

Monthly Meanders

**March
1994**



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

**March meeting:
Thursday, the 3rd,
at 7:00 P.M. at the
Wheeling High
School Cafeteria
(83 & Hintz Rd.)**

INSIDE:

St. Pat's Ride



**Harmon T-Shirt
Contest**



**Hampton Inn
Reservations**



**Windy City Sports
Rally**



**March Ride
Schedule**



See ya later!!!!

Prezsez

by Reid French

If response is any indication, the survey was a resounding success. We received a 31.6% response of which 75% were male and 25% were female. You guys are prolific! My orbs are still aching! The synopsis will be disclosed in the newsletter. I would like to personally thank each of you (and Lynn) for your time and effort. You guys want rides between 30 and 74 miles and the average speed you ride is 14-18 mph. Weekends seem to be the best time for most members.

We discussed some of these issues at our most recent board meeting (thanks Lotti and Peter for that great meal) and some of the issues we have run into are

the following:

- *difficulty in creating local rides without safety concerns.
- *limited number of ride leaders.
- *limited number of shorter routes.

Ralph Pedraja (our exemplary ride chair) will be attempting to schedule more rides in the 30-60 category but we are in desperate need of routes and leadership! Please contact Ralph Pedraja at 709-367-6472 and leave a message if you can help. In order to develop more ride leaders, it was suggested that we sponsor any new volunteer ride leaders that come forth. The sponsor will assist the ride leader and ride with the group to provide support and advise. I have asked Ralph to

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Safety First

by John Loesch

Although as I write the ground is covered with a mantle of white (or dirty gray if you live in Chicago), it won't be long before bicycling will once again come to dominate our every daylight hour.

While I hope that we will all spend the upcoming season upright, when a crash does occur, the legal implications need to be addressed. The following material is reprinted from the LAW's 1994 Almanac. If you've already seen it, a review will be good; if not, why not join the League?

WHAT TO DO AFTER A CRASH

1) Get the license number of any other vehicle involved. If the driver stops,

exchange names, addresses, license, registration and insurance details.

- 2) Get the names and addresses of witnesses. Don't let them walk away if they see you even though you may not need their immediate help.
- 3) Don't allow anything to be moved. You want the police to see the outcome of the incident intact. This will provide important clues as to what happened.
- 4) Call the police and ambulance service. If you may be injured, make this very clear- it may be the only way to get them to come to the scene.
- 5) Insist the police file a full report and investigate the incident. Important evidence may vanish or fade from the memory of those involved, so the police record will be a crucial piece of evidence.

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RIDE INFO

Call the Rideline for ride information at 708-367-6472. All necessary information for the weekend will be announced by Thursday evening. Cancellations will be announced the morning of the scheduled ride.

Hampton Inn Reservations

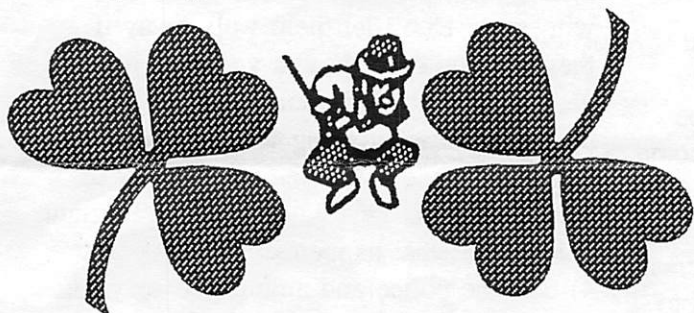
If you're planning on attending the Janesville weekend-May 27th, 28th, and 29th and would like to stay at the Hampton Inn, you can receive a special group rate if you mention the B-i-k Code for the Wheeling wheelmen when making your reservations.

IT'S TIME FOR THE ST. PAT'S RIDE!!!

Mark your calendar for Sunday, March 20.

We need your help running the St. Pat's invitational that morning (or the week before for those painting the route). Then, plan to ride that afternoon for the first ride of the 1994 season!

There will be a sign-up sheet at the March meeting, or call Joan Segedie at 708/632-1472 to volunteer. It's really easy and fun!! We only need a couple of hours of your time; then you can participate in the ride afterwards.



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 and leave a message.

Volunteers will receive a goody bag, water bottle, and a free pass to a future Windy City Sports Rally.

HARMON HUNDRED..... ALREADY??

It is not too soon to be thinking of the Harmon Hundred T-Shirt and Patch Design Contest. Please submit your ideas to:

Judy Hattendorf
1705 Glenmore Rd.
Libertyville, Il 60048

or

give to any board member.

Please submit enteries *before May 15th*. This will be our 24th Annual Harmon Hundred.

FOR SALE

1992 Giant Cadex 980 Carbon Fiber Road Bike. 59cm with Shimano components. 1,100 miles. Best offer. Call Mike Clendenin at 708-537-5759 for further info.

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 Shiells	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

Unfortunately, there have been some incidents when bicyclists did not feel the police were treating them fairly. Old attitudes may cause some to decide that the bicyclist is at fault because they do something "different" and "shouldn't have been there in the first place". Some may also assume that you broke traffic laws just because you are a bicyclist. Ask to see the police report when it is written to check what they are writing. If the officer will not let you see it immediately, after a few days you may request a copy.

- 6) Do not admit to liability or fault. Do not apologize to the driver and do no more than exchange names and addresses. Avoid the temptation to chit-chat.
- 7) Do not try and be brave. Report all your injuries to the police and ambulance crew. Go to the hospital and have the injuries checked. This officially documents your injury and claim. Insurance companies only believe medical records.
- 8) Try and get photographs of any injuries you receive and of the scene of the crash as soon as possible after the incident.
- 9) File an accident report with the Department of Motor Vehicles.
- 10) Contact a lawyer for advice. Even a couple of minutes of advice over the phone can help. Don't wait to do this.
- 11) Contact your insurance company with a report of the crash. Remember to keep all records of costs associated with the crash, including repair estimates, new clothing purchases, medical bills, etc.
- 12) If the compensation you seek is small, you may be able to deal with it through the Small Claims Court procedure. Thresholds vary by state-call to discover the maximum amount recoverable under this procedure. You will have to file the claim yourself. Look in the phone book under State Court System.
- 13) Use an attorney for bigger cases.
- 14) Aim to collect the full replacement cost of your bicycle. A broken used bike has no value.
- 15) Before settling any claims for personal injury, ensure any medical condition has healed completely, or stabilized.

WAIVER: This advice is for guidance only and following it does not guarantee success. If you are not sure how the details of your situation apply to the applicable laws, pursue competent legal advice.

Of course, an ounce of prevention... cycle defensively. Until next time, better safe than....

Prezsez, continued from page 1

let me know of any new volunteers as I have been appointed (I mean volunteered) to sponsor. Wayne Segedie has also suggested a rider development program (prior meeting) whereby we would have rides that cater to bicyclists who wish to improve on their speed, distance and riding technique. We would like to try this at least once a month beginning in May. FYI:(We are scheduled to have Steve Gay at our April meeting to discuss marathon cycling.) We are still pouring over your comments and letters and our intent is to act on this information to the best of our ability. My goal is to personally meet at least 100 of you on club rides this year. (Haven't figured out how I will keep count).

Other ideas that surfaced were to advertise our members businesses in the monthly newsletters. For a nominal sum you would be able to send us your business card and this target market of 400+ people is available to you in a monthly mailing that is actively read. For those of you who were not at the last meeting, the Windy City Sports organization voted our club the best recreational club in these environs.

Congratulations to the prior administration and to you!

It is evident that those of you who took the time to respond have a desire and love of exercise and socialization. Please consider the ride leader sponsorship program. You can learn new skills while benefitting your associate club members. Spring is just around the corner and you know what that means!! Bye for now and keep the rubber side down.

Reid

Wheeling Wheelmen March Ride Schedule

Day	Time	Ride Name	Mile	How To Get There	Starting From	Leader
March 19 Saturday	11:00	Lake County	35	Kildeer School in Long Grove.	Kildeer School	Kurt Schoenhoff 634-2634
March 19 Saturday	10:00	Loops Of McHenry	40/ 60	McHenry County College, Rte 14 past Rte 176, Cystal Lake.	McHenry County College	Woyteck Morajko 392-0530
March 20 Sunday	12:00	St Patrick's Ride	17/ 34	Wauconda Apple Orchards, 1201 Gossell Rd, 1 mile west of Fairfield Rd. Wheeling Wheelman Invitational. Fee of \$3.00 per rider required, route will close at 2:00 pm. The ride is two 17 mile loops, one east and one west. Each comes back to the Orchard before continuing on.	Wauconda Orchards	Wayne & Joan Segedie 632-1472
March 26 Saturday	10:00	Spring Into Wisconsin	40/ 60	Take I-94 to 173 (Roesencrantz), east (R) to Kenosha Rd south (R) to 21st Street, east (L) to park on right, past high school.	David Park Zion	Woyteck Morajko 392-0530
March 27 Sunday	10:00	B.D.S.R.	40	Kildeer School, Long Grove. Join Fred and Chris on a ride meant to get your juices flowing	Kildeer School	Fred & Chris Schroeder 359-5624



Wheeling Wheelmen Membership Application

Name: _____ Address: _____
 City: _____ State: _____ Zip: _____ Phone: _____
 New Member? _____ Renewal? _____ L.A.W. Member? _____ Date: _____ Age: _____

Membership Pledge:

I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to observe all Rules of the road, and conduct myself in a manner that will be complimentary to the sport. I release and waive all claims for negligence against the Wheeling Wheelmen, its officers and members, for all damages incurred at, or associated with any Wheeling Wheelmen activity for myself, my heirs and executors.

If you are a family, please provide:

Spouse's name: _____

Children's names and Ages _____

 Applicant's signature (Parent's signature if a minor)

 Spouse's signature

Family Dues...\$15.00
 Individual.....\$12.00

**Mail with payment to:
 Wheeling Wheelmen
 P.O.Box 581-D
 Wheeling IL 60090**



Monthly Meanders

Wheeling Wheelmen

An Affiliate of the League of American Bicyclists

March 1994

- * March Meeting
- * Thursday March 2, 7:00PM
- * Wheeling High School
- * Presentation: Performance Bike Shop will give
- * a talk about bicycle clothing

PREZSEZ

By Wayne Segedie

CHANGES

Changes are everywhere and in all aspects of our daily life, and changes are certainly happening in your bike club. I guess you have noticed that my article is no longer in the Wayne's Safety World column (I kind of liked that name) but moved over one to the President's column. Yes, there have been some exciting new changes to report to you, so here goes.

Reid French has resigned as President due to some changes in his life. Reid did a great job and really put in the extra effort to keep our club growing. Thanks Reid for all your help and input. We will miss you. Hope to see you on a few rides this year, I need the abuse.

I have been voted in as your new President by the board. I am very thrilled to be in this position, and will do my best to preserve the great heritage we have established as the #1 bike club in the area. We have achieved this status by all the great people that make up the membership, and all the special effort and hard work they put into making the club so great. Our club is your club and I will strive to do what the membership wants. This is your club and we as a board represent you. So help support your club through participation not only in the events but in giving me your thoughts, either in person or by phone. I will return your calls as soon as possible. I am looking forward to a really special year and hope you will help make it that way through your continued support.

As you have noticed by now, we have had some changes to our newsletter because of the new and very energetic Newsletter Editor Rob Schaller. The newsletter looks great, thanks Rob, I know that with your talents, this will become a real work of art. Rob has some good ideas so let's help him by giving him ideas and information. How about recaps of rides or outings we have done. I know that I'd like to hear

about some of our trips, especially the weekend trips. Just remember to get your article to him by the 10th of the month.

I also want to thank our previous Editor Dolores Fischer for all of her hard work on the newsletter over the past two years.

You will notice that we have appointed a new and very talented Safety Officer, Bill Bergeron. I want to thank Bill for stepping up and accepting this position. Bill is a longtime club member, and a very experienced rider. Bill will make a fine Safety Officer. Bill is one of the silent club members who not only helped me in the safety position, but is always willing to help the club in any way he can.

While I am mentioning those silent heroes, I want to mention that Joan Segedie is your Social Chairman and is busily organizing outings for us. We all ready have witnessed her great job on last years banquet, and now we just finished a super outing to Chinatown. If you missed it you missed a really good time. We had a turn out of 21 people on a very cold night. Good job Joan. Look for other exciting outings in your newsletter, like her rollerblade/rollerskate outing this month.

We have a new keeper of the books in the person of Dennis Berg. He will have the books at every club meeting for you to sign out. Please take advantage of the books and videos in our library. I have also recently discovered that the club has an inventory of bike tools to loan out. As soon as I can round them up, they will also be available to loan out at the meetings. By the way, thanks to Bill Bergeron for previously keeping the library. I know it is a pain to carry them in and out every meeting.

These are just some of the changes in the club in physical makeup. Look for us to really grow this year. I need your help and input. So lets hear from you, Please.

It's that time of year again, so if you have not renewed your membership, please do so A.S.A.P. We need you. Also, this will be your last newsletter, you don't want to miss out on the next issue of Changes, or the Master Ride schedule, which will be mailed with your April newsletter. Mail today!!!

Ella and I (mostly Ella) have been working on the after meeting activities and I think we have some good ones lined up for you. This month we have Performance Bike Shop giving a talk on clothing. And next month, Village Cyclesport will discuss Fitness and Conditioning for cycling. So come out to a meeting. The refreshments are worth the ride. Plus you might see Rick Arnopolin ride in on his bike, with all his

Prez Sez (Contd)

lights. Is it true that Rick really wears all those lights to bed?

Grapevine has it that Dave Wolfson and Jeff Epstein our back out riding again. Glad to hear that they both are recovering from their injuries. Also, I hear that Jill Janov is recovering from surgery. Give her a call to offer support.

Don't forget that our St. Pat's ride is this month, Sunday March 19th. Please call Jerry Goldman to help work the ride. Then ride with the club after you work. We will ride as a club at 11:30 AM. See you there.

Well, enough cyclebabbling from me for another month. Thanks for all your past and future support. Have a fun and safe month.

SAFETY - STUFF

by Bill Bergeron

“Don't lose it ALL this winter.”

If you're like me, as the summer cycling season begins to wind down in October, so does your conviction for staying in shape. Taking a few weeks off at the end of the season is a good idea, it gives you time to take a much needed break and allows you to pay some attention to all the things you ignored over the summer. (Cleaning the apartment, paying bills, your spouse etc.) Unfortunately for some of us (like me), the cycling season is followed by the “pizza and channel surfing” season. After weeks of “resting” spring finally arrives, and you think “all I have to do jump back on the bike and pick up where I left off.” Bad idea. I've learned from unpleasant experience, that such a practice can lead to illness and early season injuries. The only way to ensure a safe start to the new season is to maintain a base level of fitness during the winter.

It is amazing how quickly you can lose your cycling fitness. I once heard a rule of thumb that stated “for every week you take off the bike, it takes three weeks to get back to your original level.” (If that is true, I should be back in shape by the year 2012.) There is no easy way to maintain your physical condition at the level you developed during the summer. At best, you can slow down the degradation and give yourself a good base to build on this spring. February is not too late to begin your winter conditioning, but the sooner you start, the better you will feel when you assault the asphalt this spring.

Most cyclists try to take care of themselves, but riding a few thousand miles a year doesn't guarantee perfect health. You have to actively continue and vary your conditioning routine year round. But before you begin any new or strenuous

athletic activity it is always a good idea to consult your doctor first. (Remember, Safety first!)

Here are some ways to stay in shape and avoid early season problems:

THE HEALTH CLUB

If you have access to a health club or gym, take advantage of it! The wide array of fitness equipment has been designed to give you the maximum amount of workout in a minimum amount of time; and the variety will prevent apathy. An added plus is the opportunity to find a workout partner, a little camaraderie will help you to stay motivated. If you can make the time, a good health club or gym will keep you in form.

TRAINERS

Another popular way to keep your body “cycling ready” is to invest in a wind trainer or bicycle rollers. These clever devices allow you to ride your bike all winter! If you talk to anyone who has some type of winter bike trainer they will tell you that they're great fun — for the first 15 minutes, after that, a mind numbing boredom sets in. However, indoor trainers don't *have* to be an ordeal, strap on a set of headphones and soon you will be spinning to Spin Doctors, breaking away to Bach or time trailing to Tanya Tucker! If that doesn't get your quads a'twitching, try planting yourself in front of the tube and do some sitcom intervals. First tune in to some mindless drivel, (there's a lot to choose from), then maintain an easy, even pace during the program. When the commercials are on, kick up the intensity a notch or two. With all the ads they have in a 30 minute “comedy,” you are guaranteed to get a good aerobic workout. Be creative with your on the bike diversions, and you'll get to *like* your trainer sessions.

If the above methods seem a bit too intense for you, but you still want to stay active during the winter, there is an alternative. Start and end each day with 15 to 20 minutes of stretches and floor exercises, you will be amazed how far a little flexibility and toning will go. Twice during the week, try to get 30 minutes of SOME type of exercise, (go for a walk, play basketball, jump up and down - anything). On the weekends, get outside, and get aerobic! The club's winter bike rides and cross country ski gatherings are a good way to get some easy exercise and fresh air while having fun at the same time. The outings are usually short and begin around mid morning. You can get some great exercise, socialize with old friends, make new ones, and still have most of the day left for other weekend activities. What a deal! Regardless of which program (or programs) you follow to keep fit, for best results, memorize the Wheeling Wheelmen's ride line number: **708-367-6472**

That number again: **708-367-6472**

Safety (Contd)

or

For a good time call: **708-367-6472.**

Play it SAFE, keep in shape this winter, and your body will thank you for it all summer.

(One last thing, if you case you forgot, the ride line number is: **708-367-6472**)

SOCIAL SCENE

EVENT: INDOOR ROLLER SKATING/BLADING
OUTING

DATE: Saturday, March 25

TIME: 7:30 p.m. TO 10:30 p.m.

PLACE: Orbit Skate Center

PHONE: 708/394-9199

LOCATED: 2 Blocks East of Route 53 on Northwest

Highway

Turn North on the first real street on North side (next to post office)

COST: \$5.00 admission

\$2.50 skate rental(unless we have 10 or more - mention Wheeling Wheelmen when you arrive)
4.00 blade rental (or bring your own. They will check for cleanliness and suitability for indoor rink)
Non-skaters and non-members are welcome! Just tell them you're not skating...there will be no charge!! Bring your camera and help us record this for the next slide show!

Joan Segedie

COMMUTING BY BICYCLE

Rob Schaller

Behavioral Scientists tells us that it takes the average person approximately 3 weeks to break an old habit and establish a new routine. That observation is pretty close to my experience with bicycle commuting. Like the majority of the people, I have been reliant on the use of the car to get to work but last September I decided to "kick" the habit and start commuting by bike. I have to admit that the first day I rode in I felt real special because I would pass many cars that were tied up in rush hour traffic. By the time November rolled around I had already established my new routine and when the weather turned against me I really *missed* the commute to work. In fact, it felt strange entering the parking lot in a car! I hope that others will take up bicycle commuting when I explain how I overcame many of the obstacles that all bicycle commuters face.

OBSTACLE #1: How do I get there, safely? With so many congested roads one wonders how do you get anywhere on a bike that is of practical interest. Most commuters will tell you

MEMBERSHIP

To everyone who has NOT renewed their membership yet: The mail list will be updated on MARCH 1 so if you have not renewed you will no longer receive newsletters. More importantly, YOU WILL NOT receive the 1995 MASTER RIDE SCHEDULE which is being mailed with the April Newsletter!

So please complete the renewal form today. We don't want to LOSE YOU!!

Lets welcome the following new members to our club. We are anxious to meet you at our monthly meetings and to ride with you on club rides.

- | | |
|-------------------------|-------------------|
| Patrick Mac Lean | Arlington Heights |
| Gary & Heidi Hattendorf | Lake Zurich |
| Janet Horn | Long Grove |
| Shawn Ehrke | Barrington |
| Lori Potter | Barrington |
| Tom Burke | Barrington |
| Jill & Craig Dillon | Highland Park |
| Kate Frankel | Chicago |
| Gary Gilbert | Arlington Heights |
| Dermot Hunt | Palatine |
| Chris & Kay Hannafan | Barrington |
| Mary Jablonsky | Arlington Heights |
| Dale Johnson | Deerfield |
| Lisa & Mark Jarolin | Fox River Grove |
| Louis Kier | Downers Grove |
| Angela Maniak | Arlington Heights |
| Earl Simon | Chicago |
| Sandra Bregger | Libertyville |
| Regina Wilkens | Libertyville |

that they will have to add a few miles to the commute to make it on safer roads. As an example, my car trip is 15mi each way whereas my bike trip is 21mi each way. Study local maps of the area and plan your route accordingly. Once you have a route try it by bicycle during the weekend or during non rush hour times. If the route has commute possibilities then drive the route during the time you would normally be making your commute. Residential and industrial parks are prime commuting areas because of the reduced speed limits through these areas. Once I got into a routine, I saw many of the same motorists and they expected to see me sharing the roadways with them. Safety through familiarity.

OBSTACLE #2: Cleaning Up Your Act. If your like most people, there are no shower facilities at work. I tend to take my time going into work so I don't work up a real sweat. Once there, I have bath towels to dry off and I keep deodorant at work. Once a week I drive to work with all my clothes for the

commuting (Contd)

following week. Using fenders on your bike will help you stay clean under wet pavement conditions, its amazing what a little water and mud on the roads will do to your cycling clothes.

OBSTACLE #4: Excuses. "I might get in an accident." Nothing in life is risk free. People unfortunately get injured in car accidents but we still rely on the car for transportation. "When I get to work I'll smell like a locker room." Most of us are very fit compared to the general population and we can ride a moderate pace without profuse sweating. During the summer months it is often cooler in the morning when we have to stay fresh for the day. "It will require more time of me to commute by bike" Look at it this way. Suppose you want ride your bike two hours a day and your car trip takes 45 minutes round trip. Your total bike commute time is 2 hours. You have really only spent an additional 75 minutes commuting since you would have had to drive to work. Once you got home you would be done with your ridding if 2 hours is all you wanted to ride each day. Time budgeting aside, doesn't it give you a good feeling knowing that you are doing something positive for the environment and yourself? Once at work, you'll feel refreshed like you never have before. Take it from someone who is not a morning person, I do!

In summary, bicycle commuting is a lot more practical than what many tend to make it out as. We simply have to give ourselves a chance to learn a new mode of behavior in our daily routines. Bicycle commuting is like a catch 22. If we constantly perceive it as dangerous and impractical then we will not get the facilities on the road and the work place that would make our bicycle commutes even more enjoyable.

CLASSIFIEDS

Wanted: WINDTRAINER OR ROLLERS FOR INDOOR TRAINING. CALL JILL JANOV (815) 385-7024

FOR SALE

BURLEY BUGGEY, CHILD HAS OUTGROWN IT. \$200 O.B.O CALL JIM GRANT @ (708)428-7042

56cm. BIANCHI CYCLO CROSS BICYCLE CELESTE GREEN,DEORE XT COMPONENTS W/ BACK RACK, BAG, WATER BOTTLE CAGES, AND COMPUTER. CROSS TIRES,ROAD TIRES. \$400 FIRM CALL STEVE LIBBIN @ (708) 831-4699 (evenings)

18" 8000 TREK ATB RED. DEORE COMPONENTS WITH THE FOLLOWING EXTRAS. BACK RACKS, BAG,BOTTLE CAGES, AND CYCLOCOMPUTER. 2 SETS OF TIRES. \$400 FIRM CALL STEVE LIBBIN @ (708) 831-4699 (evenings)

(1) 54CM TOMMASINI MS W/CAMPY CHORUS ERGOPOWER AND CUSTOM BUILT WHEELS - \$2,200.00.

(1) 54CM TREK 2100 W/SHIMANO 105 STI - \$750.00. CONTACT REID FRENCH @ 815-338-3381

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Upcoming Events

Silver Springs Sixty. April 23,1995.Yorkville,IL. Must pre-register by 3/25/95. For More Info contact Mike Brackett @ (708) 892-1010

Club Officials

President	Wayne Segedie	(708) 394-1027
V.P./Rides	Ralph Pedraja	(708) 680-7379
Treasurer	Lotti Dolce	(708) 398-3957
Membership	Lin Costagli	(708) 364-4569
Safety	Bill Bergeron	(708) 382-4704
Secretary	Ella Shields	(312) 478-1625
Newsletter	Rob Schaller	(708) 854-0153
Bike Books	Dennis Berg	(708) 296-4971
Harmon 100	Judy&Ron Hattendorf	(708) 362-5997
Marketing	M.E. Ferraro	(708) 657-7827

Send newsletter material to:
INTERNET Email: C12019@email.mot.com
USmail: 703 Longwood dr. Algonquin, IL 60102-3148

Contact Lin with any address changes.

Government Relations Advocates:

- (1) Bob&Virginia Savio (708) 438-8066
- (2) Al Berman (708) 541-9248

Wheeling Wheelmen Rideline: (708) 367-6472