

# MONTHLY MEANDERS

JULY 1992



**Wheeling Wheelmen**

**NEXT MEETING:  
THURSDAY JULY  
9TH, 7:00PM,  
WHEELING HIGH  
SCHOOL.**

**STARE IN AWE AS  
BILL BERGERON  
SHOWS US HOW  
TO CHANGE A  
TIRE, AND MAKE  
SIMPLE  
DERAILLEUR  
ADJUSTMENTS!**

**Inside this  
Month:**

**Tandemania!**

**Weeknight Rides!**

**Yet another  
Rollerblade night!**

**Ride Like Fred and  
Chris!**

**How to Eat a Banana**

## **Ridenotes**

**by Ralph Pedraja**

Club membership has been growing steadily. This year there are 400 members, and I've had the pleasure of meeting many of them on the rides. The Tribune published an article on May 17th that mentioned the Wheeling Wheelmen, and that sparked a lot of interest and numerous phone calls. I think this year we will have a record number of members!

We all look forward every year to Janesville weekend, and although another Canadian cold front put a damper on this year's festivities, I still had a great time with friends during and after the rides. I respect all the riders who despite the weather, went out and rode, especially on that first day with all that cold and rain. I rode on Sunday to New Glarus. Although we suffered through 26 wind chill, this

was still one of the most beautiful rides I've ever done. Traffic was non-existent, and seeing New Glarus down below us was worth the climb. Since Carol and Woyteck worked so hard organizing this ride, I thought it would be a good idea to run it again on Labor Day weekend. If you are interested in joining us at Janesville all the info will be in the August newsletter.

Loops of Burlington was a good warm up ride for Janesville. We started in Eagle Lake Park and circled Burlington. The ride goes through rustic roads and mile after mile of hills. If you want to improve your hill climbing skills this is a great scenic route to do it on. Your next chance will be on July 3rd.

The Ice Cream Social was a big success and is another club favorite. We had at least 45 members on this ride, which was amazing considering that it was drizzling that morning. Mich and Liz did

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## **Safety Corner**

**by Dick Sorenson**

### **TOO MUCH SUN**

I know... I know... articles by the Safety Chair are supposed to stress the bike safety basics: Ride to the right, wear your helmet, stop at stop signs, don't follow too closely, signal your intentions, etc, etc. Over the years, I've tried to go just a bit beyond those basics, to also cover related issues of health and well-being, because in my mind, if you care about your own health and well-being, you also care about and actively practice safety in your everyday activities...after all, don't these concerns influence how safely you conduct yourself?

My topic this month regards news that we'd much rather ignore...it's about having too much exposure to the sun and the

related risk of skin cancer. Sorry, I know it's not a "nice" topic, but we bicyclists are at risk!

Suntans are deceptive. People used to believe that a tan looked good and gave the impression of good health, but more and more people are getting the message that the sun causes skin cancer and premature aging of the skin. The word from the medical community is unequivocal: there is no safe way to tan! Exposing your unprotected body to anything but minimal amounts of direct sunlight is undeniably unhealthy, if not downright hazardous.

The short term effects of sunning yourself may be the pain and discomfort of a sunburn. In the long-term the result is premature aging of the skin: the sun slowly but surely destroys the elastic fibers that keep the skin taut and young-looking, leaving it dry and wrinkled. A far

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*Ridenotes from pg.1*

a great job on the beautiful and hilly ride. This would be a great ride to run in the fall when the leaves are changing color.

Wednesday evening rides with Carol and Woyteck are gaining in popularity. Every week more and more members are showing for this touring ride, which alternates between Busse Woods and Deer Grove Forest Preserve. All the week night rides have been getting good turnouts. These rides are an excellent way for new members to begin riding with the club. In July the Tuesday rides will be moved to Kildeer School in Long Grove. Thursday will still be from Daniel Wright School in Lincolnshire.

Starting in July, we will have a series of bicycle maintenance workshops at our monthly meetings. The workshops will cover everything from changing a tire to overhauling your bike. We will also share helpful tips and advice on riding techniques. The first workshop features our own Bill Bergeron on changing a tire and simple derailleur adjustments. □

***Ralph's riding tip of the month: Don't fall off your bike with a banana in your rear pocket!***



**TOP TEN MILEAGE**

**MEN**

**WOMEN**

- |                         |                            |
|-------------------------|----------------------------|
| 1) WAYNE SEGEDIE...2180 | 1) JOAN SEGEDIE...1173     |
| 2) RALPH PEDRAJA...2095 | 2) LOTTI DOLCE...864       |
| 3) ED LEIDECKER...1499  | 3) CAROL PASSOWIC...815    |
| 4) WOYTECK ...1440      | 4) CHARLENE BLAKE...683    |
| 5) DAVE EBERT...1401    | 5) FRAN GREEN...581        |
| 6) STEVE RODGERS...1216 | 6) JUDY HATTENDORF...510   |
| 7) CLAY BANNISTER...961 | 7) SANDY HOLZRICHTER...436 |
| 8) AL BERMAN...844      | 8) VIRGINIA SAVIO...427    |
| 9) RICK ARNOLIN...806   | 9) CHRIS SCHROEDER...361   |
| 10) K. SCHOENHOFF...783 | 10) CINDY SCHNEIDER...337  |

TOTAL CLUB MILES RIDDEN...45,250

**Rollerblade Night**

July 17th at 6:00pm. Arlington Lakes on Windsor Drive (Buffalo Grove Rd.), North of Palatine Rd. For more info call Ralph at (708) 680-7379.

**New Waiver?**

I recently lead a ride involving two clubs. When I got the sign up sheets ready, I realized I didn't have a specific sign up sheet for the other club and didn't want to mix them in with our members. I quickly turned over a cue sheet and decided to scribble the following waiver on it:

***I promise not to sue Hans or the bike club if I screw up!***

This certainly cuts through the legalese and gets to the heart of the matter, doesn't it?

--Hans Predel

*Ed. note: I forgot who submitted this because I threw out the envelope, but here's our:*

**Bicycling thought of the Month**

When cycling through the countryside or suburban streets, give a friendly greeting to people you see outside or working in their yards. When next encountering these people as motorists, they are more apt to return the friendly greeting with a safe and courteous maneuver of their car. (This works on cops too !) □

**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*

more serious danger from tanning is an increased risk of skin cancer, particularly basal cell carcinoma, squamous cell carcinoma and malignant melanoma. Of the three, the latter is by far the most dangerous.

Once melanoma was thought to be a disease of the aging, developed after ten to twenty years of heavy of damaging exposure to the ultraviolet rays of the sun. Now however, half of all those who develop it are between the ages of fifteen and fifty. Scientists believe the increased incidence is due to the steady depletion of the earth's ozone layer. You see, the ozone layer partially blocks ultraviolet solar rays from reaching the earth's surface. As chemical pollutants destroy the atmospheric ozone, more ultraviolet rays are allowed to reach earth. Every time the ozone layer decreases one percent, the incidence of skin cancer increases two percent.

More bad news: all exposure to ultraviolet light is cumulative. thus the sun exposure you get at age ten can affect you adversely at age thirty-five. Whatever your age, one of the major steps you can take to prevent all forms of skin cancer is to reduce direct exposure to sunlight: Use adequate sunscreens and wear protective clothing. Here are some other tips:

- Always wear at least a number 15 SPF sunscreen
- Apply the sunscreen 30 minutes prior to riding to allow it to penetrate for better protection
- It's important to use sunscreen on the ears and on the tips of the ears. The tips of the ears are very vulnerable to skin cancer.
- When you're perspiring, make sure to re-apply the sunscreen often.

Remember, when cycling we get reflective sun off of the pavement, especially if it's concrete. We get a great deal of reflection and that doubles the dose of sun we're getting.

Most sunscreens are aimed at blocking the sun's burning Ultraviolet B (UVB) rays, but dermatologists now know that Ultraviolet A (UVA) rays penetrate even deeper into the base skin layer known as the dermis. To ensure protection from both, choose "broad spectrum" sunscreen products.

In addition to sunscreens, it's wise to do monthly checks for skin growth or changes in

existing moles, especially of you have fair skin and hair, and light-colored eyes, which puts you in a high risk group. (No matter what your skin type, your risk is increased if you got three or more blistering sunburns before age 20).

See your doctor if you spot any of these:

- Lesions or moles with a diameter greater than a quarter-inch.
- Those with irregular borders.
- Multicolored moles/lesions.

Just by following these few guidelines for protecting yourself from the sun, you can enjoy bicycling and other outdoor activities and still avoid skin cancer. □

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## **TANDEMANIA HAS ARRIVED !!!!**

Yes, folks, it's true, Diane and I have purchased a bright, shiny, new red Trek T200 tandem. After some initial rides and subsequent dialing in of the index shifting, we are movin' and a groovin' as some of you well know. We love the tandem for letting us match our riding pace for an overall gain in average speed (if we were averaging 12-13 before, we are now capable of 17-18 without any undue strain) and the capability to ride together. We have been able to share the accomplishment of making several hills at the same pace or better than single bikes and dropping several well known riders at different points in time (unintentional, I assure you!).

The approach we used in researching our tandem was to test ride several tandems before buying. It is difficult to find tandems for rent. Bikes Plus has a Santana and Burley Duet tandem for rent while Village CycleSport has a Burley Bossa Nova for rent. They cost \$25.00 for the day. I recommend renting it for the day in order to get a good feel for tandem riding. Some co-ordination is needed in taking off and stopping, but communication between you and your partner is what is critical to your success and enjoyment of a tandem. Tandems are best on flat to moderately rolling terrain, notoriously slow on hills (you got to drag the weight of two riders uphill and the two sets of legs don't

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### *Tandem from pg.3*

seem to equal double the individual riders ability). Many of our club rides are well suited to tandems, such as Rich Wemstrom's Kane County Ramble. The only exception would be very hilly ones or rides with potentially lots of stop and go biking (ie North Shore area).

There are tandem clubs and rallies around, the two most important (for us) being Tandem Club of America (T.C.A.) and Chicago Area Tandem Society (C.A.T.S.). We are attending the Midwest Tandem Rally in Des Moines, Iowa over the Labor Day weekend and looking forward to the Eastern Tandem Rally in 1993 which will be in Williamsburg, Va. (site of GEAR '91).

I am interested in starting up some tandem only rides, either late Summer/early Fall of 1992 or next year. We have at least 5 tandems in the club that I know of (I am sure there are a number of others) and I encourage them to come out on the rides. So look for us on a ride, see the bike in action, rent a tandem, join the fun! □

## **WEEKNIGHT RIDES**

**Tuesday** Kildeer School in Long Grove, on Old McHenry Rd., South of Rt. 22. Touring: Charlene Blake (708)358-4023, Express: Ralph Pedraja (708)680-7379.

**Wednesday** 603 E. Prospect Ave, Timberline Apartments, in Mt. Prospect. Woyteck Morajko/Carol Passowic (708) 392-0530.

**Thursday** Daniel Wright School in Linconshire, on Riverwoods Road, North of Rte. 22. Touring: Charlene Blake (708)358-4023, Express: Ralph Pedraja (708)680-7379.

All rides leave at **6:00pm**. Note: No ride on July 9th, go to the meeting!

# How To Eat A Banana



When eating a banana,  
strip off the skin,  
lay the fruit  
on the dessert plate,  
cut the banana,  
and use a fork  
to eat it.

**NEVER** bite a banana.

Submitted by Gina ...who else?