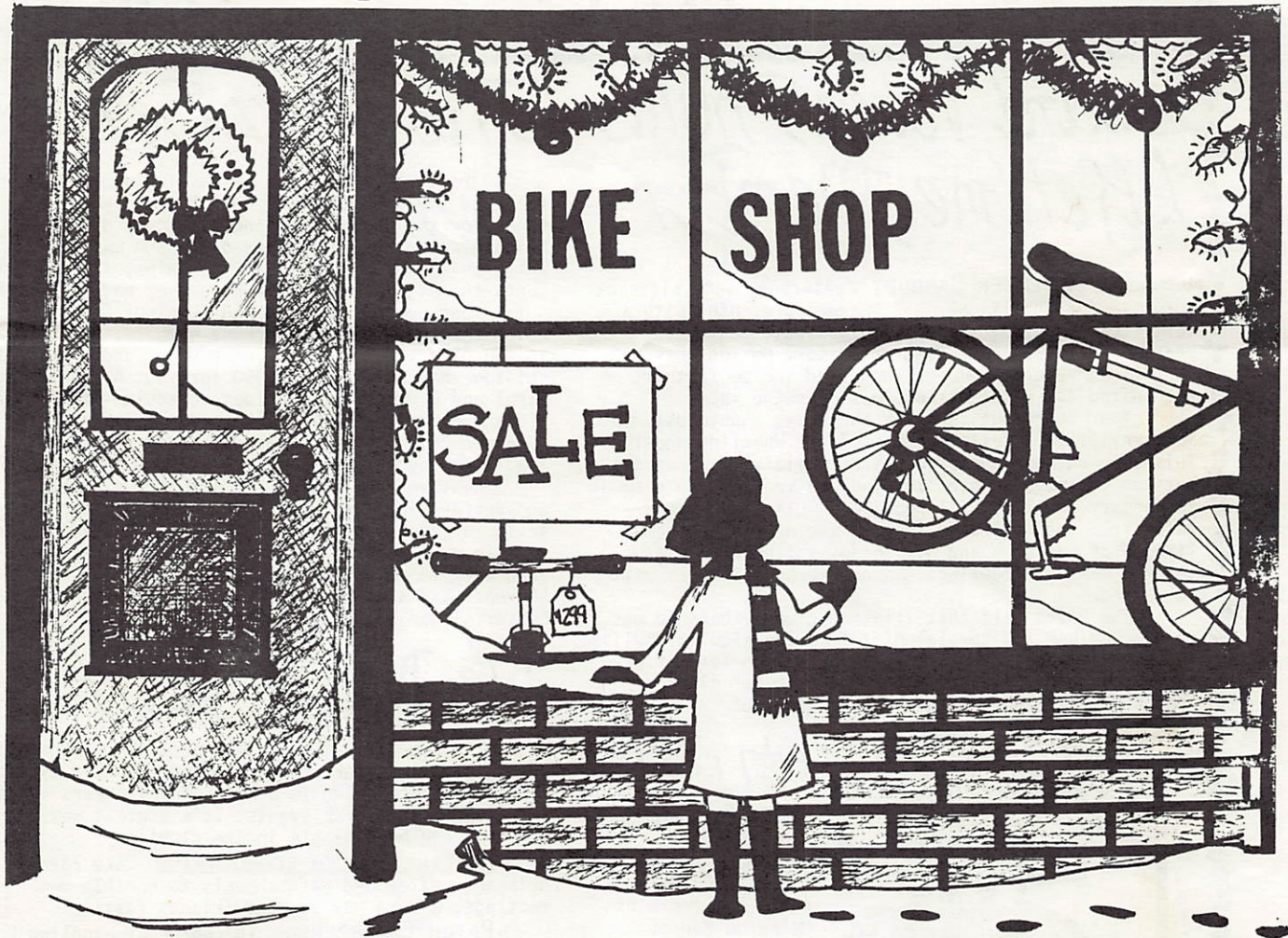


Happy Holidays!




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

NEW BOARD! NEW BOARD! NEW BOARD!
 PRESIDENT: Hans Prede1 255-4029
 VICE PRES: Carol/Woyteck 392-0530
 TREASURER: Andy Dane *271-5718
 SAFETY: Jerry Rice 870-8127
 MEMBERSHIP: Lisa Gerhold 803-3998
 EDITOR: Linda Svrcek 965-8249
 FOR CHECK OUT: Roy Erikson 381-5128
 BIKE BOOKS: *312 area code
 WHEELING RIDE/INFO LINE 989-7373



MONTHLY MEANDERS

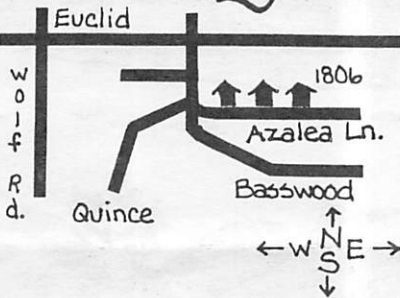
Board Votes Phyllis Lifetime Member

THE NOVEMBER BANQUET featured a very pleasant surprise for Phyllis Harmon. She was presented with a certificate and sports watch in appreciation of her years of service as newsletter editor. During this presentation, several members suggested she be further recognized for her contributions over the years.

Your Board met recently and voted unanimously to make Phyllis a lifetime member of the Wheeling Wheelmen! This very unique honor recognizes Phyllis' many contributions to the club over the last 19 years. Upon renewal in January, Phyllis will receive a "Lifetime" membership card. She will also receive the newsletter compliments of the club and will enjoy voting rights at general members' meetings. Annual membership dues will be waived.

The Board felt that lifetime club membership was an appropriate and special gift from the club to Phyllis. It symbolizes the club's deep appreciation for her hard work, long hours and caring devotion to our club. Thanks Phyllis, our helmets are off to you!

Holiday Party!

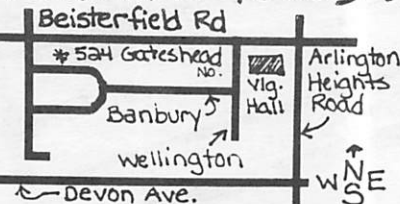


SATURDAY, DEC. 9
10:00-2:00. Join hosts Ron and Geri McPherson for our annual holiday bash!

1806 Azalea Lane, Mount Prospect. Call Geri (824-5091) to let her know you're coming and

also find out what you can bring. Bring a grab bag gift (preferably bike related! What else?!) and join in the fun!!! In addition to great food and assorted holiday festivities, there will be a hike and/or bike depending on the weather. To get to the McPherson's, go EAST on EUCLID to the first street east of WOLF ROAD. Turn SOUTH (RIGHT), and AZELEA LANE is the FIRST FORK ON YOUR LEFT.

Welcome 1990 Party!



MON. JAN. 1, 11 am Dick & Ardie Sorenson host a chili brunch & hike. Bring your leftover cookies and join the fun! RSVP by Dec. 22. (593-7945)

The Prez Sez -Hans Predel

BY THE TIME I got my last column together, I realized I missed telling you about an important milestone for the club. We, along with only one or two other Chicagoland clubs, have passed the 500 member mark! While this includes family memberships, it still represents the highest number we have ever had!

Your new Board is up and running! See the front cover for their names and phone numbers. We are already in the planning stages for next year, and promise to put together an exciting 1990 for you. As of the banquet, Carol and Woyteck had 50 rides scheduled- the calendar already has rides on every Saturday and Sunday for May, June and July. So hurry, hurry, hurry if you want to lead your favorite ride (or lead a new one) this year!

Next year is the club's and Harmon Hundred's 20th anniversary!! We would like to see the club host a series of rides and events to commemorate this special year in our history. Get your ideas together and either send them to me, or mention them at the members' meeting. 20 years and still cycling strong!!! (If you have a better slogan, just let me know).

We Need You!

YOU ARE THE WHEELING WHEELMEN...and here's your chance to insure the success of another cycling season. The following is a list of volunteers we need for a variety of club events. It's a great way to get involved and meet people in the club!!!

MEETING SNACKS COORDINATOR- take care of bringing coffee and refreshments to monthly members' meetings. A sure way to make friends fast!

PATCH CHAIRPERSON- in charge of handling L.A.W. ride patches for various rides/special events.

HARMON HUNDRED CHAIRPERSON- overseer of the annual Harmon Hundred Invitational. Promises to be especially rewarding during our 20th anniversary.

BEGINNING RIDERS TOURING SERIES LEADER- (harder to say in one breath than it is to do!) Carol and Woyteck have volunteered to get you started and help you along in running the program for beginning riders. Program includes classroom and on-road sessions.

ANNUAL PICNIC COORDINATOR- get a head start on planning this year's club picnic. This will include obtaining the permit, scouting locations, etc.

Come to the next get-together ready to volunteer or call Hans Predel (255-4029).

Cookie Exchange

SUNDAY, DEC. 17, satisfy your sweet tooth at the first annual Wheeling cookie exchange, to be held at Lois Paul's house. Call Diane Predel (255-4029) no later than December 10th to let her know who's coming. She'll also fill you in on all the details!



Safety Corner - Jerry Rice

WHEN I FIRST CONSIDERED running for safety chairman, I wondered how I could compete with Keith Kingbay and his national recognition and so many years in the saddle. My thanks to those of you who elected me and a tip of the helmet to Keith for his efforts during the last year. I view club safety as a bit more than reminding everyone to ride single file on busy streets and not bringing headset radios (or AK-47s) on club rides. Riding a bicycle safely is certainly at the top of the list, followed closely by riding a safe bike, riding on safe roads and keeping in good shape.

Since the cycling season is over for most of us, what should we do with our bikes for winter? One thing that comes to mind is ride them. For those wanting to maintain a good fitness level during the winter but don't like to ski, there are quite a few varieties of resistance trainers on the market. These trainers let you keep your legs and lungs conditioned by putting the resistance of either air movement or opposing magnets to work on your rear wheel as you pedal in a stationary location. Some pointers on these trainers: wind resistance units are very noisy. Magnetic units are quiet but get very hot. I like to keep an old tire around to put on the rear wheel while using the trainer. Also, wear a headband or figure out a way to keep perspiration off your bike. The salts in sweat will cause the bearings to corrode. A couple ideas to reduce boredom: bike videos let you "ride" in Hawaii and many other places via your TV, and it's not illegal to wear headset radios when riding in your basement or apartment!

For those preferring inactivity, I recommend the following treatment: clean the grime off your frame with soap and water. When rinsing, don't use a forceful spray as that will force dirt into the bearings. Clean and oil the chain. When the bike is clean I like to hang it by the frame instead of the wheels. It just doesn't look right upside down! Let some air out of the tires, but keep enough in to keep the tire bead seated correctly on the rim. Shift the derailleur to the small chainring in front and the small cog in the rear. This allows the derailleur cables and springs to relax over the winter. That should do it until it's time for the annual overhaul in February!

Rude Awakenings?

THE DANGERS OF A.M. EXERCISE

-by Dick Sorenson

"WHAT NEXT?" laments a cycling friend, "It's already bad enough that most of the foods I enjoy aren't considered healthful anymore, and I'm afraid to drink tap water. Now these chronobiologists say I shouldn't be cycling in the mornings anymore!"

What's the best time of day to exercise? According to British researchers, our bodies are at their peak for endurance exercise in the afternoon and early evening. The body temperature is at its highest during these periods, and this enhances muscle function.

The researchers found that body temperature declines during sleep to its lowest level at about 6 am. From there it rises to its peak at about 8 pm., which is the optimum time for endurance activity. The reason we feel so uncoordinated and lack motivation in the morning is because our bodies have not yet warmed up to the point at which they can perform efficiently & comfortably. Therefore avoid strenuous early morning exercise.



Another side effect is that joint stiffness is most pronounced early in the day because joint viscosity is also related to body temperature. Breathing may be more difficult at that time and mental arousal, also strongly associated with the curve in body temperature, increases rapidly as your internal temperature begins to climb.

More bad news for morning riders: most strokes & heart attacks hit during the morning hours, in the time between arising and noon. Strokes, in particular, are likely to strike between 10 am and noon. According to doctors, there is more likelihood of blood clotting and blood spasms occurring in the morning. Apparently something happens in our systems that stimulates blood to clot and block narrowed arteries feeding the brain. We're just more susceptible in the morning.

By the way, the scientists trying to figure out the body's internal clock are "chronobiologists."

Unfortunately for cyclists, the best part of the day for riding is in the morning. It's more convenient, there's less traffic, and it's usually the calm part of the day weatherwise. There's also the quiet solitude of early morning riding- the "just you and nature" thing that we all treasure. Early morning exercise cleanses the soul and clears the mind to help you get through the complexities and stress of the day ahead. What is good for the mind, however, may not be good for the body early in the morning.

What do you do if you're a morning cyclist? Change lifestyle? Adopt a new regime? Sleep in late and fit exercise into your evening schedule? I doubt it! And I doubt if it's really necessary. Healthwise, probably the most important things you can do are exercise regularly and eat wisely.

To moderate early morning problems: stretching or gentle flexibility exercises before cycling reduce joint stiffness, and a proper warm-up prepares muscles by elevating their temperature. It also reduces warm-up time on your bike. Muscles are pre-stressed, enhancing blood flow, oxygenation and suppleness, all of which help you warm up quicker.

Stretch slowly! Don't bounce or jerk. Stretch until you feel a slight tension, then increase slowly until you begin to feel pain. DON'T stretch "until it hurts!" To warm up on the bike, begin in an easy gear with low revolutions per minute (RPMs) and work up to a high RPM and a higher gear. Continue raising RPMs and gears until you reach a comfortable level. Most importantly, keep the right mindset & positive outlook.

Rides Re-ridden

ELLIOT KANNER came prepared to lead the Libertyville ride on October 28 with a few comforting words about the cold weather (especially since it had snowed a few nights earlier!). This traditional late season ride of 35 miles enjoyed untraditional late season weather! It was a pleasant surprise to see 26 riders, mostly in shorts and summer style cycling clothes, ready for a beautiful interlude. The group lunched at the Picnic Basket in Libertyville, and on the lawn in the center of town. They hoped "it" would never end!



Ed's Note...

WELL FOLKS, another edition ready for the presses. As we kick off our club's 20th anniversary in 1990, expect a myriad of new features and new faces along with old favorites. Which reminds me, as we would like to start featuring a couple club members a month, if you know of someone you would like to see featured, please let me know! Happy holidays everybody!!!



Kentucky Trip

Lexington - Frankfort - Harrodsburg -
Danville - Shakertown - Lexington

Photos by Phyllis Harmon and Gee Cunningham



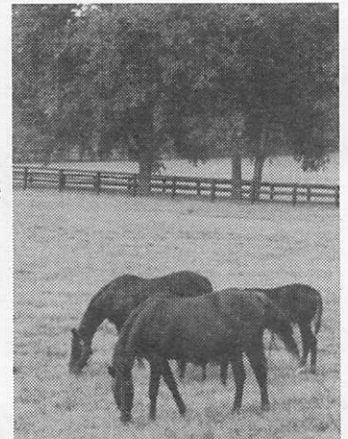
Quaint country stores - Elida Derebey,
Diane Predel - Phyllis Harmon



We tood turns driving sag: Elida Derebey,
Lilian and Jack Russell and Brutus.



Left: Joe Tobias, Gee Cunningham and Howard Bronson. Many miles of stone walls.



Right: Miles and miles of beautiful horses and elegant stables!



Left: We enjoyed a deli-dinner at Beaumont Inn, a former exclusive girl's school in Harrodsburg. Then Ron McPheron, Howard Paul and Joe Tobias gave us a songfest accompanied by Al Berman.



Right: Jane Newell and Gee Cunningham in our dorm at Shakertown waiting to see videos of the Shakers, their history and customs.



Many thanks to our tour planners: Howard and Lois Paul, Joe Tobias and Geri and Ron McPheron. Howard and Ron went to Kentucky and, with guide maps provided by L.A.W. Touring Director William J. Crouch, worked out beautiful rural routes for our pleasure. Joe and Lynn Tobias efficiently handled the finances; everything went smoothly. Even a "4-mile" uphill from the Kentucky River turned out to be only 2-1/2 miles! And, our short 28 miles to Shakertown at Pleasant Hill gave us plenty of time to browse through the restored village of once over 500 Shakers.

Wheeling Bike-A-Thon



Photos by
Barbara Hansen

Many thanks to the 33 Wheeling Wheelmen who volunteered to work on the Wheeling Bike-A-Thon. And 40 of you rode 10 to 80 miles!

Left: Ester and Jerry Rice and daughters Gail, 5, and Adena, 1-1/2. Gail rode the tandem with her dad and received the award for Youngest Rider.

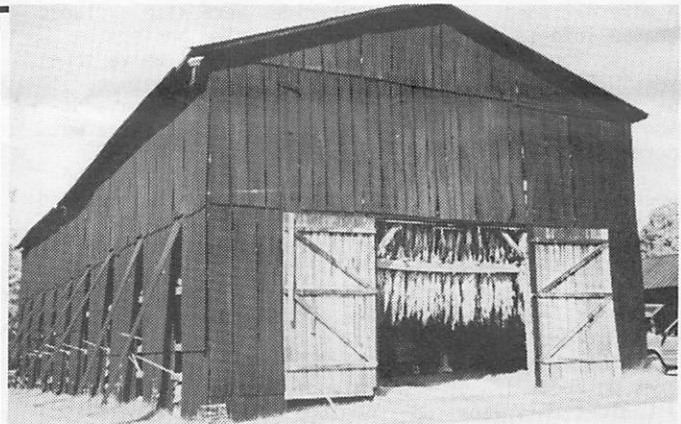
Geri McPheron must live right! Last year and this her door prize was one of the beautiful Hamilton collector dolls.



Don Derebey drew a \$50 Savings Bond and Elida Derebey drew the clock radio! There were many outstanding donations from area businessmen.

Left: George and Gail Cnudor and their dog rode 10 miles. She won the award for top dollars.

Right: Nancy Smith and Martin Lopez, 23, who pedaled 11 laps for a total of 110 miles. Martin's English is limited, so Nancy explained registration and route in Spanish and Mike Milton rode the first two laps with Martin. From then on, Martin raced effortlessly around the course!



We pedaled past ripe tobacco fields and tobacco barns with side vents for better ventilation and faster drying.

Right: Ed and Mike Milton. Ed, 75, just missed Oldest Rider Award. Keith Kingbay is 2 months older! Mike was mighty proud to ride 10 miles with his dad, whose previous top mileage was 3 miles! Mike, riding for pledges rode a total of 60 miles.



Just The Stats...

-Aaron Tanzer

WHAT ARE DULL STATISTICS LIKE THESE DOING IN A NICE NEWSLETTER LIKE THIS?

FOR THE HARD-CORE NUMBER JUNKIES out there it's time for your annual fix- the 1989 ride statistics!

Figure 1 charts the total number of rides in each category that actually occurred. Figure 2 plots each category as a percentage of the overall ride schedule. Both are based on a total of 149 rides (up to 34% from 111 rides offered last year). Rides with no classification (i.e. Harmon Hundred or Beginner Touring Series) were not included; neither were rides that were not run.

Figure 3 charts the average number of riders on each trip. Next month look to see a table summarizing the entire season by category. Invitationals, unclassified rides and rides where sign-up sheets were not turned in were excluded. Tuesday night rides were also excluded because info is not recorded on a per-ride basis.

As you can see, it's been a good year! We've gone over 10,000 miles this year (up from 70,000 last year)! The number of rides is up, in part because of the addition of thursday morning rides, and in part because we increased the number of weekend rides from 2 to 2-3.

I've felt our bread-and-butter rides averaged between 40 and 80 miles, and the numbers prove it. Weekend Touring rides rose from 26 to 40. In addition, more people took advantage of the Express option on T and L rides. This has worked well as it allowed faster riders to ride their pace while letting everyone else enjoy cycling at the advertised pace. There were only 10 weekend rides (out of 70) that were strictly Express. The total number of Leisure rides is also up and now makes up about 1/3 of the weekend schedule. There were 27 L rides this year, up from 16. ATB rides were also offered for the first time, and will doubtlessly grow in number this coming season.

The one area where we fell is number of riders per ride. Leisure and Express categories changed very little, but Touring dropped from 37 to 18. Overall club participation has vastly increased however. Basically the drop in Touring riders/ride is due to more people opting to ride Express and having more rides per weekend to choose from. The lower numbers in each group have made the rides more pleasurable in my opinion.

Based on what I've seen, we've had a successful year and achieved all of our goals. The ride statistics seem to back me up!

Figure 1: Total Rides By Category: 1989

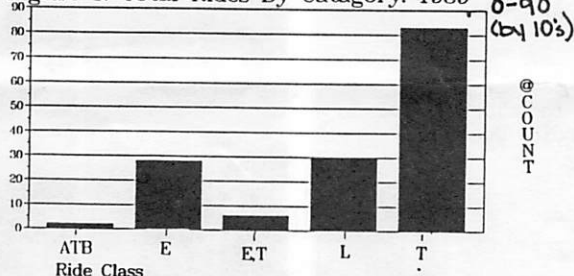


Figure 2: 1989 Total Scheduled Rides by Category

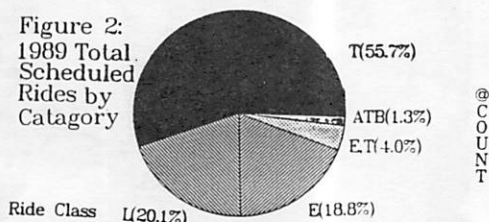
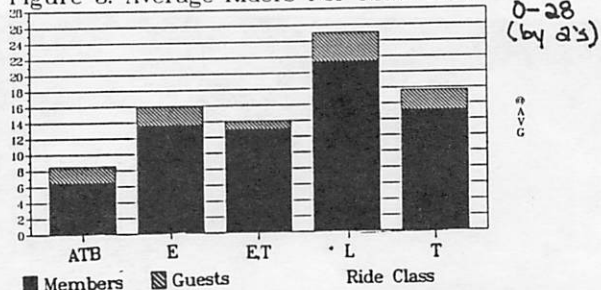


Figure 3: Average Riders Per Ride: 1989



1989 TOP 10 Club Mileage

WOMEN	MILES	MEN	MILES
Interrante, Gina	1594	Van Es, Jack	3124
McPheron, Sue	1505	Lorenzen, Bill	2536
McPheron, Geri	1133	Erikson, Roy	2365
Green-Kelner, Fran	1127	Morajko, Woyteck	2072
Passowic, Carol	974	Dane, Andy	1777
Wathen, Lucy	904	Tobias, Joe	1667
Marshall, Pat	820	Flanagan, Bob	1618
Brenner, Bobbie	793	Grant, Jim	1559
Cunningham, Gee	769	Paul, Howard	1290
Svrcek, Linda	745	Corydon, David	1212

Holiday F.Y.I.

No, THIS ISN'T a list of ways to burn off extra holiday calories...and it's not tips on what to get bikers as gifts...it's a lighthearted look at some lesser known myths and beliefs surrounding our traditional winter holidays....

CHRISTMAS: In the U.S. it was made a legal holiday in 1836 in the state of Alabama. It is the only religious holiday to be honored in this way. Here are a few of the more unusual Christmas beliefs and customs:

"On Christmas morning eat a raw egg before anything else, to help you become strong."

"When the Yule log is burning, it is bad luck to have a bare-footed person or a flat-footed woman in the room." Ashes from Yule logs were believed to cure certain diseases and predict the number of farm animals to be born the following year.

"A baby born on Christmas will be either a lawyer or a thief."

"Mistletoe was considered a plant of peace. Enemies who met under it could not fight. Besides, kissing is more fun than fighting anytime! It is bad luck to bring 1 Christmas greenery into the house before Christmas Eve."

HANUKKAH (I had a harder time finding strange customs for Hanukkah so these are a bit more factual).

"Hanukkah does not fall on the same day of the Georgian calendar every year because Hanukkah falls on the date determined by the Jewish calendar. The Georgian calendar is solar; the Jewish calendar is lunar. Thus the Jewish calendar is 11 days shorter. In order for the lunar calendar holidays to match the seasons they celebrate, a leap year occurs every two to three years. A Jewish leap year adds a whole month (to put the lost days back to the year)."

The most exciting part of Hanukkah in Israel is the torch relay, run from Modin towards Jerusalem. Thousands of people line the roads as the torch is passed.

1) Holiday Hullabaloo!, E.R. Churchill et al, Franklin Watts/New York/London, 1977 pages 169-172

2) We Celebrate Hanukkah, Bobbie Kalman, et al, Crabtree Publishing/Toronto/New York, 1986, pages 10, 46

Fat Tire Fever!

-Pictures by Andy Dane

SUNDAY, OCT. 15 was a beautiful day to hit the rugged trails of Kettle Moraine, and what better way to see the sights than on a Mountain Bike?



Our ATB gang (L to R): Patty, Eric, Hans Predel, Andy Dane, Bob, Dave Corydon, "Igor" Svrcek, Jenny, Al Petty and Lynn Petty (front center).

changes a bit. Highway overpasses and rolling hills hardly seem steep anymore after you've fought to get up a 45° rocky incline in your lowest gear and still had to get off and walk!

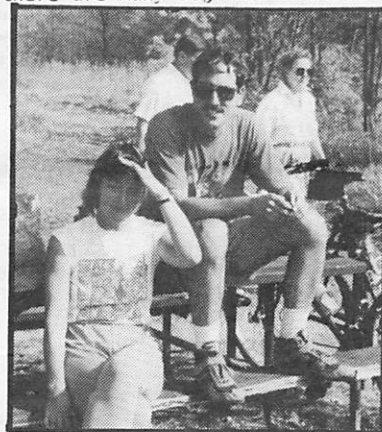
Mountain Biking requires a bit more concentration, too. Most roads don't have boulders, tree roots, mud holes and assorted woodland creatures around every turn, many ATB trails do! Of course

there are also beginner trails that don't have quite as many surprises! (My insurance company would probably prefer me to frequent those!)

At any rate, while I can't speak for the entire group, I will say this...it was the longest, most adventurous 20-some miles I've ever ridden!

Top right: Hans shows off his new "ATB rough and ready" hairdo.

Left: Andy and Jenny break for lunch.



Whoops!!!

Since Phyllis assured me that as new editor I really should get my picture in somewhere, I

chose these as they at least provide some comic relief! Three guesses how my first ATB outing went! Believe it or not, I still had a GREAT time!!!



Editor "Igor the Mountain Biker" seen before, during and after the "killer" trail. Special thanks to Al, Lynn and Hans for putting me and the bike back together again after what bystanders called a great fall!!!



FOR SOME OF US, the 'Until The Fat Lady Sings' ride was the first or second time we'd done any challenging Mountain Biking. For others, like Al and Lynn Petty (below), it was just another sunny day to hit the open trails. In either case everyone

seemed to have a fantastic time, and many of the newcomers have continued to explore new ATB trails.

What's the attraction of ATBs over road bikes? They open up a whole new world of cycling opportunities. For one thing, the scenery is completely different. You cycle right into the woods and can get to the tops of hills you probably wouldn't even want to walk a road bike up...and oh the view!

Your perspective also



FROM OUR MAILBAG... photos by Lenore Goldman

August 1989 on the CRANKIT 2 trip to the North Woods, WI.

Carol and Woyteck take a break during their week-long ride with the Pedal Across Wisconsin gang. (Right)



Sue McPheron and Marguerite Elkins show their good form while enjoying themselves last summer.



Schedules



CROSS COUNTRY SKIERS-get those skis ready and think snow!!!

BIKERS- dig out the Thermax and neoprene.

THIS MONTH HAS SOMETHING FOR EVERYONE.....

Make Tracks-Ski!

Dec. 2: SKI DANIEL WRIGHT WOODS

Sat. 10 am. Lincolnshire, intersection of St. Mary's and Everett Rds. Flat terrain, very easy trail. If no snow, Aaron will lead a hike. Call Aaron Tanzer 323-3204-info.

Dec. 10: RYERSON CONSERVATION AREA

Sun. 10 am. Riverwoods on Riverwoods between Deerfield and Rt. 22. Flat terrain, very easy. No snow, we hike! Call Bob Browning 537-3391- info.

Dec. 17: MORAIN HILLS STATE PARK

Sun. 10 am. McHenry, River Road to main entrance of parking lot just past main park office. Gently rolling terrain thru Nature Center. Al Berman, 541-9248.

Dec. 23: GLACIAL PARK

Sat. 10 am. McHenry. IL Rt. 31 to Harts Rd. to main parking lot. Nippersink trail is relatively flat. Optional loops over rolling glacial topography. Hans Predel, 255-4029.

Dec. 31: NEW YEAR'S EVE DAY SKI

Sun 10 am. Wauconda. Lakewood Forest Preserve. 1989 is almost over, so now's the time to wax nostalgic- and wax those skis! Join Linda Heeter for a memorable trip! Call 945-0974 or 989-7373- info.

Jan. 6: DEER GROVE

Sat. 10 am. Palatine, west on Dundee Rd. to last parking lot before crossing Rt. 14. Moderately hilly terrain for all levels of skiers. Forest Preserve trails & fire lanes. Lisa Gerhold, 803-3998

Show 'n Go Rides

Just can't give up cycling? Well you don't have to! Bundle up and come out for the Show 'n Go rides leaving from the Mount Prospect train station every Sunday! Rides start at 11 am. from the parking lot on rt. 83, just east of US 14 (Northwest Hwy). Call Woyteck Morajko for info. 392-0530.

Ride Notes

-Carol & Woyteck

FIRST OF ALL, Carol and I would like to thank you for your vote of confidence in electing us Vice President/Ride Chairperson. All we need now is your support.

Our main project is, of course, the ride schedule. We're off to a great start thanks to all the good people that volunteered at the banquet! Remember, if you led a ride in 1989 and would like to lead it again in 1990, you have until January 1 to let us know. However, if you would definitely like to trade your ride for a new one, please don't wait too long as there are potential new leaders out there who would like to lead an established ride.

Aaron was kind enough to provide us with the ride library which contains every ride that we ever held. You can choose one of these rides, or make up a new one. In either case, feel free to call us- or we'll feel free to call you!



We have several goals that we would like to accomplish

during the next year. One is to try to schedule more rides in less congested areas. This will take us to areas further away from Chicago and the Northwest Suburbs, and is a reflection of the sentiments of many club members. We already have several rides scheduled in McHenry, Kane and Lake Counties in Illinois, as well as Kenosha and Walworth Counties in WI.

Our second goal, much like Aaron's last year, will be to have 2-3 rides scheduled per weekend to satisfy riders of all abilities. However, we can't do it without your help. So please, put back into the club a little of what you have received. Volunteer for an established ride, write down your personal favorite, or scout out a new one (thereby avoiding the winter couch potato syndrome).

Ski With Bob

-Bob Browning

FOR MOST OF US the biking season is winding down and we are looking for other activities to fill our need for exercise. Some of us work out at a health club, others enjoy walks in the local forest preserves. However, there is one activity that seems to fit best with our bicycling. Cross Country Skiing uses the same muscle groups as cycling, gets us back outdoors, and continues the camaraderie that we develop with our fellow cyclists.

I have scheduled a cross country ski tour for each weekend beginning

the first week of December and running through the last week of February. We will begin skiing at local forest preserves within a 45 minute drive of Wheeling, with the exception of two weekend trips to Wisconsin. Under most circumstances a 4" snowfall is needed for adequate ski conditions. However, if you are unsure, call your tour leader.

We have scheduled more than one trip to several of the more popular ski areas- however, we should be so lucky as to get enough snow to be bored with two trips to the same area! If anyone has a favorite ski area not on our schedule and you are willing to lead a trip there, please give me a call and we will add it.

Pat Marshall told me that she may be teaching cross country skiing for the Northbrook Park District. If you are interested, give her a call.

Last year 18 of us went on a 4-day weekend trip to Minocqua, WI., and had such a great time that we decided to go again this year. Last year we stayed at a very low budget motel, and the consensus was that we would like some of the finer things after skiing like a whirlpool and an indoor pool. With that in mind, I booked 9 rooms at the New Concord Inn (all that was available) in Minocqua for the weekend of January 12-15th. The group rate will be \$63 per double room for Fri. & Sat. and \$50 for Sun. night, plus tax. This rate is for 2 people; additional people per room pay \$10 each. This rate includes the pool/whirlpool and a free continental breakfast. I will need a deposit of \$63 to hold one of the 9 rooms for you. After those 9 are booked, we will try to book rooms at the other Minocqua motel. Make checks payable to New Concord Inn and send them to Bob Browning, 18 Linden Ave., Wheeling, IL 60090. Phone: 537-3391.

Fran Green will be leading a tour to Black River Falls, WI for the weekend of Feb. 16-19th. Please call her for more info. 541-9248.

Let's wax those skis and be ready for the first snowfall!

For Sale

MIYATA 1000, Touring, 19". Very good condition. Includes extra tires, bag and back rack. \$425. Call Steve Manrose, evenings 696-2539.

Next Month

MEET THE BOARD-get the answers to questions even Barbara Walters wouldn't ask!!

MORE STATS-get Aaron's year end overview of all the rides!

BEGINNING TOURING SERIES- What it is, who's involved and how you can be a part of it!

POWER BARS-by now, who cares?

AND, AS ALWAYS, SO MUCH MORE!