

Monthly Meanders

NOVEMBER
1992



Wheeling Wheelmen

No Meeting in
November or
December. See
ya at the
Annual
Banquet and
Christmas
Party.

"On the Road"
with the Dolces
in Richmond,
Virginia

Winter Ride
Schedule

Vote
November
3rd

Prezsez

by Alan S. Berman

It's a pleasure to be able to write my monthly article without having to start out with regrets about another cycling accident. It's also great to be writing my last Prezsez article. While it's been an exciting two years, it's time for the club to have a change, and for me to move on to other challenges. This winter, I plan to scout out other possible weekend or single day rides in Wisconsin. While we have had many great Wisconsin rides put together by Ralph Pedraja, Woytec Morajko and Dave Ebert, with more to come I'm sure, there are still some areas that nobody has tried before.

At the risk of repeating myself - I want

to again express my appreciation to Lotti, Dick, Sandy, Ralph, Al & Cindy, Phyllis and Craig for their tireless efforts and boundless enthusiasm which they applied to their jobs. I guess that I will now have to put into practice what I've been preaching for two years and volunteer for things, without being able to delegate the job to someone else. See you all at the Annual Banquet in November, the Christmas Party in December, the New Years Day Party in January, the Winter Banquet in February.....



Kurt's Ride to Galena

by Ed Addison

I guess when you let a German plan your vacation you expect the trains will run on time, but this week long trip was something else. It was more of a progressive dinner. Most of the riders who were in a hurry would get on their bikes about 8 am after a sumptuous breakfast and arrive around noon at the next town, find a good cheapo restaurant (when did the all-you-can-eat places start paying us to come in?) for lunch, get into our rooms for a hot shower, take a snooze, read a book for 5 minutes, and then step outside to find others congregated around the beer cases and wine bottles for a good afternoon of conversation with a great bunch of 35 Arlington Heights and Wheeling

Wheelmen club acquaintances. What we learned about those of you who weren't there - your ears must have burned back in Chicago!

The dedicated shoppers had found the lowest price "all-you-can-eat" spot which was soon to be overwhelmed by 30 or so hungry, but no longer thirsty, bikers. A tough week for those restaurants I'll tell you. Then full, tired, and happy, we all fell asleep in front of our cable TV sets. This was repeated all week with the only break being the mighty hills (Bull Valley times three and in bunches of ten) and the rain that Kurt arranged for on Wednesday (the day with the biggest hills). Have you noticed how much easier it is to climb a hill when your main priorities are to keep cold water from running down the small of

Continued on Page 3

Christmas Party

Sunday December 13th

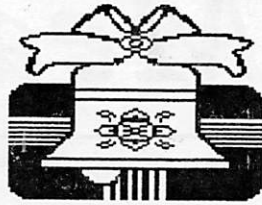
Where: Sandy Holtzrichter's house

1251 Galway Drive
Cary, Illinois

Time: 11 am - Bike, hike, or cross country skiing
1 pm - Eat, party, and have fun

What to Bring: Call me at 708-516-1817

Directions: Take Northwest Highway (Route 14) to Cary. Turn right on Silver Lake Road (by an Amoco gas station). Go through 2 stop signs. Turn right on Galway, the second street.



Don't forget to send pictures to Lotti Dolce or Lin Castagli. The pictures will be turned into a video tape for viewing at the Christmas Party. Oh what fun!

Dateline: Richmond, Virginia

We want to thank everybody for their donations. We couldn't have done it without you. There are lots of hills and major headwinds! We climbed 3,500 for three days in a row with 90 miles each day. We are feeling it, but doing well. We have a fun group. Thanks again.

Lotti and Peter Dolce

TOP TEN MILEAGE

Men

Women

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

1992's Mileage Leaders
will be announced at
the Annual Banquet.

Editor's Desk

by Cal Kutemeier

This is my first newsletter and I want to thank Craig Jorgensen for his help in the transition. Craig has created a fine format for a club newsletter and I intend to run with it. I also want to have articles from a number of people in the upcoming newsletters. If you have any thoughts about bicycling that would be of interest to others, please send them to me. I will use them as space permits in future newsletters.

There are a few basics that should be repeated every so often. Whenever you submit something for the newsletter, please observe the following:

1. Please address all submissions to: Cal Kutemeier, 9226 Golf Road # 109, Des Plaines, Illinois 60016. Use a legal size (4.25" x 9.5") envelope or smaller.
2. The deadline continues to be the 10th of the month in order for the article to be included in the following month's newsletter. The final newsletter must be at the printers by the 20th to

Continued on Page 3

The Board of Directors

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 Road #109,
Des Plaines, Illinois 60016. Contact Sandy with any
address changes.

Club Ride Hot Line and Info: (312) 989-7973

your back and to try to see where you are going while balancing your bike at 2.5 mph?

We only did 50 - 60 miles a day, but the distances became more noticeable to those pulling two kids in a bugger up the hills. The mileage also got to Howard who got his wheels all bent out of shape in a van shuttle while trying to stay dry. Kurt and Bill (the bugger engine) both learned the intricate workings of a derailleur on the sidewalks of Fenton, Illinois. Were is Fenton anyway? I don't believe there is a Fenton, Illinois, but I do believe there are strong springs in derailleurs that are busting to get free if you touch them. Very impressive machine shops could not have had more tools than these guys combined. My advice was for them to call a cab.

It was a great trip. Kurt felt it wasn't cold enough though, so he plans to route his ride in Michigan next year. He promised to bring tire chains for all of us in his tool kit, alongside the beer. We all gained 5 pounds and came back in worse shape than we were in when we left. This was in spite of the wind always blowing exactly from the way we were headed each day. Illinois and Wisconsin are pretty states, but they are not flat. If you do this trip, don't forget your granny gears. If we missed any hills, it was a mistake.

Thought for the Month

by Howard Paul

A recent article in Bicycle USA, the monthly publication of the League of American Wheelmen, noted that park police in a California park will be using radar on bicyclists to enforce a 15 mph speed limit. There had been numerous accidents and complaints from pedestrians and joggers. It seems to me that many bicyclists have an elitist attitude that encourages them to press for maximum speed no matter what surrounding conditions exist. Obviously, we can't dawdle while doing a century, but we should keep the high speed to the open road, not when encountering pedestrians and motorists with a right of way.

ensure you receive your copy on time.

3. All articles should be typed and double spaced. Clearly legible hand-written articles may be submitted, but if I cannot read them they will not appear in the newsletter. Preference will go to the authors who submit the most legible articles, ie. typed and double spaced. If you have a computer and a modem, call me about submitting your articles electronically.

4. Want ads are for the use of club members only and are free.

5. Please contact the membership chairperson with all address changes.

I am looking forward to being the newsletter editor. With your articles, *Monthly Meanders* can continue to be an interesting and informative publication.

Recovering Well

Jennifer Howard, who was involved in a cycling accident, is recovering well. She should be out of her casts by the beginning of November. We all wish Jenny a continued speedy recovery. She is staying with her parents, so cards or letters should be sent to: 1298 Waukesha Road, Caledonia, Illinois 61011.

Winter Ride Schedule

As you may have already noticed, there is no ride schedule in this month's newsletter. All winter rides are on a "show and go" basis with differing times and locations. To find out where and when the Saturday and Sunday rides will begin, call the Ralphster Rideline at 680-7379 from Thursday evening and up to 9 am Saturday morning. Cue sheets and maps will usually be provided. The rides will be at a touring pace. The distances will vary based on the temperature, 30 miles when the temperature is in the 30's.

Winter Riding

by Cal Kutemeier

I discovered the joys of winter riding last year. It's a great way to beat the winter doldrums and also prepare for the coming season. The rides started in several locations - Daniel Wright School, Wauconda Apple Orchards, and McHenry Community College to name a few. The length of the ride varied with the temperature, but they were usually around 35 miles. We never rode when the streets were wet or snow covered. We aren't quite that crazy!

Winter rides can be as fun and comfortable as those rides in the 90 degree days of summers past. Here are a few tips:

1) Wear several layers of clothing. The layer next to your skin should "wick" away perspiration to the outer layers of your clothing. Good wicking fabrics include polypropylene and Gore-Tex. The middle layer should retain your body heat. Wool is a good choice here. The outer layer should be windproof. It should be made of a "breathable" fabric.

2) Protect your extremities. Up to 40 per cent of your body's heat can be lost from the head. A polypropylene balaclava is sufficient to keep your head warm. Wear gloves or mittens that have some type of lining in them. One of the mail-order house catalogs that I receive featured large muffs that you slip over your handlebars. Footwear should be loose enough to allow the toes to wiggle, trap warm air, and permit an extra pair of socks to be worn if needed.

3) Never start a ride on an empty stomach. Food provides energy for exercise and to combat the cold. Increase your intake of complex carbohydrates. Bring a snack along for your mid-ride break. Remember to drink as much as you would on warm weather rides. Your body can become dehydrated because of perspiration and, on cold weather rides, the cold air you inhale needs to be moistened as well as warmed.

Last year there was a small cadre of cold

weather riders. The top mileage for the four month season was 527 miles and the lowest mileage was 34 miles. I hope to see more of you out on those cold afternoons. Let's face it, you can tape the Bears game and decide if you really want to watch it after you hear the final score!

Courtesy, if You Please!

by Howard Paul

Sometimes I think we should place as much or more stress on bicycling courtesy as we do on safety. After all, despite the many times we barrel through stop signs and in front of stopped motorists, bike in the left lane on hilly roads, ride two or more abreast when traffic is present, take breaks in the roadway, etc., about 99.4% of the time we get by without incident. However, almost every safety infraction is also a courtesy no-no.

The most glaring example of this is the bicyclist who ran through a stop sign in front of Mike Royko and followed it up with an obscene gesture. As a result, perhaps several million readers were told what brainless imbeciles bicyclists are. The next time any of us pulls a faux pas, it probably will not be in front of a syndicated columnist, but we've alienated one more potential friend.

Last Call!

If you have not done so already, mail in your reservation for this year's Annual Banquet on Friday, November 13th. The banquet will be held at Kathryn's Banquets at 600 N. River Road (Rt. 45), Mount Prospect. It is located about 1 1/2 miles north of Golf Road.

The festivities will begin at 6:15 pm with a social hour. The ever popular sumptuous buffet dinner will begin at 7:00 pm. After dinner, Lance Brown will entertain us with his guitar and songs.

Please make your reservation by sending your name and the number of guests (along with a check for \$15.00 per person) to: Howard Paul, 1102 Jeannette St., Des Plaines, Illinois 60016. Phone 708-824-2941.