

20th ANNIVERSARY

February, 1990

MONTHLY MEANDERS



WHEELING WHEELMEN

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



Safety Corner



-Jerry Rice

Before the real Safety Corner this month, a word about this year's programs...For those of you that missed the January meeting. I am organizing the programs and speakers. By no means do I have a monopoly on ideas for the meetings. I would certainly like to hear from those of you who had interesting cycling experiences or just want to hear about something in particular.

It was only two months ago that I was telling you how to put your bicycle away for the winter. The first major Wheelmen event is only 6 weeks away! Within the next 4 weeks a lot of us should be getting our bikes overhauled and tuned up. As usual, there is more than one way to get this accomplished.

Most of the area bike shops are very happy to hear from us during this time of year, and for a modest fee will take care of all the dirty work. Bike maintenance isn't difficult, but does require care, patience, practice and a few special tools. If you want to try it on your own, the club library has some good books on maintenance and the club tool box can reduce the need to buy tools. Several club members are quite adept at the hardware aspects and can provide some guidance.

Everyone's maintenance schedule varies. Just like your car, if you ride frequently or in adverse conditions, you should overhaul more often. Most of us can get by on a once a year schedule. For a complete overhaul, you should wash the frame and clean and lubricate the hubs, bottom bracket, headset and pedals. The brakes, derailleurs, cables and chain should be cleaned and oiled. The wheels should be trued. During the season, several things should be done every month; clean and oil the chain, wash the frame and clean the rims and brake pads with rubbing alcohol to improve stopping ability. Many people go the whole season without checking the bearing adjustment and wheel trueness, but a small problem corrected early can eliminate a big problem or a spoiled ride later on. Cables are also a frequently neglected part of a bicycle. A broken strand at any point between the attach points should be cause for replacement.

A good periodic maintenance program will not only improve the safety and ease of your cycling, but it will make your bike last longer.

WHEELING BOARD MEMBERS

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Affiliate



February Meeting

Thursday, February 1st, 7:30 pm at the Wheeling High School cafeteria. This month's program features Kim Stanley, who will add his own brand of humor and bike anectdotes to his talk on long distance touring. Still to come in March, Jerry Goldman discusses his touring operation as well as shorter distance touring.

Prez Sez

-Hans Predel

Did you get past the New Year alright? Did you make a resolution to cycle more and better? I hope so! As we approach February, the weather should begin to change in our favor and give us some early opportunities to get out and ride. While our season doesn't officially open until March with the St. Patrick's Day Ride, you shouldn't wait that long to get into shape. Use a wind trainer, stationary bike, health club, rowing machine or join us on our Sunday Show 'n Go Rides for your preseason training.

At the January club meeting, I presented a Board approved recommendation to donate club funds to the League Of American Wheelmen (LAW) and the Chicago Bicycle Federation (CBF). Members voted unanimously to give \$1,000 to LAW's educational and legal defense fund and \$500 to CBF for general purposes. Both organizations are strong advocates on bicycle related issues and on the right to use the roads. Future newsletters will include membership brochures for both groups. Please support them to further our cause! Thanks!!

Holiday Parties

-Hans Predel

Ron and Geri McPheron hosted the club's Christmas Party and Dick and Ardie Sorenson welcomed us on New Year's Day. On behalf of the club I want to thank both of them for a real enjoyable time! For Christmas, Sue McPheron lead an invigorating walk, after which we enjoyed Ron and Geri's delicious hot roast beef sandwiches with super trimmings. We did the grab bag exchange later and saw some unique and unusual gifts! On New Year's, Dick Sorenson lead about 20 of us on a brisk 5-mile walk from his home into Busse woods and back. Along the way we passed about 6-8 riders on Mountain Bikes which made us feel like we should've been riding too! Ardie's excellent homemade chili, Diane's homemade bread and a number of yummy side dishes thawed us out fast! It was great!! Again a big thanks to both families for opening their homes to us!



Black River Falls Update

-Fran Green

As of 1/13, there is still no snow in Black River Falls. Like last year, I've made contingency plans to stay in Minoqua, where snow has been plentiful since November. I've made reservations in Minoqua at the Northwoods Inn, corner of of routes 51 and 70. (I am still holding the accommodations in BRF at no obligation to us). Rates are: \$36/single, \$43/double, \$52/"deluxe" dbl. Be-

cause I could only reserve 10 rooms (the rest of the hotel was booked by a X-country ski club) I need to know NOW if you're still coming. If more people would like to come, we can probably book you at another motel. (DON'T WAIT TOO LATE, THOUGH). I need to confirm that we will be going no later than 2/1/90 and I need an exact headcount by then. Please contact me no later than 2/1 to confirm you are going, and we can discuss further details. There may still be space available if you have not already signed up. Plenty of beginner trails, too! Call Fran Green, 606-9004 (bus.) or 541-9248. Think snow!



"Yesterday's horoscope said 'Don't go skiing.' Today's says 'I told you so!'"

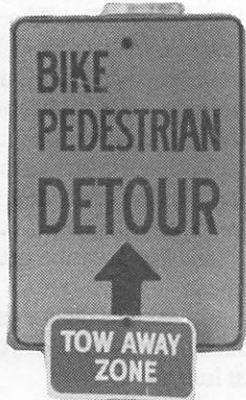
Bikes, Camera...ACTION!

-Igor The Photographer

Try this. Spread all your bike pictures from last season on the table. Now scramble them up and try to identify where/when each one was taken. Not all that easy, is it? Chances are you have a lot of pictures of "Ed, with his bike, by a tree." While I'm no Ansel Adams, I would like to suggest a few things that will hopefully make your bike snaps more interesting.

Identify your subject.

Taking people? Get close! Don't waste the shot on the trees in the background. If it's a landscape shot, try to frame it in an interesting way by shooting through a group of trees or from an unusual angle.



M. Sackheim

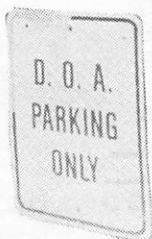


Photo by M. Sackheim



M. Sackheim

Don't stop the action. More often than not, candid shots are the most entertaining because they look the most natural. Sure, it's okay to ask people to pose, just don't belabor the process! Pose, then shoot. The longer subjects have to stand around looking natural, the less natural they will look!

Seek the strange. (No, I don't mean give me a call!)

Look for unique and interesting landmarks, signs, etc. Even shots in front of Inn signs, street signs or billboards can add to your photos and help capture the atmosphere of the places you visit.

Build an album. If you want to keep your photos in an album, consider saving other mementoes from your trip. Ticket stubs, cue sheets, restaurant receipts, clips from local papers...just about anything you can cram in your bike bag!

There you have it. Good luck and happy snapping!



Submitted by Gina Interrante



Ten Most Heathful Foods

-Dick Sorenson

Radon gas, asbestos, toxic shock syndrome, lead in drinking water, grapes with cyanide, apples with Alar...the Greenhouse effect. Aaaagh! Makes you want to push the remote button on your video life to permanent fast-forward!

What's safe anymore?! These days it's difficult to tell. More importantly, what foods are still considered healthful? Which can be eaten without guilt, or worse without putting our bodies at further risk?

Take heart! According to nutritionist Jane Brody, the following are super foods, each with unique nutritional properties that make them worth including in your diet as often as possible.

1. **Carrots**- contain Betacarotene which not only converts to vitamin A, but also has known anti-cancer properties. Vitamin A is necessary for good eyesight and healthy skin.

2. **Broccoli**- offers a wealth of vitamins C, A, copper, B vitamins, calcium and iron, plus contains substances called indoles, which seem especially effective in blocking cancer of the colon.

3. **Oysters**- are a nutritional treasure, containing high amounts of zinc and iron, plus niacin, vitamin B12, copper and calcium. They are low in both cholesterol and fat.

4. **Legumes**- can reduce the risk of heart disease by reducing blood cholesterol levels. The mature seeds in legumes contain large amounts of soluble fiber. Fiber-rich legumes also help control blood sugar levels and are excellent sources of protein, B vitamins, calcium and iron.

5. **Olive oil**- has not only been shown to lower total blood cholesterol levels, but seems to protect the HDL, or "good" cholesterol. Other studies show that olive oil can reduce blood pressure as well. Mediterranean people have been enjoying the health benefits of olive oil for centuries.

6. **Salmon**- contains more polyunsaturated omega-3 fatty acids than any other fish. Not only do the omega-3s protect against heart disease, but they are being studied for possible beneficial effects in relation to migraine headaches, rheumatoid arthritis and breast cancer. In addition, salmon is an exceptionally rich source of niacin, vitamin B12 and vitamin D.

7. **Yogurt**- contains the nutrients calcium, phosphorus, riboflavin, protein and vitamin B12. Look for yogurts labeled "made with active cultures." This insures that the beneficial cultures are still alive. Choose low-fat or no-fat yogurt and plain over fruited or flavored varieties.

8. **Collards**- all greens contain generous amounts of vitamins A and C, riboflavin and iron. They have the same protective effect against cancer, plus are a very rich source of calcium.

9. **Dried figs**- are an excellent source of iron and a surprising amount of calcium. In addition, substantial quantities of the minerals magnesium, copper, and potassium, plus many of the B vitamins.

10. **Oat bran**- called the "miracle food of the 80's" by many, this fibrous cereal is now being used by some health professionals as treatment for lowering blood cholesterol levels. Oat bran is also an excellent source of thiamin, and provides protein, iron and riboflavin.

Although there is no such thing as a perfect food from a nutritional standpoint, these 10 foods merit special attention because they are chock full of vitamins, minerals, protein, fiber and/or other substances that promote good health.

Good biking, good eating and good health throughout the 1990's!

Janesville Ride

Leave your Memorial Day weekend open for Wheeling's annual Janesville Ride!

This year the ride will be a 3-day event, leaving promptly from the west parking lot of Wheeling High School at 6:00 am on Saturday, May 26. Sag wagon will be available for a \$3 charge to carry baggage. Ride express or touring pace.

Day 1 ride 100 miles via Long Grove, Woodstock, Belvedere and Shoppiere to Janesville, Wisconsin. The route is challenging.

Day 2 cycle a new 80 mile route from Janesville through Albany and Stoughton, WI. It's also a challenging route with well spaced rest stops. This day is designed to be more leisurely than the others, with a rest stop in the Emerald Cafe in Albany.

Day 3 enjoy the usual 100 mile return route to Wheeling via Lake Geneva and McHenry. New rest stops include a general store and a stop in Lake Geneva.

Ride all three days, or any combination. If you want to ride just the middle day, the ride leaves from Janesville at 7:30 am.

We'll stay at the Super 8 Motel in Janesville, 3430 Milton Avenue. One person, one bed is \$32/night. Two people, one bed is \$38/night. Two people, two beds is \$42/night.

This is a ride not to be missed!! And there's plenty of places to buy food at the rest stops.

Interested? Please send your check as soon as possible to **Jim Grant, 861 Bode Rd. #12, Elgin, IL 60120**. Remember, if you're staying both nights, please send money for both! If you want just one night, please specify which one! Questions? Call Jim Grant at (708)-695-3734.

St. Patrick's Day Ride

Yes, just weeks away from the official start of our 1990 bike season! I can tell you can hardly contain your excitement!! Once again our St. Pat's Day Invitational will start from the Wauconda Orchards, 10:30 am, March 18. Whether you plan to ride or to volunteer, you won't want to miss this festive occasion! Questions? Just can't wait another day for more details? Call our friendly ride chair Andy Dane (312) 271-5718 for all the details you need.

Igor's Corner

Just a short note this month (afterall, it's a short newsletter). Continued thanks to everyone submitting photos, cartoons, news clips, etc. I promise to get my backlog in next month! Due to schedule problems and Igor's phantom illness I'm afraid we got a little too close to deadline to be too creative.

Next month's newsletter will include the twice postponed "Meet The Board" as well as the first half season schedule.

Until then, be happy (and be sure to renew your membership!)Happy trails!!!

Dues Are Due

Okay, okay..haven't you waited long enough? Time to get out that checkbook and renew your membership! Don't miss getting your name on the 1990 membership list! Send in your dues today!!! Need a renewal form? Call Lisa Gerhold or pick one up at the next meeting.

Ski Schedule

Jan.28:CHAIN O' LAKES

Sun 10 am. Chain O' Lakes, Spring Grove. Route 12 to Wilmont Road to parking lot. Intermediate & 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)

Feb.10:OLD WORLD WISCONSIN

Sat 10 am. Old World Wisconsin, 1 1/4 miles South of Eagle, WI on Highway 67. Flat to hilly terrain, wooded. Fran Green (541-9248)

Feb. 17-18: BLACK RIVER FALLS WEEKEND

See page 2 for update details.

Feb. 25: MARENGO RIDGE

Sun 10 am Marengo Ridge, 2441 So. Rt. 23, Marengo, 2nd parking lot (Kishwaukee Conservation Area). Gently rolling area through mature hardwood forest. Hans Predel (255-4029)

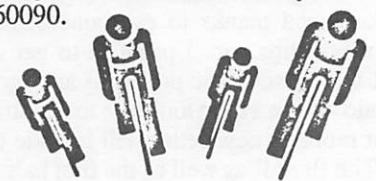
Show 'N Go Bike Rides

This month the Sunday Show 'N Go rides will be held February 4 and 11 ONLY. Remember, Sunday mornings, 11:00 am from the Mount Prospect Train Station parking lot, (on Rt. 83, just east of US 14- Northwest Highway). Call Woyteck 392-0530 for details.

Pedaling For Power

Phyllis Harmon is preparing to participate in the Pedal For Power ride from L.A. to Boston on May 12 through June 27, 1990. She will be riding to raise money for the L.A.W. and the American Red Cross.

Donations and/or pledges can be mailed to Phyllis at 356 Robert, Wheeling, IL 60090.



Ride Notes

-Carol and Woyteck

Thanks for your response to last month's newsletter. The club now has a ride for every Saturday and Sunday through October 31, 1990, with the exception of September 16, October 21 and 27. Remember, you can still 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). With this in mind, the following dates have only 100 mile rides scheduled: July 14 and September 15.

Following is a list of last year's rides not yet on the 1990 schedule: Hebron I: Our Serial Begins (35 miles), Shoe Factory Ride (29), Hilly Geneva (22), Hot Hundred (100), Wisconsin Outback Double Metric (120), Two Loops West Of The Fox (40), Wayne-Algonquin (68), Algonquin Express (53), TOWNS (125), Wall-To-Wall Walworth (104), Argonne Lockport (54), Turkey Ride (30) and Volo Bog (49).

If you'd like to lead a ride that has already been signed up, but you'd like to lead it a different pace or different time of the year, please call.

The schedule will be distributed with the March newsletter. Therefore, you have until February 11 to have your ride included in the full schedule. Again, you can still sign up any time this year.

We will also have a copy of your cue sheet available at the February meeting, along with copies of sign-up sheets for distribution. If you can't make the meeting, they will be mailed to you.

Donation Note

-Hans Predel

Our club made a \$1,000 donation to the L.A.W. for continued bicycle advocacy and for help from state touring directors for the last 2 years.

We also donated \$500 to CBF to further their efforts as a local omnibus organization involved in club coordination, cyclists' rights, etc.

Check your newsletters for membership flyers for both organizations, and show your support!

L.A.W. Inflation Fighter



L.A.W. dues are going up to \$25, but if you renew or join now, you can still join for the \$22 dues.



We'll Miss You

We were all saddened to hear of the passing of Kaete Schoenhoff on January 13th. She was a radiant person who contributed a great deal to our club. We extend our deepest sympathy to Kurt Schoenhoff and family.

