



Wheeling Wheelmen

An Affiliate of the League of American Bicyclists

# Monthly Meanders of the Wheeling Wheelmen

March 1996

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- \* Feburary Meeting
- \* Thursday March 7, 7:00PM
- \* Wheeling High School
- \* Activity: Flea Market, details in newsletter

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## PREZSEZ

By Wayne Segedie

**HAPPY ST. PATRICK'S DAY!** This must mean two things. One, our annual St. Patrick's Day ride is near. Two, the official start of our summer riding season is about to start. So get those bikes dusted off and join us on Sunday March 17 at 11:30am to ride as a group. Remember, the miles ridden with the club will start counting on that day. Also, who will be our next mileage champions. Can anyone beat Joan and Jeff? Tom Burke will be putting in all those miles with Joan, so he will be hard to beat too. Lets have a fun and safe season, come on out and start riding with us again. It would be nice to see some of the faces we miss. We are also going to try to encourage newer members with some shorter mileage options this year. We will also need help leading some of those rides, so if you would like to do something worthwhile for the club, others, and a feel good for yourself, call Mike and volunteer to help encourage these newer riders. Not all riders out there are as experienced or as confident as you may be, and might be intimidated by the longer rides. Remember when you first started?

Thanks to everyone who helped work the Midwest Bicycle Show in February. Having a booth really gives us some great exposure, not only for our club membership, but for both of our invitational rides. It was a great time and a big success. Thanks again.

## SURF'S UP

Well, the Wheeling Wheelmen have arrived on the net. So get your surfboard out and give us a look at:

<http://www.mcs.com/~gjohnst/wheel.html>

Since I don't surf the net I'm not sure what it all is or means but I've been told it is pretty cool. I will have to visit someone's home to check it out. This will be a great opportunity to meet new friends and gather new members. If you have any ideas or suggestions give me a call and I will pass on your

ideas. What am I thinking? If you can surf than you can pass on the information yourself. Thanks for the input. And thanks to Glen Johnstone for setting this up. I know he has all ready had a lot of help out there from some of you.

**CLUB MEETINGS** Our March meeting will be the swap meet/flea market I have been talking about. Remember, no bikes in the building, but please bring a few biking or other sports related items in good condition to this meeting. Please be sure to mark each item with a price tag or sticker. Our April meeting will be a little different. We will meet at Village Cycle Sport at the corner of Higgens rd(Rt 72) and Arlington Heights rd in Elk Grove at 8:00pm. The store will close at 8:00pm so be sure to get there a few minutes early. Vince and Joe have been gracious enough to lend us their facility. I thought that it would be nice to meet in a shop and see first hand what is new for 1996.

In addition to their presentation on the new stuff, Vince and Joe are cooking up some extra special sale items for us that evening. We will still get our normal club discount on any other items purchased. Since we will have the store to ourselves that evening, we will have their undivided attention to answer all our questions. This will be a very special evening for us, so lets show off how the Wheeling Wheelmen members really support their club and their friends. Hope to see you there.

I am still looking for volunteers for the club picnic in July, and the annual banquet in November. How about someone calling me first before I have to check everyone out on the membership list. Thank you. I hate dialing all those numbers.

I have the information on the Pedal The Peaks tour in Colorado/Wyoming for this June if anyone is interested. So far we all ready have eight club members signed up for the tour. If you would like more info or the phone number, give me a call.

## NEW MEMBERS

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

- PEGGY TSCHANNEN
- ELLEN LEVINE
- LUANNE MILEWSKI
- JIM BUCKLEY
- DENNIS BAKER

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

**CALL TO ACTION!** Last month I enclosed a post card addressed to the Cook County Forest Preserve and asked for your help in trying to keep the trails open to mountain biking. I hope you all took action and mailed them out. This month I am again asking for your help. I just received a call from Gaye Kazmirski of the T.U.R.F. group asking for our help. They are in a desperate situation right now. Cook County has drafted a map

Prez (Contd)

which will only leave approximately two miles of trails open for mountain biking. I understand that the two miles they have chosen are very flat and unchallenging. So, I am asking that you write or fax your opinions on keeping the trails open. This is a very serious issue and we need everyone's help immediately. We need to let them know how important it is to us as taxpayers and voters to keep these trails open. We also need for them to know that we want to get involved. Here's the address:

Herbert T. Schumann, Jr.  
Cook County Commissioner's Office  
118 N. Clark St. #567  
Chicago, IL 60602  
312-443-4678 fax  
312-443-4215 phone(they will take calls)

THANK YOU for your help.

Thanks for renewing your membership again. We have the best club and members in the Chicago area. Lets keep us strong. Encourage all your friends and neighbors to come out and give us a try.

Well, it's that time again, so I must close. I know you are getting tired of me anyway. I plan on riding more again this year, so there will not be any excuse for me to miss you on any rides. Have a good month and a great season.

May the wind be always at your back  
Wayne

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### ICE SKATING AT NAVY PIER

On Saturday, March 9 we're going to try our legs at ice skating! Navy Pier is the place to do this...it's free to skate and \$3.00 for skate rental, if you don't have your own. We'll meet at the skating rink on Navy Pier at 5:00PM, skate for an hour or so, then have a bite to eat at one of the new restaurants. We'll decide where to eat once we're there. Feel free to bring any guests - non-members and children are welcome!

Call Joan and Tom at 847/632-1472 so we know how many to watch for.

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### Safety Stuff

by  
Ron Hattendorf

#### Road Hazards

1. Cross railroad tracks near the side of the road. It's less worn there than in the center. Always cross with your wheels at right angles to the rails and be extremely careful if they are wet.

2. Perhaps the simplest way to stop an attacking dog when you can't outspurt is to yell, "No!" or "Go home!" repeated several times in a strong voice, these commands will mimic the dogs owner and put an abrupt end to the chase. A friend of mine, Tom Chambers, likes to use a relatively new method, he simply yells "Get off the couch!" This seems to work as well.

3. Never ride through a puddle if you can avoid it. Its not uncommon to find a gaping hole under the water.

4. Be especially cautious when rain begins, particularly if it has been dry for a few days. Oil and dust will float to the road surface making traction treacherous. But as rain continues and washes this slippery stuff away, traction may become almost as secure as on a dry road. Nevertheless, painted lines and steel surfaces (manhole covers, grates, railroad tracks, bridge decks) are always slick when wet.

5. To get safely through a sandy or gravel-strewn corner, straighten up the bike until you're past the loose stuff, then resume turning.

6. When you're breaking in the rain or anytime your rims are wet, remember that the first few wheel revolutions will only dry the rim and pads, so allow yourself more breaking distance. Once squeegeed dry, the breaks may suddenly take hold. Be ready to loosen the grip on the levers as soon as you feel the grab, or you could skid.

7. The key to making it safely through the unexpected patches of sand or gravel is to stay relaxed. Resist the temptation to jam on the brakes, and give the bike enough freedom to drift in the direction it wants.

8. If forced from the road onto a soft shoulder, react instantly by sliding back on the saddle, reducing your cadence, and maintaining a firm yet sensitive grip on the handlebar and yourself. Continue on the shoulder until you find a safe and convenient "on ramp" back to the pavement.

Thanks  
Ron

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### FLEA MARKET

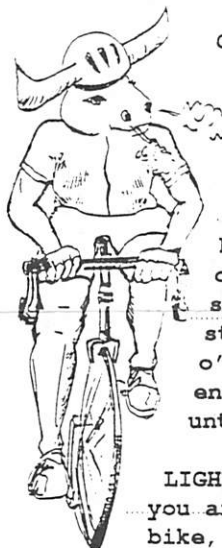
Mark your calendar! At the March 7 club meeting, after the business segment, we will have a flea market. This is chance to sell your excess and "gently used" bike items or any other sport items you no longer use, ie roller blades, skis, etc.

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.

## EC Notebook #15

### A BEGINNER'S GUIDE TO EFFICIENCY ON THE BIKE

To most League members, a "Beginner's Guide" may seem pretty basic, but the advice can sure come in handy for newcomers—so pass this page on to friends, relatives, co-workers and new bike club members. This list is not comprehensive—nutrition, stretching, weather and other factors influence efficiency—so consider an Effective Cycling class for more information.



**GEAR DOWN:** Spin, spin, spin! If you're a casual cyclist or new to the sport, there's a good chance you're pedaling in too high a gear, probably about 40-70 revolutions per minute (rpms). This stresses the knees and will cause you to fatigue faster than if you maintain a cadence of 70-100 rpms. It may feel unnatural to spin this fast at first, so increase your pedal cadence gradually. In time you'll notice how much more energy you have and you'll be saving yourself from future knee problems.

**NO BULL:** You know how a bull paws at the ground before it charges? That's what many cyclists look like when a light turns green. They push off the ground to get enough speed so they can balance and begin pedaling. Instead of doing the "bull dance," while stopped at the light put your weight on one foot and position the other pedal at the 2 o'clock position. When the light changes, push down on this pedal, and you'll have enough momentum to balance and begin pedaling. (If you use toe clips or cleats, wait until you are safely through the intersection before you clip in.)

**LIGHTEN UP:** Efficiency on the bike is influenced by how relaxed and comfortable you are riding. Assuming that you're riding a properly sized and adjusted bike, maintain your comfort by changing hand positions often, keeping your elbows relaxed, and doing neck and shoulder stretches throughout your ride.

**DON'T ROCK AND ROLL:** Many new cyclists ride with their saddle either too high (which causes a rocking motion) or too low (which causes knee pain and eventual knee problems). To get the most output from your pedaling, position your saddle so that when the ball of your foot is on the pedal at the bottom of the pedal stroke, there is a slight flex in the knee.

**SKIP THE OL' SOFT SHOE:** Shoes designed for tennis, running, and aerobics have cushioning built in for shock absorption. When you wear these shoes for bicycling, much of your energy output is absorbed by that cushioning before it ever gets to the pedal. A bike shoe's firm sole, on the other hand, allows more of your pedaling to actually propel the bike. Toe clips go a step further with a cage attached to the pedal that you slip your foot into and tighten. A clipless pedal system offers the most technological advantage by "attaching" your foot to the pedal with special pedals and a cleated shoe.

**RED LIGHT, GREEN LIGHT:** Accelerating up to a red light, just to have to stop and then start out again from a standstill uses a lot of energy. Rather than stopping and starting, time your arrival at an intersection (speeding up or slowing down accordingly) so that you can pedal right on through. If you do have to stop, though, downshift first so you aren't trying to start out from a high gear. Over the course of a long ride, these small behavior changes will reap significant energy savings. Safety Note: Predictability is the key to safety when you're sharing a lane with motor traffic. Be aware of how your changes in speed impact other drivers.

**AVOID THE WALL:** There is a well-known adage among cyclists to "eat before you're hungry and drink before you're thirsty." If you fail to follow this advice, you may reach a state of exhaustion known as "the wall," where fatigue and pain set in. Because of the severity of this condition, most cyclists only hit the wall once before learning their lesson.



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.

March 1996

**JOIN THE LEAGUE!**

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

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

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

**Wheeling Wheelmen Ride Schedule For MARCH 1996**

Date Day	Time	Ride Name	Mileage	Directions to Starting Location	Starting Point Location	Ride Leader	Phone Number
SUNDAY 17th	9:00 AM to 11:00 AM	St. Pat's Ride	17 miles 35 miles	Gossell road, West of Fairfield, North of Route 176	Wauconda Apple Orchard	Invitational	847-520-5010 Wheeling Rideline
SATURDAY 23rd	9:30 AM	Loops of McHenry	35 miles	Route 14, one mile north of Route 176 in Crystal Lake	McHenry County College	Ella Shields	312-594-1755
SUNDAY 24th	10:00 AM	Harmon Routes	17 miles 35 miles	Gossell road, West of Fairfield, North of Route 176	Wauconda Apple Orchard	Mike "Mish" Ortmanns	847-439-9861
SATURDAY 30th	9:30 AM	Wauconda Bull Valley	35 miles 45 Miles	Gossell road, West of Fairfield, North of Route 176	Wauconda Apple Orchard	Jeff Epstein	708-362-4276
SUNDAY 31st	9:30 AM	Apple Cider Ride	37 Miles	Old McHenry Road in Long Grove	Kildeer School	Walter Rosenbaum	847-537-0039

**Call The Wheeling Wheelmen RIDELINE for Changes and Updates 847-520-5010**

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 Iveraon	(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		

**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