



# Monthly Meanders of the Wheeling Wheelmen

July 1995

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- \* July Meeting
- \* Thursday July 6, 7:00PM
- \* Wheeling High School
- \* Presentation: Jim Hurd
- \* The Bicycle Museum

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### PREZSEZ

By Wayne Segedie

Welcome to the latest edition of changes. What do I have in store for you this month? Well, lots of stuff. Lots of good stuff. Let's start by informing you of the fact that you now have a new Vice President/Ride Chairman. I am very excited to have Mike (Mich, for some of you) Ortman as our new ride chairman. Mike is one of those people who realized that the club is only as good as the people who make it happen. So, instead of just complaining, he decided to try to make things better for all. Thanks Mike for stepping up to the plate and helping to make our club the best possible. Let's not overwhelm him initially. He is going to need the help and cooperation of all of us. Please be patient the next few months until he gets all of the bugs worked out. He will also need lots of volunteers, so please get him off to a great start by offering your support in any way you can. This could be to lead a ride or just offer some moral support. Thank him for all the effort he will be laying out. Only criticize if you can do better and then try it yourself by coming up with a new ride or how about leading some old rides. Its pretty easy, just give him a call.

Speaking of patience, please call the ride line each week for the next month or so to verify that the rides are correct. I am sorry for the inconvenience, but again, it will take us a month or so to get the schedule correct. If you are supposed to lead a ride, how about calling Mike ahead of time to verify that you indeed have the cue sheet and are still leading the ride. Also, check the starting place and time to make sure they are correct. Thanks again for all your support through all this.

Well, if Mike is your new V.P., then who is in charge of refreshments? This is the most important part of our monthly meetings. Thanks to Virginia Savio for volunteering. Yes Clay, she did save you from this task. She will be asking for a volunteer each month to help with the goodies. You do not have to bake, you can just purchase something, just ask Ella or Craig. We will reimburse you for your expenses. So, isn't that easy.

Before I get too carried away, I did want to take a moment to reflect on the great job that Ralph did as Ride Chairman the past few years. He really brought in some wonderful rides and helped shape our schedule into the best in the Chicagoland area. Ralph did encourage a lot of new people to join and ride. This is really what our club is all about. Meeting new people, riding for fun, and sharing a common interest with people that really care. Thanks Ralph for all your hard work. You will truly be missed. Hope to see you out on a ride this year. It has been a very long time, I hope you can still remember how to ride. Maybe you are just trying to give us a chance to keep up with you on a ride. See you soon.

More thanks: How about our speakers last month. Like Gaye Kazimirski and Geoff Mcknight from TURF. Or how about Randy Neufeld of the Chicagoland Bicycle Federation. Thanks for an excellent presentation. And thanks to Kozy Cyclery for donating the helmet for the drawing during our meeting.

If you haven't been to a meeting lately, it's time to come on down. We have food, fun, drawings, great activities like Jim Hurd of the Bicycle Museum of America for our July meeting, and best of all, good friends.

Speaking of the picnic which is July 30th at the Old School Forest Preserve, Mike still needs lots of volunteers. So help him out, He sure is a busy little beaver these days.

On an interesting marketing note, Ella and I will be manning a table at the Marshall Fields store in the Old Orchard shopping center on July 31st from 7 to 8pm. This is part of their in store active wear week, and I have been asked on behalf of our club to give bike demos, and information about biking in the area, and our club. I feel this is a great opportunity for our club and I am really excited about the possibilities of new members gained from this event. So, wish us well.

Look elsewhere in the newsletter for Joan's article on a replay event to watch the bike racing at the Northbrook Velodrome. This is a fun event and you can watch fellow club member bury the competition.

That's it for another month. Hope your summer is going well and that you are getting in some quality riding time. See you on the road. Happy 4th of July. Be safe.

May the wind be always at your back.

Prez Sez (contd)

P.S. THE WAY WE WERE IN 1976: The club had 67 members, membership dues were \$3.00 single and \$5.00 family, there were 34 rides on the schedule, March 21st was the 2nd annual St. Patrick's Day ride out of Kildeer School in Long Grove, 50 riders attended with 30/50 mile options. Sept. 11 & 12 was the Harmon Hundred/50, which was held over 2 days, and started at Wheeling H.S. Cost was \$2.50/\$3.00

**15 WHITE TIGERS and 2 WHEELING WHEELwoMEN**

Most of the following true story might seem unbelievable and we will have to keep many of the background details secret. We submit it as an example of "stopping to smell the roses" on a club ride as opposed to completing a ride in record time.

Lynn Petty and Pat Marshall, of necessity, had to begin a club ride half an hour after the main group departed. On the way back an improbable incident occurred. Through a combination of information gathered in Arizona, women's intuition and old fashioned good luck the next thing you know the two of us were sitting 5 ft. away from 15 beautifully marked white tigers! This awesome spectacle was enclosed in a tall circular iron cage like you would see in a circus act. We were told to remove our bicycle helmets, be very quiet and stay close to the wall of this inside arena. You know we listened attentively and obeyed every instruction with 15 300~450 lb snarling tigers, showing 3 in. fangs, only inches (it seemed) away from our thin layer of LYCRA. The tigers had such piercing, limpid blue eyes and their low throated growls were like the engine noise of an old Harley-Davidson motorcycle.

What we were fortunate to observe, and we kept pinching ourselves, was a training session for these animals to learn the basic choreography of a typical circus act. All the tigers had names and definite personalities but we couldn't tell them apart. But we assure you we sure were able to distinguish some of the males by their immense head size and paws the size of our thighs .

The long mained, gray haired trainer within the cage taught his pupils with verbal commands, in Dutch, as we wielded a long stick as well as a cracking whip. We certainly would have obeyed every authoritative command this trainer gave but these rambunctious youth with the claws, often had other ideas. To keep the blood letting down, three helpers around the outside of the cage kept the trainer informed about who was misbehaving or approaching behind his back. They too, barked out commands to the perch-sitting tigers as they used heavier, long sticks to maintain peace between this mischievous junior high group waiting their turn to perform.

Good individual performance was rewarded with a 3 in cube of raw beef offered on the end of the trainer's pointed stick. Needless to say, these two cyclists sat transfixed admiring the power and grace exhibited by these magnificent white tigers and the painstaking patience and skill of the trainer as he coaxed them thru, around and over various pieces of apparatus.

Reluctantly and with profuse thanks to our host, we mounted our bikes for a return to our cars, babbling about our good fortune to have seen such an extraordinary, unexpected event.

Push down on those pedals but keep your nose, ears and eyes tuned to your surroundings. You too, may encounter an event you'll always remember as the highlights of a Wheeling Wheelmen club ride.

Lynn and Pat

**JULY SPECIAL EVENT!!**

Since bicycle racing at the Northbrook Velodrome started June 16, we didn't see much on June 9th. So...let's try it again on July 14! We'll meet at 6:00 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 7:30 P.M., and admission is **FREE!** We should have a couple of Wheeling Wheelmen racers that night. If you want to join them in trying racing, call 291-2985 Ext. 646 to get the details. If you just want to try riding around the track, anyone is allowed to ride before the races. Just bring your bike and helmet!

You might want to bring a stadium seat (those metal bleachers are hard and cold!), binoculars, bug spray, and a camera to get the most enjoyment out of the evening! Hope to see you there.

Joan Segedie

708/632-1472

**SAFETY-STUFF**

by Bill Bergeron

It is a credit to our organization that most (possibly all) members wear a helmet whenever they ride a bike. A few weeks ago I showed up late, disorganized and without my bike gear bag for the Udder Century. I was fortunate enough

Safety (Cont)

to find some ratty old gloves and some seldom used, scary looking, water bottles in the back of my truck. I grabbed what I needed and went to find my riding buddies in the parking lot. As I walked up to greet my friends, I realized to my horror that I had left my helmet at a friend's house the night before! I haven't ridden sans head protection in over ten years, so I seriously considered packing up and driving home. Fortunately, my good friend Dennis lent me a spare helmet that he had with him. (What was even more fortunate was that it was my size!)

During the course of the ride I only saw only one cyclist not using a helmet, part of the credit goes to the ride organizers who encourage their use, but it appears that most cyclists on the road today have purchased a helmet. Wearing a helmet is still a personal decision, but it is good to see that more and more people are riding with protective headgear.

As with most protection devices their effectiveness is diminished or even neutralized if not used correctly, a bike helmet is no exception. I'm glad to see more people using bike helmets, but a large percentage of them are wearing them incorrectly. All new helmets come with instructions on how to properly adjust the straps and pads to get a safe custom fit. Unfortunately there are times when wrestling with the "easy to adjust" straps is easier said than done, if you are having difficulty, get a friend or bike shop employee to help you. Choosing the correct helmet is crucial and you may discover that there are certain brands and models that will not sit properly on your noggin. Take your time and find a correct comfortable fit, or you will regret your choice on every ride.

A properly adjusted helmet should sit on your head with the bottom parallel with the ground. Headwear tilted at a jaunty angle may look fashionable, but an angled helmet will seriously reduce it's effectiveness in a crash or in some instances may even contribute to an injury. Straps should be adjusted so the helmet remains firmly in place and cannot be slid forward or backward. If you have a hard to fit head and can not find a conventional brain bucket that stays in place, you might want to consider the new generation of helmets that use rear retention stops or inflatable air bladders. Straps should be fastened snugly. A old rule of thumb is: if it is difficult to open your mouth wide enough to eat a banana, the helmet straps are adjusted correctly.

A properly fitted and adjusted bike helmet can save your life, but as with any safety equipment it cannot help you if they are not used properly.

**MILEAGE LEADERS:**

**MEN: MILES**

- 1) Jeff Epstein 1342
- 2) John Yuill 1252
- 3) Tom Chambers 1025
- 4) Dennis Berg 971
- 5) Rick Arnopolin 844
- 6) Bob Savio 788
- 7) Wayne Segedie 691
- 8) Alex Halamas 684
- 9) Walter Rosenbaum 606
- 10) Steve Libbin 590

**WOMEN: MILES**

- 1) Joan Segedie 1151
- 2) Ella Shields 841
- 3) Lotti Dolce 645
- 4) Virginia Savio 532
- 5) Judy Hattendorf 499
- 6) Carol Passowic 473
- 7) Janie Neuman 411
- 8) Cindy Schneider 332
- 9) Shannon Braun 311
- 9) Regina Wilkins 311

**National 24 Hour Bicycle Challenge**

by Rob Schaller

This year's National 24hr Challenge looked like it was going to be a repeat of the '94 event. The weather forecast called for hot temperatures around 90F. Although the heat conditions were not as extreme as last year it certainly impacted my riding pace during the heat of the afternoon. At 8AM sharp we left the starting area with hundreds of riders being escorted by the county sheriff. The last two events I had experienced a couple of mechanical problems and I thought I would escape this year, but I did not. About a mile into the event my cyclo computer came off and bounced a couple of times on the pavement and with hundreds of riders behind me I was not about to retrieve it! I am so used to riding with the knowledge of my speed that I had started to wonder if this loss would effect my riding.

My first riding goal was to stay up at the front after the first checkpoint at Kent City. The first checkpoint always breaks up the pack and when I left I had joined a group of 10 riders who were just behind the lead pack. After a couple of miles, we were able to bridge the gap and we rejoined the front pack again. The rapid pace and rising temperatures began to take its toll on some of the riders and by the time I left the second checkpoint, 73 miles, I lost the lead group. I decided that it was not a good pacing strategy to chase down the other riders

24hr Challenge (Contd)

so I settled into my own riding rhythm. Within 15 minutes of leaving the second checkpoint I had consumed both waterbottles that my crew gave me and I had regretted not taking a third bottle with me. Somewhere around the 95 mile mark I, and four others, had made a wrong turn off the course which added another 4 miles to our ride. Oh great! Fortunately we got back on course again and when I found out that we had 103 miles in 4:49 I had begun to feel better again knowing that I was ahead of last year's pace. We arrived back at the start/finish area around 1:30 PM where I started my first 24 mile day loop.

Jim Halvaka and I agreed to work together since our pace was similar but after the first day loop I decided that I needed to ride my own pace and not his. My two main concerns was eating and maintaining hydration. My first washroom break, on a fast downhill, indicated that I was not consuming enough liquids. During the heat of the day I simply could not intake the proper amount of fluids. The only food I could force down was 1 banana per day loop. I thought the extra potassium would help prevent any cramping from the loss of electrolytes. It worked, I did not experience any muscle cramps and I was able to maintain a consistent energy level. My first double century came after some 10.5 hrs of riding which was not bad despite the high heat and gusty southwest winds we had to battle on the day loops. I completed five day loops and had 235 miles in before I began the 6 mile night loops.

Some riders are somewhat intimidated by riding all night after a hard day's ride but I thoroughly enjoyed it. This is the coolest time of the event and a lot of lost time can be made up on the night loops. I still had some daylight on my first night loop so I thought I would search the road into Byron Center for my cyclo computer but I never saw it. My longest break, few minutes, came at sunset where I changed glasses and

installed the lighting system. Unlike last year, I had no problem keeping a fast average on the night loops and I began to sound like a broken record calling out "On your left" to the other riders. Around 1AM, after 17 hours of riding, I broke the 300 mile mark and I started to exhaust my rear end of every possible comfortable saddle position. The hill climb towards Byron Center allowed me to do quite a bit of out of the saddle climbing which help the saddle soreness. After some 20 night loops I started to wonder if there was any symbolism behind the funeral home located at the top of the hill coming into Byron Center because my legs were starting to feel dead on the hills.

Around 6:30AM I decided to set my final mileage goal for the last 1.5 hours of the event. I basically wanted to do 4 more night loops for a new personal best of 421 miles but I was really beginning to fatigue and I could not keep up with many of the riders who had slept several hours during the night. I met up with John Yarrington who was also on his way to a personal best ride and he also wanted to complete 4 more loops. We were both in the same physical state, trashed, so we decided to work together with a third rider who was intentionally pacing us. After two laps, John was really falling apart so I decided to continue on at my own pace. At 7:52AM, with 8 minutes remaining, I completed my 31st night loop for a total ride distance of 421 miles. I was in no shape to do another 6 mile lap in 8 minutes so I called it a day of riding. My performance was enough to earn me a first place finish in my age group. The big "what if" question for this years event is if I hadn't got lost would I have been able to do another night loop? I would have had to complete another 2 miles in 8 minutes which, at my riding pace on the last lap, would have been possible. Oh well, there is always next year.



The '95 event saw over 400 riders at the start



Words of encouragement from a crew member

24hr Challenge( Contd)

Ride Stats:

421 miles in 23:52 @17.6 MPH (official)  
 425 miles in 23:52 @17.8 MPH (unofficial)

Nutritional Addendum:

The calorie expenditure for a ride of this distance and pace is enormous. Based on my weight and riding average the calorie expenditure was in excess of 12,000 calories for this event. The hot weather conditions created its own set of nutritional problems. First, because it so hot you simply don't feel like eating any food so this places great demands on replacing carbohydrates through fluids. I used a carbohydrate drink mixed 50% of what the instructions called for and I also consumed a fair amount of Pepsi. The Pepsi helps me fight off the sleepy feeling I get during the hot afternoon. I alternated between bottles of carbohydrate drinks and water to help dilute the more dense carbohydrate drinks. The other complication with the heat is excessive electrolyte loss through sweating. My main weapons against this loss was Gatorade, bananas, and Alka Seltzer. Some riders have reported good results by using Tums. Conservatively, I must have consumed at least 4 gallons of fluids.

During the nighttime I was able to consume more food



No time wasted at the checkpoints

because of the cooler temperatures. Among the food I ate was fries, milk shake, cheese sandwiches, and pretzels. After 12+ hours of carbohydrates it was great to eat foods with a higher fat content. The biggest mistake I made was asking for some candy around 5AM. I ate one peanut butter cup and then I got real light headed and lost energy for a couple of laps. The weather conditions play a big role in what I choose to eat during the event.

Special thanks goes to the organizers of the National 24hr who put on a FIRST CLASS marathon event and my support crew, parents and my niece Tara, who made such a ride performance possible.

**BROKEN HELMET AWARD**

It has been a while since we have had this award and I am sorry that we have to bring back this award, but this month we have a DOUBLE AWARD. This month's award goes to two people, Jeff Epstein and Kurt Schoenhoff for continually running red lights and stop signs, and making left turns by riding on the left side of the road. We know how much of a hurry you guys are in to always be the first ones back from a ride. This is not only unsafe, but one of these days you are going to drag a new rider through an intersection with you thinking that it is safe and they are going to get hit by a car. So, if you don't care about yourselves, how about the example you are setting. Let's be concerned about our fellow riders. Be safe guys we want you around for a long time yet.

**Weekday Rides**

**Tuesday/Thursday Nights:**

Dan Wright Jr. High Lincolnshire. Approx. 1 mi north of rt-22 on Riverwoods Rd. 6PM start

**Wednesday Nights:**

1) 6PM from Country Gardens Park on Schoenbeck, two blocks North of Palatine in Prospect Heights. Runs May 3 through September 27. 25~30 mi ride distance. Contact Rick Arnopolin (708) 520-3136 for more details

2) 6:30PM from the SW corner of Kelsey and Rt. 59 in North Barrington. Starting in May. Contact Frank Illy at (708) 924-5910

**FROM THE REAR**

BY JEFF EPSTEIN

Good news! Bob Newman continues to recover from his fractured collarbone. He attended a Tuesday night ride as a spectator. He appears in goodspirits and will be rejoining us in the near future. Hard to keep a goodrider down. Best wishes for a speedy recovery.

Rick Arnopolin is rethinking or should be, changing the name of his Dekalb Kounty Korner's & Korn Fields to La Tour De Casey's. On the tour westopped at Casey's Fast Food Emporium's, it seemed every ten to fifteen miles. The day we went it was a very strong wind from the West. This represented a very challenging ride because of the wind, oh those burning thighs. However traveling East was heavenly.

From the Rear (Contd)

Our most improved rider, Walter Rosenbaum has a unique perspective on speed. He queries, "Do you know why I don't keep up with the express group? They go too fast." Thanks for the clarification. On a recent ride someone was actually behind Walter drafting. Is the Ripley's Museum still taking new factoids?

John Loesch continues on his pursuit of 40 centuries to commemorate his 40th year. He just logged #3. This is a significant goal! His latest was accomplished on the tandem with Elizabeth K stoking.

For those who haven't seen John Broadbent lately, he has slimmed down and picked up quite a bit of speed. He was aided by trips to Italy and riding with the Pros on the West Coast. He still maintains his pleasant demeanor and is enjoyable to ride with. He has an excellent knowledge base of biking, especially mechanical issues.

Welcome to Tom Burke who has recently joined us on several rides!

Did you notice Bob Savio on his new sleek Merlin? Bob was fast enough before, but enhances his performance on his new titanium cycle. Glad to hear Bob is enjoying his retirement

Was disappointed to see so few members on the Laracol Ride honoring the memory of Lenore Goldman. Maybe the weather had something to do with it. I believe, this is an event that the club should support. While riding Loop #2 I was being followed by a big green vehicle. This turned out to be Steve Libbin, who joined me in Union to ride Loop #3.

Soon we should see the return of Lotti D. Who was adopted by Tom Chambers and his family for some riding (mountain biking) out West. Hope they had a great time. If Lotti appears surly upon her return, she hates for vacations to end.

Sorry to report that Walter R. Leading from the rear on his Wauconda/Twin Lakes Ride hit a stone and took a spill. He was sore, especially on his hip, and noted that he scrapped his helmet on the secondary impact. Dennis Berg was thoughtful enough to accompany him in. This should underscore as with Bob Neuman's injury how important it is to be careful and vigilant. Both of these riders were noted to be safety conscious and experienced. SO PLEASE STAY ATTENTIVE AND FOCUSED ON YOUR RIDES AND DON'T TAKE ANY THING FOR GRANTED.

Good to see Rob Schaller our newsletter editor out on Run from the Dogs. He departed early to, you guessed it, work on the newsletter.

Tom Chambers looked very fit following his most recent

trip to Moab. His water consumption leads us to suggest that any one wishing to buy Tom a Christmas present might think of a double Camelback.

The Schneiders, Bob and Cindy not only showed up for two consecutive times, but they were early both days. When asked why this change, they stated, "we thought this was an 8:00 ride." Actually it was a 9:00.

Woyteck & Carol's Ride to Rock Cut State Park, was an excellent one. Did it last year, but it is much nicer in warmer weather.

Steve Libbin recently added a Kestrel 500c to his cycling corral. Nice looking bike. Steve continues to don new duds. Is he secretly trying to be nominated for best dressed rider?

# Wheeling Wheelmen Ride Schedule For July 1995

Date	Time	Ride	Miles	How To Get There	Starts From	Ride Leader	Phone
1-Jul Sat		Door County				Alan Berman	948-9248
1-Jul Sat	9:00	Tour Of Kettle Moraine	30/65	General Store in La Grange Wise, at the intersection of Rte12 and Highway H	General Store in La Grange	Ella Shields	312-478-1625
1-Jul Sat	9:00	McHenry Dam	44	Kildeer School, Long Grove.	Kildeer School	Howard Paul	824-2941
2-Jul Sun	8:30	Tyler Creek Forest Preserve	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	Rick Wernstrom	634-1168
3-Jul Mon	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 Upper Grade School	David Phinney	438-3039
4-Jul Tues	9:00	Stars & Stripes	50	Starts from David Park Zion IL. Take I-94 north to Rte 173 (Rosenkrantz Rd), go east to Kenosha Rd. turn right (south) to 21st str, turn left (east) to park past school.	David Park Zion IL	Clay Bannister	439-3962
7-Jul Sat	9:00	Kildeer School	35	Kildeer School, Long Grove.	Kildeer School	Sue Weller	918-7331
8-Jul Sat	6:00	Longest Day Ride	150	McHenry County College, Rte14 one mile past Rte176 in Crystal Lake	McHenry County College	Woyteck & Carol	392-0530
9-Jul Sun	9:00	Long Way To The Village Tavern	27	Kildeer School, Long Grove.	Kildeer School	Howard Paul	824-2941
9-Jul Sun	8:00	New Silver Lake Ride	100	Starts from David Park Zion IL. Take I-94 north to Rte 173 (Rosenkrantz Rd), go east to Kenosha Rd. turn right (south) to 21st str, turn left (east) to park past school.	David Park Zion IL	Mike Ormanns	439-9861
9-Jul Sun	8:00	New Silver Lake Ride	60	Starts from David Park Zion IL. Take I-94 north to Rte 173 (Rosenkrantz Rd), go east to Kenosha Rd. turn right (south) to 21st str, turn left (east) to park past school.	David Park Zion IL	Ron & Judy Hattendorf	362-5997
15-Jul Sat	8:00	Antioch Ride	55/75	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 Upper Grade School	Al & Cindy Schneider	696-2356
15-Jul Sat	9:00	Wauconda/Bull Valley	35/47	Starts from Wauconda Orchards, Gossell Rd, 1/2 mile off Fairfield, north of Rte 176	Wauconda Orchards	Lin Costagli	364-4569
15-Jul Sat	11:00	Sugar River Trail	40	Take I-90 to 81/11 west, to I1 east, then go straight to E. Take E north to Decatur Rd. Trail starts on Decatur Rd.	Decatur Broadhead	Ralph Pedraja	680-7379
16-Jul Sun	8:00	Lake Forest Ride	40	Daniel Wright School, Riverwoods Rd I 1/2 miles north of Rte22. A ride designed for new members	Daniel Wright School	Henry & Georgia West	615-0785
16-Jul Sun	8:00	Dekalb County Korners & Korn Fields	75/100	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 (Waterman) 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 Armpolm	520-3136
22-Jul Sat	9:00	Apple Cider Ride		Kildeer School, Long Grove.	Kildeer School	Sue Weller	918-7331
22-Jul Sat	8:00	Rural Wisconsin	100	Take W167 north of US 12) to Eagle, turn right on Main for 1/2 ml. to Markham on the left. Park on Main and Markham	Eagle Wise	Bill Bergon	382-4704
22-Jul Sat	9:00	Rural Wisconsin	60	Take W167 north of US 12) to Eagle, turn right on Main for 1/2 ml. to Markham on the left. Park on Main and Markham	Eagle Wise	Bob & Jamie Newman	367-7720
23-Jul Sun	9:00	Kettle Moraine/Sullivan	75	General Store in La Grange Wise, at the intersection of Rte12 and Highway H	General Store in La Grange	Bob & Jamie Newman	367-7720
29-Jul Sat	9:00	Lake Wood 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
29-Jul Sat	9:00	McHenry/Frontana	78	McHenry County College, Rte14 one mile past Rte176 in Crystal Lake	McHenry County College	Ella Shields	312-478-1625
30-Jul Sun	10:00	Piemte Ride	12/22/40	Old School Forest Preserve, shelter E. At St Mary's Rd 1 mile north of route 60 in Libertyville	Old School Forest Preserve	Kurt Schoenhoff & Al Berman	439-9861

### Club Officials

President	Wayne Segedie	(708) 426-4376
V.P./Rides	Ralph Pedraja	(708) 680-7379
Treasurer	Lotti Dolce	(708) 398-3957
Membership	Jill Janov	Ride line (Opt#2)
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**

**MEMBERSHIP APPLICATION**

**WHEELING WHEELMEN**

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_ DATE: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

New       Renewal       L.A.W. Member      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 Family please provide:*

Husband's name: \_\_\_\_\_

Wife's name: \_\_\_\_\_

Children (under 21)      Age: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**MAIL WITH PAYMENT TO:**  
**WHEELING WHEELMEN**  
 P.O. Box 581-D, Wheeling IL 60090

\_\_\_\_\_  
*Applicants Signature (Parent's signature if a minor)*

\_\_\_\_\_  
*Spouse's Signature*

**Family Dues \$15.00**

**Individual \$12.00**