

MONTHLY MEANDERS

20 Years
1970-1990

Newsletter For The Wheeling Wheelmen July 1990

July Meeting

Thursday, July 5, 7:30 pm, Forrest View High School cafeteria. (2121 S. Goebbert Rd., Arlington Heights. Arlington Hts Rd. south to Golf, left on Golf. 1st light is Goebbert. Right on Goebbert to school). Sue Thompson, a nationally recognized exercise physiologist, will provide training tips to enhance your cycling performance. Sue has a Master's Degree in exercise physiology and cardiac rehabilitation, and is a dynamite speaker.

Meanders This Month..

Complete July Ride Schedule including week night rides! (Page 4)



Affiliate



WHEELING WHEELMEN

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

Prez Sez

-Hans Predel

An incident occurred recently which must be brought to your attention. The Chain O' Lakes ride took place on June 9th. We had over 70 people attend on a gorgeous day for a bike ride! Unfortunately, the ride was marred by the behavior of several cyclists (long time club members, not outsiders or guests) who chose to violate the rules of the road by 1) riding more than two abreast and 2) failing to stop for a stop sign when entering the park. As a result of these actions, the Spring Grove police talked to several of our members at a convenience store and almost ticketed them (even though they weren't the offenders). The park ranger prohibited some of the later groups from entering the park and was quite upset with our people. The instances involving the police are occurring with more frequency, especially in rural areas, as cycling becomes more popular. Be aware that law enforcement will become stricter and your actions could be subject to fines and penalties (which we, as a club, believe is proper if done correctly). Now, what are we going to do about the above circumstances? I feel, and your Board agrees with me, the following must be done:

- ▷ A letter of apology from the club will be sent to the Park Ranger
- ▷ Ride announcements concerning rules of the road must be firmer and emphatic regarding proper behavior on club rides
- ▷ Any serious violations on a ride should be brought to the attention of any board member for subsequent disciplinary action by the club. This action will consist of a first and final warning letter to the member stating that any further transgres-

(continued on page 2)

Safety Corner

-Jerry Rice

Due to the habits of many riders, there will be no Cracked Helmet award this month. Instead the BONEHEAD award goes to the riders who blew the STOP sign in the state park right in front of the park ranger. Maybe you thought it was cute at the time but riders that came in after you were seriously hassled and were denied entry to the park. You people were quite busy! The Lake County and Spring Grove police received several bad reports. It's people like you that fuel the fires that get sidewalk and bike path restrictions enacted. I don't know about you, but I hate dodging cars at sidewalk-driveway crossings. So here's the column that I was trying to avoid.

- ▷ **When riding your bicycle on any road, you are considered to be a vehicle. You have the same rights as other vehicles and therefore have the same responsibilities as other vehicles. The WW board is recommending to local law enforcement officials that citations be issued to offenders. Since your bicycle is considered a vehicle, this offense goes on your overall record which does things like get your license revoked, raises your insurance rates and other unpleasant punishments.**

(continued on page 2)

Wheeling Board Of Directors

President	Hans Predel	255-4029
Vice Pres.	Carol/Woyteck	392-0530
Treasurer	Andy Dane	271-5718*
Safety	Jerry Rice	870-8127
Membership	Lisa Gerhold	803-3998
Newsletter	"Igor" Svrcek	965-8249
Bike Books	Roy Erickson	381-5128

Wheeling Ride/Info Line : 989-7373*

* 312 area code; all others are 708

(Prez Sez continued from page 1)

⊃ tion will result in their membership being terminated and a prorata refund of their dues returned to them.

Step 3 is seemingly harsh, but we should not tolerate flagrant abuses of well known and oft repeated rules of the road. I do not want our club to get a bad reputation and not be welcome at places because of a few scofflaw members who figure laws are made for somebody else, not them. This policy is effective immediately and will be brought to bear in the future. Please review your riding habits and get rid of the ones which conflict with the rules of the road (look at this issue for a recap of the major ones plus back issues of the newsletter for others). I will be out of town during the next club meeting in July. If anybody would like to discuss this column with me in the meantime, please call me at the number shown.

(Safety Corner From Page 1)

⊃ Stop signs and lights mean just that, STOP! One more time, STOP! Illinois law requires that you come to a complete stop and take turns proceeding through the intersection with the other vehicles present. How would you like it if 25 cars in a row blew through an intersection you were trying to cross?

⊃ You must travel in the same direction as other traffic in your lane. Illinois law requires that you ride NO MORE than TWO ABREAST on backroads and SINGLE FILE on busy roads, regardless of the lane count or lane width. Although I don't believe this is a law, I highly recommend riding single file on any road where cars are present.

⊃ You must indicate your intention to turn or slow down. The law is very specific, hand signals are to be given 100 feet on city streets and 200 feet on higher speed roads prior to your action.

Getting the idea? Here's some club riding policies:

X On any given ride, a large group should split up into smaller groups of 20, with smaller groups separated by at least one-quarter of a mile if not more.

X Do not draft other cyclists. I was originally going to say that SAFE drafting can only be accomplished by racers. But this isn't true either. If the lead cyclist has a problem, everyone behind is going to have a real bad day.

X Use verbal signals. Call out "CAR BACK" when a car is approaching from your rear. This isn't a reserved duty for the sweep, pass it up through the group. Call out "SLOWING" when braking and "GLASS" or "HOLE" for obstacles in the road.

X Keep your distance on hills. It's fun going down, but a large bunch usually accumulates on the next uphill. Remember the two abreast rule!

Finally, Rice's Rule: **WEAR A HELMET!!**

The list of 10 reasons for NOT wearing a helmet:

- ⊃ 10. I couldn't find the color I liked.
- ⊃ 9. Racers don't wear them (only the stupid ones).
- ⊃ 8. They are too heavy (if a skinny guy like me can do it, you can too).
- ⊃ 7. I don't have the money (you had enough to buy that shiny bike and all those fancy clothes).
- ⊃ 6. It makes my head hot (carry some extra water).
- ⊃ 5. The straps bother me (a properly adjusted helmet won't have this problem).
- ⊃ 4. I'll get injured if I get hit by a car (yeah, but you will have a better chance of being alive to talk about it).
- ⊃ 3. It's not the law (it may be soon!).
- ⊃ 2. They mess up my hair (riding without one can make real nice street art with your brains).
- ⊃ 1. If I ride safely, I will never fall (you obviously missed the first paragraph of this article).

For Sale

Miyata 18 speed Touring bike. 50 cm. 2 sets of wheels. Some accessories. Only ridden one season! Mint condition. Call Christy Donovan, (312) 327-9477

Next Month

Everything that didn't fit in here this month plus whatever shows up (that fits) for next month. Please limit ride reviews, etc. to a healthy sized paragraph or two since space is getting to be a rare commodity! -Ed

Ride Reviews

GET YOUR KICKS ON RT. 66. Submitted by Aaron Tanzer: I've been on rides that have turned back before completion due to rain, wind, snow and accidents. However, this was the first ride to be turned back to do, as Karen Brugler put it, barge brain damage. Ten of us set out in (what else?) drizzle for Chanahon from Argonne Labs. Our plans were thwarted, though, by a draw bridge in Joliet which was open to allow a chain of barges to pass through Brandon Lock. We obediently waited at the bridge for 15 minutes before realizing that the barges weren't moving! Since there was no other convenient crossing nearby, we turned around. Among other obstacles, one of our guests on the ride, Scott Boyd, had the misfortune of three flat tires. Despite the travails both he and another guest, Tim Dull, joined our club by the end of the ride.

ARLINGTON HEIGHTS-ALGONQUIN-WAUCONDA (May 28). Submitted by Mike Milton. Thanks to the Tribune Weekend Go Guide, 15 people showed up for an Arlington Heights-Algonquin-"Woodstock" ride on Sunday, May 27. I wasn't there to lead them because I signed up to lead the Arlington Heights-Algonquin-Wauconda ride on Monday (at least I thought I put down "Wauconda" originally, and I thought I gave notification when I saw "Woodstock" on the preliminary ride schedule). I sincerely regret the inconvenience to the 15, and if they rode to Woodstock and back, we'd all like to know the route. On Monday, 26 club members and 3 guests rode 66 miles on this new ride; 2 additional riders went to Algonquin, and then left the ride. With about 30 riders, and nobody expressing an interest in leading a separate group, I rode the first leg a bit slowly so that the faster riders would get itchy. Within 3 miles we were down to 15 riders in the slower group. Two of those rejoined us at Algonquin. Also Terry learned the importance of gearing down for steep hills prior to the change in incline as we left Algonquin for a .4 mile climb on Blackhawk Road. Thankfully the cracking noise was her helmet, and the injuries were minor scrapes. I learned the importance of a First Aid kit as Les Flemming brought out his gauze and tape, and patched her up in a jiffy. Special thanks to Marilyn Wilkerson for sweeping in Joe Tobias (his bike won't go up hills!) and the ride and the ride leader (who got the only flat tire!).

Next Issue....

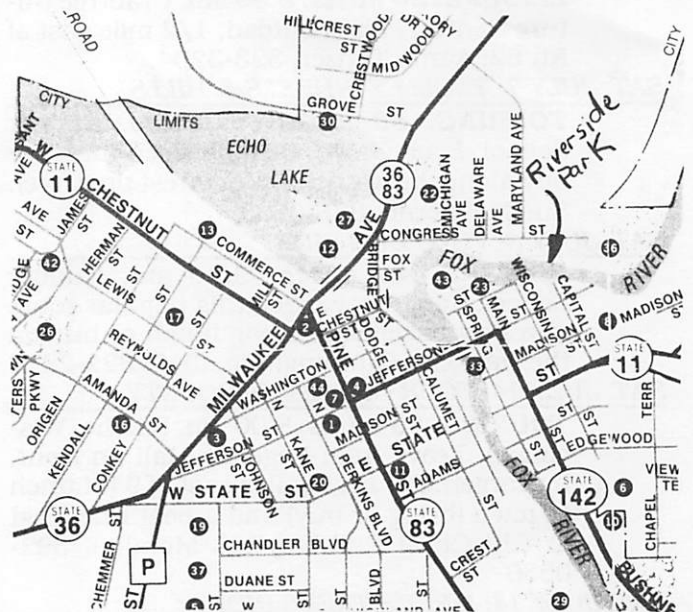
Lynn and Al Petty recount the "Ride To Hell And Back," also known as the Moraine Hills- Fontana Ride.

Linda Heeter tells the story of the Memorial Day Janesville Weekend (with revealing photos).

Top Ten Mileage (As Of 6/9)

Men		
1	Yours Truly (WM!)	1,019
2	Fred Schroeder	755
3	Craig Jorgensen	715
4	Andy Dane	705
5	Aaron Tanzer	580
6	Dennis Braun	554
7	Ed Addison	531
8	Howard Bronson	523
9	Dave Corydon	513
10	Jim Grant	492
Women		
1	Linda Heeter	770
2	Jennifer Howard	656
3	Carol Passowic	581
4	Christine Gier	542
5	Gina Interrante	476
6	Igor The Wonder Gimp	467
7	Karen Harte	447
8	Shannon Simpson	414
9	Marcia Swider	345
10	Fran Green	325

Tour Of Walworth County Lakes Ride, Sat. Aug. 4



TOURING. 77 miles. 8:00 am. Start from Riverside Park, Burlington, WI. Take Hwy 83 into Burlington. 2nd right (Congress Street) after crossing bridge over Fox River (Adrian Custard Stand On Corner). Bring lunch or eat in Elkhorn. Mark Biederwolf, 520-6395 and Sue McPherson, 858-0633.

Put Yourself Through The Paces

(Or "Decoding The Ride Codes...")

We've been hearing a lot of people asking "what do those little "T's" and "L's" and "E's" in the schedule mean? (Of course now they're spelled out in the ride description...leave it to me to confuse things even further!) At any rate, this is what it all means....

LEISURE: Ride pace is about 8-12 miles per hour. Group stays together. Ride leader stops frequently to regroup. Cue sheets are provided. Recommended for beginning cyclists.

TOURING: Ride pace is about 11-15 miles per hour. Group stays together. Ride leader(s) stop to regroup. Cue sheets are provided.

EXPRESS: Ride pace is 15+ miles per hour. Ride at your own speedy pace (group is not obligated to stay together or regroup). Cue sheets are provided.

July Schedule

SUN. JULY 1: HUFF & PUFF RIDE

TOURING. 80 miles. 7:00 am. Kildeer School, Long Grove. Call Ed Addison for more info. 463-1765.

WED. JULY 4: DUCK SOUP RIDE

LEISURE. 26 miles. 8:30 am. Crabtree Nature Center, Palatine Road, 1/2 mile east of Rt. 62. Aaron Tanzer, 323-3204.

SAT. JULY 7: TROLLEY WHEELS & HILLS

TOURING. 80 miles. 8:00 am. Kildeer School, Long Grove. Bring bagged lunch or buy along the way (lunch in forest preserve). Sue McPheron, 858-0633.

SAT. JULY 8: VOLO BOG RIDE

LEISURE. 40 miles. 9:00 am. Kildeer School, Long Grove. See this popular route at a new pace! Brown bag lunch or buy on the way. Gee Cunningham, (312) 822-2876

SAT. JULY 14: TOUR OF RACINE COUNTY

TOURING. 85 miles. 8:00 am. Racine, Wisconsin. Leave from Regency Mall (in front, by Target). Rt. 11, 5 miles east of 94. Lunch in town (bring or buy) and a post ride feast at Chi Chi's! Call Woyteck Morajko, 392-0530

SAT. JULY 14: MR. T'S TREES RIDE

LEISURE ONLY!!!! 25 miles. 10:30 am. Wilmont School (back), Deerfield/Wilmont Road in Deerfield. No cue sheet, no touring or express. Bring your lunch. Pat Marshall, 564-0346.

SUN. JULY 15: BAHAI RIDE

LEISURE. 35 miles. 9:00 am. Pottawattomi Woods. Call Howard Paul for more info, 824-2941.

SUN. JULY 15: KANE COUNTY RAMBLE

TOURING. 55 miles. 9:00 am. Tyler Creek Forest Preserve, Elgin. State 31, just south of tollway. Bring a lunch. Rich Wenstrom, 634-1168.

SAT. JULY 21: R.J. RYAN'S TOUR OF MC HENRY CO.

TOURING. 60-70 miles. 8:00 am. McHenry County College. Rt. 14, last major intersection route 176. Bring or buy lunch in town. Dick Ryan, 381-1775

SAT. JULY 22: LOOP OF THE NORTHWEST BURBS

LEISURE. 37 miles. NEW START TIME 9:00 am. Thomas Jr. High, Thomas and Arlington Hts. Rd. Jerry Rice, 870-8127.

SUN. JULY 22: DETOUR TOUR

EXPRESS. 55 miles. 8:00 am. Frontier Park, Arlington Hts. Express pace (16-17 mph ave), no formal break. Bring food and plenty of water. John Leverentz 729-3541 or Todd Leverentz, 577-6161.

SAT. JULY 28: McHENRY DAM RIDE (REPEATED)

TOURING/LEISURE. 41 miles. 9:00 am. Kildeer School, Long Grove; bring lunch or buy at concession stand. The charming and delightful Hans & Diane Predel, 255-4029

SUN. JULY 29: TWIN LAKES RIDE

TOURING. 85 miles. 7:00 am. Kildeer School, Long Grove. Not to be confused with Twin Peaks...but then again you never know... who is the mysterious ride leader Woyteck Morajko and what is he up to?? Pack some cherry pie, some donuts, a thermos o' hot java (or buy lunch in town) and get set for some of the best cycling this side of the Mississippi. Take a dip in the lake if things get too steamy! Diane, take down this phone number for more information 392-0530...

Wednesday Night Rides

Generally leisure to touring pace. Cue sheets may or may not be provided.

JULY 11: Sandy Krugman, 480-1843. Start 6:15 from Northbrook Velodrome. Mileage TBD.

JULY 11: Pat Smith, 884-6635. Start 6:15-6:30 from Eisenhower Jr. High School. Jones & Hassle, Hoffman Estates. 25 miles.

JULY 18: Chuck Brenmark, 253-9025. Start 6:30 from Kildeer School, Long Grove. 15 miles.

JULY 18: Pat Smith (see listing for July 11).

JULY 25: Janie & Bob Newman, 367-7720. Start 6:30 from Libertyville High School. 25 miles.

JULY 25: Pat Smith (see listing for July 11).