

# Monthly Meanders

**February  
1993**

**Next meeting:  
Thursday Feb.  
4th at 7:00pm  
Wheeling High  
School**

Peter and Lotti's  
Pedal for Power  
from Maine to  
Florida  
and  
Al and Cindy's  
trip to France  
Refreshments will  
again be  
provided.



Winter  
Adventures  
Summer Ride  
Updates  
Design Contest  
Still Open  
St Pat's Ride  
Steals N Deals  
Wisconsin Rides  
Poetry Corner

## Prezsez

by Sandy Holzrichter

We had our first club meeting of the New Year and had a really great turnout, in spite of the weather. Judy Hattendorf's (our refreshments chairman) coffee pot decided it was time to retire, so we didn't have any coffee, but the cake (brought by Leila for Rick's birthday) and other goodies were great. And how about that program by Woyteck and Carol? I can see Utah will have more bicyclist from Illinois.

The Constitution was discussed again, and hopefully for the last time. The revisions and amendments are now being printed and they will be sent to you with the next newsletter, with a ballot to vote on it. Thank-you for your patience in waiting for this Constitution. If this Constitution last as long as the previous one it'll be a long time before you have to sit through another meeting discussing again.

Now I have a big "Thanks" to Alan Berman. For the past 2 years Al's been our President. He's worked very hard (as I'm finding out) to insure the club's success and happiness. Al was a good President and he made the transition of my becoming President so smooth and easy that you never knew there was a change. He ran the board

with a easiness that made us all feel comfortable enough to voice our opinion and come up with ideas. He never made us feel inadequate and I believe that why's the board was able to accomplish it's tasks and have fun doing it. After all that's why we bicycle and why we belong to a club. To Have Fun.

So I "Thank" Al on behalf of myself, the board and the club members. Thanks for making the last 2 years successful and fun. Thanks for your professionalism, your intelligence and your quiet manor that kept us all in line. And I really want to "Thank-You" for your "delegation of duties" that kept us all working. Now, it's your turn, you won't even have to volunteer because we already have a list of duties for you to do. With admiration and gratitude. Thank-You Al.

We've already put Al to work, He's our liaison between C.B.F. and the Wheeling Wheelmen. So he'll be keeping us informed with the outside world of biking.



Bush?? Clinton?? For a list of Presidents with the Right Stuff, see Phyllis's article about our Club's Presidents

## Safety First

by John Loesch

First Aid  
(or what to do after you crash and burn)

Inevitably, there will come a time when your wheels leave the pavement and you make very intimate contact with the asphalt. You have crashed and burned. Resist your immediate impulse to jump to your feet and demonstrate to all that you meant to do that. Take a moment and do a systems check. If you can feel all your parts and still move all your parts, any damage sustained is probably minimal and you will soon be on your way. In the event that you cannot feel and move all your parts, BE STILL, and wait for your co-riders to summon professional help. (NOTE: If you are out riding solo and this occurs, you really are on your own.)

Assuming that your injuries are of the minor variety, you can reach for your handy on-bike first aid kit, patch yourself up and peddle away. What's that you say? YOU DON'T HAVE a handy on-bike first aid kit. Well, read on. In a very little amount of space (about the size of a rolled up pair of socks) you can carry a basic first aid kit to handle most minor accidents. In fact you can carry all of the

following items in a sock (the long tube variety works best) which sock can also be used as a bandage if needed. The items are:

- 1) Band-aids - large and small (4 ea)  
Telfa pads (2 ea)
- 2) Gauze - sterile and non-sterile 4x4 pads (2 ea)  
2" gauze roll bandage (1 roll)
- 3) medical tape - 1 roll
- 4) Acetaminophen (generic) or Tylenol (for you brand conscious consumers)
- 5) Antibiotic ointment - a Polysporin/Bacitracin mix works best
- 6) Soap - you've finally found a use for the little bars of hotel soap
- 7) A toothbrush with the handle sawed off to use as a scrubber with the soap

The above items will allow you to clean, disinfect and bandage cuts and abrasions. The acetaminophen will help take the edge off the pain without interfering with the blood's ability to clot. The toothbrush and soap should be used to scrub out road rash abrasions so that whatever dirt got into the wound does not cause an infection later or leave a tattoo once it heals. After cleaning, a liberal dose of antibiotic ointment will help prevent infection. Lastly bandage; hold the appropriate pad over the wound with the gauze roll bandage and secure with

*Continued on page 3*

## Winter Riding by Jeff Epstein

It is January 2, 1993 as I head west on route 60 toward Wauconda Orchards with two mountain bikes secured to the roof of the Isuzu, I received a number of "looks" from passing motorists suggestive of a defect in my mental equilibrium. While you don't have to be crazy to do winter riding, it helps. As we finish the half way point of our winter ride schedule I'd like to share a few perceptions from my first year of organized riding and my initial stint in cool weather.

When we left the Orchards on this date (all 13 of us), the temperatures were in the lower 20's. Sounds cold? Not once you get moving. You'd be surprised how warm Bull Valley can make you feel in the winter! Besides the stimulating rides provided by our ride leader, clothing with our modern technology has made the temperatures tolerable. Using layered lightweight clothing that "wicks" well, good gloves, warm socks and "booties", as well as the indispensable balaclava, the Wheelmen are a match for the elements, not to mention the various fashion statements being made.

Safety is even more important in winter riding, and I believe cold weather riding is even more safe than our convention summer rides. Sound hard to believe? Well for one, there are fewer cars. Secondly people tend to be much more vigilant in the winter rides. Also riders tend to travel in one group at a common speed, not in multiple groups as in the warmer rides. Finally we frequently have our safety chair with us, ever vigilant of an individual for the "Organ Donor Award". Believe if nothing else does, that keeps you on your toes.

Probably my favorite aspect of winter riding is the close comradery, much greater than in the summer. With everyone going about the same speed and the elements providing a challenge, a closer bond is formed among the riders, it is very, very enjoyable. There is more socializing after the rides than in warmer months.

Since most of the above has been impressionistic, let me give you some facts. In the first half (November and December) no rides were cancelled due to inclement

conditions. There were more miles during this period (6,229) than the entire previous winter. We had 36 riders join us for an average of 173 miles.

So if you're suffering from a little cabin fever, believe those "love handles" are getting larger or feel "the call of the wild", pick up that phone and call the winter ride line (708-367-6472), not only are you in for information leading to a stimulating experience, but you may even hear some great tunes.

### Kurt's Michigan Ride - Date Change

Kurt changed the date of his ride between Traverse City and Mackinaw Island. Instead of July 25-31 it will be from August 8-14. Call Kurt for more details at 708-634-2634.

**Contest:** The contest for designing the shorts and jerseys for the Wheeling Wheelmen is still in progress. We've had no entries. I can't believe there are no creative members out there. Contact Sandy with your entries.

**St. Patrick's Day Ride Chairman:** Wayne and Joan Segedie have joined forces with Larry Erman to Chair the St. Pat's Day ride in March. They're going to need volunteers for road painting, registration and parking. It's our first big ride of the year. So let's join in the fun. Call the Segedies at 708-632-1472 to volunteer.

**For Sale: Schwinn Little Tiger, 10" wheels with training wheels. Like new. Only \$60. Call Jim Grant at 708-428-7042.**

**For Sale: Miyata 210 18 speed tourer. 1991 overhaul. Great bike. \$200 with accessories. Call Cal Kutemeier at 708-827-2248.**

## WINTER MILEAGE

1) Wayne Segedie.....	559	Total Winter Miles	6229
2) Ralph Pedraja.....	547	Total Winter Miles	36
3) Dennis Berg.....	519	Ave. miles per rider	173
4) Joan Segedie.....	499		
5) Jeff Epstein.....	494		
6) Rick Arnopolin.....	422		
7) Lotti Dolce.....	380		
8) Ella Shields.....	351		
9) Delores Fischer.....	340		
10) Reid French.....	289		
11) John Loesch.....	236		
12) Wojteck Murajko..	231		
13) Steve Libbin.....	217		
14) Walter Rosenbaum.	207		
15) Kurt Schoenoff....	133		
16) Hans Predel.....	125		
17) Al Berman.....	92		
18) Fred Schroeder....	65		
19) Chris Schroeder....	65		
20) Carol Passowic....	61		



### Club Officials

President	Sandy Holzrichter	516-1817
V.P./Rides	Ralph Pedraja	680-7379
Treasurer	Lotti Dolce	398-3957
Membership	Lin Costagli	364-4569
Safety	John Loesch	312-225-0990
Secretary	Phyllis Harmon	537-1268
Newsletter	Cal Kutemeier	827-2248
Bike Books	Roy Erikson	381-5128

(708 area code unless noted)

Send stuff to: Cal Kutemeier, 9226 Golf Road #109, Des Plaines, Illinois 60016. Contact Lin with any address changes.

Wheeling Wheelmen Ride Line (708) 367-6472

### 1993 Spring Green Trip

Set aside the week-end of June 25, 26 and 27 if you want to enjoy some of the best biking Wisconsin has to offer in the Spring Green area. Arrangements have again been made at the Wildwood Lodge, which is in a very remote area. The trip cost, which hasn't been determined yet, will include lodging Friday and Saturday nights, breakfast Saturday and Sunday mornings and dinner Saturday night. Routes will vary in length so as to appeal to those who want to go shorter distances and enjoy the magnificent scenery, as well as longer routes for those that want the challenge of lots of hilly miles. Wildwood consists of a main lodge with about 9 rooms. Those in the lodge will have to share a common bathroom (one for men and one for women). There are also other buildings, some with private baths, and some where two couples might share a bathroom; some with bunk beds, double beds or single beds. Since this requires a lot of advance planning to see who stays where, we will need a fairly accurate head count by the mid-February. If you are interested in this trip, call Alan Berman or Fran Green at 708-541-9248.

### 4 WHEEL BIKE

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### Lafayette County Ride

Come and join us for this gently rolling ride through unglaciated rural Western Wisconsin on August 21st and 22nd. We will arrive on the evening of the 20th. This county is rural and thinly populated (also few cars). The trip includes stints through New Glarus, Yellowstone State Park, Argyle (home of the famous socks) and much, much more. The scenery is breathtaking and you may be unable to return home after seeing this area. This is a completely new route (2 different rides). The pace will be touring. Bring your cameras and call as early as possible for reservations for the weekend. Be the first kid in your neighborhood to make this ride. Call Jeff Epstein at 708-362-4276.

### Safety First from Page 1

tape. This will allow the wound to breathe; if you tape over it completely, you have only created an incubation chamber for whatever bacteria survived the cleaning process.

### Safety Tip of the Month

The on-bike first aid kit, don't leave home without it.

There is no Organ Donor this month; keep up the good work.

#### Clarifications:

- 1) The ID card mentioned in the Nov. newsletter. Keep a copy in your helmet so that even if your other stuff becomes separated from you the information is still available to the attending doctor.
- 2) You SHOULD NOT pass on the right, but if you do, please let the rider you are passing know you are there. **BETTER SAFE THAN...**

Keith and Rosetta Kingbay were visiting their daughter in Arizona where Rosetta had a mini-stroke. They have returned home for medical care. Please send cards to her home - 450 Checker Drive, Buffalo Grove, Illinois 60089.

### December Treasury Report

Beginning Balance	\$4,999
Expenses	< 588 >
Deposits	1,003
Ending Balance	\$5,414

### Resignation/Opportunity

The Chinese have one word in their language that means both crisis and opportunity. I wish my software could print Chinese characters because that is exactly the situation with the newsletter editor position. This is the fourth newsletter that I have put out for the club. When Ralph Pedraja asked me to become the editor, I expressed a concern to him about the increasing work requirements that I was expecting in 1993. The requirements of my job, my non-volunteer one and not the newsletter position, have increased and I find that I need to resign as newsletter. I had lunch with Sandy just after New Year's Day and explained to her that I was going to resign. The March newsletter will be my last. If you are interested in the position, please call either me or Sandy. The club owns a laser printer and DOS desktop publishing software. This is a great chance to meet and work with other members of the club.

# Renew Now!

For the 1993 Season

Cutoff date for renewal... ~~January 31, 1993~~

Members who have already renewed and new members who joined after September 1, 1992 do not have to renew until next year.

## You can help

make the 1993 Wheeling Wheelmen the best yet!

We need *every* member to help keep our club running smoothly, whether you ride with us three times a year or thirty. Below is a general list of club activities. Please circle the one(s) that you can help with this year.

Lead a Ride (or create a new one!)

Sweep a Ride

St. Patrick's Day Ride

Cross Country Ski Outing

Picnic

Banquet

Holiday Party or New Year's Day Party

Program Ideas/Refreshments for Meetings

Newsletter

**Harmon Hundred**

Anything I can do for the Club!

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Thanks!

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## Wheeling Wheelmen Membership Application

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

New Member?  Renewal?  L.A.W. Member?  Date: \_\_\_\_\_ Age: \_\_\_\_\_

### Membership Pledge:

I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to observe all Rules of the road, and conduct myself in a manner that will be complimentary to the sport. I release and waive all claims for negligence against the Wheeling Wheelmen, its officers and members, for all damages incurred at, or associated with any Wheeling Wheelmen activity for myself, my heirs and executors.

If you are a family, please provide:

Spouse's name: \_\_\_\_\_

Children's names and Ages \_\_\_\_\_

\_\_\_\_\_  
Applicant's signature (Parent's signature if a minor)

\_\_\_\_\_  
Spouse's signature

Family Dues...\$15.00  
Individual.....\$12.00

**Mail with payment to:  
Wheeling Wheelmen  
P.O.Box 581-D  
Wheeling IL 60090**