



Wheeling Wheelmen

Monthly Meanders

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

THIS MONTH'S MEETING...

JUNE 6th-----7:00PM

WHEELING HIGH SCHOOL

This month, fellow club member Mel Robinson will give a presentation: "How to use gears on a multi-speed bike". To get the most benefit from this program, it would be helpful to know the total number of gears your bike has, and how many teeth are on each cog and chainring. Mel's presentation should be very helpful to anyone who is baffled by the complexities of multiple gears.

ALSO: The July meeting will NOT be held on July 4th, it will be postponed one week 'till July 11th, due to the holiday.

PREZ SEZ

by Alan S. Berman

Thanks to the tremendous help by two of our members, Howard Paul and Bob Browning, we have created a couple of very good biking routes in the area assigned to us by the C.B.F. Once these routes are evaluated, they will be submitted to the C.B.F. for inclusion in the area wide map which they are creating.

Congratulations to Lois and Howard Paul!!! WINNERS of the T-shirt design contest. The logo they designed will not only be on the shirts, but will also be the design for the Harmon Hundred patch. Speaking of the Harmon, Al Dargiel has that volunteer sign up sheet at every meeting. We still need more bodies, so please talk to Al and offer to contribute. Remember, all SAG drivers are being re-imbursed this year for their miles driven. You also want to get your name in the hat for the SUPER RAFFLE to be held at the banquet.

Now that many of our members have put on enough miles to get their biking legs back, we're

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SAFETY CORNER

by Dick Sorenson

Every cyclist has an occasional bad ride--those inexplicable, frustrating days when your legs feel heavy and your lungs seem too small, there are too many hills, the wind is too strong and the days ride is too long. Actually, each time you get on your bike, several factors collaborate to make the ride either enjoyable or miserable. Naturally the most important factors are training, nutrition, and mechanics. However, there are other factors that influence riding:

Sleep. Studies show that the amount of sleep you get affects physical capabilities less than you might think. The main effect, however, is psychological: your mood and perception can inhibit performance, especially on long rides. Good rides are generally preceded by an average of eight hours of sleep. There's no magic number, however. How much sleep each individual needs is largely determined by genetics.

Job and family. A bad day at home or the office can often become a bad day on the road. Likewise, when things are going well with your personal life or career, you often feel better on the bike. For instance, if your spouse thinks you're

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The Wheeling Wheelmen Board of Directors

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Club Ride & Information: (312)989-7373

Prez Sez... cont. from pg. 1

going into high gear with the ride schedule, with many rides in the 60-100 mile range. I know many of you newer riders still don't feel ready for those longer distance: so we are guaranteeing that you'll have no less than two rides per month which are shorter and will be at a leisure to slow touring pace: 9-12 mph. Our goal is to have a couple of experienced riders on each of these shorter rides to assist newer riders in the fine art of shifting gears. With the proper use of those gears, you will be surprised at how easy it is to increase those miles. Every ride should be enjoyable and it shouldn't be necessary to fight those headwinds or hills in the same gear that you use on level terrain.

I encourage all ride leaders to find out at the beginning of each ride if there are any cyclists who want to be accompanied by a more experienced member to the club, in order to learn proper gearing techniques. I'm sure there are many seasoned riders who would gladly volunteer to help out in this area. I'm afraid that a lot of you out there don't come right out and seek this help which is available, because you feel either intimidated or embarrassed by your lack of experience. REMEMBER, every rider out there started out with no experience. The ride leader is there to help you. Take advantage of the experience of someone else, and you will quickly break down those self imposed barriers, and learn to truly enjoy the beauty of this sport. Happy cycling!

JUNE WEEKDAY AND WEEK NIGHT RIDES

Tuesdays-6:00pm from Daniel Wright School on Riverwoods Rd. in Linconshire, N. of Rt. 22. Show and go, Ralph Pedraja 680-7379.

Wednesday Mornings-9:00am from Lions Park North in Cary. 35 miles, Touring pace, Sandy Holzrichter, 290-9018. (Note: no ride on the 26th)

Wednesday Evening June 5th & 12th-6:15pm from Libertyville H.S., Rt.176, Touring pace, Bob & Janie Newman, 367-7720.

Thursdays-6:00pm from Kildeer school in Long Grove, Old McHenry Rd. S. of Rt 22. Show and go, Ralph Pedraja 680-7379, and Kurt Schoenhoff 634-2634.

All area codes 708. Show & Go means pace, distance, and route to be determined by group (fast touring to express).

Safety Corner, cont. from pg. 1

spending too much time on the bike, this will bring guilt, which can ruin your ride. If this is a continual problem, try getting your spouse or other family members interested in the sport. Besides, you're more likely to stay interested in the sport if your spouse is a cyclist too.

Your health. The average person gets two or three colds a year. During these times, it's best to stay off the bike. But if you must ride, take it easy because viruses often travel to muscles, where they cause microscopic damage and fatigue. The effects of a cold of virus can be as devastating as an injury.

Weather. Sometimes it's just out of your hands, such as when it starts to rain precisely when you're farthest from home, or when the headwind turns just as you do. At times like these, the weather conditions decide your fate. We all prefer to ride on sunny days rather than in the rain of under overcast skies. Extremes in hot or cold temperatures always result in reduced performance. Weather is often the difference between a good and bad ride.

Who you're with. You're more likely to have an enjoyable ride when accompanied by someone of equal cycling ability.

Traffic. Another major influence of riding enjoyment. Most bad rides take place on busy urban streets and highways, whereas the really good rides almost always occur on the quiet rural roads.

General fatigue of chronic sluggishness is usually caused by stress. The best way to ease tension is by exercising. So to have a good ride, relax. And to relax, have a good ride.

DECODING THE RIDE CODES

A bit of confusion reigned last month over the designated ride speeds. The speeds listed in last month's newsletter assumed easy riding conditions (i.e. no wind, flat terrain, everyone's Karma in tune, ect., ect.). Nobody expects leisure riders to hammer into 20 m.p.h. headwinds while maintaining a 12 m.p.h. pace! The AVERAGE ride speeds are as always:

LEISURE: 9-12 m.p.h.

TOURING: 13-16 m.p.h.

EXPRESS: 17+ (Hurt me, hurt me!)

GEARING UP

compiled by Craig Jorgensen

Al Dargiel is still putting together his list of volunteers for this year's Harmon Hundred, so don't be left out of the fun (or miss out on a free T-shirt) call Al today at:(312)685-7708.

Phyllis Harmon is driving the SAG wagon in the L.A.W.'s "Pedal for Power" fund raising ride that is going on right at this very moment. 61 riders, and 5 leaders are making the L.A. to Boston ride, and 93 riders will be doing the North-South route starting in September. The group from L.A. will be passing through Illinois from June 9th to June 12th, and will have a free day on June 11th, if anyone is in the area and wants to join them. They will be at the Holiday Inn in Champaign, (217)359-1601.

On the subject of safety, I'm afraid I have to mention that we had another serious injury on the May 11th ride. Club member Mike Milton went down and fractured his shoulder and femur, which required the insertion of three titanium pins in his leg and a week in the hospital, not to mention all the re-hab he will have to go through. This ruins Mike's plans to go on the "Ride around Wyoming" trip scheduled for June 9th to 14th. This is supposed to be a beautiful ride, and since Mike won't be going he would like to find someone to take his place. Any takers? Call his machine for more information (708)577-9887. And let's be careful out there.

And the winner of the Harmon Hundred T-shirt and patch design contest is (drum roll please).....**Lois and Howard Paul!** Don Pardo, tell them what they've won! Seriously, it was a tough decision this year because all of the entries were great, and the board wishes to thank everyone who spent the time and effort to send in a design.

A funny thing happened on the "Tour of Racine County ride" last month. Well, actually, it was kind of upsetting at the time. You see, my left crank arm came loose about 55 miles into the 90 mile ride. "No problem", I thought, "I'll just reach into my handy tool kit and pull out my 7mm allen wrench...uh, well... I thought I had a 7mm allen wrench...Hey! does anyone have a 7mm allen wrench" ? I stopped at a couple of homes, a truck stop, even the Seven Mile Fair, but there wasn't a

7mm allen wrench to be found. So I had to improvise with an improper tool. In doing so, I managed to round off the bolt, but at least I got the crank arm on tight enough to baby my bike back to my truck.

I got lucky. You might not. Don't rely on having to borrow a special bicycle tool from someone else. No, you don't need to carry enough stuff to overhaul your bottom bracket and re-build a wheel, but if your bike requires something other than common screwdrivers and wrenches, then you had better have it with you. This includes a chain tool, duct tape (6" wrapped around a tire lever, to boot a torn tire sidewall), a crank bolt wrench, allen wrenches to fit ALL of the bolts on your bike and presta valve adapters (do I really need to mention a pump, a patch kit and a spare tube?). Even if you've never worked on your bike, and don't have the slightest idea how to use these tools, at least if you have the stuff, someone else might be able to help.

TOP TEN MILEAGE LIST

Women		Men	
1) Sandy Holzrichter	313	1) Ralph Pedraja	576
2) Gee Cunningham	167	2) Steve Rodgers	382
3) Lucy Wathen	155	3) Dave Ebert	338
4) Christine Schroeder	149	4) Bob Savio	325
5) Virginia Savio	148	5) Craig Jorgensen	321
6) Linda Heeter	120	6) Kurt Schoenhoff	278
7) Cindy Schneider	110	7) Ed Addison	242
8) Jane Newell	100	8) Bill Sullivan	224
9) Lotti Dolce	89	9) John Damon	218
10) Mary Strahota	75	10) Al Berman	210

FOR SALE

Automaxi guttermount roof rack. It doesn't fit my new car. Yours for \$40. Call John M. Ford at (708)215-8323. If not in, please leave message.

Schwinn Super Sport frame only. 25" Columbus tubing, comes with Campy Chorus headset, bottom bracket, front changer, and SR seatpost. Answers to the name "Pinky", \$200. Also, wheelset as found on a Trek 1200, 700c, Matrix aero rims \$75. Call Craig Jorgensen (708)356-0692.

JUNE 1991 WHEELING WHEELMEN RIDE SCHEDULE

MTWDT/DAV TIME	RIDE NAME	PAGE (E, L, T)	DISTANCE	RIDE LEADER, PHONE NUMBER STARTING POINT (TOWN, DETAILED DIRECTIONS, ETC.)
06/01/Sa 6:00	Belvidere Century	T	100	Jim Grant, 428-7042, Wing Park, Elgin, pace of 15-16 mph.
06/02/Su 8:00	McHenry County-Union	T	80	Fran Green & Al Berman, 541-9248, school at end of Washington St in Union, IL.
06/02/Su 11:00	Take Dad for a Spin	L	6	Jerry Rice, 870-8127, Frontier Park, Kennicott & Palatine Rd, Arl. Hts.. Bring lunch or snacks available at Twin Lakes Recreational Park for a picnic and paddle boats. Limited group size, so please call if coming.
06/08/Sa 8:30	Going for Ice Cream II (It was so good, we're going again!)	T	30/60	Sandy Holzrichter, 290-9018, Lions Park North, Garry, IL. Take Northwest Highway (Rte 14) thru Garry to Silver Lake Rd, turn right, go one mile to park, use top parking lot. 1 rest stop on 30, 2 on 60.
06/09/Su 8:00	Venture to the Stars	T	62	Les Fleming, 255-0105, start from Venture Store, 1500 S Elmhurst Rd (rte 83) at Dempster in Mt Prospect. Ride goes by the lakefront, Navy Pier and Adler Planetarium. Bring or buy lunch.
06/09/Su 9:00	Rawson Rendezvous	T	42	Diane & Hans Predel, 255-4029, Kildeer School, Long Grove. A new ride developed for the under 50 ride group. Two sag stops - Broken Oar and Mauconda Orchards.
06/09/Su 7:00	Tour of Kenosha	E	105	Ralph Pedraja, 680-7379, David Park, Zion, IL. The only three ride day offered on the total calendar for the year! Which will you choose? Have fun!!
06/15/Sa 8:30	Long Hay to the Village Tavern	L	27	Howard Paul, 824-2941, Kildeer School, Long Grove. Lunch in town.
06/15/Sa 9:00	Morraine Hills to Fon - tana	T	65	Lynn & Al Petty, 948-7288, Moraine Hills Park, McHenry. River Road, North of 176. You MUST park in the "White Tail Prairie" parking area - second parking lot on right as you enter the park. Lunch stop or brown bag it.
06/16/Su 7:30	St. Charles	T	77	Lotti & Peter Dolce, 398-3957, Eisenhower Jr H.S., Hoffman Estates, Jones & Hassel Rds.
06/22/Sa to 06/24/Mo	Spring Green Weekend	T	30/50/30	Fran Green & Al Berman, 541-9248. A trip to the beautiful, but somewhat hilly Spring Green Valley.
06/22/Sa 8:00	Killer Hill	T	65	Al Dargiel, 312-685-7708, Kildeer School, Long Grove. You think your quads are in good shape from all this riding? Well, do this ride and find out. A new meaning to the phrase "my legs (quads) are burning"
06/23/Su 8:30	Lake County College Classic	T	45	Janie & Bob Neuman, 367-7720, Lakewood Forest Preserve, bring or buy lunch in Grayslake (Hardees).
06/29/Sa 7:00	Huff 'n Puff	T/E	80	Ed Addison, 312-463-1765, Kildeer School, Long Grove. Ride to Union and enjoy the trains.
06/29/Sa 10:00	Botanic Gardens	L	35	Gee Cunningham, 831-5628, bring or buy lunch at the Gardens.
06/30/Su 8:00	Pratt-Wayne Woods	T	46	Geri & Ron McPherson, 824-5091, entrance on left of Powis Rd, N of Army Trail Rd.
06/30/Su 7:00	Cedarburg Express	E	125	Ralph Pedraja, 680-7379, Starts from Eagle Lake Park on Church Rd, 1.5 miles north of route 11, 0.5 miles west of Rte 75 in Racine County.