

# Monthly Meanders

**May, 1993**

*May's Meeting:  
Thursday the  
6th, 7:00 P.M.  
Guest Speaker:  
Monique Ryan,  
Sport's  
Nutritionist*

## **INSIDE:**

*Pedal for Power*

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*St. Pat's  
Outcome*

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*Rides, Rides,  
Rides*

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*In-line Skating  
Evenings*

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*From The Rear*

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*Bits and Pieces*

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*That's All Folks!!*

## **Prezsez**

by Sandy Holzrichter

Spring is here and the biking season must be underway, as you can tell by all of the activity this month.

Our Constitution has passed with a 100% positive vote. Yea! Hopefully there will be no more discussions about a new constitution for several years.

Our jersey contest has a winner. What a great design it is, and, of course, it has brilliant colors. The design was a combination of two jersey entries, one submitted by Michael Ortmanns and one submitted by Sandy Holzrichter (The contest was a blind vote, I didn't stack the vote-Honest!). Michael submitted seven designs and I submitted six (I must have really wanted to win). There were a total

of seventeen designs submitted. Thanks to all who contributed. The designs were all terrific.

I carry a copy of the winning jersey design with me at the rides, so if you want to see it, let me know. We are now taking pre-orders. Sign up for your jersey in order to receive your correct size. The jersey will also be presented at the next meeting.

Well I see Mother Nature played an April Fools joke on us. Our April 1st bicycle club clinic meeting was a disaster. There were only about twenty courageous people who braved the snow and ice storm to get to the meeting. But those twenty people weren't disappointed. Bikes Plus, RRB, Village Cyclesport, and Bill Bergeron gave everyone personal

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## **Safety First**

by John Loesch

### **WATCH FOR TROUBLE SPOTS**

Keeping an eye on your moles and other skin features is an important step in the early detection of skin cancer.

### **MOLES**

Normal moles are usually symmetrically round or oval with a uniform black, brown or tan color. The edges are well defined and the overall size is 6 millimeters or less in diameter.

### **SKIN CANCER (THREE KINDS)**

#### **BASAL CELL**

Basal cell carcinoma usually appears as a small fleshy bump or nodule on the head, neck and hands. They may occasionally appear on the trunk as a flat growth. These tumors don't spread quickly.

It may take months or years for one to reach a half inch diameter. Untreated, the cancer will begin to bleed, crust over, then repeat the cycle. Fortunately this cancer does not metastasize (spread to other body parts), but it can invade the underlying skin and bone and cause considerable damage.

### **SQUAMOUS CELL**

These may appear as nodules or red scaly patches. Typically found on the rim of the ear, lips and mouth, it will increase in size, sometimes to large masses. This can also metastasize.

If caught early both basal and squamous cell carcinomas have a 95% cure rate.

### **MALIGNANT MELANOMA**

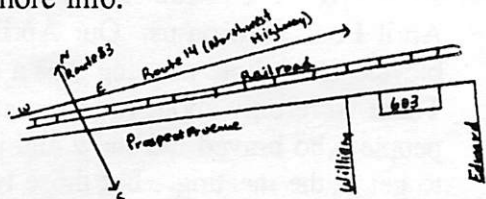
This is the most dangerous of all skin cancers, causing about 75% of all skin cancer deaths. Since it spreads easily, early

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## RIDES, RIDES, RIDES

Beginning in May, **Tuesday and Thursday** night rides will leave from Daniel Wright School in Lincolnshire (on Riverwoods Road, north of Rt. 22) at 6:00 P.M. Rides leave promptly, so be sure to allow enough travel time.

**Wednesday Night** rides will leave at 6:00 P.M. from Mount Prospect, 603 . Prospect Ave., Timberline Apartments. Park on the south side of the street. These rides will be 2-2 1/2 hrs. at touring pace. We will go to Busse Woods or Deer Grove. ATB's are recommended. Call Woyteck Morajko/Carol Passowic 708-392-0530 for more info.



Also beginning in May, John Loesch will lead show and go rides in the St. Charles area. The starting time will be approx. 3:00 P.M. Praire Path Rides will be incorporated in these rides. He is also interested in Rollerblading on Tues. and Thurs. evenings. Call him at 312-225-0990 for specifics.

### REMINDERS:

**CHECK THE RIDELINE (FOR MISC or 708-367-6472) FOR OFFROAD OPTIONS ON ALL WEEKNIGHT RIDES. BE SURE TO ARRIVE AT LEAST 1/2 HR. BEFORE THE START OF ALL THE RIDES. THEY LEAVE PROMPTLY! THURS., MAY 6TH, THERE IS NO EVE. RIDE DUE TO THE CLUB MEETING.**

### TOP MILEAGE

MEN		WOMEN	
1) Jeff Epstein	360	1) Lotti Dulce	256
2) Dennis Berg	299	2) Ella Shields	239
2) John Yuill	299	2) Dolores Fischer	239
3) Wayne Segedie	265	3) Joan Segedie	228
4) Ralph Pedraja	204	4) Lin Costagli	141
5) Rick Arno polin	193	5) Virginia Savio	122
6) Al Berman	188	6) Carol Passowic	100
7) Jerry Hill	177	7) Patsy Kelly	83
7) Tom Chambers	177	7) Ellen Compere	83
8) Woyteck Morajko	175	8) Sandy Holzrichter	70

## IN-LINE SKATING

There will be two Wednesday night in-line skating sessions in May:

May 12-Meet at Hawthorn School (Aspen Road and Rt. 60 in Vernon Hills) at 6:00 P.M.

May 26-Meet at Daniel Wright School at 6:00 P.M.

Keep in touch with the Rideline for additional In-line skating nights this month.

### BITS AND PIECES

For May we are pleased to have Monique Ryan as our guest speaker. She is a registered Sports Nutritionist and writes for Velo News and has set up the diet program for the Motorola racing team, so if you want to know what to eat or not eat, drink, etc. come to this meeting and ask Monique.

Reid French is in charge of soliciting sponsors for our new club jersey. He has several sponsors already, so if you want your company represented, or if you know of anyone who would like to sponsor us call Reid. (But call him soon.) 815-338-3381.

A big thanks to Hans Predel for all his expertise in getting our insurance problems straightened out. Thanks Hans!

### DA BOARD

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	470-0647
Bike Books	Roy Erikson	381-5128

( 708 area code unless noted)

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

Wheeling Wheelmen Ride Line (708) 367-6472



assistance. They were a great help, and good sports. Thanks guys! Perhaps we'll be able to have another clinic in July when Mother Nature (hopefully) can't fool us again. Then all of our members can take advantage of the clinic.

Ralph presided over this meeting while I was off playing in Mississippi, on the Natchez Trace Bicycle Ride (the best way to play). Ralph did a super job substituting for me. Thanks Ralph, now I can go off and play again, knowing that the club is in capable hands.

Our St. Pat's Day Ride was a success. The weather for once was really nice. It was mild with no snow or rain. Rick, from Wauconda Apple Orchards, opened the restaurant, started the fireplace, and made our sag stops real cozy. We give a big round of applause to Wayne and Joan Segedie, and Larry Erman for chairing the event. Great Job! I would like to thank Doug Kritz, who I grabbed out of the parking lot at the last minute to help me paint the second half of the route Sunday morning. I saw that Jerry Rice was painting Sunday morning also. In addition, thanks to all the volunteers who worked registration and the parking lot, you all get a big hand!

For the March meeting, Bob and Virginia Savio brought great mini-muffins for our refreshments and for the April meeting Judy Hattendorf brought the goodies again. We bicyclists love to eat, whether it's on a ride, or at our meetings. Judy Hattendorf could use some more volunteers to bring refreshments to the meetings. We're bicyclists, we eat anything!

### **1993 ST. PAT'S RIDE OUTCOME**

*The weather cooperated this year...the rain and snow waited until a few hours after the last rider returned to the Wauconda Apple Orchards. With a turnout of 227 riders, we made a profit of \$330.98.*

*Thanks to all the Wheeling Wheelman volunteers, especially those who painted their new bike tights along with the street, stood in the mud waving a flag, stood in the "heated" shed taking registrations, or drove endless loops of the route checking on the riders. Thanks also to the Wauconda Apple Orchards and Village Cycle Sport for your help. We couldn't have done it without all of you!*

*The oldest female rider (who admitted it, anyway) was 76, and the oldest male was 71. The youngest rider was 13. The rider who traveled the farthest came from*

continued in next column

detection and treatment is essential (the cure rate is high if caught early). Look for: Asymmetry- unlike a circle or oval, one half does not match the other. Border- the edge of the lesion will usually be irregular, ragged, or blurred. Color- multiple shades of black, brown tan but also possible blue, red or white.

Diameter- larger than 6 millimeters of smaller and growing.

Look also for swollen skin, discolored skin, red or black patches, dry scaly or crusty patches and any sore that won't heal.

You should check every inch of your skin on a monthly basis. Be especially diligent if one or more of the following is true:

- 1) You have more than 100 moles.
- 2) Skin cancer or melanomas run in your family.
- 3) You had many sunburns before the age of 20.

Make a note of what's on your skin. If you have a partner an intense shared skin exam can be fun. If you spot new features or changes in old ones, a visit to the dermatologist is definitely in order. Until next month--BETTER SAFE THAN...

*Rock Falls, Il. We had only two riders from out of state (Wisconsin). People heard of our ride through friends, bike clubs, bike shops, the bike show in St. Charles, newspapers, the rideline, and one person said "It's a secret." Many said that they have ridden the St. Pat's ride before, one who has "been going on the ride for decades."*

*We had one male rider in bike shorts (no tights!!!), one rider with a green St. Pat's hat strapped over her bike helmet, and several tandems. It was great to see Jennie Howard back on her bike again. I only heard about two flat tires and no accidents. Yeah! Let's all start praying for sun and warmth for next year's St. Pat's Ride.*



FROM THE REAR  
by Jeff Epstein

Well, March came in like the proverbial Lion. Mountain bikes were still in vogue and the winter riders showed the impact of conditioning by holding onto eight of ten of the men's top positions and five of the women's top ten. See Dolores and Ella, that winter riding did pay off. What cold?

Tom Chambers, who joined us during the winter continues his pursuit of cool weather riding. Peter Dolce unveiled his new 2300 on a ride in Union, along with Lotti who has gone to clipless, finally (see, Ralph's nagging does pay off). Also, Lin Costagli has a new set of SPD's on her Terry, not to mention some spiffy new shoes. Judy Hattendorf brought out her new 2100. When Ralph returns to his road bike (any day now) please note the new flight saddle, wheels, and sew ups.

I learned some things about dogs. 1) When you are in the lead, they are the freshest. 2) They respond well to shouting, especially "NO!" 3) They lose their interest as they get away from their property. 4) That an old dog (him) can keep up with an old rider (me) for about a quarter of a mile when you're doing 24.5 mph. 5) There is a very sneaky dog on Pagles near Chemong that doesn't bark, but is quite fast. I looked down at my foot and saw an extra pair of eyes looking at me, which is better than a power bar for a quick getaway (also what big teeth you have, puppy).

We had quite a turnout for the Schroeder's BDSR ride. I saw some old and new faces. Sue and Joe were on the tandem. John L. returned from Germany. Marge Viola was on her Le Mond racer, and hadn't been seen since a fall ride in Sharon. There was the return of John Broadbent and his smiling countenance. Ella S., was riding stronger, faster, and more slender than ever. The reappearance of Ed L. and Andy D. (in a new Range Rover, a safari type vehicle) was noted. Flanagan, Wolfson, and Lachman (not a law firm) made a spring debut. I had the pleasure of finishing the ride with Lin Costagli. For those who haven't had a chance to ride with Lin, you're missing a positive, gutty, and uplifting competitor and person.

As we return to road bikes, use caution on the rural roads as there is an abundance of gravel still out there. Hitting that hard with your body is like getting hit by shotgun pellets. Please be careful out there and watch out for your fellow riders.

## PEDAL FOR POWER.....ON THE ROAD AGAIN

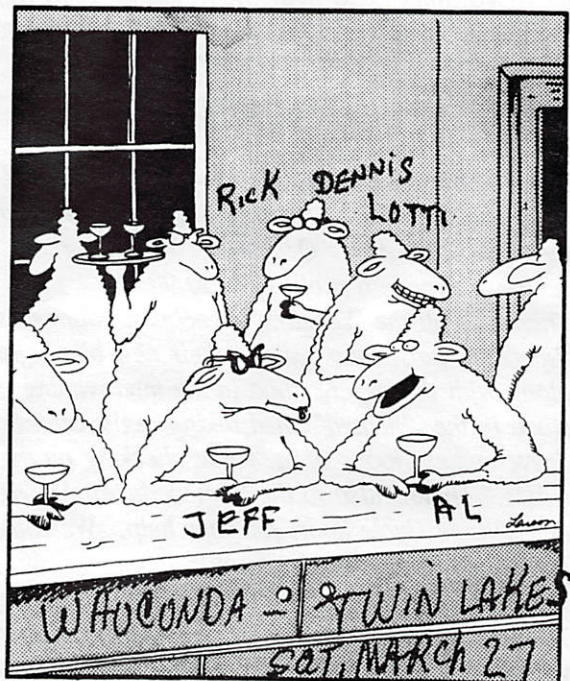
*Yes, I'm going again! We had the best time on the North-South trip. It was a wonderful vacation, and thanks to you, we made a lot of children happy at the home for the mentally handicapped.*

*This time I'm riding from L.A. to Santa Fe (No I can't do the whole cross country trek, seven weeks is just too long). It will be a new challenge because they have real mountains to climb out there (or walls, as I've heard), and you all thought that I rode all winter in the freezing weather just for the fun of it! The trip starts May 15th, which is very early in the season and will definitely be a challenge.*

*My other challenge will be to raise more money for charity and this is where I'm appealing to all of you for help. All the money will go to LAW (they are in OUR corner and work for us cyclists), and ANY donation will help. So, if you are looking for a tax deductible charity and would like to help me out, I would greatly appreciate it. Thanks!*

*Send checks (payable to Pedal for Power LAW) to:  
Lotti Dolce  
1122 Dale Ave. 2K  
Arlington Hts. IL 60004*

*Below we have Rick A.'s interpretation of the March 27th Wauconda-Twin Lakes Ride in which a wrong turn by leader Jeff E. resulted in an additional 10 miles or so on an early season 75 mile ride:*



*"Well, what d'ya know! ... I'm a follower, too!"*