

MONTHLY MEANDERS

OCTOBER
1992



Wheeling Wheelmen

Next Meeting:
Thursday,
October 1, 1992
Howard Paul will
present a talk
and slide show
about his bicycle
trip along the
Danube in
Austria.

**Don't
forget to
vote for
your
favorite
rides
(Ballot
inside)!**



Pressez

by Alan S. Berman

With the cycling season winding down, I'd like to briefly reflect on this past summer. Overall, I think our club has done very well. While we may have lost a few members who were not thrilled with the style of riding that has evolved among our members, i.e. somewhat faster pace, smaller compatible groups of riders with similar abilities riding together, we have gained a greater number of new members who enjoy what the club has to offer.

Thanks in large part to the incredible enthusiasm and hard work of our ride chairman - Ralph Pedraja, our club has offered more varieties of rides from different starting locations than ever before. Many of our members have created new rides this year and I want to

thank each and every one of you who put forth this effort.

Our prayers and best wishes go to Jenny Howard, the latest in a long list of injuries that have befallen our club this year. Jenny is very well known and well liked by an awful lot of people in the Wheeling Wheelmen, and it saddens us all when an excellent rider like her is tragically struck down by an automobile where the driver fails to keep a proper lookout for cyclists. Jenny - we all wish you a speedy and full recovery and will look forward to seeing you back on your bike next season.

Please retrieve that revised constitution you got (and probably didn't read) and review it a little so that we can have a meaningful discussion at the October meeting. There have already been some comments and suggestions and it is very important that we iron out

Continued on page 2

Safety Corner

by Dick Sorenson

HELMETS: WHY THE CONTROVERSY?

(One Last Appeal)

The human mind is fascinating. It can rationalize any activity we choose to engage in, whether good, bad or even harmful to ourselves. For example, some are unconvinced that smoking causes lung cancer; seat belts really save lives; or a healthy lifestyle and regular exercise really matter. The same thought carries over to the topic of bicycle helmets.

It seems reasonable that bicycling organizations (clubs and coalition groups) should take the initiative and responsibility to advocate the use of helmets by example. This can be

accomplished in two ways: By requiring helmets for all club rides and requiring helmets for all club invitationals. I think bicycle clubs and event directors should make helmet use a mandatory condition of participation. What a good example, positive statement and commitment to safety could be set by such a declaration. Who could possibly oppose such an apple pie and motherhood opportunity?

Well, there certainly is loud opposition. The opponents primarily argue that helmets are not mandated by law, therefore, clubs should not be requiring the inconvenience of helmets on people who do not want to wear them. Other arguments are similar to those espoused by our friends on the road - the other cyclists - the motorcyclists who complain that helmets take the "wind in your hair" feeling of freedom and

Continued on page 3

Pressez from pg.1

a final draft to submit to the general membership.

As my second term as president winds down and I gracefully prepare to go into retirement (without any sort of presidential pension), I just want to say that these have been two very enjoyable years. I can't express in words how much I enjoyed working with this year's Board - Ralph, Sandy, Lotti and Dick, as well as Al & Cindy and Phyllis, who, although not official Board members, took a very active role in all club matters. Every one of these individuals, by the nature of their jobs, put in more hours than I did. I have always maintained that being president was the easiest job, especially with such an enthusiastic and hard working group to work with.

Hope to see a large turnout at the annual banquet in November. Howard and Lois Paul have put a lot of effort into the planning and organization of this event, and it sounds like it will be a very exciting affair. Finally, we need volunteers to host the Christmas party and the New Years Day party. Any takers out there? □

SO LONG - SEE YOU ON THE TRAIL !!!

Back in 1985 I sent my first bicycling article to Phyllis Harmon, then the editor of "Monthly Meanders". The article described my impressions

and thoughts while pedaling my (then) regular brisk pre-dawn ride on the Busse Woods Bike Trail. To my surprise she printed the whole thing and really launched me into a new interest in writing about my experiences and "lessons learned" from 25 years as an avid adult cyclist. To Phyllis I'll be forever grateful, because her editorial decision also encouraged me to eventually write several articles for professional journals regarding my vocation of real estate appraising. I have since received an award for appraisal technical writing and had the honor of contributing a chapter to our appraisal organization's latest textbook edition. All of this is not meant to be self-serving, but to demonstrate that being a volunteer has it's rewards and can eventually have a positive influence on your life.

I have recently made a long-term commitment to other activities, also volunteer in nature, that make it impossible to keep up with monthly writing deadlines. So, at least from a writing standpoint, this is "so long". I do want to thank each of you who called or wrote me over the years, regarding one article or another, both complimentary as well as critical, and those who offered topic suggestions and ideas. The primary gratification comes from knowing that sometimes you can create interest or stimulate thought - it's not necessary that the reader always agrees with your opinion. Thank you Phyllis, and thank you Craig. You've been good editors. Thank you for the opportunity. □

--Dick Sorenson

TOP TEN MILEAGE

MEN

WOMEN

- | | |
|---------------------------|--------------------------|
| 1) Wayne Segedie...5046 | 1) Joan Segedie...3499 |
| 2) Ralph Pedraja...4729 | 2) Lotti Dolce...2867 |
| 3) Ed Leidecker...3010 | 3) Carol Passowic...1813 |
| 4) Woyteck | 4) Charlene Blake...1810 |
| Morajko...2903 | 5) Janie Neuman...1678 |
| 5) Steve Rodgers...2666 | 6) JudyHattendorf...1157 |
| 6) Kurt | 7) Fran Green...1128 |
| Schoenhoff...2600 | 8) Sandy |
| 7) Dave Ebert...2510 | Holtzrichter...1072 |
| 8) Dennis Berg...2372 | 9)Sue Biederwolf...1025 |
| 9) Jeff Epstein...2211 | 10) Geri McPheron...869 |
| 10) Rick Arnopolin...2194 | |

Total Club Miles Ridden...115,022

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	Cal Kutemeier	827-2248
Bike Books	Roy Erikson	381-5128

(All 708 area code)

Send stuff to : Cal Kutemeier, 9226 Golf Rd. # 109,
Des Plains, IL 60016. Contact Sandy for
change of address.

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

Safety Corner from pg.1

romance out of the sport and that they're "unsafe". Further, that "machismo" look is dampened with a helmet. A recent "Worldwide Helmet Protest Rally" even featured a poster showing an American flag dripping blood over a helmet. It's interesting to note that 75% of all motorcycle deaths are caused by head injuries. Still they vow to "never give up fighting helmets."

It's really impractical to wait for a state law to be passed - a mandatory helmet law is highly unlikely even though it would definitely save lives and money. Lack of enforcement would be a major, frustrating problem for any helmet law. After all, local police don't even enforce current bicycling traffic laws with any consistency.

Unfortunately, it will probably take some tragedy, a fatal or near fatal accident of a non-helmeted club or invitational rider for the rules to quickly change from "helmets strongly encouraged" to "helmets mandatory for all riders." Generally, the cyclists who don't wear helmets are those who don't ride much. But shouldn't we be concerned if they splattered their brains on the road?

Helmets prevent about 85% of all head injuries and cyclists get lots of head injuries. Head trauma victims lose some or all of their ability to act or feel like human beings. Their symptoms include paralysis, loss of sight or smell, or speech devoid of inflection. What goes on inside that person's head is harder to describe and is a very private torment for many head trauma victims. Some can function and hold jobs, while others are human vegetables. Unfortunately, accident victims don't get to choose the extent of impairment they end up with for the rest of their lives.

Anyone can get head trauma. If you fall and hit your head, at any speed, you can injure your brain. Studies have shown that speed is not an important factor in determining the risk of head injuries. "Universal use of helmets by all bicyclists could have prevented as many as 2,500 deaths and 757,000 head injuries in the U.S. between and 1984 and 1988", according to Dr. Jeffrey Sacks at the Center for Disease Control. That's more than one death every day and one head injury every four minutes.

Yes, non-helmet use is legal and tobacco use is legal and both will likely remain legal for years to come. However, just as tobacco use is being curtailed in public areas, it's time for bike clubs and serious cyclists to demand helmets - only policies for their rides. Let's all stop paying lip-service to bike safety. Instead, let's grasp the opportunity and take a leadership role in really promoting safe riding for all. □

Bye

Well, this seems to be a month for good-byes, because I'm also stepping down from my post. That's right, no more smart mouthing; no more semi-sleazy photos; no more of my (*sic*) brilliant commentary on the state of cycling; in short, no more Craiger.

There, there now--don't cry--I'll still be around, and maybe I'll even have more time for stuff like riding again.

Anyway, I left the editorial reins in competent hands: Meet Mr. Cal Kutemeier, the club's latest ...ahhh...volunteer. Make sure you send your articles to him by the 10th of the month like good boys and girls O.K.? It's been fun, so have a good winter and keep your rubber on the road where it belongs. □

See Ya--Craig

HARMON HUNDRED

T-shirts make great gifts. Limited time offer - Only \$6 for this or last year's HARMON HUNDRED T-shirt. Wheeling Wheelmen cycling shorts are also available for \$15. Act now! These will not last. Place your order with Cindy Schneider 696- 2356.



OCTOBER, 1992 WHEELING WHEELMEN RIDE SCHEDULE

MTH/DY/DAY TIME	RIDE NAME	PACE (E, L, T)	DISTANCE	RIDE LEADER, PHONE NUMBER STARTING POINT (TOWN, DETAILED DIRECTIONS, ETC.)
10/03/Sa 9:00	Tour of Cow Country	T/E	65 or 100	Woyteck Morajko, 392-0530, Sharon Wisconsin, Rte 67 and County C at grade school, 5 miles west of 14.
10/03/Sa 10:00	College Campus Cruise	L/T	34	Doug Krutz, 498-0114, Start at Pottawattomi Woods, off Dundee Rd, 1/2 mile east of Milwaukee Ave.
10/04/Su 9:00	Kenosha Ride	T	50/75	Joan Segedie, 632-1472. Starts from David Park in Zion, Il. Take I-94 north to Rte 173 (Rosencrantz Rd), go east to Kenosha Rd, turn right (south) to 21st Str., then left (east) to park on right side of street, after the school.
10/04/Su 10:00	Lakefront Ride	L	20-30	Howard Paul, 824-2941, Foster Avenue Beach in Chicago, Foster Ave east of Lake Shore Dr. Lunch at North Pier Mall on return route. North Pier has some interesting exhibits to see.
10/10/Sa 9:00	Ice Cream Social	T/E	50/85	Mike & Liz Spratley, 581-1452, starts from McHenry County College, Rte 14, past Rte 176, outside of Crystal Lake.
10/11/Su 9:00	McHenry-Fontana	E	65	Linda Heeter, 475-4492, starts from McHenry County College, Rte 14, past Rte 176, outside of Crystal Lake. This is a hilly ride, so no whiners or sissys!
10/11/Su 10:00	North Shore	L/T	25	Larry Erman, 724-1301, start at Lake Cook Rd and St John's train station in Highland Park, 1/4 mile east of Green Bay Rd. Flat and scenic. Slow touring pace. Also bring locks if you want to stop at the Botanic Gardens.
10/17/Sa 9:00	Burlington-La Grange	T	50 / 75 /100	Ralph Pedraja, 680-7379. Start from Eagle Lake Park on Church Rd, 1/2 miles north of Rte 11, 0.5 miles west of Rte 75 in Racine County.
10/18/Su 9:00	Leaf Me Alone	T	26	Hans & Diane Predel, 255-4029, Crabtree Nature Center, Palatine Rd, 1/2 mile East of Algonquin Rd (or 1 1/2 miles west of Rt 59). Breakfast in Algonquin. Per my count, three good hills going out to whet your appetite and four good hills coming back to burn off that breakfast! Come out and see the Fall colors.
10/18/Su 9:00	Wholy Rollers	T	45 / 65 /100	John Loesch, 255-4029, Starting from the Bike Rack store, located at Campton Hills Rd (1/2 mile west of Randall Rd) and Rt 64, in St Charles, Il. 45 mile route recommended for Mountain bikes.
10/24/Sa 9:00	Tour of Racine Co.	T	50/75	Phyllis Harmon, 537-1268, starts from Eagle Lake Park on Church Rd, 1 1/2 miles north of Rte 11, 0.5 miles west of Rte 75 in Racine County. A favorite of the club! Tour Racine county, Wind Lake, stop at Tichigan Corners and Adrian Custard Stand in Burlington. A great ride across scenic landscapes. Ralph Pedraja will lead a 75 mile version.
10/25/Su 9:00	Wauconda - Twin Lakes	T	60/75	Ralph Pedraja, 680-7379, Starts from Wauconda Orchards on Gossell Rd, 2 miles north of 176, off of Fairfield Rd.
10/31/Sa 11:00	Halloween Ride	T/L	30	Kurt Schoenhoff, 634-2634. Starts at Kildeer School, Long Grove, Il. Clarence Littwin will lead the leisure group.