

# Monthly Meanders

**AUGUST  
1994**



**Wheeling Wheelmen**

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

**The August meeting will be held on Thursday the 4th in the Wheeling High School cafeteria (Rt. 83 and Hintz Rd.) at 7:00 P.M.**

**INSIDE:**

**RIDES, RIDES,  
RIDES**



**HARMON UPDATE**



**RE-CYCLED**



**THE POW WOW  
FOX VALLEY TOUR**



**HABEN SIE EIN  
GUTEN TAG!!!**



## **Prezsez**

by Reid French

Are you looking for new and interesting areas to bike? I have purchased Mr Hochsegang's 'Biking and Hiking Trails in Lake County, Illinois' for our club library. As you may recall, Mr. Hochsegang discussed this subject at the June meeting. If you're feeling adventurous, be sure to make use of this new addition. The library books are available to check out at the monthly meetings.

Wayne has been officially inducted as our Safety Chair. Congrats! He has also organized the rider development program, which has been moved to Wednesday evenings (see Rides, Rides, Rides). If you would like to participate

or volunteer, please contact Wayne Segedie @ 708-394-1027. Ron and Judy Hattendorf have been doing a fabulous job on the Harmon literature and preparations.

There has been a patch and T-Shirt design selected and it is sharp! Volunteering for this worthwhile event would be much appreciated by the club as well as Ron and Judy. If you can participate please contact Ron or Judy @ 708-362-5997.

Speaking of volunteering, we are still doing an executive search for a qualified marketing candidate (living body) that would like to volunteer to handle articles, club literature and other marketing functions. This is not an overly taxing position and could be a lot of fun. How about it?? How about volunteering to lead a short ride? Please give our hard

*Continued on page 3*

## **Wayne's Safety World**

by Wayne Segedie

I hope you all had a happy and safe Fourth of July, and a safe month of cycling. I did promise you some tips on better climbing, and I will try not to disappoint you. If you have any comments or suggestions on safety that you would like me to write about, please give me a call.

### **PROPER POSITION**

The most efficient climbing position is sitting, so stay in the saddle as much as possible. When you stand, your legs provide locomotion and support your body.

Studies have shown that this takes about 12% more oxygen and raises your heart rate 8% higher than if you were seated. Keep your elbows bent, and don't hunch

your back. This opens the diaphragm for easy breathing and helps prevent your body and hips from rocking with the pedal motion.

Move back on the saddle slightly. This provides extra power from your butt, back, and quads by increasing leg extension.

Your hands should be on top of the handlebar near the stem on the steepest hills, or on the brake hoods for the lesser hills. This keeps your chest open for easy breathing, provides more steering control, and doesn't strain upper body muscles.

You should get out of the saddle occasionally to stretch your back and legs, to use different cycling muscles, or for that extra power boost for sprinting to the top, or for cranking up a short steep section.

*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:

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. Meet at 6:30 P.M. For further info. call Judy Curtis at 708-381-5039.

Rick has two Wednesday night rides scheduled for Aug. 3 and Aug 31. These depart 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. Meet at 6:30 P.M. Call Rick Arnopolin for more info. at 708-520-3136.

Janie's rides will begin at the Oak Grove School in Libertyville. Take 137 west to O' Plaine Rd. Turn south to the school. These fast touring rides will begin at 6:00 P.M. Call Janie or Bob for further info. at 708-367-7720.

### TOP TEN MILEAGE

#### MEN

- 1) Wayne Segedie...1592
- 2) Dave Lachman...1361
- 3) Bob Neuman...1336
- 4) Walter Rosenbaum...1193
- 5) Reid French...1047
- 6) Ron Hattendorf...990
- 6) Alex Halamaj...990
- 7) Ralph Pedraja...985
- 9) Woyteck Morajko...957
- 10) Bob Savio ..935

#### WOMEN

- 1) Janie Neuman...2008
- 2) Joan Segedie...1733
- 3) Ella Shields...1694
- 4) Carol Passowic...958
- 5) Judy Hattendorf...891
- 6) M.E. Ferraro...362
- 7) Dolores Fischer...799
- 8) Lotti Dolce...794
- 9) Elizabeth Krog...683
- 10) Cindy Schneider...516

## RIDES, RIDES, RIDES

It's not too late to begin cycling!!! Join Wayne for his Wednesday night developmental rides. They leave on the first and third Wednesday's of the month at 6:30 P.M. from the White Hen parking lot in Barrington (see previous listing for location). Call Wayne for further info. 708-394-1027.

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

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### NOTICE

*There are a number of individuals in the club who guide progress, endurance, achievement, etc. against the monthly mile listings. Lately we have been receiving sign-up sheets two and three months after the fact. As a consideration to your fellow club members, and in concert with your responsibilities as ride leaders, please turn in your sign-up sheets as soon as possible.*

Thanks,  
Jeff

### 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 Shields	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

FOR IMMEDIATE RELEASE

**Pedal For Power North-South Ride**  
**Scheduled for September 23 - October 15, 1994**

For more information contact:  
Pedal For Power  
1-800-762-BIKE

Inspired by the autumn foliage in the Northeast, 50 riders will begin the 1,632 mile journey from Portland Maine to Orlando, Florida on September 23, 1994. As participants of the Pedal For Power North-South ride, the cyclists will head inland to discover Connecticut's famed "Gold Coast" after leaving Portland. The group will be escorted through New York City on their way to Philadelphia, Pennsylvania—the city of brotherly love. Next stop, Williamsburg, Virginia, then along the coastal plain of South Carolina to Savannah, Georgia. Twenty-two days after their journey began, the cyclists will be greeted in sunny Orlando.

Pedal For Power, a program of the League of American Bicyclists, offers long distance bicycle tours to benefit the League and a partner charity selected by each individual cyclist. Since 1880, the League has stood for the rights of all bicyclists. Today, the League is composed of 29,000 men and women who share both a keen interest in cycling and a strong sense of responsibility for promoting and protecting bicycling. Pedal For Power rides are the only long distance tours that offer cyclists the option to ride to benefit a charity or to simply ride—either way, cyclists are riding to benefit better bicycling. The North-South ride is one of four popular long distance rides offered through Pedal For Power.

Pedal For Power tours are unique cycling adventures. The tours include AAA rated motel accommodations, breakfast and dinner daily, and enhanced sag support. In addition, a portion of the registration is tax deductible to the extent allowed by law. Participants are encouraged to choose a partner charity and raise the \$3,000 registration. If a partner charity is not chosen, the registration is \$2,250.

Sign up today to enjoy the great company, scenic routes, and the ride of your life! For more information or a free color brochure, call 1-800-762-BIKE.

#060194#

Editors Note: The following informational ad has been made available for your use. Thank you for your support!

**PEDAL FOR POWER**

**North-South Ride**

September 23 - October 15, 1994

Cycle from Maine to Florida (1,632 miles in 22 days). You are guaranteed the ride of your life, with a portion of your registration benefiting the League of American Bicyclists and a partner charity. AAA motel accommodations, breakfast and dinner daily and full road support. Call 1-800-762-BIKE today!

*"All I had to do was be there and ride my bike. Had the time of my life!" - PFP Alumnus, Womelsdorf, PA*

**Route Highlights:**  
Portland, ME  
Greenwich, CT  
Philadelphia, PA  
Eastern Shore, MD

Williamsburg, VA\*  
Savannah, GA\*  
St. Augustine, FL  
Orlando, FL  
\*Rest days



## Wheeling Wheelmen 1994 August Ride Schedule

Day	Time	Ride Name	Miles	How To Get There	Starting From	Leader	Phone
6-August Saturday	7:00 /8:00	Beloit/New Glaris	90/120	Take 1-90 past Rockford, exit Rte 51 at the border, follow 51 north and west into Beloit. Turn right on Park St to Horace White Park. If you wish to stay the night before, try the Super 8 \$35-45 (608-365-8680) at 3002 Milwaukee Rd or the Holiday Inn \$53-65 (815-389-3481) at US 51 & 75.	Horace Park in Beloit	Woyceck & Carol	392-0530
7-August Sunday	9:00	Club Picnic	25/35	Old School Forest Preserve, shelter #E. At St Mary's Rd 1 Mile north of Rte 60. There will be 25 ml off-road and 35 ml road rides.	Libertyville	Ralph Pedraja	367-6472
13/14-Aug Saturday		Spring Green Weekend		See previous newsletter flyer. Contact Al Berman.	Spring Green	Al Berman	541-9248
13-August Saturday	9:00	OHI Those Hills	46	Take Northwest Highway (Rte 14) through Cary to Silver Lake Rd, turn right (east), go one mile to the park, use top parking lot. Very hilly but scenic (does one make up for the other?), two rest stops.	Lyons Park in Cary	Lin Costagli	364-4569
20-August 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.	Covered Bridge	Mike Ortmanns	439-9861
20-August Saturday	9:00	Covered Bridge 2	63	Kildeer School, Long Grove. Tours through 12 communities & goes through 4 covered bridges	Kildeer School	Reid French	815-338-3381
21-August Sunday	8:00	Lakewood Forest Preserve	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	Ron Hattendorf	362-5997
21-August Sunday	8:00	Double Dolce	50/128	Take I-90 west, exit at Rte 47, go south about 1 ml to Big Timber, turn left on Big Timber for about 1 1/2 mls to Rutland Forest Preserve on the left. *** Note Park opens at 8:00, the ride starts 15 min after. ***	Rutland Forest Preserve	Lotti Dolce & Peter	398-3957
27-August Saturday	8:00	Union/Twinlakes	105	Evergreen School at the end of Washington St in Union	Evergreen School in Union	Woyceck & Carol	392-0530
27-August Saturday	9:00	Broken Oar Ride	35	Kildeer School, Long Grove.	Kildeer School	Joe & Sue Lippere	705-8879
28-August Sunday	9:30	Bahai Temple Ride	36	Starts from Potawatomi Woods, North side of Dundee Rd 1/2 mile east of Milwaukee Ave. Bring lunch with you.	Potawatomi Woods	Howard Paul	824-2941
28-August Sunday	8:00	Binney Woods	65/100	Starts from Binney Woods Forest Preserve, west of Elgin, on Gilbert, west of Randall Rd	Binney Woods	Bill Lorenzen	455-3325

working ride chair a call and make his day.

It was good to see some old faces (nothing personal) like Jeff at the week night rides. Glad your out and about! The evening rides have been cool and refreshing riding along the lake front with the leaves gently bristling and the lapping of the waves. (Great refreshments Kurt!) The outdoors have been relatively liquid sunshine free and enjoyable. Hope to see you out soon. Keep the rubber side down.

Reid

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**POW WOW FOX VALLEY TOUR**

by Janie Neuman

What a bargain this six day tour was!! Bob and I shared a comfortable college dorm each night, and ate all that we wanted for breakfast and dinner. The tour organizers transferred our luggage each night, marked the route each day, and provided us with very accurate cue sheets. The cue sheets were so good that Bob only made one wrong turn on the entire trip. Yes, this was indeed a mini miracle! Our cost per day was about \$35.00.

The roads were as quiet and the traffic was as free as any I have ever biked. They were mostly flat to gently rolling. There were a few hard hills, but we were rewarded with spectacular views for our effort. We followed the Fox River from college to college, and averaged about 62 miles per day.

Our first night was at Rippon College, followed by the University of Wisconsin at Oshkosh, St. Norbert in Depere, Lawrence College in Appleton, and back to Rippon for our last night.

Our final day of riding was the best I ever had. It began cloudy and cool, but the wind picked up and chased the clouds away. We rode along the Horicon Marsh for quite some time. The hills were steep, but the wind was our friend and the pedaling was easy. We flew over the 65 miles and arrived in Watertown before noon. To quote the tour director: "This is a perfect day for bikers. If you did not like this ride, you might as well sell your bike and give up the sport."

Bob and I enjoyed the day fully and could have gone on forever. "Pow Wow Fox Valley" is a great and inexpensive tour. Give it a try. You won't regret it!!!!

**CADENCE, CADENCE, CADENCE**

Yes, I did say cadence. One of the biggest mistakes I see people making is cranking up a hill in too big of a gear (Oh those poor knees!). You should shift before you get to a hill, and keep downshifting throughout the hill, until you are in your lowest gear.

Spin, spin, spin. The most efficient cadence is 90 rpm. We all know that this may not always be possible on hills. Try to stay above 70 rpm, if possible, because lower rpm's will increase your heart rate and will place undo stress on those knees.

On long, or very steep climbs, most of us eventually run out of gears. If this occurs try to pedal "light". Think circles and keep spinning (although it will be in slow motion) instead of mashing the pedals, which drains energy and excessively strains those knees if done over an extended period of time.

Pedaling smart also means pacing yourself. Maintain a steady effort. Find your rythm and stick with it. Don't try to chase faster riders, you'll only burn yourself out.

**RELAX**

Don't clench when you climb. Tight muscles and a rocking body use a lot of energy. Focus more on relaxing than on delivering power. Here's a technique taught to pilots: SCAN. Pilots must continously watch a dozen or more instruments, along with being aware of what is happening outside. To accomplish this, they sweep their sight across the dash instead of fixing upon one object. Try to do the same-scan your body signals and concentrate on relaxing the shoulders, jaws, hands, arms, etc. Do this periodically as you climb.

**LIGHTEN UP**

Remember, the less weight you carry, the easier the climb.

Well, that's it for me, be sure to have a great and safe month!

## **HARMON UPDATE- IT'S JUST AROUND THE CORNER!**

*by Judy Hattendorf*

September 11th is sneaking up on us and we still need a few good people. How about you? The Harmon is going to be a lot of fun and we don't want you to miss it! Call any of the great team leaders below and ask them how you can join in the fun.

Regidtration-Phyllis Harmon-537-1268

Parking Al Berman-541-9248

Route Markings:

Ella Shields-312 478-1625

Dolores Fischer-740-0647

Support Vehicles:

Ralph Pedrja-367-6472

Rest Stops:

Riverside-Bob & Virginia Savio  
438-8066

Hafs Orchard-Kurt Schoenhoff  
634-2634

Oriole Springs Orchard-  
Howard Paul-  
824-2941

Food & Supplies: Joe & Sue Lippere  
705-8879

"Don't ask what the club can do for you but what you can do for the club!" It is truly appreciated. Come to the next meeting, meet with you chairperson, and get your free '94 Harmon Hundred T-Shirt for volunteering!

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### **A WORD OF THANKS**

Thanks to all of you who donated to the scholarship fund to Gallaudet University in memory of Lenore (Loracal Ride). Thanks also to our club for setting the day aside as a very special day on which to ride. Some time after the first ride ALDA sent a check of over \$5,000.00 to the University. I assume this year's was about the same and will pass that info on to you when I get it. Hope to see you on the road again soon.

*Jerry Goldman*

*(P.S. Jerry's been suffering from a bad back)*

## **RE-CYCLED**

*by Cindy Schneider*

Normally, one would not think of the word "flat" in relation to a ride from Antioch, Illinois to Lyons, Wisconsin. On this ride, though, the word applied to our tires, if not to the terrain.

The tone of the ride was set at our meeting point in the Antioch Middle School parking lot. Since it was the Fourth of July, several of the riders attempted to get into the spirit, festooning their bikes with American flags.. The patriotic fashion award, however, goes to Wayne Segedie, with his stunning Stars and Stripes socks. Despite these attempts, it was John Loesch who truly set the pace, having a flat before we even started. John had to stop again less than ten miles out when he realized that, as he was changing the front tire, he forgot to pump up the back one!! Joan Segedie had the next flat, a real problem since Rick Arnopolin (Mr. Goodwrench) had originally helped her put the tire on, and no one could figure out how to get it off. Although Joan at first refused to let him touch the bike, he finally assisted, and the tire was removed. (This is not to say that Rick actually helped remove it.)

As the change was being completed, the rain, which had been threatening all morning, began; at first as a drizzle, but growing into a downpour. The riders made it into the rest stop in Lyons, where we gathered under a leaky canopy at a minimart. Elizabeth Krog had the misfortune of placing her bike so that the largest drip from the roof fell directly onto her rack bag, and she said that it wasn't waterproof. As the thunder moved further into the distance, most of us decided to start out again--after all, we were already wet!

The next flat went to a tandem, ridden by Jill Janov and Rob Schaller. It was followed, in less than five miles, by Ed Addison. Perhaps the good news was that the rain had stopped by then. We got to the point where the long route separated, and a number of us decided to take it--if you would have asked a half-hour earlier, you would have gotten no takers at all! It certainly was worth it--this section was beautiful!

But nothing's perfect. The aftermath of the storm created a wind, which, of course, was a headwind as we came into the finish. Al Schneider started lagging badly. But was it the headwind? or was it the fact that, when we put his bike into the car, we discovered that he had damaged the sidewall of his tire, and that the tire was only half full?

Flats and rain for the Fourth of July!