

MONTHLY MEANDERS

Volume XXII No.2

The Wheeling Wheelmen

February, 1992

THIS MONTH'S MEETING...

Thursday, Feb. 6, 1992

7:00pm.....Wheeling High School

Join us for an Antique and Unusual Bicycle show!!!

Safety Corner

by Dick Sorenson

This winter resolve not to allow your body to atrophy. Cold weather doesn't have to mean the end of the outdoor exercise. Running, walking, and cycling on cold winter days can be downright exhilarating. They're also good ways to get you out into the sunlight and thus help avoid the wintertime blues, otherwise known as SAD (See last month's article). The trick is to be sensible and make allowances for the weather in the choice of clothes you wear.

First of all, don't overdress. The most common problem isn't that active people wear too little clothing in the cold, but too much. Exercise raises body temperature significantly--even a moderate workout can make you feel that it's 30 degrees warmer than it really is. So when you're about to bicycle vigorously on a 25 degree day, dress for about 55 degrees.

Wear several layers of loose-fitting thin clothing. This helps insulate you and trap the heat you generate, while allowing moisture to escape. You'll then be able to take off layers if you become overly warm. The critical innermost layer should be made of a fabric that wicks sweat away from your skin. Fabrics such as polypropylene and Thermax are very effective. Next can come a wool sweater or jersey, synthetic turtleneck, and/or pile jacket, with leg warmers or thermal long johns when it's really cold. The middle layer should lend more insulation and continue the wicking process. For the outer layer wear a jacket that's waterproof, wind-resistant, and yet breathable, so that moisture isn't trapped inside. If you stop exercising for any reason and remain outdoors, put on extra clothes before you begin feeling cold and chilled.

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Prezsez by Alan S. Berman

Well, the winter riding program is really successful this year with good turnouts on Saturday and some impromptu rides on Sunday. The rides are in the 25-35 mile range, start at a reasonable hour, 11:00 a.m.-12:00 noon, and provide the opportunity to end a chilly ride with some hot food at one of the many local restaurants. If one dresses correctly, winter riding can be quite comfortable down to around 32 degrees, and the aerobic benefits per mile of cold weather riding are much greater than in warm weather.

This year, not only will there be at least two rides every Saturday and Sunday, but also there will be week-day rides on Tuesday, Wednesday and Thursday evenings. Watch for details in future newsletters. There will also be at least four leisure/slow touring rides, under 50 miles, per month and if enough interest is shown, I'm sure this can be increased. All in all, I'm looking forward to an exciting year with rides that should appeal to all levels and abilities.

This year all members will be assigned a number. When you sign in for a ride, use of this number as well as your signature will help the ride chairman credit your miles, as some signatures are hard to read.

It's nice to have coffee and a snack at our meetings, and I'd like one volunteer to bring coffee and cups, and different people to bring other goodies to each meeting. If you are interested in doing this, please call me at home or let me know at one of the meetings.

The Wheeling Wheelmen Board of Directors

| | | |
|---------------------|-------------------|----------|
| President | Al Berman | 541-9248 |
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| Treasurer | Lotti Dolce | 398-3957 |
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| Safety | Dick Sorenson | 593-7945 |
| Newsletter | Craig Jorgensen | 356-0692 |
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| (All 708 area code) | | |

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

SPRING GREEN TRIP WEEKEND OF JUNE 27 - 28

Good news!!! Wildwood Lodge is still open for business and the last weekend in June has been reserved for our trip. The final costs and menu, etc. haven't been finalized yet, but we'll need a deposit of \$40.00 per person as soon as possible to reserve your space. Last year we had 35 people and that is about the capacity of the lodge.

This year the American Players Theater will open on June 23, so any theater lovers can once again see a Shakespeare play under the stars on Saturday night. The food is great, the scenery is spectacular, and we'll be scouting out some more areas so we don't get bored with the same old hills. Please send your checks to Alan Berman or Fran Green, 340 Redwing, Deerfield, Illinois 60015.

Winter Banquet

For those of you brave enough to keep riding in this cold weather, there will be an informal dinner party/banquet at the Italian Kitchen restaurant (near the corner of Deerfield and Waukegan roads in Deerfield) on February 28th at 7:00pm.

This will be BYOD (that's buy your own dinner). Call Ralph before Feb 2nd if you will be attending (708)680-7379.

FEBRUARY "SHOW & GO RIDES"

Ralph Pedraja will lead all "Show & Go" rides every Saturday and Sunday in February. Anyone interested in riding must call Ralph at (708)680-7379 NO LATER THAN 9:30am the morning of the ride to find out if ride is still on and location of ride.

TOP FIVE WINTER MILES (MEN AND WOMEN)

- 1) Ralph Pedraja-422
- 2) Woyteck Morajko-268
- 3) Wayne Segedie-265
- 4) Rick Arnopolin-235
- 5) Alan Berman-227

- Joan Segedie-203
- Pat Marshall-154
- Fran Green-128
- Marcia Swider-90
- Chris Schroeder-84

FOR SALE

Indoor fan trainer: Mint condition, one year old, McLain trainer. Dual fans provide realistic progressive resistance. Very stable mounting to rear axle and down tube. No need to remove wheels. Folds for easy storage and transport. Paid \$112, yours for only \$70. Call George Frayn at (312)777-7648.

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

Diamondback Mountain Bike (Topanga). 20.5" Frame. Almost New. Ridden only few times, never off-road \$300.00; **ALSO,** Lotus Excelle Road Bike. 23" frame. Rated #1 by Consumers Report (when new) in its class. Shimano SIS and many upgrades. \$150.00. Call Earle Horwitz at (708) 398-2177.

NEW MEMBERS:

Starting this month, we will be greeting new members in this space. Since this is brand new, we may have missed some early joiners; so sorry. Anyway; this month let's give a big "Hey dere" to: Todd Leverentz, and Solomon Meyers.

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) 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 Hozrichter (708) 516-1817.

Safety Corner from pg. 1

Select clothes with zippers. Zippers make clothes adaptable when you get too hot you can unzip them halfway to let in air--and you can remove garments easily. In general, it's best to start opening zippers and/or removing layers as soon as you start to sweat. If possible, find clothes with oversized zippers and large pull tabs so you can easily open and close without removing your mittens or gloves.

Mittens are warmer than gloves since they keep your fingers together and have less surface area to allow heat to escape. You can also use special inner liners made of polypropylene or another material that draws sweat from your skin.

Full-finger winter cycling gloves can keep fingers warm if they are insulated, waterproof, and breathable.

Wear a cap. Oddly enough- one way to keep your feet warm is to wear a hat--since you lose so much heat through your head. Your best bet is a wool or synthetic cap or a hood. To get a cap to fit under a bike helmet- you may have to remove a few of the pads inside the helmet. Keeping your ears warm is an added advantage of wearing a wool pulldown cap. Also: use of a Gore-Tex cover transforms any cycling helmet into a waterproof, windproof, breathable head protector.

Shoes should have a little extra space inside to trap warm air --and when it's really cold--let you wear an extra pair of socks. Socks that blend wicking and warm fabrics such as polypropylene and wool are a treat for the feet. Insulated shoe covers, insoles and covers on the pedal cages also help. You can also use off-road pedal cages for a wider shoe or boot.

Compensate for the wind. The wind can penetrate clothes and remove the insulating layer of warm air around the body. When the temperature is 20 degrees, a 15-MPH wind makes it feel like -5 degrees. And fast cycling motion has the same effect as the wind since it increases air movement past the body. Compensate for a strong wind by riding into a headwind on your way out, then behind you on your return. That way you'll get the worst over before you're fatigued and sweaty.

Drink as much in the cold as in the heat. This is crucial. It's easy to become dehydrated in cold weather because of the water you lose from sweating and breathing and because of your stepped-up urine production. Dehydration hinders your body's ability to regulate its temperature. Drink before, during, and after your workout. It's best to avoid alcohol and

caffeine; both tend to have a dehydrating effect.

Frostbite and hypothermia are the two main dangers of exercising in the cold. Be on guard for the numbness and white discoloration of frostbite--particularly on your hands, ears, toes, and face. Hypothermia, which involves a dangerous drop in body temperature is mostly a risk when you're out in very cold weather for many hours, especially if you're wet and/or not moving around enough to stay warm. It's all the more important that you let common sense guide your activities in very cold weather. Keep moving. When you stop exercising for any reason and remain outdoors, put on extra clothes before you start to feel cold. To stay warm, try to keep moving. One last word: Be on the safety defensive during outdoor winter workouts. Shorter daylight hours, poor weather visibility, plus the risk of slipping on icy patches call for extra care in your running, walking, and cycling

We regret to report the passing of club member Jane Newell on January 9, 1992. Jane was an avid cyclist and member of the Wheeling Wheelmen for the past seven years will be missed by all...

Contributions in her name can be sent to the Libertyville library (413 N. Milwaukee Ave., Libertyville IL 60048), or to the League of American Wheelmen.

COME FLY WITH ME...

One of the most interesting things that I saw on my recent trip to the Chicago Adventure Travel show, was a company offering charter flights aboard a beautiful, restored old DC-3 airplane. I've got a mild fascination with old aircraft, and I thought it would be a great way to arrive at a destination for a bicycle adventure.

I'd like to see who feels the same way, and also get some suggestions for trip ideas. The man I spoke with said that the bikes would be no problem (they've done this before), so if I can get 20 or 30 interested people, we can put something together. Remember though, this flight will not be as smooth, quiet or fast as a modern plane, but that's half the adventure right? Call me, Craig Jorgensen, (708)356-0692, and give me your input.

LAW Membership -- The Fun Side

by Barbara Sturges

LAW Area Representative Ted Sanders, the Region 8 (Illinois) League of American Wheelmen (LAW) director has written articles recently explaining and promoting the new League of Illinois Bicyclists. Joining LAW automatically grants membership in this new organization which will advance bicycle education and advocacy "closer to home" than the national organization. I am strong supporter of these goals BUT bicyclists also like to have fun!

Last summer my husband Al and I attended our first LAW Rally in Olympia, WA, followed by a "Post-Rally tour" of the San Juan Islands (in Puget Sound). We had a great time and my appetite was whetted for information on the 1992 Rally.

Well -- when I read Steve Clark's article in the 1992 Bicycle USA Almanac (the December issue of the monthly magazine received by all members) I couldn't keep this information to myself. The Rally will be June 30 - July 5 at the University of Wisconsin in River Falls (considerably closer to home than Washington State) and sounds fantastic!

To quote the article, "You come to a Rally to bicycle, talk bicycling, and learn about bicycling." The River Falls area was chosen because of its superb bicycling environment. Rides may travel bluffs along the Mississippi, through glacial moraines and forests, or along streams or rivers.

Each ride will have an attraction in addition to great riding -- tubing over rapids in the Apple River for example. Ride lengths and pace are varied and even mountain bike rides are being

planned. GRABAAWR (Great Annual Bicycle Adventure Along the Wisconsin River) is being coordinated as a pre-tour for those who would like to ride the 500 miles from upper Michigan to Iowa and be shuttled to Rivers Falls for the Rally.

The rides will be fantastic; the workshops, interesting and informative, on topics including sports medicine, basic road repair, frame building, and making your city work for bicycling.

In addition to all this, plans include homemade ice cream and the swimming pool open every evening, a showboat cruise down the St. Croix River, a square dance, and entertainment by Claudla Schmidt and Pop Wagner (whom you may know from the old Prairie Home Companion radio program)!

Now the catch -- in order to receive more information and be eligible to attend the Rally and the League's two Great Eastern Rallies (GEAR's), you must be an LAW member! It'll only cost \$25 for an individual; \$30 for a family and you'll also be supporting all the League's activities for bicyclists! See the application on this page and join today!



Wheeling Wheelmen

L.A.W. Membership Application

I want to join the national organization of bicyclists. Please start my subscription to *BICYCLE USA* magazine. Also send my membership materials, including bike and window decals, membership card, and a L.A.W. patch.

Name _____
 Address _____
 City _____ State _____ Zip _____
 Club _____
 Sponsor _____

Membership Category

- Regular \$25 Family \$30 Sustaining \$50
 Individual Life \$350 Family Life \$525

Please enclose payment

- or charge to Account Number _____
 Visa Expiration Date _____
 MasterCard Signature _____

make check payable and mail to:
League of American Wheelmen
 190 W. Ostend, Suite 120
 Baltimore, MD 21230