving.

Don't hesitate to volunteer. Please call me at 259-6475 - Susan McPherson.

Donna Lewis Recovering

Right after our August newsletter went to the printer we learned that Donna Lewis, daughter of Merritt and Joyce Lewis, had been in the first class section of the tragic crash of Flight 232!

Donna had burns on both lower legs, both collarbones were broken, she had a concussion, stitches, bruises and black eyes. Joyce was with her the whole time at the hospital and Donna is now recovering at her parents' home in Arlington Hts.

It is a real miracle that Donna survived! She is the only first class passenger to survive on her side of the plane and only two on the other side of the aisle survived!

President:	Hans Predel	255-4029
Vice-Pres:	Aaron Tanzer	323-3204
Treasurer:	Andy Dane	271-0808
Safety:	Keith Kingbay	459-8242
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

Wheeling Wheelmen phone 989-7373

FREE FIREWOOD: HAVE FIREPLACE? NEED WOOD? FREE FOR THE TAKING - APPLE WOOD. CALL PHYLLIS HARMON - 537-1268.



The Thrill of Adventure

by Keith Kingbay

Nothing in the world gives you the spirit of adventure that is found on a bicycle trip. Unfortunately, I firmly believe that most people miss this thrill because they think they must either camp out or sign up for an expensive tour that doesn't go where they want to go, is too expensive or goes at an inconvenient time.

We do a disservice to many of our members and prospective members with stories of howling winds, cold nights bugs and discomforts. Even in the best of circumstances most people don't want to camp if they do not need to, and certainly not camp with primitive facilities.

For our ardent campers I am not downgrading camping, I've camped through the Himalayas and the Amazon jungle, but it's nicer to end the day with a nice hot shower, an ice cold Martini, a good meal and a clean bed. Most people would rather not camp, especially after a day's bike ride.

If you will follow a formula that Rosetta and I have used for many years, you will find a whole new world out there.

We have used only a small amount of planning and that's all you will need. Don't overestimate your abilities, and keep each day's trip within easy riding distance for the weakest member of the group or couple. We usually planned 50 or 60 miles per day depending on the terrain. We preferred, also, to travel either alone or with another couple. A couple can always get a room, accommodations for four are easy. A large group runs into trouble without reservations. Don't try on the first couple of trips to go to the exotic places. After a few trips you can venture further into the great blue yonder. We've done all of America and Europe as well as sections of South America.

How do you start? Write the local Chamber of Commerce or the State Highway Departments for comprehensive maps of the area, ordinary maps don't show the little used roads. Now, using these maps, plan a tour selecting little towns about a day's ride apart but large enough to likely have a motel or hotel. It may not be exotic but it will do for a night. We have never made reservations, even in the heaviest traveled areas; reservations tie you down. There are always rooms if you start early and finish early.

Be sure there are eating facilities within walking distance. You will be isolated at night.

We enjoy going into nice places so we dress up at night, not fancy

but certainly not in cycling cloghes. If you are traveling in Europe, you are expected to dress for food in the evening.

Don't carry anything you don't need. If you stop and wonder if you need it, you don't. We get by on trips of 1,000 or more miles with a saddle bag and a handlebar bag.

In my saddle bag, not an outsized monstrosity, I carry a pair of dress shoes, a pair of socks, a pair of undershorts and shirt, a pair of slacks, a belt, dress jacket, inflatable clothes hanger, white shirt, extra pair of riding socks, electric razor, toothbrush and toothpaste, camera, small radio, plastic clothes line, pair of inner tubes, patch kit, and a pair of very light sneakers - the latter to rest my feet and for easier walking.

In the handlebar bag I carry 2 windbreakers, a long sleeved light wool jersey, a wool warm-up suit, reading glasses, sun glasses, gloves for cold days, medication, chain tool, spoke wrench, 6-inch adjustable wrench, 4-inch pliers, screw driver, rear brake cable, rear derailleur cable, cog removing tool, knife, date book, Kleenex, suntan lotion, and a couple of plastic drop cloths to use as ponchos in case of rain. It's easier to throw them away than trying to clean, dry and fold a good poncho.

Strapped to the chain stay I tape a couple of spokes.

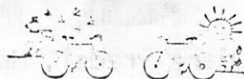
A lady's clothing is much simpler. Nothing a lady wears takes up so much space as a man's slacks and jacket.

Rosetta doesn't carry any tools. Her equipment is the same as mine so our cables and spokes fit. She does usually have small packages of cheese and crackers, some fruit and extra drinks if it is isolated country.

On arrival in your room, first unpack your jacket and slacks. Inflate the clothes hanger and hang your slacks over a wire hanger, overlapping the legs about 6 inches from the bottom. This will give more weight along the crease. Hang the clothes in the bathroom, turn on the hot water full force for a few minutes. Close the bathroom door and let the clothes steam for a few minutes. That will remove all the wrinkles. Wash your underclothes, shirts, etc. and hang them from the plastic clothes line. Now take your shower and get dressed.

Since we stop early to get a nice room, it is normally too early for dinner. We usually get dressed and take a little walk to limber up, maybe getting an ice cream cone to take off the edge until dinner time.

Have a good dinner, a nice evening and a wonderful trip.



Bike-Rowaving - Nature's Phenomenon

by Dick Sorenson

August is the best month for "Bike-rowaving"!

Picture this. That king-size Snickers candy bar you carried in your rear jersey pocket last August. Remember how you looked forward to a much needed mid-route energy snack break? But when you reached back, your hand grabbed a sticky, gooey, soggy mess that formerly was a candy bar. Or, how about that ice cold well water you filled your water bottle with a few miles back? Ever notice that it usually becomes tepid or even hot on a bright, sunny day? What about that bright yellow banana in your handlebar bag? Why has it overripened and turned brown after a two-hour ride? What you've been experiencing is really a rudimentary form of "Bike-rowaving".

The basic principles of "Bike-rowaving" are nothing new - in fact, it's been around for years. It's just recently, however, that "Bike-rowaving" has been developed as a culinary art form, one enjoyed by gourmet cooks and connoisseurs of find food alike. Would you believe, two ordinary food packaging products are primarily responsible for harnessing the powerful energy of "Bike-rowaving": Plastic zip-loc bags and aluminum foil wrap!

"Bike-rowaving", as compared to it's household equivalent, the microwave, is absolutely safe to use - it isn't a radiation emitting device, for one thing, so there are no dangerous rays, no complicated users manual, no parts to wear out, no expensive repair bills, and, trust me, it's completely portable, runs silently, and doesn't need batteries or a long, unwieldy extension cord. For you skeptics out there, yes, there is a downside: Judging the cooking time accurately is still a bit of a problem.

For many of us cooks, switching to "bike-rowaving" feels like starting over. It takes a little time - and a little courage. Rest assured that many of the tenets of find cooking remain the same. Food will taste best if you start with the finest ingredients. You'll still need to taste for herbs and seasonings and test for texture. And, don't forget the garnishes. Timing will be trial and error to start, but you'll soon catch on: Cool, cloudy days take longer; hot, sunny days, on the other hand, seem to hasten to cooking process. It's a matter of solar rays, you see.

One of my personal favorite recipes on bike rides is cheddar cheese and tomato slices on whole wheat bread. Just place in a zip-loc baggie,

Continued on page 4

Schedule

CODES:

L = LEISURE RIDE. 8-10 mph. Group stays together. Leader, cue sheet
 T = TOURING RIDE 11-15 mph. Group stays together Leader, cue sheet
 E = EXPRESS RIDE 15 mph and over. Ride own pace, Cue sheet.

Sep. 2 MEMBERS HARMON HUNDRED

Sat. 6 a.m. 100 miles from Wheeling High School. We work the day of our Invitational (Sept.10) so here's your opportunity to earn the L.A.W. National Century Patch. Woyteck Morajko 392-0530

Sep. 3 MEMBERS HARMON FIFTY

Sun. 8 a.m. 50 miles from Wheeling High School. See above. Howard and Lois Paul - 824-2941.

Sep. 4 AUNT MARY'S BREAKFAST RIDE

Mon. 8 a.m. 43 mile Labor Day break-fast ride from Disney Park at Beisterfield and Wellington, one block west of Arlington Heights Road, Elk Grove Village. Hans Predel - 255-4029.

Sep. 9 MEMBERS HARMON SEVENTY FIVE

Sat. 7 a.m. 75 miles from Wheeling High School. See above. Jerry Rice - 870-8127.

Sep. 9 MEMBERS HARMON TWENTY FIVE

Sat. 8 a.m. 25 miles from Wheeling High School. See above. Phyllis Harmon - 537-1268.

Sep.10 HARMON HUNDRED INVITATIONAL

Sun. 6 a.m. - 7 p.m. This is our day to play host to about 1400 riders. Volunteers for sags, food, registration, parking, etc. Duane Regenfuss - 878-2363.

Sep.16-24 CLUB KENTUCKY TOUR

Week A week-long trip to the mountains and hollers of Kentucky. Sag service; overnights at motels. Limited space available. Ron McPheron - 824-5091

Sep.16 PIZZA RIDE, Buffalo Grove

Sat. 9 a.m. 57 miles from Buffalo Grove High School, Dundee and Arlington Heights Roads. Lunch at a pizza parlor. Mel Robinson 843-0422.

Sep.17 LOOPS AROUND LAKEWOOD, Wauconda

Sun. 10 a.m. 25 miles from Lakewood Forest Preserve. Entrance is on west side of Fairfield Road just south of Rt. 176. Lynn and Al Petty - 948-7288.

Sep.17 WALL-TO-WALL WALWORTH, Wisc.

Sun. 7:30 a.m. 100 miles. See next column. Christine Gier 243-5691

Sep.23 BELVEDERE CENTURY, Elgin

Sat. 6 a.m. 100 miles from 615A Waverly Drive - Express pace - Jim Grant 742-0814. Touring pace Woyteck Morajko 392-0530.



Sep.23 RURAL WISCONSIN RIDE Eagle Wis.

Sat. 9 a.m. 59 miles from Railway depot on US 12 north of Rt.67, bring a sack lunch. Chet Tobolski 362-7794 and Joe Tobias - 835-2547.

Sep.30 COLLEGE CAMPUS CRUISE Wheeling

Sat. 10 a.m. 35 miles from Potawatomi Woods \$3 lunch at Lake Forest College. Elliott Kanner promises no snow showers as we had on May ride. 541-9176.

Sep.30 TROLLEY WHEELS AND HILLS

Sat. 8 a.m. 77 miles from Kildeer School, Long Grove. Visit trolley museum in Elgin. Bring or buy lunch. Geri and Ron McPheron 824-5091.

Oct. 1 WHEELING BIKE-A-THON

Sun. 7 a.m. to 5 p.m. Our seventh Bike-A-Thon to raise operating funds for the Wheeling Senior Pavilion. Work and/or ride. From Wheeling High School. Ten mile route through Wheeling, Buffalo Grove and Arlington Hts. Ride as many laps as you want.. Club credit for miles. Workers needed for registration, road marking and check points - 2-1/2 hour shifts. Many excellent door prizes. \$10 registration fee or ride for pledges. This is our one big community project for the year. Phyllis Harmon - 537-1268.

Wed. P.M. Rides

Sep.13 from Wilmot School, Wilmot and Deerfield Roads, Deerfield. Lynn Petty 948-7288

Sep.20 from Maine South High School Dee Road south of Dempster, east of Tri-State Toll Road, Park Ridge. Steve Manrose - 696-2539.

Thurs. A.M. Rides

Sept. 7, 14, and 28. 9 a.m. moderately paced rides of 20 miles or more. From Dominick's parking lot, northeast corner of Arlington Heights and Lake Cook Roads, Buffalo Grove. Jack Van Es - 537-0867.

EXTRA! EXTRA!

COME ONE, COME ALL TO THE
 WALL-TO-WALL WALWORTH CENTURY
 BY CHRISTINE GIER

All levels of riders are welcome to this new and exciting century which will start from Fellows Street Park in Genoa City, Wisconsin, and tour beautiful Walworth County in Southeastern Wisconsin. Departure time is 7:30 a.m. sharp, Sunday, September 17.

From Genoa City the ride heads north towards Eagle, Wisconsin. This



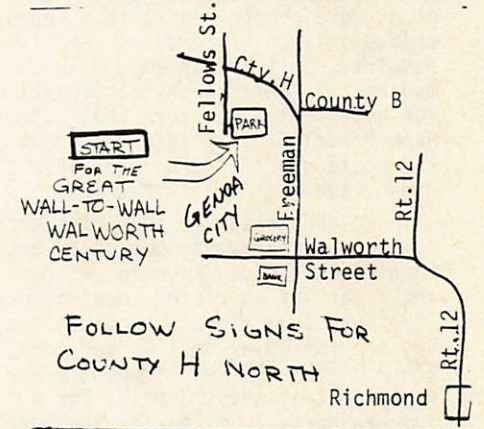
area is the most scenic with rolling hills and breathtaking views at every hilltop. By the time we get to the north border of Walworth County, we will be in the lovely Southern Kettle Moraine. We ride along this north border of trees and shade until we come to one of the Kettle Moraine Scenic Drives, County H.

On County H we ride south for lunch at the LaGrange General Store, the *best* lunch stop in the area. This is a quaint little deli, juice and ice cream shop with all kinds of healthful homebaked goods. I won't leave here until I have a "Smoothie". What's a "Smoothie"? Just wait until you try it, you'll like it!! Sorry, Jim G., no twinkies here.

With lunch completed and the hardest part of the ride over, it's smooth sailing south on a ridge where you can see beautiful landscapes. Then it's west, with a tailwind, on the south border to Walworth and the home stretch back to Genoa City.

A map and cue sheet listing towns and food stops will be provided. I will be your leader. The ride is listed as an express ride, but anyone who can follow a cue sheet and map is welcome. I will sweep the last 25 miles to make sure everyone is O.K.

Ride Safe and Fast - Wear a Helmet!



INVITATIONALS

Sep.19 NORTH SHORE CENTURY, Evanston

Host: Evanston Bicycle Club. 7 a.m. from Chandler Community Center, 1/2 block on Lincoln west of Ridge. Just south of Central. 25-50-100 miles. The 25-mile ride is a sightseeing ride of the North Shore area. Cue sheet will describe local landmarks and architecture. \$10.00 includes patch, sag, map, refreshments. Ted Sanders - 433-4075.

Sep.24 FALL FRENZY, Aurora

Host: Aurora Bicycle Club. Registration 6:30 to 10 a.m. 25-50-62-100 miles from Jefferson Jr. High School. Rt. 31 south to Sullivan Road, Right (west) to Randall Rd. then left. (S) to Plum Street and left (E) to school. \$10.00 incl. patch, sag, map, refreshments. Club phone 896-0640.

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INVITATIONALS CONTINUED

Sep. 24 LON HALDEMAN HUNDRED, Rockford

Host: Blackhawk Bicycle Club. 7 to 10 a.m. registration. 50 or 100 miles from Rockford Lutheran High School. I-90 to 2nd Rockford exit (Bus.20). Go to Alpine, turn right (N) to high school. (North of Spring Creek Road). Registration \$8 to Sept. 19, then \$10. Incl. patch, sag, map, refreshments, spaghetti dinner after ride. Brian Seago - 815/623-6129.

RIDE NOTES

by Aaron Tanzer

Just a reminder for Ride Leaders: You are responsible for the overall outcome of the trip. Amongst other responsibilities, you need to scout the ride in advance, even if you are working from a cue sheet or map from our ride library. I cannot guarantee the accuracy of the cue sheet or if the roads are the best choice for the ride. With all the new housing developments going up, newer less traveled roads may be better, or there may be road repairs that call for a change. You have to check it out.

Also, there are rare occasions when accidents happen. If one does occur, use common sense; take appropriate action. If medical care is required, call for an ambulance immediately! Don't be shy about asking for help! Also, be sure that either Hans Predel or I am informed about the accident, including the rider's name - and hospital if required.

We are fortunate that club accidents are infrequent, but there are some steps you can take to ensure the safety of your ride. Heat stroke can cause an accident, so check out sources for water refills and carry extra water. Regroup frequently - approximately every 5 miles for a leisure pace, 10 miles for touring pace - so you can keep track of your riders and be sure no one is lost. Caution anyone riding in an unsafe manner. A one or two minute break plus a sip of water and/or snack does wonders for a tired rider. When the riders regroup, put the laggards up with the leader.

Finally, this month's Cracked Helmet Award goes to most of the people who rode to Lamb's Farm preceding our picnic. I was leading that ride. At 10:00 I put my pump in my car and turned around to give the trip announcements, only to discover that all but three riders were leaving without me! I had some announcements to make, even a great joke to tell, but there was no one to listen. Remember, all rides have trip announcements (even if just to remind you of the rules of the road) and riders leave following the announcements and behind the leader.

"BIKE-ROWAVING" CONTINUED

place the baggie in your bike bag or rear jersey pocket, ride for about three hours and, voila! You have a freshly melted cheese sandwich. You can combine this with solar tea and a few bars of sticky, melted somores for a totally bike-rowaved, energy efficient lunch. Here's another favorite:

Recipe for Warm Cookies (Makes Six)

1. Buy six of your favorite cookies from cookie shop or grocery. (Hint: Oatmeal granola cookies or fig bars turn out best).
2. Place in zip-loc bag or foil wrap. (Hint: Generic brands are okay).
3. Carry in rear pocket or bike bag on a warm day (Hint: Works best during August, worst during January-February).
4. Cooking time varies. Eat when hungry or contents reach desired temperature and are moist and chewy (Hint: Don't let other hungry bikers see you eating).

Other on-the-road possibilities include nachos (remember to garnish with jalapeno peppers), warm pizza bagels (use the bottled sauce), even some cooked cereals. Remember, healthful dishes that are easily prepared and flavorful are the key to staying healthy and slim. Moreover, keep away from additives.

Once the word gets out, just wait and see - some enterprising cyclist entrepreneur will develop a new line of biking accessories that every bikeophile and bikeaholic will absolutely need: Bike-rowave sauce pans, bake-ware, browning pans and even a tiny battery-operated rotisserie that fits on the rear rack, all very lightweight, of course - I can see the special ad section in the Bike Nashbar catalog now!

Have you heard that some cooks actually steam fish in their dishwasher?

Next month: "How to convert your bike helmet into a wok!"

Mike Royko's Anti-Bicyclist Article

I thought Mike Royko's article on bicyclists' bad habits was good in that it shows how bicyclists are perceived when they ride in an irresponsible manner. Howard Paul

To the number of new members on the Zion Ride: If we want the Rights to the Road we have to follow the same Responsibilities of all vehicle drivers. You were riding in a big clump of 5 and 4 abreast and started through the red light on Deerfield Road. Even when cautioned, two women went on through the light! ... Note Illinois law - Page 6. Ed.



by Keith Kingbay

SAFETY AT ALL TIMES

Writing an article as Safety Chairman is not an easy task. There are so many problems which should be addressed but the basics must be repeated, time after time, until they become a matter of rote. I know how tiresome it is to hear the same thing month after month.

PLEASE TRY TO REMEMBER AND PRACTICE THESE 10 BASIC RULES OF COMMON SENSE

1. Ride on the right side of the road.
2. Stop at stop lights and use extreme caution when crossing heavily used streets and roads.
3. Get off the road while you are stopped.
4. Use hand signals before turning or stopping.
5. Call out loudly the necessary audio signals such as "Passing on left" "Car back" or "Car up".
6. Ride single file when on heavily used roads.
7. Never ride more than double file on any road.
8. Keep your bicycle well maintained.
9. Do not ride beyond your capabilities.
10. Do not ride too close to other riders.

The Lord gave only 10 commandments, He was only trying to talk to all the world. Bicycle riders are a different breed of cat. May I add one more:

KEEP SAFETY UPPERMOST
IN ALL YOUR ACTIONS

Top 10 List

	Club Mileage
MEN:	
Jack Van Es	1,422
Roy Erikson	1,306
Woyteck Morajko	1,187
Bill Lorenzen	1,155
Andy Dane	1,036
Bob Flanagan	923
Jim Grant	907
Joe Tobias	784
Hans Predel	698
WOMEN:	
Gina Interrante	1,023
Sue McPheron	947
Geri McPheron	723
Carol Passowic	618
Lucy Wathen	584
Fran Green	579
Pat Marshall	495
Lori Block	452
Chris Gier	450
Bobbie Brenner	447

Potawatomi Woods Picnic

Photos by Jane Newell



New member George Williams (improved rider, upgraded from Huffy to new Schwinn), Gee Cunningham, and Bobbie Brenner. Background Michael Sackheim, Aaron Tanzer, Lynn and Al Petty.

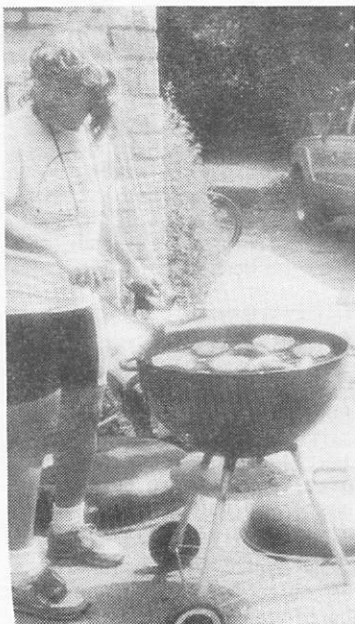
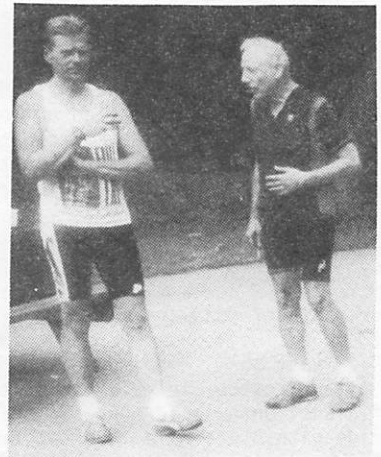
It was a weather-perfect day for a ride to Lambs' Farm.

George Williams and Jane Newell

Right: Diane Predel, Ride Chairman Aaron Tanzer, Phil Badame.

Far right: President Hans Predel and Joseph Tobias.

Plenty of good food and lots of conversation were highlights of our annual picnic.



Co-chairman: Fran Green Lucy Wathern, Diane Predel, Howard Paul. Co-chairman: Al Berman

Illinois Bicycling Laws

It is important to know the laws pertaining to bicyclists. Once in a while we'll hear of a policeman who insists bicyclists ride on the *left* side of the road, facing traffic, or ride single file on a traffic-free rural road. If you can quote the Illinois Vehicle Code number pertaining to the law - that is important. Even better, if you know the laws you won't ride 3 or 4 abreast, go through red lights.... So here, for your information:

Sec. 11-1501 - Every person operating a bicycle on any highway or exclusive bicycle path is granted all of the rights and subject to all of the duties applicable to motorists. (This means obey all traffic regulations applicable to motorists.)

Sec. 11-1505 - Position of bicycles on roadways and bicycle paths. Any person operating a bicycle upon a roadway at less than the normal speed of traffic shall ride as close as practicable to the right-hand curb or edge of the roadway except as provided in Section 11-1505.05 or under the following situations:

1. When overtaking and passing..
2. When preparing for a left turn at an intersection or into a private driveway.
3. When reasonable necessary to avoid conditions incl. fixed or moving objects, parked or moving vehicles, bicycles, ...substandard width lanes that make it unsafe to continue along the right-hand edge.....

Sec. 11-1505.05 - Persons riding bicycles upon a roadway shall not ride more than 2 abreast except on paths or parts of roadways set aside for their exclusive use. Persons riding 2 abreast shall not impede the normal and reasonable movement of traffic and, on a laned roadway, shall ride within a single lane subject to the provisions of Section 11-1505.

Sec. 11-1502 relates motor vehicle laws to bicycles.

Sec. 12-610 - Prohibits the use of headset radios.

Comment Corner

HEADSETS

In my capacity as President of the club, I am replying to Dick Sorenson's letter in the July newsletter. Dick has taken a casual attitude to a serious issue. Headset radios are not permitted on club rides because the motor vehicle law prohibits them on motorists while driving a car. The same law applies to us when we are on the road. Bicycles are subject to vehicular laws. The issue of impairing the ability of the cyclist to be

aware of his environment and potentially threatening situations is at the heart of the law and the Board's action.

The other items Dick mentions are all legal on our rides if somebody wishes to carry them. Even President Bush's recent prohibition on the import of automatic weapons does not prevent you from bringing an AK-47 on a club ride. At least you would get more respect from other riders and cars!

In regards to the helmet issue, the Board discussed, but did not formalize a helmet policy because:

1. Helmet usage is not mandated by law.
2. As Aaron Tanzer mentioned, we have seen a dramatic increase in helmet usage on club rides. Part of the reason is safety, partly as a fashion statement, partly aerodynamic benefit.
3. Based on the above, there is no reason to put the club or its Board in the illegal position of enforcing a purely optional, individual decision regarding the wearing of helmets.

I, personally and officially as President, believe in and recommend helmets from a safety standpoint. While I try to practice conscientious cycling, watching out for other cyclists and cars, I cannot protect myself from possibly being involved in a random accident. I can try to prevent serious damage to my head, the one vital area which has a difficult time healing versus other extremities, by wearing a helmet. Paying \$30-\$75 for a helmet is cheap protection against lifelong brain damage.

So, Dick, if you want to use a headset radio outside of club rides, please do so. I, or anybody else, will not be there to object. When you, or anybody else rides with the club, we expect you to obey the rules of the road and our club rules. Don't wear your headset radio and, I would add, wear a helmet at all times.

Hans Predel

LOCAL DEALERS - MAIL ORDER

For many years local dealers and manufacturers have tried to make life easier for touring cyclists. The use of catalog houses delayed for many years the development of local well-stocked bicycle dealers. Let's take a rational approach to the problem. Of course there are places where touring bicycle items are not available, by the same token there are many places where there is no doctor, or church, or, for that matter, a grocery store.

How do you think a catalog house would alleviate the problem of a broken or needed part when it is needed now? How many people have complained because their local dealer didn't have a desperately needed part to

start the next morning's ride, and who cussed out the dealer for not having the item, but who regularly buys the item from a catalog house? Do you think the dealer should keep the part in stock only on the outside possibility that you might need one sometime in an emergency? Even the people in middle points of Arizona and Alaska have found it is better to depend on someone with their interests in mind.

We do a disservice to our members to indicate that there is a problem with finding bicycle parts at the local level. There are places when one crosses this great country where you go for many miles without any signs of civilization except for the road in front of you. People who live in such places know how to cope with their problems. It is we who live in congested areas who think everything should be at our fingertips.

Keith Kingbay
L.A.W. Director Region 8

IMPEDING TRAFFIC

After completing the picnic ride, I came home and found a long letter in the Dear Abby column of the newspaper berating the behavior of bicyclists. I don't believe that we were guilty of many of the complaints in that column on that ride, but we were certainly guilty of one that infuriates motorists the most.

Some of our most experienced members repeatedly impeded traffic on 2-lane, immoderately busy roads by riding double or just riding directly in the middle of the lane when car traffic existed in both directions. If they heeded the call of "Car back", they immediately took the middle of the lane position after the car passed - and 10 seconds later had to be yelled back into a right of lane position. Apparently these people ride without rear view mirrors and have no idea what is coming up behind.

Please ask yourself, if you are someone who is frequently having to respond to "Car back". If we are eventually ruled off the road, some of our club members have caused it as much as anyone.

Howard Paul

L.A.W. President

Mark your calendars: November 12 at 3 p.m. - Wheeling High School - Cafeteria. League of American Wheelmen President John Torosian will be in town to talk to area clubs on the League, what's going on, 1989 PEDAL FOR POWER and the May 12-June 27, 1990 PEDAL FOR POWER Los Angeles to Boston.

Bring your ideas, questions and suggestions for the President.