



# Monthly Meanders of the Wheeling Wheelmen

June 1996

- \*\*\*\*\*
- \* June Meeting
  - \* Thursday June 6, 7:00PM
  - \* Wheeling High School(West Entrance)
  - \* NW Corner of Hintz & Rt-83
  - \* Presentation: On road repairs and bike fit
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## PREZSEZ

By Wayne Segedie

Happy Summer! Yes, it has been a terrible spring, but summer is almost here, and soon you will be guzzling Gatorade and complaining about how hot it is. So get out and ride. This is Chicagoland, and it won't be long until you are saying how cold it is again. While I'm at it, Happy Father's Day to all the dads out there. Enjoy your day of recognition, and I hope you get something nice.

My apologies for my mistake last month on the wrong date of the LARACOL ride. It was previously held in May, but this year they did a good job of confusing me. The date is actually June 1st. Hope you did not miss out on the ride.

Speaking of rides, nine club members are about to leave for Colorado again, this time without me. I will really miss the trip this year. Thanks to Joe Lippere for bailing me out and buying my ticket. I know he will have a great time and become a regular on that trip.

MEETING UPDATES - Thanks to Cindy and Al for their slide show at our May meeting. It was really fun to share in the trip they took to France. Maybe I'll get to go some day.

## NEW MEMBERS

Join us in welcoming the following new members to the club as of April 4

<b>Karen Bradley</b>	Palatine
<b>Paul Daube</b>	Deerfield
<b>Emily Fuentes</b>	Palatine
<b>Jerry Gross</b>	Wheeling
<b>Barry Moe</b>	Schaumburg
<b>Iiona Palczynski</b>	Palatine
<b>Ira Rosenblatt</b>	Deerfield
<b>Yvonne Rosenblatt</b>	Deerfield

We look forward to seeing you on the rides and club functions!

Ha! Ha! Don't miss out on June's meeting. We will do a seminar on bike fit, and minor on the road repairs. These repairs will include fixing a flat and wheel truing. So bring your bike if you like.

LIBRARY - We have another new addition to our library. We have added Hiking and Biking in Cook County, Illinois by Jim Hochgesang. This interesting book covers 40 forest preserves, parks, and pathways with more than 310 miles of trails and bike paths. Special thanks to Jim, who donated a signed copy to our club. Let's see how many of you really read my article. I will be giving this copy away at the June meeting. So don't miss out, be there.

MEMBERSHIP UPDATE - As of May 8th, we have 344 members. This is really good news, and we are right on track to reach our goal of 400 members this year. How are you coming on my request to bring in a new member? Wouldn't one of your friends or family want to share in the same fun and happiness as you? Bring them to a ride or event and let them see first hand what a great club we have to offer.

POINT SYSTEM - We have had a new point system proposed to the club. In addition to recording miles, we would also record points. These points would be for attending any club functions, which include rides, social events, meetings, helping at events, etc. This new system is still in the proposal stages, and **Rob Schaller** is forming a committee to review this proposal. If you would like to give input to this new system, please jump on the wagon and give Rob a call.

CUBS CUBS CUBS - Yes, we are going to the Cubs' night game against Montreal on Saturday June 8th. Please see me at the meeting if you would like to purchase tickets. They are only \$12.00 each. We will be car-pooling that evening. Give me a call, or see me at the meeting.

GRAPEVINE - Rumor has it that a certain couple just vacationed in Bermuda. I wonder... Does this have anything to do with the fact that they have been going out for a full year?

THE NEW WHEELING WHEELMEN - For those of you out there who have not been on a club ride lately, take note: we have changed. We have made great strides this year to make everyone feel welcome (not only the women). We have also tried to make sure that no one is left behind. Mike has done a great job with the ride schedule and is trying to accommodate everyone's riding ability. If you feel that you would like to see shorter rides or want to ride the entire ride as a group, then please give **Mike Ortmanns** a call and volunteer to lead or develop that type of ride. Maybe you would like to devote your time to the newer riders and offer

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Pres Cont'd

new rider development rides. We have changed and are continually changing in order to remain the best club that Chicagoland has to offer. No road is perfect, so if you see areas that need improvement, like the spelling and grammar in the newsletter, or you feel that you would like to have different rides on the schedule, then please volunteer your time to help keep it the best. Thanks!

Have a good month. Hope to see you down the road.

As my favorite person, **Lenore**, loved to say, "May the wind be always at your back." Wayne

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**Safety Stuff**

by Ron Hattendorf

Experienced cyclists enjoy riding close on the wheel of a bicycle in front because of the greatly decreased wind resistance experienced by the following cyclist. "Drafting", as it is called, is very effective but requires the ultimate in predictability, since even minor unannounced variations in the forward bicycle's motion, such as swerving, shifting gears, or rising out of the saddle, can cause the rear rider to crash. The rider in front is usually unaffected, but the rider behind, whose front wheel has bumped the bike in front, takes a hard spill. If you wish to practice drafting, pick a steady rider to follow!

Cyclists who wish to ride close on the wheel of another cyclist should say "on your wheel" (or some other form of notification) to let the forward rider know someone is close behind. Sometimes the cyclist in front is unwilling to take on the responsibility of having someone on their tail. If so, it is perfectly acceptable to say "not now" or something equivalent or to wave the rear cyclist off.

Some days we are tired or fatigued before the end of a ride. This can be dangerous to ourselves and other riders. Drafting is an excellent way to conserve energy, even when tired, because of the wind drag reduction. You must concentrate more, but you can also draft at a further distance than usual and still receive the benefits while preserving an adequate safety margin.

Here is another "episode" in the never ending saga of bicycle vs. automobile. **Gary Hattendorf** of Phoenix, AZ. was cruising at 25 mph en route to meet his new local bike club. Suddenly, a car appeared from a road under construction and hit the cyclist with the front of his hood. The car stopped upon impact. The driver, police, and soon the paramedics came to the aid of the fallen rider, who was scraped up in several places but, fortunately, was not injured seriously. Afterwards, Gary admitted he was not familiar with the road

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Safety Cont'd

condition while traveling at a high speed. He was lucky. We have to be aware of high speed riding in unfamiliar territory. NOTE: Have you ever been involved in group riding while going up hills?

On hills we encounter great variations of speed and skill in climbing. Occasionally, the road will be crowded with gasping riders standing beside their bicycles. Leave more space between bicycles and use your voice signals more frequently. Above all, be aware of swerving or stopping riders.

Have a good summer of cycling! Ron.

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**HARMON HUNDRED ACTIVITIES**

**T-Shirt Contest**

Submit your design ideas to:

Stacy Carver  
2324 N Harvest Hill Pl.  
Round Lake Beach, IL 60073  
Deadline: June 20

**Volunteers**

Sign up to work the club's Harmon Hundred.  
Contact Stacy for positions available/needed.

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**ANNUAL PICNIC DATE SET**

Mark your calendar for Sunday, July 28 for the annual Wheeling Wheelmen Picnic. We'll have two choices of short rides, on or off road, at 10:00 AM. Then we'll return to stuff ourselves with food and drink, and play games and socialize. The picnic is free for members and \$2.00 for guests.

Call Joan and Tom at 847/632-1472 to confirm your attendance. Please let us know how many adults and children you're bringing, as well as the children's ages so we can plan accordingly.

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**BROOKFIELD ZOO RIDE**

The gloomy forecast for rain all day and cool weather discouraged most of the Wheeling Wheelmen from trying this wonderful ride. The few of us who did go had a great ride with mostly sunny skies and a comfortably cool northeast breeze (make that wind!). Al had changed the route this year, and it was even nicer than it was previously. As usual, the route avoided the busy streets and wound through bike trails, neighborhoods, and office complexes.

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Zoo ride Cont'd

At Brookfield Zoo, the Swamp exhibit had opened recently, so we spent some time visiting the alligators, turtles, and otters before we went to Tropic World. We especially enjoyed watching a very active hippo swimming and playing in the water and a mother gorilla with her baby. We had to leave for our ride back to Busse Woods long before we were ready to depart, but Al made us go!

The ride back was a little challenging because of the "breeze," but we all managed to make it! **Thanks, Al,** for a very pleasant day!

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### A 500 MILE LONG RAIN CLOUD

by Rob Schaller

After a large order of apple Pancakes on Friday morning I left for Columbus Ohio for my second TOSRV experience. The TOSRV ride has been running for the past 35 years and it stands for Tour Of Scioto River Valley. This year's event attracted just over 5000 riders. The weather did not look too promising while I was driving to Columbus on I-70. There were numerous weather watches as well as some wicked displays of lighting. During the night the storms departed but the rain continued and the winds became gusty out of the North.

After loading my bags into the truck I waited around another half hour hoping that I'd meet up with some friends from last years event but we missed each other. I was starting to get cold so I decided to depart Columbus. Over the first ten miles I was amazed at all of the riders that were fixing flats on the side of the road and I hoped that I wasn't next. The tailwinds made it easy to maintain 20 MPH and it helped to offset the experience of riding in the rain. When you have 5000 riders on ride there is a good chance that you will see something never seen before and this year was no exception. Some tandem teams have matching jerseys, shorts and even gloves but never have I seen matching raingear! The first stop I made was in the town of Chillicothe which was 50 miles into the ride. I started to chill quite a bit so I keep the stop short and started on my way again. For the next few miles I decided to chase down some tandems that left a few minutes before me and I eventually caught up to them and enjoyed the draft. Between Chillicothe and Waverly the route moves away from the Scioto River and becomes a bit more hilly At one point on the route the temperature must have jumped ten degrees and my glasses instantly fogged up. Shortly after that, the heavy rains came that caused a stinging sensation on my skin. Going through Waverly was a bit tricky with the flooding rains covering up some potholes in the road way. I made it through the treacherous conditions unscathed but unfortunately one rider did not. A rider skidded on the yellow

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Raincloud Cont'd

center line and side swiped an oncoming car. While other riders, and one of them was a doctor, was attending him I moved his pretzeled bike off the roadway and left the scene knowing that he was going to be cared for. At that point, I had seen enough and decided to put it into the big chain ring and motor down to Portsmouth where a motel room with hot tub and a warm bed was waiting for me. I arrived in Portsmouth around 12:45 PM where I was greeted by several locals. After I got cleaned up I realized just how hungry I was after riding a century on two bananas and a fruit pie. I devoured a pint of ice cream and three cup cakes. An hour after that, Dominos pizza came knocking on my door!

Sunday morning brought a stranger to town, the sun! The temperatures were cool throughout the day as we made our way back North to Columbus with a stiff headwind. The first few miles were spent warming up and then eventually I jumped into a pack of riders moving around 20 mph and stayed with them to the first rest stop approximately 30 miles into the ride. All of the rest stops were well stocked with a variety of food and everything was well organized. After yesterday's rain it was great to enjoy all the food and good company. Back in Chillicothe I met up with a co-worker that I finished up the last 50 miles with. As we lost the shelter of the woods and hills the winds became much stronger. The two of us, well mostly me, maintained a solid pace into the winds but then I finally meet up with some people I was hoping to meet last year. They were easy to spot. A family with two Rodriguez tandems riding together. We backed off the pace and enjoyed each others company, and along the way, we picked up some other riders that could not resist the draft of two tandems. When we arrived in the City limits of Columbus the kids' tandem split away from their parents as if this was a race to the finish area, I was told they do this each year. I couldn't resist so I started to chase after them and led them to finish area. A few minutes later, the rest of the group followed.

The TOSRV ride has a cult following and one rider I was with was riding her 19th TOSRV. So with the unpredictable weather that every Mother's Day Weekend in Ohio brings, what is the attraction? Perhaps it is the friendly masses of cyclists and the beautiful scenery of Rt-104 along the Scioto River. I enjoyed it all. I just hope I don't have to wait 17 more TOSRVs for sunny weather on both days! Now that's not asking for too much.

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### THANK YOU!

A Special Thanks goes out to **Paula Matzek and Jack O' Callaghan** for their feedback regarding the newsletter. Paula has offered to help this newsletter editor proof read the articles.

!!!!!!!!!!!!!!!!!!!! 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. Let's experience the thrill of downhill 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

**Enhance Your Riding**

Massage therapy available by appointment. Contact Stacy Carver at (847) 356-5863

**Looking for:** Crew members interested in supporting me during Bicycle Across Missouri which is a 570 mile qualifying ride for The Race Across America(RAAM). Contact Rob at (847) 854-0153 for more details

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

**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  
<http://www.clarknet/pub/league/homepage.html>

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.

**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.

**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>