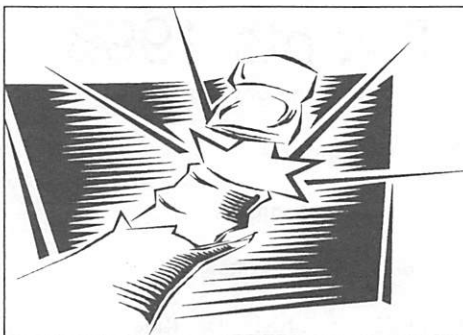


Board Banter

Now that we have entered into the new year, we would like to state some of our goals for the 1998 riding season. First of all, we, as a Board, want to express our deep appreciation for the job done by our immediate past president, Wayne Segedie. We certainly would have liked to have him continue on, but we realize a three year stint is enough for any person. We are certainly disappointed that no one has come forth to volunteer for President or Harmon Chairman, but it is not our intention to waste any more time and energy stating the obvious. There is obviously a huge void without anyone to fill Wayne's shoes, but with a past president, some members of the previous board, as well as some new board members with fresh ideas, who have already demonstrated their commitment to making the Wheeling Wheelmen the best bike club in the area, we feel that we can get the job done. This will require each board member to step it up a notch, but all of us have volunteered our time because we enjoy working to make sure this club prospers and we will do our best to maintain the momentum generated by Wayne and the previous board. As the year progresses, we will be trying to come up with new ideas that will

keep the rides exciting and fun for everyone, from experienced to inexperienced riders, fast riders and slow riders, those seeking fast paced aerobic work outs and those out to enjoy a leisurely paced ride. We hope that this club can provide rides that appeal to everyone, and to accomplish



*Happy New Year
from your new Board!*

this objective we are looking for your help. I think that we have a good representative cross section of all types of riders on the board, so that we can have good input as to what the needs or concerns are of a good cross section of riders. And I hope that you out there will come forth and help us deliver the kind of rides everyone wants by volunteering to lead rides. Rick, as ride chairman, knows your concerns, but he can't do it alone. Let's give Rick the support he needs so that this club can continue to remain the premier club in the Chicagoland area.

How I Got To Be Secretary And Other Stuff

by Verne Aebli

Hi! Many of you reading this don't know me yet so I think an introduction might be about due. I joined the club last spring and like most newbies, knew nobody at all. That quickly changed over the past summer and I now think I can count quite a few new and very good friends. How did I get to be secretary? I showed up for a ride one morning, put up with a bit of Wayne's good natured nagging and started thinking it was time again to try something new. But mostly I have to attribute it to Ella and a few brief words of encouragement. This woman has truly mysterious persuasive powers.

Cycling is my one great obsession in life but it hasn't always been that way. I didn't start riding seriously until I turned 30 (eleven years ago, do the math if you must). I'd just moved to Illinois, switched careers, began to lose contact with many longtime friends and really needed something to counteract an increasingly stressful and sedentary lifestyle.

I still remember buying my first new bike in 20 years, a red Bianchi, and taking it to Busse woods to check out the bike path. I road all of six miles and was at the brink of exhaustion, wondering out loud how I was ever going to get back to where I parked. Too many years of cigarettes, beer and pizza had really taken their toll. Luckily, improvement came quickly. I had

(Continued on page 2)

Club Officials

ELECTED OFFICERS

President

Eddy Merckx

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

Art Cunningham

(847)392-1116

Mileage Statistician

Ed Leidecker

(847)359-8583

Newsletter Mailing

Jennie Pfeifer

(847)342-8823

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

Pam Burke

(630)872-9238

Barry Cohen

(847)459-7640

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)342-8823

Board Meeting

This month's Board Meeting will be held on January 12 at the home of Al Berman at 7:00 p.m.

All Board members are requested to attend and please give Al a call and let him know if you'll be there 541-9248.

Moving?



Don't miss an issue of Monthly Meanders!!

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

Calendar of Events 1998

Jan 1: New Year's Day party!

Jan 8: Club Meeting

Jan 12: Board Meeting

Feb 20-22: CABDA Show

March 22: St. Patrick's Day Ride

March: 1998 Ride Schedule Starts!

July: Summer Party

Sept 13: Harmon Hundred

Nov: Banquet

Dec: Holiday Party

(Continued from page 1)

nowhere to go but up, right? Last year I cycled over 5000 miles, with quite a few centuries (and a rather literal run-in with a big black lab) included. This proves it's never too late to try something new, or to give up something bad for you and that you can improve with age as long as you keep missing the dog.

Did I mention cycling is my greatest obsession? Cooking is second...along with eating my own cooking. Do I reide to eat or eat to ride? All I know is it sure is great to be able to come home and eat the whole pizza, especially one I've just made myself. Most summer evenings you can find me doing laps on the Deer Grove bike path (working off a pizza maybe?...or making room for another) or riding the trails on my MTB, trying to clear out all those intrusive thoughts of work and such. Hint: nothing does this better than rounding a corner and surprising two skunks in the middle of the trail.

I live in Palatine, practically withing sight of Deer Grove. Yes, I bought my home with convenient cycling in mind. It's good to have your priorities in order.

At the banquet, I was greeted with the gift of a large box containing, among other things, many years worth of club newsletters. It's been a fascinating way to spend a few evenings, catching up on the history of the club, getting to know the people and what they've done to get us to the point we're at today; and getting a sense of family that many of us no longer have (or take) the time to appreciate.

Maybe that's why cycling with this club has such an appeal.

I'm looking forward to meeting more of you in the upcoming year.

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 - typos happen!)

Welcome New Members!



We hope you all are new members this month and have sent in your membership renewals!

1998 is going to be a year full of riding and fun - don't miss out!

1998 Midwest Bicycle Show

More than 200 Companies and Displays - Newest Bicycles & Gear - Specialty Bicycles & Items
Hans Rey Trials Show - Schwinn Freestyle Team Show - Closeout Center - shop for bargains on clothing & accessories
Specialty Bicycle Test Rides - Mini Clinics - Raffles
Chicago's Amateur Athlete Annual Event Guidebook & Show Directory

Midwest
BICYCLE
Show



**FEBRUARY
20, 21 & 22**

Friday 5pm - 9pm
Saturday 10am - 9pm
Sunday 10am - 5pm
Rosemont Convention Center
5555 North River Road
Rosemont, Illinois
(5 minutes from O'Hare Airport)

7th Annual
All Under One Roof
THE BEST OF BICYCLING

Compliments of
Wheeling Wheelmen

Save
\$2 off
regular
admission
with this
coupon

New for '98! CABDA's Closeout Center—
featuring discounts on hundreds of cycling
accessories, gear & clothing



- See Bicycles, Gear, Components & Specialty Items
- The Schwinn Freestyle Team•Hans Rey Trials Show
- Midwest Rides•Test Rides
- Cycling Clubs & Associations•Cycling Vacations
- Raffles•Much More!

Show Hotline (847) 202-0795

Sponsored by CABDA, a not-for-profit
organization dedicated to improving cycling

REGULAR ADMISSION: ADULTS \$7, CHILDREN UNDER 12 \$4, CHILDREN UNDER 6 FREE
*LIMIT ONE PER PERSON PER COUPON. NOT VALID WITH ANY OTHER OFFERS.

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

The Safety Corner

A systematic approach to training is one of the key factors in becoming a successful cyclist. Training is not only for top racers like Greg LeMond. Training is for anybody who wants to ride a bicycle for fitness. Training can teach you what your body is doing, and why, under different circumstances. Training can teach you how to enjoy your cycling better. While professional cyclists and amateur racers might spend as much as 35 hours per week with sprints, intervals and anaerobic threshold training, we, as recreational riders, should do what I will refer to as "middle intensity training" which means concentrating on large doses of endurance, because that is what you need if your goal is to be able to ride those 50-80 mile rides without feeling totally wiped out. So please don't stop reading this article because you think it is directed only to fitness freaks. Anyone who wants to enjoy their riding more can benefit.

Today's column is on the academic side - **KNOWING YOUR BODY AND HOW IT WORKS.** Your fitness level is the sum total of what you do to keep in shape. If all you ever do during the winter is lie around, watch T.V., and eat

junk food, you will not only become fat but your muscles will begin to wither away. Our bodies change and develop constantly under the influence of the exercise we do.

Muscles are groups of fibers that react to stimulation during any kind of motion - walking, swimming, running, biking or eating. There are two different kinds of muscles in the body, voluntary muscles and involuntary muscles. Voluntary muscles are those you can move, or stimulate when you want: your biceps, your quads and so on. An example of an involuntary muscle is your heart - a muscle that remains stimulated whether you want it to or not.

Muscles need energy to function. That energy is provided to the muscles by the blood, which contains oxygen and energy from the foods you eat, such as sugars, fats and various proteins. Perhaps most important for a cyclist, the muscle is composed of tissue that is highly sensitive to any kind of stimulation - especially the kind of stimulation the muscles receive in training. There are two types of muscle fibers, fast-twitch and slow-twitch. The fast-twitch fibers have a longer appearance and are stimulated in a higher-intensity and shorter-duration exercise. The

slow-twitch fibers are shorter and react to a greater degree when stimulated with a lesser-intensity and longer-duration exercise. The slow-twitch muscles are usually preponderant.

What exercise actually does is break down your muscle fibers. The benefit from your exercise actually comes when your body builds back its muscle fiber, this time more strongly, in something of an attempt to "defend" itself from the stimulation of the exercise. What that means is that once your body has recuperated from the exercise it has made itself stronger - and that is what you want the exercise to accomplish. The important point, however, is that the period of recuperation is as important as the time you actually spend exercising.

In cycling, your muscles have to respond to many different intensities of exercise. As recreational riders who ride for enjoyment, we do not have to concern ourselves with adapting our muscles to ride at a high intensity. Our objective is to train for endurance. We are not racers, but we do want to condition ourselves to have the stamina to ride whatever distance we have set a goal to achieve.

Until next month.....Al Berman

From The League of American Bicyclists...

We received a gracious thank you note from Jody Newman, LAB Executive Director, for our donation of \$1500. Here are her exact words: "With your help, we will continue to work on educating cyclists and motorists, on increased access and facilities for bicyclists, and on promoting cycling for transportation, fitness and fun. The League of American Bicyclists exists because of concerned people like you. Together, we will make our communities more bicycle friendly." Hopefully, 1998 will be a better year for LAB!

We also received advance information

regarding the 1998 Event Season. Following are the dates:

LAB Gear South: May 22-25 - Johnson City, TN

LAB Rally West: July 3-6 - Eugene, OR

LAB Gear North & National Rally: August 14-17 - Wellesley, MA

LAB events have it all: a wide variety of rides, workshops, entertainment, and exhibits.

For more information on these events, call (202)822-1333; fax (202)822-1334; or e-mail [Bikeevent@aol.com](mailto: Bikeevent@aol.com). Visit their website at www.bikeleague.org.

Social Activities



Check the Ride Hotline for upcoming get togethers! An outing to a German restaurant is rumored to be next! Don't miss the fun! See you there!

At this month's meeting:

Al & Cindy Schneider
presenting
their slide show of their fantastic vacation
to
Italy!



From our Ride Chairman Rick:

Looking forward to next summer? Want to combine vacation with cycling? Well here's a list of touring outfits that range from spartan to luxurious. Generally the private companies include breakfast, dinner, and sometimes motel lodging. The inexpensive trips are usually camping only but may still provide meals. I'm including only web-sites; I can't do all the leg work, next you'll want me to do the riding!

National Tour Directors Association:

This is the first stop for touring information! www.pages.prodigy.com/freewheel/nbtda.htm

Backroads: One of the most luxurious trips you'll ever do. Prepare to be pampered! www.backroads.com

Bicycle Adventures: They specialize in Pacific Northwest tours.

www.bicycleadventures.com

America by Bicycle: Everything from cross state tours to Fall foliage rides.

www.abbike.com

Tim Kneeland & Assoc: Loops in Hawaii, cross country treks and Oddesy 2000, the year long trek around the world. www.kneeland.com/timtka

Adventure Cycling: Supported and (gulp) self-contained on and off road rides. www.adv-cycling.org

Cycle America: Cross country rides that can be ridden one state at a time.

www.cycleamerica.com

Pedal the Parks: Cycle America offshoot. Loop tours that visit many western National Parks.



www.pedalthe parks.com

League of American Wheelmen: Pedal for power cross country rides. West to east and north to south.

www.bikeleague.org

Red Robin Bicycle Tour of Colorado:

www.cyclery.com/btc

Bike Florida: www.afn.org/bike/florida.html

Bike Safari: www.magicnet.net/free-whlr

Florida Tour:

www.wanderingwheels.com

BRAG(Georgia): (770)921-6166

TRIRI(Indiana): (812)332-6028

www.bloomington.in.us/bbc/triri/triri

RAGBRAI(Iowa): (515)284-8285

www.ragbrai.org

BAK (Kansas): (316)684-8184

www.nets.com/bak

MOOSA Tour: (207)743-9018

Moose Tour (Maine): (207)743-2577

www.megalink/moosetour

CAM (Maryland): (410)653-8288

www.jhu.edu/cam/

Shoreline Tours (MI): (313)379-BIKE

RAM (MN): (612)870-1500

CAMP (MO): (800)334-6946

BRAN (Nebraska): (402)397-9785

CANDISC (ND): (701)337-5576 & (800)799-4242

GOBA (OH): (614)447-0888

Cycle Oregon: (800)292-5367

Pensylvania: (215)561-9679

bobi@pedal-pa.com

BRAT (Tennessee): call TN MS Society; ride is in September

Cycle Texas: (713)837-9745 & (800)292-5389

Trans-Texas: (713)524-0913



I've been collecting responses to the Cycling Vacation Questionnaire that was sent out to those of you that requested one. It has been fun and interesting for me to read and type out your information. Several of you have commented that it was nice to walk down memory lane and recall your past vacations. I'm so glad and hope to print at least one vacation each month for everyone's entertainment!

Ella's Bike Vacation in Ireland

Tour of Ireland (1988) - Starting location was Shannon and the tour ended in Galway, Ireland.

This was a two week tour during June organized by a tour company named Euro Tours. The accomodations were all hotels and camping was not an option. All breakfasts and some dinners were included in the trip cost.

Ella rode with 17 other participants averaging 60-70 miles a day in hilly terrain with moderate difficulty. The tour group provided daily route sheets with points of interest.

On a scale of 1-10 (10 being the best) Ella gives this ride a 10 and would certainly go on this ride again with Euro Tours.

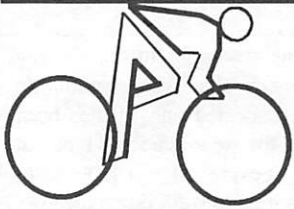
Her special comments: "It was a beautiful area, people very friendly, great pubs. Highlights: Kissed the Blarney Stone (that's why I talk so much), dinner in a castle and a marriage proposal from a local."

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



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

- *Next Meeting
- *Thursday, Jan 8
- *7:00 PM
- *Wheeling High School
- *NW Corner of Hintz & 83
- *West Entrance
- *Presentation - Slide Show



Mailing
 Address
 Goes
 Here

In This Issue...

Calendar of Events...Board Banter...Cycling Vacations...CABDA Show Coupon...Happy New Year!

\$ 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

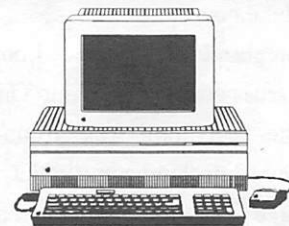
JOIN THE LEAGUE!

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