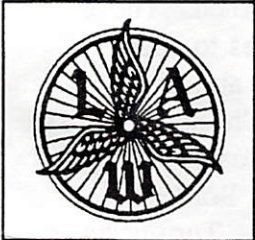


Monthly Meanders

JUNE, 1993



June's Meeting:

Thursday, the 3rd
at the Wheeling High
School (83 & Hintz
Rd.) Cafeteria.
Guest speakers:
Bobi Larsson,
Massage Therapist
Chris Schroeder,
endurance rider.

INSIDE:

From the Rear

Rides, Rides,
Rides

In Line Skating

Bits and Pieces

Harmon T-Shirt
& Patch Contest

Note from the
Editor

That's all Folks!!

Prezsez

by Sandy Holzrichter

What a great meeting we had in May. The turnout was fantastic and the program was terrific. Our guest speaker was Monique Ryan, a Registered Dietician and Sports Nutritionist. She talked about the master fuel for cyclists—carbohydrates! She elaborated upon the proper amounts and correct time to eat this precious energy source we all need for cycling and good health. Monique also emphasized the fact that water and fluid intake are essential, and that what you eat before the ride can improve your endurance. The lecture was very informative and enjoyed by all. Monique is a nutrition consultant in Park Ridge, Il. Just for clarification, she has presented at the Motorola Cycling Camps, which were sponsored by the Motorola Cycling team. Her suggestion of eating only one serving of chocolate once a month put me into withdrawals. Thank goodness Ella made chocolate cookies for our refreshments, because after eating just one,

maybe two, I felt much better.

Ralph Pedraja was presented with the 1992 League of American Wheelmen Club Volunteer of the Year. This was awarded by the League of American Wheelmen and the Wheeling Wheelmen in recognition of an outstanding contribution to the American Bicyclist. Ralph's name was submitted in January along with an article about him (see Feb. newsletter). Congratulations Ralph, this club is better because of you, and we really appreciate all the time and effort you put into it.

Let's not forget all the other people who do so much for the club. These include the board members who meet every month to try to keep the club running smoothly, the people who volunteer to lead and sweep rides, organize picnics, banquets, refreshments, the people who help with the insurance, constitution, and jerseys, the people who attend public meetings to promote bicycling, and the people who use their home computers to keep track of mileage, members, and routes. It's this combined effort that makes your club an

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Safety First

by John Loesch

WOOF WOOF, HERE COME THE DOGS !

Now that spring has sprung, our canine friends will once again be dogging us as we pedal along. The following information may help to keep your wheels rolling and your skin intact.

Dogs of any size or shape can attack a cyclist. Be especially wary of Dobermans, German shepherds, Rotweilers, Pit bulls and any dog that's black. Even little dogs can be quite speedy, and though, they may not be able to reach your ankle, they can still get tangled up in your front wheel and make you crash.

Dogs don't always bark. You too, may be rudely awakened by the sound of heavy breathing and the click of toenails on the pavement. Dogs cheat, too. They will wait until you're going uphill or slowing for a turn before shocking your adrenal glands into hyperactivity. And they aren't stupid either, they

usually attack from the side and they know enough to angle their approach to intersect your line of travel. You can beat this by waiting until the dog hits full speed and then changing your line to throw the dogs intercept calculation off.

DEFENSE, DEFENSE, DEFENSE.

Your options are two— flight or fight.

1) FLIGHT i.e. pedal like hell. If you can outspurt the beast, go for it. Luckily most dogs have short attention spans, are usually only defending what they perceive as a threat to their turf and haven't developed a real taste for human flesh.

2) FIGHT or do unto them before they do unto you.

This choice gives you a lot more options. Available weapons include:

Water bottles— dogs don't like being squirted in the face and will slow down or stop when doused. Plain water works well, sports drinks may work better. One may also carry a mixture of ammonia and water as a kind of do it

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RIDES, RIDES, RIDES

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

Four Thursdays in June-3rd, 10th, 17th, & the 24th at 6:30 PM. "Relax After Work Rides." These will leave from the White Hen parking lot at the northern boundary of Lake Barrington Shores townhome community at the SW corner of Hwy. 59 and Kelsey Rd. approx. 2 miles north of Hwy. 22. For further info. call Judy Curtis (708) 381-5039.

Thursday mornings at 9:00 AM at Binnie Woods (Randell Rd. to Binnie Rd. near the town of Dundee). These will be show and go rides approx. 50 miles in length, MT, with no cue sheets. Call Bill Lorenzen at 455-3325 for further info.

Jeff's Off Road Rides begin at 6:00 PM from Daniel Wright School. The dates are June 23rd & 30th. Call Jeff at 362-4276 for further info.

There is a *Moraine Hills Off Road Ride* which begins at 6:30 PM on Wed. June 16th from Moraine Hills on River Road in McHenry. Meet at the Wilderness Lake Parking Area. Call Ralph at 367-6472 for further info.

(continued in next column)

TOP TEN MILEAGE

MEN

- 1) Jeff Epstein...807
- 2) John Yuill...687
- 3) Dennis Berg...637
- 4) Rick Arnopolin...622
- 5) Wayne Segedie...533
- 6) Woyteck Morajko...503
- 7) Joe Lippere...451
- 8) Jerry Hill...423
- 9) Ralph Pedraja...420
- 10) Ron Hattendorf ...358

WOMEN

- 1) Lottie Dolce...634
- 2) Ella Shields...537
- 3) Dolores Fischer...507
- 4) Joan Segedie...473
- 5) Carol Passowic...428
- 6) Sandy Holzrichter...260
- 7) Virginia Savio...212
- 8) Judy Hattendorf...208
- 9) Lin Costagli...196
- 10) Georgia West...128

RIDES, RIDES, RIDES

On Wednesday, June 2nd and Wednesday, June 9th, there will be offroading in the Arlington Heights/Buffalo Grove area. This will be intermediate riding in "unchartered" territory. This area has no modern facilities such as drinking water or rest rooms, so be forewarned. The terrain has a little of everything from lakes to open praires. This ride will be starting at 6:15 PM. Take Arlington Heights Road to Checker (the first traffic light north of Lake Cook Road). Turn west on Checker to the first side street, Bordeaux, which is west of the two churches. Turn north on Bordeaux and park on the west side of the street. For more information call Wayne Segedie at 708-632-1472.

CHECK THE RIDELINE (FOR MISC or 708-367-6472) FOR OTHER 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!

IN LINE SKATING

Wednesday, June 9th at 6:00 PM. at Lake Arlington. Call Ralph 367-6472 for further info.

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
Harmon	Al & Cindy	
Chairpersons	Schneider	696-2356

(708 area code unless noted)

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

Government Relations Advocates: Bob & Virginia Savio 438-8066 & Al Berman 541-9248.

Wheeling Wheelmen Rideline 708-367-6472

outstanding one. You should all get an award.

We hope to have the new club jerseys by the beginning of June (if all goes well). We would like to thank everyone who pre-ordered the jersey, it shows your support and pride in your club. It doesn't make a difference what color the jersey is or whose sponsor's name is on it, the only thing that counts is the fact that it says "Wheeling Wheelmen" and represents your club.

With the full biking season underway, and with the large turnout of riders, it's important that people ride in groups. How many in a group? The minimum number is two, the maximum is ten to twelve. Why the minimum of two? Because you joined the club to ride with other cyclists. Also, two people are more easily seen than one and are more observant than only one person. It's called safety. Why the maximum of ten to twelve? Again-because of safety. There are more bicycling clubs and cyclists on the road everyday, not only on weekends, and motorists are getting tired of us. They do not have the patience that they used to, they don't want to give us adequate space when passing. A group no larger than ten to twelve cyclists makes it easier for them to pass us, and intersections are not as crowded as with a larger group. It is also easier to ride in a group, especially if it's windy (and when in Illinois or Wisconsin isn't it really windy?) and there is a larger person in front of you blocking the wind.

We have a great club and a great season of biking ahead. Have a good time and ride safely.

NOTE FROM THE EDITOR

Please remember that all submissions to the newsletter must be made in writing (preferably legible) to be received by the deadline of the 10th of the month. I don't as yet own a bicycle top computer, so please do not give me verbal newsletter submissions on rides. Thanks to everyone for sending me cartoons (especially Calvin and Hobbs) to be published. Unfortunately printing cartoons without permission may not be a legally wise idea, so I have decided not to include them in the newsletters. However, please feel free to continue sending them to me, I do keep them and maybe we can incorporate them in the future somehow.

May I also remind you to bike safely and always be aware of what is occurring around you. Frequent use of one's mirror to view oncoming traffic may help prevent an accident. Always think ahead and try to visualize an alternative plan of action should that car be aiming in your direction. We can never have enough reminders to bike safely, and I mentioned these because a work acquaintance was hit by a car on Mother's Day while biking along Gilmer Road, which many of us who cycle from Wauconda Orchards are familiar with. Luckily, it was only her bike that was totaled. She sustained minor injuries (Scrapes and bruises). The woman who hit her proceeded to leave the scene, and, when confronted at a later date, denied the whole incident. Lynn was also feeling very guilty because she was not wearing her helmet.(I don't think she'll forget again). We all do make stupid mistakes. (Thank goodness John didn't catch me going 25+ down a hill in the middle of the road, only to be passed by a car I wasn't even aware of-What a great Organ Donor!) So, please just BE AWARE!

yourself mace (Be really, REALLY careful not to drink out of this water bottle).

Mace (or Halt or Liquid Bullet)- these have the advantage of being more powerful. They are more irritating (this is good for two-legged beasts, too) than water. Also, their pressurized containers do not depend on being full like a water bottle to give a good range of effect. On the other hand, the wind can blow the spray back into your face and render you absolutely helpless. If it blows onto your fellow riders, you will not be popular at all. If it blows onto a child or the dogs owner, you may also be sued.

Electronic countermeasures- these devices emit a high-pitched noise (out of the range of human hearing) that dogs don't like. I have not used these personally but have found that the compressed air boat horns have a similar effect.

Air pumps- if the dog gets too close, using your pump as a police baton can work. The disadvantages here are that the act of swinging can throw you off balance and make you crash. The dog may also think you want to play fetch and grab your pump. This mode will not work with the new mini-pumps unless he really does want to fetch and you can get away while he's chasing the pump down.

Yelling - many dogs will slow down enough for you to get by if you yell out "stay", "sit", "heel", "bad dog" etc.

If all else fails, dismount and get your bike between you and the dog, and keep yelling while walking slowly away from the dog. This may not work with multiple dogs, so look for something solid (trees,cars etc.) to back up against till the cavalry comes.

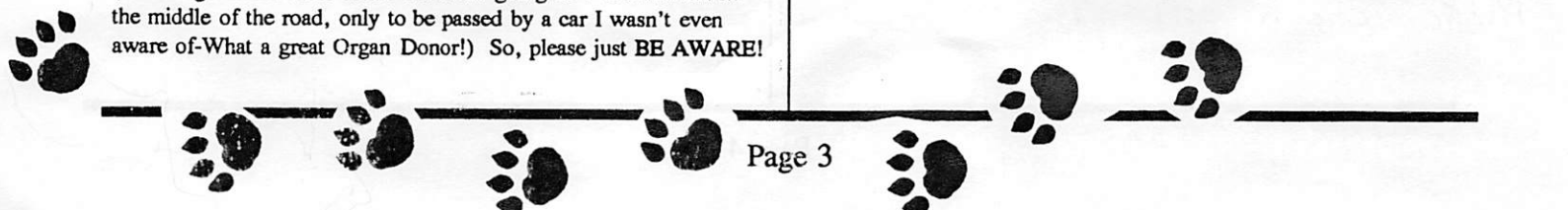
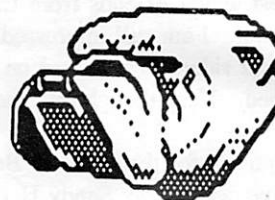
One final strategy may be to sacrifice a slower member of the group and escape while the dog is dining (just kidding, folks).

Next month, what to do after fang meets flesh.

No organ donor this month- OUTSTANDING!!!!

A final quote from Robert Johnson (dead bluesman):

**GOT TO KEEP MOVIN', GOT TO KEEP ON MOVIN',
BLUES FALLIN' DOWN LIKE HAIL
GOT TO KEEP MOVIN', GOT TO KEEP ON MOVIN'
GOT A HELLHOUND ON MY TRAIL, GOTTA
HELLHOUND ON MY TRAIL.**



FROM THE REAR

by Jeff Epstein

As we blazed into April, we were hit with more inclement weather. Woyteck and Carol proceeded on the Waukesha Trail on their own, as others stayed closer to home. This ride is to be repeated later in the year. Lin C. led her Lake Forest ride, and Mike M. led a Good Friday ride. Dennis Berg has learned to appreciate the sharpness of stone on his sidewalls, he had two flats on Loops Through McHenry. Rising to the challenge, Kurt had two flats on the Twin Lakes ride. Flats don't enhance those early starts, Kurt! Feeling threatened by these two, Ron H. had a couple of flats on a Tuesday night ride. Now guys, the idea is most miles, not most flats!

Since modesty prevents self nomination, may I suggest we give a big organ donor award to John Loesch for passing without notifying other riders (You know you had this coming, John!). A special Thomas Alva Edison to Lotti for discovering that those computer wires do need to be connected or you don't get a readout.

Enemies of the environment award to Rick N. who scared much of the wildlife in Lincolnshire by going topless. A big hello to Jennifer Howard who seems fit, strong, and most importantly, healthy. Happy face award to Judy H. who "really likes" those week night rides, and her winning personality make it a pleasure to ride with her. Also hubby Ron was positively exuberant about riding down the hill to the lake in Lake Forest, and then up again.

A salute to Ralph P. upon his return to riding following surgery. A round of applause to Dolores F. who spent many hours putting together this newsletter and learning much of the process on her own. Keep an eye on Ella S. who, following a strong winter, is "passing guys" (we told you so), and to John Yullin, a strong, quiet, and determined rider.

For those of you who were impressed with that speedbump coming out of Fontana, Ralph has a surprise for you on the 110 mile Loops of Burlington that John Yullin and I test rode. Some of our best friends are out there: Hargraves, Bowers (both ways!), Hodunk, Valley View, and Bell School.

Newcomer Craig Bechtle is riding strong, especially on week night rides. By the time you receive this I should be back from Pedal For Power-West, which extends from L.A. to Santa Fe, it sure sounds like fun. I am still impressed how Woyteck and Carol check out riders in their van on their rides after they have finished. Very thoughtful, and a good example for us all

As I mentioned last month, watch out for that gravel. Be careful on the road sand and cross winds (ask Sandy H.). Lastly, keep an eye out for water on the road.

BITS AND PIECES

There are now 21 people from the Wheeling Wheelmen going to Pedal the Peaks in New Mexico. We wish you all a safe trip on a good time. If anyone else is still interested in going call Carol Passowic 708-392-0530.

For our June 3rd club meeting we will be having a masseuse for part of our program (now this could be - interesting). Bobi Larsson is a registered Massage Therapist.

Chris Schroeder will also be giving us her insights on endurance cycling. Chris received an award last year for the 24 hour challenge. She's an experienced long distance rider and has received recognition for her achievements. I am looking forward to Bobi and Chris' presentations.

Profile has donated a bicycle frame to our club. This is being sold to help our piggy bank. Our Thanks to Profile. The bicycle frame-with fork-is an Air Raid Composite Frame. It's 100% rapped fiber OS Graphite and Kevlar, 3.6 lbs. Color-Hand painted, black or white. Any size of 52cm.-60cm. The original cost is \$1300.00. We're selling it for \$600.00. The frame will be available for viewing at the next club meeting or call Sandy Holzrichter (516-1817) to see it.

HARMON 100 T-SHIRT & PATCH DESIGN CONTEST

**SUBMIT IDEAS TO:
CINDY SCHNEIDER
1115 TOUHY AVE.
PARK RIDGE, IL 60068**

OR

GIVE TO ANY BOARD MEMBER.

**PLEASE SEND BEFORE JUNE
21ST.**

**CREATE THE DESIGN
THAT WILL SYMBOLIZE
THE RIDE!**
