

MONTHLY MEANDERS

JUNE 1992



Wheeling Wheelmen

This Month's Meeting will be on Thursday June 4, 7:00pm at Wheeling High School

INSIDE:

Travel to Spring Green and Michigan

Rollerblade Night III

Brew your own energy drink

Weeknight Rides

Dick's Dissertation on Dogs

Top Ten...Where Do you Stand?

Pressez

by Alan S. Berman

It's often difficult to write this column a month ahead of publication, because what's current at the time of writing is old news by the time the article appears, or what I want to report on hasn't even occurred yet.

With that in mind, I want to mention that on May 30, the Wheeling Wheelmen, along with the Wheeling park district, staged a bike event at Pottowatami woods. Safety officers from the Wheeling Police Dept. were there to assist in bike registration, as well as Amiling's Cycle shop with a van to make minor adjustments and repairs on bikes of participants. Many thanks to the volunteers known at the time of this writing: Cindy Schneider, Dick Sorensen,

Mike and Wendy Adelman & Bena Gerber. A final report of how it went will be in the next newsletter.

Marcia Swider cannot go on the Missouri trip for which she has already paid a deposit. This trip is from June 14-20. If anybody would like to take that trip (which I'm sure will be very beautiful), please call Marcia at 632-0254.

Are there a lot of you out there who have not responded to Peter & Lotti's request for pledges for their upcoming Pedal for Power trip this fall? We have almost 400 members in this club and if everyone gave as little as \$10.00 they could go a long way toward reaching their goal of \$6000.00. Let's show our support for two active club members, as well as providing money for a worthy cause.

I was very sorry to hear about Leila Arnopolins' accident on May 2. Let this

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Safety Corner

by Dick Sorenson

Remember the character "Eddie" in the movie "American Flyers"? Eddie was the Wisconsin farm dog who gave chase when the younger brother cycled past Eddie's "territory". The scene with Eddie catching the younger brother and mauling his shoe off his foot was one of the funnier moments in the film. In real life it's not so funny! Under normal circumstances we generally share the belief that "dogs are man's best friend". Once we are pedalling a bicycle however, that notion becomes questionable at best, even if we're dog owners ourselves. I'm referring, of course, to those times when we're startled by a snarling, teeth-bearing, vicious dog sprinting after us. It can happen anywhere:

on a rural country road in so-called "gentlemanly estate" areas, and even in your own neighborhood! Why it happens, I'm not sure. Dogs are certainly territorial in nature. The spinning of bicycle wheels may hold some mystical canine attraction. The bicycling authority Eugene Sloan, speculates that the bicycle emits some "infuriatingly high-pitched sound that only a dog can hear".



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Ridenotes

by **Ralph Pedraja**

Rollerblade night was a big hit! Everyone had a great time. There were a few spills and collisions, but no one got hurt. This was due to the fact everyone was wearing protective gear. I recommend that all those who rollerblade with us wear a helmet, elbow and knee pads, and wrist guards. Even the most experienced rollerblader can fall. The path is not perfect and there are breaks in and debris on the pavement. Rollerblade night will be offered once a month throughout the cycling season. This is a great cross training sport which develops your upper and lower body, plus it's great fun.

It was worth driving 1 1/2 hours to Waukesha on May 2nd. the scenery was absolutely beautiful; filled with lakes and farm pastures. We rode through Kettle Moraine and had lunch in Rome Pond. One of the best aspects of this ride was that for miles and hours on end there wasn't a single car on the road. The ride was so beautiful and pleasant I didn't want to stop riding (I went and extra 12 miles!) For those of you who missed this great ride, it will be rerun on Saturday, September 12th. You won't want to miss this the second time around! One of the rides on May 3rd was Wall to Wall Walworth, a long time club favorite and just as beautiful. We had to fight head winds from the

north plus miles and miles of hills. The next time we schedule this ride will be Sunday, August 23rd. Maybe we can ask Fred to add a few more hills.

Summer weather is finally here, so we'll see you on the rides!

JULY 18 & 19 WEEKEND PARTY HEARTY IN MICHIGAN AND INDIANA (VARIETY !)

Saturday morning's ride will leave from Shipshewana for a 50 mile loop thru Amish farm land. While passing thru the relatively flat lands surrounding Howe and LaGrange we are likely to encounter numerous horse drawn carriages on their way to town to conduct the week's business. After a lunch stop and a short drive to Bristol, we begin the second 50 mile loop thru the rolling countryside of the northern Amish lands.

Sunday we leave from Sumnerville for a 70+ mile ride thru fruit orchards and along the shores of the lakes in Cass County, Michigan.

I will line up accommodations for either camping or moteling when I have an idea of the number of riders wishing to attend. Saturday night the Bristol Opera House has a performance of summer stock theater if you are interested and tickets are available. Please contact me by June 11, 1992. These places are only a 2 1/2 hour ride from downtown if you wish to ride for the day only. At any rate, call Dave Ebert at (708)432-9077.

TOP TEN MILEAGE

MEN

WOMEN

- | | |
|---------------------------|-----------------------|
| 1) Ralph Pedraja...1310 | Joan Segedie...528 |
| 2) Wayne Segedie...1288 | Carol Passowic...474 |
| 3) Ed Leidecker...834 | Lotti Dolce...425 |
| 4) Steve Rodgers...808 | Charlene Blake...387 |
| 5) Rick Arnopolin...806 | Virginia Savio...293 |
| 6) Woyteck Morajko....760 | Fran Green...267 |
| 7) Dave Ebert...604 | Marcia Swider...254 |
| 8) Clay Bannister...558 | Liz Spratley...217 |
| 9) Kurt Schoenhoff...471 | Judy Hattendorf...212 |
| 10) Steve Gustin...418 | Chris Schroeder...185 |

Total Club Miles...23,659

DA BOARD

President	Al Berman	541-9248
V.P./Rides	Ralph Pedraja	680-7379
Treasurer	Lotti Dolce	398-3957
Membership	Sandy Holtzrichter	516-1817
Safety	Dick Sorenson	593-7945
Secretary	Phyllis Harmon	537-1268
Newsletter	Craig Jorgensen	356-0692
Bike Books	Roy Erikson	381-5128

(All 708 area code)

Send stuff to : Craig Jorgensen, 25625 Columbia Bay Dr., Lake Villa, IL 60046. Contact Sandy for change of address.

Club ride Hot Line and Info: (312)989-7373

Safety Corner from pg.1

Whatever the reason, I do know that dog attacks always occur unexpectedly and when you're least prepared. Don't expect any help from the dog's owner, even if they're standing there in the taking in the whole scene. As perplexing as it seems, dog owners seem to revert to a trance-like state when their precious "Fido" attacks a cyclist--I've had many occasions when I've yelled out to the owner to "Please call your dog off", but they choose to remain silent as if it's not really happening or "Fido wouldn't really bite" (HA!). One dog in pursuit is bad, two are exponentially worse and three, even if just being clumsily playful, can be a disaster. When a dog begins to chase, don't panic! You must stay cool (easier said than done), keep your balance and be prepared for quick maneuvering. Take care not to swerve into traffic. Don't make the mistake of grabbing your pump to whack the culprit over the head--more than likely, you'll lose your balance, or worse yet, end up swinging the pump into your spokes--and down you go!

By the far the best immediate strategy to counter a dog attack is to SHOUT LOUDLY, with authority and force--surprising the dog with your counter-attack. STARTLE the assailant with "GO HOME", "BAD DOG!", "STAY!", or "STOP!". Be very aggressive (and assertive) in your voice and manner. Stand your ground. Most often you'll see the dog stop in its tracks, back down and cower back home, tail between its legs. I've seen some cyclists get carried away with this approach and turn on the dog, becoming the aggressor and challenging the culprit--this can be dangerous if it's a particularly vicious dog. (One athletic friend likes to slow down until the dog's head is even with the rear wheel and then "buzz- saws" its head!)

Another tactic is to simply outrun the dog. Before trying this make a quick mental comparison between your physical ability and the size and type of dog and immediate terrain (Dog's do much better uphill than bikes do). Don't forget, if you miscalculate, the dog wins. Most dogs are territorial in nature and will cony give chase up to their property line--most farm dogs are like that. Once you cross their border they lose interest. Then again, some may pursue you until they drop.

Some experienced cyclists choose to stop, getting off the bike and walking away with the bike

between them and the dog, using the bike like a shield and picking up pebbles or gravel to throw at the villain's head while crouching down low. This usually works well while simultaneously verbalizing LOUDLY AND AGGRESSIVELY. One caution however, don't show any outward signs of being intimidated. If you do, the dog will sense this and continue on relentlessly. Above all, never turn your back on the dog. Stand your ground. And remember, barking dogs can indeed bite!

Don't get me wrong, I'm not a dog-hater, bur when a vicious looking dog is bearing down on you and snarling, it's time to get violent with "Buster". In my opinion, traffic, gravel and dogs are the three worst hazards to bikers. Lon Haldeman says, "You can't overstate the danger of one that gets near your front wheel. The last bad accident I had was in the early '80s when I hit a dog and flipped."

To conclude, whenever you see a loose dog near you, watch him closely. Keep alert for surprise dog attacks and ave some pre-planned strategy in mind when it happens. Generally, avoidance and conciliation are the best tactics. I guess you'd call it defensive bicycling. It's best to carry one of the standard anti-dog repellents even if you're just riding in the neighborhood. Dog bites are painful and dangerous and a violent encounter can potentially cause a tragic accident and injuries to you. (Another friend says he carries a bag of cats to toss at dogs when they chase. He says it diverts the dog's attention away from you--he's not exactly an animal lover!). □



Pressez from pg.1

serve as a reminder that cycling is not without its risks, and we have to ride defensively, ever mindful of the fact that many motorists and truckers resent the fact that they have to share the road with us. □

SPRING GREEN WEEKEND JUNE 26-28

Come and join us for a week-end of biking in beautiful Spring Green, Wisconsin. This is the third year for this very popular trip, and we're looking forward to having you see some new areas we discovered over the Easter week-end. Saturdays ride combines the best of the previous two years, for a 60 mile route. The ride on Sunday out of Plain has been expanded by the addition of a new loop, so that this ride is now about 68 miles. Shorter options will be available each day.

Some of us are going directly from Spring Green to the GEAR rally in River Falls, WI starting Wed. July 1 and ending July 5. This will result in one solid week of biking, some of it in areas which will be new to most of us. We will be staying at the Wildwood Lodge again this year, and the approximate trip cost of \$85.00 per person includes two nights lodging, breakfast Saturday and Sunday and dinner Saturday night. If interested call Al Berman or Fran Green at 541-9248.

FOR SALE

I'm buying a house, and this stuff has got to go! 65cm Gios Professional w/Campy Chorus, mint condition; Schwinn Super Sport 25 inch frame, w/ mixture of components (Campy, Suntour, Shimano) all new last year, less than 1000 miles.

Also, miscellaneous saddles, tires, derailleurs, stems, bars, and accessories. Don't have the room and I need cash **NOW**, so no reasonable offer refused. Craig Jorgensen (708)356-0692.



RollerBlade Night III

Rollerblade night III on Friday June 19th starts from the Golf road entrance of Busse Woods. For more info call Ralph at 680-7379.

WEEKNIGHT' RIDES

Tuesday and Thursday weekday rides will continue from Daniel Wright School in Lincolnshire, North of Rte. 22 on Riverwoods Road. Express Blasts off at 6:00pm and Touring leaves at 6:00pm. Touring/Charlene Blake (708)358-4023, Express/Ralph Pedraja (708)680-7379.

Wednesday night rides continue from 603 E. Prospect Ave, Timberline Apartments, in Mt. Prospect. Departure at 6:00pm. Woyteck Morajko/Carol Passowic (708) 392-0530

QUICKFIX

Mix and chill:

1 cup water

2 tablespoons fresh orange juice

1 pinch (1/3 teaspoon) salt

Mix a jug of Quickfix the day you are going to exercise or compete and keep it well chilled. Drink 2 cups of quickfix about 15 minutes before exercise or competition.

Active athletes, who are competing in a hot, humid environment, of those who sweat profusely even in moderate temperatures, should drink 1 to 2 pints of Quickfix during each hour of strenuous activity, plus 2 cups of Quickfix beyond thirst requirements after the event.

Source: Eat to Win, by Dr. Robert Hass

Submitted by Mary Elizabeth Ferraro