

# Monthly Meanders

July, 1993



Wheeling Wheelmen

P.O. Box 581-D  
Wheeling, IL  
60090

## July's Meeting:

Thursday, the 8th, at the Wheeling High School (83 & Hintz Rd.) Cafeteria, at 7:00 PM. featuring a slide show by Cindy and Al Schneider.

### INSIDE:

Pedal For Power  
trip summary from  
Lottie and Jeff  
\*\*\*

Rides, Rides, Rides  
\*\*\*

In-Line Skating  
\*\*\*

John's Jots About  
Janesville  
\*\*\*

Bits and Pieces  
\*\*\*

The Annual Picnic  
\*\*\*

Pedal For Power  
The North-South  
Ride  
\*\*\*

See ya later,  
alligator!!

## Prezsez

by Sandy Holzrichter

Did you see that birthday cake at the June meeting? The person who made that cake must love birthdays! What a fun time we had with the masseuse, Bobi Larson. For further information concerning massage therapy, Bobi can be reached at 359-6147.

As some of us pursue long distance endurance riding, we will think of Chris Schroeder and all of the helpful advice and hints she gave us, and thank her. Good luck to our members who are doing the Michigan Twenty Four Hour Challenge. I hope you remember some of Chris' advice, and if not, you'll need Bobi Larson's help.

What a great time we had in Janesville for the Memorial Day weekend. There were about thirty five of us who rode. Carol and Woyteck mapped out some absolutely beautiful routes (a total of nine). The Hampton Inn had a great pool and jacuzzi, which we made use of. The group dinner at Nancy's was fun, and the food was

superb. Thank you Carol and Woyteck for all your effort in creating such a terrific weekend.

The jersey order has been placed. We expect shipment on July 12th. We're so excited about getting these jerseys, most of us can hardly wait.

Why is it that we always complain about the negative things in life? What ever happened to being nice? Why don't we talk more often about the nice things that have happened to us? Why do newspapers print the negative articles on page one and the good deeds on page forty five? Why do we talk about the car mirror that almost knocked us off of our bikes, but never discuss the fifty cars that gave us a wide berth, or the truck driver who signaled a thank you because he was informed about oncoming traffic on a hill? There are many people who do nice things and no one notices or remembers. I bet you have even had some nice things happen to you which were either forgotten or obscured by a negative event.

On June 6th Patsy Kelly, one of our

*Continued on page 3*

## Safety First

by John Loesch

### DOGS PART II



Despite all of your efforts to keep Fido away from your spokes and ankles, sometimes it is impossible to avoid an encounter of the canine kind. Once you have collided you may find that the dog is just as surprised as you are and only wants to get away.

If, however, the dog is vicious and persistent, use whatever weapons are available to fend him off. If you can get a shot at his muzzle, a good, hard blow to the nose will definitely have an impact. Try to regain your feet as quickly as possible. If you are injured by the fall and this is impossible, protect your throat and belly by curling into a ball. Keep making as much noise as you can. Shouted commands may get the dog to break off his attack or at least attract the owner's attention to call the dog off.

Once again I must stress the inherent danger of riding alone. Last Sunday (June 6), one of our club members, Patsy Kelly, was knocked from her bike by a dog hitting the rear wheel. She has suffered a broken pelvis and will not be cycling again for quite a while. Fortunately, she was with another rider, Judy Hattendorf, who was available to render assistance. If alone and injured further defense against an attacking dog becomes even more difficult.

Even if you are prepared, there is still the chance of being bitten. If this happens, the bite must be attended to. Rinse the wound with water from your water bottle and wash with the anti-bacterial scrub that you carry in your on-bike first aid kit.

It is essential to identify the dog. Where does it live? Does it have the appropriate tags and shots? If you can find the owner, you need pertinent health history on the beast. After you return to civilization, check with your family doctor and follow his/her instructions. If you are away from home, visit the local emergency room. If the dog

*Continued on page 3*

## 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 Evenings in July—the 1st, 7th, 15th, 22nd & 29th at 6:30 PM. SHARP! These are "Relax After Work Rides" with an average speed of 13-15 mph., and an average distance of 18-25 miles. These will begin at the White Hen parking lot which is located at the SW. corner of Hwy. 59 and Kelsey Rd. approx. 2 miles N. of Hwy. 22 in Lake Barrington. For further info. call Judy Curtis at 708-381-5039.

Tuesday 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.

## IN-LINE SKATING

WEDNESDAY, JULY 21ST, 6:00 PM.  
AT LAKE ARLINGTON. CALL RALPH  
367-6472 FOR FURTHER INFO.

## BITS AND PIECES

Patsy Kelly will be recuperating for six weeks. I'm sure that she would appreciate your calls and cards, or just to talk to another cyclist, since she won't be able to bike for awhile. We wish her a speedy recovery.

The meeting in July will be on the 8th, not the usual 1st Thursday of the month. Cindy and Al Schneider will be presenting slides of trips to France, Hawaii, and Death Valley.

## FOR SALE

The Club still has available the bicycle frame donated from Profile. It is an Air Raid Composite Frame, which is 100% rapped fiber OS Graphite and Kevlar, 3.6 lbs. The color is hand painted in either black or white, and can be sized from 52-60cm. For further info. call Sandy Holzrichter at 516-1817.

## TOP TEN MILEAGE

### MEN

- 1) John Yuill...1307
- 2) Wayne Segedie.....1251
- 3) Jeff Epstein..1148
- 4) Rick Arnoplin...1086
- 5) Dennis Berg.....999
- 6) Ralph Pedraja..997
- 7) Woyteck Morajko..993
- 8) Ron Hatendorf ....665
- 9) Kurt Schoenoff...646
- 10) Bob Savio....607

### WOMEN

- 1) Joan Segedie...1170
- 2) Ella Shields...1129
- 3) Dolores Fischer..1109
- 4) Carol Passovic..813
- 5) Lotti Dolce...758
- 6) Sandy Holzrichter..707
- 7) Virginia Savio..447
- 8) Judy Hatendorf..416
- 9) Janie Neuman....310
- 10) Chris Schroeder..269

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

by Lottie Dolce

Yes, the wanderlust caught me again and I was on the move, this time from West to East, L.A. to Santa Fe. I love to travel, ride my bike, photograph nature's beauty, and meet people. This trip had it all. It couldn't get much better with wide open spaces, brilliant sunshine, blue skies, great friends, a blooming desert, and towering mountains waiting to be explored by us. Sixty seven riders from across the U.S. and one from Germany began this journey. This is how it must have felt when the pioneers ventured out to the Wild West, each day bringing a new horizon to look forward to. We dipped our back wheels into the Pacific, hoping to dip our front wheels into the Atlantic forty nine days later. Will everyone make it....?

The weather would most likely be our biggest obstacle—or could it be the terrain, mechanical problems, failing body parts, or the mind saying "I can't"....? I was asked "How can you use up two weeks worth of vacation to torture yourself on a thousand miles of road, don't you need to relax?" Well they obviously have never felt totally in tune with a bicycle, zipping along the countryside, looking at nature's beauty, climbing new heights, meeting a new challenge, and standing on that mountain top with the whole world beneath oneself. They must never have felt the wind in their hair on a downhill, the comraderie of a fellow biker, the thrill of meeting new people, the feeling of going to sleep tired, but with a sense of accomplishment and never to be forgotten memories, or experienced the versatility of this big country.

continued on page 3

## 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



members, took a spill (Yes, it happened, the dreaded dog accident). She was knocked unconscious, and the people who came to help her, including the bicyclist that she was riding with, restores one's faith in human kindness. This helpfulness was also seen last year when Jennifer was hit by a car, and a year before that when Mike Milton took a tumble. I carry a pouch velcroed around my bike stem which contains my I.D., medical card, and money. Last year on a ride it fell off. I wasn't even aware that it was gone until the next day. I never expected to see it again, but guess what? It was sent back to me by a stranger on Rose Farm Road—money intact! There was also the farmer who helped a bicyclist fix a flat, and the man who stopped in his car to give a cyclist a ride into town to get his tire fixed. There really are nice people out there, we just have to talk about the nice situations more often.

Ninety-nine percent of our rides end up with a sweep. You may have volunteered to sweep or became elected because someone needed help finishing a ride. All winter and spring I've seen this happen countless times. I've seen faster riders helping the slower riders, or just riders helping each other. Recently, Mike Milton and Howard Paul sagged in a new member. It was Karen's first club ride. They were ten miles behind when everyone was finished, but Mike and Howard stayed with her. Karen had a great time, and thought that Mike and Howard, and the Wheeling Wheelmen were terrific, which they are. Why is it that all one ever hears is that on Wheeling Wheelmen rides one gets dropped and left on one's own? (I haven't seen this, yet this is what I hear.) I think that it's just another example of nice occasions not being noticed, and the negative always being emphasized. Let's remember the concept of being nice, and make an effort to concentrate on the positive and not dwell on the negative daily occurrences in our lives.

*Pedal for Power continued from pg. 2*

This is a great way to get away from problems, everyday routines, telephones, deadlines, and stress. Pedal For Power is well organized and all that is required is to pedal at one's own pace from point A to point B. The rest of the world can be left behind.

In addition to all this fun and sense of adventure that I encountered, I was able to help those people that are less fortunate than I am with the charity that I sponsored. I would like to thank everyone that helped make this vacation possible. It was truly an unforgettable experience.

**SUMMER PICNIC**

**Our picnic will be held on Sunday, August 15th at the Harrison Benwell Picnic Site. This is the same site as last year. Food will be served after the rides. There is a charge of \$2.00 per person, payable to the Wheeling Wheelmen. Please remit the money to Sue or Joe Uppere, 1738 Emerald Lane, Palatine, IL 60074. (708) 705-8879. RSVP by Aug. 10th, please.**

has no tags and cannot be tracked down, then you may have to endure a series of shots to prevent rabies. You should get a tetanus booster if you haven't had one in the last five years.

Lastly, always report the dog to animal control. This establishes a position from which legal action may be taken to ensure that the dog IS restrained in the future, as well as obtaining compensation for damages to both you and your bike.

With the knowledge obtained from this months' and last months' column, you may not be able to RIDE with the BIG DOGS, but you won't have to stay on the porch either.

**ORGAN DONOR OF THE MONTH**

For consistently riding two abreast, over hill and dale, with traffic coming from both directions, even after I pointed out that this was unsafe, Dennis Braun gets the honors this month.

Until next time, BETTER SAFE THAN...

**John's Jots About Janesville**

*by John Ivan*

The club had its annual Janesville Weekend over Memorial Day. Once again Woyteck Morajko and Carol Passowic planned three days of routes through exceptionally scenic Southern Wisconsin. Most stayed at the brand new Hampton Inn, which provided such important amenities as an indoor swimming pool and whirlpool. Others stayed at the Super 8 or Motel 6.

The lobby of the Hampton Inn seemed to be the center of activity when we weren't on our bikes, eating, or sleeping (What else do cyclists do?). As we all straggled in on Friday evening, various groups gathered to order twice as much Chinese food as they could eat, to wonder exactly what was in John Loesch's luggage (there wasn't much street clothes in it, as we discovered later in the weekend), and to just hang out in the lobby lounge.

Saturday morning arrived, bright and sunny, if not a wee bit chilly. Since heavy rain was forecasted for Sunday, many opted for the 105 mile route to take advantage of the nice weather while it lasted. The route wound its way through rolling hills with rest stops in the picturesque towns of Fort Atkinson and Lake Mills on the way to and from a lunch stop at the Pizza Pit in Watertown. Dolores completed a strong first century (with nary a complaint, as noted by Carol). Carol and Woyteck reserved a banquet room (so as wouldn't disturb the other patrons?) at Nancy's Restaurant, where a sumptuous feast of hearty Italian food—more than we could eat—was enjoyed by all.

We were greeted Sunday morning with clouds and threats of showers off and on all day. Woyteck handed out cue sheets for 50 mile routes to LaGrange to a dozen or so hearty souls who chose to brave the potentially hypothermic conditions (it began to pour 30 minutes after they departed). The rest of us enjoyed the pool, took in a "fine art film" (Did Sly REALLY hang from rock ledges hundreds of feet in the air?), pretended that we were Grand Prix Criterium Racers (Ask Wayne about "bonus miles!"), or hibernated

*continued on page 4, column 2*

## FROM THE REAR

by Jeff Epstein

Just thought I'd take this opportunity to share with you some of the experiences I had on the recent PEDAL FOR POWER ACROSS AMERICA. That ride, which left Los Angeles on the 16th of May, included three representatives of the club.

Accompanying me were Lotti Dolce and the coordinator of the SAG effort, Phyllis Harmon. This column is dedicated to Phyllis Harmon whose total commitment, support, and dedication to cycling in its many phases is an inspiration to us all. Prior to the ride I did not have an opportunity to get to know Phyllis very well at club meetings. Over the course of two weeks I came to appreciate her humor, spontaneity, and unflappable personality. Coming up the mountains one received extra encouragement from Phyllis as she passed by singing one of her little ditties in the SAG vehicle.

On the 16th of May approximately seventy riders from all sections of the country, and ranging in ages from teens to seventies, dipped their wheels in the Pacific at Manhattan Beach, and departed for Boston. In addition to the breathtaking scenery and the exhilaration of riding numerous consecutive days, one of the most attractive features of the ride was the camaraderie and support experienced between the riders. Efforts of the PEDAL FOR POWER staff were extraordinary. It seemed that every detail was well thought out to make the trip enjoyable. Though I did not have the time to do the full seven weeks, I highly recommend the first two weeks in terms of demand and excitement.

After leaving the heavy traffic in Los Angeles the column headed towards Riverside for the night. We passed through Palm Springs, traversing some very scenic drives with palm and jacaranda trees. The trail took us across light desert and what appeared to be a "windmill farm."

Stops along the way included Indio and Blyth, California; Wickenburg, Arizona; and Prescott, Gallup, Grants, Albuquerque, and Santa Fe, New Mexico. Of special note there is the spiritual quality and beauty of Sedona, highlighted by the bright red spires rising skyward out of the ground. The desert which we crossed for two and a half days was simultaneously beautiful, challenging, and brutal. Sufficient water supplies mediated environmental conditions. Considerable earlier rainfall led to a spectacular desert show. Riding the freeways (on the shoulder) provided new experiences, and an introduction to innovative rumble strips. Many of the club rides designed by Woyteck and Ralph put us in extremely good condition to meet the demands of the mountains as well as the desert. While the climbs were substantially longer than what we experienced in Wisconsin, six to sixteen miles, few were as steep as what we are used to. With that in mind I'll give one disclaimer, Jack Rabbit Trail was very stimulating. Nonetheless, I encountered a new phenomenon called switchbacks, and, in one afternoon, negotiated 153 of them going up a mountain.

While the challenge of the desert was heat, that of the mountains was ascension. The climb through Oak Creek Canyon into Flagstaff was exhilarating. Coming down the mountains through Jerome into Cottonwood, Arizona was, in a word, riveting. Picture this if you will-coming down mountain passes on a two lane highway with trucks and cars on your tail, moving through fairly sharp curves, at a rate of 45-50 mph, with sheer drops of 2-3 thousand feet just several yards to your right. It certainly got my attention and developed some cramps in my hands as I hung on to the brakes. Crossing the Continental Divide

was exciting, it felt like a substantial accomplishment.

The riders ranged in capability, in terms of speed and endurance much as many of the club members. It should be noted that virtually anyone in the club has the expertise and the ability to negotiate this ride if they wish to do so. It is my impression that Phyllis did the ride approximately two years ago and had a fabulous time. We did have some fast riders, but many took the caution of the ride leader and decided to view America as we rode passed it. How could you speed by the beauty of the Grand Canyon, the Petrified Forest and the Painted Desert?

As I noted earlier, one of the most attractive features about the ride is the bonds developed between the riders and the various contributions they made to each other. Everyone looked out for everyone else. There was no evidence of selfishness or lack of concern. Of special note, I must acknowledge the contributions of Lotti. One of the most popular riders on the trip, she was helpful and supportive, and always kept that winning smile and good sense of humor throughout. Her spirit was, as usual, indomitable. If there is one inch of the ride that she didn't photograph, I would certainly be surprised. You couldn't ask for someone better to ride with. I would endorse this trip for anyone who has a slight sense of adventure, and likes the beauty and majesty of America.

---

*John's Jots continued from page 3*

in our rooms to watch clear weather in Indianapolis. At the Cracker Barrel Gift Shop before dinner Ralph picked out some toys "for his kids" (yeah, sure, Ralph) and Dolores and Ella tried on some stylish headgear. We made shameless pigs of ourselves at dinner again with some wonderful down home Southern cooking, especially at dessert (Ask Sandy about the special fudge sundae!). The clouds continued to linger Monday morning, but no rain was forecasted, so most rode 40, 78, or 110 mile routes west and southwest to Footville, Albany or New Glarus. The terrain was much hillier, and the skies cleared up by the time we reached Albany, resulting in another wonderful day of cycling. Thanks, Woyteck and Carol, for planning another great Janesville Weekend !!

---

## PEDAL FOR POWER THE NORTH-SOUTH RIDE

In September Bob and I are cycling the Pedal For Power North-South Ride beginning in Portland, Maine and ending 1,650 miles later in Orlando, Florida. As you all know, in order to participate in this ride we each must raise \$3,000.00 These proceeds are to be divided between L.A.W. and a charity of our choice. Bob's charity is the American Heart Association, which does research to educate people in the fight against heart disease, and my choice is the Easter Seal organization, whose goal is to improve the quality of life of physically handicapped children and young adults by helping them become self reliant.

You may donate for either of the charities, or for both of them. Please make your generous, tax deductible contribution to Pedal For Power, enter in the memo line on your check which charity you have chosen, and send it to Bob & Janie Neuman, 1016 Dover Ct., Libertyville, IL 60048.