



Wheeling Wheelmen

An Affiliate of the League of American Bicyclists

# Monthly Meanders of the Wheeling Wheelmen

April 1996

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- \* April Meeting
- \* Thursday April 4, 7:00PM
- \* Village Cyclesport, SE corner of
- \* Arlington Hghts Rd & Higgins Rd
- \* Elk Grove Village

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## PREZSEZ

By Wayne Segedie

### VOLUNTEER

In a loose definition taken from my old Funk & Wagnalls dictionary this means: 1. One who enters or offers into some service of one's own free will. 2. Done without valuable consideration; gratuitous.

The best definition I can think of to describe this word would be THE WHEELING WHEELMEN. No, I have not been inhaling to many school bus fumes. This club is composed of the best volunteers around. Unfortunately, we only have so many doers and a lot of people along for the ride. The problem arises when these doers start getting burnt out and stop doing. We have all been there, but now I am asking for more of you to step up to the plate and give some of your time and/or expertise. It takes a lot of people and a lot of "free time" to keep any club at the high level of expectation we have of the Wheelmen. I need volunteers to chair events and lead rides. Check Mike's articles in this newsletter and get a feel for what I'm talking about.

The only thing wrong with the Funk and Wagnalls definition has to do with the part about without valuable consideration or gratuity. No one can take from me the rich rewards I have gained and the valuable friendships made from volunteering. How about you?

Speaking of volunteers, thanks to Pam Zaverdas for stepping forward to chair our annual banquet. Thanks Pam. She also assures me that we will see her out on more rides this year.

**CABDA SHOW WRAP-UP** The show was a great success for us. I want to thank all the energetic and aggressive volunteers who worked the booth. We signed up 22 memberships because of the show. We also distributed 1000 St Pat's and 1250 Harmon brochures. The response was terrific, and we will see the benefits from this exposure at our invitationals.

Spring is just around the corner, so I hope you have put your mind into the right gear and are joining us on lots of rides. Yes, even I have been out on the road this year. Mike has a great ride schedule planned, so show him how much we appreciate all of his efforts by showing up for some rides. Besides, I'm looking for someone to ride with. Mike is making a concentrated effort to offer more ride options this year. We want to accommodate everyone from beginner to expert.

**APRIL'S MEETING** will be at Village Cycle Sport in Elk Grove Village. The meeting time is 8:00PM, please note. This will be a very special evening because the store will be closed to the general public so we will have the shop to ourselves. Don't forget our special sale items that night in addition to our regular discount. If you like this idea I will try to do this type of meeting again. Hope to see you all at the shop.

Well, I was told to keep this short because Mike has a "lot of stuff". So, I guess I'll close for now.

**HAPPY EASTER** Have a great and safe month. Ride Ride Ride

May the wind be always at your back.  
Wayne

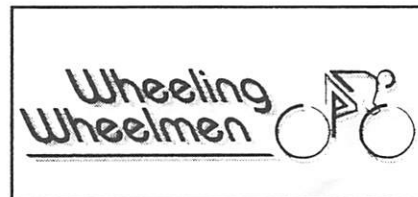
### ATTENTION ALL CLUB MEMBERS!

Your vote is requested at the April meeting. A few members have suggested changing the club logo. We would like your inputs and vote regarding this potential change in the club's identity

Current Logo



Proposed Logo



**Safety Stuff**

by Ron Hattendorf

**EXERCISE - THE KEY TO WELLNESS**

A regular exercise program will help keep your weight down. It will reduce stress and tension and help you enjoy a happy, healthy life.

It will strengthen your heart, muscles, and bones, increase your energy level, and help you sleep soundly.

You don't have to be an athlete to exercise. Walking is one of the best exercises you can do—and you can walk anywhere, without special equipment. Many enjoy social sports such as tennis, basketball, or racquetball. Or you could try more solitary exercise like running, swimming, aerobic dance,

calisthenics, bicycle riding\* or weight lifting. Of course if you join a club, as in our case, the (WHEELING WHEELMEN) you have the best of both scenarios, social and solitary.

I like to start my riding in mid March and do 20 to 40 mile rides at least 2 or 3 times a week for about 8 weeks, this will give me the strength and confidence to ride further and stronger for the rest of the year. thanks Ron.

\*[Editor's note: tandeming is not a solitary a form of cycling]

**JANESVILLE WEEKEND**

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May 25 (Sat), 26 (Sun) and 27 (Mon)

This popular weekend trip originates out of Janesville, Wisconsin. Rolling roads will take you through New Glarus, Kettle Moraine and Lake Mills, each day will have options of 50, 80 or 100+ miles.

Joe & Sue Lippere (847/705-8879) will be in Janesville Memorial Day weekend and will be happy to provide cue sheets for anyone that is interested. Give them a call if you plan on going so they will have enough copies of the routes.

Everyone is responsible for their own hotel reservations. The last several years the Hampton Inn has been a popular spot for club members and also a convenient meeting point. It has a continental breakfast 6:00-10:00, pool and whirlpool. However, all of the motels are within walking distance of each other.

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|---|--|
| HAMPTON INN (608/754-4900)<br>2400 Fulton Street<br>(Intersects Hwy 26) | Exit 171A Off I-90 at Hwy 26,<br>north 1/4mile       |
| BEST WESTERN TRAVEL LODGE<br>800/334-4271                               | Across the street from Hampton Inn                   |
| JANESVILLE SUPER 8<br>608/756-2040<br>3430 Milton Ave (Hwy 26)          | Exit 171A Off I-90 South on<br>Hwy 26, Milton Avenue |
| RAMADA (800/228-2828)   | Across the street from Super 8                       |
| SELECT (608/754-0251)   | Next to the Super 8                                  |
| OASIS (608/754-2800)  | Located behind the Ramada                            |
| MOTEL 6 (608/756-1742)  | Located next to the Hampton Inn                      |

### BILLIARDS

Oh, we've got trouble, right here in Buffalo Grove. Trouble with a capital T that rhymes with P and that stands for POOL! We'll meet at KC's Masterpiece for dinner at 5:00 on Sunday, April 14. KC's is located at the Northwest corner of Lake Cook and Old McHenry Roads in Towne Center at the South end of the shopping center.

Bumpers Billiards is at the other end of the shopping center,

so we can walk off our meal and play pool for as long as we feel like playing! Price depends on how many people per table, but it ranges from \$3.50 to \$5.00 per hour plus a \$1.00 flat rental fee for a cue. Feel free to bring any guests - non-members are welcome! Sorry, no kids at this event.

Call Joan and Tom at 847/632-1472 so we can make reservations at K.C.'s.

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**WANTED:  
ENERGETIC, ENTHUSIASTIC PEOPLE  
TO LEAD RIDES FOR THE WHEELING  
WHEELMEN BICYCLE CLUB.  
847/520-5010**

Once again it is time to dust off the bike and hit the road, the 1996 riding season is upon us. If you haven't noticed, this issue of Monthly Meanders contains the year's master schedule. You will see there are a lot of open dates to fill. My goal is to have at least two rides of various distance, pace, and terrain every Saturday and Sunday. To accomplish this goal I need the members help. We have a large library of rides to choose from, and I'll be glad to help you pick something out. You can also opt do your own thing - road, off road, or trail, we are a very open club. I urge you to give me a call and volunteer.

Also, a reminder that daylight savings time starts in April so for those of you doing the week night thing, talk to me and we'll get you on the rideline. Speaking of the rideline, make sure you call the day of the ride to check for any last minute changes or cancellations.

I really do feel that with your help we can satisfy everyone's cycling needs. I thank you and I hope to see you out there!

Mike Ortmanns  
Ride Chair

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### CLUB LIBRARY

The Board is currently in the process of updating the club library with new books and video's. As we get additional items we will keep you advised through the newsletter.

Dennis Berg is in charge of the books which he usually brings to the monthly club meetings. Browse through the library and if you want to take out a book or video be sure to see Dennis. Please return the book or video at the next meeting so other people can use it.

**THE AMERICAN BICYCLE** - Chronicles more than 130 years of bicycles in America, from the high wheelers of the late 1800's to the high-tech mountain and race bikes of today. By Jay Pridmore & Jim Hurd.

**CYCLING HEALTH AND PHYSIOLOGY** - A wealth of information on cycling physiology, nutrition, training methods and health. By Edmund Burke.

**TRAINING FOR CYCLING** - Learn the training and racing secrets of America's most famous cycling couple. By Connie Carpenter and Davis Phinney

**STEALING FROM A DEEP PLACE. TRAVELS IN SOUTHEASTERN EUROPE** - Tale of a young man's 2 year journey through Europe on bicycle. By Brian Hall.

**EFFECTIVE CYCLING VIDEO** - Instruction on how to ride further, faster and safer, confidently, anywhere. Vital information for all cyclists, novice or experienced. From League of American Bicyclists (41 minutes).

**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. 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**

**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