

Board Banter

by Verne Aebli

Right about now you're probably as tired as the rest of us from wondering when will the weather ever improve. Thoughts of Spring and that first warm weather ride are consuming an ever-increasing part of your waking hours. Well, the coldest months should be behind us and the days really are getting longer, even though it's hard to tell through all those persistent clouds. Still, a little global warming would feel pretty good about now. Time to think of better days ahead and what we can do to make them happen.

Our club will be celebrating its 27th anniversary this year. But, like most everything else in life, another successful season doesn't just happen. We would never have survived this long without the continued involvement, support and dedication of everyone.

Your board doesn't hibernate or fly south for the winter, even though some of us would desperately like to. We spend much of the time asking ourselves the same questions that get asked every year. How do we make things better? How can we build on our successes? How will the club continue to thrive? What's Pam planning for dinner?

There's a one word answer to most of these: People. Continuing members bring us stability. New members bring enthusiasm and fresh new ideas.

No, this is not shaping up as an annual plea for your support, just an invitation to everyone reading this, and it's really very simple: This club is an opportunity to each of you to make of what you'd like. Want to meet new people and make new friends? Great! That's why we're all here. Just wanna ride? Cool!



How do we make things better? How can we build on our successes?

It's what we do best. Want to be really involved? There's plenty of opportunities all year round. There will be another Harmon and another St. Pat's. There will be parties, picnics, dinners and concerts; and of course, rides to lead or rides to share. There's plenty to do and plenty of opportunities to join in and help out.

Being part of this club is not a job and it is not a commitment. It's meant to be fun and it is, and sometimes you feel really good at the end of the day. Spring really is right around the corner, so get off the couch, pump up the tires and join us in making '98 another successful and enjoyable year!

The Safety Corner:

by Al Berman

RANDOM THOUGHTS FOR SAFE RIDING:

Rule #1: Give the right-of-way to anyone who wants it, any time he or she wants it!

Leave any thoughts of road rage at home. Even if the person in the car or truck is dead wrong, it is better to be safe and not risk having some redneck retaliating if you cuss that person out or give that person an obscene hand gesture.

Rule #2: Never make any assumptions about anything, even if you have made eye contact and believe the motorist sees you. He does not know what you have in mind.

Always use sign language to signal your intentions. You still can't depend on a motorist seeing or understanding what you are trying to tell him, but it's safer if you try. An arm straight out to the left means you intend to make a left turn. An arm straight up means a right turn. Holding your arm down and waving it means you are slowing down or stopping.

Rule #3: Always obey stoplight signals and stop sign warnings.

When bicyclists ignore a red stoplight signal they violate both traffic regulations and common sense. Even if the stoplight has turned green in favor of the bicycle, it's always safer to wait until all traffic has stopped at the red light before attempting to cross the intersection at a right angle to traffic.

Rule #4: Never ride parallel to a vehicle, especially on the right (blind) side as you approach and go through an intersection.

If you should find yourself by the curb lane at an intersection with a vehicle on your left, wait to see that the vehicle proceeds straight or completes a turn to the right before you go straight through the intersection. If you are planning to make a left hand turn at an intersection, the safest way to approach it is to pedal behind and about 6' back from the left rear wheel of the vehicle in front of you. If you keep this position both the driver behind and the driver ahead can see you and neither can turn into you on a right turn, because

(Continued on page 2)

Club Officials

ELECTED OFFICERS

President

Elvis Presley

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

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 10th 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!)

Board Meeting

The next board meeting will be held on Monday, February 9 at 7:00 at the home of Bob and Virginia Savio.

All board members are requested to attend - please let Bob and Virginia know if you will be coming (847-438-8066)



St. Pat's Ride

The Wheelmen's official riding season starts with our annual invitational St. Pat's ride on Sunday, March 22 at the Wauconda Apple Orchard. With good weather we can expect 500 registered riders. As usual, we will need the help of all available willing members to make this ride a success. On the day of the ride we will need volunteers for parking, registration and sag drivers. We also like to have cookies for our guests, and would like to have volunteers donate them to be handed out during the ride. Call Art Cunningham at 963-8764 if you can help us out.

Registration begins at 9:30 and the fee is a nominal \$3 for a great ride. Pass the word around to all your riding buddies. We should have registration forms to pass out by the February meeting. Club members will have an opportunity to ride the route after registration ends at 11:00. Of course, no fee for volunteers. We hope we have a great turn out for the first official ride of the year.

Moving?



Don't miss an issue of Monthly Meanders!!

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

Welcome New Members!



Carl & Diane Beckner	Grayslake
Mary Karpen	Schaumburg
Margo Love	Round Lake
Frank & Jennifer Lugo	Hinsdale
John Malachowski	Wheeling
Cameron & Pamela Mills	Glenview
Regina Yuli	Hoffman Est.

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you are not positioned in a place where they can do so. When making a left turn on a four-lane street, always start the turn from your left lane.

Rule #5: Be alert and aware of vehicles coming from behind you.

This is especially true if you see a pickup truck, camper or car towing house trailers or boats. The extended right-side rear-view mirror has killed cyclists in the past. If you see a vehicle with a projecting right-side mirror move as far to the right as you can or get off the road if necessary. Beware of large 18 wheelers coming from behind you. Usually these drivers are careful when passing, but I have seen them cut back into the right lane before the entire trailer has cleared the bicycle they are passing.

Rule #6: Never ride without a rear view mirror either mounted on the handlebar of your bike or on your eyeglasses or helmet.

Remember - these mirrors only give you monocular vision. This means you can't be sure how fast traffic is coming from behind, or even exactly how far away a truck or car is behind you at any given moment.

Rule #7: As you pass a parked car, if you see anyone in the driver's seat, assume the door is about to open.

When you see a parked car ahead, slow down, look over your left shoulder to make sure there is no traffic behind you that would prevent you from veering to the left to pass the parked car and keep your fingers on the brake levers in case you have to stop suddenly.

Rule #8: When approaching an intersection and planning to turn left or right watch out for gravel.

It is common to see accumulations of loose gravel at intersections. Be sure to slow down during the turn and carefully proceed. Announce the presence of gravel to riders behind you.

Rule #9: Use extra caution when approaching railroad tracks.

Railroad tracks must be crossed at right angles to the track. A skinny bicycle tire getting caught in a track can result in a nasty spill and possible serious injuries. Sometimes tracks are at a severe angle relative to the road. Be sure to check your rear view mirror for following traffic before you pull out to negotiate the tracks.

Until next month...

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.

DILBERT



SCOTT ADAMS



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



Roll-on Bikes on Amtrak

This just in from our e-mail...

Dear ILcyclist readers, With the prospect of an El Nino winter with little snow for cross-country skiing, riding the train to warmer temperatures for biking may be a cure for the winter blahs. The following is reprinted from the Fall, Illinois Bicyclist.

by Craig Williams

Can you imagine...ride your bike to Chicago's Union station, carry it on board and kick back while the train takes you to Carbondale (near the Shawnee National Forest) or the Katy Trail in Missouri — ride for a couple of days and train it back home. Well, you can! Effective October 25, for a \$10 surcharge, bicyclists have been able to carry their bikes on board almost all Amtrak trains that operate in Illinois.

Amtrak ran a pilot test in Missouri this summer. Bikes were stored in the overhead rack (cyclists were required to loosen stems and turn handlebars). The pilot was successful enough that Amtrak agreed to extend the service into Illinois for cyclists traveling between Chicago and St. Louis, Chicago and Quincy and Chicago and Carbondale. Illinois Tourism representatives are excited about the potential use to destinations such as the Chicago Lakefront, I&M Canal (Mendota or Joliet), Vadalabene Trail (Alton), Constitution Trail (Bloomington) as well as to scenic roadways around, for example, Carbondale, Mattoon, Princeton, Kewanee and Quincy.

Cyclists wishing to bring their bikes will need to notify the reservation agent and to find which trains in the corridor will accommodate bikes (most of them do). Amtrak can accommodate two bikes per car, so most trains will be able to handle four six bikes. The reservation agent will be able to let you know if space is available.

Long distance trains cannot accommodate carry-on bikes at this time (although you can still transport your bike in a box as before). Only the Cardinal, which operates between Chicago and Washington, DC is equipped with a bike rack to handle "roll-on" bicycles.

For more about Amtrak's schedules, see www.amtrak.com or call 1-800-USA-RAIL.

ODE TO DEHYDRATION OR THE EVILS OF COFFEE

by Richard D. Arnopolin

It was raining in the city of the big shoulders, the kind of rain that washes the slime down the sewers into the Chicago River.

With a strange mix of anxiety and excitement, I packed and headed my car down Lake Shore Drive. I wanted to have a great time on Bicycle Across Kansas. Maybe returning next year, I'd say: "I'm going B.A.K. to Kansas."

As I turned onto Route 66, the Mother Road, something on the way to St. Louis caught my eye. It was a Sonic Drive-in. It looked so innocent; burgers, shakes, fries, and coffee. It was the sirens' song driving me to my doom. I pulled in. I ordered a cup. The car hop asked, "What size?" That moment changed my life forever. Remembering a wise sage say: "EMPTY YOUR WATER BOTTLES AT EACH SAG STOP", I had the girl fill my two 28 ounce bottles with java. The Teamsters rocket fuel. I knew every 10-15 miles there would be a sag stop. So in keeping with my training, I drained and refilled my joe at every stop; FOR SIX HUNDRED MILES! That's sixty 28

ounce bottles of coffee!

By the time I reached KC, I was so wired you could have plugged the TV into me and watched cable! It was a restless night in lenexa. I didn't sleep much. When I did, I dreamt only of Juan Valdez and mountain bike rides in Columbia. When the morning came, I had uncontrollable shakes. I'd become a caffeholic; a java junkie!

The bus ride was hell. Nothing helped; not chocolate, not Mountain Dew and not Jolt Cola (which has all the sugar and twice the caffeine). I was delirious when we reached Goodland. Fortunately, one of the B.A.K. medics, Joe Sanka, spotted me and recognized my affliction. Rushing me to a rehab clinic named Maxwell House, I was introduced to a pair of sibling doctors, the Hills Brothers. They quickly filled me with a decaffeinated I-V drip. They were just in time. I recovered and was able to start B.A.K. on time.

So heed my warning: When a silver-tongued temptress at some Sonic Drive-in asks: "Want coffee with that?" Do what recovering caffeholics everywhere do; just say: "NO THANKS. I'LL JUST HAVE WATER."

(Written for "Road Art Show & Tell on 1997's Bicycle Across Kansas)



YAKIMA ROOF RACK

4' rails, towers and 2 fork mount wheel trays — \$100.00

Call Mike at (847)439-9861



Don't miss one minute of the fun...

Check the club hotline every week to see if any social activities have been added to the schedule.

(847)520-5010

Dear Wheeling Wheelmen Membership,

Please come to February's membership meeting. It will be the last opportunity to put your favorite rides on the master ride schedule. In other words: COME OUT AND VOLUNTEER! THIS IS YOUR CHANCE TO RUN THE RIDES YOU WANT. The ride schedule is a reflection of what I want. The final schedule is a reflection of what the volunteers/leaders want!

Thank you in advance,
Rick Arnopolin
Ride chair-terran

The CABDA Show will be held from February 20-22 at the Rosement Convention Center.



As always the Wheeling Wheelmen will have the best cycling club booth in the place. We need volunteers to represent the club in our booth, hand out information and answer questions. Prior experience is not necessary. The shifts are only 3-4 hours and then you are free to check out the show!

Call Pam Burke if you can help at (630)872-9238

THE ADVENTURE OF A LIFETIME!

by Pat Marshall

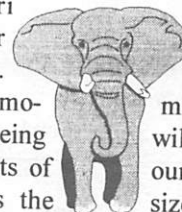
Ride our bikes and sleep in the bush with elephants roaming around? Geez, we didn't even know how to camp. So wouldn't you know these old neophytes participated in a cross-country, cross-cultural adventure in Botswana, Africa (in Aug. 1996).

The 600 mile, 3 week BOTSWANA BIKE & BUILD was coordinated by Habitat for Humanity International to raise funds and build homes and awareness of Habitats' work. Their goal is simple; "to eliminate poverty housing from the face of the earth." The founder, Millard Fuller, believes that every human being deserves a simple decent place to live.

We built a two room house for a delightful lady, Betty, and her three children. Betty and her family made the 1600 bricks, one at a time, that were used to

build the house. They worked alongside us while we were building. They lived in a round thatched hut with a leaky roof. No running water or electricity makes for a lifestyle that we did not know. The new home does not have water or electricity but it has a concrete floor, solid walls, windows and a tile roof.

The bicycle part of the adventure was to draw awareness to Habitats' activities in Botswana. There were 35 Americans who volunteered for the Bike and Build. We biked the length of the country spending much of our time on a road through the Kalahari desert (30-70 miles per day on flat terrain). Never in our wildest moments did we anticipate seeing wild elephants from the seats of our bicycles. (Botswana is the size of Texas and has 80,000 elephants!) Nor did we ever expect to be told to stay in our tent at night because of the danger of lions! All of this for a couple who had spent only one night together in a tent prior to this trip.



Wheeling Wheelmen Board Meeting Minutes January 12, 1998

This month's meeting was held at Al Berman's home. In attendance were Al Berman, Bob Savio, Rick Amopolin, Pam Burke, John & Jennie Pfeifer, Art Cunningham and Verne Aebli.

President's Report: Eddy was unable to attend this month's meeting. He missed a good meal.

Treasurer's Report: Bob distributed copies of the current treasurer's report. The report contained the 1997 year-end summary and last year's Harmon summary.

Membership Report: Pam reported that approximately 180 members have returned applications and dues for '98.

Ride Chair: Rick has prepared and submitted an article for the newsletter requesting member participation in signing up as ride leaders for '98.

CABDA: Pam is coordinating volunteers to work the CABDA booth (Feb 20-22). Club members are still needed to work in 3-4 hour shifts.

St. Pat's Report: Art Cunningham discussed the status of the St. Pat's ride.

We discussed some issues regarding the Harmon, the brochure and t-shirts.

Wheeling High School will not be available for our June, July and August meetings.



Membership Renewals are due!

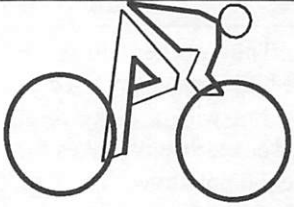
Just a reminder...membership renewals are due! This will be your last incredibly interesting and informative Monthly Meanders if we do not receive your renewal application and check. If you've misplaced your application, you can use the one on page 3.

If you have any questions regarding your membership or renewal, feel free to call Pam Burke at (630)872-9238.

We will certainly miss your friendship and companionship at club meetings, rides, parties, picnics, and invitationals. So please renew and join us for another year of fun!

We learned a lot about the Spirit of Christmas from Betty's lovely family in Botswana. We will be thinking of them throughout the Holiday Season and into the future.

Wow! What an adventure! Here's the basic details and costs of the 3 week trip: HFH calls this a short-term mission trip opportunity for people interested in both overseas travel and a Habitat volunteer work experience. Participants pay their own expenses plus a donation toward all costs of the building materials. Pat donated \$2000, plus airfare, spent \$450 on shots and paid for an extra white water rafting excursion. Meals were included (since, there were no "White Hens" or refrigeration) and consisted of pasta, beans and local veggies. Accommodations were 2 weeks of camping and the rest in college dorms. "Be aware...bike tours in 3rd world countries are not plush and dependable ..." But when asked if she would do it again her reply was a big "YES - IT WAS THE ADVENTURE OF A LIFETIME!"



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

- *Next Meeting
- *Thursday, February 5
- *7:00 PM
- *Wheeling High School
- *NW Corner of Hintz & 83
- *West Entrance
- *Presentation - Slide Show!

Mailing
 Address
 Goes
 Here



In This Issue...

CABDA Show...St. Pat's Ride...Amtrak news...Lots of interesting stories from our members!

\$ 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

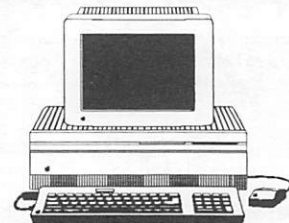
JOIN THE LEAGUE!

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/wwwhome.htm>

E-mail:
wheelmen@cyberconnect.com

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



Ride and Club Information