

MONTHLY MEANDERS

Newsletter For The Wheeling Wheelmen August 1990

 20 Years
1970-1990

August Meeting

Thursday, August 2, 7:30 pm, Forset View High School, (2121 S. Goebbert Rd, Arlington Heights). This month Dr. William Briner Jr. of the Parkside Sports Medicine Center will speak to us about cycling injuries and treatments.

Meanders This Month..

- Ride reviews pages 2& 3.
- Top Ten Mileage so far this season, page 2
- Special FREE offer for cat lovers, page 3
- Picnic info and ride schedule, page 4



Affiliate



WHEELING WHEELMEN

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

Prez Sez

-by Hans Predel

The club is halfway through the season and, although there was a late start due to cold and rain, the rides are going fairly well. There is always a crying need for some shorter (35-55 mile) rides. I encourage those of you interested in that kind of mileage to contact Carol or Woyteck. They can give you cue sheets from our library and add you to the ride schedule. Or maybe you want to create a new ride in this range. Get out your Tribune map, put it together, check it out and add it to both our library and schedule.

Major events coming up in the club are the annual picnic, HarmonHundred and the banquet. Information about the picnic is contained elsewhere in the newsletter we have an excellent facility to cycle from and picnic at later. Preparations for the Harmon are rolling along. As usual, HELPERS ARE ALWAYS NEEDED. Please contact Al Dargiel (312/685-7708) or leave your name on the rideline answering machine (phone number below) to be forwarded to Al. The Harmon is your club's premier ride and we need a good level of support to continue it's reputation (besides everybody who volunteers gets to attend the post Harmon pizza party later in the week !!). The banquet is being hosted by Al Berman and Fran Green at a new place in Deerfield. They will be looking for entertainment suggestions and welcome your comments. Howard Paul and Bob Browning have volunteered to handle the nominating committee this year. These fellows are charged with finding suitable candidates for the upcoming Board election. At least the President and Treasurer's positions are open. I encourage anybody interested in running for any Board position to contact Howard or Bob to get on the slate. A final ballot will be sent out with your October newsletter (mailed the last week of September). As I have said before, this club

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Safety Corner

-by Jerry Rice

For many of us, August is the final training month before century month (Sept.). By the end of August, weekly mileage totals should be at least 150 miles with a single day of 75 miles. Unfortunately, the middle of August usually presents miserable riding conditions with high temperatures and humidity. The general recommendation is drink a 20-oz. bottle of liquid every hour. In very hot conditions, more is definitely appropriate. Assuming an average speed of 15 mph for a century, well over 2 gallons should be injected during the ride. Don't think you can get by on the short rides without water either. A couple of ride leaders already mentioned that people have run out of water. If you only have one bottle/cage, call the ride leader before the day of the ride and find out how many places there will be to refill (Note to ride leaders- if you provide that info to us in advance we can print it right in the schedule. -Ed.). As an alternative solution, get a fanny pack or bracket that holds one or two bottles and carry more with you.

I also recommend that on rides of about 30 miles or more that you ride with a partner if the temperature is above 85. You will be less likely to stretch a dangerous situation if someone else is around to sit and talk to you while you recover.

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	Linda Srcek	965-8249
Bike Books	Roy Erickson	381-5128

Wheeling Ride/Info Line : 989-7373*

* 312 area code; all others are 708

Top 10 Mileage So Far...

Rank	"Stud Muffinettes"	Miles
1	Linda "Hot Stuff" Heeter	888
2	Carol "Rides Are Us" Passowic	816
3	Jennifer "Trek Wisconsin" Howard	800
4	Fran "Entertainment Queen" Green	727
5	Lotti "What, No Mountains?" Dolce	654
6	Karen "Just Say Moose" Harte	566
7	Christine "Team Iron" Gier	542
8	Shannon "Lady Hospitality" Simpson	490
9	Gina "Wild Thing" Interrante	476
10	Linda "Trouble Waiting To Happen" Surcek	467
"Stud Muffins"		
1	Woyteck "Not Old McHenry!!" Morajko	1372
2	Bill "#2, But I Try Harder" Lorenzen	989
3	Aaron "Call Me 'Big Dog'" Tarzer	974
4	Craig "Gel In The Saddle" Jorgensen	837
5	Andy "Can't Touch That" Dane	800
6	Dennis "Anyone For More Brie?" Braun	782
7	Ed "I'm A Wheel Watcher" Addison	724
8	Bill "What?! Only 500 Miles?!" Bergeron	700
9	Al "I Am The Party" Berman	700
10	Howard "Wrong Way In WI" Bronson	679

Ride Reviews

JANESVILLE, WI MEMORIAL DAY WEEKEND

Submitted by Craig Jorgensen. The Wheeling Wheelmen's annual Memorial Day weekend ride to Janesville, WI started at 6 am from Wheeling High under overcast skies. On that cool Saturday morning, approx. 30 brightly garbed riders made their way north through the backroads of northern Illinois and southern Wisconsin, followed by 2 SAG wagons graciously provided by Bill Bergeron and club V.P.s Carol and Woyteck. Along the way, the weather cleared, and group spirits were high. So high in fact, that the Illinois Police had to remind some of the group not to ride three abreast, and to stop at stop signs.

One favorite watering hole, where the group normally stops, was closed up and for sale this year, but about 15 miles from Janesville, the riders stopped and feasted on fried smelt (\$1 a basket!) at a local establishment. Once on the road again, however, they soon realized that fried smelt is not the ideal low-fat, high-carbohydrate cycling fuel.

115 miles from the start, the Wheelmen arrived safely at the Super 8 Motel. After a quick clean-up, and before going to diner, the group stopped at the Ramada Inn across the street, where a hospitality suite had kindly been set up by two club members, Dennis Braun and Shannon Simpson.

Sunday's ride was 85 miles long under sunny skies. The scenery was beautiful as the riders crested rolling hills to view the dairy land stretched out below. The group dined Sunday at a Mexican

restaurant, and soaked up quite a few margaritas while they were there!

Once Monday's wake-up time was established, the riders set forth on the 105 mile trek back home, once again with beautiful weather, travelling around Whitewater, through Lake Geneva, and into Illinois. Some lucky riders were able to participate in the "Bonus Mile Program," and were able to test the limits of their bikes' off-road capabilities thanks to Illinois' new "Tear-Up-The-Road-And-Don't-Mark-It-Properly" policy.

The last test of tush endurance was infamous Old McHenry Road as the group travelled through Long Grove, and finally made its way back to the high school parking lot to celebrate yet another fantastic trip to Janesville.

MORAIN HILLS TO FONTANA RIDE- June 3

Submitted by Al & Lynn Petty. On this infamous day, the Wheeling Wheelmen offered a 70-mile ride to Fontana, WI. Lynn and Al Petty, co-leaders, showed up at the Moraine Hills start with about 40 "eager" riders.

It was a fairly warm, partly sunny- but blustery day. Little did these happy cyclists know what was in store for them. As the day proceeded, the clouds moved in, the temperature dropped, and the winds reached gale force!

Many changes were made during the ride to Chuck's Bar & Restaurant in Fontana. One rider never started the ride. Bill Bergeron opted not to ride, but volunteered to drive SAG. As it turned out, his services were much needed!

Riders began turning back or riding sag from the 10 mile mark on. Four riders were blown off their bikes by crosswinds.

Upon arriving at Chuck's, fearless sweep Al Petty saw the ride falling apart. Craig Jorgensen signed on as additional SAG driver, and along with Bill proceeded to sag over a dozen people back to Moraine Hills. (Our thanks to both gallant men!). Yes, Mother Nature was at her best on that day!

The brave souls that arrived at Fontana on bicycles had faced tremendous headwinds, falling temps and cloudy skies.

The hardy souls that left Fontana on bicycles found the ride more challenging on the way back. It started raining, the crosswinds (up to 65 mph at times!) became unbearable, and dirt storms blackened faces, but still they rode on. The one bright spot was a strong tailwind out of the west.

Hours later the dirty, tattered, cold, windblown and beaten group of about 15 riders straggled into the parking lot at Moraine Hills, completing the 70-mile "Journey To Hell And Back." Congrats to the survivors!

Ride Reviews Continued...

AROUND LAKE GENEVA

(a.k.a. "Soggy Century Plus") Submitted by the bag lady (a.k.a. Linda Heeter). 7 souls started their 6 am trek from Wing Park contemplating MOTHER NATURE would hold back from taking her shower. Not more than 10 miles down the road, a pit stop was requested by moi. Even though our leader had a stop planned at the 25 mi., moi pulled over at our infamous Shell station (Rt. 31/Algonquin) for relief. In essence, we made our food stop at the 35 mi. Alden Quick Mart. Seeing another cyclist on the road, he pulled over to chat with us. It was Ed Haldeman (Lon's father) out riding with the McHenry Club. Our visit was brief, since the westerly sky was foreboding ominous moisture. As we headed Northwest to Wi., the spitting moisture turned into a steady rain. We got to the Riveria Dock for lunch soaking wet. Moi was planning to find a laundromat, but with little time to waste, the next best solution. Wads of paper toweling stuffed under a wet shirt with a dry jacket put on over this and a plastic bag on top of it all. It worked fine, keeping the chill away, as it continued to drizzle for the next 20 mi. heading back. Approaching Richmond, we spotted the 80 mi. riders, and joined with them til we split in opposite directions. At the stop in McHenry (Shell station- we should let them know what a fine job they are doing serving our cycling needs: FOOD-RESTROOMS), moi discarded plastic bag and wet paper toweling (replaced by dry towels) for the final stretch back. When 4 of us reached our cars, we checked the cyclometer to discover we had completed 123 mi. with NO "bonus" miles. That called for an ice cream and our farewells.

Prez Sez Continued from Page 1

is only as good as the level of volunteer participation take part in seeing that we continue functioning as a quality organization that is respected by the community. A quick word of thanks to some of our unsung volunteers who are doing tasks you aren't readily aware of: Aaron Tanzer for printing mailing labels and maintaining our membership database; Pat Marshall for picking up, folding, stuffing and mailing over 400 newsletters each month !!, and your editor Linda "Igor (Is it Igoror Egor?)" Svrcek for many hours and much patience in producing an outstanding newsletter for our enjoyment.

DON'T FORGET THE JOINT PICNIC WITH THE ELMHURST BIKE CLUB ON SATURDAY, AUGUST 11. SEE THE RIDE SCHEDULE FOR COMPLETE DETAILS, DIRECTIONS, ETC. FUN! FUN! FUN!

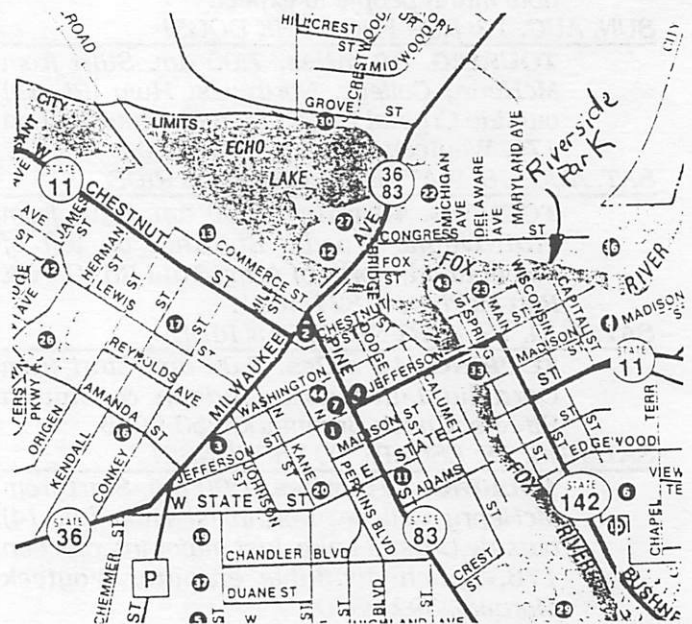
Igor Passes Baton

This is my last month of meandering, so to speak. As of the September issue, Craig Jorgensen will be your editor. We still **really** need a couple people with word processors to commit to a few hours a month to edit and enter articles onto 3 1/2" micro floppy discs. (Word Perfect or compatible ASCII files, IBM compatible or we have some DOS-to-DOS conversion software for OMEGA and like systems). Craig doesn't have time to run the whole show either (hey, we've all got full-time jobs!), so if nobody comes forward, I suspect we'll have a 2-page newsletter in future. If you're interested in helping, call me (965-8249) ASAP. Thank you for your support.

For Sale FREE!!

Two loveable cats, both declawed and spaded/neutered, to a good, loving home. Female is 3 years old and male is about 1 1/2 years old. Must part due to allergies. Call Hans or Diane Predel 708-255-4029.

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.

August Schedule

SAT. AUG. 4: WALWORTH CO. LAKES

TOURING. 77 miles. 8:00 am. Start from Riverside Park, Burlington, WI. Hwy 83 into Burlington, 2nd right (Congress St.) after crossing bridge after FOX River (Adrian Custard Stand on corner). Bring lunch or eat in Elkhorn. Mark Biederwolf, 520-6395 and Susan McPheron, 858-0633. See map in July Newsletter.

SUN. AUG. 5: WHEELING PICNIC!!!!

LEISURE. 23 miles. 10:00 am. Start from Lakewood Forest Preserve, Shelter D, Ivanhoe Road. Enter on Fairfield Rd. just south of State 176. Bring the family out for a veritable potpourri of exciting activities. \$3 per person (such a deal!). Grills fire up at 11:30 with lunch between noon and 1:00. RSVP Linda Heeter 945-0974.

SAT. AUG. 11: ST. CHARLES-ELMHURST

LEISURE/TOURING. 10 miles (L) or 20-25 miles (T). 10:30 am. Start from Kane Co. Government Complex. Park is on Rt. 31 about 1 mile north of Fabian Pkwy, South of Rt. 38 (just outside of Batavia). Watch for signs once in park. Joint ride and picnic with Elmhurst Bike Club. Picnic starts around 1:00. \$2 per person (bring to the picnic). Call Larry Schulman, 498-3378, so he knows how many people to expect.

SUN. AUG. 12: RUN FROM THE DOGS!

TOURING. 80 miles. 7:00 am. Start from McHenry College. Northwest Hwy (Rt. 14) outside Crystal Lake- last major intersection 176. Woyteck Morajko, 392-0530.

SAT. AUG. 18: WAYNE-ST. CHARLES RIDE

TOURING. 43 miles. 8:00 am. Start from Pratt-Wayne Woods. Entrance on left of Powis Road, north of Army Trail Rd. Geri & Ron McPheron, 824-5091.

SAT. AUG. 18: FORT SHERIDAN RIDE

TOURING. 40 miles. 7:00 am. Start from Cornelia Lunt Park, Judson & Church Streets. Chuck Brenmark, 253-9025.

SAT. AUG. 18: ESCAPE TO WISCONSIN

TOURING. 110 miles. 7:00 am. Start from McHenry College. Northwest Hwy (Rt. 14) outside Crystal Lake- last major intersection 176. Lunch available enroute. Woyteck Morajko, 392-0530.

SUN. AUG. 19: WANDER TO WOODSTOCK

TOURING. 83 miles. 7:00 am. Start from Eisenhower Jr. High, Jones & Hassel Rds. Hoffman Estates. Mel Robinson, 882-0842.

SUN. AUG. 19: TEMPLE LIPIZZAN RIDE

LEISURE ONLY. 25 miles. Ride followed by horse show. 11:00 am. Oak Grove School on O'Plain Rd, 5/10ths of a mile south of Highway 137 in Green Oaks. Show starts 1:00 pm. \$10 admission fee. Show runs 1 1/2

hours. Bring lunch. **No cue sheet.** No touring, no express. Pat Marshall, 564-0346.

SAT. AUG. 25: LINDENHURST SPIN

TOURING. 55 miles. 9:00 am. Start from Lake Forest, West Train Station, Everett & Waukegan. Doug Kritz, 498-0114.

SAT. AUG. 25: DEKALB CENTURY

EXPRESS. 102 miles. 6:00 am. Start from Wing Park, Elgin. South of NW Tollway, 4 lights to Wing. West (R) 1/2 mile to park. Jim Grant, 695-3734.

SUN. AUG. 26: ZION RIDE.

TOURING. 64 miles. 8:00 am. Pottawatomie Woods, Wheeling. Dundee Rd. east of Milwaukee Ave. Phyllis Harmon, 537-1268.

SAT. SEPT. 1: TOUR OF KENOSHA

TOURING. 110 miles. 7:00 am. Start from David Park, Zion. Tri-State north to 173, East on 173 to Kenosha Rd, South on Kenosha to 21st St., East on 21st., park on right. Woyteck Morajko, 392-0530.

SAT. SEPT. 1: SILVER LAKE RIDE

TOURING. 65 miles. 9:00 am. Start from David Park, Zion (see above listing for directions). Bring or buy lunch. Carol Passowic, 392-0530.

SUN. SEPT. 2: DEKALB 1/2 CENTURY

TOURING. 50 miles. 8:00 am. Start from Northern Illinois University, DeKalb (specifics?). East/West Tollway to DeKalb. Watch for signs for the university. Joe Tobias, 835-2547.

Wednesday Night Rides

AUG. 1st & 8th. Chuck Brenmark will continue leading his rides from Kildeer School, Long Grove. Start 6:30, 20 miles. 253-9025.

AUG. 1st, 8th & 15th. Pat Smith will continue leading his rides from Eisenhower Jr. High, Hoffman Estates. Start 6:30. Pace change to EXPRESS ONLY. 884-6635.

It's Picnic Time!

Yes, August 5th is the day for the big annual Wheeling Wheelmen picnic! brats, burgers, beverages, snack food o'plenty plus volleyball, frisbee and lots of social merriment!! Don't miss it kids!!! Call Linda Heeter for last minute rsups no later than tuesday, July 31st. 945-0947. See the listing in this schedule for complete directions, times, etc. Linda still needs a couple bbq grills and a few large coolers. please call her if you can help out.