

SPECIAL DOUBLE ISSUE



WHEELING WHEELMEN

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



Affiliate

MONTHLY MEANDERS

meeting

NO THURSDAY NIGHT MEETING

THIS MONTH COME OUT AND JOIN THE CLUB AS WE CELEBRATE A GREAT SEASON AT OUR ANNUAL BANQUET, FRIDAY NIGHT NOV. TENTH. (R.S.V.P. BY NOV. 4TH)

WHEN: Social Hour 6:30, dinner 7:00
WHERE: The Cotillion Banquets, 360 Creekside Drive, Palatine on Northwest Highway, just west of Rt. 53.
COST: 16.50 per person, buffet style dinner.

Reservation deadline is NOW, so send your check (payable to the Wheeling Wheelmen) to Lillian Russell, 707 Bayside Court, Wheeling, IL 60090, 259-8682.

In addition to the food, there will be plenty of festivities like rider awards and the introduction of the 1990 officers. Join us!

the prez sez

The club has had another good year in terms of providing members with rides and activities that lived up to their expectations. We have enjoyed increased membership, better turn-outs for rides and heightened participation at club events. All of these things translate into a good time for the members and fulfill our purpose as a club. In the middle of these successes, let us not forget what got us there- the big "Q," Quality. No matter how big or small the club is, we must not lose sight of maintaining quality in all that we do as a club. Just as in a business, it is important that the club constantly strive for quality while adapting to the everchanging needs of its cycling members.

The banquet and holiday parties may mark the close of the cycling season, but the club will remain active! The next few months offer show 'n'go rides as well as cross-country skiing (directed by Bob Browning). Take advantage of all your club has to offer all year long!

For the upcoming year, the club

will be actively reviewing our ride library, looking to delete rides that have become dangerous due to urbanization or to change rides to eliminate the dangerous portions. Please support Carol and Woyteck by offering to help make the club rides safe for all of us.

See you at the banquet, Nov. 10th!
-Hans Predel



-by Keith Kingbay

DO I NEED 'EM OR DON'T I?

I've used dropped handlebars and a skinny little saddle since I had a skinny little backside, but are they really and truly necessary?

I've encountered people all my life that have said that they'd love to have their wife, husband or friend ride bikes with them, but that those people are turned off by the "stupid wrapped around" configuration of drop handlebars. I've also had others tell me that over the years they find it more difficult to reach the handlebars. Still others can't imagine strapping their feet into toeclips or bending way down to shift gears.

If you're riding in the Olympics or in a race, you surely can't give the competition an advantage, but if you're out to have a good time, get comfortable on the bike and enjoy it!

Let me tell you a little personal experience. I met my wife at a bike track when we were 16. The first time we really had a chance to talk was when she came to visit me in the hospital after I took a spill in a race. She already loved bikes (one of only two teenage girls in the city to do so) and rode regularly.

We dated on bikes and it wasn't long until I had her riding with drop bars and a racing saddle. It wasn't long before she told me she didn't like either.

Over the years Rosetta has ridden more than many women (and men too for that matter), riding 18 trips of over 500 miles (most of which were self-support style). She rode all of

these tours with upright bars and a spring saddle.

I'm firmly convinced that we would encourage a great many more people to join us if we weren't such slaves to fashion.

Rosetta didn't like toe clips with straps, so I removed them. Eventually one of the component suppliers we talked to began producing mini clips which are available today.

Rosetta is also fairly wellendowed. When derailleurs became de rigueur she used derailleurs. Shortly thereafter, she decided it was too far to reach down to shift. Instead, she decided, they would be better placed by the handlebars. Again, that influence is seen in many bikes today.

Don't make the neophytes conform to what you think is necessary, get them involved. As they become more comfortable and more enamored they can be encouraged to make the changes.

Bicycles, as we tourists use them, should be for fun and frolic. A lifetime joy. Don't get so immersed in what the ads say or in what so-and-so uses that you miss the fun!

REMEMBER TO VOTE TODAY...



Deadline for the return of the 1990 officers election ballots is Nov. 7, so get them in the mail today! Ballots

were enclosed in October's newsletter. Remember also, individual members get one vote per office; family/couple memberships can cast two votes per office.

★★★★★★★★★★★★★★
F.Y.I. (Wall Street Journal 10/5/89)

PEDAL POWER moves the world. World-watch Institute says the world's 800 million bikes outnumber cars 2-to-1. And bike production, 100 million annually, outpaces auto manufacturing 3-to-1. The report urges more bike use, says autos "should bear more of the full costs of driving."

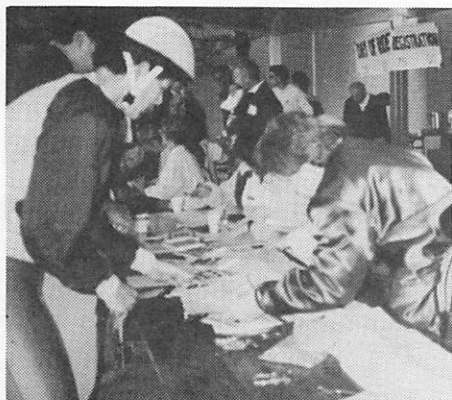
President:	Hans Predel	255-4029
Vice-Pres:	Aaron Tanzer	323-3204
Treasurer:	Andy Dane	271-0808
Safety:	Keith Kingbay	459-8242
Membership:	Geri McPheron	824-5091
Editor:	Linda Svrcek	965-8249
For check out:		
Bike Books:	Pat Marshall	564-0346



say "cheese"

"HOW TO HARMON HUNDRED"

START HERE ①



Okay, you're wide awake and it's only 5:30 a.m. Might as well ride a century! Registration opens at 6:00 a.m. sharp on Sept. 10th.



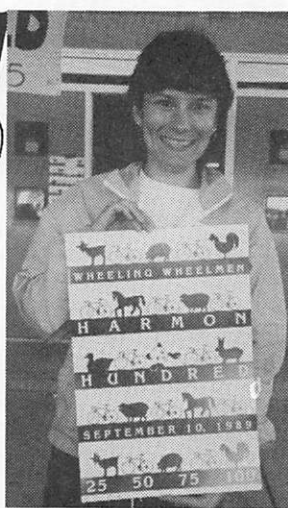
Bobby Brenner, like all our smiling volunteers has last minute ride tips.



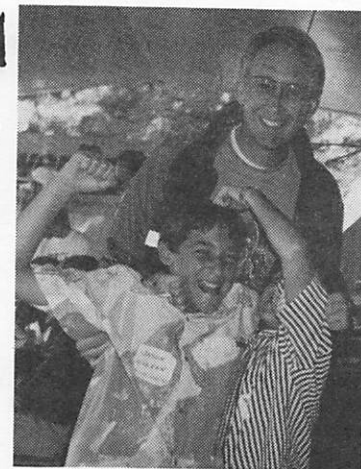
Barbara & Jim Hansen keep the water and lemonade jugs filled for thirsty riders.



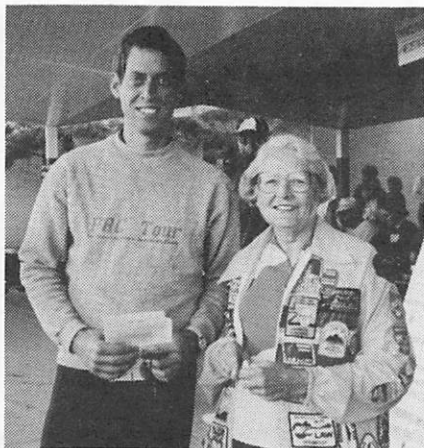
And what century would be complete without a t-shirt as modeled by designer Lisa Gerhold?



Or an award winning poster, designed by Christine Gier?

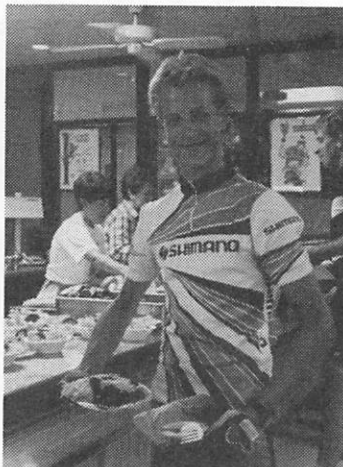


And all day, volunteers like Mike, Jason & Lauren Milton are there to direct the riders.

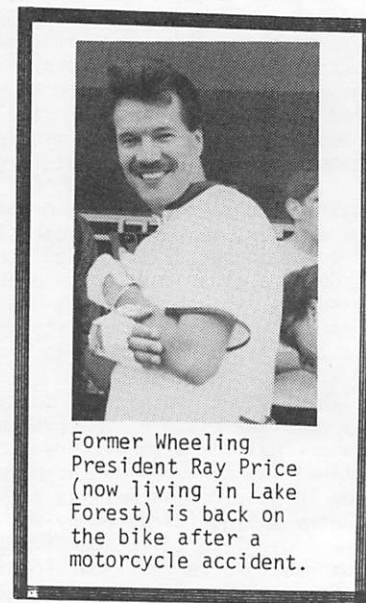


After a long, hard ride, compare stories with Lon Halderman, champion cyclist and participant in Race Across America (shown with Phyllis Harmon).

THE END



With 100 miles successfully behind you, relax and enjoy a hearty plate of "Spaghetti McPheron." Sue did an exceptional job feeding over 400 hunary riders.

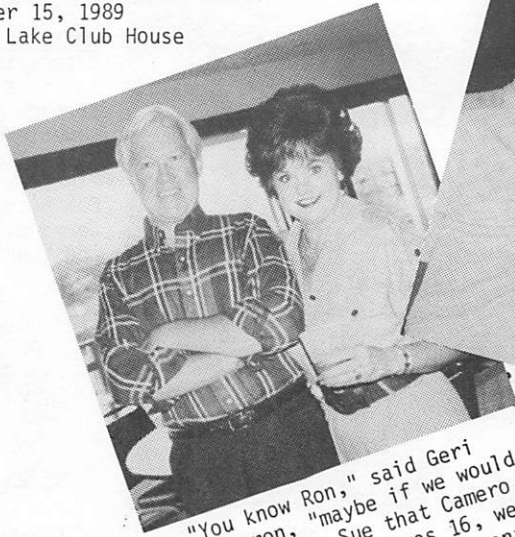


Former Wheeling President Ray Price (now living in Lake Forest) is back on the bike after a motorcycle accident.



party!

Harmon Hundred Volunteer Party
September 15, 1989
Mallard Lake Club House



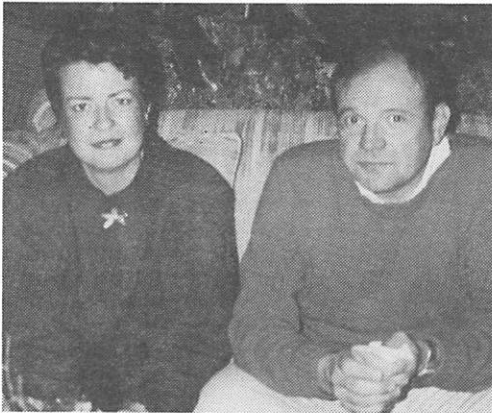
"You know Ron," said Geri McPheron, "maybe if we would have gotten Sue that Camero when she was 16, we wouldn't have spent the whole day in the kitchen!"



"Hans (Predel)," asked Diane, "next year you don't suppose you'd like to be President of a yachting club...you know, a sport that doesn't involve bees and hills!"



"How many time do I have to tell you Dick (Marr)?" asked Micheal Saekheim, "the key to a really great peanut butter and jelly sandwich is in the mashing of the peanut butter...."



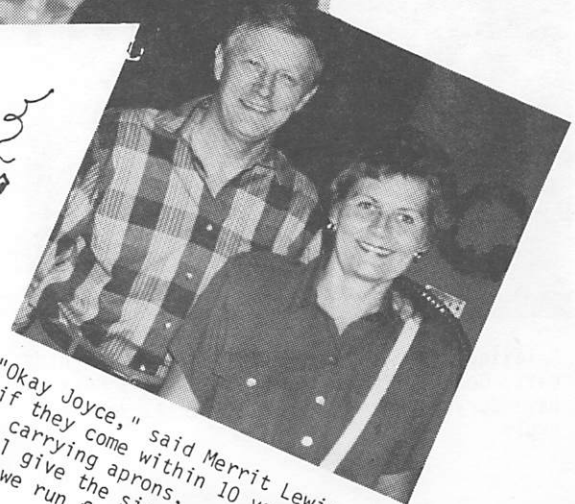
"So Bob and Virginia (Edwards), we need a couple volunteers in the kitchen to help serve the pizza...Bob? Virginia? Hey, it was just a joke...really!"



Ester "fastest spaghetti sauce ladel in Wheeling" Rice and husband Jerry.



"Hey Sue (McPheron), I was thinking of having a party for about 1,300 of my closest friends. I don't suppose you'd like to plan the dinner?" asked Elliot Kanner.



"Okay Joyce," said Merrit Lewis, "if they come within 10 yards of us carrying aprons, I'll give the signal and we run for it!"



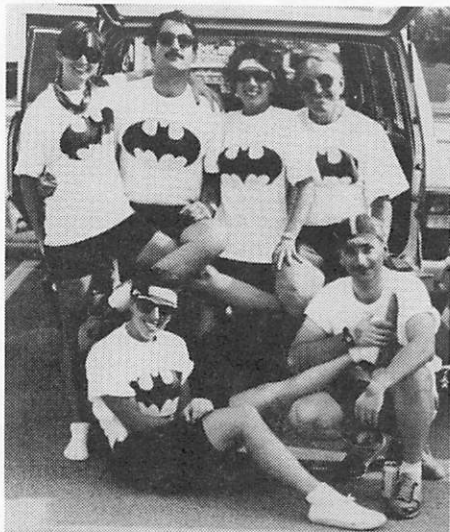
WHEELING EXPRESS

-compiled by Linda Svreck;
photos submitted by Linda Heeter
and Gina Interrante

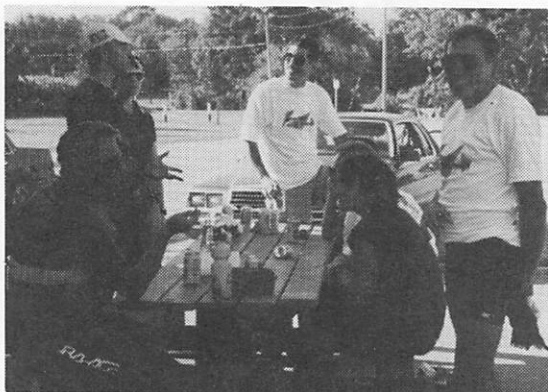
CODE

E=EXPRESS. Fast pace, 15 mph and
over. Ride at own pace.
Cue sheet provided.

This is the stuff that myths and
misconceptions are made of. Today
join us for "Express Riders Revisited,"
an updated study of just who these
people are and what makes them ride
so fast!



HOLY GOTHAM CITY CENTURY...
The original Batpeople. Top Left:
Diane, Andy Dane, Shannon Simpson,
Bob Flanagan. Bottom: Gina Inter-
rante and Bill Bergeron.



Relaxing after the Wall-To-Wall Walworth Ride.
Left: Bob F., "Fred," Christine Gier, Andy,
Dave Corydon, Dennis Braun and yes, your's
truly.



You are about to cycle to another
dimension of pace and time...a dimen-
sion where not all is as it seems...
you are about to shift into the
Express Zone...

Since spotting an express rider
was supposedly as rare as spotting
Elvis in a Burger King, I must say
that for a long time I hesitated to
try an express ride. And then there
were those legends about touring
rider sacrifices and impossible to
manage paces, but nevertheless, one
fateful day last month, I gave it
the old college try. I've been
riding with them (okay, trying to
keep up with them) ever since.

Are they really that fast? You
could say so. It's not at all un-
common to ride at speeds over 20mph,
but then again, if they didn't ride
fast they wouldn't really be express
riders! Nobody expects leisure riders
to speed up, so I guess it's a bit
silly to expect express
riders to slow down. Truth
is they ride fast because
they like to ride fast.
I'm finding I like it too,
and I don't see myself as
a racer. Nor do I see that
when we ride express that
we conduct ourselves any
differently than the tour-
ing group. We just get
where we're going a little
faster!

Sure, they
take their
riding ser-
iously, but
not to the
extent that

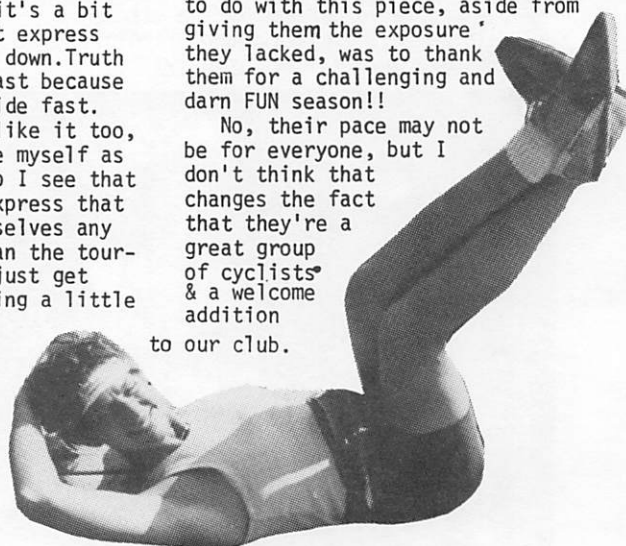
they take themselves too seriously.
It's a strange and wonderful world
they ride in, full of "Big Dogs,"
"rabbits," Power Bars, bats, bat
vans and even a 6' inflatable
dinosaur named "Rex." They have
a Director Of Life and of Morals
and Ethics. They like to ride hard
and they know how to celebrate a
ride well-ridden.

The express riders I've cycled
with are more than exceptional
athletes; they're exceptional
sports. I landed in a couple tight
spots over the rides, and was
quickly and cheerfully rescued by
my fellow riders. I've never been
shown anything but kindness and
encouragement despite my "touring"
background. Camaraderie among the
ranks of the express group. You
bet!

I guess part of what I wanted
to do with this piece, aside from
giving them the exposure
they lacked, was to thank
them for a challenging and
darn FUN season!!

No, their pace may not
be for everyone, but I
don't think that
changes the fact
that they're a
great group
of cyclists
& a welcome
addition

to our club.



Linda Heeter demonstrates her
famous "leg saver" exercises on the
Wall-To-Wall, WI ride.



Smile guys!
Displaying infinite
patience sitting
through this photo
shoot are: Left top
Mel Robinson, Mike
"the Aussie" Spratley,
Bob Flanagan, Dave
Corydon, Bill Bergeron
and Dennis Braun.



say "cheese" WHEELING EXPRESS CONTINUED.....



Yet another rest stop on the action-packed Wall-To-Wall Walworth ride. Not previously pictured, far left, it's Christy Donovan!

And who's this at our right? Why it's one of our former Presidents, Al "Mountain Bike Man" Petty, showing off one of his many, many invitational t-shirts. Among Al's many talents is promising naive Newsletter Editors slideshows.....

In addition to the hundreds of miles the following cyclists have logged on club rides, they have had noteworthy accomplishments in other local events.

(submitted by Gina Interrante)

The Race is Not Always Won by the Swift...



But by Those Who Keep on Running

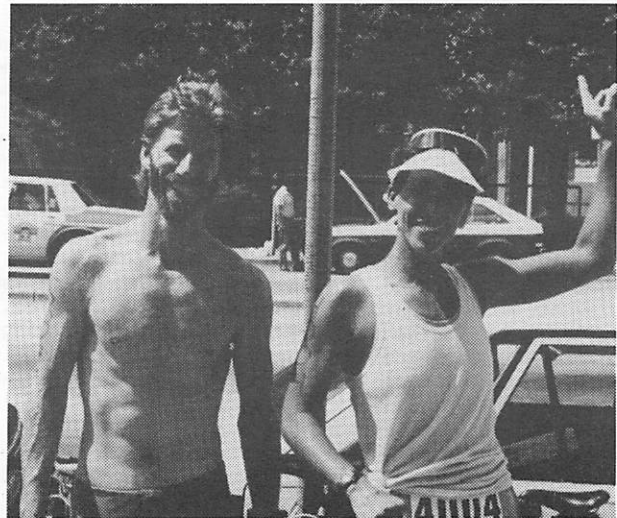
Bob "the calf man" Flanagan competed in the Chicago Biathlon sponsored by Coors. I tell ya, the guy looks great!



BIG DOGS!



Chicago Sun-Times TRIATHLON



THE THRILL IS NOT JUST IN WINNING... BUT IN THE COURAGE TO JOIN THE RACE

Two of our Wheeling Wheelmen competed in the Chicago Sun-Times Triathlon this past August (Okay, I'm late in sending in the photos). Kim Stanley- a dead ringer for Chuck Norris- had a great time of 2 hours, 37 mins. Gina Interrante (who learned to point from Carol Merrill of "Let's Make A Deal") finished up in 2 hours and 51 minutes. The party afterwards was well worth the efforts!

odds & ends

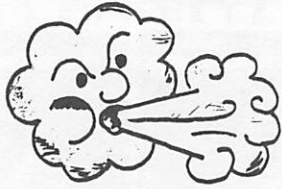


AP Laserphoto

No pedalers

Juergen Brammer tests the solar-powered bicycle he developed with Paul Kunstmann in Kiel, West Germany. The bike, which requires no pedaling, can attain speeds of 28 miles an hour. Batteries give the rider three pedal-free hours on cloudy days.

trail tales



THEY CALL THE WIND MARIAH

-by Dick Sorenson

Bicyclists hate riding in the wind and probably dislike reading about wind even more! Wind, the invisible element, is disregarded by most travellers. But to the cyclist, wind is of utmost importance. A strong headwind can reduce cyclists to a blithering, dead-tired mess. Poets and writers, on the other hand, often extol the kindness and gentleness of the wind.

"gentle gale
light as whispers
mildly and soft breeze
fresh wind, free wind
lovely sighing
warm wind
sweet and low"
Gypsy Wind

What is the wind?

Wind is the air that is constantly moving over the earth's surface. Wind is caused by the sun's heat. The sun's energy heats the earth's surface, but the surface can't be heated evenly. Certain areas are exposed to the sun all day, others remain in the shade, thus creating an imbalance. Air masses above the warm areas are also warmed. When this happens, they rise. Heavier, cooler air masses flow in to fill the spaces created by the warm air movement. This constant movement is what makes the wind and creates the air resistance that is all too familiar to cyclists.

If given a choice between hills & wind, I believe most cyclists would choose hills. I would. Hills can be tough, but at least the end is always at the top...and of course there's always a downhill side giving the rider that wonderful instant gratification we seek in all endeavors. You can always push your bike up a hill- with the wind you haven't much choice other than to push the bike all day long.

Blowing wind is constant. It doesn't let up. It wears you down. It can have a ravaging effect on your morale. There's nothing worse than resorting to your lowest gear on flat land, pushing your hardest, only to reach ridiculously low speeds. Yes, you say, but there is always a tailwind." How many times have you faced a headwind for 50 miles, made the turn for the return ride, and found the wind had shifted in your face?! Besides, any tailwind not blowing from directly behind you (say within a 60 degree angle) creates friction

right in your face!

"Blow winds, and crack
your cheeks!" Rage! Blow!

Shakespeare, King Lear

Let's be positive. The wind can be your friend. When? Obviously when it's a stiff tailwind and on those rare rides when there's more tailwind than headwind. Remember any of those? It's also your friend on hot summer days. It cools you. Ever notice on a hot day how much hotter it feels when you turn with the wind? The greatest benefit, though, is that wind provides more intense exercise per mile. You burn more calories per mile and you tone muscles more. Think about that next time you ride in the wind!

"Yea, he did fly upon the
wings of the wind."

Old Testament, Psalms xviii 10

What defenses do you have? You can attach a fairing (a clear plastic windshield) to your bike. They are, however, expensive and cumbersome for everyday riding. But, take heart- 3 common sense strategies are available.

First, a wise cyclist knows the prevailing wind patterns of his/her riding area. I check the nearby village hall flag to see which way the wind is blowing (and how hard) before riding.

Second, remember wind generally blows least early in the morning, and most later in the afternoon. Ride out into the prevailing wind in the a.m. and let the increasing prevailing wind blow you back home. (Remember, this is all theoretical!). There is also usually a calm period before sunset that is ideal for riding

Third, try to ride into winds and uphill on your way out, then you can come back downhill without much trouble even if the wind turns against you. Also try to plan a few lateral turns in your route to allow relief from potential headwinds.

Finally, remember riding in a high wind, particularly a gusty one, can be dangerous. If you must ride in a high wind, use extreme caution, brace yourself, gear down and steady yourself by gripping the handlebars in a firm but not white-knuckle manner.

"It is folly to complain of the
fickleness of the wind" Ovid

Look at it this way. Without the hills and wind, cycling would probably be boring and one ride would be like every other ride. So, like the poets and writers, praise its virtues... after all, you don't really have much choice!

WAYS TO IMPROVE THE RIDE PROGRAM

-by Aaron Tanzer

Despite the diversity of riding exhibited by our members, we've been a cohesive group throughout the year. This has made for a strong rides program. Like everything else, though, there is room for improvement. At the Oct. general meeting, Hans moderated a discussion on bettering the program for next year. I'd like to present

some of what came out of that meeting as well as some of my own thoughts on the subject.

I've been receiving several complaints recently from ride leaders about riders leaving before the trip announcements have been read. Besides the obvious problem that these riders miss important information, these folks give the impression that it's okay to just take off. This can have disastrous results like touring riders going with the express group or people getting lost. The leader loses control and chaos reigns. Even if it means waiting an extra 5 minutes or so to start a trip, the extra time is well worth the effort.

In my opinion, last year's biggest problem was that we were, ironically, too successful. Often more riders showed up for a ride than leaders were prepared to handle. This year we've helped alleviate the problem by offering more rides per weekend, and by giving leaders specific instructions on how to break up into smaller groups. Add a greater awareness of general safety, and our rides are becoming more enjoyable. At times we still have too many people in a group, but at least it is less of a problem this year.

Leaders are still having trouble finding volunteers to sweep rides. Often no one raises their hand when the leader asks for a sweep. It was suggested that the leader ask someone they know to ride sweep either before the general announcements or a few days before the ride. The flip side of this problem was raised by one of our sweeps who mentioned that after the ride started she never saw anyone else besides the people she was riding with.

How would you like never to see anyone else in the group? We want the leaders to regroup regularly (every 5 to 10 miles) for this reason. This allows everyone to feel like part of the group and share the communal experience. Another possibility is that the leader lead from the sweep position. This too has its advantages and disadvantages.

Most of our leaders have put lots of time and effort into preparing their rides. (If you don't believe that, just try to find many other clubs with rides planned a year in advance!) A few of the leaders, however, did not scout out their routes in advance. Roads change and some cue sheets were in error to begin with so it is important to check the route before the ride date. Also, a couple leaders have done a truly rotten job in organization- or worse in not showing up to lead their own ride! THIS WILL NOT BE TOLERATED!!!

Overall, I think the rides program is a strong, growing entity. Our problems are minor compared with those of most of the bike clubs I've seen. I also believe any problems can be easily rectified because we are a conscientious group.





thanks!

FROM OUR MAILBAG...

Pat Sordef, Ministry Of Care Coordinator, St. Joseph The Worker of Wheeling writes:

"Thank you, Wheeling Wheelmen. Your generous donation of beautiful fresh fruit was distributed among several families in Wheeling who were pleasantly surprised and delighted by the unexpected gift. The cookies, too, will delight many struggling families who are assisted through our food pantry. Thanks again!"

(The food donated was part of the food surplus from the Harmon Hundred)



Barbara Hansen, Senior Citizen Coordinator, Pavilion Senior Citizen Center, Village Of Wheeling writes:

"Thanks to you (Phyllis Harmon), your family, and the Wheeling Wheelmen we have once again run a successful Wheeling Bike-A-Thon! Over \$900 was earned on Sunday, October 1st and to date over \$3,600 has been donated to the senior program fund by area businesses. Your interest in and support of our major fundraiser is truly appreciated and your sparkling enthusiasm and boundless energy are inspiring!"

Special thanks goes to your family- Nancy Smith and Jane & Charles Scharf; to Mike Milton and Jerry Rice for marking the route; to the Wheeling Wheelmen who rode for the registration fee and to all who worked the check points, traffic crossings and registration table: Joe Tobias, Aaron Tanzer, Lois and Howard Paul, Chuck Brenmark, Elida and Don Dereby, Gee Cunningham, Lisa Gerhold, Alberta and Dale Youssi, Joyce and Merrit Lewis, Pat Marshall, Sandy Krugman, Peter Gianakakis, Clarence Littwin, Roger Thauland, Diane and Hans Predel, Geri, Sue and Ron McPheron, Fran Green, Keith Kingbay, Elliot Kanner, Peter Grundin, Al Berman, Ted Pierce; and seniors Gertrude Trunda, Kaye Pepe, Barbara and Joe Ochs, Mille and Don Schmidt, Grace Trnka, Annette McGrath.

My person appreciation as well as that of the Senior Citizen Commission is extended to all who worked many hours to make this annual event a fun and profitable day for all. You are a great group and I'm pleased to be a member of the Wheelmen.

The dollars earned for our program fund provide activities and services for all area 55+ persons whose lives are enriched by quality programs at Pavilion Senior Center.

Thank you very much."



THANK YOU, PHYLLIS...

-by Howard Paul

Now that Phyllis has, after many faithful years, turned over the editorship of the club newsletter, it is pleasant to reminisce how we arrived at this point. Phyllis created the Wheeling Wheelmen in 1970 after being active in cycling for about 40 years. Not just active in riding, mind you, but at the forefront, having participated in the formation or rebirth of other clubs and of the L.A.W.

When I joined the Wheeling Wheelmen in 1975, the newsletter was a simple, one-page affair and it was edited and mailed by the club president. This format continued until 1978 when Don Stansfield became president and, undoubtedly with Judy's help, created the familiar Monthly Meanders heading. Don and Judy are still members, but reside in Freeport, IL. I assumed the presidency in 1979 and Don offered to continue editorship of the newsletter. I turned down his generous offer because, after all, it was the president's responsibility and I didn't want to shirk on my duty. Elliot Kanner succeeded me in the presidency in 1980 and had the good sense to allow Phyllis to become the new editor. Thus began a new era.

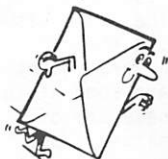
Phyllis maintained the Monthly Meanders title but made many changes such as the multiple column format that made it easier to read, and the inclusion of photos from club events. Her knowledge of cycling laws and her access to information about other regional cycling events have appeared in the newsletter and benefited us all.

I fully believe our newsletter is the best of its kind. It's also a pleasure to note the increased participation of members in the affairs of the club and especially in regards to the newsletter. For my second or third newsletter in 1979 I asked for submissions of various kinds and didn't receive a single one for the rest of the year! By contrast, the current issues are bulging with opinions, stories, (you name it) from members.

Thanks again, Phyllis, for the many years of service as editor. Your volunteer spirit in this job and all other aspects of the Wheeling Wheelmen has been an inspiration. We all know that when you take on a job it will be done fully and with style.

My thanks also to Pat Marshall who suggested this recognition of Phyllis' efforts.

(IGOR, THE SUCCESSOR, SPEAKS...)



Just a few quick words. I, too, would like to thank Phyllis for her efforts. She made it very easy for me to step in!

A couple quick things about material you want to submit for the newsletter:

- 1) Please try to have material in by around the 15th of the month if possible. It really helps!
- 2) I've had people ask if they will get pictures back unharmed. YES! We shoot B & W copies of your photos before pasting them down so the original isn't altered.

I will include as much as I can, but with so much material coming in (as was the case for this edition!) I may have to edit or postpone submissions. Suggestions for new features are also always welcome! Until next month....

-Ed II (The Sequel)

events

COOKIES-COOKIES-COOKIES !!!

Get into the holiday spirit! Diane Predel would like to organize a cookie exchange for the holidays. Based on the club's level of interest, she will put together a date, time and place for a mid-December event. Don't be left out! Call Diane today at 255-4029 (no later than Nov. 30th).

for sale

TIRED, ACHING MUSCLES?

Bicycling is just one way we stress our bodies. If you have aches and pains, perhaps you need a good massage. Introductory Chua K'A massage offered to first-timers at \$25/hour. Call Gee Cunningham at 831-5628 (home) to schedule your appointment.

party!

DON'T GET SCROGGED....



Remember "A Christmas Carol?" Well it's almost that time of year again ('tis the season and all that) and we have yet to set a place for the annual Holiday party. If we

don't find a location soon, on a cold and stormy night, Wheeling Wheelmen will be visited by the spirits of the Predels, McPherons and Pettys (Ghosts Of Christmas Parties Past). Give these loyal Wheelmen a break guys! It's easy! Just call Hans Predel to get your very own "Holiday Party Starter Kit." Time is running out so call 255-4029 today!

next month...

POWER BARS (postponed from this month)...

A new twist...will the addition of new "Mixed Berry" affect the up-and-coming popularity of "Malt Nut?"

PICTURES OF THE KENTUCKY TRIP

Follow our merry band of wheelmen over hill and dale...and hill... and hill...and hill....

ATB FEVER- HITTING KETTLE MORAINÉ

schedule



CODES:

L=LEISURE, 8-12 mph. Group stays together. Leader and cue sheet.

T=TOURING, Moderate pace, about 11-15mph. Group stays together. Ride leader and cue sheet.

E=EXPRESS, Fast pace, 15 mph and over. Ride at your own pace. Cue sheet provided.

SORRY, ELLIOT...

Due to an oversight on my part, I failed to re-list Elliot Kanner's College Campus Cruise (Sept. 30) in October's newsletter. My sincere apology Elliot!!!!



Oct. 28: LIBERTYVILLE RIDE

Sat. 11 a.m. 32 miles. Start from L Pottawatomie Woods, Wheeling. Elliot Kanner, 541-9176 or day phone 459-1300.

Oct. 29: HALLOWEEN RIDE

Sun. 10 a.m. 45 miles. Start from T Kildeer School, Long Grove. Bring a bag lunch. And hey, it's a holiday so wear a costume (as long as it includes a helmet)! Leader Al Berman, 541-9248

Nov. 5: LAKEFRONT RIDE

Sun. 10 a.m. 40 miles. Start from L Foster Avenue Beach (Foster Avenue east of Lake Shore Dr.) Chicago. Distance up to 40 miles. Ride the scenic bike path and catch views of the city not seen by motorists! Howard & Lois Paul 824-2941

Nov. 12: START OF SHOW 'N GO RIDES

Sun. 11 a.m. this Sunday and each Sunday for the next few months. Start from the Mount Prospect Train Station parking lot (southeast corner of State 83 and US 14-also known as Northwest Highway). Call Woyteck Morajko and Carol Passowic at 392-0530.

Nov. 18: TURKEY RIDE

Sat. 10 a.m. 30 miles. Start from L Caldwell Woods, Devon and Milwaukee Avenue, Chicago. Meander through the woods, then stop for the traditional pastrami Thanksgiving supper at Harry's Deli in Glenview. Jerry and Carol Hug, 696-2899



ride notes



-by Aaron Tanzer

This month's Cracked Helmet Award goes to a member on the Trolley Wheels & Hills ride. He started riding on the left-hand side of the road into oncoming traffic when we reached the "and Hills" part of the ride, creating a dangerous situation for cars and cyclists alike. Our leader, Karen Harte, and several other riders asked him repeatedly to get on the right side, but he refused. He also swung across the road, cutting the other cyclists off without bothering to look where they or cars might be. This is not the first ride he has ridden in this manner on. As a personal note, I want you to know that your lousy riding techniques are putting me and my friends in danger and I resent you for it! Leaders are encouraged to prohibit someone from riding if that person is endangering themselves or other riders with unsafe cycling practices.

Turning to the schedule...as I write this, it is 85° out, but I'll be daring and say the ski season is just around the bend. This year we hope for a stronger cross-country ski program by having a separate (and experienced) person in charge. Bob Browning (537-3391) is our new ski chair (and is a ski chair any different from a ski lift? But I digress). If you would like to lead a cross-country ski trip, please call him for more details. (More details also in this newsletter).

When does next year's rides scheduling begin? Believe it or not right now! You can place your ride in the calendar, beginning at the banquet, with the new Rides Chair (presumably Carol and Woyteck as they are running unopposed!). If you led a ride this year, you have until January 1 to reschedule it for next year. After that date it will be given to the first person that wants to lead it. We do have our rides library (over 110 rides!) to choose routes from, but we would also like to encourage people to develop new rides. I'd also like to point out that you can volunteer to lead a ride anytime during the year; you don't have to have a ride ready in time for the beginning of the ride schedule- we'll add it later!

And finally, since this is my last Ride Notes column, I thought I would take time to thank all of you for making these last two years as Rides Chair so easy! The enthusiasm and interest of everyone towards riding have kept our program going strong! While we do have some aforementioned problems, these are of a minor and transitory nature. Many bike clubs have serious structural problems with their programs, usu-



ally beginning with the question, "How can we get more people on our rides?" That's one problem we don't have! Interested members have both enhanced and modified our schedule as seen in the expansion of the schedule to three rides per weekend. Our high number of volunteers (for whatever the cause) also indicates the quality of our members! I have asked myself why I ride with Wheeling when I live in Hindsdale. I guess the answer is that in my mind, no other bike club in the area offers the quality and variety of people and rides that ours does. Thank you for these last two years!

odds & ends

John Torosian, L.A.W. President, will be at Wheeling High School 3 p.m. Sunday, November 12, in the cafeteria. He will talk about the League, it's past, present and future as well as the the 1988 Pedal For Power rides across the U.S.A. (Los Angeles to Salisbury, MD) and from New Hampshire to Florida. He will also preview the 1990 rides from Los Angeles to Boston (May 12 to June 27) and from Portland, Maine to Orlando, Florida (Sept. 22 to October 13).

IT'S A SMALL WORLD...

-by Phyllis Harmon

My sister and her husband, Jane & Charles Scharf, are into music like I'm into cycling. They volunteered to man the Flentie-Voltz checkpoint for the Wheeling Bike-A-Thon from 2:30-5:00pm. They had been to a luncheon of musicians but had to leave early to get to their post. On the way out they saw a trumpet player they hadn't seen for a long time and apologized that they did not have time to stay and talk. After half an hour of handing out red tokens to riders, a car pulled into the driveway of the house on the corner, and out stepped the trumpet player. "What are you doing in front of my house?" he asked as they stared at him in amazement. They had no idea that he lived there!

SPEND A DAY WITH KAETE...

Lois Paul, Pat Marshall, Elida Rech, Phyllis Harmon and others have been signing up to spend a day with Kaete Schoenhoff, who is now bedridden. If you can spend a day with her, please call Kurt Schoenhoff at 540-0861. Kaete is at 16 James Ct., Hawthorne Woods- off of Old McHenry Road, north of Long Grove.

