

# MONTHLY MEANDERS

SEPT. 1992



Wheeling Wheelmen

**NEXT  
MEETING:  
THURSDAY  
SEPTEMBER  
3RD, 7:00PM  
WHEELING  
HIGH SCHOOL**

**This will be an  
extremely  
important  
meeting  
devoted to all  
the last minute  
details for the  
Harmon  
Hundred!!!  
Please make  
every effort to  
attend!!!**



## Pressez

by Alan S. Berman

Words cannot begin to express the profound feeling of loss we all experienced with the tragic accident that took the life of one of our most beloved members. For those who don't know, Lenore Goldman was struck and killed by a car while riding recently in Wisconsin. A great many of us were the beneficiaries of Lenore's warm, radiant personality that graced any number of P.A.W. trips. She was indeed like a mother caring for all her children. Lenore was a genuinely wonderful human being, and she will be sorely missed...**All that rain** on August 2nd didn't dampen the spirits of everyone who attended the club picnic. Sue and Mark Biederwolf did a great job, and the new location was excellent. With 75, 55, and 35 mile options available, we had an

excellent turnout. Ralph succeeded in finding every available hill because, as he says, he likes to challenge riders. If you consider this a negative attribute, the plus side is that he always has maps, and on Sunday many needed them to cut out some miles of riding in the rain... **Please try and attend the September Meeting**, since it is devoted to last minute Harmon Hundred details. Cindy and Al Schneider have worked incredibly hard to put this all together so let's give them our solid support by showing up and volunteering (if you haven't already done so). It takes a lot of effort and cooperation by all of our members who care anything about their club to make this a successful event. A lot of people work hard all year in providing the excellent routes; putting together the newsletter; leading rides; organizing our various social events; running the weeknight rides; keeping track of club

*Continued on page 2*

## Safety Corner

by Dick Sorenson

### BICYCLING TRUISMS

Here's an admittedly incomplete list of bicycling truisms and rules of thumb. It's also a brief compilation of Murphy's Laws of bicycling...you know, if an opportunity exists for something to go wrong, it will! Even though we all love this sport there's always an inevitable downside...things don't always go as planned and given the same set of circumstances, will happen the same wrong way. Here's my personal list of uncontrollable biking "truisms".

● Usually, if you're dressed comfortably in the first mile of the ride, you're dressed too warmly...and you didn't bring a change of clothes.

- Rain always begins at the point on the route farthest from the finish.
- It always rains on the first ride after cleaning your bike.
- You always encounter an unexpected stretch of dusty, dirt road, the day after cleaning and oiling your chain.
- Route cue sheets are always 95% accurate (unfortunately, the 5% inaccuracy said "Left turn" rather than "Right turn") 50 miles out in the remotest area of the ride.
- No matter how many tools you carry, the usual breakdown always requires the tool left behind in the garage.
- Flat tires always occur in a series of three: it's the same for broken spokes.
- That "can't do without" tool you bought will never be used.
- You'll always need a "Presta" when

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*Pressez from Pg. 1*

miles; etc. Our club couldn't be as successful as it is without all of these dedicated people, so a big thank you to you all...**Remember that Sunday, September 13**, the day of the Harmon Hundred, is a day to work, not to ride. Not all jobs require that you work all day. For example, if you help with registration or parking, you will have time to ride a portion of the route...**Enclosed with this month's Newsletter** is the proposed new Wheeling Wheelmen Constitution and Bylaws. There are some substantial changes from the old Constitution, namely:

1. Change the makeup of the Board to include the positions of Secretary, Harmon Hundred Chairperson, and Newsletter Editor.
2. Have the Safety Officer appointed by the President, and not be a member of the Board.
3. Require approval of the general membership for expenditures of over \$2000.00.

This proposed new Constitution and Bylaws will be open for general discussion and comments at the October meeting. If a majority of the members at the meeting want changes or additions to be made, we will see that it is done. Once we have added, modified or deleted any of the provisions in accordance with suggestions received at the October meeting, ballots will be mailed to the general membership, with two-thirds of the ballots received voting in favor of the new Constitution and Bylaws required for adoption. Please spend some time reviewing these documents so that we can have a productive meeting in

**TOP TEN MILEAGE**

**MEN**

**WOMEN**

- |                           |                           |
|---------------------------|---------------------------|
| 1) Wayne Segedie...4022   | 1) Joan Segedie...2641    |
| 2) Ralph Pedraja...3872   | 2) Lotti Dolce...2246     |
| 3) Ed Leidecker...2408    | 3) Charlene Blake...1587  |
| 4) Woytec Morajko...2381  | 4) Carol Passowic...1494  |
| 5) Dave Ebert...1936      | 5) Fran Green...1128      |
| 6) Steve Rodgers...1881   | 6) Janie Neuman...976     |
| 7) Dennis Berg...1699     | 7) Judy Hattendorf...899  |
| 8) Kurt Schoenhoff...1574 | 8) Virginia Savio...726   |
| 9) Al Berman...1530       | 9) Liz Spratley...697     |
| 10) Rick Arnopolin...1512 | 10) S. Holtzrichter...683 |

October...**Finally, best belated wishes** to Newlyweds Mike and Rhonda Imhoff, who exchanged wedding vows on August 29th!□

**WEEKNIGHT RIDES**

Tuesday and Thursday weeknight rides will leave from Daniel Wright School in Linconshire, North of Rte. 22 on Riverwoods road. Departure time will be 5:30 PM. Call Ralph Pedraja. (708) 680-7379.

Note: No rides on Thursday Sept. 3rd or on Thursday Sept. 17th.

**Help Wanted**

*No pay, long hours, some aggravation involved.*

Sounds appealing dosen't it? Actually I'm just kidding, doing "Monthly Meanders" only requires about five hours a month. So how about a volunteer? This Novembers' newsletter will be the last from me. All you need to have is an IBM compatible computer that can run Windows 3.1, and I'll help you to get started.

Call Craig at (708)740-3211.

**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, 34791 Long Ave., Ingleside IL, 60041. Contact Sandy for change of address.

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



### *Safety Corner from page 1*

"Schraeder" is the only one available (and vice versa).

- Cyclometers always disfunction at the most critical time.
- When you take ample food and water on a ride, there is always plenty available along the route; when you don't there isn't.
- Left turns are always at the busiest traffic intersections.
- It's a good idea to avoid routes leading to Mountain Road Drive, Hilltop Drive, Skyline Drive, Eagle Nest Road, Summit Ridge, etc.(You get the idea).
- The wind is always fickle. Can you remember a terrific tailwind ride?
- It's far easier to get out of shape than to get back into shape.
- The old cyclists adage is a good one: Drink before you get thirsty, eat before you get hungry, and rest before your body gets tired. I might add stopping at restrooms before you need to.
- Murphy's Law also applies to the use of helmets: Don't wear one and you'll wish you did. Your excuse for not wearing one, whether cost or vanity or Machismo, fades rather quickly if (when) you're involved in an accident. Helmets prevent about 85% of all head injuries and cyclists have the potential to get lots of head injures: and we're talking about head trauma, concussion, and the possibility of becoming a human vegetable.

#### ***And now, here are the 80/20% rules***

- Bicycling is 80% rider and 20% bike.
- In bike clubs, 20% of the membership does 80% of the riding.
- Weather: 80% of the days are "Iffy" for bicycling; 20% are ideal.
- Corollary: On 80% of the ideal days, you have family, work and/of school obligations, and can't ride.

Always ride safely, at the end of the day, you'll be glad you did.□

## *Harmon Party*

The annual Harmon Hundred party is the club's way of saying thank you to those who will give a little of themselves on Sunday, September 13, and help to make the Harmon as successful as it is.

Since last year's Italian feast was so popular, we decided to repeat it again this year. And since we couldn't find a place to hold the party, we decided to bring the party to where the food is, so here are the details:

**Date:** September 17  
**Place:** Italian Kitchen Restaurant  
648 Deerfield Rd.  
Deerfield, IL  
**Time:** 7:00PM

Registration--Please call Ralph Pedraja and let him know that you are coming. We need a head count so we know how much food to order.

The restaurant is located on the North side of Deerfield Rd., about 1 block east of Waukegan Rd.(Rt.43) at the East end of a small shopping center. There is a lot of parking in the back of the restaurant.

## **A CENTURY PRIMER**

Although centuries aren't meant for competition, they are demanding and challenge the rider. Frequently, serious cyclists will set out to establish their "personal best" times on these rides to astound their fellow workers back at the office or at school, of simply to take pride in their achievements.

Most century rides attract cyclists with widely differing skill and ability levels. Riders consist of the purist, who will settle for nothing less than 100 miles; the newcomer, who is satisfied with a metric (100K) or other sub-100 mile distances; the touring cyclist, who would prefer to cover the miles at a leisurely pace; and the ultra marathoner, who thrives on "doubles", 200 miles or more.

Whatever the distance, riders can expect well-spaced rest stops, supplied with enough food and water for each rider to cover the course, mechanical and first-aid help, mobile sag-support, an well-

*Cont. on pg.4*

### Century from pg.3

marked course and route maps (cue sheets). Often included in the entry fee is a T-shirt, water bottle, cap, patch or some other souvenir. Some organizers include a meal in their fee, others charge a few dollars extra. Many rides require participants to wear helmets. Riders should always be prepared for inclement weather because the ride goes on rain or shine. So don't take the chance of being miserable-wet, cold or whatever, it will just detract from your accomplishment and spoil the day. The best mental attitude "tip" I've ever heard is to think of a century as four twenty-five mile rides.

Generally, the routes wind through less-traveled, rural roads, away from the hustle-bustle and congestion of the metropolitan area. They are usually scenic routes, representing the best of the sponsoring club's regular rides. Most routes are fine-tuned each year, offering the rider the results and benefits of hundreds of hours of work by an unseen army of volunteers. The difference between a good ride and a bad ride is simple: organization, planning, and hard work.

Fortunately, most sponsored rides stress that riders must abide by the rules of the road and respect motorists. This is an absolute must for two reasons: safety and community relations. Nothing is more discouraging to sponsors than receiving word of an accident with injuries or word from the community police force about obnoxious, ill-mannered cyclists who ride with complete disregard for safety rules of the road. You'll be expected to sign a waiver of liability, to protect the sponsoring club from potential law suits.

Why a century? It's a nice round number. The distance distinguishes the ride from "just another club ride". It sets it apart as a special event, a challenge, an commitment (both in time and energy). It gives you the chance to challenge your own personal best and experience the euphoria of a special accomplishment.

What's the best way to train for a long-distance ride? Training for long rides can be trying unless you have a good game plan. The main mistake newcomers make is doing too much too soon. The best advice is to plan a reasonable, progressive training regimen. Ride at a steady pace. Aim for consistency, rather than bursts of effort. Build your mileage gradually, increasing your weekly total by

no more than 10%. If you have a week that seems more difficult than usual, then back off and repeat the mileage before moving on. Allow ample time between rides for your body to recover. Be sure to drink plenty of fluids and add food to your refueling process. One good tip is to find a cycling partner who shares your goal. You'll give each other incentive to ride and can support each other on "the big one". On the ride itself, it's important that you pace yourself, your energy, and your endurance to the weather conditions and the terrain of the route. Don't overdo it during the first half of the ride.

Following this regimen will help you develop the will and strength you need to reach your goals. □

--Dick Sorenson

**Ya Hey ! The club's annual banquet will be on Friday Nov. 13!**

**And it will be different than any previous banquet!**

**It says there'll be a delicious buffet!**

**And a great entertainer! Mark that date on our calendar!**





# LAW... the Rest of the Story

by Barbara Sturges

Back in January I wrote an article "LAW--the fun side" describing my expectations of the LAW Rally in River Falls, WI, scheduled for July 1-5. I'm back from the Rally now and want to report that it was great. You can't beat riding up and down rolling hills, through beautiful valleys, of along majestic bluffs. We square danced, cruised the St. Croix River on a paddleboat, and heard terrific music. The student center even served beer (after all it was Wisconsin). As I expected, I had fun. I'd strongly recommend joining LAW if only to attend the Rallies.

Now I want to report my other positive impressions from the LAW Rally which point out more reasons for a bicyclist to be a member. First, the whole event was extremely well-organized, exhibiting an attribute necessary for a nationwide association. Next, LAW is addressing some of the issues which have concerned me recently--- its relationship with other nationwide bicycling organizations, its receptivity to members' opinions, and membership recruitment efforts.

Staff members from LAW and the Bicycle Federation of America have met to discuss cooperative efforts. Plans are being made to also include Bikecentennial in further discussions. The current membership campaign includes an effort to attract club members, especially club leaders who can obtain first time memberships at a reduced rate, and an appeal to young people and women by including the phrase "The national organization of bicyclists" along with the name the League of American Wheelmen.

LAW has become more proactive in the areas of

advocacy and education. They have formed the National Coalition for Bicycle Advocacy to facilitate information exchange between bicycling organizations, including through E-mail, and are encouraging the formation of state advocacy organizations. Education director Susan Jones is working toward educating cyclists of all ages by greatly expanding the Effective Cyclist program...to club riders and even to Physical Education teachers, and by developing materials for children.

The League is in the forefront of the growing movement toward police patrols on bicycles, providing training and support to new and existing units.

At the turn of the century LAW mobilized 100,000 members and, through its Good Roads Movement, helped see that the roads in this country were paved...in order to make them suitable for bicycling. The current time is right for us to mobilize and to make more of this country's roads suitable for bicycling.

The actual work required at this time, however, is at the local level--making state organizations the important component. For those living in Illinois, LAW membership now entitles one to membership in the new League of Illinois Bicyclists. The organization has already successfully lobbied the Illinois Bikeway Council to meet after three years of relative dormancy and is organizing efforts to see that bicycles are considered in transportation planning at the local levels.

To be a part of the action, join the national organization of Bicyclists, the League of American Wheelmen. You'll also be a member of the League of Illinois Bicyclists if you reside here in Illinois. If you are a committee chairperson, see your president or write to the LAW office about the special offer.

## LAW Membership Application

I want to join the national organization of bicyclists. Please start my subscription to BICYCLE USA magazine. Also send my membership materials.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Club \_\_\_\_\_

Membership Category  
--- Advocate/Individual \$35      --- Individual \$25  
--- Advocate/Family \$40      --- Family \$30  
--- Sustaining \$50

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

## PROGRESSIVE DINNER

### VOLUNTEERS NEEDED!

If you missed the club meeting August 6th, now is your chance to volunteer to be a possible Progressive Dinner party host.

Ride from one house to another and eat FOOD along the way. We need a loop ride. The date for the ride would be either Saturday, October 17 or Sunday, October 18. Starting time of the ride 10:00am. The cost of the ride is \$8.00 per rider, with a maximum number of 35 riders. Your check must be in my mail box no later than September 19th, made payable to Joanne Begy.

Sandy Holtzrichter offered to be a possible host, if we can find 4 other volunteers to be hosts close to her home. Travelling distance should be no more than 10 miles. Dinner would consist of appetizer, soup, salad, main course, and desert. Riders would park their cars near the desert house and ride to the appetizer house to start the gala event. Sound like fun? Sign up as a volunteer party host by calling Joanne Begy, Wk:(708)498-7131 or Hm. 634-2456. Rider participate send your \$8.00 check to: 16256 Woodbine Circle, Mundelein, IL 60060 by Sept.19.

**LET'S MAKE THIS PROGRESSIVE DINNER HAPPEN!**

*Tired of the same old Campy stuff? Try one of these babys on a nice hilly ride!*

## Calculate the heat stress/risk index

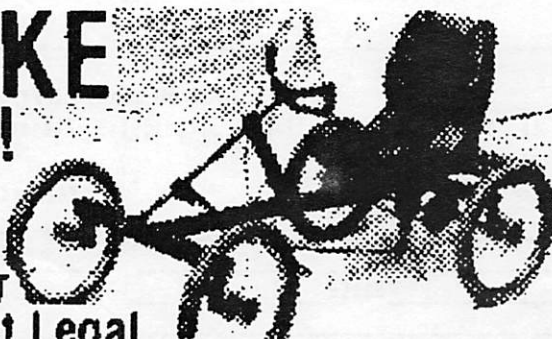
Adding humidity to heat can be a double whammy for summer exercisers. Use this simple formula to calculate your risk of overheating: Add the temperature (Fahrenheit) to the humidity level. (In the newspaper or on the radio it will be called the percent of humidity.) If the sum of the two is below 130(for example, 85 degrees plus 30% humidity =115),it's generally O.K. to exercise at your regular warm-weather level.

If the sum falls between 130 and 150, you should wait until the temperature goes down, or make sure you drink 12 to 16 ounces of water before exercising, have water available during your workout, and carefully monitor yourself for these signs of heat exhaustion: A mild headache, extreme fatigue, dizziness, chills, extreme dryness in the throat and significantly decreased perspiration, If you get any of these symptoms, stop your activity, drink two or three glasses of water and cool your body down with a shower or hose. Heat exhaustion can lead to heat stroke, an serious medical emergency. By the way, exercise when the index is over 150 (90 degrees + 60% humidity...pretty common) and you're asking for serious trouble.

*(...write your name & address on this stuff people!...ed.)*

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*Sent in by Pat Marshall*





*Lenore and Jerry Goldman at the L.A.W. National Rally, River Falls, Wisc. in early July. Three weeks later she was killed on a Pedal Across Wisconsin CRANKIT ride in Tomahawk, Wisconsin.*

*TO LENORE*

*Don't weep for Lenore  
'Cuz she's not alone.  
She's entered a door  
And has a new home.*

*She has new friends now,  
With bikes that can soar  
All through the Heavens  
On bike paths galore.*

*She's still baking those cookies,  
That feisty Lenore,  
Whose chocolate chip cookies  
She's so famous for.*

*So, don't weep for Lenore  
Who left us this day,  
She just found a new home  
In a place far away.*

*Sidney Linow, her brother,  
Sherman Oaks, California*

Lenore and Jerry Goldman have been Wheeling Wheelmen members for many years. We all will miss this lovely vivacious lady. Together, during the summer months Lenore and Jerry organized and led the excellent Pedal Across Wisconsin rides. It is impossible to comprehend how a speeding, passing motorist could strike her down on a bright, sunny morning in rural Wisconsin!

L.A.W. Safe Roads Movement

Back in the early 1900s the L.A.W. successfully fought for good roads. It was at this recent National Rally that the Board decided we now have a big challenge before us: SAFE ROADS. We must educate drivers in every state on bicyclists rights to the road. We must stress the rights and responsibilities of the bicyclists. We must see to fair treatment in courts and with juries. We have established a large network of lawyers to instruct and aid bicyclists in accident cases.

SEPTEMBER 1992 WHEELING WHEELMEN RIDE SCHEDULE

| MTH/DT/DAY<br>TIME | RIDE NAME                          | PACE<br>(E, L, T) | DISTANCE      | RIDE LEADER, PHONE NUMBER<br>STARTING POINT (TOWN, DETAILED DIRECTIONS, ETC.)   |
|--------------------|------------------------------------|-------------------|---------------|---|
| 09/05 to<br>09/06  | Janesville Weekend                 | T/E               | 50/80/<br>100 | Woyteck and Carol, 392-0530. A re-run of the Janesville Weekend earlier in the year which was virtually rained out and very chilly. There is a Super 8 and other motels in the area. Call Carol or Woyteck for motel info. You can either "motel" it for both days or join the group for a single day ride.   |
| 09/07/Mo<br>8:00   | Members 75/100                     | T                 | 100           | Harmon Hundred pre-ride for members only. Enjoy the routes prior to working the day of the Harmon (9/13). Cindy & Al Schneider, 696-2356, will lead the 100 miler. Still need a leader for the 75 (if no leader is found, cue sheets will still be available for those who wish to ride it).  |
| 09/12/Sa<br>9:00   | Members 25                         | T                 | 25            | Harmon Hundred pre-ride for members only. Tomorrow we work and support the best invitational in the Chicagoland area! Al Dargiel, 312-685-7708.   |
| 09/12/Sa<br>9:00   | Members 50                         | T                 | 50            | Harmon Hundred pre-ride for members only. Enjoy the ride today and work the Harmon tomorrow. Rick Arnopolin, 520-3136.  |
| 09/12/Sa<br>8:00   | Rural Wisconsin                    | T/E               | 60/100        | Ralph Pedraja and Woyteck Morajko. Start from park in Eagle, WI at junction of U.S. Rte 12 and WI 67. Park is at Main St and Markham. From Main St in town, turn right to park.   |
| 09/13/Su           | HARMON HUNDRED<br>INVITATIONAL !!! | 5:30              | 7:00 PM       | THIS IS OUR DAY TO WORK ON HOSTING THE GREATEST INVITATIONAL IN THE CHICAGOLAND AREA. COME OUT AND HELP MAKE THIS ANOTHER GREAT HARMON!!!! VOLUNTEER BY CALLING THE HARMON RIDE CHAIR !!!!  |
| 09/19/Sa<br>9:00   | Kettle Moraine                     | T                 | 30/60/<br>100 | Virginia & Bob Savio, 438-8066, General Store, intersection of Rte 12 & Hwy H, LaGrange, WI. Here is a great riding area with options for everybody. Enjoy the beginning fall weather with some great sandwiches at the General Store after the ride!!!! Ralph Pedraja will lead the 100 mile ride starting at 8:00 AM sharp!                                     |
| 09/20/Su<br>9:00   | Picnic Challenge Ride              | T/E               | 55/75         | Mark and Sue Biederwolf, 520-6395. Starts from Harrison School, next to Benwell Harrison Woods in Wonder Lake, off McCullom Lake Rd. Take Rte 12 to Rte 120 (Volo, IL), turn left (west). Go to Rte 31 in McHenry, turn right (north) to McCullom Lake Rd, turn left (north) and go about four miles to school. Ralph Pedraja will lead the 75 mile Express ride. |
| 09/26/Sa<br>8:00   | Beloit-New Glarus                  | T/E               | 115/160       | Fred & Chris Schroeder, 359-5624, and Ralph Pedraja, 680-7379. Take I-90 past Rockford, exit Rte 51 at the border, follow 51 north and west into Beloit. Turn right on Park St to Horace White Park. If you wish to stay the night before, try the Super 8 \$35-45 (608-365-8680) at 3002 Milwaukee Rd or the Holiday Inn \$53-65 (815-389-3481) at US 51 & 75.   |
| 09/26/Sa<br>8:00   | Beloit-Albany                      | T/E               | 80            |   |
| 09/26/Sa<br>9:30   | Skokie Valley Ride                 | T                 | 35            | Al Dargiel, 312-685-7708, Wayside Woods, Morton Grove, Lehigh, one block north of Dempster, scenic, flat.   |
| 09/27/Su<br>8:00   | McHenry-Sycamore Ride              | T/E               | 80            | Wayne & Joan Segedie, 632-1472. Starts at McHenry County College, Rte 14, just north of 176, Crystal Lake, IL. Good ride for tandems!   |