



Wheeling Wheelmen

Monthly Meanders

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

THIS MONTH'S MEETING...

July 11th-----7:00pm

Wheeling High School

Please note the change in location: this month's meeting will be held in the choir room so that we can view a cycling video in air-conditioned comfort, so park in the front parking lot, not in the rear by the cafeteria.

SAFETY CORNER

by Dick Sorenson

"H-TWO-OH"

During the hot days of summer, it becomes all important for bicyclists to drink enough water. Without water we would die in a few days... in contrast, we can live for weeks without food. More than half the weight of the human body is water.. Water is the basis of all body fluids, including digestive juices, blood, urine, lymph, and perspiration. All cell processes and all organ functions depend on it. Water also helps regulate body temperature by distributing heat and cooling the body via perspiration.

The body loses and needs to replace, under average circumstances, two to three quarts of water everyday. If you are exercising or doing physical work in the heat, the loss can be much more. We get some water from the foods we eat, but six to eight glasses of liquid, including juices, milk and soups are usually needed to make up the balance--most nutrition experts agree that the best source is generally plain old water. Water gets into your system fast: If you drink 12 ounces of water, only 30% will remain in your stomach after 15 minutes; in contrast 100% of a soft drink will remain after the same time.

During exercise it is important that you maintain your body's water balance by fluid replacement, or rehydration: that is, by drinking an equal amount of fluid to replace the water lost by

sweat, urine, and exhaled air. Greater physical activity significantly increases the fluid output from your pores and lungs. We actually have the capacity to produce about 8 to 12 liters of sweat during prolonged exercise on a hot day.

In hot weather, water loss during exercise can be upwards of two liters per hour. This much water is needed as coolant for the body because exercising your muscles can generate 100 times the heat of inactive muscles. So for the body's cooling system to be effective, the goal during hot weather exercise is to minimize dehydration.

Dehydration not only puts you at risk for hyperthermia (heat illness) it also reduces your aerobic power and performance. When you become dehydrated, your blood volume decreases. This lower blood volume has a significant effect on your heart's ability to deliver oxygen and nutrients to tissues and to remove waste products. Once dehydrated, it is difficult to rehydrate. Your internal thirst signal won't tell you to drink as much water as your body actually needs.

During long bike rides on windy days or when the wind you generate evaporates perspiration quickly, you may be unaware of the serious extent of how much water you have sweated away. Dehydration results when you do not replace fluid

Cont. on page 2...

The Wheeling Wheelmen Board of Directors

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Club Ride & Information: (312)989-7373

Safety Corner, cont. from pg. 1

lost during heavy sweating.

How can you prevent dehydration? You simply have to make a conscious effort to drink enough fluid. Our thirst mechanism, unfortunately, is not as effective as that of other animals so we cannot simply rely on thirst to tell us how much to drink. The old rule does have considerable merit, that is, drink before you become thirsty.

Here are some steps you can take:

Pre-hydrate your body's fluid level: The day before a century event or any long day's ride, be certain to drink eight to ten glasses of water to build up your fluid supply to an adequate level.

Next day, drink at least one or two glasses of water before you start riding.

During the ride, drink at least one full water bottle each hour...much more if it is a particularly hot day or you are riding at a strenuous pace.

After the ride, drink three or four more glasses of water (or a sports drink) before you are tempted with something alcoholic, since alcohol has a dehydrating effect.

Re-hydrating won't improve your speed, but it will enable you to cycle longer and feel better. It postpones the feeling of dry cotton in your throat, that your thighs are on fire and there's a brick strapped to each pedal.

One precaution, if your preference is for "pure" bottled water in your water bottle, you could be inviting problems as the "pure" water does not contain the chemicals put into tap water to prevent the formation of various micro-organisms. On warm days this could create a serious health problem.

EATIN' RIGHT

by Craig Jorgensen

We've been lucky so far this spring, and we've had some pretty nice weather (even the Udder Century came off this year without rain!). With warmer weather and longer days spent in the saddle however, the danger of dehydration and "bonk" become much greater. Dick Sorenson covered the H2O situation pretty well elsewhere in this issue, but it is also important to remember to eat snacks almost constantly during the ride in order to maintain energy levels. "Bonking" is when you

reach a state of total exhaustion due to the depletion of carbohydrate stores. It usually means SAG wagon time (if there is one), or a long, miserable (make that MISERABLE!!!) ride back.

It doesn't matter how strong, fast or tough of a rider you are, you can't run on an empty gas tank any more than your car could.

In cooler temperatures, it's usually no problem to work up a hearty appetite, but on those really scorching days putting down bottle after bottle of water can fill your stomach and really kill your appetite. Using an energy drink like Exceed or Gatorade will re-supply the much needed carbo, but if you can't tolerate those things, you still must eat, not a lot at once, but take fruit, cookies, fig bars, Powerbars or something to nibble on while you ride.

YOU GOTTA EAT!!!

WANTED

I need an adult women's touring bike. Must have low gears, minimum 14 to 18. Please call Bob Edwards, (708) 998-6063, leave message.

MONTHLY MILEAGE

- | | |
|-------------------------------|-----------------------------|
| 1) Linda Heeter.....650 | 1) Ralph Pedraja.....1202 |
| 2) Cindy Schneider.....619 | 2) Kurt Schoenhoff1149 |
| 3) Christine Schroeder....594 | 3) Craig Jorgensen.....904 |
| 4) Sandy Holzrichter.....518 | 4) Bob Savio.....749 |
| 5) Lotti Dolce.....466 | 5) Steve Rodgers.....697 |
| 6) Christy Donovan.....407 | 6) Andy Dane.....682 |
| 7) Shannon Simpson.....378 | 7) Al Schneider.....619 |
| 8) Gee Cunningham.....347 | 8) Fred Schroeder.....594 |
| 9) Linda Svrcek.....273 | 9) Dennis Braun.....537 |
| 10) Virginia Savio.....267 | 10) Dave Ebert.....498 |

TOUR DE FRANCE T.V. COVERAGE

ABC

- July 6--during Wide World of Sports.
- July 7--special, 4-5pm.
- July 13--during W.W.O.S.
- July 14--special, 1:30--2:30pm
- July 20--during W.W.O.S.
- July 21--special, 3:30--5pm.
- July 27--during W.W.O.S.
- July 28--special, 1-2:30pm.

ESPN

- July 10, 17, and 24--specials airing 6:30--7:30.

RIDES RE-RIDDEN

Lake Forrest, ect. 5/18/91

As ride leader and sweep, Len and I arrived to greet wind and cold for a 9:00am ride. At 9:05am, with the arrival of only one brave soul, Dan Kubingis, the trip was cancelled.

At 9:10 however, a car pulled into the lot hauling three bikes and their energetic riders, Lisa and Wally Dunn, and Peggy Katz.

Again, we unloaded our car and the "cozy six" took off for an invigorating ride with an added feature along the way: cold, hard rain. Needless to say our lunch stop in Daniel Wright woods was very brief, but somehow we all returned smiling though quite wet.

To those who slept in.....GOOD CHOICE!!!

---Bobbie Brenner

"Take Dad for a spin" 6/2/91

Sunday June 2 was a beautiful day for the second annual "Take Dad for a spin" ride. Brad, Gail and Adena Rice took their dad Jerry, and Jessie Dargiel brought her dad Al to the start at Frontier Park in Arlington Heights. Jessie and Al pedalled their Santana tandem while Brad and Jerry rode their Burley pulling Adena in the Bugger. Gail rode her trusty Schwinn as her mother Ester swept.

The pace was gruelling for the 3 miles to Twin Lakes park and the dads were in for more fun navigating paddle boats around the Lake. The young duck and geese families watched in amusement as the boaters pedalled/paddled in circles. After some brief refreshment, the budding cyclists got their dads back in the road for the seemingly endless 3 mile trek back to Frontier Park. Watch for next year's incredible "Take Dad for a spin--3".

---Jerry Rice

Last week, I received a letter from club member Mike Milton, who was involved in a serious bicycle crash on May 11th. Here's what Mike had to say about his accident and recovery.

Dear Wheeling Wheelmen,

First, thank you for the thoughtful and appropriate get well cards, and to all those who called and visited, and sent notes.

So what happened? One moment I was happily riding along, and then suddenly my front wheel was overlapping the rider in front of me. I don't know how. I have no recollection of the

actual fall after hitting the rear wheel of the forward rider--just that my helmet "tapped" the ground, and then there I was--laid out like a "road-kill" squirrel.

I've relived the moment many times. The first few days of my recovery I'd be dozing off from the Demerol and my mind would wander to that moment and then my leg would spasm. Ouch!

While waiting for the ambulance I was in moderate pain. I couldn't move my leg, but I thought that was because I tore a muscle. I could move my shoulder, but not my upper arm, so I thought it was just a severe bruise.

The X-rays must have been a blur. My right leg, the injured one was vibrating like jello in a 5.0 earthquake, and I don't know how they were able to read them.

My memories of the rest of that day are very dim. My family gave the O.K. for the surgery to repair the fracture to my femur, and it was done that night, because each passing hour the chances of the blood supply being restored to the bone were diminishing.

All I remember of the surgery was someone putting a mask over my face, saying "breathe deep", and I was out with four breaths. The surgery took two hours, and I was in recovery for one hour.

My I.V. had a Demerol branch. If I pushed the button it fed right in, and hit my bloodstream within one minute. After ten minutes I would hit the button again. I think that I used quite a lot the first days, as I could only remember a little bit about who visited and what happened. I do remember that any little movement was painful.

Physical therapy started on Tuesday, and on Wednesday, I couldn't believe it, but I took three small "steps". I'm still amazed that with my collarbone in four pieces I was able to support so much weight, but each day I had more and more success.

So here it is, June 6th, and I have a five inch scar to indicate where the Doctor put in those titanium pins. I can put more than 1/2 of my weight on my leg, and can almost bend my knee a normal amount, but it is still painful to lift my leg, or to move it out to the side.

I'll try very hard to get to the next meeting. Thanks again for your get well wishes. They meant a lot to me.

Sincerely,

Michael S. Milton

JULY 1991 RIDE SCHEDULE

07/04/Th 9:00am Arlington Hts, Algonquin, Wauconda T/65mi Cindy & Al Schneider, 696-2356, Arlington Hts train station. A descriptive name, but we like cute or clever ones that arouse our curiosity. Lunch at Wauconda.

07/04/Th 9:00am Lamb's Farm L/28mi Lucy Wathen and Clarence Littwin, 729-3248, Pottawattomi Woods. Bring lunch or buy snack at farm.

07/04/Th 7:00am Stars and Stripes 60 E/60mi Ralph Pedraja, 680-7379, Oak Grove School, Libertyville, North on I-294, exit 137W to O'Plaine Road, south O'Plaine to school (dead ends there). Lunch at Stars & Stripes.

07/06/Sa 6:00am Longest Ride E/150mi Woyteck Morajko, 392-0530, starting at McHenry County College, Rte 14 just N of 176. This may be the longest ride but it's not on the longest day (June 20th). The challenge is to ride like crazy (that's why it's express pace) and finish by dark (unless you got lights).

07/06/Sa 8:00am Marengo T/47mi. Rich Wemstrom, 634-1168. Good farm country. Lots of Moo-moos. Rte 20 and Prospect, Marengo High School. Lunch in Harvard.

07/07/Su 8:00am Trolley Wheels & Hills T/77mi. Susan & Mark Biederwolf, 520-6395, Kildeer School, Long Grove. Bring lunch or buy along the way (lunch in a forest preserve). First ride by Mr and Mrs Biederwolf following their marriage in early May. Come out and congratulate them.

07/13/Sa 6:00am Around Lake Geneva T/125mi. Jim Grant, 428-7042, Wing Park, Elgin, pace of 15-16 mph.

07/13/Sa 9:00am Covered Bridge T/45mi Howard Bronson, 475-1198, Kildeer School, Long Grove. Scenic covered bridge area, moderately hilly. Brown bag.

07/14/Su 7:00am Double Dolce T/128mi. Lotti & Peter Dolce, 398-3957. Bring plenty of fluids and snacks, first long stretch is over 30 miles with no place to stop for water or food. Lunch available. Starts at Eisenhower Jr. H.S., Jones and Hassel Rd, Hoffman Estates--goes to Aurora.

07/14/Su 8:00am Breakfast Ramble T/35mi. Diane & Hans Predel, 255-4029, Kildeer School. Heads out to Algonquin, Il via Cuba and Spring Creek. Eat at Reese's or Lang's.

07/20/Sa 7:00am Beloit-New Glarus E/115mi. or Beloit-Albany T/85mi.

Woyteck Morajko/Carol Passwic, 392-0530, I-90 past Rockford, exit Rte 51 at the border, follow 51 north and west into Beloit. Turn right on Park Str. to Horace White Park. If you wish to stay the night before, try the Super 8 \$35-45 (608-365-8680) at 3002 Milwaukee Rd or the Holiday Inn \$53-65 (815-389-3481) at US 51 & 75.

07/20/Sa 9:00am Lake Forest Etc... L-T/30mi. Bobbie Brenner, 965-6103, Lake Forest Park Bikeway, Old Elm 50 ft west of Sheridan Rd. No place to buy anything, bring adequate food and water.

07/21/Su 8:30am Rural Wisconsin T/55mi. Janie & Bob Neuman, 367-7720, Railway depot on WI 69, north of US 12. Bring a bag lunch.

07/27/Sa 9:00am Kane County Ramble T-E/55-65mi. Rich Wemstrom, 634-1168, Tyler Creek Forest Preserve, Elgin, State 31, 1/4 mile south of tollroad. Good ride with lots of great scenery.

07/28/Su 7:00am Kenosha 100 E/100mi. Ralph Pedraja, 680-7379, Same start as the Stars and Stripes 60.

07/28/Su 11:00am Temple Lippizan L/25mi. Pat Marshall, 564-0346, Leisure only. Oak Grove School on O'Plaine Rd, 1/2 mile south of Hwy 137 in Green Oaks. Bring lunch. Show costs \$10.00 and runs 1 1/4 hours.

07/28/Su 9:00am Bahai Ride L/36mi. Howard Paul, 824-2941, Pottowatomi Woods, North side of Dundee Rd, 1/2 mile east of Milwaukee Ave. Bring or buy lunch at the lakeshore. All non-hyper Wheelmen are invited!

WEEKNIGHT RIDES

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

Thursdays--6:00pm from Kildeer School in Long Grove, Old McHenry Rd. S. of Rt. 22. Show and Go, Kurt Schoenhoff 634-2634.

Due to poor turn out, the Wednesday morning rides that were to be led by Sandy Holzrichter from Lions park in Cary have been canceled.