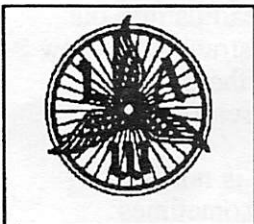


Monthly Meanders

April
1993



April's Meeting will be held on April 1 (And we are all fools) at 7:00 PM. at Wheeling High School. There will be a hand's on bike repair clinic. Bring your bikes.

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FROM THE
REAR

Prezsez

by Sandy Holzrichter

Thursday's meeting was on safety. John Loesch and police officer Chris Parr were terrific. Yes, we all want safe biking, and we all think we ride safely, but having a discussion on safety refocuses the importance of it.

A big round of applause to Ella for setting up our booth at the Consumer Bike show. She did a professional job, was organized, and even brought balloons. Thanks Ella, great job!

If you read the new Constitution that was sent to you, you will have discovered a sentence missing. It is the last sentence of the last page, under Article 6, Constitution Distribution. The missing sentence reads: "A current copy of the Wheeling Wheelman Constitution and Bylaws shall be distributed to each membership category when joining the club and upon any

revision of the documents". Please write that sentence into your copy of the Constitution.

Winter riding has come to an end. With the start of this year's summer season there is an issue that I would like to discuss with you. That is the mileage count.

Keeping track of the miles that members ride, and putting the list into the newsletter was started for fun. It was a way of showing the membership who rode, and how much they rode, in comparison to other members. It was as much for curiosity and interest, as it was for fun.

Mileage count is not a competition, nor is it a race. It is just a means to show who rides the most with the club. This does not make the person with the most miles the best rider. It just means you ride the most with the club. Some of this club's

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Safety First

by John Loesch

ULTRAVIOLET ULTRAVIOLENCE

The spring riding season has started and its time for those of you who didn't ride during the winter to venture back out on your bikes again. Since we will be seeing some more of the sun and we won't have to dress like Nanook of the North just to be outside, the following information is tendered.

THERE'S NO SUCH THING AS A HEALTHY TAN

A suntan is an indication that damage has been done to the skin. The melanin pigment is your bodies response to damage from the sun in an effort to protect itself from further damage. Short term,

overexposure to the sun can include burning, blistering, peeling and tanning, the long effects include photoaging (premature aging of the skin due to ultraviolet light causing wrinkles and dry, leathery skin) and the increased potential for skin cancer.

Ultraviolet light comes in three flavors: UVA, UVB and UVC. UVC is blocked by what's left of the ozone layer. It is the most energetic of the three and can cause the most damage. UVB does its damage in the epidermis or surface layer of the skin, causing burning and skin cancer. UVA penetrates deeper into the dermis and breaks down elastin and collagen fibers. This breakdown causes skin to lose its elasticity and tone. UVA can also causes skin cancer.

The sun is most dangerous between 10

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MASTER SCHEDULE CHANGES

Loops of Burlington changed from 5/15/ sa to 5/1 sa.

Loops of Burlington changed from 7/31 sa to 6/26 sa.

Spring Green changed from 6/26 and 6/27 to 7/31 and 8/1.

Double Dolce changed from 7/11 su to 8/1 su.

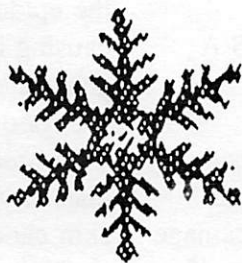
DIRECTIONS FOR WAUKESHA , WIS. TRAIL RIDE

Take 294-94 N. to Milwaukee, 894 bypass then 94 W. to Waukesha. Go South (left) on 164 straight on 18W. at Moreland, straight on North at Madison. Right on St. Paul and right on McArthur. Purchase trail pass at Kwiktrip.

DON'T FORGET TO CALL THE CLUB RIDE LINE FOR RIDE AND CLUB INFO, ESPECIALLY FOR RIDE CANCELLATIONS.
(708) 367-6472 FOR MISC. club info.

WINTER MILEAGE

1) Wayne Segedie.....	1081	Total Winter Miles . 12254
2) Joan Segedie.....	1021	Total Winter Riders52
3) Jeff Epstein.....	1017	Ave. miles per rider . . 236
4) Dennis Berg.....	1009	Most riders for a winter
5) Ralph Pedraja.....	873	ride - Jan. 31, 1993.....29
6) Lotti Dolce.....	719	Most miles for a winter
7) Dolores Fischer.....	666	ride - Jan. 31, 1993.....931
8) Rick Arnopolin.....	636	
9) Ella Shields.....	593	
10) Reid French.....	514	
11) Walter Rosenbaum.	463	
12) John Loesch.....	421	
13) Al Berman.....	344	
14) Steve Libbin.....	321	
15) Woyteck Morajko..	256	
16) Sandy Holzrichter..	249	
17) Hans Predel.....	187	
18) Kurt Schoenoff....	168	
19) Jerry Hill.....	148	
20) Steve Gustin.....	143	



FROM THE REAR

by Jeff Epstein

The last day of February 1993, the final winter ride. Skiing beckoned some of our favorite comrades Lotti, Ella, Ralph, and Dolores. Others were not here, based on previous commitments, as we left Daniel Wright School in Lincolnshire for our final 35 miles of winter riding. Next week, Woyteck and Carol will lead us into our summer cycling season. Seems strange, as snow is, and will probably still be, on the ground. Pardon a short reflection on the season just concluded.

For many reasons, winter riding is not for everyone. It is cold (ask Joan), sometimes slippery (ask Reid, Ralph, or me), and occasionally inconvenient. However it is invigorating, enjoyable, and challenging. Even as recently as last year only a few riders regularly pursued this off season sport (according to Wayne, Joan, and Ralph). However, several of us breathed new life into this activity. In the past 4 months, approximately 1/9 of the total membership, or 52, came out. They rode 12,254 mmiles, almost tripling the old record. The average miles per rider was 236. In addition, 4 riders topped 1000 miles (Wayne, Joan, Dennis, and me).

So you may ponder why does this guy go on about this? Well until you've experienced it you'll never know. Some of us like winter riding as much as that of summer. I am one of them.

Maybe it's because of the closeness of the group

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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

best riders never make it to the top 10 list. They're off doing race events, 24 hour challenges, invitationals, or biking in other states and across the country.

SO I do not want phone calls this summer, when the mileage that appears in the newsletter differs from what you think you should have. The newsletter list is what you will consider accurate. Keep in mind that there will always be a 10% difference. Perhaps the cue sheet you received said 50 miles, but in actuality the ride was 46 miles. The ride leader gave everyone 46 miles, but you went home and put 50 miles in your personal log. After 10 of these rides there's a 40 mile difference. Over a summer that will add up to a big difference. Also keep in mind that not all ride leaders send in their mileage sheets on time, some not at all.

Jeff Epstein has volunteered to keep track of the mileage this year. Not only is he competent, but he is honorable, and his integrity is never to be questioned. So what his computer shows as your mileage, that is what your mileage is! Ralph, Jeff, and I do not want phone calls over a 5 or 10 mile discrepancy. After 1,000 miles, I don't want phone calls over a 100 mile discrepancy. The mileage count is for your fun, your curiosity, and your interest. It would be a shame to have to eliminate it because of the problems caused when a few people take the mileage too seriously, to the point of becoming their only goal. Remember--you bike for exercise, for comradery, for fresh air, but most of all for FUN.

BITS AND PIECES

For our April meeting we are going to have a hands on bike repair class. RRB, Bikes Plus, Village Cycle, and Bill Bergeron will be there to conduct the classes. So bring your bikes and your problems. But remember (and if you only read one line of this newsletter I hope it's this one), the Wheeling High School donates the cafeteria for our use. Please make sure that when you leave it's in better order than when you arrived. I don't want any reports of dirt or grease left behind. Thanks.

Touring, Anyone?

I'm looking for anyone interested in self-contained bicycle touring. We can plan for a trip this summer. Call David Lachman at 708-966-0416.

AM and 3 PM (and you thought the reason Ralph schedules rides at 7 in the morning was only because of a sick sense of humor). UVB is most intense at these times. UVA is present throughout the day. Ultraviolet light does penetrate through clouds on hazy days and can also be reflected from water, snow, sand, buildings and roadways. Your best protection (short of living in a cave and only cycling at night) is a broad spectrum sunscreen or sunblock, which should be worn all day long. This should be combined with tightweave clothing and hats to keep sun off the skin. Looseweave or very lightweight clothing does not protect as well. Also wear good sunglasses that has been rated to screen out UV light. Your eyes can get sunburned. They do not tan, however, so the net result of too much UV in the eyes is an earlier onset of cataracts.

CHOOSING A SUNSCREEN

Generally, the higher the SPF number the better. A minimum of SPF 15 is currently being recommended by dermatologists. The higher the number the longer the amount of time the sunscreen will protect you (I like SPF 1000, it turns day into night) For best results the sunscreen should be applied 15 minutes before going out into the sun. Coat all exposed body parts and be liberal, it'll soak in. The ears are often overlooked and because they are almost always exposed are more susceptible to developing skin cancer.

Since we are active and do perspire frequent reapplication can be needed. "Water-resistant" sunblock usually lasts about 40 minutes. "Waterproof" can last up to 80 minutes. "Sweatproof" indicates that the sunscreen will not break down with water or sweat and sting the eyes. "Rubproof" simply means that its hard to rub off by contact with clothes, lawn chairs, sweatbands etc.

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ORGAN DONOR OF THE MONTH

Unfortunately, we do have a winner this month. For numerous centerline violations (including one that I personally saw with oncoming traffic) and running a red light with traffic present, JEFF EPSTEIN, please sign your organs over now. There are also two unknown centerline violators from the member's ST. PAT's preride that I have not been able to identify; you know who you are, please sign your organs over as well. Until next month--
BETTER SAFE THAN...

WEEKNIGHT RIDES

Tuesday and Thursday weeknight rides will begin on April 13th. Rides start from Daniel Wright School in Lincolnshire, which is located north of Rt. 22 on Riverwoods Road. The departure time for both the medium and fast touring groups will be PROMPTLY at 5:30 PM. You should plan on arriving at least one half hour before the start of the ride to allow an adequate amount of time for signing in, tire inflation, etc. If you should happen to arrive late, the ride leader will leave cue sheets on his/her car. For further information call Ralph Pedraja at (708) 367-6472.

THANKS - THANKS - THANKS

Gold stars to all the generous volunteers who helped out on the St. Pat's ride this year. We couldn't have done it without you! Watch for the St. Pat's ride report in the May newsletter.

Arlington Heights Bike Club Invitational

The Arlington 500 will take place May 23, 1993. Registration opens at 7:00 AM. The fee is \$8.00 and includes a cue sheet, rest stops, food, drinks, etc. There will be a 32 and 65 mile option available. The starting location is Barrington High School, 616 W. Main St., Barrington, Il. (corner of Lake Cook and Hart Rd.)

LARACOL-LENORE'S A.L.D.A. RIDE

The Association of Late Deafened Adults is sponsoring a ride in memory of Lenore Goldman on Sat. May 15, 1993. This will be a one day ride in the Huntley/Union area. ADVANCE REG. only. Call 815-459-5575 for reg. info.

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we never see during the summer. It could be that special training we all received at Ralph's direction to prep us for the upcoming summer season (Can anyone forget Valley View on a mountain bike? Certainly not Wayne, who rode it three times). Maybe it is the commitment of Ella, Dolores, Walter, Jerry, etc., that will surprise you summer riders when they show you their conditioning. Maybe it is the smile of Lotti, or the relief of Sandy H., "Am I still in the top 20?" (Yes, you finished 16th, what a president!) Maybe it is the determination of Wayne and Joan, who duplicated their summer feat and finished as top male and female. Maybe it is our leader Ralph, who planned all of our rides, gave us encouragement, pushed several people up hills, and kept saying "What hills, there are no hills on these rides". This, of course, excluded Bull Valley, Valley View, etc. Maybe it was Reid, a very bright and articulate cyclist of great strength and stamina. Maybe it was Rick A., who, in addition to his humor, always showed a big heart. Maybe it was a fatigued Walter coming in after a long, tiring, ride asking, "Can we go farther next time?" Maybe it was Lotti's encouragement, banter, teasing, and unbreakable spirit that provided support to all of those around her. Maybe it was Ella's first ride on a mountain bike, a stimulating 60 mile jaunt on nobbies (She was hurting, but smiling all the way in). Maybe it was the quiet strength of Jerry Hill, a new club member. Maybe it was the long awaited return of Kurt (one of my cycling heroes and mentors) to riding at the practice St. Pat's. Welcome back!! Maybe it was John's erudite manner, humongous knowledge base, or winning personality. Maybe it was the pleasure of riding with another president (Al).

Yes, it was all of these things, and so much more. What it was most was A CELEBRATION OF THE HUMAN SPIRIT. People who took on challenges and wouldn't give up. For that, it was my honor and pleasure to ride with such a distinguished and dedicated group of people. For that I salute you.

The Arlington Heights Bicycle Club Bike Swap will take place on April 24 and 25. The location will be Frontier Park at Kennicott and Palatine Rd. in Arlington Heights. Bikes will be received at 9:00 AM. both days, bike purchases will begin at 10:00 AM. The Club keeps 10% of the sale price. This is a great way to sell off your old bike and/or accessories and convert it to cash. Also, it is a good way to find a decent used bike for commuting, training, etc.