

Monthly Meanders

July, 1994



Wheeling Wheelmen

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

The July Meeting
will be held on
Thursday the 7th in
the Wheeling High
School Cafeteria
(Rt. 83 and Hintz)
at 7:00 P.M.

INSIDE:

RIDES, RIDES,
RIDES



HARMON
HUNDRED REPORT



PICNIC SIGN UP



A FRIENDLY WORD
FROM YOUR
EDITOR

PS. keep on riding (or is it
writing?) See ya later,
alligator!!

RE-CYCLED

by Ella Shields

WAUCONDA/TWIN LAKES, May 1

Our group of eleven magnificent riders arrived at the first rest stop where it was time to make the big decision, 55 or 75 miles. Since the weather was cooperating, The Ridettes; Lotti Dolce, Sandy Holzrichter in from California, Joan Segedie, Janie Neuman and Ella Shields decided to do the 75 while most of the guys did the 55. I assume they were tired from having fun, fun, fun. John Yuill kept the Ridettes company for a while (we were probably talking to much) and it was an unusual sight the Wheeling Women on the road for the day. We rode together, laughed, and keep this in mind guy's we never got lost. Ever wonder what women talk about all day??

Wayne's Safety World

by Wayne Segedie

Welcome to my world of safety. First, I would like to thank the board for asking me to serve as the Safety Chairman for what I feel is the premier bicycle club in the Chicagoland area. Not only is it an honor to serve this great club, but a privilege to serve with such a great board. I do regret that I had to replace John under such sad circumstances. I wish him the best. It will be hard to fill his shoes, and I won't even try. What a great job he did over the last year and a half! Thanks John for all you did. We all appreciate your efforts. When you see him don't forget to say thanks too.

Well, lets get down to some safety issues. For those of you who could not attend the June meeting, you missed a great presentation by Kim Ortmanns. Kim really had some interesting information on protecting oneself from the Sun. This is especially useful as we head into the most damaging time of the year. I will try to recap part

A WORD OF THANKS

Thanks to everyone who helped me and for all of the calls, visits, and well wishes when I was in the hospital recently. The experience re-inforced my good feelings of belonging to the Wheeling Wheelmen. Cindy and Al Schneider waited for two hours after the ride to make sure that I was okay and offered to drive my car home for me. I think that went above and beyond the call of duty, and really appreciated their concern. Now that I'm home, I'm still receiving many calls and offers of help from my friends in the Wheeling Wheelmen. I'm proud to belong to a club consisting of such caring people!

Joan Segedie

of her presentation because feel it is very important.

1. Never ride without sun screen. Always apply approx. 15 minutes before you ride.
2. Determine how much time you can spend in the sun without the risk of burning. For example, your skin turns slightly pink after 20 minutes of midday sun exposure.
3. If you choose a sun screen with an SPF(sun protection factor) 15, that means you can stay out in the sun 15 times longer than you can with no protection. If your skin normally turns slightly pink after 20 minutes of exposure and you're using an SPF 15, multiply SPF 15 X 20 minutes of exposure to equal 300 total minutes (5 hours) that can safely be spent in the sun without the risk of overexposure. This means that if you enjoy long distance riding like me, than you better use a sunscreen with a minimum SPF rating of 25 or 30.
4. Remember, you can't combine an SPF 15 with an SPF 30 to obtain 45 times the sun protection. Also, you cannot extend your time in

Continued on page 3

RIDES, RIDES, RIDES

Tuesday and Thursday night rides begin at 6:00 P.M. from Daniel Wright School in Lincolnshire (on Riverwoods Road, north of Rt. 22). These rides leave promptly, so please allow adequate travel time. For further info. call 708-367-6472 and leave a message.

Wednesday night rides:

**All Wednesday night rides will begin at 6:30 P.M.*

Judy Curtis' rides depart from the White Hen parking lot at the northern boundary of the Lake Barrington Shores townhouse community which is located at the SW corner of Hwy 59 and Kelsey Rd. approx. 2 miles north of Rt. 22. For further info. call Judy Curtis at 708-381-5039.

Rick's ride departs from Gardens Park which is located on Schoenbeck and Lake Arlington in Prospect Heights 1/4 mile north of Palatine Rd. The distance will be 25-30 miles at a slow touring pace. Any questions? Call Rick Arnopolin at 708-520-3136.

Janie's ride will begin at Wauconda Orchards which is located on Gossell Rd. (off of Fairfield Rd.) in Wauconda. These will be fast touring rides. For further info. or more detailed directions to the Orchards, call Janie or Bob Neuman at 708-367-7720.

Ride the North Branch Trail (20 miles) with Ella. This ride leaves from the Bunker Hill Forest

TOP TEN MILEAGE

MEN

- 1) Wayne Segedie...1009
- 2) Reid French...720
- 3) Woyteck Morajko...700
- 4) Ralph Pedraja...678
- 5) Alex Halamas...652
- 6) Ron Hattendorf...639
- 7) Michael Ortmanns...595
- 8) Dave Lachman...582
- 9) Bob Neuman...558
- 10) John Broadbent...538

WOMEN

- 1) Ella Shields...1068
- 2) Joan Segedie...882
- 2) Janie Neuman...882
- 4) Carol Passowic...701
- 5) Judy Hattendorf...619
- 6) Dolores Fischer...553
- 7) Lotti Dolce...456
- 8) M.E. Ferraro...362
- 9) Arlene Reid...334
- 10) Julie Smith...239

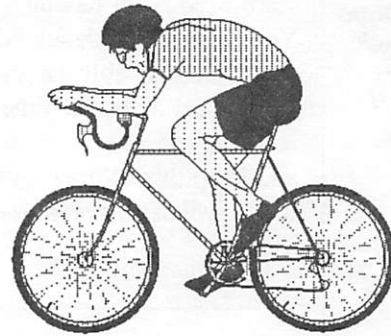
RIDES, RIDES, RIDES

Preserve Parking Lot (6700 on Caldwell, 1/2 mile north of Devon). For further info. call Ella at 312-478-1625. There will be no ride on July 13.

Do these rides sound too intimidating? Don't let that stop you! Relax! Gain biking skills and confidence by joining Wayne and his cohorts on the rider development rides.

These will now be held on the first and third Wednesday nights of July (July 6 & 20) They will leave from the White Hen parking lot in Barrington at 6:30 P.M. (See previous listing for directions). For further info. call Wayne at 708-394-1027.

Be sure to check the ride line for possible cancellations due to weather or (rarely) other unforeseen factors.



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	Wayne Segedie	394-1027
Secretary	Ella Shiellids	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

Wheeling Wheelmen 1994 July Ride Schedule

Day	Time	Ride Name	Miles	How To Get There	Starting From	Leader	Phone
2-July Saturday	6:00	Longest Day Ride	150	McHenry County College, Rte 14 past Rte 176, Cystal Lake.	McHenry County College	Michael Ortmanms	439-9861
2-July Saturday	9:00	Kettle Moraine	30/60	General Store in La Grange Wisc. at the intersection of Rte12 and Highway H	General Store in La Grange	Ralph Pedraja	367-6472
4-July Monday	8:00	Antioch/TwinLakes	50/75	Starts from Antioch Upper Grade School. Take I-94 to Rte 173, go west to Rte 59, go 1/4 mile past 59 to Tiffany, turn right. Go west 1/4 mile, turn left onto Hwy (sign says Antioch Upper Grade School).	Antioch Middle Grade School	Al & Cindy Schneider	696-2356
4-July Monday	8:00	Lake Forest Ride	40	Starts from Oak Grove School, take I294/94 to exit Rte 137. Go west to O'Plaine Rd. Go to school.	Oak Gove School	Ron Hattendorf	362-5997
9-July Saturday	9:00	Lakewood Ride	35	Starts from Lakewood Forest Preserve, off Ivanhoe Rd. 1/2 mile south of the intersection of Fairfield Rd and Rte 176	Lakewood Forest Preserve	Bill Johnson	541-1585
9-July Saturday	7:00	Beloit Express	75/120	McHenry County College, Rte 14 past Rte 176, Cystal Lake.	McHenry County College	Carol Passowic Woyceck Morajko	392-0530
10-July Sunday	8:00	47 West Of 47	47	Take the Rockford tollway to Marengo exit (Rte 20) and head north to Rte 20 and Prospect, Marengo High School.	Marengo High School	Rich Wenstrom	634-1168
10-July Sunday	9:30	Lamb's Farm	27	Starts at Potawatomi Woods Forest Preserve on Rte 68 Dundee Rd just east of Milwaukee Ave.	Potawatomi Woods	Howard Paul	824-2941
16-July Saturday	9:00	Cedarburg 2	75/100	Take I-94 north to 43 north (follow signs on freeway), exit at Rte 60 (Grafton exit) to Covered Bridge Rd (4 miles) turn right, 1/2 a mile to park. Go to second park entrance. Bob & Virginia Savio will lead the 75 ml option.	Covered Bridge	Ralph Pedraja	367-6472
16-July Saturday	9:00	Apple Cider Ride	35	Kilder School, Long Grove.	Kilder School	Sue Weller	918-7331
17-July Sunday	8:30	Dekalb County Komers & Kornfields	85/110	Take interstate #88 west to ILL56 (Sugar Grove). If you go past the Sugar Grove exit, Exit I-88 at ILL 47 south.Go west on US 30 past ILL 23 (Waleman) to the town of Shabbona. Turn left at Shabbona (there is a gas station-mini mart on the left). Take Shabbona south to Preserve Rd. Turn left. Preserve Rd. to SHABBONA STATE RECREATION AREA. Turn right. veer right to parking.	Shabbona State Recreation Area	Rick Amopolin	520-3136
17-July Sunday	9:00	Loops Of Burlington	50/75/1	Eagle Lake Park Wisc, off Church St, west of WI 75	Eagle Lake Park	Ralph Pedraja	367-6472
23-July Saturday	8:00	McHenry/Sycamore	80	McHenry County College, Rte 14 past Rte 176, Cystal Lake.	McHenry County College	Wayne Segeclie	394-1027
23-July Saturday	9:00	Lake Forest Ride	37	Daniel Wright School, Riverwoods Rd 1 1/2 miles north of Rte22. A ride designed for new members	Daniel Wright School	Georgia & Henry West	615-0785
24-July Sunday	8:00	Kane Co Ramble	50/60	Starts from Tyler Creek Forest Preserve, Elgin, State 31, 1/4 mile south of toll road. Good ride with lots of great scenery.	Tyler Creek forest preserve	Rich Wenstrom	634-1168
24-July Sunday	9:00	Back Roads Of Barrington	40	SW corner of Kesley Rd Rte 59	White Hen	Judy Curtis	381-5039
30-July Saturday	9:00	Kettle Moraine	30/60	General Store in La Grange Wisc, at the intersection of Rte12 and Highway H	General Store in La Grange	Bob & Virginia Savio	438-8066
31-July Sunday	9:00	Rawson Rendevous	38	Kilder School, Long Grove.	Kilder School	David Plancer & Pam Reynolds	843-1563
31-July Sunday	8:00	Wholly Rollers	65/100	Starts from the Bike Rack bike shop, Campion Hills Rd and Rte 64, 1/2 ml west of Rankall Rd, in St Charles.	Bike Rack in St Charles	John Loesch	312-225-0990

BROKEN HELMET AWARD

I am sorry to say that this month we have four recipients of the broken helmet award. I am not very proud to have to report this, but maybe by doing so, we can help save a life.

1. Bill Bergeron - no Bill, you did not have a left turn arrow when you pulled in front of that car on a Tuesday night ride.

2. Virginia Savio - for wearing her helmet backwards. Next time we will make sure we wait an extra 30 seconds so you can put it on properly.

3. Kurt Schoenhoff - I have had numerous reports of him continually running stop lights and pulling in front of cars. Kurt, we want to keep you around another 60 years! Remember, you represent all of us out there, so please be careful.

4. Wayne Segedie - yes that's right. I get to give myself an award. This was for running a stop sign during my safety class and having a student point it out to me. At least she learned something in my class before the ride. I could say to do as I say not as I do, but we really do lead by example. So let's try to practice what we all know is right.

Well, it is getting very late, so I apologize for babbling on. Next month expect some safe riding tips and possibly some info. on better climbing. Maybe I'll learn something from my own article!

Have a safe month.

Wayne Segedie

Safety First from Page 1

the sun by reapplying your sunscreen. Actually, reapplying your sunscreen reduces your protection and causes you to burn faster. So, always apply the highest SPF number that is necessary for the amount of time you are planning to spend in the sun.

One final note-you should avoid storing your sunscreen for more than one season. Old sunscreen might cause skin irritation.



I have been receiving newsletter submissions a week past the deadline. Please forward your articles to be received by the 10th of the month. In order to plan the layout of the newsletter I need all of the articles that will appear in the month's publication at one time. One late article can delay the process and result in a late newsletter.

Also, we need interesting articles! Hasn't anything been happening lately?!? Has Ella been the only one going on interesting rides? Come on, certainly there's someone you can snitch on!! All of you going out of town on interesting trips-let us in on your exciting adventures! There may be one we don't know about but would like to experience in the future! This includes fun invitationals that, in your opinion, shouldn't be missed!! How about recipes? I'll take those, too! Do you have an alternative to the mini-mart high fat snacks which we eat every weekend and may be getting a little tired of?? Quit pedaling for a sec, pick up a pencil, and write! (Remember the alphabet?) This is your newsletter and if you don't participate, you can't expect much in return. I'll be looking forward to all that mail! (by the 10th of the month!!)

D.F.

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

Harmon Hundred Report

by Ron and Judy Hattendorf

continued from column 1

The Harmon Hundred is scheduled for September 11 as you all probably know. It is always held on the Sunday after Labor Day. It will again start at Wauconda Orchards.

The chairpersons for the various activities involved in putting a great invitation together are the following:

Registration-Phyllis Harmon 537-1268.
Parking-Al Berman 541-9248.
Route Markings-Ella Shields 312-478-1625
Dolores Fischer 740-0647
Support Vehicles-Ralph Pedraja 367-6472
(leave message)
Rest Stops-Bob & Virginia Savio 438-8066
Howard Paul 824-2941
Kurt Schoenhoff 634-2634

continued in next column

A number of you have worked on those various activities before. They will need your help again this year. New members, please call and sign up to help with whichever activity sounds the most fun to be involved with. Those who drive support vehicles will be reimbursed for gas, if desired. To volunteer, please call or sign up at the next meeting. The number is 708-362-5997 or call any of the chairpersons listed above. Just call!!

The t-shirt and patch contest has been completed. There were so many great entries! The winner of the t-shirt contest is Ella Shields and the winner of the patch contest is Ron Hattendorf. Look for these great designs at the Harmon! Thanks to all of the participants and be sure to try again next year!

PICNIC SIGNUP

The Annual Wheelmen picnic will be on Sunday August 7, 1994 at the Old School Forest Preserve (off of St. Mary's Rd. in Libertyville between Rts. 137 & 60). There will be on and off road bike rides, so bring your road or mountain bikes, or both! There is also a paved two mile loop that is popular with in-line skaters, so bring your skates, too! Lunch will start around 11:00 A.M. Please fill out the coupon and send to:

Sue and Joe Lippere
1738 Emerald Lane
Palatine, IL 60074

or

give to Joe at the meeting.

The price is \$2.00 per person for lunch. We need to know the number of people attending so we can buy the correct amount of food. Please respond by August 4, 1994. We've changed the location and date, so come on out and enjoy this pretty forest preserve. For a change of pace, consider bringing your mountain bike for a scenic ride through the woods along the Des Plaines River Trail.

PRE-REGISTRATION ONLY

NAME _____

NO. OF ATTENDEES _____

AMOUNT ENCLOSED (\$2.00 PER PERSON) _____