

# Monthly Meanders

THE WHEELING WHEELMEN

MARCH 1992

THIS MONTH'S MEETING...  
March 5, 1992  
7:00pm  
Wheeling High School

## Safety Corner

by Dick Sorenson

About 93% of people in the USA agree that exercise is one of the best things you can do for your health; but fewer than 20% of us exercise three or more times a week. Being fit and healthy involves caring effectively for our physical body--eating the right kinds of foods, getting sufficient rest and relaxation, and exercising on a regular basis. Most of us think that we don't have enough time to exercise. Fact is, we don't have time not to. We're talking about three to six hours a week--or a minimum of thirty minutes a day, every other day. It's important that you take a logistical step to fit exercise into your regular life. A good exercise program is one that you can do conveniently and inexpensively--one that will build your body in three areas; endurance, flexibility and strength.

Endurance comes from aerobic exercise, from cardiovascular efficiency--the ability of your heart to pump blood through your body. Although the heart is a muscle, it cannot be exercised directly. It can only be exercised through the large muscle groups, particularly the leg muscles. That's why exercises like rapid walking, running, biking, swimming, cross-country skiing, and jogging are so beneficial.

You are considered minimally fit if you can increase your heart rate to at least one hundred beats per minute and keep it at that level for thirty minutes. Ideally you should try to raise your heart rate to at least sixty percent of your maximum pulse rate, the top speed our heart can beat and still pump blood through your body.

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## Prezsez

by Alan S. Berman

March 1st is the official beginning of the 1992 Ride Schedule, so your miles will be officially counted as of that date. When I first joined the club, I didn't even think of getting on a bike until around May and I'm sure a lot of you out there still feel that way. That first ride will probably give you some aching joints after only 25 to 30 miles, so the question is: do you want to wait all the way until May to get those winter kinks out? I hope you will get out in March for as many rides as possible. There are no long ones scheduled, and it's a great opportunity to get those legs in shape so you're ready for those longer rides when the weather is much warmer.

Please don't be scared off if you see the ride being led by someone who can only think "FAST"! I discussed this with Ralph, and I've been assured that another leader will be chosen at each ride to lead a slower pace if it is warranted by the people showing up at the ride. The sign of an experienced rider is not how fast he or she can go, but recognizing your limitations and riding at a comfortable pace for you.

I'm not trying to usurp our Safety Chairman who has done a great job with all those articles, but it can't be said enough--PLEASE let's have a safe year of riding--no riding on the left side of the road, especially while going up hills; single file in areas where there is traffic; watch out for pot holes; use extreme caution in crossing railroad tracks; watch for gravel at intersections;

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### The Wheeling Wheelmen Board of Directors

President	Al Berman	541-9248
V.P./Rides	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 info: (312)989-7373

# LEAGUE OF AMERICAN WHEELMEN'S 1992 INVITATIONALS

◦ In the February newsletter, Barbara Sturges reported on the NATIONAL RALLY to be held June 30-July 5 at the University of Wisconsin, in River Falls. It would be great to get a huge Wheeling Wheelmen turnout for this event that is literally "in our own backyard". Club memberships are tallied and there's recognition for the top club!

◦ **GEAR IN THE BLUEGRASS '92** (Georgetown, Kentucky, May 22-25, 1992) will be held at Georgetown College in Georgetown, north of Lexington. This is in the heart of Kentucky's beautiful horse country. There are excellent bicycle routes, 10 to 100 miles, with very light traffic. Also there's a 200km ride with a brevet from the Randonneurs Mondiaux and the Audax Club Parisien, organizers of Paris-Brest-Paris. You'll be able to ride a riverboat, visit a distillery, see a Shaker Village, and see the palisades along the Kentucky River...and, in addition, there are numerous workshops, exhibits, an ice cream social, door prizes, and live entertainment.

◦ **GEAR '92 NORTH COUNTRY** (Canton, New York, August 7-10, 1992) will be headquarters to this St. Lawrence Valley event in

northern New York. The St Lawrence river is the border between the U.S. and Canada: Montreal is only 130 miles away! Most of the country lies on the level of gently undulating landscape of the St. Lawrence Valley plain. Enjoy a first-class road system with over 2,000 miles of paved roads and another 1,600 miles of unpaved roads for mountain bikes. There's very light traffic, tree-lined dairy country lanes. Amish buggies, country hamlets with old-fashioned general stores, farmers' markets and ice cream parlors! Our hosts, the Canton Bicycle Club, will provide a wide range of interesting routes as well as rides across the Canadian border. □

## CRANKIT V JULY [25]26--AUGUST 1, 1992

A one week tour of "Bicycle Heaven" complete with marked roads, motels, whirlpools, flush toilets, scrumptious chocolate chip cookies and fantastic scenery that stretches from Stevens Point WI, and all the way up and thru the Nicolet National Forrest (and beyond!) Sponsored by Pedal Across Wisconsin, P.O. Box 365, West Dundee, IL 60118, or contact Jerry Goldman at (708)695-7964. □

## TOP TEN WINTER MILEAGE

November thru February

- |                          |                      |
|--------------------------|----------------------|
| 1) The Ralphster...527   | Joan Segedie...333   |
| 2) Wayne Segedie...395   | Fran Green...193     |
| 3) Woytech Morajko...333 | Pat Marshall...189   |
| 4) Al Berman...327       | Lotti Dolce...154    |
| 5) Kurt Schoenhoff...262 | Marcia Swider...130  |
| 6) Rick Arnopolin...235  | Charlene Blake...104 |
| 7) Ed Leidecker...228    | Chris Schroeder...84 |
| 8) Hans Predel...218     | Carol Passowic...74  |
| 9) Cal Kutemeier...205   | Lynn Petty...35      |
| 10) Bob Savio...198      | Joanne Begy...34     |
| Steve Gustin...198       |                      |

### 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.



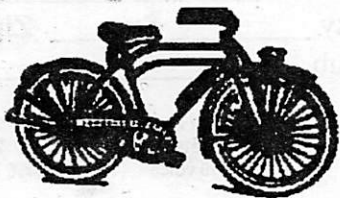
### *Safety Corner from pg. 1*

Your maximum heart rate is generally accepted to be 220 less your age. So, if you are 40, you should aim for an exercise heart rate of 135 ( $220-40=180 \times 75\% = 135$ ). The "training effect" is generally considered to be between 72 and 87 percent of your personal maximum rate.

Flexibility comes through stretching. Most experts recommend warming up before, and cooling down/stretching after aerobic exercise. Before, it helps loosen and warm the muscles to prepare for more vigorous exercise. After, it helps to dissipate the lactic acid so that you don't feel sore and stiff.

Strength comes from muscle resistance exercises-like simple calisthenics, push-ups, pull-ups, and sit-ups, and from working with weights. How much emphasis you put on developing strength depends on your situation. If you're involved in physical labor or athletic activities, increased strength will improve your skill.

If you have a basically sedentary job and success in your life-style does not require a lot of strength, a little toning through calisthenics in addition to your aerobic and stretching exercises might be sufficient. In addition to the physical benefits of exercise, the psychological benefits can be tremendous. One of the most important things is to like yourself--and you'll like yourself better if you're doing something you know is right. Commit yourself to exercise--be among the 20%! □



## **FOR SALE**

- Santana Tandem--1987 Sovereign, 22½" / 22" dark blue metallic. Many extras and upgrades. Ridden less than 500 miles. Absolutely mint condition. Call Ken Moss (708)573-0737 days M-F or (708)833-9159 evenings and weekends.

### *Pressez from pg. 1*

don't blow stop lights; and don't draft too close behind another rider.

Hope to see lots of you out there doing your share at the St. Patrick's Day Ride. Remember--members will do the ride after registration closes.

I hope a lot of you will be attending the L.A.W. GEAR IN THE BLUEGRASS in Georgetown, Kentucky May 22-25; the NATIONAL RALLY in River Falls, Wisconsin, June 30-July 5th, and GEAR'92 North Country in Canton, New York, August 7-10th. These events provide an excellent opportunity to ride in an outstanding social and educational environment. Membership in the L.A.W. is necessary to attend these rallies. The work of the League would be greatly enhanced if more club members belonged.

Peter and Lotti Dolce are going to be busy getting in shape for the 1,632 mile Pedal for Power North-South ride leaving in late September from Portland, Maine and arriving in Orlando, Florida 22 days later. I'm sure they will receive a lot of support from all the club members.

See you in March! □

## **NEW MEMBERS**

David Bailey  
Lin M. Costagli  
Gordon & Fran Faller  
David Labak  
Steve & Rachel Lavender  
Henny F. Volpe

## **WIN FABULOUS PRIZES...**

and gain instant recognition among your peers, in the fabulous 22nd annual...

## **HARMON HUNDRED T- SHIRT DESIGN CONTEST!!!**

That's right, Howard Paul has designed the patch, now it's up to *you* to design what will be the most talked about piece of apparel in the northern hemisphere--The 1992 HARMON HUNDRED T-SHIRT!!!

Send your completed designs to: Al Berman, 430 Redwing, Deerfield, IL 60015, but don't make him wait. He's a busy man.

# March 1992 Ride Schedule

- 03/01/Sa 11:00 "Paris School Ride" T-35mi. Ralph Pedraja, 680-7379. Starts from Paris School, Paris, WI. Take 294 North to 94, exit 142, west. Go to County D, turn left to school. Nice ride in the Wisconsin countryside.
- 03/07/Sa 10:00 "Bike Show Pre-ride" T/E-25mi. Ralph Pedraja, 680-7379. Pheasant Run Inn, Rt. 64 in St Charles, Il. Get warmed to see a lot of new bikes and accessories with our pre-ride tour around the St. Charles area.
- 03/08/Su 11:00 "Tour of Lake County" T-35mi. Kurt Schoenhoff, 634-2634. Kurt promises a touring pace and, of course, he will lead from the rear.
- 03/14/Sa 9:30 "Botanic Gardens" T-31mi. Doug Kritz, 498-0114. Pottawattomi Woods, Wheeling, Dundee Road, East of Milwaukee Avenue. Scenic roads.
- 03/15/Su 11:30 "St. Patrick's Day" T-25mi. Steve Gustin, 253-2674. Wauconda Orchards, 1/2 mile west of Fairfield on Gossell, Club Invitational, work, then ride afterwards.
- 03/21/Sa 10:00 "Spring Into Wisconsin" T-47mi. Woyteck Morajko, 392-0530. David Park, Zion, IL Take I-94 to 173 (Rosencrantz), East (R) to Kenosha Road, South (R) to 21st Street, East (L) to park on right past high school. Bring snacks, drinks.
- 03/22/Su 9:00 "B.D.S.R." EE-40mi Fred & Chris Schroeder, 359-5624. The double E stands for Express Express. Seriously. Join Fred and Chris on a ride meant to get your juices flowing.
- 03/28/Sa 11:00 "Wake Up the Dogs!" T-33/46mi. Woyteck Morajko, 392-5030. McHenry County College, Northwest Highway (Route14), past Rte 176, Crystal Lake. Bring your own snacks, drink. Linda Goldman will lead the 33 mile option.
- 03/29/Su 10:00 "Apple Cider Ride" T-37mi. Rick Arnopolin, 520-3136, starts at Kildeer School, Long Grove. A pleasant ride through Long Grove and up to Wauconda Apple Orchard.



## Take Back the Roads—Join The League of American Wheelmen

The National Organization of Bicyclists

From its inception, the League has been an activist organization. L.A.W.'s Good Roads Movement of the 19th century changed the face of America through its efforts to promote bicycle-friendly roads, but now the League must fight automobile special interest groups to continue to safely ride those very roads.

L.A.W. Membership Categories  
(Add \$7 for postage to foreign countries.  
Pay by check drawn on U.S. money order)

- |  |   |
|--|---|
| <input type="checkbox"/> Individual: \$25      | <input type="checkbox"/> Family: \$30           |
| <input type="checkbox"/> Sustaining: \$50      | <input type="checkbox"/> Individual Life: \$350 |
| <input type="checkbox"/> Advocate/Indiv.: \$35 | <input type="checkbox"/> Family Life: \$525     |
| <input type="checkbox"/> Advocate/Family: \$40 | <input type="checkbox"/> Public Library: \$15   |

Payment enclosed

Please bill my VISA/MasterCard

Expiration. date \_\_\_\_\_

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Club \_\_\_\_\_

League of American Wheelmen  
190 W. Ostend St., Suite 120, Baltimore, MD 21230-3731  
(410) 539-3399 voice (410) 539-3496 FAX



**Wheeling Wheelmen**