

# Monthly Meanders

**FEBRUARY  
1994**



**Wheeling Wheelmen**

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

February meeting will be held on the 3rd of the month at 7:00 P.M. at Wheeling High School (83 and Hintz Rd.)

**INSIDE:**

**BIKE SHOW**

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**ST. PAT'S  
VOLUNTEERS**

.....

**WINDY CITY  
SPORTS RALLY**

.....

**SUMMER  
MEMORIES**

.....

**JANESVILLE  
WEEKEND**



**SIX MORE WEEKS  
OF WINTER??**

.....

**GUTEN TAG!!**

## Prezsez

by Reid French

*Happy New Year!*

As promised, the survey was included in last month's newsletter located on the back of the club renewal form. (Saving paper-great idea!) If anonymity is a concern, simply copy the back, fill out survey and return. Consider this as our club cue sheet for 1994. Without your valuable input, we have no choice but to posit that what we want is what you want. So please take a few minutes off the winter trainer and jot down your thoughts.

I am currently writing this on a plane en-route to Chicago from Farmington, Maine where I have recently spent a frigid week of relaxation. (Dichotomy?) In any event, I pondered as I toured the town and to my astonishment the health club I frequented had a bike rack full of bikes! The temp that day was a blissfull -24 degrees! This is quite a feat when we are concerned when it drops below 32 degrees.

Apparently New Englanders are more hardy? I think not. Perhaps some of you have been considering getting out of the cabin for a while (like I was). What better way than to join your club comrades in the balmy above zero weather and reflect on the year gone by.

Speaking of which, I read an interesting epiphany by Esther York Burkholder that I will leave you with.

"When morning breaks on a New Year, it holds the mystery of the unknown. We dare to dream of shining plans accomplished, of great goals reached, all before we've even been there. It's time for renewal and adventure. We resolve that this year will find us better than the last. Look now! The sky changes from dark to grey to pink to gold. Here comes the sun!"

Keep the rubber side down. Bye for now.

*Reid*

## Safety First

by John Loesch

### RESOLUTIONS FOR THE NEW YEAR

Some thoughts to keep in mind for 1994...

To become a better cyclist, try riding with the faster group. You may be dropped (you can always wait for the slower group to reel you in, I do) but you will at least have undertaken the challenge and pushed yourself.

If going faster is not your thing, practice your bike handling skills. For example:

- When alone, practice riding just adjacent to the yellow line on the edge of the road. Use your peripheral vision to be aware of where your front wheel is and use your central vision to sight down the road. Remember, wobbling in a pack of riders is a no-no.
- Pick a rider you trust and practice bumping (preferably on soft grass) so that you get comfortable with riding close to another rider and in maintaining balance.

c) Practice sprinting. Maybe a race for the next road sign or whatever. This can be very useful in developing a quick jump to escape the next BIG DOG who chases you

d) Practice drafting so that you can ride on someone's wheel without overlapping or wobbling and so that you can maintain a constant distance from their wheel.

Cycling does not work the upper body, yet upper body strength is essential for accurate control of the bike. Resolve to exercise and develop your:

- Abdominals. They're crucial for stabilizing your riding position and balancing the lower back muscles that cycling does develop.
- Neck and Trapezius. These muscles support your head on long rides and protect your spinal cord in a crash.
- Pectorals and Triceps. Strength here will help prevent fatigue caused by leaning on the handlebar for long periods.
- Deltoids. These are large triangular muscles that cover the shoulder muscles and protect it in a fall.

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**CALL THE WINTER RIDELINE FOR RIDE AND SKI INFORMATION. ALL NECESSARY INFO. FOR THE WEEKEND WILL BE ANNOUNCED BY THURSDAY EVENING. ALSO BE SURE TO CHECK FOR POSSIBLE CANCELLATIONS. THESE WILL BE ANNOUNCED THE MORNING OF THE SCHEDULED RIDE. THE RIDELINE NUMBER IS: 708-367-6472.**



**THE 1994 CHICAGO CONSUMER BIKE SHOW**

The Consumer Bike Show will be held on March 5th and 6th at the O'Hare Expo Center in Rosemont. We will be sharing a table with L.A.W. and volunteers are needed to represent the club. If you are interested in volunteering for this event call Rick Arnopolin at 708-520-3136.

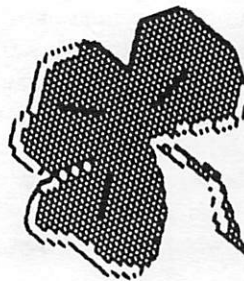


**VOLUNTEERS NEEDED!**

March will be here before you know it, so remember to sign up to volunteer for our annual St. Pat's Ride on March 20th at Wauconda Apple Orchards. Help is needed with parking, registration, marking the route, and sag drivers.

Registration is from 9:30 to 11:00 A.M. Painting volunteers will be needed about a week before the ride. Parking is from 8:00 to about 11:00 A.M. Registration will be from 9:00 to 11:00 A.M. Sag drivers can work any hours from 9:00 A. M. until 2:30 P.M. or until the last rider is off the course (whichever occurs first).

Sign up sheets will be available at the February and March meetings or call Joan Segedie at 708-632-1472 to volunteer. Plan to be there!! Thank you very much!!!



**Club Officials**

President	Reid French	815-338-3381
V.P./Rides	Ralph Pedraja	680-7379
Treasurer	Lotti Dolce	398-3957
Membership	Lin Costagli	364-4569
Safety	John Loesch	312-225-0990
Secretary	Ella Shiellds	312-478-1625
Newsletter	Dolores Fischer	740-0647
Bike Books	Bill Bergeron	382-4704
Harmon	Judy & Ron	
Chairpersons	Hattendorf	362-5997

(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



## SUMMER MEMORIES

by Rob Schaller

On Saturday, June 19 1993, the alarm clock went off at 5:00 P.M. after a night of interrupted sleep due to the abundance of nervous energy before a 24 hour bicycle ride. I stepped outside of my motel room only to face the rainy weather conditions that most of the race would be held in. My crew and I arrived at the start site of the race where the next two hours were spent taking care of last minute details and taking countless trips to the bathroom on my part. At 8:00 A.M. the 11th annual Michigan National 24 Hr. Challenge began with 486 riders present at the start. Most of the race time was spent in rainy conditions with thunderstorms at night. The first disappointment for me came within the first two miles when my right pedal came off the axle. By the time I fixed the problem the lead pack was far ahead and I joined several slower groups for short periods of recovery time as I tried to make my way back to the front group. The 115 mile grand loop took me approximately six hours to complete and then the skies began to clear. Even though race officials reminded me about how much time I was behind the front pack I did not let it bother me because there was still over 18 hours left in the event. Past experience has taught me that many of these "jack rabbits" would drop off like flies after twelve hours. By maintaining a consistent, steady pace I would pass by many of these riders before the finish. I completed five of the twenty four mile day loops, and on the fifth loop I got caught in a downpour which was foreshadowing what the night riding would bring.

The most memorable part of the 24 hour mile day loop was the hill on 92nd Street where graffiti like "Hills Suck!," and "Having Fun Yet?" was painted on the road. At the top of the hill a family intentionally placed a sprinkler by the road to cool off the riders. I passed through it each time.

The long downhill descent at 30 MPH+ enabled me to eat comfortably and rest up for another 24 mile loop. I started riding the six mile night loops around 9:30 P.M. and felt good knowing that I was still on pace to a 400+ mile ride. Around midnight the skies turned turbulent and the heavy rains came accompanied by thunder and lightening. Conditions were deteriorating to the point that the officials were talking about suspending the race until the storms passed by.

In addition to washing the salt on my forehead into my eyes, the rains also washed away a majority of the riders from the race course. I didn't care because I had gotten used to being soaking wet from the day riding, so I stayed on the bike. Even though the storms passed by it continued to rain off and on for most of the night. The visibility and road conditions frequently slowed me down. A couple of times I almost crashed into the warning lights set up on the road. After about twenty two hours of riding breaking 400 miles became questionable. Setting a personal best was out of the

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*Safety First from Page 1*

e) Latissimus Dorsi. In conjunction with the biceps, lats provide the necessary arm strength to pull on the handlebar in sprints and extended climbs.

Sometimes less IS more. Try shorter distances at a higher level of intensity, instead of slogging through another mega-mile marathon.

Get involved. If you don't ride much, you're missing a lot of tremendous club routes. LEAD A RIDE YOURSELF. You don't have to design your own (although you can't win a Best New Ride award if you don't) the club has lots of rides in the library. Offer to lead the leisure, touring, express section of a particular ride.

We also need volunteers for the St. Pat's and Harmon Hundred invitationals. Don't be shy, your presence will be held in high esteem.

Lastly, resolve to have as much fun as safely as possible. Cycle effectively. Ask me if you would like to see the LAW's effective cycling video or get John Forester's Effective Cycling book, available at fine bookstores everywhere (Borders, Barnes and Noble etc.)

No organ donors, better safe than...

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## WINDY CITY SPORTS PIZZA RIDE

On Sunday, May 22nd our club will be hosting an invitational with Windy City Sports. If you are interested in volunteering for this event or would like more information contact Ralph Pedraja at 708-367-6472. Please leave a message. Volunteers will receive a goody bag, water bottle, and a free pass to a future Windy City Sports Rally.

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question. The last two hours of the event were mentally tough because I seemed to be going slower and breaking 400 miles was in jeopardy. In the final hour I covered two more laps at a pace faster than what I'd been riding during the night. I think knowing that the finish was near really made me hammer out the final two laps.

At 7:50 A.M., with ten minutes left in the event, I completed my last six mile loop and finished with a total of 397 miles, although I had really hoped to complete my second 400 mile ride. I placed third in my age group and received recognition at the awards ceremony. Out of 486 starters less than ten completed 400+ miles. Considering the number of starters in the race and how I finished brings to mind a quote that summerizes my motivation: "It is not that we love to soar alone, but that we love to soar, and when we do soar the company grows thinner and thinner till there is none at all." Odell Shepard, The Peaceable Kingdom.



WHEELING WHEELMEN'S ANNUAL JANESVILLE WEEKEND  
 MAY 28 (SAT), 29 (SUN) AND 30 (MON)  
 WOYTECK MORAJKO & CAROL PASSOWIC (708) 392-0530



THIS ANNUAL THREE DAY WEEKEND ORIGINATES OUT OF JANESVILLE, WISCONSIN. THIS IS A GREAT TRAINING RIDE FOR THE UPCOMING SUMMER TOURS (DARE I SAY PEDAL THE PEAKS?) AS ROLLING ROADS WILL TAKE US THROUGH THE FARMLAND AND FORESTS OF NEW GLARUS, KETTLE MORAIN AND LAKE MILLS. EACH DAY WILL HAVE OPTIONS OF EITHER 100+ OR 80+ MILES.

WOYTECK AND I WILL BE DEPARTING FROM THE HAMPTON INN EACH MORNING BETWEEN 7:00 AND 7:30 A.M. WE WILL LEAVE CUE SHEETS ON OUR VAN FOR THOSE WHO WANT TO LEAVE AT A LATER TIME. IN ORDER TO HAVE SOME IDEA OF HOW MANY COPIES WE NEED OF THE ROUTES, PLEASE LET US KNOW IF YOU WILL BE THERE.

AGAIN, EVERYONE IS RESPONSIBLE FOR THEIR OWN RESERVATIONS. IF YOU NEED A ROOMMATE, LET US KNOW. WE'LL KEEP A LIST OF THOSE ATTENDING AND WILL LET YOU KNOW IF SOMEONE ELSE IS LOOKING. DON'T WAIT TOO LONG TO RESERVE YOUR ROOM. THEY ALL FILL UP QUICKLY AS THEY ARE RIGHT OFF THE HIGHWAY AND MEMORIAL WEEKEND SEEMS TO BE POPULAR IN JANESVILLE. IF YOU ARE NOT FAMILIAR WITH THE AREA, ALL OF THE MOTELS LISTED ARE WITHIN WALKING DISTANCE OF EACH OTHER.

WOYTECK AND I WILL BE STAYING AT THE HAMPTON INN. THE HAMPTON INN WAS OPENED IN JANUARY OF 1993. IT OFFERS A VERY GOOD CONTINENTAL BREAKFAST FROM 6:00 - 10:00, POOL, WHIRLPOOL, GENERAL GATHERING AREA AND HBO. IF ANYONE WOULD LIKE TO HAVE A GROUP DINNER, THEY ARE MORE THAN WELCOME TO ARRANGE ONE. DUE TO LAST YEAR'S CONFUSION, WE HAVE BOWED OUT OF THE TRAVEL AGENCY BUSINESS.

IF YOU HAVE ANY QUESTIONS ABOUT THE WEEKEND, PLEASE CALL BEFORE THURSDAY, MAY 26. WE WILL NOT BE AVAILABLE FOR QUESTIONS UNTIL SATURDAY MORNING, MAY 28.

HAMPTON INN (1-608-754-4900)  
 2400 FULTON STREET (INTERSECTS HWY 26)

EXIT 171A OFF I-90 AT HWY 26, NORTH 1/4 MILE

BEST WESTERN TRAVEL LODGE  
 (1-800-334-4271)

ACROSS THE STREET FROM THE HAMPTON INN POOL, REMODELED IN 1992

JANESVILLE SUPER 8 (1-608-756-2040)  
 3430 MILTON AVENUE (HWY 26)

EXIT 171A OFF I-90 SOUTH ON HWY 26, MILTON AVENUE, REMODELED IN 1993

RAMADA (1-800-228-2828)

LOCATED ACROSS THE STREET FROM SUPER 8

SELECT (1-608-754-0251)

LOCATED NEXT TO THE SUPER 8

OASIS (1-608-754-2800)

LOCATED BEHIND THE RAMADA

MOTEL 6 (1-608-756-1742)

LOCATED NEXT TO THE HAMPTON INN