



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

Monthly Meanders

Newsletter For The Wheeling Wheelmen Bicycle Club, February 1991

February Meeting

Wheeling High School Thursday, Feb. 7th, 1991 7:00 pm This meeting should be very entertaining, as Phyllis Harmon will be giving a slide presentation of her experience on the Pedal for Power Across America last year. Those of us who dream of doing this but don't have the time due to such things as jobs, etc., will thoroughly enjoy this program.

PREZ SEZ

-by Alan S. Berman

Every year, the success of our club is directly attributable to our volunteers. Your board devotes many extra hours in performing their duties each month. But in is the volunteer effort put forth by the club as a whole that enables us to accomplish many of our objectives. Our own Phyllis Harmon and Keith Kingbay set a true example for us all by performing many volunteer tasks for the L.A.W. So, thank you all for the time and effort you devote to your club.

This is the 35th annual National Bike Month. Unlike National Century Month, which is a time for regular riders to see how many centuries they can do, this event, called "Try Biking", is intended to reach out to the beginner or inactive rider. The idea is to encourage others to get out and enjoy the unique experience of bicycling. I'll deal more with this in later articles. Any suggestions as to activities to promote this event would be greatly appreciated.

The Wheeling Wheelmen is one of the largest clubs in the area, yet it is one of the only bicycle clubs that does not have a club secretary. Hopefully there is someone out there reading this appeal, who would like to volunteer for this position. If you want to get more involved, and can attend all of the regular meetings as well as the Board meetings, please don't hold back -- call me. You'll find that you will get a lot more out of your membership by actively participating in the month to month running of the club.

As I am writing this article, I am watching the snow coming down and thinking that this is the first time in

CONTINUED ON PAGE 2.....

SAFETY CORNER

-by Dick Sorenson

Cold weather doesn't have to mean the end of outdoor exercise for most people. Running, cycling, and walking in winter can, like skiing, be exhilarating. They're also good ways to get out into the sunlight and thus help you avoid wintertime blues. The trick is to make allowances for the weather.

Dress right; wear several layers of loose-fitting thin clothing. A good rule of thumb is that if you feel comfortable or even warm when you start out, you're probably overdressed. Cap it off. Oddly enough, one way to keep your feet warm is to wear a hat, since you lose so much body heat through your head.

Warm up and stretch indoors before you head out. When you've finished exercising, cool down and stretch indoors.

Drink plenty of water before, during and after your workout. This is crucial. It's easy to become dehydrated in cold weather because of the water you lose from sweating and breathing. Dehydration hinders your body's ability to regulate its temperature, and sorry, but it's best to skip alcohol and caffeine as both tend to dehydrate you even further.

Be on the defensive. Shorter daylight hours, poor weather visibility, plus the risk of slipping on icy patches call for extreme defensive care.

The two main dangers of exercising in the cold are frostbite and hypothermia. Be on guard for the numbness and white discoloration of frostbite--particularly on your hands, ears, toes, and face.

CONTINUED ON PAGE 2.....

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 from page 1...

many years that we have had two week-ends in a row where we could get out those skis and hit some of the great local trails. If you haven't tried this exciting and healthy sport, I suggest that you give it a shot. Many of our members are as active during the ski season as they are during the biking season.

Until next month---

Safety Corner from page 1...

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 if you're wet and/or not moving around enough to stay warm. So keep moving, and if you stop exercising for any reason and remain outdoors, put on extra clothing before you start to feel cold.

Who shouldn't exercise in cold weather? Breathing cold air is not harmful to healthy people; you can't "freeze your lungs", but it can be harmful for those who suffer from angina, asthma, or high blood pressure. For such people, wearing a ski mask or scarf pulled loosely in front of the face may help warm up the inhaled air.

In short, let your good common sense guide your activities in very cold weather. (Spring will soon be here, besides, if you lived in Southern California you'd be longing for this wonderful "change of seasons").

SKID LIDS AND SCRAMBLED BRAINS

-by Craig Jorgensen

No, this is not an upside-down cereal bowl on my head, it's an approved bicycle helmet. Why do I wear one? Well, for the same reason that you should too, to protect one of the most vulnerable organs in your body, your brain. Most of the articles that I have read dealing with cycling accidents have revealed that head injuries account for the largest percentage of cycling related deaths. I also remember reading in BICYCLING magazine a couple of years ago that a 20 m.p.h. impact against the skull can result in brain damage or death. Now you might think, "Well, I don't ride that fast, I don't need a helmet", but think about

the last time that you went down a hill, and how fast you were going then.

Now among the Wheeling Wheelmen, I must admit that I haven't seen too many riders going bare-headed. Helmets have become a standard part of cycling attire and although newer riders may feel a bit self-conscious strapping that gaudy bit of styrofoam to their head, you will look like more of a dork if you DON'T wear one. Trust me.

Helmets come in many varieties, as a trip to your local bike shop will show. Lately, the trend seems to be away from the all foam with lycra cover models, to the foam with thin plastic coating styles. It seems a concern has been raised that in the event of a crash, the soft foam models may grab the pavement, twist your head, and possibly cause neck injuries, whereas the smooth, hard plastic shell models will slide along. The hard shell models also provide slightly better resistance to penetration from sharp objects, and will retain their appearance a lot longer.

The main way that a helmet does its job is by absorbing the force of the impact that would normally be blasted right into your skull. It does this by breaking down and crumbling. This of course means that once a helmet is used in a crash, it is no good, and should be returned to the manufacturer for repair or replacement. Both Bell and Giro offer a one year replacement policy.

There are of course people who are opposed to wearing helmets, usually the same people who are opposed to wearing seat belts. I once survived a devastating car crash because I had my seat belt on. I always wear it when I'm driving, and I always wear my helmet when I'm riding my bicycle. There's just no good reason to not wear one. A Helmet won't save your bacon if you get T-boned by a Peterbilt, but it might help you through something less awful.

PEDAL FOR POWER!!

Ever dreamed about taking a looonng bicycle ride? How about 1600 miles from Portland, Maine to Orlando, Florida? What, not enough? O.K., How about Los Angeles to Boston, a mere 3300 miles?

If you sign up for the League of American Wheelmen's PEDAL FOR POWER NORTH-SOUTH or PEDAL FOR POWER ACROSS AMERICA you can not only be part of a great ride, but support the league and raise money for the charity of YOUR CHOICE as well.

GEARING UP

Compiled by Craig Jorgensen

- ☞ By next month I hope to be using a new desktop publishing program to do the pagesetting for the newsletter. This will finally free Igor from the chains that bind her to a computer every month. However, this also means that it is imperative that I receive all newsletter contributions by the 10th of the month. I mean it. I'm not kidding. If it's not in my mailbox by the 10th, it's not going in the next issue.
- ☞ This next part is important too. If you schedule a ride, the information **MUST** be sent to Carol & Woyteck, and not to me. If you send it to me, chances are it will not get entered on the ride schedule. They will be sending me a completed schedule each month to print on the back page.
- ☞ Be sure to sign up for this year's Janesville trip (see enclosed form). Last year was a blast, but remember, space is limited!!!
- ☞ Don't forget that May is Bike Month!!! Our club's premier event, that kicks off the season is our St. Patrick's ride on the 17th, so be there, and volunteer to help by calling Jerry Rice or Larry Erman.
- ☞ A retreat weekend/workshop called "Journey to your Creative Self" is being planned for the first week of May 1991 in Charlottesville, Virginia. This two-day exploration of creativity will be followed up by a three day bicycle trip through scenic Virginia, and will include an overnight stay at a historic inn. Interested parties should contact Linda L. Goldman at (708)498-4444.
- ☞ **FOR SALE:** Mens 25" Schwinn Voyager, Deore XT Cantilever brakes, 21 speed, Biopace chainrings, brand new frame. Must go, \$150 or best offer. Al Dargiel (312) 685-7708.
- ☞ We welcome your input, letters, comments, ect. Send stuff to me at: 25625 Columbia Bay Drive, Lake Villa IL, 60046 not later than the 10th of the month! That's it!!

RIDE NOTES

-by Carol & Woyteck

We'd like to thank all of the people that braved the weather (and those of you who did not but called) to attend the January meeting. Quite a few people signed up to run their rides in 1991.

The following dates still **DO NOT** have rides scheduled: **MAY 26 & 27; JUNE 23; JULY 20, 21, & 27; SEPTEMBER 14 & 29.**

The following dates have rides of 70+ Miles **ONLY:** **MAY 12; JUNE 1; JULY 6, 13, 14; AUGUST 10 & 24.**

Please note that between the open dates and the long distance rides, July is wide open.

The following rides are up on the auction block (they haven't been picked up from last year): Lindenhurst Spin, Hawthorne Woods, Westward Ho, Hoffman Estates to Elgin, Wandering to Woodstock, Audubon Ride, Al's Half Century, Lake County College Classic, Kane County Ramble, Ft. Sheridan ride, Rural Wisconsin Tour and DeKalb 1/2 Century.

The members' ride for the Harmon invitational have been scheduled and we need ride leaders. The dates are: 75 miles--September 1, 100 miles--September 2, 25 & 50 miles--September 7. We will only advertise those rides where the ride leader requests that we do so. Please try to give us as much information as possible about your ride--starting point, time, distance, pace, lunch stops, ect.

For those of you who did not sign up to lead a ride at the January meeting, please reconsider. It is a great way to get involved in the club as the main activity is cycling. Start small, with one of your favorite routes in your neighborhood. Or, if you prefer, plan a longer ride from county maps and other clubs' rides. Just give us a call, we look forward to meeting you and having a great season!!!

**It's Janesville Time Again!
See the insert for all the
details.**

- **New routes!**
- **New ride leaders!**
- **New watering holes
along the way!**

BE THERE!

FINAL SKI OUTINGS

SUN. FEB. 3: WATERFALL GLEN

10:00 am. Waterfall Glen near Argonne Labs. 9 mile trail. Beginner and intermediate. Aaron Tanzer, 323-3204

FEB 9-10: BLACK RIVER FALLS, WI WEEKEND

This area has a reputation as one of the prettiest ski areas! Call Fran Green for all the details, 541-9248.

FEB 16-18: EAGLE RIVER, WI WEEKEND

Great trip! Snow, great trails, pool, whirlpool, sauna! American Budget Inn. Call Bob Browning for all the info, 537-3391.

SUN FEB 24: GLACIAL PARK

10:00 am. Glacial Park, McHenry. IL Rt. 31 to Hartz Road, to Main Parkin Lot. Nippersink Trail is relatively flat- optional loops over rolling glacial topography. Al Dargiel, 312/685-7708

AND NOW...A POEM:

Some bikes are red,
Some bikes are blue,
Pry open that checkbook -
your dues are due!

(If you haven't renewed your membership dues for 1991, use the enclosed form and join us today!)



Affiliate

Harmon Hundred

T-Shirt and Patch Design Contest!

- Enter Now!
- Entries must be received by April 10th.
- Remember: The new starting location of the 21st Harmon is Wauconda Apple Orchards . . . (Possible design theme)
- Keep designs simple, submit entries on white paper.
- Board members, their family members, and last year's winners may not enter the contest this year.
- Send entries to: Wheeling Wheelmen Design Contest:
P.O. Box 581-D, Wheeling, IL 60090-0581

Get Creative!
Have Fun!