

The envelope please...

The results of the balloting are in!

BEST NEW RIDE OF 1997
Ella's Escapade - Ella Shields

BEST DRESSED
Mike Ortmanns
Ella Shields

MOST IMPROVED
David Lachman
Pam Burke

1998 BOARD

President	OPEN
V.P./	
Ride Chair	Rick Arnopolin
Treasurer	Bob Savio
Secretary	Verne Aebli
Membership	Pam Burke
Safety	Al Berman
Newsletter	Jennie Pfeifer
Harmon	OPEN

Congratulations to all the winners and good luck to our new board members!

THE SAFETY CORNER:

by Al Berman

As the new safety chair, I would like to thank Ron for the great job he did during his tenure. It's not easy to come up with new articles on this subject month after month, but he did it. Often we see repetitive subject



Don't get out of shape during the winter months, like this jolly fellow!

matter (it's unavoidable) but safety concerns cannot be stressed too often. Even though I have remained active in the club since retiring from the job as President, by leading rides and as permanent parking chairman for the Harmon Hundred, it is good to be back on the Board again. My greatest satisfaction comes from volunteer work, and a club member who just shows up for rides is missing that special comradery that develops between truly active members.

Enough said. For my first article, I just want to encourage everyone to focus on the winter months as an opportunity to prepare ourselves for the beginning of the cycling season in the Spring of 1998. It is extremely

important to maintain a disciplined exercise routine during the winter months. One of the main ways to be a safe cyclist is to avoid injuries by staying in shape. To do this, one must work at it all year, not just during the "riding season." Proper diet and exercise are more important during the winter months when the weather turns bad and we can't always get on that bike to burn off excess calories. I personally like to do a lot of cross training (swimming, running and x-country skiing), as well as cycling. If the weather cooperates during the winter (at least 30 or above) it's great to get out and join one of the club's weekly show and go rides. Winter riding can be quite pleasant and an excellent way to be in riding shape come Spring time. It's a great feeling to be able to do that very first 35 miles ride in the Spring and not feel wiped out because you were a couch potato all winter long. Winter is also the time to be sure your equipment is in good shape. Have your road bike overhauled. Make sure the brakes are working well, the derailleurs are properly adjusted and the chain is not worn. Make sure you have spare tubes, patch kits and tire irons for your bike. I always welcome any suggestions from our members as to specific topics you would like to see covered in this column.

Finally, I would like to give you a quote from a famous biking philosopher (as told to me by Bob Savio): "Your bicycle is only as good as the nut holding the handlebar."

Until next month.....

Club Officials

ELECTED OFFICERS

President

OPEN

V.P./Ride Chair

Rick Arnopolin (847)520-3136

Treasurer

Bob Savio (847)438-8066

Secretary

Verne Aebli (847)934-3809

Membership

Pam Burke (630)872-9238

Safety

Al Berman (847)541-9248

APPOINTED OFFICERS

Newsletter

Jennie Pfeifer (847)342-8823

e-mail: BrnzAutmn@aol.com

Harmon

OPEN

CHAIRMEN

St. Pat's Ride

David Lachman (847)623-6146

Art Cunningham (847)392-1116

Mileage Statistician

Ed Leidecker (847)359-8583

Newsletter Mailing

Jennie Pfeifer (847)394-3370

P.O. Box

Phyllis Harmon (847)537-1268

Refreshments

OPEN

Web Page

Bill Bergeron (847)382-4704

Bike Books

Dennis Berg (847)296-4971

Social

Pam Burke (630)872-9238

CABDA Show

OPEN

Skiing/Skating

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

Jennie Pfeifer (847)394-3370

Board Meeting

The next Board Meeting will be held on Monday, December 1st at the home of Pam Burke.

All Board members are requested to attend. Please give Pam a call at (630)872-9238 and let her know if you will be coming.

1997 MILEAGE SUMMARY

Women

1	Cindy Schneider	2,032
2	Janie Neuman	1,447
3	Pam Burke	1,429
4	Ella Shields	1,270
5	Virginia Savio	982
6	Debbie Brown	889
7	Jennie Pfeifer	560
8	Emily Fuentes	357
9	Mary Elizabeth Ferraro	345
10	Sue Lippere	312
11	Carol Passowic	295
12	Judy Hattendorf	272
13	Betsy Burtelow	269
14	Marilyn Wareham	235
15	Jackie Bonovitz	230
16	Kris Woodcock	210
17	Lynn Chassee	177
18	Shannon Braun	142
19	Pat Marshall	129
20	Hope Schwartz	123

Men

1	Greg Iverson	3,433
2	Wayne Segedie	2,088
3	Al Schneider	2,084
4	Bob Savio	1,939
5	David Lachman	1,686
6	Dennis Berg	1,669
7	CJ (Jeff) Jackson	1,622
8	Kurt Schoenhoff	1,363
9	Paul Koenig	1,177
10	Rick Arnopolin	1,073
11	Verne Aebli	1,052
12	John Loesch	1,026
13	Joe Lippere	983
14	Barry Cohen	938
15	Michael Ortmanms	867
16	Todd Leverentz	823
17	Mike Reyes	792
18	Steve Libbin	774
19	Ernie Baur	751
20	John Lowrey	746

New Year's Day Party!

Celebrate the new year with the Wheeling Wheelmen!



Here are the details...

Ride at 10:00 A.M.

Food & Drink at 1:00 P.M.

at

John Loesch's & Lynn Chassee's
62 Whittington Course
St. Charles
(630)377-6258

Directions: Take Rt 64 (North Ave.) to Dunham Rd (by Shell Station), turn right. Go to Fox Chase (1st light), turn left. Go to Aintree, turn right. The next left turn is for the Manor Houses of Fox Chase, Whittington Course, turn in and go around to number 62 and park.

Please call to find out what to bring (side dishes).

NEWSLETTER CONTRIBUTIONS

Hey, out there, I'd love to hear from you!!

Your ideas, thoughts, recipies, tips, suggestions, ride notes and stories are welcome.

Send your neatly written or typed words by the 15th of each month to:

Jennie Pfeifer
1955 Silver Lake Rd.
Arlington Hts, IL 60004

(Please include your name and phone number in case I have a question. I apologize in advance for any errors - I do my best!)

Moving?



Don't miss an issue of Monthly Meanders!!

Call Pam Burke with all name, address and phone number changes at (630)872-9238.

RIDE SCHEDULE

Hey, where's the ride schedule for this month? Well, unfortunately, it's that time of the year when the weather is just too unpredictable, and in most cases, just too darn cold for us to ride! So...we will not have a ride schedule for the next several months. However, you are encouraged to give the ride hotline a jingle at least once a week to hear what last minute rides and other activities may be planned!



Call (847)520-5010



Holiday Christmas Party!

Come one, come all to celebrate all good times.

Date: Sunday, December 14th

Time: 3 PM - 7 PM

Where: At the clubhouse where Pam Burke lives in Streamwood

We will have an ornament/decoration exchange and dinner, of course!!

Call Pam Burke by December 7th at (630)872-9238 for further information, directions and to let her know what you want to bring. The club will provide the main dish.

Plan on coming - the holidays are another reason for a celebration. Hope to see you there!

Banquet 1997

This year's banquet was a roaring success! All who worked so hard in the planning deserve a standing ovation (especially those of us who were in attendance!).

Thank you to Pam Zaverdas who booked The Wellington and chose our meal. The food was delicious, as expected.

Thank you to Ella Shields and Mike Ortmanns who got us that great comedian and all the gifts and prizes.

Thank you to Wayne Segedie for being a great M.C. and outgoing president - he does a super job at everything he gets involved in.

After cocktails and dinner our entertainment started. By the sound of the laughter in the room, everyone really enjoyed the comedian. He did a short stand-up and then showed slides of his travels that were hilarious. Afterwards he answered questions from the audience. He's had some very interesting adventures! Then Wayne did the drawing for tons of prizes, announced the winners of the balloting and handed out more prizes to the top riders and board members. It will be difficult to top this next year!



"The bicycle is the most civilized conveyance known to man. Other forms of transport grow daily more nightmarish. Only the bicycle remains pure in the heart."

-Iris Murdoch, *The Red and*

WHEELING WHEELMEN MEMBERSHIP APPLICATION

Name: _____

Spouse's Name: _____

Address: _____

Children's Names: _____ Age: _____

City, State, Zip: _____

_____ Age: _____

Phone#: _____

_____ Age: _____

Family dues: \$15 Individual dues: \$12

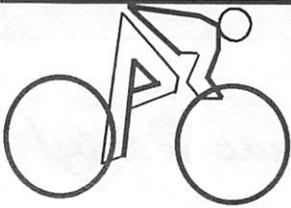
New Member? _____ Renewal? _____ L.A.B. Member? _____

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 _____

Mail this application with payment to: Wheeling Wheelmen, P.O. Box 581-D, Wheeling, IL 60090-0581



Wheeling Wheelmen
P.O. Box 581-D
Wheeling, IL 60090

No
Meeting
This
Month!

Mailing
Address
Goes
Here



In This Issue...

Christmas Party Details...New Year's Day Party Information...Year-end Rider Statistics

\$ Club Discounts! \$

The following local bike shops offer a 10% discount on parts and accessories to all Wheeling Wheelmen with a valid membership card shown at purchase.

AMLINGS CYCLE & FITNESS

*8140 N. Milwaukee Ave., Niles
(847)692-4240
*200 W. Campbell, Arlington Hts
(847)253-0349

BUFFALO GROVE CYCLING AND FITNESS

*960 S. Buffalo Grove Rd., Buffalo Grove
(847)541-4661

FS CYCLES

20566 N. Milwaukee Ave., Deerfield
(847)537-2453

MIKES BIKES

*155 N Northwest Hwy, Palatine
(847)358-0948

VILLAGE CYCLESPORT

*63 Park & Shop, Elk Grove Village
(847)439-3340
*215 W. Golf Road, Schaumburg
(847)781-9960

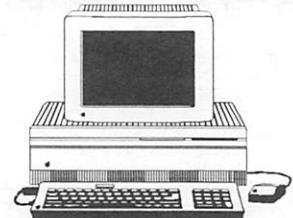
JOIN THE LEAGUE!

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

Check Out Our Website!



Web-page:
<http://www.cyberconnect.com/wheelmen/wwhome.htm>

E-mail:
wheelmen@cyberconnect.com

**Club Hotline
(847)520-5010**



Ride and Club Information