

# Wheeling Wheelmen



## Monthly Meanders of the Wheeling Wheelmen

October 1996

- \* September Meeting
- \* Thursday October 3, 7:00PM
- \* Wheeling High School(West Entrance)
- \* NW Corner of Hintz & Rt-83
- \* Presentation: Jeff McKnight from TURF

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### PREZSEZ

By Wayne Segedie

**THANK YOU, THANK YOU, THANK YOU.** I really can't say it enough or to all the right people, but thank you to all for making our 1996 Harmon a huge success. Special thanks to our chair people(who at times had their doubts) Stacey and Greg who really pulled this all together and did a great job. I hope you realize that it doesn't end there. Without all the volunteers from registration, to sag, to paint markings, to rest stops, this never would have happened. So thanks for volunteering. We had a great turnout with just over 1420 riders attending.

Thanks also to Village Cycle Sport for their continued support of our club by being there again for our invitational. Thanks guys we do appreciate you always being there for us.

How about Performance Bike shop donating the 500 hundred bags for pre-registered riders? And then there were Polar Heart Rate monitors for people to test on the ride. Thank you guys.

The **BIG HIT** of the Harmon, you never would have guessed it, but my stop had Mr. Steve Libbin with what else? Yes, he did have Sushi. The response from the riders was "What Class" and from other clubs "We certainly can't top this." So, I think we definitely were a hit. Well Steve, even though we thought you were crazy, you did a great job. I don't know how you make pasta salad for 700 riders plus Sushi, but bless your heart you did it.

**OCTOBER MEETING** will feature guest speaker Jeffrey McKnight from TURF, who will discuss what that organization is doing politically and physically to help maintain the trails in the local forest preserves. They also need **our help** to keep this thing rolling.

**ALSO ON THE HELP FRONT** Wayne Mikes from Mikes bike shop in Palatine has asked if some of our members would help him on Oct 6th for trail maintenance and clean up of Deer Grove Forest Preserve. It only takes a few hours, but it really does make a difference, and a political statement. They could

use our help, how about it?

**VOTING TIME** Yes it is voting time again. Enclosed in this newsletter is the ballot for your 1997 board. Please take the time to fill in the blanks and send it on to the balloting committee. As of mid-September there are still some openings on the ballot that need to be filled. I hope, by the time this reaches your hot little hands, this is no longer true. The present board has worked very hard for you. We have installed some new programs, implemented some really great ideas, and have made some good and meaningful changes. Since some of us have been in the current positions for the past two and three years, it is now time for us to move on. We have had a great time being a part of the leadership of this club, and will continue to support the club in every way we possibly can. We will continue to volunteer to lead rides, and be part of committees. I most likely will chair the CABDA show and the cross-country ski outings. So, we will still be here. What I do need is for some of you now to step up to the plate and volunteer to continue the great tradition of the Wheeling Wheelmen that Phyllis started 26 years ago. I know you are out there and most of you actually read my articles. Yes, I have stated this before, but how about bringing some of your everyday professional leadership into this club. Most of you are successful corporate and business leaders, with many years of management and organizational skills. How about sharing them with something you really love, biking and the Wheeling Wheelmen.

We need you, we've done it, how about you? It feels real goooooood. Let' put your ideas to work,

**BANQUET TIME** Don't forget to RSVP to Pam Zaverdas for the banquet on November 9th at Lambs Farm in Libertyville. See the flyer elsewhere in this newsletter.

**GRAPEVINE** has just been informed that a certain club member has taken up camping and is liking it. I think that being locked in the ladies rest room all that time must have had an unusual effect on her. Maybe she got too close to nature. Oh well. I'm glad she is enjoying it.

**SEPTEMBER MEETING** If you missed the September meeting, then you missed Jim Clark and his presentation on biking through the National Parks. Thanks Jim, it was very informative and enjoyable.

**MOVING ON** This is a hard one for me to write because a long time club member and her recent husband have packed their bikes and the rest of their belongings and moved to New Hampshire. Not only was Joan a long time member, but a very, very, active and supportive one. Joan chaired many committees including: St. Pat's sride, the club Banquet, monthly

Social outings, and most recently the club picnic. She took care of our P.O. Box and distributed the mail to all the proper people. Joan never said no when asked to help. She even spent weeks last year re-typing 1500 Harmon Hundred names into a new data base that Tom had set up. But most of all, she is an inspiration to us all by her love for riding, and just the fact that she was always out there. She encouraged others to ride. Even though Tom was a new member, he was all ready contributing in a big way. He set up the data bases for the Harmon and Membership, and even maintained the Membership list for a few months. They will both be missed. Best of luck to Joan and Tom Burke.

**ONE LAST THOUGHT** Don't forget about in-line skating, check the club hot line. We will be cross-country skiing again. I hope to get some people together this fall for some mountain biking in the Kettle. Also, I want to do some hiking again this winter when there is not enough snow. So you can see we will be busy. At least I will, even if you don't care to join me.

Well, I guess Rob is probably getting nervous by now, since I am babbling too much and taking up too much space. So, I guess I had better close for now. It's always fun to reach out and touch all of you. Have a great month. Remember, we still have a lot more riding time left this year. So come on out.

May the wind be always at your back

Wayne

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### Safety Stuff by Ron Hattendorf

#### BIKE CARE AND SAFETY

##### Easy Basics

The two surest (and simplest) ways to help your bike work well are to maintain proper tire pressure and frequently lubricate your chain.

##### Chains and Derailures

To tell if a chain has become worn and stretched enough to require replacement, measure it with a foot-long ruler. Put the first mark on the center of any rivet, then look at the 12-inch mark. On a new chain it will also be on the center of a rivet. On a worn one, it will fall an eighth of an inch or more short of a rivet.

Scraping noises from the crank area probably mean the chain is rubbing the front derailer. This will happen as rear gear changes alter the angle of the chain through the cage. To quiet the bike, move the front derailer lever enough to center the cage. but not cause a shift.

Extreme chain angles, such as when combining the largest rear cog with the large chainring (or smallest cog with the small chainring) may never run quietly or smoothly, which is one reason they shouldn't be used.

If possible, lubricate your chain 24 hours before riding. This will allow the lube's liquid carrier to evaporate and, thereby, keep your drive train cleaner.

Hose your bike after riding in the rain to remove most of the grit. Then dry it with a towel, and spray lubrication into derailer and brake pivot points and where cables enter or exit their housings.

##### Wheels and Tires

Carry a patch kit and a spare tube, so you're not disabled if you have two flats on a ride. Also, always carry a spare tube in the rain. Flats occur more frequently, and it's difficult to apply patches in the wet.

You'll know that a quick-release wheel is tight enough in the frame if pushing the lever over leaves an imprint on your palm. Be aware of using a gas station's air pump. It quickly delivers a large volume which can blow a bike tire off the rim.

The patches in most tire repair kits have foil on one side and plastic on the other. The surface under the foil goes against the tube (after glue has been applied) and then the plastic is peeled off.

Periodically inspect each tire's tread for embedded glass or other debris. potential puncture producers can often be removed before carefully feeling around the circumference of the tire. Whatever caused the puncture may still be lodged through the tread, ready to strike again.

If a spoke breaks, stop right away and remove it or twist it around its neighbors. A flapping rear-wheel spoke can snag the derailer and cause significant damage.

European-style presta valves may stick closed and refuse to allow a pump to work. the solution is simple. Before inflating a tire, unscrew the valve and fully depress it twice, releasing a small amount of air. This frees the valve and allows easy inflation.

Refine your tire inflation pressure to meet special riding needs. For instance, cornering force and shock absorption are improved by decreasing pressure slightly. Such a comfortable, sure-footed ride may be desirable for a tour or when riding in the rain. A slightly higher pressure decreases rolling resistance. This is best for a race or time trial where comfort is less important than speed.

Put your tire patch kit and other tools in an old tube sock before storing them in your saddle bag. This keeps every

thing organized and prevents rattling. Then, when you need to make a repair, slip the sock over your hand and arm, thus avoiding getting greasy while retaining dexterity. If your bike is plagued by mysterious clicking sounds that you can't solve, try putting a drop of oil on each spoke crossing. Sometimes the noise comes from two spokes rubbing together.

### Pedals

Silence annoying clicks and creaks in clipless pedals by applying a few drops of oil to the cleat where it contacts the pedal and to the pedal-gripping hardware.

### Handlebars and Headsets

Wrap handlebar tape from the end of the bar to the middle to prevent it from unraveling while riding. Secure the ends near the stem with colored electrical tape. To check for a mal-adjusted headset, stand beside the bike, squeeze the front brake lever, and rock the bike back and forth. A loose headset will become apparent. If it seems okay, check for tightness by slightly elevating the front wheel and letting the handlebar turn from one extreme to the other. If it sticks in either direction, the headset is tight and should be adjusted or repacked.

BILL & MIKE'S ADVENTURE was a perfect day for hills. The weather was perfect, cool, sunny and no rain clouds in sight. Fourteen riders ventured for a very scenic ride to Richfield, Wisconsin, which is close to the Holy Hill area. Mike Ortmanns classified the ride as challenging and wasn't kidding. We cycled 76 miles to an altitude of 3700 feet, and naturally the last fifteen miles had the best hills. Dennis Berg said, "it was the hilliest ride he has ever cycled". Cindy Schneider described it as breathtaking, in many ways. It was a spectacular ride with gorgeous panoramic views and well worth the two hour drive.

### Greetings From the Mathisons

When driving my granddaughter to college, I stopped briefly in Hendersonville North Carolina for a visit with George and Marlyn Mathison and Muffin, their little black dog who rode in a bicycle basket- even across the United States

George still organizes tandem rides and they and Muffin ride in parades including Christmas parades dressed up as Mr. and Mrs. Santa

Phyllis Harmon

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### RECYCLED

by Ella Shields

THE McHENRY-FONTANA RIDE had a turnout of 25 cyclists which divided into 3 and 4 different groups after climbing through Bull Valley. We had a rest stop in Hebron where everyone enjoyed a bake sale by the local cheerleading squad. Lunch was at the beach in Fontana, Wisconsin and most everyone dined at Gordy's Bait Shop on night crawler sandwiches, Ha, Ha, Ha. At the restaurant a little boy asked in amazement, "if I was one of the bike riders, and the only girl" since I was surrounded by nine men (much to my liking). I stated, "other female cyclist are in our group and are outside". Everyone appreciated the great weather, good company and much fun was had by all as the 75 mile ride was completed.

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

**WANTED:** Looking for JMC Black Shadow BMX bike or pre black shadow in black or navy. Contact Jill: (505) 984-2101 or psychling3@aol.com

**FOR SALE:** Rhode Gear Bike rack for sale, \$80.00. Like new. For small sport utility trucks. Contact Stacy Carver at (847) 356-5863

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

# WANTED FOR BANQUET:

## Biking Snapshots

They will be returned in same condition.

## Prize Donations

Could your company donate a prize?

Please call Pam Zaverdas at (847) 359-5970 by October 16, 1996 or send photos to Pam at 1445 Gloria Drive, Palatine, IL 60067.

### 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

**Wheeling Wheelmen**  
**PO Box 581-D**  
**Wheeling, IL 60090**

Save the  
whales  
collect  
them all

#### IN THIS ISSUE:

- Prez Sez
- Safety
- Ride Reports: Recycled
- Greetings from a past club member
- Ride Schedule and Classifieds

Judy Hattendorf 40  
Ron Hattendorf 41  
1705 Glenmore Rd.  
Libertyville, IL 60048

WHEELING WHEELMEN 1997

1445  
C. W. ...  
Palatka 60067

ELECTED OFFICERS

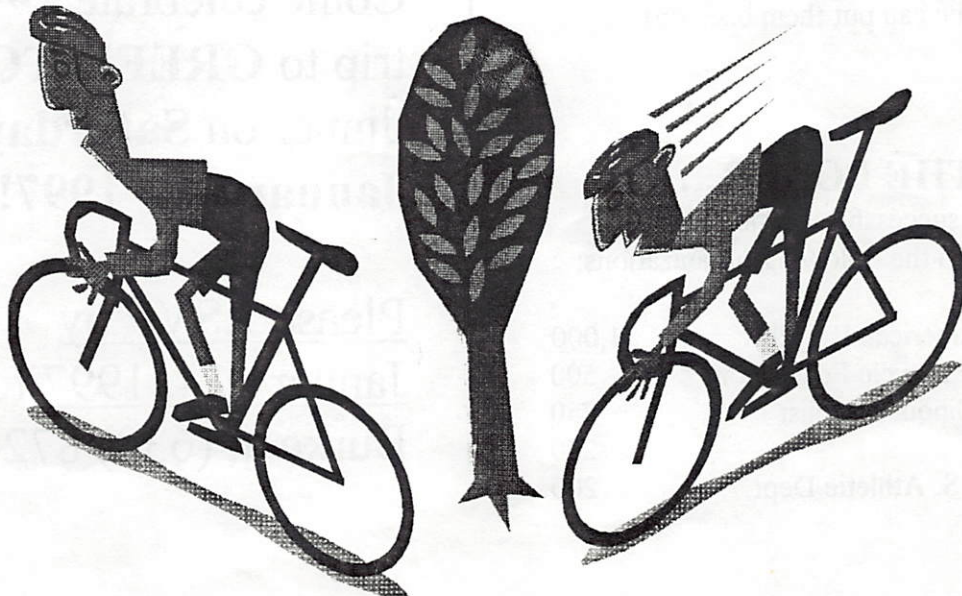
PRESIDENT	WAYNE SEGEDIE	847-426-4376
VICE-PRESIDENT/RIDE CHAIR	RICK ARNOPOLIN	847-520-3136
TREASURER	BOB SAVIO	847-438-8066
SECRETARY	STACY CARVER	847-356-5863
MEMBERSHIP	ELLA SHIELDS	773-594-1755
SAFETY	RON HATTENDORF	847-362-5997

APPOINTED OFFICERS

NEWSLETTER	PAM ZAVERDAS	847-359-5970
HARMON	OPEN	

CHAIRMEN

ST. PAT'S RIDE	DAVID LACHMAN	
MILEAGE STATISTICIAN	ED LEIDECKER	847-359-8583
NEWSLETTER MAILING	OPEN	
P.O. BOX	PHYLLIS HARMON	847-537-1268
REFRESHMENTS	PAM BURKE	630-872-9238
WEB PAGE	BILL BERGERON	847-382-4704
BIKE BOOKS	DENNIS BERG	847-296-4971
SOCIAL	OPEN	
CABDA SHOW	WAYNE SEGEDIE	847-426-4376
SKIING/IN-LINE SKATING	WAYNE SEGEDIE	847-426-4376
MEETING ACTIVITIES	OPEN	
MARKETING/PROMOTIONS	OPEN	
LAB	PHYLLIS HARMON	847-537-1268
BANQUET	PAM ZAVERDAS	847-359-5970
GOVERNMENT RELATIONS	AL BERMAN	847-541-9248
HARMON DATA BASE	OPEN	
BIKE TOOLS	OPEN	



## GAG AWARDS:

### **WRONG WAY AWARD**

(making wrong turns on rides)  
Virginia Savio

### **MR. GOODWRENCH AWARD**

(most bike problems this year)  
Al Schneider

### **BROKEN SPOKE AWARD**

Ella Shields

### **WRONG WAY AWARD**

David Lachman

### **FLAT TIRE AWARD**

Ed Leidecker

### **MAN'S BEST FRIEND AWARD**

(chased by dogs)  
Greg Iverson

### **WRONG WAY AWARD**

(took a wrong turn on Loops of Burlington and  
we never saw him again)  
Bill Bergeron

### **DUCT TAPE AWARD**

(she kept losing bike parts on the North Branch  
Trail, now she can put them back on)  
Pam Burke

### **FROM THE BOARD...**

Thanks to a successful Harmon we have  
contributed to the following organizations:

League of American Bicyclist	\$1,000
Chicagoland Bicycle Federation	500
League of Illinois Bicyclist	250
TURF	250
Wheeling H.S. Athletic Dept.	200

## WELCOME NEW MEMBERS

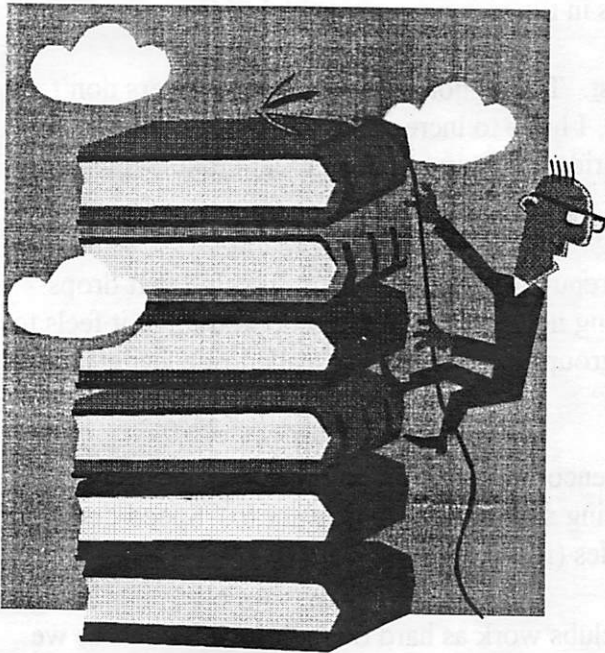
Fred Katterjohn - Mundelein  
Robert Pletch - Arlington Heights  
Chris Woolridge - Chicago  
Leslie Vinson - Libertyville  
Greg DeTonge - Libertyville



## **OPAA**

Come celebrate 1997 with a  
trip to **GREEK TOWN** for  
dinner on **Saturday,**  
**January 18, 1997!**

Please RSVP by  
January 14, 1997 to Pam  
Burke at (630) 872-9238



## LIBRARY

We are still in the process of updating the club library and just added the following videos:

### AMERICA'S NATIONAL PARKS - Two volume set

### ADVENTUROUS AND MAJESTIC - 28 parks - Vol. I

Scale sheer cliffs in Denali Alaska

and dive the stunning coral reefs at American Samoa and Virgin Islands National Parks. Experience the adventure of visiting Zion, Yellowstone, Glacier, Olympic, Yosemite, Rocky Mountain, Grand Canyon, Everglades, Hawaii Volcanoes, Redwood, Great Smoky Mountains, and 14 other majestic National Parks

### HISTORIC AND SCENIC - 25 parks - Vol. II

Discoveries of traders, trappers, and explorers; the trails of homesteaders; and legends of the "Ancient Ones" come to life in stories of the National Parks. Acadia, Death Valley, Hot Springs, Mammoth Cave, Capitol Reef, Wind Cave, Badlands, Voyageurs plus 17 more tell stories beyond their visible magnificence.

Dennis Berg is in charge of the library 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.

## To the membership of the Wheeling Wheelmen:

As your new ride chairman, I plan to make a few changes in the way we run our club rides.

- March-May will have more short rides than in the past. The majority of our club members don't come out on club rides. By offering more short rides, I hope to increase our ridership. More riders means more potential ride leaders. Not everyone can ride a century on May 1<sup>st</sup> let alone September 1<sup>st</sup>.
- Offer group rides. The Wheeling Wheelmen has the reputation of being "that fast club that drops everyone." We spend a lot of time and effort recruiting new members. How do you think it feels to come out on a ride, only to be left in the dust as the group (including the so-called ride leader) blasts out of the parking lot at 20 mph?

These group rides will have only 2-3 cue sheets, encouraging riders to stick together. They will be advertised on the ride line so no one will be stuck riding slow if they don't want to. Speed demons have the option of leading faster rides (if any come forward).

- Short-medium rides on invitational days. Our sister clubs work as hard on their invitationals as we do on the Harmon Hundred. Why not support their effort, ride the long route while wearing Wheeling Wheelmen colors?
- June-September will have at least two short/medium rides per month. Once again, not everyone can ride a century. One of these rides will be a group ride.

If my efforts seem dictatorial, they are! Keep in mind no one else wanted this position. This is not my club, it's OUR CLUB! Everything done, from the newsletter to the leading of rides is a volunteered effort.

Anyone who feels the need to whine or complain better be willing to volunteer their time and labor. Criticism is welcomed if accompanied by alternative solutions. Put up or shut up!

I intend on having a finished ride schedule in time for the New Year's Day party. I'll be looking for volunteers then. If you have a special ride or date you want published, please let me know.

A list of Bike Club invitationals will be published as it becomes available. We'll send the sign up sheets to my home, along with any information pertaining to the ride (road closures, rest stops, etc.)

My address is: RICHARD ARNOPOLIN  
1525 SANDER COURT, #215  
WHEELING, IL 60090  
(847) 520-3136 (I work early, so no calls after 8 p.m.)

Hope to see you out on the road,  
The ahyatolla of crank and rolla'  
Rick Arnopolin