

Monthly Meanders

**September
1993**



Wheeling Wheelmen

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

**September's
Meeting:**

*Thursday, the 2nd, at the
Wheeling High School
Cafeteria (83 & Hinz
Rd.) Cafeteria at 7:00
P.M. Harmon Committee
Meeting.*

INSIDE:

Rides, Rides, Rides

Pedal For Power

From The Rear

Bits and Pieces

*The 24 Hour
Challenge*

Guten Tag!

Prezsez

by Sandy Holzrichter

Lots of topics were discussed at the August meeting. We had a good attendance and Judy and Ron Hattendorf brought the refreshments. Judy's chocolate, chocolate chip cookies were great! (I had four of them-it was my once a month fix.)

The wheeling Wheelmen now has 575 members. That's the highest it's been. We should all be proud that we have helped our club grow by being good cyclists, spreading the word about biking, and promoting our club. Personal contact was also a contributing factor in expanding our membership, thanks Lynn for that positive disposition, wonderful smile, and great sense of humor.

The club jerseys and shorts are being distributed, so if you haven't gotten yours yet, please call Ralph. How do you think they look? Colorful and bright-they look great and you'll definitely be seen! There are only two shorts and about twenty five jerseys left, so call Ralph soon to

place an order. We hope to reorder in November and XL and XXL will be available at that time.

The Profile bike frame has been sold. Frank, hope to see you on that new frame soon.

The August rides have all been going well. The Spring Green and Cedarburg rides were terrific. The routes and roads were beautiful and rural, with very little traffic. Are these contenders for ride of the year?

We are looking for a new club president for the 1993-1994 year. I regret to say that I will not be able to be president for another year. It looks like I'm moving out of state and it's a little difficult running a club from so far away. I've enjoyed being your president. I've met lots of people, made lots of friends, and I hope not too many enemies. I'll surely miss all of you a great deal. With the Constitution done, the insurance problems taken care of, and the jersey project completed, next year should be easier. (Right! Best laid plans!)

I will fulfill my obligations for the rest of my term. I'll be gone quite a bit, but you can still

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Safety First

by John Loesch

RANDOM NOTES...

...on riding a century

Since September IS National Century Month, I'm sure that all of you club members will be riding at least one century—either again, or for the first time. So, heed the following for maximum comfort and fun.

Eat well. Carbo load with a good meal 2-3 hours before you start riding. Eat again while you ride. Whether it's bagels, bananas, Power Bars or your own homemade GORP, keeping your muscles supplied with glycogen is essential to keeping those pedals turning.

Hydrate or die. Drink at least 8-16

oz. of fluid (water or a sports drink) before you start. On the bike drink 3-4 big swallows every 15 minutes. Your body is mostly water, so as you lose water from perspiration, exhalation and urination, you also lose the ability to function. Muscles cramp, joints grind, and your blood turns into sludge. If you drink a lot, the worst that will happen is a few extra trips to the bathroom; if you drink too little, the worst includes bonking, heat exhaustion, heat stroke and death.

Ride at your own pace. The club includes enough members of varied abilities so that you should always be able to find someone to ride with at a comfortable speed. At invitationals this is even easier. Maintaining a steady comfortable pace will allow you to

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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 5:30 P.M. NOTE TIME CHANGE! Rides leave promptly, so be sure to allow enough travel time.

Jeff's Wednesday Night Off Road Twilight Rides starts at the theater in Rivertree Court Shopping Center in Vernon Hills at Rt. 60 and Milwaukee Rd. at 6:00 P.M. For further info call Jeff at 362-4276.

BITS AND PIECES

The September meeting will be on Thursday, the 2nd. Harmon Committees will meet with their members. This is the biggest meeting of the year and we hope to see you there.

There will also be nominations taken for open board positions and the presidency. If you are unhappy with the way the club is being run, now is the time for you to do something about it!

The Harmon Pizza Party for all Harmon volunteers will be held on Friday Sept. 17th at 7:00 P.M. at the Hidden Creek Clubhouse. From Dundee Rd. (Rt. 68) go west of Rt. 53 to the 2nd light, which is Baldwin. Take Baldwin north 1 and 1/2 blocks to Hidden Creek Circle and turn right 1 block, it's on the corner. Call Ralph for further info. 708-367-6472. He will need to know the number of people attending, so look for the sign up sheets at the Sept. club meeting or at the Harmon.

TOP TEN MILEAGE

MEN

- 1) Jeff Epstein...3158
- 2) Wayne Segedie...2725
- 3) John Yuill...2582
- 4) Ralph Pedraja...2334
- 5) Rick Arnopolin...2192
- 6) Bob Neuman...1757
- 7) Dennis Berg...1752
- 8) Woyteck Morajko...1613
- 9) Bill Lorenzen...1587
- 10) Curt Schoenoff...1524

WOMEN

- 1) Joan Segedie...2437
- 2) Janie Neuman...2111
- 3) Dolores Fischer...2057
- 4) Ella Shields...1973
- 5) Lotti Dulce...1648
- 6) Sandy Holzrichter...1502
- 7) Carol Passowic...1355
- 8) Judy Hatendorf...878
- 9) Julie Smith...767
- 10) Judy Curtis...378

FROM THE REAR

By Jeff Epstein

Some random observations for the month. It was noteworthy that Pam Reynolds completed the 127 Double Dolce ride. Previously Pam's longest ride had been a 60 miler, quite an accomplishment. Add to the list of achievers Mary Hibbard, a retired triathlete who completed the 80 mile Fontana, with grace and good humor despite it being one of her longest rides. There is also Dennis Berg who had the courage to lead, or shall I say lose Mary, and incur her ire on the trip in which he earned her bonus miles.

The Christopher Columbus Award goes to Tom Chambers who seems to find "new" ways to ride a route, finds "shortcuts", yet returns to the starting point, sometimes with more miles than people who follow the route sheet. The Atta Boy Award goes to Wally Rogers for a great sense of humor and determination. Despite his concerns to the contrary, Wally did keep up on the week night rides and had a great time. He is a good man to ride with. The Mr. Goodwrench Award goes to Rick Arnopolin who brings new expertise to the phrase "changing a flat". Rick is the current club record holder. Please do not mention Bikes Plus to Rick.

The "That It Is Never Too Late Or That Maybe Youth Isn't Wasted On The Young" Award goes to the four riders over 50 that lead the men's summer mileage,

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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
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

leave a message on my answering machine and I'll receive it. Remember that there are very capable board members and chairpeople who can handle any problems should they arise.

The Harmon is here! We wait for it all year, plan for it all year, work on it for eight months, and now it's finally arrived. This is our club's biggest day. As you know, it takes about 100 volunteers to make this day a success. That's a large number of people. So if you think you're not needed, or there's nothing for you to do, you're wrong! We need you even if it's only for two or three hours. We'll put you to work, and you'll have a great time. It's a day where even the volunteers get to socialize with other cyclists, relax, and just have fun. So give Cindy Schneider a call and she'll give you the perfect position to volunteer for. There will also be a Harmon Pizza Party for volunteers only and you certainly don't want to miss a party and don't forget volunteers also receive a free Harmon tee-shirt.

WAYNE SEGEDIE COMES THIS CLOSE TO WINNING A BRONZE MEDAL!

After riding for 24 hours in the rain and completing 355 miles in the 11th Annual National 24-Hour Challenge, Wayne was disappointed to learn that he was short *one* six-mile loop to win a bronze medal in his age category. He had lost some time during the night due to a problem with his lighting system. Poor Wayne!!

The most important thing he learned during the ride was "don't try to eat bagels in the rain." One time he took *one* bite of a bagel before it fell out of his hand. The next loop, he was trying to figure out what the purple mush was all over the road!! It was his blueberry bagel!!

After driving all the way home from Grand Rapids with practically no sleep (since his support crew, Joan's father, didn't sleep either), he unpacked, cleaned and lubed three bikes (Joan's had gotten wet over the weekend, too), washed eight water bottles, etc., etc., etc. He finally got talked into reading in bed at 9:45P.M., where he promptly zonked out as soon as his head hit the pillow.

Congratulations, Wayne, on a great ride!

COOL DOWN

"Uh oh!" Was that a snow flake? I'm looking for people who want to spend those long winter months going to movies, dinners, etc. If anyone is interested, please call: Dennis Berg 708-296-4971.

complete your hundred mile jaunt without ending up trashed and thrashed (unless of course you like to feel that way).

Cycle effectively. Now that everyone can see that you are a Wheeling Wheelman in your new, great looking club jersey, please set a good example and obey the traffic laws. The more you act like a vehicle, the safer you will be and it makes a better impression on the public.

...on Cops on Bikes

This is the second year that Chicago has fielded police on bicycles to patrol the lakefront. To date they have not received any encouragement (except one letter from the CBF). Even if you don't live in Chicago, send a note of support to:

Supt. Matt Rodriguez
1121 S. State, Rm 400
Chicago, Il. 60605

This will help support a valuable asset in getting the political structure and the motoring public to recognize that bikes DO belong on the road.

... on lights

A recent article in the Trib contained some interesting evidence that running lights on cars can contribute to a decrease in the number of accidents, even when used during the day. This may also be applicable to bikes, so leaving your Vista light flashing at all times could help prevent some car/bike collisions. In a related area, when being passed by a car near a possible right turn, check the car's turn signal. This will allow you to avoid being turned into by the car as you enter the intersection.

...on sign up sheets

The sign up sheets are not only for club mileage. They inform the ride leader as to whom is still out on the route. If you don't care about club mileage, place an X next to your membership number, but DO sign in anyway. If you do not sign in you will no longer receive a cue sheet. This is purely for safety and accountability reasons.

...NO Organ Donor...Till next month, Better Safe than...

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and it is headed by the distinguished Bill Lorenzin (age 73 years young), what an inspiration! The Perseverance Award to Dolores Fischer for never giving up. The "I Can't Believe He Said That" Award goes to Curt S. He was heard uttering the phrase "I'm not ready to go yet," on a recent trip through New Glarus at a rest stop where the usually impatient gentleman decided to take his time. Could it be Curt is stopping to smell the roses?

Do you want to know how to keep cool on those hot summer rides? Just ask Shannon Braun who raves about the relief she receives from placing ice cubes in her halter top. To the Johnson Wax company, makers of Raid. Did you ever consider consulting with the Dolces on good areas to test your new insecticides?

Apologies to Chris Demetre who was accidentally listed as the 10th best miler in the women's group. It is better to be noticed than ignored! Impressive is the strong work ethic of Bob & Janie Neuman as they prepare for the North South Pedal for Power. Folks don't forget to give them your donations, it is a worthy cause. Also riding more and stronger is Bill Bergeron on his new Lite Speed.

It is good to see Mary Elizabeth back. We missed her. Also welcome Karen Leber who was having some difficulties with air in her tires. Keep a watch on Julie Smith, who continues to improve and get stronger. She loves those long down hills ("they are cool"). Kudos to Dolores Fischer who has put much effort into turning out a quality newsletter. Also did you notice the enhancement in riding skills and endurance in the ever pleasant Ella Shields, one of the most improved riders from last year.

As we go into the second half of the year, please remember to ride safely and carefully. We want you all back again next year.

FOR SALE

Airline ticket worth \$240.00 anywhere TWA flies for 15 months. MALE (less re-issue fee \$25.00) \$190.00 cash or best offer. Call Joanne Begy at 708-634-2456. Leave a message on the machine with your name and phone number. I can reach you anytime.

PEDAL FOR POWER UPDATE

by Janie Neuman

Bob and I have been biking very hard every weekend and twice a week after work. We hope to have over 4000 miles by the time we start the "Pedal For Power" ride on September 24th. The training is not difficult, in fact we have enjoyed every mile. The difficult part is the fund raising. As you know, each of us must have \$3000.00 by the start of this ride. We will individually contribute \$1200.00 towards our expenses, but the balance has to come from donations. We have a long way to go before we attain our goal. Our donation will be split between "The League of American Wheelmen" and our individual charities, consisting of "Easter Seals" (mine) and "The American Heart Association" (Bob's). If you would like to sponsor us, please mail your tax deductible contribution payable to "Pedal For Power" to the following address:

Bob and Janie Neuman
1016 Dover Court
Libertyville, IL 60048
Thank you for your support!

DON'T FORGET NOV. 13TH -- THE CLUB'S ANNUAL BANQUET

will be on Saturday this year, so that everyone can make it. We're having the best of everything, including home grown entertainment. It will be at KATHRYN'S --the place we all loved last year.

