

Chicago Bicycle Club (CBF) President's Council (11/15/89)

-by Hans Predel

CBF held a second meeting of the presidents of all the Chicagoland bicycle clubs. These meetings are forums designed to discuss common club problems, invitationals, general cycling issues (i.e. the Royko column) and other items that we could all benefit from. The latest meeting covered the following topics: 1) Introduction. Club representatives outlined their club's size, riding area, major invitationals, highlights and problems of the past season. 2) Publicizing club and invitational data via Larry Schulman's data base of invitationals, CBF's bicyclist calendar and, potentially, an Illinois Department of Tourism brochure (like WI or MI). 3) Ride safety issues. Focus was on improving safety on club and invitational rides. CBF will organize a safety meeting in January at which those attending will discuss and develop common safety guidelines, etc. 4) CBF covered their programs and club participation in them. 5) Lastly, Andy Clarke, from LAW, lead an open discussion on cycling issues.

All in all it was a good meeting, and I feel it was a good "grass roots" approach to discussing and solving common cycling problems. Please consider some of your 1990 cycling dollars for membership in both LAW and CBF as a way to support these organizations.

Beginner Touring Series

-by "Igor" the Editor

"It's like riding a bicycle. Once you learn, you never forget." Common enough phrase. We've all heard it, right? But does it tell the whole story? Did that first push your parents gave you after they took the training wheels off your little red Schwinn really teach you all there is to know about riding a bike? Probably not. I mean my parents didn't sprint along with me saying, "drink at least one bottle of water every hour," or "change your hand positions frequently to avoid muscle fatigue and strain."

Cycling, especially for those striving to increase their distance or speed, requires more than balance and a shiny red bike. There are a lot of "little" things I've learned just in cycling with more experienced riders that made a world of difference in my ability to enjoy cycling. How to find the right size bike and right seat height for example. What snacks give you the most energy on longer rides. How to improve overall technique. What to carry with you to fix a flat tire. Which invitationals attract the cutest guys..oops, that's something I picked up on my own. Anyway, the point is that there are a lot of basics that can really improve your cycling, once you know what they are.

This brings me to the Wheeling Wheelmen's own Beginners Touring Series. Never heard of it? It's a series of classroom sessions and short rides designed to get cyclists started on the right foot (or right pedal for you cycling purists). For those of you who'd like to cycle longer distances but don't quite know the easiest or most efficient ways to build yourself up, this series is for you. If you're new to cycling and want to improve your technique, it's for you too.

And for you ol'e pros who have thousands of miles under your saddles; you bike authorities who fondly remember finishing your first Century; or fixing your first road flat; this is your opportunity to share your experience with the new kids on the block!

Classes will be starting soon, so if you'd be ready, willing and able to join in the fun as a series leader, call Carol or Woyteck for all the details! Those wishing to participate, keep an eye out for starting dates in upcoming newsletters.

Log Your Miles!

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
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25								
26								
27								
28								
29								
30								
31								
Total								

Now available, it's the brand new, super exciting Wheeling Wheelmen 1990 Mileage Chart. Yes, your very own 12-month planner with spaces for daily, weekly, monthly and year-end mileage. No biker should be without one! Pick your's up at the next member's meeting!

Don't Let Winter Get You Down

-by Dick Sorenson

This winter resolve not to become a "couch potato." Cold weather doesn't have to mean the end of outdoor exercise for most people. Running, walking and cycling in winter can be exhilarating. They're also good ways to get you out into the sunlight and help avoid the wintertime blues. The trick is to be sensible and make allowances for weather in your choice of clothes.

Don't overdress. Exercise raises the body temperature significantly- even a moderate workout can make it feel 30° warmer. So to bike vigorously on a 25° day, dress for about 55°.

Wear several layers of loose fitting clothes. This provides insulation, traps heat you generate but lets moisture escape. If you become too warm, you can shed layers. The innermost layer should be of a fabric that wicks moisture from your skin, such as polypropylene or Thermax. Next, layer a wool sweater or jersey, synthetic turtleneck and/or pile jacket (the middle layer should further insulate and wick moisture). Add leg warmers or long johns when it's really cold. Finally, wear a jacket that's waterproof, wind resistant and breathable (so moisture isn't trapped inside). You may also want extra undershorts. If you stop exercising for any reason, put on extra clothes before you feel cold and chilled.

Choose clothes with zippers. They are easier to adapt to changing conditions. Oversized zippers are easy to use even with mittens and gloves on.

Mittens or gloves? Mittens are warmer since fingers stay together. Also consider special inner liners of polypropylene (or other wicking fabrics).

Wear a hat. You will feel warmer all over since you can lose a lot of heat through your head. Remove pads from helmets if needed to fit a hat underneath. Add a Gortex cover to make your helmet water and windproof.

Shoes and socks. Shoes should have extra space inside to trap warm air, or to fit extra socks in on very cold days. Socks that blend wicking and warming (i.e. wool and polypropylene) are a treat for feet. Insulated shoe covers provide even more protection.

Compensate for the wind. Dress properly and, if possible, ride out into a headwind and return with the wind at your back. Get the worst of it behind you before you're tired and sweaty.

Drink plenty of water. This is crucial! It's very easy to dehydrate in cold weather, and dehydration hinders your body's ability to regulate its temperature. Drink before, during and after your workout. Avoid alcohol and caffeine as both contribute to dehydration.

Beware of frostbite and hypothermia. Hypothermia, which involves a dangerous drop in body temperature, is mostly a risk when you're out in very cold weather for many hours, especially when you're not moving around.

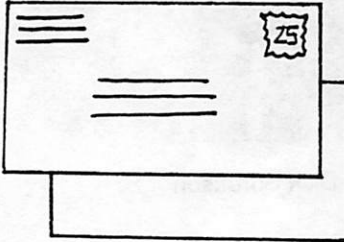
Be on guard. Shorter daylight hours, poor weather visibility and icy patches call for extra care when enjoying the outdoors.

Phyllis Harmon

"Lifetime membership in the Wheeling Wheelmen! My goodness! It's strange to be so honored for doing something I've enjoyed so much for so many years! Thanks!"



Thanks Pat!



Phyllis and I would like to thank Pat Marshall on behalf of the entire club for getting our newsletter out on time each month. It's no easy task to get 500 newsletters folded and mailed! Thanks Pat!

1989 Rider Awards

Most Improved Rider: Male- Doug Kritz, Female- Diane Predel.
Best New Ride: Wall-To-Wall Walworth, Christine Gier.
Club Volunteers Of The Year: Al Berman and Fran Greene.
Special Thanks to outgoing board members, Safety: Keith Kingbay and Membership: Geri McPheron.



Black River Falls Ski Trip

-Fran Greene

Join the Wheelmen for some of the best, most exciting cross country skiing in Wisconsin in Black River Falls. Encounter one thrill after another on many of the downhill runs. The trails are well groomed and machine tracked, laid out with cross country skiing in mind. Most have straight run-offs from the downhills. While some of these hills make "Suicide Hill" at Razorback look like a Bunny Slope, with 35 miles of trails, there's something for everyone- including beginners (no ski school, though).



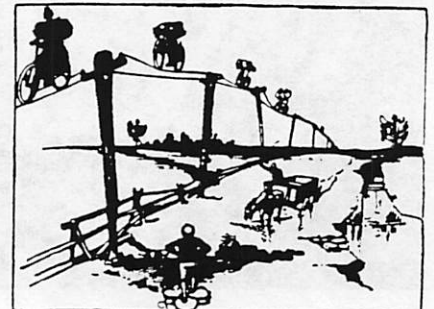
We'll be staying at a 2-year old motel, the American Budget Inn, equipped with sauna, pool and **Jacuzzi**. Room costs are \$42.15/night (double occupancy) and \$31.60 (single occupancy). I've reserved 9 double rooms and 5 singles, and can get more. **Don't wait!** Reserve your spot now! Please send a check for the first night's deposit **ASAP**. Questions? Call Fran: work (312) 606-9004; home (708) 541-9248. **THINK SNOW!** P.S. The food is outstanding!!

Please Excuse Our Dust

During Our Remodeling...Yes, this month's "Igor Speaks" addresses the reconstruction of the newsletter. Over the next few months, you'll see a number of changes to type styles, format, and content (welcome to the wide, wide world of technology). As my artist friend and I experiment, we'd like your input. Tell us what you like and what you don't.

Aaron's 1989 "Rideshead Rvisited"

	RIDE CLASS (L-ATB)	TOTAL # OF RIDES	AVERAGE # OF RIDERS	AVERAGE DISTANCE
SATURDAY RIDES	LEISURE	16	24	30.1
	TOURING	22	23	61.5
	EXP/TOUR	3	9	134.0
	EXPRESS	4	11	97.0
	ATB	1	7	15.0
SUNDAY RIDES	LEISURE	10	24	30.7
	TOURING	18	27	61.6
	EXP/TOUR	2	20	72.5
	EXPRESS	1	30	104.0
	ATB	1	10	25.0
MONDAY RIDES	LEISURE	1	17	26.0
	TOURING	1	42	43.0
WEDNESDAY	TOURING	12	8	18.7
THURSDAY	TOURING	28	5	20.0



Top, right: predictions of things to come if country roads are not improved.

GRAND TOTAL (ALL CLASSES COMBINED) CLUB RIDES 1989				
NUMBER OF RIDES	NUMBER OF RIDERS	AVERAGE DISTANCE	TOTAL DISTANCE AVAILABLE	TOTAL RIDER MILES
120	2082	43.16667	5180	102,368

November Banquet 1989



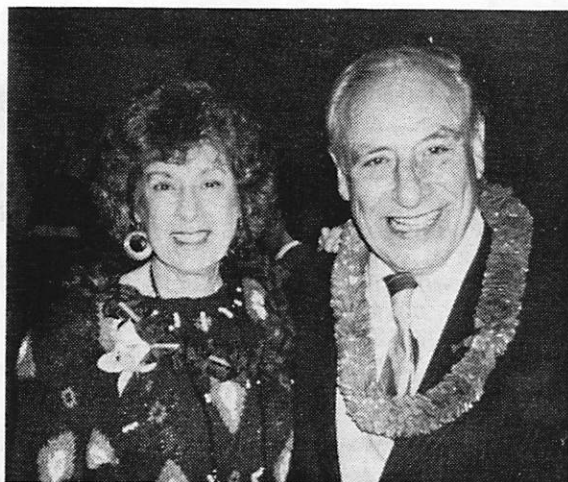
Lillian Russell, Banquet Chairman,
and husband Jack



Ardie and Dick Sorenson



LAW President John Torosian and
wife Bernice



Lynn and Joe Tobias



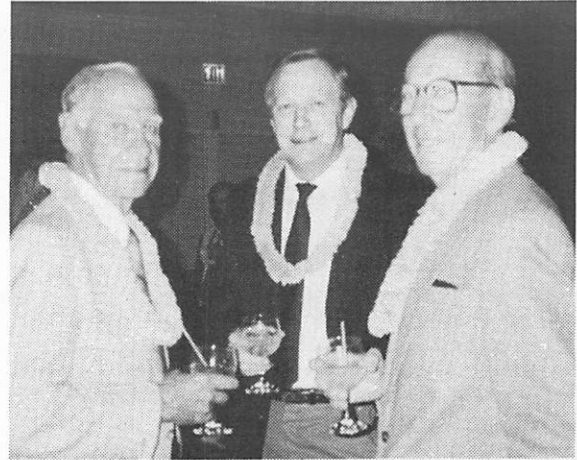
Carol Passowic, Joyce Lewis, Sue
McPheron and the Rices



Hans and Diane Predel



Dale Youssi with
Jim and Jenny Grant



Howard Paul, past President,
Merritt Lewis and Bill Lorenzen



Al Berman and Fran Greene



Al Petty, past President, and
his wife Lynn



Outgoing officers Aaron Tanzer (2 years),
Keith Kingbay (1 year) and Geri McPheron
(2 years). Andy Dane will serve another term.



Lucy Wather and Clarence Littwin

Dues Are Due

Yes, it's that time of year again! Time to sign up for another action-packed year of cycling. Be sure to send in your dues along with the enclosed form today so we're sure to get your name on the 1990 Membership List.

Ski Schedule

Dec. 31: AULD LANGSYNE SKI

Sun 10 am. Wauconda. Lakewood Forest Preserve. Call Linda Heeter (945-0974) for all the details.

Jan. 6: DEER GROVE

Sat. 10 am. Palatine, west on Dundee Road to last parking lot before crossing Rt. 14. Moderately hilly terrain for all levels of skiers. Forest Preserve trails and Fire Lanes. Lisa Gerhold (803-3998).

Jan. 12-15: MINOCQUA, WISCONSIN WEEKEND

F-M Those going will stay at the New Concord Inn in Minocqua and will ski Winter Park, Razorback, McNaughton and Suicide Hill. Trails for every level! Call Bob Browning (537-3391) for info. and room availability.

Jan. 20: MORAIN HILLS STATE PARK

Sat 10 am. Moraine Hills State Park, McHenry. River Road to Main Entrance to parking lot just past Main Park Office. Gentle rolling terrain. Dick Ryan (381-1775)

Jan. 28: CHAIN O' LAKES

Sun 10 am. Chain O' Lakes, Spring Grove. Route 12 to Wilmont Road to parking lot. Intermediate and advanced skiers. Challenging trails for those with some experience. Al and Lynn Petty (948-7288)

Feb. 4: BEVERLY LAKE

Sun 10 am. Beverly Lake Forest Preserve, Hoffman Estates. North side of Route 72, west of Route 59. Flat to moderately hilly trails through the forest preserve and along the lake. Eleanor Mamayek (428-8128)

Show 'N Go Bike Rides

Every Sunday at 11:00 am from the parking lot of the Mount Prospect Train Station (on Rt. 83, just east of US 14 [Northwest Highway]). Join Woyteck and his fearless band of cyclists as they battle the wilds of winter. Call 392-0530 for more details.

St. Patrick's Day Ride



Our annual St. Patrick's Day ride is scheduled for March 18, 1990 at 10:30 am. The ride will once again begin at the Wauconda Apple Orchards. Andy Dane, ride chairman, is asking for volunteers to help with registration, parking, sag and sweep. A sign-up sheet will be available at our February members meeting. Ride

flyers are available for distribution to your neighborhood bike shop. Call Andy at (312) 271-0808 for further information.

Ride Notes

-Carol & Woyteck

How many of your New Year's resolutions have already gone by the wayside? Hopefully not your resolution to lead a ride for your club, the Wheeling Wheelmen! Rather than be creative, we thought we'd list the calendar dates that are completely open. Remember, you can volunteer for any date since our goal is to offer a balanced schedule (i.e. a moderate ride on the same day as a 100 mile ride). The open dates are: **March 24, 25; April 1, 7, 15; May 6, 26-28** (Janesville ride weekend); **August 4, 25, 26; September 16, 23, 29, 30; October 6, 7, 14, 20, 21, 27.**

Okay, you've seen a date that's struck a nerve! You just have to lead a ride, but you don't know which one, or what's available. Several past leaders have chosen to lead different rides; others have apparently lost their phones amidst all the holiday trimmings (we accept post cards). Here's a list of last year's rides not yet on the 1990 schedule: Hebron I (35 miles), Hebron II (63), Hebron III (26), Wayne-Algonquin (68), Algonquin Express (65), Small TOWNS (55), Lake County Classic (41), Wall-To-Wall Walworth (104), College Campus Cruise (35), Libertyville Ride (32), Huff 'n Puff (82), Hill 'n Dale (75), Botanic Gardens (32), Volo Bog (49), Balloon Ride (25), Turkey Ride (30), Westward Ho! (25, 48, 71), Wisconsin Outback Double Metric (120), Apple Pie (35), Hilly Geneva 22 and picnic (22), Lake County (35), Woodstock (73), Two Loops West Of Fox (40), Covered Bridge (40), Lindenhurst Spin (55), Rural Rustic (20), Zion (64), Racine County (50), Argonne Lockport (54), Silver Lakes (40) and the Fox River Ride (80).

Date picked? Ride picked? Still getting cold feet? Don't worry! The January program will smooth the way. Woyteck, myself, and a cast of thousands will be there to answer all of your questions and address your concerns. The Wheeling Wheelmen have a reputation of being one of the hottest, most active clubs around! With our current schedule we're almost there, so just pick up the phone.....

Harmon Hundred Design Contest

It's never too early to start designing your entry in the Harmon Hundred t-shirt and patch design contest. Remember, since this is the 20th anniversary, incorporate that in your design. Exact entry deadlines will be announced next month, but if you have your design done early, mail it on in c/o Wheeling Wheelmen, P.O. Box 581-D, Wheeling, IL. 60090.

For Sale

Vetta Professional Trainer (friction type). Like new- only used 5 times! New, it's worth \$100. It's yours for only \$25! It's a great way to keep your bike legs over the winter!! Call Harry Serantoni (698-2411) evenings.

Next Month

MEET THE BOARD

Postponed from this month since we wanted time to get a group photo. In the meantime, drop by the January meeting and see them "live, from Wheeling!"

BIKE SNAPS

"Igor the photographer" shares tips on how to make all your biking pictures winners!