



Wheeling Wheelmen

Monthly Meanders

The Voice of the Wheeling Wheelmen.....March, 1991
P.O. Box 581-D Wheeling, Illinois 60090

NOTICE OF MARCH MEETING FEBRUARY 7, 1991—7:00 PM WHEELING HIGH SCHOOL

This month, we will have another exciting speaker--Steve Gay. Steve was a participant in the 1987 Race Across America, finishing 10th; and he plans to give an entertaining and informative talk and slide presentation on his experiences in the RAMM as well as talk about ultra-marathon cycling in general. This sounds like a speaker we don't want to miss!

PREZ SEZ

by Alan S. Berman

With the skiing season behind us and the St. Patrick's Day Ride just around the corner, we can now turn our attention to another exciting bike season. Many thanks to Bob Browning and Fran Green for putting together two wonderful ski weekends to Minoqua and Eagle River. Next year, Fran has a new top secret location for her ski trip--so stay tuned for that!

We are going all out this year for the long distance cyclists with Peter and Lotti's 125 mile ride and Woyteck's 150 mile ride (Carol will do a shorter version). We also want to accommodate the shorter distance riders, but if you want those shorter rides later in the season, you're going to have to come forth to offer to lead them. Hans and Diane are working hard to develop these rides, but they can't do it all themselves. The concept is there--all you have to do is volunteer.

Hope to see a good turnout of volunteers for the St. Patrick's Day Ride. Carol and Woyteck will be leading this ride for club members, beginning at about 12:00, after we have completed registration for all other riders.

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SAFETY CORNER

by Dick Sorenson

ARE YOU ACCIDENT PRONE?

If you've ever had a series of mishaps...cut your finger on a kitchen knife, twisted your ankle, and get flat tire after tire, seemingly all during a short time span...you've probably wondered if you are accident-prone. Or perhaps some well-intentioned friend has suggested that you are. Is there a self-destructive streak in some people that makes them have accidents more often than others? Probably not. The experts now believe that, for most people, hidden psychological impulses have little to do with accidents. Indeed, researchers have come to question even the definition and concept of "accident", which implies random forces beyond our control.

The term "accident proneness" was coined in 1926 by researchers who believed personality traits caused some people to have more accidents than others. Sigmund Freud also cited unconscious motivation or the urge for self-punishment as the cause of some accidents; and others wrote of "purposive accidents" and "intended accidents" that fulfilled hidden desires.

In the years since, however, researchers

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The Wheeling Wheelmen Board of Directors

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Club Ride & Information: (312)989-7373

GEARING UP

Compiled by Craig Jorgensen

Prez Sez cont...

Thank you, Phyllis for a most interesting slide presentation on your Pedal Across America trip. You are on inspiration to all of us, as well as a wonderful example of the immense health benefits derived from a lifetime of cycling. Until next month-----Alan.

Safety corner cont...

have not found any strong evidence to support these theories. People injure themselves not because of certain personal traits but under certain circumstances. For example, people aged 20 to 24 injure themselves 2.5 times as often as those 40 to 44 years old. The elderly injure themselves in falls more often than the young do. Injuries grow out of obvious causes more often than hidden ones: inadequate lighting, icy roads, inexperience, poor vision using the wrong tools, etc.

In trying to prevent mishaps and injuries, look first at your environment. Repeated bicycling accidents, for instance, may mean your bicycle is not properly sized for you or that it's the wrong type, or is equipped with inadequate components, or is unbalanced or too heavy for you to properly control. Frequent bike breakdowns are usually due to a lack of proper maintenance or failing to check the condition of the bike before you head out on a ride. Habitual flats are caused by frequenting bike routes strewn with glass and debris, using thin or tread-worn tires, or improper tire pressure.

You also have to examine your state of mind: anxiety, a headache, job stress, money problems, family responsibilities, not enough sleep, and anger can distract you. Too much traffic on a route can wear you down and agitate you. We all know that alcohol and medicines can severely impair your alertness and motor skills. Just being in too great a hurry can also trip you up.

Many factors interact to produce an accident; an unconscious wish for self-destruction is probably the least of them. Knowing that accidents can occur, by definition, at any time, without warning, should encourage precaution by bicyclists. The most important precaution a cyclist can take, whether riding around the block or challenging a century route is to...

ALWAYS WEAR A HELMET!!!

*** Does the newsletter look a little different to you? That's because I'm doing it all at my house now on the club's new desktop publishing software. I'm hoping that as I become more familiar with it, I can produce even better results. Remember, send ride schedule info to Carol & Woyteck at 603 E. Prospect Ave Apt. 2E, Mt. Prospect IL 60056, and all other stuff to me at: 25625 Columbia Bay Drive, Lake Villa IL, 60046.

*** This year the Wheeling Wheelmen donated \$1800 to the League of American Wheelmen; that's \$1 for every registered rider at the Harmon Hundred. The club also donated \$900 to the Chicagoland Bicycle Federation.

*** As you've probably noticed, this month's mailing contains the year's ride schedule; and a partial list of invitational (thanks Woyteck) is included in the pages of the news letter. Bear in mind that this is an early season schedule, and subject to change. The ride schedule that appears on the back of each month's newsletter is the one to pay attention to if in doubt.

*** I can't wait for the St. Patrick's ride. Things are progressing smoothly for the club's early season 27 1/2 mile invitational. This year, we will be avoiding that last stretch of Fairfield road (darn). Remember, club members and volunteers will ride at 12:00 noon after all the other registration is completed.

*** In Harmon Hundred news, Woyteck reported that he and Aaron Tanzer have checked the 75 & 100 mile routes. Next month, Al Dargil will bring sign-up sheets for Harmon Helpers to the club meeting so don't forget to volunteer!

FOR SALE

WOMANS (dropped top tube) 21" 10 speed Schwinn bike. Great condition, sky blue paint, asking \$100. I am also interested in BUYING a decent quality men's 23" road bike (diamond frame), preferably with index shifting. Willing to spend \$150-200. Call Joan, (708)498-71

LIQUIDATING OLD CAMPY: Nouvo Record rear derailleur & sift levers, \$35; Victory front derailleur braze-on, \$10; Super Record crankset, 172.5, 42/53, includes Italian bottom bracket, \$75; Performance sealed bottom bracket (new, fits Campy S.R. & N.R), \$25; Super Record seat pin, 27.2mm, finish slightly scratched \$15. Craig (708)356-0692

WANTED TO BUY: Used mounian bike in good condition. This bike will be for an eight year old girl, so it must be small-framed. Call Debbie at (708)893-5011.

BUY MY MOTORCYCLE, PLEASE! Newsletter duties prevent me from riding my beautiful 1986 Honda Magna 700. It's cherry red and extra clean, with only 6000 miles. Lots of extras, and only \$2000 bucks. Cheap. Craig (708)356-0692.



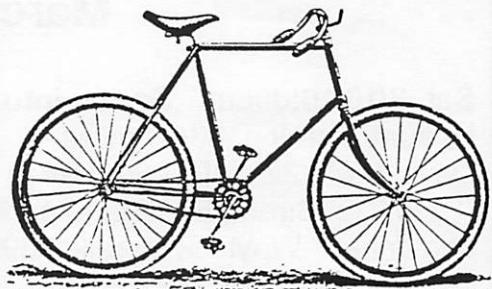
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Attention Ride Leaders!!!

Please come to the March meeting so that you can pick up your ride leader packet.

Thanks...
Carol & Woyteck.

March Ride Schedule

Sat. 3/16 10:00am Spring into Wisconsin

Leisure/ Touring 30/50 miles

David Park, Zion, Il. Take I-94 to 173 (Rosecrans), East (R) to Kenosha Road, South (R) to 21st Street, East (L) to park on right past high school. Bring lunch, snacks, and drinks. Woyteck Morajko, 392-0530.

Sun. 3/17 10:00am St. Pat's Day ride

Leisure/ Touring 30 miles

Wauconda Orchards, 1/2 mile west of Fairfield. Club Invitational, work, then ride at 12:00. Jerry Rice 870-8127.

Sat. 3/23 9:30 am Botanic Gardens

Touring 31 miles

Pottawattomi Woods, Wheeling, Dundee Rd., east of Milwaukee Ave. Scenic roads. Doug Kritz, 498-0114.

Sun. 3/24 8:30 am B.D.S.R.

Express Plus 30-50 miles

Kildeer School, Long Grove. No stops, no food, no maps, maybe a cue sheet. Christine Gier & Fred Schroeder, 359-5624.

Sun. 3/24 9:00am Deer Grove Breakfast Ride

Leisure 21 miles

1435 N. Chestnut, Arlington Hts. Breakfast at Alamar's.
Hans & Diane Predel, 255-4029.



Sat. 3/30 10:00am Wake up the dogs!

Touring 32/48 miles

Mc Henry County College, Northwest Highway (Rt. 14), last major intersection 176. Crystal Lake, bring your own snacks, Drink. Woyteck Morajko, 392-0530.

Sun. 3/31 10:00am Schaumburg Sprawl (Revised)

Leisure 35 miles

Arlington Hts. train station in Arl. Hts., NW parking lot, Route 14, Northwest Highway. Bring lunch if weather is nice, some hills. Mike Milton, 577-9887.

SUPPORT OUR TROOPS!!!