



# Monthly Meanders

## of the Wheeling Wheelmen

Wheeling Wheelmen

An Affiliate of the League of American Bicyclists

June 1995

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- \* June Meeting
- \* Thursday June 1 , 7:00PM
- \* Wheeling High School
- \* Presentation: Randy Neufeld of CBF will talk
- \* about bicycle commuting. Anyone who
- \* currently commutes by bike is encouraged to
- \* come for the Q&A session to follow the talk.

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PREZSEZ

By Wayne Segedic

I hope you all had a very safe and happy Memorial weekend. Sure hope that riding was a part of your celebration. Well, our ride season is well underway, and I hope that you are participating in our full ride schedule. We have a lot of great rides and the best people around to share your rides with.

Even if you don't ride, you can still join us for one of Joan's special social events. I've been to two of them so far and had a lot of fun. Just ask the people at the line dancing evening what a fool I made of myself. I really did have a great time. Thanks Joan. Look elsewhere for the June event.

I was subtling this article "changes" and I think it still applies. We sure have a lot to report every month and that is very important to the growth and future of this club. First, most of you all ready know that we have a new and very energetic membership chairperson, and that is Jill Janov. Jill is very well qualified and I am proud to have her aboard. I know she will do a great job. A very special "thank you" goes out to Lin Costagli for the terrific job she did as membership the last three years. I realize what a tough job it was with all the phone calls and all the paperwork. Thanks Lin, it was a pleasure working with you, you are a real asset to this club. You will be missed. Does this mean that we will see you on rides now? No excuses.

Next, we have a new voice mail system. What do you think? It will make life a whole lot easier and us a lot more efficient and professional. I am very excited about it and the capabilities it offers. Please make use of it and let me know how we can improve. I know it will be a little rough around the edges until we get used to it, so please be patient.

A lot of us are back from our weekend trips to the Rock River Ramble and our annual Janesville weekend. If you were not there you missed a good time. Thanks to Woyteck and Carol for all their hard work in putting the Janesville weekend together. I know how much work it is to just plan one ride and

they do three rides in one weekend. Thanks for their continued support.

Other club news: By the time you read this I will have a new address and phone number. Yes, I have moved and am no longer a Wheeling resident. So now you see why your President has been absent from some rides. This has been a very busy and stressful couple of months. Hope to see you all again soon. Please come to the meetings or rides and say hello. Also, last month I reported on Reid being engaged. Well, I was partially right. Not only was he engaged, but he is also married. Congratulations to him and his beautiful bride Sharon.

What a great way to start off the season with a slide show of a trip to Italy. That was our after meeting activity for May. It was fun sharing the trip with Cindy and Al. This month we will be enlightened by Randy Neufeld of the Chicago Bike Federation. Randy is very well known and respected in the bike community. Some come out to the June meeting and meet Randy and enjoy his presentation on bike commuting and bike planning in Lake county. I know that a great many of you live in Lake county and will be interested in what he has to offer. If nothing else, come out and enjoy Mike's delicious refreshments. Or, maybe you might win one of the prizes in the drawing at the meeting.

Speaking of Mike, have you called him to help volunteer for our annual picnic July 30th. Please call him to offer help, he cannot do it alone. Remember, this year the picnic will be free to members. Another good reason to join if you are not a member.

This month's unsung hero is John Broadbent. John is one of those behind the scenes guys that is very important to the club. John puts together our annual and monthly ride schedule. I think he does a super job. Thanks John for all your hard work.

Well, it very late as usual and I need to pack up my computer for the move. Have a fun and safe month. Happy Father's Day! I hope you all got that new bike. See you on the road.

May the wind be always at your back.

P.S. Ten years ago: Bob Meute was President, the Harmon had 1008 riders, monthly meetings were held at Heritage Park in Wheeling, the St. Pat's ride had just over 300 riders, how about Rob Schaller putting in 10,000 miles?, and the banquet was held at Hans Bavarian Lodge. Top mileage that year went to Joe Tobias with 1,092 miles and Pat Marshall with 1,053 miles.

**SAFETY-STUFF** by Bill Bergeron

**“Group Riding”**

One of the reasons cyclists join a bike club is the camaraderie. We all ride alone from time to time, but given a choice many people prefer to ride with other bikers. Riding with a group allows you to learn more about bikes, swap riding stories (some of which might actually be true), and meet new people. However riding with a group requires everyone to be more alert and communicative. Done correctly, riding with a group can be safer than cycling solo, but it is very easy to slip into bad habits which can make you and the group a danger to everyone on the road.

Some of our club rides attract a lot of members, a big group can be fun but quickly becomes a road hazard. An ideal group would be 4 to 6 riders, if at all possible try to limit each group to no more than eight. With a bunch this size riding correctly, all riders should be able to see and hear each other while riding, making it a cohesive unit. It is legal in Illinois to ride two abreast, but in moderate to heavy traffic, single file is mandatory. On desolate country roads it is possible to travel three abreast, but extreme caution should be used. Recently on a ride in Wisconsin I saw a group of cyclist riding six abreast while climbing a hill! It was a windy day, and they didn't hear the delivery truck approaching from behind, it reminded me of a bowling ball heading for the pins. Fortunately(?) the truck crossed the yellow (no passing) line and swerved into the oncoming lane just in time to miss the cyclists. This situation could easily have become a disaster for the motorist and the cyclists. We all have to be alert constantly to ensure the safety of all concerned.

When riding single or double file, keep a safe distance behind the rider in front of you and make sure that they know you are there. Nobody like a wheelsucker. A “safe distance” depends on the skill of the riders involved and how well you know them. Avoid following, or being followed, by riders you don't know. If you do hang on someone's wheel, be certain you have their permission and TRY to take a pull some time. (I would like to take this time to say that contrary to popular belief I am not part of Eddie's rear wheel - it only looks like it most of the time.)

Communication is vital for group riding. In addition to the standard D.O.T. “Rules Of The Road” hand signals, it is every rider's responsibility to call out hazards as well as their intentions. Announce when you and the group are braking, stopping, or turning. Basic calls like, “passing on your left”,

“Hole”, “Gravel” and “GLASS!” must be used. It has been suggested (by me) that perhaps the club should agree on a set of standard signals and warnings to be used on club rides, which would be part of the pre-ride announcements. A small pamphlet could be produced which could be sent to new members when they join or passed out at the Harmon. **If you have any thoughts or suggestions concerning this, or any other safety related matter, let me know.**

Ride: 200KM Brevet  
Place: Sharon WI  
Date: April 29,1995

Although I did not complete the full 200KM distance of the Brevet nor do I intend to go to PBP this year I did use the event as a training ride for upcoming events. Unlike the other riders, I decided to do this event with a different “twist” by riding to the start, doing most of the event, and then riding home. My goal was to ride between 150 to 200 miles for the day. In order to make it to the 7AM start on time I started riding at 3:45 AM from Algonquin. I estimated the distance to the start of the brevet to be about 50 miles.

The weather forecast called for scattered showers and temps in the mid 50's but I decided to ride anyway. I had about an hour and half of night riding out to Union where I was passed for the first time by a car! I was able to maintain a very easy 18MPH average speed due to the absence of wind. Daybreak came shortly after Union and the skies in the direction I was heading looked rather threatening. I kept saying to myself that if it was raining by the time I got the start I would turn back and get in at least 100 miles for the day. With the exception of a few periods of light drizzle the rains never came. I made excellent time, I got to Sharon with a half hour to spare. I didn't know the exact starting place so I stopped at a local cafe and asked a waitress where Goodland Park is. After giving me directions I went back outside to my bike and saw Lon Haldeman riding down Main Street on a tandem by himself. I figured if anyone would know where the Brevet starts it would be Lon! When I got to the park I estimated there was at least 60 riders present and I knew many of them from past distance events.

The brevet began promptly at 7AM and it was great to be riding with others. The skies never darken but a pesky light rain was enough to make our feet and butts wet from the road spray. If only they would have required fenders in Paris this year we all would have been a bit drier. On the way out from Sharon I enjoyed the company of some Evanston Bike Club members. I rode my first double and triple centuries with some of the EBC members and we had a chance to talk about

Brevet Ride(Contd)

past events. The first checkpoint came at Milton WI, about 32 miles into the brevet and 80 miles into my ride. I felt a little weak but some Hostess fruit pies and Pepsi cured that. I debated about turning back and getting in 150 miles but I was having such a great time that I decided to go on, and besides, the skies were beginning to lighten up! Mother nature must have been playing tricks on us because the pesky light rain continued despite the clearing skies. As the miles went by I was confident that I could complete a double century today.

The turnaround point for me was at Evansville WI, the brevetriders had another 10 miles to go, and my trip odometer just rolled over 100 miles. I started to experience chills and decided to get going again in an effort to stay warm. My feet and legs were thoroughly soaked. I had mentally prepared my self for the long solo journey back home where I would battle a stiff east headwind. To my surprise, I was met by the lead pack of brevet riders heading back to Sharon. Judging by the members in this group, I knew that it wasn't going to be quite the social group I rode out of Sharon with. The lead group consisted of Lon Haldeman and Byron Gremely on tandem, Al Muldoon, Rich Fedrigon, and Karl Biggs. Three experienced RAAM riders in one pack! Everyone enjoyed drafting off of Lon's tandem but the 21~23 MPH average into the headwind began to take its toll on Byron and Lon. Their climbing speed dropped and soon several single bike riders would go off the front but then the tandem would reel them in on the downhill. I decided to stay right with the tandem and not engage in any foolish heroics, I still had to ride another 50 miles after the brevet. about 110 miles into the brevet the rolling hills took its toll on the tandem and Al and Karl made a successful breakaway from the pack. Al made it back to the finish ahead of us but a flat tire left Karl behind us. I felt so guilty always drafting off the tandem so I decided to treat Byron and Lon to some food at the next check point to help keep them going. The last few miles back to Sharon was sort of a cool down for the remaining 4 brevet riders in our pack. We arrived back in Sharon around 1:45 PM and my riding average was back up to 17.6 MPH.

The 47 mile trip back home was very tough for me both physically and mentally. It is easy to get spoiled by the high speed excitement of pack riding and tandem drafting! Going east was the toughest part of the return trip. When I headed south my speeds were in the 18~20 MPH range but when I turned east I struggled to hold 14 MPH and much of that was done while standing on the pedals. For the first time I was glad to face the 1 mile climb up Deerpass Rd, even after 175 miles, because I had the chance to go south for a couple of miles and bring the average speed up. Shortly after 5PM I arrived home with the following ride stats.

Total time: 13.5 hours  
 Total distance: 205 miles  
 Riding time: 11hrs 42min  
 Riding average: 17.1 MPH

Rob Schaller

FROM THE REAR

By Jeff Epstein

A Big thanks to the Kane County Forest Preserve for their paving of the Ruland Forest Preserve, home to the Dolce Double and the Ride to Big Rock. Now if we can just get them to eradicate those killer mosquitoes.

The newsletter is looking better than ever, thanks to all the contributors and especially Rob Schaller for the great format and for his putting the Wheeling Wheelmen in the fast lane of the Information Highway.

Kudos to Dennis Berg for taking over the mileage lead for men. Dennis is a quiet and helpful person that has worked very diligently and is a very strong rider.

Just returned from Tallahassee, Florida where I did some riding. It was difficult getting adjusted to those 90 degree temperatures. The Capital City Cyclists were most helpful and provided some great routes. The weekend after I left they ran TOSRV. This is a two day, 100 mile a day ride. A great Spring tune up, call me for information regarding this annual event.

On the Ride to Big Rock we had some memorable experiences. Peter D., one of the ride leaders, had a flat out of the car and then within 3 miles. Not to be outdone, Rick A. Had a slow leak, he wants no one horning in on his title. Ron Hattendorf needs some help keeping his bag on the rear of the bike. By the time he had tied that bag to the bike he looked like he was working on his merit badge in bondage. Somewhere on that ride we misplaced Walter R., if anyone finds him, let us know we need him for drafting.

NOTES ON MILEAGE: PLEASE OBSERVE THE FOLLOWING:

- 1) I only record mileage that is sent to me by the ride leader. If it isn't recorded on my computer, it hasn't been sent.
- 2) You need to put on mileage you did, I am not clairvoyant, if you indicate no mileage, I'll comply.
- 3) I must be able to read your name, either write clearly, print

or if you are a mad scientist and/or a physician put down your member #. If I can't read it you won't get credit.

4) Finally I turn in mileage for the Newsletter almost a month in advance, so it isn't ever current, except at the end of the year.

5) Hopefully this information is clear, if not please call.

Ron Hattendorf has indicated that in order to develop further interest in the Harmon Hundred he will ride the Century in Bikini Briefs. According to Judy H. This should be quite a visual display for our women cyclists. I am impressed to the lengths Ron will go to stir interest in the Harmon.

We had our first evening ride on May 2. In attendance were Wayne & Joan S., Janie Neuman & yours truly.

A cue sheet for Mike Ortman's? On a recent ride he was leading (the Ice Cream Social) he misplaced a turn and took a few riders with him. Mike Standish is the first left on River Road. As I pointed this out to him when we rejoined, Mike stated, "Thanks", somehow it didn't sound sincere.

On that same ride Rick A. Lost his chain as did I. Shannon Braun handle bars became loosened on those hills. And once again I misplaced Walter R.

On a more serious note, coming into Hebron, Bob Neuman and Ed Addison collided. No damage to Ed or the bikes, but Bob has a fractured collarbone and will probably be sidelined for a while. Our best to Bob for a speedy recovery.

Please continue to ride carefully, wet roads and winter debris leave a lot to be desired.

**MILEAGE LEADERS:**

**MEN: MILES**

- 1) Dennis Berg 557
- 2) Jeff Epstein 549
- 3) Tom Chambers 541
- 4) Rick Arnopolin 535
- 5) John Yuill 506
- 6) Alex Halamas 450
- 7) Wayne Segedie 414
- 8) Bob Savio 359
- 9) Michael Ortman's 355
- 10) Steve Libbin 348

**MILEAGE LEADERS:**

**WOMEN: MILES**

- 1) Joan Segedie 549
- 2) Ella Shields 520
- 3) Virginia Savio 359
- 4) Lotti Dolce 345
- 5) Judy Hattendorf 256
- 6) Carol Passowic 240
- 7) Shannon Braun 220
- 8) Janie Neuman 166
- 9) Regina Wilkins 131
- 10) M.E. Ferraro 105

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## SOCIAL SCENE

### LET'S DO SOMETHING DIFFERENT IN JUNE!

Instead of bike riding, how about bike racing?!? On Friday, June 9, watch the bicycle races at the Northbrook Velodrome. We'll meet at 5:30 at Ralphie's Restaurant (in the shopping center on the Southeast corner of Willow [called Palatine further West] and Pflingsten) in Glenview for dinner. Then off to the races. Racing starts at 7:00 P.M., and admission is FREE! They don't allow gambling, but I'd bet that Wheeling Wheelmen club member, John Broadbent will be one of the racers we'll see competing that night. If anyone else is interested in trying racing that night, bring your bike. We promise to be a great cheering section!! Call 291-2985 Ext. 646 if you want to race so they can tell you all the pertinent details. If you want any other information about the evening, call Joan Segedie at 708/632-1472.

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### UPCOMING RIDES

Sunday June 4, Udder Century, Union IL. 32,50,62,100 mile distances. \$15. Call (708) 442-1188 for more info.

Sunday June 11, BCLC Ramble, Wauconda High School. Distances up to 100 miles. \$12 or \$15 day of. Call (708) 367-3341 for details.

Sunday June 25, Swedish Days Ride. Distances up to 100 miles. \$12 till 6/20. Call (708) 584-7353 for the details

Sunday July 16, The Late Ride, Buckingham Fountain Chicago.\$25 reg. Call (312) 922-3307

RACE: Tour DuPont (26 April- 7 May)

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Lance Armstrong crossed the finish line of the 1995 Tour DuPont in Greensboro, North Carolina, to score the best stage race victory of his career. Although he was beaten on the final stage time trial by pre race favorite Viatcheslav Ekimov from Russia, Armstrong took overall victory in the race that he has wanted to win for the last three years.

In the victory celebration immediately after the finish Armstrong could not find enough superlatives to describe his Motorola team. They had supported him in the leader's position since he inherited the lead from his team mate Andrea Peron in Blacksburg one week ago.

His victory had been filled with panache after he dominated all his rivals on the toughest stage of the race to Beech Mountain on Friday, increasing his lead over arch-rival

Ekimov to four minutes. It was at the summit of this mountain in North Carolina that the Texan knew he had the race in the pocket. Peron had played the perfect team mate on the slopes of Beech Mountain, shadowing Ekimov all the way to the line, thus aiding Armstrong to certain victory.

His victory was however not without cost. Armstrong lost two team mates in the final few days when the toll for the work they had done for him was finally paid. Yates and Bauer were forced to retire due to injuries related to fatigue with the finish almost insight. They were an integral part in Motorola taking the team championships at the Tour DuPont for the second consecutive year.

Along the way Armstrong garnered the King of the Mountain competition. He also became the record holder (at the age of 23) for the highest number of podium appearances (13) in the DuPont race. Lance was only the second American, after Greg LeMond, to take victory in America's own race.

..... Paul Sherwen reporting

Overall standings

1st	Lance Armstrong	Motorola	USA	46hr 31'16"
2nd	Viatcheslav Ekimov	Novel	Russia	@ 2'00"
3rd	Andrea Peron	Motorola	Italy	@ 2'56"

### Club Officials

President	Wayne Segedie	(708) 394-1027
V.P./Rides	Ralph Pedraja	(708) 680-7379
Treasurer	Lotti Dolce	(708) 398-3957
Membership	Jill Janov	(815) 385-7024
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 Jill with any address changes.

Government Relations Advocates:

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

**Wheeling Wheelmen Rideline: (708) 520-5010**

# Wheeling Wheelmen June 1995 Ride Schedule

Date	Time	Ride	Miles	How To Get There	Starts From	Ride Leader	Phone
3-Jun Sat	8:30	Wall To Wall Walworth	100	Take Rte 12 north to H east on H into Genoa City WI. follow H to Fellows Park.	Genoa City WI	Bill Bergon	382-4704
4-Jun Sun	9:00	Tour Of McHenry	60	McHenry County College, Rte 14 one mile past Rte 176 in Crystal Lake	McHenry County College	Alan Berman	948-9248
4-Jun Sun	8:00	Killer Hill Ride	68	Kildeer School, Long Grove.	Kildeer School	Albert Dargiel	312-685-7908
10-June Sat	9:00	Lake Forest Ride	30	Old Elm 50 ft west of Sheridan Rd	Lake Forest Bikeway	Bobbie Brenner	965-6103
10-Jun Sat	8:00	Rock Cut State Park	90	Evergreen School at the end of Washington St in Union	Evergreen School	Woyteck & Carol	312-822-1314
11-June Sun	9:00	Tour Of Racine	90	Target parking lot in Racine on highway 20	Racine WI.	Mich Ortman	439-9861
11-June Sun	7:00	Arlington 500 Invitational Arlington Hgths Bike Club	65	Barrington High School on Main St 0.6 miles west of Route 59.	Barrington High School	Greg Konieczny	398-4633
17-Jun Sat	9:00	Apple Cider Ride	35	Kildeer School, Long Grove.	Kildeer School	Cathy Bernot	925-9190
17-Jun Sat	8:00	Beloit Express	75/120	Take I-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 (608-365-8680) at 3002 Milwaukee Rd or the Holiday Inn (815-389-3481) at US 51 & 75.	Horace White Park	Woyteck & Carol	312-822-1314
18-Jun Sun	8:00	Wauconda/Twin Lakes	75/50	Starts from Wauconda Orchards, Gossell Rd, 1/2 mile off Fairfield, north of Rte 176	Wauconda Orchards	Lester Flemming	255-0105
18-Jun Sun	9:00	Loops Of Wauconda Orchards	17/35	Starts from Wauconda Orchards, Gossell Rd, 1/2 mile off Fairfield, north of Rte 176	Wauconda Orchards	Sue Weller	918-7331
24-Jun Sat		Spring Green				Alan Berman	948-9248
24-Jun Sat	8:00	Double Dolce	80/128	Take I-90 west, exit at Rte 47, go south about 1 ml to Big Timber, turn left on Big Timber for about 11/2 mls to Rutland Forest Preserve on the left. *** Note Park opens at 8:00, the ride starts 15 min after. ***	Rutland Forest Preserve	Lotti & Peter Dolce	398-3957
25-June Sun	8:00	Back Roads Of Barrington	40	Starts from the White Hen, southwest corner of Kesley Rd and Rte 59.	White Hen Barrington	Frank Illy	924-5910
25-Jun Sun	8:00	Wholly Rollers	65/100	I-90 west to Randall south on Randall to Dean St in St Charles, west on Dean St to Leroy Oaks Forest Preserve	Leroy Oaks Forest Preserve St Charles	John Loesch	312-225-0990