



WHEELING WHEELMEN

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

MONTHLY MEANDERS

OCTOBER, 1989



meeting



WE'VE MOVED OUR MEETING!

NEW DAY: Thursday night,
October 5; 7:30 pm

NEW PLACE: Wheeling High
School Cafeteria.
First Floor.

Elmhurst Rd. (Rt. 83) and
Hintz



THIS MONTH'S TOPICS:

1989 A Year in Review...
Come out and swap stories
of the past season in an
open forum. Relive all
the highlights! Plus, an
impromptu slide show by
"Mountain Man" Al Petty
on his trip to Colorado. All this,
first impressions of the Kentucky
trip and more. Don't miss it!

the prez sez

-by Hans Predel

The Harmon Hundred turned out to be a great success for the club! A clear, sunny day, cool temperatures, good road markings, tremendous sag visibility and helpfulness, excellent sag stop support and service plus a delicious spaghetti dinner made the day enjoyable for the riders. The bad weather during the week had us biting our nails right up until Sunday morning when I opened the front door and found a brilliant blue sky!

Our preliminary count is around 1300 riders. That's pretty good when you realize the weather changed at the last minute. I'm sure we missed another 200-400 Chicagoland riders who made other plans for Sunday based on Saturday's rain and ify forecast.

The club saw a record number of volunteers helping to support the ride! We all had fun (it was work, but "fun" work!) and left a good impression with the riders. The club is well known for its aggressive membership attitude in all things we do. Your pride should be showing!

Whether verbally or in writing, it is hard to mention names without either missing somebody or having somebody else feel that because their name wasn't mentioned, their part in the Harmon Hundred is a team effort.

Everybody who lent a hand- no matter how large or how small-played a part in the event's success.

We still have two more months of riding ahead of us. Make use of it and come ride with us. Remember, next year is the start of a new decade... don't wait that long!



by Keith Kingbay

We're going to need to mind our P's and Q's or some irrate motorist is going to end our troubles. With the tremendous increase in bicycling, the irrational, thoughtless cyclist is becoming more and more of an aggravation to motorists.

Politicians used to say "any publicity is good publicity", but those days are gone forever. It was much the same for many years with bicycle publicity, but those days, too, are gone forever.

The rash of negative publicity has been astounding. Much, I am sure, encouraged by Mike Royko's column. It doesn't seem possible that so many radio stations would discuss bicycling at the same time both Dear Abby and Ann Landers printed long letters about bicycling in such a short time without a seed having been planted.

It is our duty to obey the traffic regulations, not only a duty but it may also save our skin. By the same token, however, it is our right to complain to other cyclists when they flagrantly flaunt the laws.

A number of people have looked much more kindly when I have complained since I became Safety Chairman; formerly they gave me dirty looks. It is as much *your duty as your right* to point out traffic violations. We are all put in the same kettle: teenagers, senior citizens, ethnic groups, and bicycle club members. By the same token, each of us is viewed by non-cyclists as merely one of those @*#! cyclists. We as concerned people can do much to clean up our image if we will speak out each time we see someone endangering us.

And they do endanger us. Verified statistics have proven that the average motorist doesn't see many cyclists. They do, though, see something directly in front of them. If a cyclist is on the wrong side of the road, the immediate tendency of a motorist is to swerve left to miss the object. If you are on the correct side of the road, the motorist may easily run into you as he tries to avoid an accident. This is aggravated on hills or blind curves, since the sight time is much shorter.

PROTECT YOUR RIGHTS TO A SHARE OF THE ROAD; CASTIGATE THOSE RIDERS WHO FLAUNT THE LAWS.



party!

DID SOMEONE SAY "PARTY?"

Yes folks, it's none to early to start planning our annual December Holiday and January New Year's Day parties. Hosting either of these Wheeling traditions is easy! Just plan a leisurely walk/hike route, put out a couple dishes of mixed nuts, spread a few back issues of Bicycling magazine on the coffee table and the club will help give you ideas on planning the rest. If you're interested, call Hans Predel and he'll get you started off on the right track. Call ASAP so we can announce the location in our Dec. newsletter. Ring the party line at 255-4029 to volunteer.....

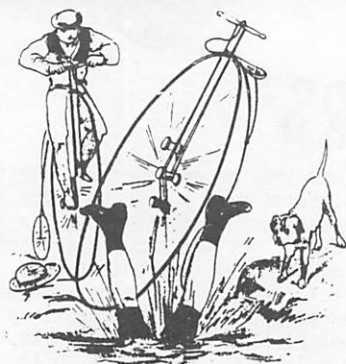
President:	Hans Predel	255-4029
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Editor:	Linda Svrcek	965-8249
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Bike Books:	Pat Marshall	564-0346

Wheeling Wheelmen phone 989-7373





trail tales



Misadventures

RIDER'S LOG--- AUNT MARY'S BREAKFAST RIDE -by Dick Sorenson

7:45 AM: Monday, Sept. 4th: "Bye hon, see you about noon!" as I pedaled out of the garage to the nearby starting point of the ride. Ideal weather, no detectable wind.

8:00 AM: Our leader, Hans, began the ride promptly. The express riders rode out early with a swoosh-h-h. The 40+ tourist riders formed a colorful serpentine line along the winding Busse Woods bike path. Traffic was light and the route was well planned.

9:30 AM: Time for a 15-minute rest stop at the forest preserve on Penny Road. Mosquitoes have voracious appetites. Besides being hungry, I now feel weak from loss of blood.

9:50 AM: "Half way to go, Sandy!"

10:10 AM: Arrived at Aunt Mary's (a former HoJo). Twentysome miles are behind us. Everyone is very hungry, most have not eaten yet, some still show signs of early morning pre-coffee hostility.

10:15 AM: Sat down at table with the group. Noticed that the express riders hadn't been served yet (an omen). A group of non-riding chain smokers was sitting behind us.

10:30 AM: No waitress in sight. Desperate, Sandy got up; found and served coffee for the group. Our group is getting surly and began to speculate as to how long we would be there.

10:50 AM: Waitress arrived, served express riders, took our orders and was surprised at our impatience. Finally, water was served. Could actually hear my fiftysome year old joints and muscles tighten up, getting very stiff sitting. I never realized how hunger causes involuntary yawns. This once kind and gentle group was becoming vicious in their comments about the world at large.

11:00 AM: New delay. Problem with Herb & Lois' stone ground wheat pancakes. Mysterious substitution of ingredients has been made and they are served. Quandry: Is this now breakfast or lunch?

11:20 AM: Last of the group was served. Understandably, Hans was anxious to get on with the ride. Most of us were stiff and sore, sadly anticipating another tensomething mile physical warm-up process. Most ate so fast that we couldn't judge whether the food was good or not (personally I suspect not). The chain smokers left.

11:50 AM: Joe, the last diner, left the restaurant. Assembled group had his bike ready & waiting. Before we left, we recorded the moment on film. Wouldn't you know, a strong headwind was now blowing. The saddle felt very hard.

12:30 PM: Ever had pancake drag? Shoe Factory Road can be a bear right after eating- especially THAT HILL. The miles crept slowly by. Auto traffic was heavy and the road felt rough.

1:45 PM: It was a long, painful ride. My cyclocomputer read 42.6 miles with an astounding average speed of 7.4 mph! Silently I vowed to skip Aunt Mary's next year and go to McDonalds!

WHERE THE HECK IS WOODSTOCK? OR THE HUNT FOR HUNTLEY RIDE... -recounted by Linda Heeter et al

Though clouds of doom hovered over us on the morning of August 26, the thrill of victory laid ahead of us... along with packs of dogs, blood thirsty mosquitos, corrugated roadways, construction blockades and crazed motorists...

A last minute ride leader switch put Mel Robinson at the helm (Kim Stanley was suffering from "Lycra-phobia" and sub Gina Interrante was trying the 'leading by telepathy' method from Kildeer). Hardly 10 miles into our 84 mile ride, an early rest stop separated 7 of us from the rest of the group. This is our story...

From the moment we turned onto the swiss cheese surface of Williams Dr., we began to suspect this was less of a touring ride and more of a ride leader survivalist training course.

LESSON 1: DOG DIPLOMACY- When isn't safety in numbers a good rule? When 7 of you are on bikes and 4 of them have BIG, POINTY teeth! Luckily, Mel's aim with his waterbottle was true.

LESSON 2: ROADS WITH SPILT PERSONALITIES- The cue sheet said, "R on Huntley." Wait a minute, was that Huntley Road? Huntley Blvd? Or Huntley Lane? It was anybody's guess and we guessed wrong. After trying every

which way but loose, somebody did discover a way back on track.

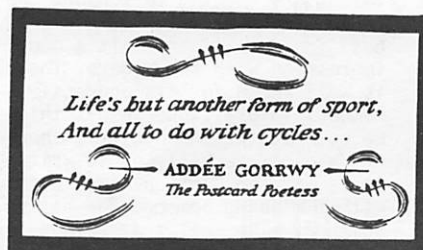
LESSON 3: WATERPROOFING- Raingear or no raingear, that was the question. Some donned windbreakers, some just toughed it out, but the hands down fashion winner was Heeter's "LeBag." Looking like an ordinary trash bag, it's sure to make a splash in bike shops everywhere next season! The hostess at the Union cafe has already placed an order with our "Bag Lady."

LESSON 4: ATTACK OF THE KILLER CAMERO- On an isolated back road near Union, we heard the distant rumblings of a car engine. Being well trained Wheelman, we harmonized a chorus of the club's "CAR BACK" theme song and began merging into single file. Without warning the motorist sped up, stopped dead in the middle of the road, opened his door and began shouting a string of unprintable suggestions. "Illinois law states you *@#! have to ride single file at all times," he began as we scattered to avoid his rage. After "Mad Max's" taillights vanished, Mel said, "You realize he was wrong about the Illinois law, but it didn't seem like a good time to correct him." Discretion is certainly the safer part of valor when dealing with irate motorists.

LESSON 5: ATB CONVERSION KITS? Our final lesson of the day could be classified under obstacle course nav-

igation. The cue sheet said "R on Terra Cotta." The bright orange and white blockade signs said "ROAD CLOSED." Spying a crewman nearby, we asked for an alternate route. "Oh, it's easy," he said, "you just take Huntley out and-" (communal groans) Fearing a repeat of lesson 2 we opted to off-road it: over hill, over dale, choked by dust, drenched by hail (sorry, drizzle just didn't rhyme!).

Did we ever find Woodstock? Yes, eventually. We even managed lunch in the park (Heeter discovered that sandwich baggies make great glove cozies!). It was, to quote the note the last of us found on our cars when we wheeled back to Stevenson High, "certainly an adventurous ride!"





club notes



To:
From George
and Marilyn
Mathison
Hendersonville, NC

Sorry we have taken so long to write but we have been busy. We really miss you and all our biking friends but we love it down here in the mountains and wouldn't go back to Chicago for anything except to visit.

We haven't done an awful lot of bicycling yet because it takes time to route out rides. Sometimes there is a perfectly good paved road when you start out and then it will turn to gravel or maybe even dead end.

We have been too busy getting settled to look for a bicycle club but we are in contact with a couple of seniors who get together informally to ride. They know some "flatter" routes. We did ride with them last year when we visited here and had a good time. We have already scouted one route that starts from our house and it is along the river and fairly flat.

Square dancing is big around here and we have found a club we like - also a church that we already are involved in, so we have "settled" in pretty much. Also, we have moved into our new house in the country - 2 miles from town: Route 3 - Box 297, Hendersonville, NC 28739.

While we were still staying at a nearby campground until we could get into our house, I was just coming out of the shower and was astounded to see Cindy and Ralph Cochran standing there. As it turned out, they were vacationing in this area and decided to seek us out. They camped there that night and the next day we took them sightseeing. We were so delighted to see them and visit with them.

We just got the newsletter and devoured it immediately.

Over Labor Day weekend we drove up to the Cleveland area for the Midwest Tandem Rally and saw lots of friends including Don and Elida Derebey. Then we went on to the Washington area to visit relatives and did some bicycling on the C & O Towpath along the Potomac.

We hope to see some of you at the Hilly Hundred and we also hope the Harmon Hundred is fabulous!

Love,

George, Marilyn and Muffin



George, Marilyn, Muffin
and Ralph Cochran

recipe

-by Colleen McPheron

1 pkg. Pillsbury yellow cake mix*
1/3 cup melted margarine*
1 egg* (*crust ingredients)
3 cups mini marshmallows
2 cups salted peanuts
2/3 cup corn syrup
1/4 cup margarine
2 teaspoons vanilla
12 oz. pkg. peanut butter chips
2 cups Rice Crispies
12 oz. pkg. MILK chocolate chips

Heat oven to 350°. In a large bowl combine crust ingredients* at low speed until crumbly. Press into the bottom of an UNGREASED 9 x 13 x 2" pan. Bake at 350° for 12-18 mins. DO NOT OVERBAKE! Sprinkle marshmallows and bake an additional 1-2 minutes or until marshmallows puff. Sprinkle milk chocolate chips on top and let cool.

In a large saucepan, heat corn syrup, margarine, vanilla and peanut butter chips (STIRRING CONSTANTLY) until the chips are melted and the mixture is a smooth consistency. Remove from heat, stir in cereal and peanuts. Immediately spoon the warm topping over marshmallows and chocolate. Spread to cover, chill and enjoy!

f.y.i.

Back in the July newsletter, an F.Y.I. note on the headset radio ban sparked a 3-month debate on the need for bike helmets. In an attempt to put this issue to rest for awhile, we will present parts of two articles that were recently submitted for this month's newsletter.

As a bike club, the Wheeling Wheelmen strongly encourage the use of bike helmets on all rides. Opinions printed to the contrary do not reflect the opinions of the club as a whole.

Ultimately the use of a helmet is a personal choice. You were each given your own head; use it to decide how best to protect it.

SUBMITTED BY KEITH KINGBAY:

Please understand, I believe that helmets do give a modicum of protection, and, perhaps, even more importantly, if they give you peace of mind, wear one.

May I quote from the latest issue of the "Fellowship News", the organ of "The Fellowship of Old Time Cyclists" and written by one of the internationally recognized authorities on bicycling: "I am glad that at last someone in the trade has admitted what I have been saying loudly for some years, that the love of money is behind the helmets campaign. The fact that any helmet provides only limited protection and is not intended to protect in traffic, is something that traders intent on profit carefully avoid mentioning."

To quote a second source, in this month's issue of "Winning", a doctor writes praising LeMond for wearing a helmet *even under conditions where it isn't required*. Unfortunately, the writer doesn't seem to recognize that LeMond wore a streamlined helmet to aid his time in the last day of the Tour de France...a helmet which, by the way, was outlawed until only last year; that's another story.

As one who was deeply involved in bicycle statistics, may I say that I look at many of them with a very jaundiced eye. No doubt that a helmet will give added protection, so will driving in a Mark 5 tank or staying home wrapped in a cocoon.

FROM WINDY CITY SPORTS (September):

"A recent study of cycling accidents published in the New England Journal of Medicine shows that helmet use can cut a rider's risk of head injury by 85 percent and brain injury by 88%.

Researchers at the Harborview Injury Prevention and Research Center and the Group Health Cooperative in Seattle looked at 235 bicycle-related head injuries treated at five area hospitals over a one-year period. Among their findings:

-Children under 15 suffered 61% of the head injuries (which means 39% were adults! -Ed note).

'We conclude that bicycle helmets are effective in preventing head injuries in bicycle riders,' reported the researchers...Physicians are not always aware of the importance of helmets, and they are seldom part of health-education efforts. These factors certainly contribute to the lack of wide-spread helmet use."

(taken from Pam Lasser's article)





say "cheese"

MEMBERS PREPARE FOR THE ANNUAL HARMON HUNDRED



The group takes a quick look at their cue sheets before heading out for the Members' 50 mile ride...



Dick Sorenson heads out in search of more stories from the road...



New member Peter Dolce logs extra miles in preparation for the 100...



Jack Van Es, ready to roll...



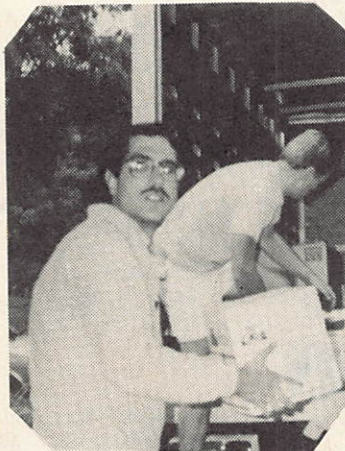
Members resting at Wauconda Orchard...



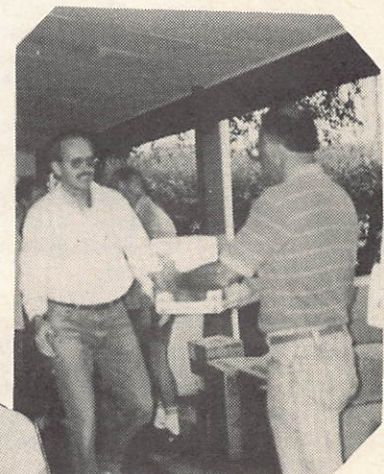
Everyone was glad to see Dale and Alberta Youssi and son John out on the ride....



"Now where's Annette Funicello when you need her?!" Choosey bikers prepare over 1000 PB&J sandwiches for the lunch stop



Andy Dane, who knows a good invitation when he sees one, inspects the snacks for the Harmon...



Hans and Duane double check that the sag stops have plenty of food for all those hungry riders.





congrats!



JUST STARTING OUT.....

Congratulations and best wishes go out to Duane Regenfuss and Donna Weiseman. The happy couple will be married on October 21st!

STILL GOING STRONG.....

Lynn and Al Petty

celebrated their 5th anniversary on the Buffalo Grove Pizza ride September 16. They met in the very same parking lot when they did the ride back in 1984. Congratulations!

club biz



YES FOLKS, IT'S ELECTION TIME AGAIN! Be sure to fill out your ballot and mail it in to the:

WHEELING WHEELMEN
P.O. Box 581-D
Wheeling, IL 60090 right away!

Individual members, cast one vote per category. Couples can vote individually.

odds & ends



WHEELING'S MILEAGE MONSTERS:

TOP 10 CLUB MILEAGE...

WOMEN:		
Gina Interrante	1,406	
Sue McPheron	1,195	
Geri McPheron	889	
Fran Green-Keller	878	
Carol Passowic	821	
Lucy Wathen	746	
Lori Block	654	
Pat Marshall	632	
Bobbie Brenner	610	
Christine Gier	572	
MEN:		
Jack Van Es	2,636	
Roy Erikson	2,084	
Bill Lorenzen	1,928	
Woyteck Morajko	1,739	
Andy Dane	1,415	
Joe Tobias	1,412	
Jim Grant	1,356	
Bob Flanagan	1,326	
Fred Schroeder	1,018	
Ed Addison	958	

events

Reminder: L.A.W. President John Torosian will be at Wheeling High School on November 12 at 3 p.m. to discuss the 1989 Pedal For Powers.

freewheel

-an occasional column by Linda Svrcek



THE REAL CYCLIST:

- Shows up for every big invitational.
- Memorized the Rules Of The Road and rides accordingly.
- Relies on skill, training and pure determination to get through 100 miles.
- Understands the concept of multiple gears and shifts to work with the terrain.
- Understands that "car back" means "merge into single file."

THE ACCIDENTAL CYCLIST:

- Shows up for every "Super Sale" at the local bike shops.
- Memorized the first chapter of Greg LaMond's Complete Book Of Cycling and tries to impress people with endless quotes.
- Relies on 3 Power Bars, 2 bottles of Exceed and a strong tail wind to complete 25 miles.
- Believes "more is better" and stubbornly rides in the highest gear at all times.
- Thinks that "car back" means his Porsche is being repossessed.



LIFE AFTER THE CYCLING SEASON..

Okay, okay so things are looking a little bleak on the cycling front. Days are getting shorter and colder, and the ride schedule is getting leaner. How are you going to preserve those bike legs you worked so hard to pedal into shape? These are a few tips I picked up in Minnesota (land of the eternal winter) last year...

-Wind trainers or rollers. Sure, they're not a lot of fun alone, but get a few people together once a week and it's almost like a Wheelmen ride! We rode every Sunday a.m. at Jerry & Diane's bike shop.

-Cross country skiing. In the next few months the club will add ski trips to the schedule. Beginners welcome.

-And here are a few ideas from this month's North Star Ski Touring Club (St. Paul, MN): "How about meeting at a health club to work out? Volleyball at a community center? Indoor rollerskating...tobogganning.."

-Mountain Biking. With the right amount of Thermax and a decent set of fat tires, winter cycling can be a lot of fun.

Any ideas? Just let us know!!!

for sale

WHEELING WEAR:

Harmon Hundred t-shirts are still available for only \$6 each! You can never have too many tees and they make great gifts.

Wheeling Cycling shorts are still available for only \$16 a pair. Call Andy Dane 271-0808 for more info.

MYATA TOURING BIKE- EXCELLENT CONDITION

Only 1 year old! 19 3/4" (50 cm) maroon touring bike, complete with front and back luggage racks, bags, water bottle cage, toe clips and pump. It's tuned up and ready to tour! Call Christy Donovan days: 222-0284 or evenings 327-9477. Asking \$300 or best offer.

the end

I'd like to wrap this edition up (for one because I think the sun is coming up) with a "New Editor On The Block" note. As you can see, I've changed a few things, moved some stuff around and added a feature here and there. Next month, among other things, look for a "New Members" feature, member profiles and more ride recaps.

You'll also notice I've written a lot of what's in here this month. I am by no means trying to monopolize this newsletter! On the contrary, I hope by opening the format a little I can encourage you folks to submit material. I know there are a lot of creative people out there. I hear great stories on the rides all the time! Do you have a funny story? A bike joke? A recipe? Have you found a new bike toy? A tip for mastering hills? A thank you for someone who got you through a ride? A funny photo? People this is your newsletter... let's have some fun with it!!! Send all material to 9106 N. Luna Ave. Morton Grove, IL 60053. Please incl. name and phone # if I need to clarify something. I reserve the right to edit for space- otherwise, run with it!

In closing, thank you to the club for giving me the opportunity to be editor and thank you to everyone who's helped me find my way back to cycling!

And a special note to Dave, Andy, Dennis and Al: "I PROMISE TO DOWNSHIFT ON HILLS...I PROMISE TO DOWNSHIFT ON HILLS...I PROMISE TO DOWNSHIFT ON HILLS...I PROMISE TO DOWNSHIFT ON HILLS...I PROMISE TO DOWNSHIFT ON HILLS....."

next month...

THE HARMON HUNDRED...

Pictorial look back at the ride, complete with stats, facts and all the behind the scenes action...

POWER BARS...

Chocolate vs. Malt Nut...the battle for popularity rages on...

EXPRESS RIDERS REVISITED...

Just who are they and what makes them ride so fast? Find out in a rare look during the Wall-To-Wall Walworth, WI ride...

ALL THIS AND MUCH, MUCH MORE!!!!!!

schedule



RIDE CLASSIFICATIONS FOR 1989:

L=LEISURE. Slow pace, 8-12 mph on flat land with no wind. The whole group stays together during the entire ride. There are regrouping points for ALL riders. Cue sheets and/or maps are usually provided. The leader is specified in the ride schedule or newsletter. These are usually shorter rides. New riders are always welcome.

T=TOURING. Moderate pace, 11-15 mph. on flat land, no wind. Entire group stays together during ride. Regrouping points for ALL riders. Leaders specified in advance. Sweeps are provided. Class covers all distances. New riders welcome.

E=EXPRESS. Fast pace, 15 mph and over, no wind, flat land. Riders move at their own pace. Short breaks. Cue sheets/maps provided. If the ride is not a scheduled Express ride, those wishing to ride express can leave early. A leader and sweeps may be appointed at the ride start by those riding this class. All distances are covered. All riders who can keep this pace are welcome.

This month we chose to print the long version of these classes for the benefit of the number of new riders and for those who may want to lead rides next season. -Ed

Sept. 30: TROLLY WHEELS & HILLS

Sat. NOTE NEW RIDE LEADER! Call T. Karen Harte 991-8734 for ride details. Ride is still leaving from Kildeer School, 8 am, distance 77 miles.

Oct. 1: WHEELING BIKE-A-THON

Sun. 5 am to 7 pm. Volunteers still needed!! Come out and work a 2½ hour shift, bring your bike and stay for the ride. Ride for \$10 registration or for pledges. Great door prizes (some worth over \$200) too!!!! See pamphlet and Sept. newsletter for more details. Call Phyllis Harmon 537-1268 to volunteer today!!!

Oct. 7: RACINE COUNTY RIDE

Sat. 9 a.m. 50 miles from Eagle Lake Park, Church Road west of WI 75, Union Grove, Wisc. Church Road is the first road north of WI 11. Lunch in Tichigan Corners and ice cream in Burlington. Phyllis Harmon 537-1268.

Oct. 8: LAMB'S FARM RIDE

Sun. 10 a.m. 27 miles from Pottawatomi Woods, Wheeling. This ride is easy and fun even for those who feel sheepish about cycling. Lunch at the farm. Al Dargiel, 685-7708

Oct. 14: LEAF ME ALONE!

Sat. 9 a.m. 26 miles from Crabtree Nature Center, Palatine. The center is on Palatine Road, ½ mile east of Algonquin Rd. Join Hans as he branches out on this breakfast ride to Algonquin. Don't worry, his bark is worse than his bite! (Who writes this stuff?!) Joint ride with Arlington Heights bike club. Call Hans Predel for details. 255-4029

Oct. 15: UNTIL THE FAT LADY SINGS (ATB)

Sun. 8 a.m. John Mear Trail, Kettle Moraine, Wisc. The final in a series of ATB bicycle rides this season. This tough (but rewarding!?) trail is for the off-road adventurers. We'll meet in the northern suburbs and carpool to Wisconsin. NOTE: THIS RIDE IS BY RESERVATION ONLY! Call Andy Dane (271-0808) or Al Petty (948-7288) to reserve your spot.

Oct. 15: ARGONNE LOCKPORT RIDE

Sun. 9 a.m. 51 miles from Argonne Labs Visitor Center, Darien. Take Cass Ave. south of I-55 to North Gate Dr. (2nd right turn), then go 1 mile to the Visitor's Center, low building on the east side. Historic fall foliage ride through the Illinois-Michigan Canal and Lockport. Visit Canal Museum. Rich Westrom, 634-1168.

Oct. 21: MIKE'S SURPRISE RIDE

Sat. 8:30 a.m. from Dan Wright Woods, corner of St. Mary's Road and Everett Rd., Mettawa. Depending on weather, ride will be between 50 and 80 miles. Bring a bagged lunch & see if Mike leads us up to Petrifying Springs, WI or up through Lake Bluff. Exact route will be disclosed on Saturday! Call Mike Goldberg, 506-1778.

Oct. 22: GET YOUR KICKS ON RT. 66!

Sun. 8:30 a.m. 86 miles from the Waterfall Glen Forest Preserve, Darien. Tour of the southern DesPlains River Valley. Very hilly! Picnic at I&M Canal State Park in Channahon. See last week's Argonne-Lockport listing for directions to Northgate Rd, then turn into Waterfall Glen parking lot 200 yds down from Cass. Call Aaron Tanzer 323-3204.

Oct. 28: LIBERTYVILLE RIDE

Sat. 11 a.m. 32 miles from Pottawatomi Woods, Wheeling (just east of Milwaukee Ave. on Dundee). Elliot Kanner, home: 541-9176; day: 459-1300.

Oct. 29: HALLOWEEN RIDE

Sun. 10 a.m. 45 miles from Kildeer school in Long Grove. Bring a bagged lunch. This ride is free to all who show up in a costume (as long as you're also wearing a helmet). Call Al Berman 541-9248 for details.

thurs. a.m. rides

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

Both the Tuesday morning and Wednesday night rides will resume next season.

ride notes



-Aaron Tanzer

Well, our cycling year is winding down. This will be our last full month of rides on the schedule until next St. Patrick's Day. This doesn't mean we won't be active! Coming up in November is the Turkey Ride (a Thanksgiving tradition) and the Holiday and New Year's parties, each with a short bike or hike. Show 'n go rides will also be offered during the winter for hearty soles who can't stay off their bikes. Starting in December, we will schedule at least one cross country ski trip per week-end through the end of February (if we have enough snow). We will also schedule two X-country ski weekends up north (probably Wisconsin). Hope to see you all this winter!

The Top 10 mileage list in this month's newsletter is the last one published until the banquet. There the mileage will be announced for the most active riders and the top five men and women will receive awards. To allow time to prepare final totals, mileage will be kept officially through October 14-15.

Obstacle of the month: wet leaves. You may not think much about them when you're in your car, but on a bike leaves coating the road can cause the bike to slide out from under you during breaking.

This month's cracked helmet award goes to the man who called Jerry Goldman, inquiring about his Pedal Across Wisconsin's New Glaurus weekend. When told the terrain was hilly and had a long downhill stretch, the man exclaimed, "Great! I like to get to 60 mph downhill!" I'd hate to see what would happen if he got a blow-out at that speed. Jerry offers us flatlanders a practical piece of advice. Do not exceed 30 mph on a downhill. Above 30 mph you will start to feel your bike losing its stability. Remember the importance of keeping control of your bike at all times! Also, keep spaced apart going downhill.