



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

Monthly Meanders

Newsletter For The Wheeling Wheelmen Bicycle Club, January 1991

NOTICE OF JANUARY MEETING

Since we'll all be recovering from the New Year's excitement, the January meeting has been re-scheduled for the 2nd Thursday in January; January 10th, at Wheeling High School, at 7:00 p.m. Let's have a good turnout at this meeting so that our ride chairpersons can get a good head start on scheduling the rides and signing up ride leaders.

PREZ SEZ

-by Alan S. Berman

Even though the winter has barely begun, it is hard to believe that we will be back in the biking season in three short months. Continuing my stated goal of developing the riding skills of newer or slower riders, I would like to give you some of my random thoughts as to how we can accomplish this objective.

THE RIDE LEADER

Once you volunteer to lead a ride, you assume certain responsibilities. Most of our ride leaders are giving the cautionary safety instructions at the beginning of each ride, which is fine. Once the ride starts, however, a lot of us are not fulfilling our responsibilities. The majority of our riders, who put on a lot of miles, are experienced enough so that they don't really need a leader. They know how to follow a cue sheet or fix a flat. The ones that do need a leader are the newer riders who do not have the experience of seasoned members. On touring rides, a majority of "non-express" riders are still going at speeds which exceed what we consider a normal touring pace--around 12-14 miles per hour. I don't think anyone should be asked to ride at a slower pace than what they feel comfortable at. But I do think that the ride leader should concentrate on helping the newer or slower riders. Let's all make a greater effort to keep the pace down if we're leading a ride. Don't worry if almost everyone passes you up. Those riders don't need help--the slower or inexperienced ones do.

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Affiliate

RIDE NOTES

-by Carol & Woyteck

At the banquet Woyteck and I thanked all of the 1990 ride leaders and sweeps who were present. We would like to take this opportunity to thank all of you for your support during the season.

If you were not there to pick up your water bottle for being a ride leader or sweep, we will have them at the January meeting.

Once again it is the time of year to start assembling the ride schedule. To date, of the 66 available weekend days for riding, 10 individuals have volunteered (Thank you!) to lead 17 rides. Therefore, January's meeting will focus on filling out the ride schedule. We will have copies of the cue sheets, sign up sheets, etc... to hand out as you sign up. If you are unable to attend, please give us a call. If you wish to lead the same rides as you did last year, please sign up early as others may be interested in leading that ride. If you have discovered uncharted territory through either your own travels, another club membership, or invitational, please consider adding it to the Wheeling Wheelmen ride schedule/library.

Another concern of the club's membership is the schedule for the rides of shorter length (30-50 miles). If one of your rides can be shortened, or if you have your own favorite route, please consider adding it to the ride schedule or library. Hans and Diane will be working with us and will be focusing on rides of this type. However, this does not mean that they will be developing and leading every ride on the schedule.

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Wheeling Wheelmen Board Of Directors		
President	Al Berman	541-9248
Vice Prez	Carol/Woyteck	392-0530
Treasurer	Justin Himel	---
Membership	Lisa Gerhold	803-3998
Safety	Dick Sorenson	---
Newsletter	Craig Jorgensen	356-0692
Bike Books	Roy Erickson	381-5128
Club Ride & Information Line (312) 989-7373		
*(312) Area Code; All others are (708)		

Prez Sez Continued From Page One...

THE SWEEP

Many ride leaders do not appoint a sweep, and take-off leading the main group at around 14+ m.p.h. Newer or slower riders are soon left behind. This can be very discouraging to those riders who thought that the ride leader would truly be going at a touring pace. If the ride leader gets out of sight of the slowest people on the ride, he should wait at busy intersections so that these slower riders don't get caught at a red light, only to see everyone ahead ride off and never turn back. If a sweep is appointed, the ride leader can lead the main group with the assurance that the sweep will not let anyone ride alone at the back of the pack. Ride leaders.....if you observe a number of new cyclists on your ride, appoint a sweep. Let's not have less experienced riders become discouraged because they can't keep up.

PRE-CHECK CUE SHEETS

No ride leader should ever lead a ride without first re-checking the route beforehand. Roads which were once good may be under construction. Some of our older rides may have to be modified in order to adjust to increasingly congested traffic conditions. Never assume that a cue sheet is accurate. Some do contain erroneous directions, and should be revised.

WINTER CONDITIONING

Winter is no time to forget about keeping in good physical condition until the cycling season begins again in the spring. The club offers many excellent cross country ski trips, both day and weekend. If there's no snow, we usually hike. With a little work on our physical fitness over the winter, we shouldn't need half the season to work up to those long rides.

Finally, your Board cannot do it all alone. We need and welcome input from any members on any matters pertaining to the club. Please don't hesitate to call any of us with your comments, complaints or criticisms, so we can act on them.

Ride Notes Continued From Page One...

We hope to see both longtime and new members out there doing their share (those of you who have been on numerous rides but never led one).

Woyteck and I will be leading a number of rides this year as we will be out there anyway. For my birthday I received a beautiful ATB. We will be doing more off-road (and including these rides in the schedule) riding. If anyone is interested in leading

one of Woyteck's other rides, please call (he will not be giving up all, just a few).

We hope to see you at the January meeting. We already have two new ride leaders for 1991! Thank you Sandy Holzrichter and Les Fleming!

SPRING GREEN TRIP

---Al Berman

There are already 28 people signed up for the Spring Green trip June 21-June 23. The Wildwood Lodge, where we are staying, can accommodate up to about 52 people. We will need a final count by the January meeting, and ask for deposits shortly after that. We plan to scout out the area again this winter, and try to find some less hilly options for those who aren't up to the challenge. If you can't make the meeting, and wish to sign up for this trip, please call Al Berman or Fran Green at (708)541-9248.

DOOR COUNTY TRIP

On Columbus day weekend, 4 couples from the club are going to Door County, and staying at a Bed & Breakfast. Although this is the maximum capacity for the B & B, the owners also own a couple of cabins in the same remote area. This is usually a spectacular week-end for fall colors and a beautiful area to ride. If anyone else is interested in joining us, please let me know at the January meeting, I'll be glad to make the necessary arrangements.

KEEPING THE FLAME ALIVE

STAYING IN SHAPE THROUGH THE WINTER

-(A Space Filling Guest Appearance By "Igor")

Oh the agony of that first ride of the year! The unforgiving and all-too-forgetful muscles that sting after only 10 miles...the saddle that seems to have hardened to meet muscles that have softened. It's not a pretty picture!

How many times have we all said "I'll stay in shape this winter." We set up our wind trainers, bravely set up our rollers, or dust off the exercise tapes- usually so they collect more dust!

Why? Because as well as our intensions may be, let's be real - indoor exercise can be BORING! I mean really, once you're spoiled by the call of the miles as it were how exciting is simulated wind through simulated miles?

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WHY DO CYCLISTS WEAR THOSE FUNNY PANTS?

-by Craig Jorgensen

I'm going to attempt to explain that probing question, along with many others, in this new series of articles that will be designed to initiate newer riders to the strange ways of cycling. So I thought I'd start by getting right to the "bottom" of things (heh,heh).

As most people know, one of the most noticeable things about "serious" cyclists are their clothes. Do they dress in flashy lycra to emphasize stylish good looks? To show off their bodies that have been made hard and lean by cycling? Of course they do. But they also follow the rule of "form follows function" (say that three times fast). You see, cycling shorts are usually made from a stretchy lycra/spandex material. This allows the shorts to move with you and doesn't restrict your pedaling motion. The seams on cycling shorts are made narrow and flat so as not to cut into your flesh. In addition, the lycra material doesn't absorb moisture as readily, and dries out quicker than say, cotton, and this helps you to stay more comfortable. The cut of cycling shorts is higher in the back to accommodate the riders' forward leaning position, and longer in the in the legs to prevent the shorts from riding up on the thigh.

But perhaps the most important feature of cycling shorts is the absorbent padding in the seat. This padding takes on many forms. In the old days, this pad was made of chamois cloth, an actual piece of thin soft leather, and this required that a special cream be rubbed into the chamois after each washing. Although shorts with chamois are still available today, most people prefer a synthetic padding, such as polypropylene, due to its ease of maintenance. I've even seen shorts with polymer gel padding, similar to the stuff used in saddles and Spenco gloves. All this padding does more than just cushion your tush however, it also wicks moisture away from the crotch area, because moisture contributes to chafing, and chafing usually means: SADDLE SORES!!! If you've ever had a saddle sore, you know just how excruciating they can be, but that's a subject for another time (bet you can't wait). One thing to remember is that wearing underwear under your shorts almost totally defeats their purpose, since the material in the shorts must be in direct contact with your skin in order to provide the benefits I've described.

Two more quick points before I "Meander". Shorts must be washed after each wearing to kill all the icky bacteria which can grow in the padding (common sense right?). The other thing is fit. Shorts are

described as 4-panel, 6-panel, 8-panel, ect. Shorts with more panels have more pieces of material in their construction, and although they will be more expensive, a 6 or 8-panel short will provide a much more comfortable fit.

NEXT MONTH: Your head and why you need it.

GEARING UP

-compiled by Craig Jorgensen

- ☞ NEW YEAR'S PARTY UPDATE.....The map in last month's newsletter has a slight error; you can't get on Burke from Palatine road. It's much easier to take Buffalo Grove/Windsor to Valley, or Arlington Hts. road to Valley, and come in to Burke. Remember, the party starts at 11:00 a.m., with the hike/ski at 11:30 a.m., and vittles at 1:00 p.m.
- ☞ ST. PAT'S RIDE UPDATE.....The spring invitational is proceeding smoothly, the route sheet and mailing flyers are finished and are ready for printing. We have one volunteer for the parking crew (thanks Les!) and all the other jobs are still wide open. It's only two and a half months away!!!
- ☞ FOR SALE: 1990 TREK 1000, 62 cm frame, white & red, carbon pedals and Vetta computer. \$525.00, Call Bill Heine, Jr., after 4 p.m.
- ☞ ALSO FOR SALE: Two (2) Paramount project KOM 26 x 2.0 off-road tires, brand new, never used, zero miles. \$25 (\$40 value). Please call Carol, (708)392-0530.

That's all I have this month, so until Campagnolo makes fishing reels.....Bye.

"Igor" Continued from Page 2...

Is there hope? No guarantees, but I've been given to believe you can learn to enjoy winter training if you: a) alternate your routines from day to day b) get outside as much as possible on skies, ATBs or on foot and c) rook a buddy into working out with you [misery loves company]. Good luck!

Odds N' Ends: Movie suggestions- Stephen King fans, "Misery" is a creepy delight. Nature Lovers (and Kevin Kostner fans) check out "Dances With Wolves."

That's All Folks- It's been fun filling space.

-Ever Igor

1990 AWARD WINNERS

Here's who got what:

MOST IMPROVED MALE: Arron Tanzer.

MOST IMPROVED FEMALE: Lotti Dolce.

BEST NEW RIDE: Mark Biederwolf, for the "Tour of Walworth county lakes".

VOLUNTEER OF THE YEAR: Linda Svrcek, for her work on the newsletter.

BODACIOUS BIKIN' BABES:

- 1) Fran Green..... 1,554 miles
- 2) Lotti Dolce..... 1,522 miles
- 3) Linda Heeter..... 1,511 miles
- 4.) Jenny Howard..... 1,416 miles
- 5) Carol Passowic..... 1,372 miles
- 6) Christine Gier..... 1,046 miles
- 7) Cindy Schneider..... 0,943 miles
- 8) Geri McPheron..... 0,926 miles
- 9) Pat Marshall..... 0,843 miles

SWINGIN' SADDLE STUDS:

- 1) Woyteck Morajko.....2,327 miles
- 2) Bill Lorenzen..... 1,981 miles
- 3) Aaron Tanzer..... 1,892 miles
- 4) Fred Schroeder..... 1,633 miles
- 5) Al Berman..... 1,614 miles
- 6) Me (the Craiger)..... 1,505 miles
- 7) Ed Addison..... 1,495 miles
- 8) Bill Bergeron (who?)..... 1,430 miles
- 9) Ralph Pedraja..... 1,419 miles
- 10) Bob Savio..... 1,377 miles

JANUARY SKI SCHEDULE

SUNDAY DECEMBER 30: DEER GROVE

10:00 am. Deer Grove, Palatine. West on Dundee Rd. 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.

SATURDAY JANUARY 5: CHAIN O' LAKES

10:00 am. Chain O' Lakes, Spring Grove. Rt 12 west to Wilmont Rd parking lot. Intermediate and advanced skiers. Challenging trails for skiers with some experience. Dick Ryan, 381-1775.

SUNDAY JANUARY 6: MORAIN HILLS

10:00 am. Moraine Hills State Park, McHenry. River Road to main entrance to parking lot just past main park office. Gently rolling terrain through Nature Center. Bob Browning, 537-3391.

SUNDAY JANUARY 13: BEVERLY LAKE

10:00 am. Beverly Lake Forest Preserve, Hoffman Estates. Start on the north side of Rt 72, west of Rt 59. Flat to moderately hilly trail through Forest Preserve and along shore of Lake Beverly. Eleanor Mamayek, 428-8128.

JANUARY 19-21: MINOQUA, WI WEEKEND

Great getaway weekend! Ski Winter Park, Razorpack, McNaughton and Suicide Hill! Trails for every level of skier! Lessons for newcomers. See details on previous page or call Fran Green, 541-9248.

SUNDAY JANUARY 27: MARENGO RIDGE

10:00 am. Marengo Ridge, 2441 South Rt 23, Marengo. 2nd parking lot (Kishwaukee Conservation Area). Gently rolling terrain through natural hardwood forest. Hans Predel, 255-4029.

Tune in next month for more cross country skiing adventures! More mind boggling stories! More fun than anyone should fit into one newsletter!