



Wheeling Wheelmen
An Affiliate of the League of American Bicyclists

Monthly Meanders of the Wheeling Wheelmen

February 1996

- * Feburary Meeting
- * Thursday Feburary 1, 7:00PM
- * Wheeling High School

PREZSEZ

By Wayne Segedie

WELCOME TO THE CABDA EDITION and thanks for visiting us at the show. I hope you had an enjoyable show and made some new friends. Also, I would like you to consider joining the Wheeling Wheelmen Bicycle Club. We are Chicagoland's finest, oldest and largest bicycle club. Whether you are a seasoned racer, long-distance cyclist, or a beginner, you will find our organized routes through the backroads of northern Illinois and southern Wisconsin both invigorating and inspiring.

We were founded in 1970 by Phyllis Harmon and have more than 400 male and female members from Chicago and the Suburbs. We publish a monthly newsletter, a Master Club Riding Schedule in April, hold monthly meetings and try to have guest speakers or other interesting programs/seminars to enhance your overall cycling knowledge. We ride year round and offer a wide variety of rides to appeal to every type of rider. Our friendly ride leaders hand out cue sheets to all riders on the weekend rides. We usually offer three to six rides each weekend, and sometimes we have weekend tours in Wisconsin and western Illinois. We offer evening rides on Tuesday, Wednesday and Thursday during the Spring, Summer, and early Fall. Occasionally we even mountain bike. We also have a HOTLINE to call for updates on the club rides and events.

HOTLINE: 847-520-5010

We sponsor two invitational rides each year: St. Patrick's Day ride in March, and the well-known and established Harmon Hundred in September. In addition, during the year, we have a club picnic, an annual banquet, a Christmas party, a New Year's Day party with a hiking/biking event, and monthly social outings like ethnic dinners, line dancing, in-line skating, horse back riding just to name a few. Throughout the winter, snow-permitting, we go cross-country ski-

ing to stay in shape and just have fun.

Our Club meetings are held the first Thursday of every month at Wheeling High School, Hintz Rd. and Route 83, starting at 7:00PM. I look forward to seeing you at a meeting or on many of our great rides.

OTHER CLUB NEWS. Don't forget to stop by and see us at the CABDA Show Feb 24th and 25th at the Rosemont Convention center. Please show club support by wearing this year's Harmon anniversary tee-shirt.

Don't forget about flea market/swap meet at the March meeting. Start digging out those goodies.

Also, its membership renewal time again. You should have received your form in the mail, so write out that check and get it in the mail or this could be your last newsletter. (don't I just sound like one of those mail contests?)

ON THE POLITICAL FRONT: I do not normally get involved in political issues but I think that this is one that effects most of us. It has come to my attention that the Forest Preserve District of Cook County is trying to close the multiple purpose/cross country ski trails in Deer Grove to all mountain bike riders. This has become a hot issue lately and I am going to ask your help in trying to keep these trails open. Closing the trails is not the answer, but I would support a reasonable solution to limiting erosion and damage to the trails. This will come in many forms, from education, trail maintenance days, and limiting the riders to certain trails so we can all live in harmony. I do use the trails for riding, hiking, and cross country skiing and see a strong need to support this problem. I have enclosed a pre-addressed card for you to fill out and mail to show that you favor keeping the trails open. Your help will be greatly appreciated. Thank you.

NEW MEMBERS

Let us welcome the following new members to the Wheeling Wheelmen in 1996.

- CARRIE BAHE
- JOEL AND KAREN HODROFF
- JEFFERY MATTSON
- SUSAN SCLOVE

We hope to see you at the meetings and on the rides. Look for additions to the new members list in 1996

Our annual St. Patrick's day ride is just around the corner, so please contact Jerry Goldman to lend a hand.

Also, its not to late to call Mike Ortman to reserve a space on our master ride schedule to lead your favorite ride. The date are filling up fast so call him quick so you don't miss out.

I know it's early but I need two more volunteers. I need one for

Prez (Contd)

the picnic which will be held the end of July. I also need one for the banquet in November. We all ready have the place and date reserved, thank you Joan. Please give me a call to volunteer.

I hope you are staying in semi-shape, our summer riding season is only a month away, so put down that remote, turn off that computer and get off line long enough to dust off those rollers and start riding. I want to see all of you out there on St. Patrick's day which is the official start of our riding season. Don't forget, we will ride together as a club at 11:30AM after the close of open registration. You won't have any trouble hurting me since I have not been doing anything. Maybe I had better listen to my own advice and start getting ready.

Any new ideas or comments out there? Don't worry, I won't make you carry out the new ideas, but I would appreciate hearing from you. No, I'm not that lonely, I just looking to make things happen for you and the club.

Well, I guess it's time for me to close again. Look Rob, I'm even on time with this month's article. See, even I can change. How are you all coming on signing up your one new member?

Looking forward to seeing you soon. Have a great month.

May the wind be always at your back

Wayne

INDIAN CUISINE

On Sunday, February 18 at 7:00 PM, we're going to try another dining delight. This time it will be Indian food at Gandhi's Restaurant located at 2601 W. Devon (2 blocks west of Western Ave.) in Chicago. We'll order off the menu and see if we can try lots of different things to eat! Don't worry if you don't like spicy food, there are lots of things you can try, such as Tandoori chicken, that are very mild.

Please call Joan and Tom at 847/632-1472 so we can let the restaurant know how many of us are attending and to see about arranging carpools

Safety Stuff

By Ron Hattendorf

Riding safely, like anything, requires awareness and concentration. This can be accomplished without losing the enjoyment the sport brings, along with the physical and mental workout that we receive.

Eating the right kinds and amount of food as well as drinking nutritional beverages can only add to concentration and awareness while riding. Rest, before and during the ride is included into this formula. It is important to take weather and length of the ride into consideration, so one can dress properly.

An excellent criterion for a safe ride is to be in good physical shape. There is nothing wrong with doing a 30 mile ride instead of a 60 or 100 miler. Ride at your own pace and it will be enjoyed all the better. Remember: this is for fun rather than competition.

On another note of safety is the infamous "hand" gesture aimed at motorists. It's tempting, when you get buzzed by motorists to shoot that solo finger in the air at them. I have a story to tell that might change anyone's mind when it comes to this gesture.

A few years ago I was on a club ride with my son. We were pedaling down the narrow Rockland Road in Libertyville. A car passed to close to my son and out came the gesture, almost a natural reaction. The car stopped and a few words were exchanged. We went on our way, unfortunately the car was now behind us. As he passed, I saw my son get slowly run off the road. No one was hurt, but an important lesson was learned. I know some riders who just smile and wave when a car passes too close. This psychology will usually make the driver think how careless he was to drive so close. Probably the best thing to do is take a deep breath and keep riding. Afterall, this doesn't happen on every ride.

FLEA MARKET

Mark your calendar! At the March 7 club meeting, after the business segment, we will have a flea market. This is chance to sell your excess and "gently used" bike items or any other sport items you no longer use, ie roller blades, skis, etc.

We will assign you a spot in the cafeteria for your "wares." Please be sure and mark your prices on your merchandise before the meeting.

ISTEA

One of our club members recently wrote a letter to House Representative John Porter regarding a bill, National Highway Designation Act (NHS), that would alter the Intermodal Surface Transportation Efficiency Act of 1991 (ISTEA). The NHS bill would not take away transportation dollars away from regions, but would allow greater regional flexibility in spending federal dollars by eliminating unnecessary regulations. John Porter was a supporter of the ISTEA when it was considered by the house in 1991

EC Notebook #16

THE BASICS OF GEAR USE

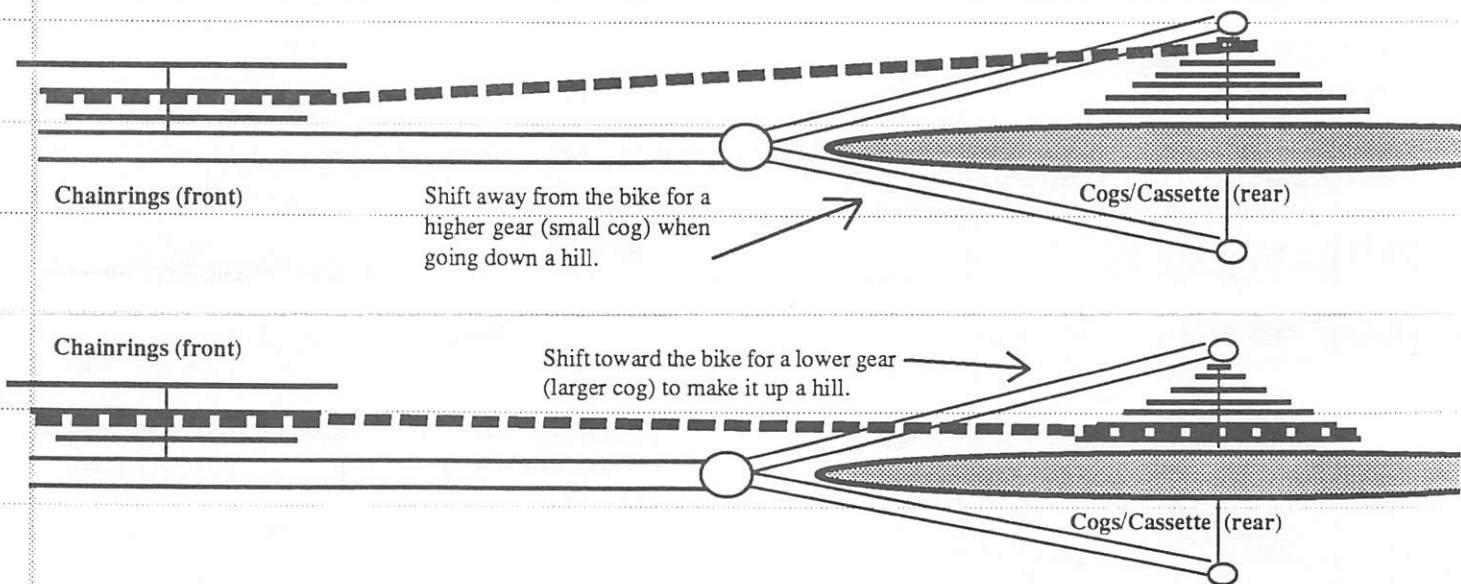
By Susie Jones

Why does my bike have 24 gears? How could I possibly use them all?! Whether you use them all or not, the gears are on your bike so that you can exert nearly the same amount of pedaling effort whether you're riding up a hill, down a hill, or on the flats, taking into consideration wind and road surface.

For the maximum amount of efficiency and speed on the bike and the least amount of wear and tear on your knees, you'll want to maintain a pedaling cadence of 70-90 revolutions per minute (rpms). You can determine your cadence with the help of a cyclocomputer or by counting how many times one pedal goes around in a minute. When you are maintaining a steady cadence, the bike will travel different distances depending on the gear you have selected. For example, when a bike is in high gear, each revolution of the pedals propels it a long distance—perhaps 25 feet or so—but pedaling effort is very high. When the bike is in low gear, each revolution propels it only a short distance, perhaps as little as 5 feet, but the pedals are easier to turn.

If you're riding along at 75 rpms and you approach an incline, you'll need to shift to a lower gear to make pedaling easier or you'll end up standing on the pedals doing 5-15 rpms with your knees screaming. Conversely, when riding down a hill, you need a higher gear so you're not pedaling 120 rpms out of control.

If your bike has three chainrings in the front you will do much of your riding with the chain on the middle one. That means that you only have to shift the rear derailleur to find a comfortable gear. To do so, keep pedaling and use the shift lever on the right side of the handlebar or down tube to move the chain:



If the change in terrain is more pronounced, you will need to shift the front derailleur as well. And just to confuse you, the chain has the opposite effect here: Move it onto a smaller chainring (although still toward the bike) for a higher gear, and onto a larger chainring (away from the bike) for a lower gear.

Assistance for this column was provided by Richard Corbett, ECI #129. For more detailed information on gearing, including gear inches and the selection of custom gearing, refer to *Bicycle Gearing—A Practical Guide* by Dick Marr.

This column is provided for reprinting in club newsletters as part of our benefit package for affiliated clubs of the League of American Bicyclists (L.A.B.), and focuses on various aspects of Effective Cycling. Effective Cycling is the only nationally-recognized bicycling education program. For more information about L.A.B. or the Effective Cycling program, contact the League at (410) 539-3399.

LEAGUE EVENTS '96

GEAR '96- June 7~10- Millersville, PA. A choice of 30 rides in the wonderful Pennsylvania Dutch farm country, exhibits, workshops and entertainment.

National Rally '96- July 3~7- Dayton, OH. A wide variety of rides in gently rolling terrain to such fascinating destinations such as the Air Force Museum and Wright Brothers' Bicycle Shop. There will be an advocacy program plus many workshops on a wide variety of topics, exhibits and entertainment.

For more information on these events see the bottom section

of this page about the League of American Bicyclists or visit their web page: <http://www.clarknet/pub/league/homepage.html>

!!!!!!!!!!!!!!!!!!!! WANT AD !!!!!!!!!!!!!!!!!!!!!

LOOKING FOR: Tandem partner. I have a tandem with a frame size of 22x20. Interested in doing single and multi-day tours. Perhaps some racing too. I have a tandem taxi, a minivan, so getting to these events is not a problem for me. Lets experience the thrill of downhills and the camaraderie that tandeming has to offer. Call Rob at (847) 854-0153

WHEELING WHEELMEN MEMBERSHIP APPLICATION

Name: _____ Address: _____ Date: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ - _____ - _____ Age: _____
 Are you a new member? _____ Are you renewing your membership? _____ Are you an L.A.B. member? _____
 Husband's name: _____ Wife's name: _____
 Children _____ Age: _____
 under 21 _____ Age: _____
 _____ 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 the 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.

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

 Spouse's signature

Family dues: \$15
Individual: \$12

Mail this application with payment to: Wheeling Wheelmen, P.O. Box 581-D, Wheeling, IL 60090-0581.

| Club Officials | | |
|---|----------------|------------------|
| President | Wayne Segedie | (847) 426-4376 |
| V.P./Rides | Mike Ortmanns | (847) 439-9861 |
| Treasurer | Bob Savio | (847) 438-8066 |
| Membership | Jill Janov | (847) 590-9010 |
| Safety | Ron Hattendorf | (847) 362-5997 |
| Secretary | Ella Shields | (312) 594-1755 |
| Newsletter | Rob Schaller | (847) 854-0153 |
| Bike Books | Dennis Berg | (847) 296-4971 |
| Harmon 100 | { Stacy Carver | (847) 356-5863 } |
| | { Greg Iverson | (847) 670-0083 } |
| Marketing | M.E. Ferraro | (847) 657-7827 |
| LAB Club Rep. | Phyllis Harmon | (847) 537-1268 |
| 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 Advocate: Al Berman (847) 541-9248 | | |
| Wheeling Wheelmen Hotline: (847) 520-5010 | | |

JOIN THE LEAGUE!

The League of American Bicyclists promotes cycling through safety and represents us in the decision making process in Washington DC. A yearly individual membership is \$30 and should be sent to:

League of American Bicyclists
 190 W Ostend St(#120)
 Baltimore, MD 21230-3755
 (410) 539-3399

In addition to government relations, they also organize many great cycling rides and rallies around the country. For info on these events call (800) 288-BIKE