



Monthly Meanders of the Wheeling Wheelmen

May 1996

- * May Meeting
- * Thursday May 2, 7:00PM
- * Wheeling High School(West Entrance)
- * NW Corner of Hintz & Rt-83
- * Presentation: Proper Helmet Fit (BYOH)

PREZSEZ

By Wayne Segedie

THANK YOU to all the club members who turned out for our April meeting. We had an excellent turnout and I think all who attended were well pleased with the specials that Village Cycle Sport had for us. It was nice to see all of you again. I would like to think that you came to see me, but I know that you just came for the extra discount. Whatever it takes, I'm just glad you were there.

Thanks to Village Cycle Sport too, for allowing us to have our meeting at their store and for all the work they put into our activity. The giveaways were an extra bonus. Thanks guys for your continued support not only at the meeting, but throughout the year.

Riding season is in full motion and I hope to see you out on the road. Don't forget, evening rides are also beginning. These evening rides really make a difference in your conditioning. They allow you to stay peaked all week without all those valleys. Whether you are trying to get ready for Colorado or your first century, by riding during the week, you can achieve your goal a lot easier. So come on out and ride with us.

MAY is National Bike month and I thought I would mention a few related items:

*National bike to work week May 19-25 How about commuting by bike one day instead of driving?

*Laracol - an invitational held in the memory of one of our club members Lenore Goldman. The proceeds benefit the Association for late deafened adults

*Rock River Ramble - a weekend invitational where a large number of Wheeling Wheelmen will be attending and having lots of fun

*Janesville - a weekend tour in Wisconsin held over the long Memorial Day weekend

Every month I have been asking for volunteers and some of you are actually listening or reading my articles. In addition

to his position as Webmaster, Glen Johnstone has come forward and volunteered to be our new Membership Chairman. Congratulations Glen, I know how excited and enthusiastic you are about your new position, you will do a great job. Welcome to our board. May you never be bored. Thanks for volunteering.

Jill is vacating her position as Membership Chair due to a change in her life and place of residence. Jill, we will miss you and all your hard work. Thanks Jill. I will also miss you in the Daily Herald. I have already stopped my subscription.

Special thanks to Joan and Tom Burke. After spending an enormous amount of time updating our membership and harmon data base, which they have just been completed, they have now volunteered to chair our annual picnic. Thanks guys for continuing to support our club.

CUBS OUTING Yes, there will be a Cubs outing this year. On June 8th I am planning an evening at Wrigley Field. I have reserved 20 seats for that night game against Montreal. We will meet for dinner at a restaurant near Woodfield (probably Garfields) and then carpool down to the ballpark. The first 20 people who get \$12.00 per person to me, will get to go on this fun outing. I have already sold some of the tickets, so get your reservations in quickly.

Congratulations go out to Joan Segedie and Tom Burke who were married on April 21st. Maybe the divorce "cycle" is ending and we are "shifting gears" back to marriage. I have a feeling that this will be the first of several others in the near future.

NEWLOGO At the April meeting, a new logo was presented to the membership and voted on, and I am proud to announce that we now have a new club logo. You will see this proudly displayed on our newsletters. This design was brought to life by a prize winning artist and is something that we can all be proud to display. Thanks for your support in being willing to accept change.

GRAPEVINE has it that a certain female noted for her expertise in drive-thru has been spotted in the kitchen doing that nasty thing, cooking, and enjoying it. Whoever said "what's love got to do with it" was wrong.

MAY MEETING will be a seminar on helmet fit. Bring your helmet to the meeting and we will try to get your oblong head into that round helmet. Remember, there really is a purpose to that helmet, its not just to make you look "cool".

Happy Mothers Day to all. Have a bikeful month.

From The Editor

Appreciation of Different Riding Styles

Over the last few newsletters Wayne's articles have been concentrating on getting people to volunteer in club activities and rides. Mike has laid out an ambitious ride schedule but needs ride leaders. I feel that adding more rides to the schedule does not address the root of the problem of poor participation. I am suggesting a change in ride ATTITUDE! When I hear comments from present and past members about how I got left behind or I arrived a couple of minutes late and everyone took off in the distance. In one case, a rider unfamiliar with the route and area missed the first turn and rode down RT-14 to Woodstock, very dangerous! It doesn't surprise me why more people do not participate in the rides. Comparing this year's ride schedule to one I have from 1984 I see two items of concern. (1) There are not enough short rides less than 30 miles, especially in the early season when many people are not in shape. I know it might be hard for some of the people who own sub-20 lb titanium racing bike to understand that for some members in the club a 50 mile ride in March might be a bit too challenging, but it is true. (2) Several rides this year are without leaders. The rides have designated names and distances but no leaders. In the past there has been a designated riding planning meeting in which anyone in the club could come to and discuss rides for the coming year and volunteer to lead a ride.

Proposal #1: Eliminate the club mileage contest

Is a person who chooses to do a shorter ride on a given day any less of a participant in the club than one who does a longer ride? Right now the club thinks so. I don't believe in that. Is there anything wrong with riding lots of miles? Of course not, and in fact I rode over 12,000 road miles last year. Some of the complaints I hear is that "clicks" develop among riders and this spoils the comradery of group riding because of differing abilities and attitudes. Those who are competing for the club miles will not lead a shorter ride that will attract other riders in the club to participate. The riders who have no desire to ride long distances may feel left out because they are not recognized in the newsletter or at the banquet. To encourage participation in club rides consider going to a point system where a rider gets one point per ride, whether its 20 miles or 200 miles. Of course, they have to complete the ride in its entirety for credit

Proposal #2: Newsletter Changes

As many of you noticed there is a list of club members at the end of each newsletter with certain responsibilities assign to them. As a minimum, I would like to see at least one newsletter contribution from these people every other month. These people have important roles in the club and the membership deserves to hear what is going on. The news-

letter is a great way to show just how diverse our clubs interest in cycling is.

In conclusion, a bicycle club's strength is based on the diversity of its membership, and no matter how many members join the club, we will not achieve a high level of participation until we recognize and appreciate the various riding styles and abilities of our existing club members. I am interested in hearing your comments about some of my proposals. I am a regular at the club meetings and I also have email. You may also reach me at home and I do return phone calls. Rob

A Note From Wauconda Orchards

Please park in the lot west of the orchard store when you have a ride originating at our facility. This will eliminate motor vehicle congestion in the front of the store. We will be opening again for the season June 1 and this will be especially Important for any event originating after that date.

Thank you.
Rick breeden

Safety Stuff
by Ron Hattendorf

10 TIPS FOR NEWCOMERS

This month's safety letter comes from Adventure Cycling Association, and was given to me by one of our club members, it seems to be right on target for beginning our biking season. This is probably one of the best articles I've seen to help any new rider. Some of us had to learn all this the hard way, and here it is on a platter for you.

1. Wear a helmet that fits well, securely fastened under your chin.
2. Drink before you are thirsty and eat before you are hungry. If you find you are getting tired or irritable, eat. You'll feel better in ten minutes-I know its hard to believe this when you are tired and irritable, but it works.
3. Make sure you're seat height is correct. With the pedal down, your heel should rest comfortably on the pedal with leg straight.
4. Gearing. I'm suggesting that, as a newcomer, you should use only 8 of your 21 gears, but use them often. The shift lever on the left operates the front derailleur that controls the front gears, the chain rings. The shift lever on the right controls the rear derailleur, which controls the freewheel. If you have 3 chain rings, shift to the middle ring; if you have only two (a racing bike) shift to the small ring. Than for a few rides you'll use the right shifter only 95% of the time. Shift to the small chain ring to help you up the mountains. Once in a while you may want to go faster than the middle ring allows; then you'll shift to the big ring. Remember that small in the front is easy

Contd on pg 4

Wheeling Wheelmen Ride Schedule For MAY 1996

Day Date	Time	Ride Name	Mileage	Directions to Starting Location	Starting Point Location	Ride Leader	Phone Number
Sat 4-May	9:00	Brookfield Zoo Ride	50	On Golf Rd, between Rte 53 and Rte 62 (62 is Algonquin Road)	Busse Woods Forest Preserve	Al Dargiel	312-685-7708
Sat 4-May	9:30	Spring Into Wisconsin	48	294 N. , to Rte 173 East, to Kenosha Rd. Right to 21st St., Left to the park.	David Park Zion	Ella Shields	312-594-1755
Sun 5-May	9:00	Ice Cream Social	50	Rte. 14, 2 miles north of Rte 176 in Crystal Lake - North Parking Lot	McHenry County College	Mike Ortmanns	847-439-9861
Sat 11-May	8:00	Paris School	40	294 North, exit 142 West, to County D turn left to the school	Paris School	Ron & Judy Hattendorf	847-362-5997
Sat 11-May	9:00	Hill & Horses	48	Corner Kelsey Road & Rte 59 in Barrington	White Hen Parking Lot	OPEN	
Sun 12-May	9:00	Ogle Oddesey	80	I-90 West, to I-39 So., to IL 72 West, to Stillman St., right on Main, Right to School.	Meridian Jr. High Stillman Valley, IL	Rick Arnopolin	847-520-3136
Sun 12-May	9:00	B.D.S.F.	40	Old McHenry Road in Long Grove	Kildeer School	OPEN	
Sat 18-May	9:00	Wauconda Bull Valley	35	Gossel Road, West of Fairfield North of 176	Wauconda Apple Orchards	OPEN	
Sun 19-May	9:00	McHenry to Hebron	50	Rte. 14, 2 Miles North of Rte. 176 in Crystal Lake	McHenry County College	OPEN	
Sat 25-May	9:00	Two Covered Bridges	45	Old McHenry Road, Long Grove (New Route)	Kildeer School	Howard Bronson	847-475-1198
Sun 26-May	9:00	Ride to McHenry	65	Main Street, west of Rte. 14 in Barrington	Barrington High School	Art Cunningham	847-392-1116
Mon 27-May	9:00	Oh Those Hills	40	Rte. 14, to Silver Lake Road, turn North to the park	Lynne Park Cary	OPEN	
May 25-26-27		JANESVILLE WEEKEND	Various	See Newsletter for Details	Janesville, WI	Joe & Sue Lippere	847-705-8879
Sat 1-Jun	9:00	LARACOL Preregistration only	21 / 40 62	I-90 west to Rte 47 North, to Huntley	Deicke Park	Invatational	847-475-6879
Sun 2-Jun	9:00	Dekalb Kounty Korners & Kornfields	75	I-88 West to IL 56(Sugar Grove) Go West on US 30 past IL 23(Waterman) to Shabbona Left at Shabbona. Take Shabbona So. to Preserve Rd. Left to Shabbona State Rec. Area Turn Right, veer right to parking.		Rick Arnopolin	847-520-3136
Sun 2-Jun	8:00	Killer Hill	68	Old McHenry Road, Long Grove	Kildeer School	Al Dargiel	312-685-7708

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

Upcoming Events

Sunday June 9, 1996- Wauconda, IL. The Bicycle Club of Lake County presents the 15th annual BCLC RAMBLE, a recreational bicycle ride, beginning at the Wauconda High School in Wauconda, IL. Routes of 31, 62, 80 and 100 miles; SAG, rest stops, a pasta dinner. The first 500 participants will receive a BCLC RAMBLE water bottle. Reg. fee: \$12 before June 1 and \$15 after June 1. For more info contact the BCLC Hotline at (708) 415-1820 or visit the BCLC homepage at <http://home.aol.com/Bclcl> for entry form

June 28-29-30- ANNUAL SPRING GREEN WEEK-END

Join us in one of the most scenic areas that Wisconsin has to offer. The guest lodge will be the Wildwood Lodge, a rustic lodge in a very remote area of Spring Green.

There is also outdoor arts and crafts fair going on the same weekend. Cost of the trip is \$80.79 per person which includes two nights lodging and an all-you-can-eat buffet breakfast on Saturday and Sunday morning. Saturday night we usually eat as a group at one of the many fine restaurants in the area. Mileage can vary according to your own inclination, but an 85 mile option is available on Saturday, and a 50 mile option on Sunday.

There is limited space in the lodge, so sign up early. A \$35 per person deposit is required for this trip. If interested send your check to: Al Berman 340 Redwing Dr., Deerfield IL or contact Al at 541-9248

TAKE THE CHALLENGE

On Saturday July 13 there will be a double century ride across rural farm country in Northern IL. The ride will start at 5AM from the McHenry County College. The terrain is flat. The ride features:

- 1) Friendly sag support
- 2) cue sheets and map
- 3) A chance to meet other long distance cyclists from 3 other cycling clubs.

This is NOT a race. The goal of this ride is to complete the distance. For more information contact: Rob at (847) 854-0153 or email: C12019@email.mot.com

Recurring Rides

Starting on Wednesdays in May From East View School in Algonquin at 5:30 PM Ride up to Lundahl Jr High in Crystal Lake Where a larger group of riders go out to Union and back. These are *fast* training rides and meant for racing. Ride distance is 32 miles from Lundahl and 47 miles from East View School. Call Rob at (847) 854-0153 to confirm ride.

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 under 21 _____ Age: _____
_____ 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.

Wheeling Wheelman Strategic Plan

Definition of 1996 Goals

Membership		Goals
Target Members	New Members	Geographic, demographic considerations: To increase the growth and diversity of the membership by 5-10% by this year (1996) with a total growth of 30-35% by 2000.
Active Member Participation	Volunteers; ride leaders	Increase the ratio of active members/participatory members by 10 % by 1997 (in 2 years)
	Retention/turnover	To retain 75% of current membership annually.
	Ride/event (social) participation	Increase participation of current members in the current activities (rides and social events) by 5% by next year.
Riding Ability and Skill Development	Education: Safety, commuting	To provide opportunities directed for the members (current and potential) for education.
	Safety level	100% helmets; 0% accidents
For New and Experienced Riders	Proficiency, endurance, mechanics, fitness	To provide opportunities directed for the members (current and potential) for proficiency development.
		To conduct 8 safety and proficiency development programs (meeting presentations) per year.

Rides

Rides schedule	Variety, Number of rides	To have a full schedule with a variety of rides aim at differing abilities. Considerations for length of ride, start time, location
		Rides per month: 4 Leisure rides, 8 Touring rides, 8 Express rides.
		To develop or acquire 6 new rides per season.

Community

To conduct 1 community event per season. (May include such things as public awareness, fund allocation for helmets, etc.)

This outlines the basic goals which the board has determined would benefit the club and its members. You are key to helping keep this club in progress. Please provide me with any feedback that you may have regarding these goals. Also, if there are any activities which you could suggest to support these goals, please give one of your board members a call.

M.E. Ferraro

Safety Contd

riding. Big in the back is easy riding. Don't be afraid to look down for a second to see what gear you are in (maybe 1/2 a second.)

5. Almost all riding should be done seated. Practice sitting and shifting to an easier gear instead of stomping. Riding shouldn't be hard work, and you will go faster spinning than stomping.

6. In addition to water and food, carry a map, a pen with red ink to draw lines on the map, a rain jacket, a pump with the right connection for your valves, a spare tube, tire levers, a patch kit, and get a lesson in how to use all of these things. I also carry a handi-wipe for my fingers after changing that back wheel flat.

Sun tan protection is a must. Don't forget identification, money, and a few tissues. I almost forgot; a visor to keep the rain off your glasses; small lock and chain; a bungee. Stop loading up before you need a sidecar!

7. Carry all this stuff in an under-seat bag. Handlebar bags are like riding with a brick wall in front of the bike. A small hip bag is OK if you must.

8. What do you put your under-seat bag under? A comfortable saddle. Experience has taught that slender is better than wider. Less padding is often better than more. Your arms should be carrying part of your weight, and your feet will do the same. When buying a new saddle, I test it by putting it under my butt, one hand in front and one in back and I pull up to equal the pressure and angle of riding. It is easy to judge the relative comfort of different saddles this way. And I only look stupid for a minute.

9. I bike with gloves for comfort on the handlebar and in case of a fall. I use a rear-view mirror on my helmet to see if my companions are close behind. And love my computers that tell me lots of things mostly speed and distance.

10. Don't believe that old line about how you never forget how to ride a bike. You may remember how to balance, but biking is like sex, there is a lot to learn to do it well, and the better you do it, the more fun you'll have.

Practice makes perfect..

Thanks Ron.

!!!!!!!!!!!!!!!!!!!! WANT ADS !!!!!!!!!!!!!!!!!!!!!

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 downhills and the camaraderie that tandeming has to offer. Call Rob at (847) 854-0153

FOR SALE : Kestrel 200sci 56cm frameset. Kestrel EMS fork & Stronglight Delta headset. Excellent condition! \$650.00 firm. Call Mike at 847-439-9861

Wanted: Quality junior size (for 8 to 12 yr old children) track or road racing bikes, any condition. Call George Frayn at (312) 777- 7648

Note about ads: Unless specified otherwise, ads will only run for a month at a time.

Club Officials

President	Wayne Segedie	(847) 426-4376
V.P./Rides	Mike Ortmanns	(847) 439-9861
Treasurer	Bob Savio	(847) 438-8066
Membership	Glen Johnstone	(847) 818-0525
Safety	Ron Hattendorf	(847) 362-5997
Secretary	Ella Shields	(312) 594-1755
Newsletter	Rob Schaller	(847) 854-0153
Harmon 100	{ Stacy Carver	(847) 356-5863 }
	{ Greg Iverson	(847) 670-0083 }

Send newsletter material to:
INTERNET Email: C12019@email.mot.com
USmail: 703 Longwood dr. Algonquin, IL 60102-3148

Contact Glen with any address changes.

Club Library	Dennis Berg	(847) 296-4971
Marketing	M.E. Ferraro	(847) 657-7827
LAB Club Rep.	Phyllis Harmon	(847) 537-1268
Government Relations	Al Berman	(847) 537-1268

Wheeling Wheelmen Hotline: (847) 520-5010

Home page <http://www.mcs.com/~gsjohnst/wwhome.html>

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