

MONTHLY MEANDERS

Volume XXI No.10

The Wheeling Wheelmen

October, 1991

THIS MONTH'S MEETING...

Thursday, October 3rd
7:00pm
Wheeling High School

Join us this month as
Howard and Lois Paul
present a slide show on their
bicycle tour to the Loire
River Valley in France.

Safety Corner

by Dick Sorenson

This time of year always comes as a mixed blessing. For one, it's the onset of the absolute best time of the year for bicycling: fresh, crisp air, invigorating weather, renewed spirits and the anticipation of a spectacular burst of autumn coloration. On the other hand, the hours of daylight become shorter and shorter, seemingly at an accelerating pace... not only does the sun rise later and later each day, but it has the audacity to sink below the horizon earlier and earlier each evening. It's not fair! Why can't we luxuriate in the long days we all took for granted during the summer months. It's so frustrating... there's not enough time (daylight) on week days to bike in the morning before work, then there's the rush home after work, to get a few miles in before dark... it becomes a constant battle until we absolutely have to concede defeat to nature. We know she wins (we lose) every year when we leave for work or school in the dark and return home at night in the dark.

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Prezsez

by Alan S. Berman

It's finally behind us... and what a day it was. Beautiful weather and plenty of volunteers resulted in another successful and well run Harmon Hundred. This year we had to make some last minute route changes and that, coupled with some minor objections to our marking the roads, has shown us that Long Grove isn't the only community that can give us a hard time. But these minor set backs can't detract from the fact that through it all-- our club members came through and did the job.

A special thanks should go to Al & Eva Dargiel for the tremendous hob they did in coordinating it all. And a Dargiel was out on the road with his van until he knew that every last rider was back.

The Christmas party will be at Bob and Virginia Savio's house this year. It is tentatively scheduled for saturday, December 7th. Final details remain to be worked out, but we have two more newsletters to give you the final plans.

The New Year's day party is tentatively scheduled

for Joanne Begy's house. Watch for more information in subsequent newsletters.

Remember to mark your calendars for November 15, 1991. That is the date of the club banquet. Peter & Lotti Dolce are working hard to make this a successful event and it would be nice to reward their effort with a nice turnout. Even though it isn't necessary to be present to win a raffle prize for your volunteer efforts, I think in would be more meaningful to be there in person to accept your prize.

Thanks to Pat Marshall for coming up with the idea of some well deserved recognition for Phyllis Harmon at the Knox park rest stop. I am sure that an awful lot of riders read over all of the materials on display and learned a little something about this very special lady who has given so much of herself to promote the wonderful world of cycling. The Harmon still remains as one of the premier invitationals, and I heard (unverified) that a group came in from New York especially for this event.

Enclosed with this newsletter are election ballots so

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The Wheeling Wheelmen board of directors

President	Al Berman	541-9248
Vice President(s)	Carol/Woyteck	392-0530
Treasurer	Justin Himel	998-1326
Membership	Lisa Gerhold	803-3998
Safety	Dick Sorenson	593-7945
Newsletter	Craig Jorgensen	356-0692
Bike Books	Roy Erikson	381-5128
(All 708 area code)		

Club ride and information: (312)989-7373

Safety Corner from page 1

What does this lesson in futility have to do with safety you ask? The answer is that in the rush to pedal the same weekly miles as we did during the summer, we tend to take more chances and get careless. You'll find yourself riding during the worst, most dangerous, times to cycle: at dawn, dusk and nighttime, times when driver's visibility is minimal...they just can't see you. Resist the urge.

Be certain to take all of the common sense precautions when you ride at those times. Carry good, dependable illumination... devices that enable drivers to see you from front, rear and sideways directions. My theory is that you can never have too many lights or reflectors. I advocate strobe lights, probe lights, halogen lights, tail lights, head lights, leg and arm lights, reflective clothing, strips, spoke and pedal reflectors and any other effective technology and gives you high visibility. Try to emulate Snoopy's Christmas tree... Brighten up!

Make sure you can be easily seen by drivers, other bicyclists and anyone else using the roads. Invest in good warning lights, reflective strips and brightly colored, light clothing. Don't use cheap "toy" illumination, it's a bad investment! Buy good lights that are dependable and throw out a strong beam of light. I like the headlight beam to hit the road about ten feet in front of the bike.

In addition to good lighting, you must pedal more carefully, more defensively than ever. Nighttime is no time to be a road warrior. Remember those drivers we talked about last month? The ones who are flossing their teeth, talking on the phone,

and engaging in other such activities while they drive? Will, they're still out there, and are even more dangerous at night. To make matters worse, those normally careless drivers may also be under the influence come evening. Encountering drunk drivers is perhaps your most dangerous bicycling situation. Watch all vehicles for erratic operation and speeding. Get out of their way!

If your bike is well-lighted and carrying good reflectors, main road travel is reasonably safe. You'll also benefit from the lights of passing cars as their headlights will illuminate the roadway much better than your small light.

Other roadway hazards are potholes, road debris and animals. One suburban problem is nighttime, no lights, wrong side of the road Kamikaze bicyclists. Also, the bright beams of oncoming traffic can temporarily blind you. So be careful... try to limit your nighttime riding exposure, be aware of potential hazards, and use good road sense. Believe me, mother nature will win... the days will continue to get shorter right up until December 21st. Remember your wind trainer and those boring hours spent cycling in front of the TV last winter? [Don't remind me! ed.] Well it's laying in your closet, smiling, knowing you'll be pedaling to nowhere for the following four months. Unfortunately, that time will soon be here, but in the meantime, let's enjoy the best of Fall cycling.



WEEKNIGHT RIDES

...Sadly enough, are all over for the year.

But join us next year in this very space, for the further adventures of Ralph and Charlene!

Pressez from page 1

you can vote for our 1992 officers, best new ride, and most improved riders (male and female). This year, as last, Hans and Diane (along with the Dolce's) will be acting as assistants to the new ride chairman, and we can be assured of another year of great rides (with shorter options on some of the long ones!). Since there is a contest this year for treasurer, make sure that you attend this month's meeting so you can have a chance to talk to the candidates. Please return these ballots by November 1st.

Finally, the Board of Directors of the Wheeling Wheelmen want to thank each and every one of the wonderful volunteers who helped make the 1991 Harmon Hundred such a successful event. The work started long ago when we decided to move our starting point out to Wauconda, which meant that we had to come up with a totally new route. Lots of work went into the design and ordering of T-shirts and patches, ordering food and supplies, and marking the route.

and on the day of the ride we had plenty of help at Sag Stops, the parking and traffic control were excellent and the SAG drivers were kept busy from daybreak to sunset. THANK YOU to all who helped!!!

CONTACT LENSES: A BICYCLIST'S OPTION

If you wear glasses and are an active cyclist, you may find them inconvenient. Eyeglasses can slip down your nose, block peripheral vision, or interfere with the comfortable fit of a bike helmet. Contact lenses can solve these problems. And since the contact lens moves with the eye, there's no blind area at the edge of the lens, as there often is with glasses. There's no fogging up, no risk of breakage, and no slipping off your nose. Contacts may also improve your peripheral vision and depth perception. You will no longer need prescription sunglasses.

If you're planning to buy contact lenses for sports, be sure to tell your doctor that you want them for this purpose. Specialists in eye care for athletes usually suggest the large diameter, daily-care soft lenses: there's less chance of a foreign body getting under larger lenses, and less chance that they'll get dislodged. If soft lenses don't provide the visual acuity you need, (and they may not be adequate if you are astigmatic), there are other types available. If you choose regular soft lenses, you'll have to go through the daily cleaning and disinfecting routines. Because of the danger of eye infection, extended-wear contacts, which you leave in place for up to seven days, are not recommended.

Contacts, of course, are far from problem-free. Sweat in the eye can be extremely irritating if you wear contacts. Contact lenses occasionally fall out. And because the solutions required

to keep contacts clean are expensive, contacts will cost more than glasses. But they do offer some advantages for sports and exercise.

Thanks to "Wellness Letter".

--Dick Sorenson

TOP TEN MILEAGE

WOMEN

1) Linda Heeter	2772
2) Christine Schroeder	2296
3) Cindy Schneider	1581
4) Lotti Dolce	1149
5) Sandy Holtzrichter	1052
6) Christy Donovan	986
7) Virginia Savio	820
8) Geri McPheron	582
9) Charlene Blake	580
10) Sue Biederwolf	571

MEN

1) Guess?	3738
2) Kurt Schoenhoff	3173
3) Andy Dane	2820
4) Fred Schroeder	2162
5) Dave Ebert	1971
6) Craig Jorgensen	1964
7) Steve Rodgers	1882
8) Bob Savio	1665
9) Ed Addison	1586
10) Al Schneider	1582
11) Rick Arnopolin	1546

Okay, . it's top eleven, so sue me!

Attention!

As mentioned in last month's "Gearing Up", we need photos for the slide show presentation at the banquet. As of this writing, Lotti has not received one! All photos will be returned unharmed, so get those baby's in the mail, or give them to Lotti at the next meeting.

Lotti Dolce
1122 Dale Ave.
Arlington Hts., IL 60004

TIPS WORTH THEIR SALT

1) In the springtime, stay away from salted areas. They are no good for frame, accessories, and tires. To really stay away, stay home.

2) Puddles. Have you ever gone through a puddle to "wash" glass out of your tires? Don't. There may be salt and more glass accumulated in the puddle.

3) Lightning. Get off your bike and don't walk it. Water conducts electricity, and neither your wet shoes or wet tires are insulators. A standing tree or your body can both act as lightning rods. Lie down in a low spot and well away from your(prone) bike. If you drown in a culvert while avoiding the electrical storm, it might make a more interesting story than just getting hit by a bolt anyway. (You might also consider not going to Cape Cod. Salt adds materially to the conductivity of water).

--Joe Tobias

Gearing up

Compiled by Craig Jorgensen

As this issue went to press, I haven't received a lot of information about the Harmon. All I know at this point is that we had a great riding day, and a turnout of about 1650 riders. According to Ralph, the last riders struggled in VERY late! Hopfully I will have more detailed information next month.

A bit of sad news to report, again just as this issue went to press, I learned that club member Jane Newell suffered a stroke while riding her bike. I don't have more information on this either, other than she is at Condell Memorial Hospital in Libertyville. Get well soon Jane!

OCTOBER 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.)
09/28/Sa 9:00	Tour of Cow Country	T	65	Woyteck Morajko, 392-0530, Sharon Wisconsin, Rte 67 and County C at grade school, 5 miles west of 14.
09/29/Su 9:00	DeKalb Korn	T	63	Diane & Hans Predel, 255-4029, start from N.I.U. fieldhouse. Take I-88 to Anne Glidden exit. Directly north 1.5 miles to Lucinda (stop light), turn right to parking lot on right side of street. Lunch in Rochelle (Hardees). The "flattest" ride we've got. Not a single hill, so flat it actually sags here and there!!
10/05/Sa 9:00	Ralph's Racine County Ride	E/T	65	Ralph Pedraja, 680-7379, start from Eagle Lake Park, WI, Church Rd, west of WI 75. Slightly hilly, but a super ride touring Racine County as it was meant to be toured -- from the saddle of a bike.
10/06/Su 8:30	Brookfield Zoo	T	50	Al Dargiel, 312-685-7708, start from Busse Woods, Golf Rd, west of Algonquin Rd(62), east of Rte 53. Spend 1 1/2 to 2 hours at the zoo. Bring lock, \$\$ for entrance fee and bring or buy lunch.
10/06/Su 10:00	Kettle Moraine	L/T/E	30/60/68	Virginia & Bob Savio, 438-8066, General Store, LaGrange, WI. Express pace offered by Ralph Pedraja, 680-7379, at same starting location and time. Here is a ride with options for everybody. Enjoy the fall weather with some great sandwiches at the General Store after the ride!!!!
10/12/Sa 9:00	Loops of McHenry	E	80	Ralph Pedraja, 680-7379, McHenry County College, Rte 14, past Rte 176, outside of Crystal Lake.
10/13/Su 8:30	McHenry to Fontana	E	64	Linda Heeter, 581-1452, McHenry County College, Rte 14 after Rte 176 - past Crystal Lake, IL.
10/13/Su 10:00	Park to Park	L/T	45 total	Mike Milton, 577-9887, Allen Park, Ottawa, IL. Take I-80 to I-71 Southwest, cross Illinois River, immediately turn right into park. Turn right again to parking lot under I-71 bridge. Be sure bike and brakes are in good condition due to steep, curving roads. Two rides: one at 10 AM 20 miles and one at 11:30AM 25 miles in length. Bring lunch, water. Can hike in parks.
10/19/Sa 7:00	Harman 100	T	100	Lotti & Peter Dolce, 398-3957. Wauconda Orchards. Rerun of that GREAT ride for anybody who missed it or just wants to ride it again. Bring your lunch or buy in Woodstock.
10/19/Sa 8:30	Leaf Me Alone	T	26	Hans & Diane Predel, 255-4029, Crabtree Nature Center, Palatine Rd, 1/2 mile East of Algonquin Rd. Breakfast in Algonquin. Per my count, three good hills going out to whet your appetite and four good hills coming back to burn off that breakfast! Joint ride with the Arlington Club.
10/20/Su 10:00	North Shore II	L	25-30	Larry Erman, 724-1301, start at Lake Cook Rd and St John's, 1/4 mile east of Green Bay Rd. Flat and scenic. Bring lunch or buy in Lake Forest, slow touring pace.
10/20/Su 9:00	Twin Lakes	E/T	60	Start at Wauconda Apple Orchard. Ralph Pedraja, 680-7379.
10/26/Sa 10:00	Apple Cider Ride	L	35	Kurt Schoenhoeff, 634-2634, Kildeer School, Long Grove. Kurt's famous alternate to the Apple Cider Century. This should bring back good memories or make you wish you went. Joint ride with the Arlington Club.
10/27/Su 10:00	Lakefront Ride	L/T	20-35	Howard Paul, 824-2941, Foster Avenue Beach (the girls are gone by this time, darn!) in Chicago, Foster Ave east of Lake Shore Dr. Lunch at North Pier Mall on return route. North Pier has some interesting exhibits to see.