



# Monthly Meanders

**Wheeling Wheelmen**

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

## THIS MONTH'S MEETING...

**APRIL 4th-7:00 PM**

### WHEELING HIGH SCHOOL

Our guest this month is Larry O'Toole, a staff member of the Chicagoland Bicycle Federation, and he will tell us about the Chicago map project that he is working on.

As an interesting side note, Mr. O'Toole doesn't own a car, and relies exclusively on his bicycle or public transportation to get around!

## PREZ SEZ

by Alan S. Berman

On March 9, six hardy souls (me included) joined Doug Kritz in a pre-ride check out of his Botanic Gardens Ride route. In spite of strong head winds, freezing cold and snow showers, we all felt a sense of accomplishment, or total insanity, depending on your perspective.

Now that we have a club secretary, I'm turning my sights toward acquiring a program chairman. It certainly makes our meetings more interesting to have a guest speaker each month. Any volunteers? Please call any of the Board members to sign up for this important position.

This year's ride schedule looks very exciting, with something for everyone. I'd like to see more of you newer members, or inactive members, show up for more rides this season, especially with the new bi-monthly shorter ride schedule put together by Hans & Diane Predel.

You'd be surprised how just putting on miles each week make each ride easier. Set yourself a goal for the season - to ride 25, 50, 75 or 100 miles and join us for more rides. You'll find that your goal can be reached easily with regular riding. Remember - speed is not important. The important thing is to go that distance which you set as your goal. Experienced riders - be they fast, average or slow are not all that concerned about faster riders or slower riders. They are just out there riding at a pace which is comfortable to them and enjoying themselves.

**HAPPY BIKING !!!**

*Cont. on page 2...*

## SAFETY CORNER

by Dick Sorenson

### 20 TIPS FOR BETTER, SAFER CYCLING

Did you know that the first auto driving accident on record occurred in 1896? A driver hit a bicyclist, breaking her leg. Yes, some things never change! In the interest of keeping you out of the accident statistics, here are 25 common sense steps you can take to improve cycling safety and enjoyment:

1) Always wear a helmet. This is the most important precaution a cyclist can take. Of the nation's 1,000 annual cycling deaths, head injuries account for about 85% of them.

2) Wear brightly colored clothing at all times, especially at night.

3) Don't wear headphones. They can block out most of the street sounds you need to hear in order to ride defensively.

4) Don't wear a heavy backpack. It can throw off your balance. Use panniers or front or rear racks if you need to carry packages.

5) Use hand signal. This allows drivers to anticipate your actions, and for those right turns, just point right with your arm, forget that old saw about bending your left arm at the elbow and pointing up.

6) Learn to change gears without taking your eyes off the road, while resisting the tendency to swerve into traffic.

7) Watch out for storm drains, cattle guards and railroad tracks. They're all slippery when wet. Cross them carefully at right angles.

8) Don't brake abruptly during the first minutes of a rainstorm, when oily road film rises to the surface and makes roads especially slippery.

9) Stay alert...Motorists will usually opt to wipe you

*Cont. on page 2...*

### The Wheeling Wheelmen Board of Directors

President	Al Berman	541-9248
Vice Prez	Carol/Woyteck	392-0530
Treasurer	Justin Himel	998-1326
Membership	Lisa Gerhold	803-3998
Safety	Dick Sorenson	593-7945
Newsletter/Sec.	Craig Jorgensen	356-0692
Bike books	Roy Erikson	381-5128

(All 708 Area Code)

Club Ride & Information: (312)989-7373

# GEARING UP

compiled by Craig Jorgensen

► Harmon News!!! At the meeting last month, Al Dargil told us that we need about 100 volunteers to run the Harmon. We need your bodies for parking, registration, route marking, SAG driving, and rest stops, so if you didn't sign up at the meeting, be sure to give him a call at (312)685-7708

► Check out the Arlington Bike Swap if you are looking to buy or sell a pre-owned bike this year. It's being held at Frontier Park in A.H. on April 27 & 28th. They will start accepting bikes at 9:00am on Saturday, and the swap opens to the public at 10:00am. Last year over 600 bikes were sold. It's a great place to look for a kid's bike, as well as parts and accessories, too.

► Raise funds for Multiple Sclerosis, and partake in a great ride too? What a deal! This is the 10th annual MS 150 "Ride to the Rock" tour, and it is a fully supported ride starting at Lewis University, in Romeoville, IL, and going out to Starved Rock State Park in Utica, IL on Saturday and Sunday, June 29th and 30th. More than 2000 riders of all ages and levels of experience are expected to participate in the activities, which includes three different routes (one with mountain biking!). For registration and pledge info call: (312)922-8000, or 1(800)922-0484.

► We extend our Good Luck to a dedicated member, Aaron Tanzer, in his new venture in Houston, TX. Aaron, who joined the club in 1985, became involved with leading rides which evolved into handling the computer job of the membership list. We thank him for his many hours of effort and time. Even though Aaron will be starting his new job April 16th, he is not saying good-bye, because he intends to return for the Janesville Weekend and several other club rides. Aaron says, "See ya all back here, ya hear!"

► Happy Cycling to "Big Dog" express riders Chris & Fred Schroeder on their March 9th nuptials!!!



## Safety Corner, cont. from pg. 1

out rather than risk damage to themselves or their cars, if they are threatened with an impending accident. Don't overestimate your importance. The typical driver regards you as a mere annoyance to contend with on the road, and is wondering why you can't just drive a car.

9) Know what's behind you. Listen to traffic sounds, and learn to turn your head to look behind without swerving.

10) Don't challenge drivers. Ignore motorists remarks and/or obscenities. That person behind the wheel may be drunk or unstable. Don't allow "macho" or rage to overrule your normal caution and common sense.

11) Use caution when riding through seemingly innocent puddles, they may be disguised foot-deep puddles.

12) Ride within your capability. Don't strain yourself the point of injury or pain. Remember, you're riding for recreation, so relax and enjoy yourself.

13) Keep your body hydrated and fueled. Wear

clothing appropriate for the weather ahead...anticipate dramatic changes.

14) Before each ride check your bike for loose nuts, bolts, brake pads, bent spokes, ect.

15) Ride with your arms relaxed, and avoid locking your elbows. This technique helps you absorb bumps from the road better. Wear padded cycling gloves.

16) When group riding, shout your intentions to others: "Passing on left!...Right turn!...Stopping!" along with your hand signals. Do the same for dogs, potholes, "car-up", ect.

17) Pull completely off the road when you stop for repairs or to rest.

18) Less experienced riders should avoid riding the rear wheel of the bike in front of them (known as drafting)... remember it's usually the rear bike (you) that goes down if you collide.

19) Dogs that chase bikes usually bite; it's best to try and outrun them rather than stopping to negotiate.

20) Ride defesivly, but don't get paranoid.

## APRIL RIDE NOTES

by Woyteck Morajko

□ More information on the Folks on Spokes Annual Invitational, on April 14th. Routes will be 25, 37, 45, and 62 miles. Fees are \$8/individual, \$17 family until April 7, then \$10 & \$20. For more info, write : Folks on spokes, P.O. Box 824, Homewood, IL 60403. Call (708)798-9310, or Rick Steele at (708)748-0123.

□ Aurora Bike Club Silver Springs 60. THIS JUST IN! This year's ride is PRE-REGISTRATION ONLY! They are limiting it to the first 1000 riders or April 8, whichever comes first. So REGISTER EARLY!

□ Sudden Century (May 5) ride by Joliet Bike club has a different starting point this year, from Joliet Park District Stadium, \$8 until April 14 then \$10. Call (815)478-5747.

□ Here is one I haven't heard of before--Sterling-Rock River Ramble, May 18 & 19, a two day ride. \$25 until April 12, then \$28, includes T-shirt. Northwest Illinois Bicycle Club.

□ Spring Metric in Normal, IL on May 19. 33/65 miles. \$10 individual, \$20 family until May 1, then \$15 individual, \$25 family. Mclean County Wheelers, (309)454-1542.

□ May 25 & 26. Blackhawk Metric Century, Blackhawk Bicycle Club, P.O. Box 6443, Rockford, IL 61125, call (815)397-9667.

□ Ninth Annual Udder Century from Seven Acres Antique Village Museum in Union, IL on June 1, 25/50/62/100 miles. \$12 until 4/30, then \$14. T-shirt to first 500 pre-registered. Run by McHenry Bicycle Club, (708)587-2357. They always run outstanding routes, and I have stolen many of their routes for our club rides. Hopefully, this year we'll get to do this ride without any rain!!

□ Liberty Metric, June 2. Dan Wright Jr. High School, 38/63 miles. Run by the Mt. Prospect Bike Club, call



## IS YOURS TOO BIG OR TOO SMALL?

by Craig Jorgensen

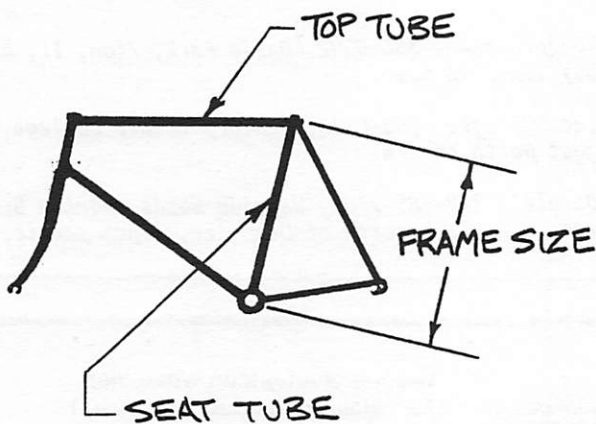
Ahh, spring!!! The time of year that cyclists love best. Unless you count when the U.P.S. man pulls in the driveway with a carton or three full O' Campy.

Spring, the time of year when many people maneuver their fully winterized bodies out to the garage and start thinking about getting rid of that ugly old thirty-three pound clunker that doesn't have index shifting, and/or buying a shiny new steed, with gossamer wheels, hot neon spatter paint and aero bars. Or maybe I could interest you in a used but beautiful thirty-three pound bike that doesn't have index shifting, but you don't need that anyway, because heck, Lemond didn't even use it until last year, and that extra weight will help you burn off more calories on the hills.

If you're looking to buy or sell a used bike, a great place to advertise (as long as I'm not setting records for typographical errors that month) is the FOR SALE section of Monthly Meanders. Members are welcome to place ads free of charge, and it will reach over four hundred households. However, in talking to people last month that were placing ads, I realized that there is some confusion about measuring frame sizes, and how to fit a frame to an individual rider.

Here are the rules:

- 1) The size of the bike is measured by the size of the frame, NOT the wheels.
- 2) The frame size is determined by measuring the frame along the seat tube from the center of the bottom bracket to the open end of the seat tube (some manufacturers measure to the centerline of the top tube).
- 3) American frames might be measured in either inches or centimeters, and European frames are almost always measured in centimeters.



Bearing these three simple rules in mind, if someone has a "27 inch" bike they had better be about six foot seven.

Okay, so now you know how to measure what you already have, but what if you want to buy a new bike?

The general rule of thumb is that on a road bike, there should be at least one inch of clearance between the top tube and you when you are standing flat-footed over the bike. Racers sometimes prefer a frame slightly smaller (to provide greater stiffness), and compensate by using a longer seat post.

Mountain bikes are a different story. For off-road riding, you need at least 2-3" of clearance in case you have to

get off quick. Frames that are even smaller are suitable for riders with aggressive dirt-afflicted personalities.

Your best bet when shopping is to go to a good bike shop (read that again: GOOD), and seek out their professional advice. Unfortunately, I have personal knowledge of a couple of people that were sold wrong sized bikes, either because of incompetent sales people, or the store's trying to sell off its existing stock, or both.

It pays to know your frame fit facts!

## FOR SALE

❖ Woman's (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 (diamond frame) road bike, preferably with index shifting. Willing to spend \$150-200. Call Joan Begy, home (708) 634-2456 work (708) 498-7131.

❖ Cleaning out old Campy: Nouvo Record rear derailleur & shift 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. Super Record brakeset, \$75. Craig Jorgensen (708) 356-0692.

❖ Men's 25" Schwinn Voyager, Deore cantilever brakes, 21 speed, Biopace chainrings, brand new frame. Must go, \$150 or best offer. Al Dargil (312) 685-7708.

❖ I'm looking for a used Mountain bike in good condition. I'm 5'-8", so I need about an 18" frame. Call Debbie (708)893-5011.

## Ride Notes cont. from page 2

(708)253-0216.

On our Zion-Camplake ride on April 6, lunch will be available at Camplake.

April 14 is now filled! Mel Robinson leads a 35 miler from Eisenhower Jr. High to Elgin, 10:00am, Touring.

On our McHenry-Fontana ride on April 29, lunch will be available on route in either Hebron or Fontana.

I'm looking for a Big Dog to lead my Kenosha ride (starts from David Park, Zion) on Saturday, June 8th. It is 103 miles of scenic, hilly countryside. A fabulous ride! Please call me at (708)392-0530.



**APRIL, 1991 WHEELING WHEELMEN RIDE SCHEDULE**

MTH/DT/DAY TIME	RIDE NAME	PACE (E, L, T)	DISTANCE	RIDE LEADER, PHONE NUMBER STARTING POINT (TOWN, DETAILED DIRECTIONS, ETC.)
04/06/Sa 10:00	Lakefront Waves	T	20+	Justin Himmel, 998-1236. Foster Beach, Chicago
04/06/Sa 10:00	Zion-Camplake	T	40	Woyteck Morajko, 392-0530. David Park, Zion, IL
04/07/Su 10:00	North Shore II	T	25-30	Larry Erman, 724-1301. Start at Lake Cook Road and St. John's 1/4 mile east of Green Bay Road. Flat and scenic. Bring lunch or buy in Lake Forest. Slow touring pace.
04/07/Su 10:00	Kettle Moraine	L/T	30/60	Carol Passowic, Woyteck Morajko 392-0530. General Store in LaGrange, WI intersection of Route 12 and Highway H. This is a ride with two 30 loops, lunch at General Store. We would like to invite off-road riders to ride the north loop with us and take advantage of the off-road trails on the route.
04/13/Sa 9:00	Covered Bridge	T	45	Howard Bronson, 475-1198, Kildeer School, Long Grove. Scenic covered bridge area, moderately hilly,. Brown bag.
04/13/Sa 9:00	Kenosha 50	E	50	Ralph Pedraja, 680-7379, Oak Grove School, Libertyville. North on I-294, exit 137 W to O'Plaine Road, South on O'Plaine to school (dead ends there).
04/14/Su 10:00	Hoffman to Elgin	T	35	Mel Robinson, start from Eisenhower Jr High, corner of Jones & Hassel.
04/20/Sa 10:00	College Campus Cruise	T	33	Doug Kritz, 498-0114, Start at Pottawattomi Woods, bring lunch.
04/21/Su 9:00	Member's St Pat	L	28	Jerry Rice, 870-8127, Wauconda Orchards
04/27/Sa 9:00	Lamb's Farm	L	27	Lucy Wathen & Clarence Littwin, 729-3248, Pottawattomi Woods, bring lunch or buy snack at farm.
04/27/Sa 9:00	Silver Lake	T	60	Craig Jorgensen, 356-0692, David Park, Zion, IL, bring or buy lunch in town.
04/28/Su 8:00	McHenry-Fontana	T	60	Woyteck Morajko, 392-0530, McHenry County College, Rte 14 just North of 176.
04/28/Su 10:00	Skokie Valley Ride	T	38	Al Dargiel, 312-685-7708, Wayside Woods, Morton Grove, Lehigh, one block north of Dempster, lunch scenic, flat.

Our club is an affiliate of the  
**League of American Wheelmen**

Affiliation with the League means:  Special publications  Free club event advertising  BICYCLE USA magazine  Advocacy in Washington and the state capitol  Support for our local advocacy efforts.  Low cost club insurance

The club encourages all members to join the League, band together with bicyclists around the nation and add to our treasury.

League of American Wheelmen  
6707 Whitestone Road Suite 209C1  
Baltimore, MD 21207-4106  
(301)944-3399

I want to support the League of American Wheelmen to support my club.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Club \_\_\_\_\_

Membership category:

Regular \$25  Family \$30  Sustaining \$50

Please enclose payment or charge to

VISA  MasterCard

Account Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

make check payable and mail to:

League of American Wheelmen  
6707 Whitestone Road Suite 209C1  
Baltimore, MD 21207-4106