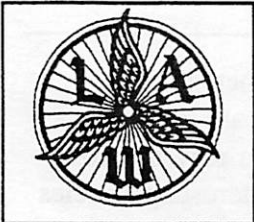


Monthly Meanders

**MARCH
1993**



The next club meeting is will be held on March 4th at 7:00pm at at the Wheeling High School. There will be a program on cycling safety by John Loesch and a member of Wheeling's finest.

Welcome
Volunteers!
Picnic -
Joe and Sue
Lippere
Banquet -
Howard Paul
Newsletter -
Dolores Fischer
Bike Show -
Ella Shields

In this Issue...

Record Mileage!!!
Mountain Rides
Michigan Rides
Winter Banquet
Da Volunteerster

Prezsez

by Sandy Holzrichter

Another great turnout for Feb's meeting. This time the coffee pot (being new) worked. Cindy Schneider brought popcorn and Judy Hattendorf brought cookies, for our picture show presented by Lotti. Lotti and Peter's trip of "Pedal for "Power" from Maine to Florida was super. My saddle sores came to surface just watching it.

The business part of our meeting was short and sweet. We did have a controversy over making helmets mandatory. Al Berman is heading a committee to investigate our liability in making helmets mandatory. The Wheeling Wheelmen bicycle club is a prestigious bicycle club. It's time we took a stand on bicycle safety.

I'm pleased to report that volunteers have been coming out of the woodwork. This clubs success or failure depends on its members and how often you volunteer to help it. We have some members who donate alot of their time and those who donate a small amount of time. We welcome anyone who can

volunteer any amount of time. And perhaps if more people donated a small amount of time, the same people who seem to always volunteer could get a break. Yes, I know, when you volunteer you usually get complaints. People will always complain no matter what you do. you can not please all the people all the time. You will feel unappreciated. You will feel, no one knows all the time and work you put into your job. (Sounds like no one should ever volunteer!)

Now, if your asking what you get in return for volunteering, Well, I was personally told there was a really nice ex-Presidential retirement plan--"Just Kidding"--I was told that too! But all kidding aside. What you get in return for volunteering is Self Satisfaction. Self Satisfaction in knowing you helped your club. You don't volunteer to get recognition, or acceptance or pat's on the back, because you will then be disappointed. You volunteer for 1 reason only and that's to help your club. Granted there are some positive aspects here. (No you don't get the company bicycle to take new

Continued on page 3

Safety First

by John Loesch

BEING PREPARED

Riding your bicycle can be an exhilarating experience. There are lots of little things that can make riding a lot more enjoyable.

So, in no particular order, THINGS TO BRING and THINGS TO DO.

THINGS TO BRING

Often thought of as accessories, the following items are really essentials.

Helmet - head protection (duh?)

Padded bike shorts - comfort for your seat and crotch

Synthetic jersey - keeps you cooler and the pockets are great for bananas and Power Bars

Stiff soled shoes - If you are not wearing cleated shoes (clipless or otherwise) a stiff sole aids in power transfer to the pedal and keeps the bottom of your feet from getting sore.

ID card - as previously discussed for emergency medical purposes

First aid kit - see last months column

Patch kit and spare tubes - it is easier and quicker to replace the whole tube, then patch the one with the hole to use later if you get a second flat
Frame pump - a spare tube is worthless if you can't inflate it

Water bottles - dehydration hurts at best and can kill you at worst

Food - longer rides require more energy than you can eat beforehand, so always have something on the bike to munch on.

Money - you may want to buy your food instead, or make a phone call (unless you ride with Jeff and his cellular phone)

Rain gear - optional but nice to have. If its in your car you can bring it along as indicated by the sky.

Tools - a mini tool kit will allow you to readjust anything that loosens as you ride. Before any ride you should inspect your bike for loose screws and bolts and check the gears and brakes for proper operation.

Sunscreen and sunglasses - ultraviolet light can be nasty (more on this next month)

Mirror - whether mounted on your handlebars,

Continued on page 3

FROM THE REAR
by Jeff Epstein

Maybe it was the weather or maybe it was the article in last month's newsletter on winter riding, but in any case 29 hearty souls ventured out on January 31, 1993 to do both 17 mile loops of Wayne & Joan Segedie's St. Patrick's Day practice ride.

The ride was significant for several reasons. First it was the most miles for a club ride total in winter in anyone's memory (931). Second it was the largest number of riders on a winter club ride. It drove the total miles to 9271, which should guarantee that this group will break 10,000 miles before the end of February. It raised the total riders in winter to 45. And last but not least ex-president Al Berman discovered the beauty of baldies on a mountain bike (he was actually smiling at the end of the ride in contrast to his usual demeanor (presidential of course) on nobbies).

There of course was the core group of winter riders - Lotti, Ralph, Joan, Wayne, Rick (A), Dennis, Reid, Ella, John, Dolores, Al, Hans, Steve and me. But in addition there were some wonderous surprises. Kurt, returning from his surgery, and in mid season form. Ron Hattendorf on his rebuilt Campy. The return of Carol & Wojteck after too long a hiatus. Dave Wolfson with his recently grown mustache. And Craig on his Paramount. Also encouraging were four new riders, always a welcome addition.

The color and beauty of this group was outstanding, each and every person vying, probably unsuccessfully, with the Ride Chair for best dressed. Never the less the effort was there. As the line of riders headed across Lake and into McHenry County, the comradie and socializing was evident. The wind was brisk, and while the temperature

WINTER MILEAGE

1) Wayne Segedie.....	821	Total Winter Miles	9271
2) Dennis Berg.....	781	Total Winter Riders	45
3) Ralph Pedraja.....	768	Ave. miles per rider	206
4) Joan Segedie.....	761	Most Riders	29 1/31/93
5) Jeff Epstein.....	757	Most Miles on One Ride	
6) Lotti Dolce.....	600		931 1/31/93
7) Rick Arnopolin.....	566		
8) Dolores Fischer.....	561		
9) Ella Shields.....	488		
10) Reid French.....	401		
11) John Loesch.....	340		
12) Walter Rosenbaum..	277		
13) Woyteck Morajko..	256		
14) Steve Libbin.....	252		
15) Al Berman.....	239		
16) Kurt Schoenhoff....	168		
17) Hans Predel.....	160		
18) Sandy Holzrichter..	142		
19) Chris Schroeder....	100		
20) Fred Schroeder.....	100		



topped the mid 40's, it still felt slightly cool. Many returned to their cars and sped away to catch the big one, the Super Bowl.

To those feeling left out, there is but one short month left of winter riding til we hit the summer season. If you haven't ridden in the winter you have led a sheltered cycling experience. Breakout of those winter doldrums, add some color, improve your musical IQ, call the Winter Ride Line at 708 - FOR MISC (367-6472) and the Winter shall set you free.

Beginning in April I will be functioning as your new newsletter editor, and I am looking forward to this new position. You may bombard me with all of your interesting articles



at the following address: Dolores Fischer, 1408 N. Hickory, Round Lake Beach, Illinois, and give the new kid on the block

a break by meeting the deadline of the 10th day of the month for submission into the following month's newsletter. Hope to hear from you soon! I'm sure you'll be hearing from me!

Dolores Fischer

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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	Dolores Fischer	740-0647
Bike Books	Roy Erikson	381-5128

(708 area code unless noted)

Send stuff to: **Dolores Fischer, 1408 N. Hickory, Round Lake Beach, Illinois 60073**
Contact Lin with any address changes.

Wheeling Wheelmen Ride Line (708) 367-6472

prospective members on the trail). But, you might get to meet people, you might make a friend or two, you might have fun. I know I do. And I want to Thank all those terrific people who volunteer. You are special.

This year the board nominated Ralph Pedraja for the L.A.W. "Club Volunteer of the Year Award". Ralph makes my job as President easier, he is constantly coming up with new ideas to improve the club, helps it's members or to increase the membership. Ralph certainly deserves this award and I'm so pleased he was nominated. See the accompanying letter on Page 4 portraying Ralph and all he does.

Bits and Pieces:

John Loesch will be bring a UV machine to test your sunglesses. John or should I say Dr. John is an Optometrist. So bring your sunglasses to see if they protect you eyes sufficiently. A Police Officer will speak to us about Crime Prevention, Theft and Safety of bicycling.



The Jersey Contest so far has 4 people who are submitting designs and ideas. Just great. The dead line, now, is April 1st for entries.

We have a new Newsletter Editor. Dolores Fischer. Dolores is one of our die hard winter riders. She's active in the club and now she'll be even more active. We welcome her to the board and we'll do our best to give her a helping hand. Although she's already told us she has some great new ideas for the newsletter. Way to go!

If you participated in any of the winter rides or skiing, you are eligible to attend the winter banquet. The banquet is March 5, at 7:00. Call the ride line for further information. Remember to call the ride line for all of March's ride corrections, cancellations, or updates.



Pedal the Peaks:

June 20-26. Week long ride in north New Mexico. Carol and Woyteck, Mike Milton, Sandy Holzrichter and Rick Arnopolin are all going. If you are interested in going too, call Carol Passowic or the Pedal the Peaks No. 1-800-795-0898.

1993 Summer Cycling Season

The new Summer cycling season begins on March 6th with 25 and 45 mile rides starting at Wauconda Orchards. Call the Wheeling Wheelmen Ride line at 708-367-6472 (708-FOR-MISC).

helmet or glasses, a mirror provides valuable information on what's behind you without having to turn around (especially useful if riding in a pace line)

THINGS TO DO

Eat - a good carbohydrate loaded meal 2 hours before riding and nibbling as you ride will keep you from bonking.

Drink- sip from your water bottle every 15 mins. Pale yellow to clear urine indicates proper hydration.



Inflate - keeping your tires at the right pressure will let you roll down the road with less effort
Cycle effectively - need I say more?

Enjoy - having and doing the above will make riding safer and more fun to do.

SAFETY QUESTION - How much of the above is already in place on your bike and in your riding habits?

Once again there is no specific organ donor of the month. I would like to request a little more alacrity in responding to CAR BACK. I am seeing too many people ignoring this.

BETTER SAFE THAN...



Bicycles can now travel by air free IF reservations are made through the Sports National Reservation Center at 800-426-4055. L.A.W. members receive free bicycle passes for USAir, Northwest, America West, or TWA.



Wheeling Wheelmen

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 ride). The pace will be touring. Bring your cameras and call as early as possible for reservations for the weekend. Be the first kid on your block to make this ride. Call Jeff Epstein at 708-362-4276.

VOLUNTEER OF THE YEAR

The Wheeling Wheelmen are doubly blessed. One would have felt very fortunate in having our club, regional, and national cycling matriarch, Phyllis Harmon, among our members. However, we have another rising star in the cycling firmament, Ralph Pedraja.

Ralph has been a member of our organization for four years, the last two as Vice President and Ride Chairman. During that time he has brought an exceptional level of commitment and energy into our club. Ralph is dedicated to recreational cycling and directs his activities unselfishly to provide the highest quality of cycling experience to all of our members.

As ride leader, Ralph has tirelessly developed new rides for individuals of varying skill levels. He has provided a comprehensive year round riding schedule. He has empowered others to lead rides, and developed a second level of ride leadership. Further, he has encouraged others to set up new rides (there are awards for the top three in varying mileage categories). Over the course of a week during the season he has created a regimen of rides that include approximately nine different experiences so that all riders, regardless of their speed or experience, have an opportunity to ride comfortably. He has developed many new rides (almost one half of this year's total) and opened rural Wisconsin, for scenic and safety reasons. In addition, he has implemented a full winter schedule of "show and go" rides for the more hearty.

A tireless worker, Ralph has given of his own time generously. When not leading rides, working with other local clubs, or meeting with the Board to improve the club, Ralph commits his energy to creating new rides (in the field) and manually typing and modifying every cue sheet for every ride.

Without a doubt, one of the most valuable resources Ralph brings to this club is his positive mental attitude. Through his contagious enthusiasm and good sense of humor he has empowered new riders to gain greater competence, and older riders to hone their skills. On a number of rides, Ralph has been seen literally pushing people (he puts his hand on their back) up hills on rides. This form of encouragement is greatly appreciated and leads to enhanced confidence in the less skilled riders. This leader shows people what they can accomplish in a non-threatening manner. Undoubtedly this leads to progress in cycling as well as personal growth in other arenas.

Despite his exceptional cycling skills and speed in riding, Ralph does not show off on rides. Members "know" his abilities and rely upon him. Actually, on the contrary, on a ride Ralph mixes with riders of varying abilities and skills. He moves through the pack to ascertain various member's needs, problems, suggestions, or he just socializes and makes new riders feel comfortable. He places great stock on member input, one other reason he is so accepted by so many. Ralph has an excellent attribute in his leadership

style, he listens to those he leads.

This missive would be deficient if there was not a note on Ralph's commitment to safety. Not only does he stop if someone is in trouble, but he is a teacher and is willing to inform people on how to avoid troublesome situations and encourages preventative safety. He takes his leadership role seriously and accepts responsibility for his "people" on a ride.

As we enter 1993, when so many are making resolutions, we give thanks that Ralph Pedraja has crossed our path and chosen to benefit us with his numerous contributions.

Pedal Across Wisconsin

Once again Pedal Across Wisconsin will host five great weekends of scenic backroads routes. All trips include dinner, breakfast, support van, on road snacks, maps, and cue sheets PLUS on pavement markings at every turn.

WHITEWATER WEEKEND IX - June (11) 12 - 13
25-50-75 mile routes thru the scenic Kettle
Moraine-Whitewater Lakes area. \$58.00

DOOR COUNTY IX - June (25) 26 - 27
Outstanding loops of 25-50-75-100 miles including a great
deal of shoreline, deserted backroads, orchards, and forests.
\$58.00

WAFAL VI WISCONSIN AMISH FARMS AND LAKES
July (9) 10 - 11
Backroads loops of 25-50-75 thru Amish farmland with a
Saturday night picnic. \$58.00

BACRAC III BIKE AROUND COUNTRYSIDE RELAX AT
COUNTRY INN - September (3) 4 - 5
Labor Day weekend at Mauston with its outstanding network
of flat, rustic roads. \$98.00

NEW GLARUS FALL FANTASY IX - October (8) 9 - 10
25-50-75 mile loops thru America's "Little Switzerland"
ablaze with Autumn colors. \$58.00

For a free brochure with all of the details, please contact:

Pedal Across Wisconsin
P.O. Box 365
Dundee, Illinois 60118

or phone Jerry at 708-695-7964.

Michigan Adventures

Join Kurt on his new week-long ride from Traverse City to Mackinaw Island and back. The ride is scheduled for August 8th through the 14th. This is guaranteed to be as much fun as his ride to Galena last year. Call Kurt at 708-634-2634 for more details.