

MONTHLY MEANDERS

Volume XXII No.1

The Wheeling Wheelmen

January, 1992

THIS MONTH'S MEETING...

Thursday, January 9,
1992
Wheeling High School
7:00pm

Safety Corner

by Dick Sorenson

"If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome." ---Anne Bradstreet

Winter. That season is so mournful that even poets are depressed by it; that time of bitter wind, heaping snow, knifing sleet, dead batteries, glazed expressways, barren landscapes and suffocating clothes; that celebration of shovels, slop and darkness without end.

The worst that can be said of winter is that it is nasty, mean, cruel, punishing, vengeful, vexatious and generally not nice.

Winter at its best, however, is the glistening of new snow after a storm has passed, especially in the woods, unmarked but for occasional tracks of animals, and the blissful silence of nature.

It happens every year, the days grow shorter, and with it, goes our supply of energy. The weather affects both the body and the mind. And winter, the most extreme season of all, brings out the

Prezsez

by Alan S. Berman

Our January Meeting will be the second Thursday, January 9, 1990, to give everyone a little extra time to recover from welcoming in the New Year. This meeting will be devoted to discussing the new ride schedule and lining up ride leaders. Since the majority of the rides will have a long version and a shorter version, we will need plenty of volunteers. My goal continues to be an attempt to accommodate all levels of riders, and hopefully having a shorter version of every ride will achieve this purpose. The average speed on any "TOURING RIDE" seems to be dictated, more or less, by the people who show up for the ride.

If the Ride Leader perceives that a number of people showing up for a particular ride are newer riders and not capable of going at a faster touring pace, it is his duty to assign a leader and sweep for this group. I recognize the fact that while everyone has a cue sheet and should be able to follow the route, not everyone

enjoys riding alone. I think there should be some responsibility on each individual who shows up for a ride to be sure he or she is riding with at least one companion; not only for the camaraderie but for safety as well.

Another thought which I know Ralph has already addressed is to provide each rider with a map of the area as well as a cue sheet. That way if he or she gets off the route accidentally they can find their location or even use the map to find a shortcut to the finish if they are having trouble with the mileage. No system is perfect and we will make every effort to make the cycling experience enjoyable for everyone.

If a ride leader is not properly performing his duties or you have any complaints or comments about any ride please write a note describing the problem so the Board can deal with it. If you wish to remain anonymous in voicing your complaint that's fine too. Just let us know the problem exists; otherwise we can't correct it. And finally let's all concentrate on riding safely so we don't have another injury-plagued year.

The Wheeling Wheelmen board of Directors

President	Al Berman	541-9248
Vice Pres./Ride Chair	Ralph Pedraja	680-7379
Treasurer	Lotti Dolce	398-3957
Membership	Sandy Holzrichter	516-1817
Safety	Dick Sorenson	593-7945
Newsletter	Craig Jorgensen	356-0692
Bike Books	Roy Erikson	381-5128

(All 708 area code)

Club ride hot line and information: (312)989-7373

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most extreme effects. Ailments act up--January is the worst month for respiratory problems, tonsillitis, sore throats...and February follows with heart problems, stomach ulcers, middle-ear infections, flu and sinusitis.

Colds and related viruses are 4 1/2 times more common in January than in July because viruses grow and multiply more easily in cold weather.

People are more sensitive to pain of any kind in cold weather. But, on the bright side, there are fewer migraines, asthma attacks and strokes on clear, cold days. And reflexes improve.

Thinking improves in the winter (IQ scores have been tested to rise 10% just before a winter storm). But... people tend to be more forgetful in the winter. Personal discomfort interferes with close attention to details.

There are more accidents in winter.

People tend to relax their diets and gain weight (Average winter eight increase: 7 1/2 pounds). But it's easier to lose weight... if you want to (Because fat burns faster when exercising in the cold).

One big problem for some is seasonal affective disorder... known as SAD, or winter depression. When the daily dose of sunlight dwindles, most of us experience a mild seasonal feeling of sluggishness.

For others, however, it may be more acute, causing a depressed feeling along with not being able to concentrate and experiencing changes in sleep patterns. They feel fatigued even while getting enough sleep. Why people get the disorder is not clear, though research has determined that the amount of sunlight passing through the eyes to the brain plays an important role in activating hormonal mechanisms that regulate mood, appetite, sleep and even fertility. When the daily supply of sunlight is reduced, such mechanisms are disrupted.

What are some defensive things we can do to ward off the effects of a long, grueling winter? Get outside and exercise. Take a walk, skate, cross country ski. Something as easy as a ten-minute walk at lunch in daylight can help dispel the gloom.

For true sportsfolk, winter is a kind of festival: The chicness of downhill skiing, the rugged individualism of cross-country, the grace of ice skating, the heartiness of hiking and snowshoeing. So let winter come, take it for your share and enjoy. After all, this is CHICAGO! And it gets cooold here! If you wanted Cancun, you should have bought a ticket.

ST. PAT'S RIDE !!!

Just when you thought it was safe to go back in the water (or ice as the case may be), it's time to start planning for the annual St. Patrick's Day invitational. The date has been set and Wauconda Apple Orchards has graciously consented to hosting the ride again this year. Notifications to the magazines have gone out as of the end of November and the mailer should be well in hand soon. Volunteers for the various tasks will be accepted at any time by either Larry Erman or Jerry Rice. So put on those long undies and join us on March 15th for our season opener!

--Jerry Rice

TOUR DE KURT

A weeklong bike tour is being planned for August 8th--15th, 1992. This rour will start in Barrington and go to Galena and back following much of the Milk Run Ride. It will be a motel trip with a SAG vehicle to carry your personal items. For more information call Kurt Schoenhoff at (708)634-2634.

FOR SALE

Skating Ski Package, Rossignol Delta Carbon Honeycomb skis (200cm), Salomon SNS ProfiI bindings, Salomon SR911 Skate Boot (Size 11 U.S.), 167.5 Exel Integra poles, excellent condition. \$300.00. Contact Andy Dane (312) 271-0808.

16.5 Specialized Stumpjumper Comp., 1990 model. All Deore XT components, Tange Prestige triple butted frame. Bike mechanics bike--like new. \$950 new, asking \$650 or best. Marlene Cohen (708)272-2993.

NEWSLETTER INFO

1). Your articles, stories, comments, etc. are welcome. Please send to Craig Jorgensen, 25625 Columbia Bay Drive, Lake Villa, IL 60046.

2). The deadline is the 10th of the month preceding (e.g. May 10th for June newsletter)

3). All submissions must be typed (double-spaced, 1" margins) to be considered for publication.

4) Ads will be run free for one month, for club members only. We do not sell advertising space, or provide mailing service.

5). If you change your address: Call Sandy Holtzrichter (708) 516-1817.

MORE HARMON COMMENTARY...

Jerry Rice:

Many issues have been discussed lately regarding safety on the Harmon Hundred. While all of these are important to resolve, this response is directed to the "over-extended" rider problem.

I have driven sag wagon for the last five club invitationals, and was the last driver in for two out of the last three Harmon's. Those of you that have also driven sag know what a long day it can be and may sympathize with the "make the tired riders finish" faction. I do agree that riders should be encouraged to rest, fuel up, and get back on the bike. I STRONGLY DISAGREE that sag drivers or any other club member should refuse help to someone who requests assistance, and that is what I've been reading

between the lines. To re-iterate a previous point, sag drivers are discouraged from administering medical treatments to avoid liability. To extend this argument, let's suppose a rider flags down a driver but the driver leaves having determined the rider is merely tired. Two miles down the road the rider loses consciousness, falls off the bike and suffers serious injury. Who's at fault now? The sag driver made a judgement on the rider's condition which resulted in the injury.

You make think this is a ridiculous situation, but something similar happened to me about two years ago. Sure, it was my fault. I didn't eat breakfast and didn't take any food along, but who needs it for a quick 25 miler? On the last leg, two blocks from my house, everything went gray, then I started getting tunnel vision. It

came on me in about 30 seconds but took three hours of sleep and half a pan of lasagna to recover.

How many of you have rounded that corner at Nish and Valley view all fired up to make the hill to be faced with a bunch of slower riders? Maybe one of them takes a hand off the handlebar to "pump" those tired legs and swerves a little in the process or maybe dismounts altogether. Pretty soon they all swerve and you get pinched because you were concentrating on the climb and forgot to call out "passing". And yes, by September many riders are in decent shape. But the Harmon IS an invitational, IS open to any and all riders whether they are experienced, beginners, conditioned, or out of shape, and IS the best invitational that I have ridden in and worked for. This "fatigue" issue needs to be seriously considered if a policy decision is going to be made.

Joe Tobias:

What comes out of the exchange in Monthly Meanders between Dick Sorensen, and Hans Predel, on matters of safety as to Harmon Hundred is, surely, a great need for an immediate review and critique of the most recent event.

Not that the 1991 Harmon was not run in as efficient and effective a manner as any predecessor. To the contrary, I think we must all agree that the event is progressively better run from one year to the next. Indeed, anyone who has participated since a time before Hans Predel joined our club, has to recognize that Hans (with the help of Diane) is responsible for a series of marked improvements in the way the event is run. I as a member,

and all of us, have to be grateful for the spirit and energy that Hans and Diane have lavished upon Club operations.

Of course, though, no enterprise is ever perfect. As it continues, we learn from, and build upon, past experience.

So, most certainly, Dick's article cannot be taken as a matter of sheer criticism.

There was a big deep chuck-hole on the route, just a few feet short of Highway 60, on Fish Lake Road with no warning. Someone--let us say without a helmet--could very easily have been trapped and then have spilled out and onto Highway 60. And who would have been liable for his serious injury or death? All of us. Yes, all who had participated in putting on the Ride. Our liability waiver (prepared

by myself after some study, and with Dick Ryan participating in the final draft), protects us from simple negligence. This, though, could very well have been held wanton and gross negligence.

I thus respectfully urge our president Al Berman to call a special meeting of all the chair-persons who took part in the 1991 Harmon Hundred plus any other members who want to attend. There Dick Sorensen--very thoughtful, and always a joy to read--would have his say. There Hans--very important and valuable as he is to our club--would join issue. The chair-persons and others would be given the chance to speak out. From this conference would emerge recommendations and a report for acceptance and modification by our entire membership. That way, should

BEST NEW RIDES FROM 1991

Sandy Holtzrichter for "Going for Ice Cream" 20-50 miles,
Woyteck Morajko for "Tour of Cow County" 51-100 miles,
And a tie for the high mileage rides...

Fred and Christine Schroeder for "Janesville to New Glarus"
Peter and Lotti Dolce for "Double Dolce" 101+ miles.

MOST IMPROVED RIDERS OF 1991

FEMALE: Charlene Blake and Virginia Savio.

MALE: Ed Leidecker and Kurt Schoenhoff.

JANUARY "SHOW & GO RIDES"

Ralph Pedraja will lead all "Show & Go" rides starting at 11:00am every Saturday in January. Anyone interested in riding must call Ralph at (708)680-7379 NO LATER THAN 9:30am Saturday morning to find out if ride is still on and location of ride. There will also be a NEW YEARS DAY RIDE at 10:00am from DANIEL WRIGHT SCHOOL.

TOP FIVE WINTER MILES (Men and Women)

- | | |
|-------------------------|---------------------|
| 1) Ralph Pedraja--231 | Joan Segedie--99 |
| 2) Al Berman--167 | Chris Schroeder--84 |
| 3) Woyteck Morajko--157 | Lotti Dolce--74 |
| Kurt Schoenhoff--157 | Charlene Blake--74 |
| 4) Fred Schroeder--134 | Pat Marshall--69 |
| 5) Ed Addison--124 | Fran Green--68 |

TOP TEN MILEAGE 1991

MEN

RALPH PEDRAJA--5,027
KURT SCHOENHOFF--4,251
ANDY DANE--3,358
FRED SCHROEDER--2,654
DAVE EBERT--2,546
STEVE RODGERS--2,336
BOB SAVIO--2,238
CRAIG JORGENSEN--2,213
ED ADDISON--2,178
ED LIEDECKER--2,082

WOMEN

LINDA HEETER--3,261
CHRIS SCHROEDER--2,561
CINDY SCHNEIDER--1,943
LOTTI DOLCE--1,432
SANDY HOLZRICHTER--1,302
VIRGINIA SAVIO--1,263
CHRISTY DONOVAN--1,100
CHARLENE BLAKE--1,062
GERI MCPHERON--862

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a claim ever be made against the Club, we could point to a coherent plan, achieved as part of a reasonable attempt to perform our job as to safety. And, incidentally, this same conference could be used to outline elements of the budget of the 1992 Harmon, allocating so much for safety, so much for food, and other proportions for other phases.

From year to year, and all through the year, one hears non-members praise the quality of our Invitational. We have been very lucky in the matter of injuries; and we all must agree that we want to do everything reasonably possible (that's the key criterion) to maintain this record.



Special thanks to Gina Interrante for sending in all of her STRANGE AND BIZZARE clippings!!!