

My Column - Which Will Have a Better Name Next Time, I Promise!

With Wayne's tenure up as President, those of us now on the board realize that each of us will have to pitch in to some degree to try to fill the void. That void, and a considerable one at that, will probably extend to this newsletter as well. So, from time to time I'll take my turn at filling up my share of column inches. Hopefully you'll find it entertaining because I'm certainly no journalist.

As this is the start of another year, I think a bit of reminiscing might be appropriate. '97 was my first year ever as part of a bicycle club. That in itself is memorable for someone who always enjoyed being a solitary rider. I thought I'd take the time to share a few of the other things that made the year memorable for me and for some of you, too. So, not in any particular order, here goes:

CJ's first century. Greg, CJ and I were the only ones to show up for a 103 mile ride leaving from the Great Western trailhead in St. Charles. I'd later find out CJ was attempting his first century that day. He couldn't have chosen a better time & place. The route was mostly flat (and only two stoplights), temps were in the upper 70's, the sky was blue and birds were singing. OK, enough. He made it, of course, and with a minimum of whining, too. Congratulations!

Greg Iverson is convinced that somewhere near St. Charles lives a lion/tiger cross kept in a cage on some guy's farm. We searched the county for it. Sorry, only ostriches here.

Riding in rain isn't so bad once you realize that once you're wet you can't get any wetter. But, like dogs pulling a sled, it pays to be the lead dog. Tire spray in the face bites. Even more so after you get home and realize there's probably a bit of road kill squeeze-in's and critter droppin's mixed in with all that

water that's been sprayed in your face for the last twenty miles.

Wayne, I really like those Campagnolo bike shorts but I think they're wearing a little thin. Doesn't your butt get sunburned?

R means Right and L means Left. Most of the time. Unless it's on a cue sheet.

Bob Savio must have been a helluva Eagle Scout. The man has maps of everywhere.



Our St. Pat's Ride on March 22 is the first invitational of the year!

Lost in Wisconsin down some pot-holed, dusty, no-name cow path of a road? Call Bob.

I can ride for a couple hours before needing a break, which I thought was pretty good. Then I met Kurt, who I'm convinced could go all day without putting a foot down if it weren't for stop lights. Must be that tall cool one waiting for him at the end of the ride.

Click out before stopping, Barry, repeat after me, click out before stopping. We've all been there, done that, some more often than others. If we're lucky, it doesn't happen in front of ten of our friends.

I was sure I had forever disgraced myself while riding with the "fast" group early in the season. Sixty miles into an eighty mile ride I cramped. Not just your normal cramp, either. First one leg cramped near the top of a hill. I stopped and tried to get off the bike when the other leg cramped up in sympathy,

even worse than the first. There I was, in the middle of the road, unable to move. I think it was Wayne who offered to help me off the bike when all I really wanted to do was crawl slowly away and into obscurity.

What's wrong with Barrington? How can a burb with so many rich folks have roads so sh.... uh, excuse me, in such a state of disrepair?!

Dogs are now my most despised of all creatures. Nothing can ruin a beautiful day out in the country like a big dog running into your front wheel. Nothing broken, thankfully, but I now have a new benchmark for pain by which all future injuries can now be compared. New Year's resolution: Do not do any ride with Dog in the title.

Bees love PBJ sandwiches. I must have made hundreds of them at the Harmon. Some might have included bees. No, just kidding!!!!!! Wait a minute, if we can serve sushi...

Wrong turns are just another part of the adventure. But geez, Rick, how can you get lost hiking in Deer Grove?

That's about it for me, but there's always plenty of space in this newsletter. Drop Jennie a paragraph or two (OK, seventeen, but I was on a roll and you've all been so inspiring!)

Verne

P.S. I have boxes and boxes of bicycle shaped pasta left over from the banquet. And not a jar of sauce in sight! Puhleeze show up at the next club meeting so we can raffle off more of this stuff! (eighteen)

"Ride into Spring"

The presentation for this month's meeting on March 5th will help you brush up on your riding skills and tell you what you need to know before you hit the road this spring. This will be a refresher for long-time riders and club members. If you are a new rider or member to the club, don't miss this presentation - you will learn a lot!

Club Officials

ELECTED OFFICERS

President	
Marilyn Monroe	
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: BrrzAutmn@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	
Leila Arnopolin	(847)520-3136
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
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

The next board meeting will be on March 9 at 7 pm at the home of Verne Aebli. Please call him at 934-3809 if you will be coming.

All board members are requested to attend.

1998 Ride Schedule

So, the ride schedule is done and you feel a bit intimidated. You look at April's rides and think: "I can't start the season riding 50 miles a day! I need shorter rides to train!"

The schedule reflects the desires of the ride volunteers. Nothing is written in stone. It only takes one phone call to add or delete rides on the schedule. If members want shorter rides step forward and volunteer to lead them!

What? You've never lead a ride and don't know how? Well, I can help you with that too. the club has a dozen or so short rides in the library. All that's needed is a few volunteers to lead them! Pre-drive the route, copy the cue sheets, sign everyone up, and you're ready to go. It's that simple! Just make sure all riders return safely to their vehicles. The recognition at the banquet is almost its own reward!

Bottom line: don't wait for someone else to lead rides you want to go on. The number is (847)520-5010, box #1. My home number is (847)520-3136. I work early so don't call after 8 p.m.

I'm looking forward to hearing from you,
Rick Arnopolin
Ride Charman

WHEELING WHEEL(WO)MEN'S ANNUAL JANESVILLE
MEMORIAL WEEKEND
SAT, MAY 23 - MON, MAY 25
WOYTECK MORAJKO & CAROL PASSOWIC
(847)392-0530

This annual three day weekend originates out of Janesville, WI. This is a great training ride for the upcoming summer tours. Dare I say Pedal the Peaks in New Mexico at the end of June? Or, are you heading for Colorado? New York? Kansas? Missouri?

Janesville is approximately 90 miles from Mt. Prospect. Take the Northwest Tollway to the WI border. The Janesville Exit 171A is approximately 15 miles north of the border. While Janesville is a medium size town, it only takes a few miles to get to the rolling roads. These rolling roads will take us through the farmland and forests of New Glarus, Kettle Moraine and Lake Mills. The New Glarus route is one of our favorites as it has some challenging hills, great vistas and the Swedish bakery in town. Each day will have options of 80+/100+ miles.

Departure:

Woyteck and I will be departing from the Super 8 (has the weather channel) each morning (Sat-Mon) between 7:00 and 7:30 a.m. We will leave cue sheets on our van for those who want to leave at a later time.

On Friday we will arrive no later than 10:00 a.m. We will lead a group ride (no cue sheets). If you are interested, please let us know and we will look for you.

Clothing:

Bring all of your cycling clothing. Tour veterans have experienced the entire weather spectrum from rain, sleet, snow to sun.

Food:

All of the rides have designated rest stops where food can be purchased. However, it is always a good idea to bring some of your own health snacks. We also hope to have a group dinner for those interested.

Preparedness:

Sag support is not provided. We encourage those who ride together to make sure that everyone is in at the end of the day.

Hotels (all fill up quickly for Memorial Day Weekend):

* Super 8	Exit 171A off I-90 on Hwy 26 (Milton Ave) (608)756-2040
* Hampton Inn	Exit 171A off I-90 at Hwy 26, North 1/4 mile, pool, whirlpool. (608)754-4900
* Best Western	Across the street from the Hampton Inn, pool. (800)334-4271
* Ramada	Located across the street from Super 8. (800)228-2828
* Select	Located next to the Super 8 (608)754-0251
* Oasis	Behind the Ramada (608)754-2800
* Motel 6	Next to the Hampton Inn (608)756-1742

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!)

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!



Richard & Mary Kay Drapeau	Buffalo Grv
Wolf Freitag	Arlington Hts
Louis Muno	Arlington Hts
Ronald Newmann	Deerfield
Mike Stockreiter	Glenview
Doug Tello	Park Ridge
Kellyann Thomas	Park Ridge
David Waycie	Mt. Prospect

Monthly Meanders of the Wheeling Wheelmen

**Wheeling Wheelmen
Ride Schedule
March 1998**

**All
Riders
Should:**

*wear a helmet
*bring water
*bring snacks

*have a bike in good condition
*bring a spare tube and patch kit
*bring a bike pump

*bring ID card
*bring \$ for food & phone
*arrive on time

Date	Time	Ride Name	Starting Point	Directions to Starting Location	Miles	Leader	Phone #
Sun 3/15	10:00 am	Apple Cider Ride	Kildeer School	Old McHenry Rd., just north of Long Grove shopping district	37	Kurt Schoenhoff	634-2634
Sat 3/21		River Ramble	White Hen Barrington	Corner of Kelsey and Rt 59	35	OPEN	
Sun 3/22	12:00 pm	St. Pat's Day Members Ride	Wauconda Orchards	Gossel Rd. between Fairfield and Gilmer, north of IL 176	17/35	Rick Amopolin	520-3136
Sat 3/28	10:00 am	Broken Oar Ride	Kildeer School	see above	35	Art Cunningham	392-1116
Sun 3/29		Loops of McHenry	McHenry College	see above	35	OPEN	

Start Dreaming of Some Fine Bike Rides...

March 22	* St. Patrick's Day Ride Wheeling Wheelmen (847)520-5010	June 28	* 2nd Annual North Side Ride Chicago Cycling Club (773)509-8093
April 19	* 17th Annual Easter Ride Folks on Spokes (708)730-5179	July 4	* 4th of July Ride Joliet Bicycle Club (815)476-2044
April 26	* Silver Springs 60 Fox Valley Bicycle Club (630)584-7353	July 12	* Melon Metric XIII Naperville Bike Club (630)357-9000 X616
May 3	* Prairie Pedal Liberty Prairie Reserve (847)548-5989	July 26	* Metro Metric Elmhurst Bike Club (630)415-BIKE
May 3	* Sudden Century Joliet Bicycle Club (815)467-5748	August 1-4	* Across Illinois Bike Ride (AIBR) Joliet Bicycle Club (815)744-7015
May 17	* Arlington 500 Arlington Hts Bicycle Assn. (630)415-0765	August 9	* Bike Psychos Century Bike Psychos (708)802-1804
June 7	* Udder Century McHenry County Bike Club (815)477-6858	August 23	* Dog Daze Doubles Oak Park Cycle Club (708)802-BIKE
June 14	* BCLC Ramble Bike Club of Lake Cnty (847)604-0520	September 13	* Harmon 100 Wheeling Wheelmen (847)520-5010
June 21	* 10th Annual Boulevard Lakefront Tour Chicagoland Bike Fed (312)42-PEDAL	September 20	* 14th Annual North Shore Century Evanston Bicycle Club (847)866-7743
June 28	* 29th Annual Swedish Days Ride Fox Valley Bike Club (630)584-7353	September 20	* Tour of Scenic Ogle County (T.O.S.O.C.) Blackhawk Bike Club (815)399-2116

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

**DON'T MISS THESE 1998
LEAGUE OF AMERICAN BICYCLIST EVENTS!**

- ◆ **L.A.B.'s GEAR South** will be held May 22-25 in Johnson City, TN. Great scenery between the Great Smokey Mts and the Appalachian Mts - mountains, lakes, streams and forests!
- ◆ **L.A.B.'s Rally West** will be held July 3-6 in Eugene, OR. Ride around Crater Lake, take a trip to the OR coast, or along the famed Auferdeheide forest road crossing the backbone of the Cascades. Come discover a rider's paradise, where the length and difficulty of a ride is limited only by the imagination!
- ◆ **L.A.B.'s GEAR North & National Rally** will be held August 14-17 in Wellesley, MA. Experience the spirit of MA. The routes offer easy access to a range of rides, from scenic to panoramic views of "Apple Country" to historic tours of Concord and Walden Pond, to cultural tours of the DeCordova Museum.

For more information or to register, call (202)822-1333 or Bikevent @aol.com. The L.A.B. website is www.bikeleague.org.

*Social
Activities*



Let's prepare for the first invitational ride of the year!

Come and celebrate St. Pat's at the Irish Village on Saturday, March 28th.

There will be Irish music and dancers to add to the fun!

Call Pam at (630)872-9238 by the 23rd if you will be joining us.

Do you have an idea for a social activity (not cycling)? Give Pam a call with your suggestions.

Safety Corner:

by Al Berman

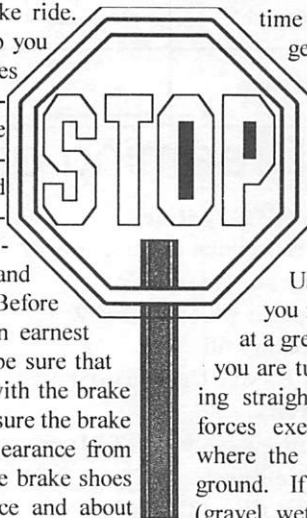
A child runs out into the street in front of your bike. A motor vehicle runs a red light while you are in the intersection. You're building up dangerous speed going down a steep hill. These are just a few of the dozens of braking situations you may encounter every time you go out for a bike ride.

And if your brakes won't stop you in time or if you use your brakes improperly you could be injured. If any brake parts are not properly tightened, vibration from road shock could loosen it further until it suddenly falls off your bike, possibly tangling in the spokes and causing a serious accident. Before you start the biking season in earnest have your brakes checked to be sure that all nuts and bolts connected with the brake are properly tightened. Make sure the brake shoe is adjusted for proper clearance from the rim and aligned so that the brake shoes are parallel to the rim surface and about 1/32 inch below the top of the rim. No part of the brake shoe should touch the tire. If your brake shoes appear worn down or age hardened they should be replaced with new ones.

At least 80 percent of your braking power comes from your front brake. This basic fact should always be kept in mind. Suppose you're cycling down a road and suddenly an emergency arises requiring you to come to a sudden stop. You have no time to turn or take evasive action. Grab both brake levers and squeeze them as hard as you can. Also move your body as far toward the rear of the bike as possible. Both of these maneuvers give you maximum braking power. If in a panic situation you apply just the front brake, you might find yourself being pitched head forward over the handlebars because you have caused the rear wheel to go up in the air. Conversely, if you apply just the rear brake, the rear wheel can lock up and cause the bike, with you on it, to skid sideways but still slide forward on the ground. How far it slides in that position depends on how fast you are going in the first place.

If you're biking down a long hill, don't let speed build up so fast that you can't stop in a reasonably quick time if you encounter any surprises on the road. It's hard to see loose

gravel or other possible defects in the road if you are letting her rip downhill at 40+ mph. And if you are approaching a curve, be aware that around that curve could be any number of conditions that could cause serious injury. A wipe out at this speed could have very serious consequences and a helmet might not be enough to prevent serious injury. Control your speed by applying first one brake and then the other. Alternating the use of brakes gives rims - overheated from the friction of brake pads -



time to cool off. If your wheel rims get too hot, heat will be transferred to the air in the tubes, and as air heats it expands. Many riders have suffered blowouts due to overheated rims with subsequent loss of control and bodily injury.

Use your brakes sparingly as you make a turn. Your bike rides at a greater angle to the ground when you are turning than when you are riding straight. On a turn, greater side forces exert themselves at the point where the tire makes contact with the ground. If the ground is at all slippery (gravel, wet leaves, etc.) when you brake, the bike could dump you on its side. Slow down before you arrive at any turn because you can never be sure how slippery the surface will be, whether there is loose gravel or what is around the other side of the curve.

Loose head set bearings, loose wheel bearings, a bent fork blade can cause your bike to shimmy when going down hill. Often when this happens the shimmy will increase in width and frequency with every turn of the wheels. It is frightening to discover this happening on a down hill where gripping the handle bars or braking or both cannot stop the shimmy from increasing in intensity causing you to lose control with the bike eventually falling over. At high speeds this can have some severe consequences to our physical well being.

Finally, no braking system can work properly if your wheel is not securely fastened at the wheel axle. Remember to inspect the quick-release of both wheels every time you get on the bike. Never assume that safely tightening them on your last ride means they are safe now.

Until next month.....

Wheeling Wheelmen Ride Schedule 1998

Date	Day	Ride Name	Mileage	Ride Leader
3/15	Sun	Apple Cider Ride	37	Kurt Schoenhoff
3/21	Sat	River Ramble	35	OPEN
3/22	Sun	St. Pat's Day Member's Ride	17/35	Rick Amopolin
3/28	Sat	Broken Oar Ride	35	Art Cunningham
3/29	Sun	Loops of McHenry	35	OPEN
4/4	Sat	Backroads of Barrington	40	Virginia Savio
4/5	Sun	Wauconda-Bull Valley	35/45	OPEN
4/11	Sat	McHenry Show and Go	30/50	OPEN
4/12	Sun	Prairie Path	45	John Loesch
4/18	Sat	Spring into WI	48/62	Art Cunningham
4/19	Sun	Wauconda-Twin Lakes	50/75	Rick Amopolin
4/25	Sat	Hills & Horses	40	Pam Burke
4/26	Sun	Ride to Big Rock	65/90	OPEN
May				
5/2	Sat	Antioch-Twin Lakes	60	Dennis Berg
5/2	Sat	Tour of Kettle Moraine	35/70	Mike Ortmanns
5/3	Sun	Tour of McHenry County	64	Virginia Savio
5/9	Sat	LLAW to LLAW	100	OPEN
5/10	Sun	Ice Cream Social	50/80	Rick Amopolin
5/16	Sat	Rawson Rendezvous	40	OPEN
5/17	Sun	Winnabago Wheeled Wanderlust	80	Rick Amopolin
5/23	Sat	TBA		
5/23-5/25	Sat-Mon	Janesville Weekend	50-100	Woytech & Carol
5/24	Sun	I&M Canal	54	Lelia Amopolin
5/25	Mon	McHenry Show & Go	30/50	OPEN
5/30	Sat	47 West of 47	47	OPEN
5/30	Sat	Ella's Escapades	75	Ella Shields
5/31	Sun	Bill & Mike's Excellent Adventure	75	Mike Ortmanns
5/31	Sun	Loops of Burlington	60/75/100	OPEN
June				
6/6	Sat	Backroads of Barrington	40	Vernie Aebli
6/7	Sun	Spring into WI	40/55	Ron & Judy Hattendorf
6/7	Sun	Tour of Kettle Moraine	30/65	OPEN
6/13	Sat	McHenry-Fontana	69/75	OPEN
6/14	Sun	Ride to Big Rock	65/90	Art Cunningham
6/20	Sat	Union-Twin Lakes	105	Al & Cindy Schneider
6/21	Sun	Rock Cut State Park	90	OPEN
6/21	Sun	Ride of 1000 Turns	30	OPEN
6/27	Sat	Paris School	40/65	Virginia Savio
6/28	Sun	Eagle WI	60/84	OPEN
July				
7/4	Sat	Wauconda-Twin Lakes	55/72	OPEN
7/4	Sat	River Ramble	35	OPEN
7/5	Sun	Loops of Burlington	60/80	OPEN
7/11	Sat	47 West of 47	47	OPEN
7/12	Sun	McHenry-Fontana	75	Mike Ortmanns
7/18	Sat	Antioch - A New Twist	60/100	Al & Cindy Schneider
7/19	Sun	Pedal, Paddle, and Picnic	18/35/56	John Loesch
7/19	Sun	Cedarburg-Jackson	64/87	Virginia Savio
7/25	Sat	Hills & Horses	40	Pam Burke
7/26	Sun	Wauconda-Bull Valley	35/45	John & Jennie Pfeifer

Date	Day	Ride Name	Mileage	Ride Leader
8/1	Sat	August		
8/1	Sat	McHenry/Sycamore	80	Virginia Savio
8/2	Sun	Club Picnic	35	OPEN
8/8	Sat	TBA		
8/9	Sun	Broken Oar Ride	35	OPEN
8/9	Sun	Ice Cream and Root Beer	80/100	Al & Cindy Schneider
8/15	Sat	Binnie Woods	65	Vernie Aebli
8/16	Sun	Run From the Dogs	35/48/70	Art Cunningham
8/22	Sat	Paris School		Ron & Judy Hattendorf
8/22	Sat	Ella's Escapades	75	Ella Shields
8/23	Sun	Bill & Mike's Excellent Adventure	75	Mike Ortmanns
8/23	Sun	The 3 L's	80	Al & Cindy Schneider
8/29	Sat	Loops of Burlington	60/75/100	OPEN
8/30	Sun	LaGrange-Sullivan	46/75/100	OPEN
8/30	Sun	McHenry Ride	65	Art Cunningham
September				
9/5	Sat	Wauconda Orchards-Twin Lakes	55/72	OPEN
9/6	Sun	Wholly Rollers	65/100	Vernie Aebli
9/6	Sun	Loops of Burlington	75	Mike Ortmanns
9/7	Mon	Members' Harmon Ride	15/35/72/100	Rick Amopolin
9/12	Sat	Tour of Cow Country	63/77	OPEN
9/13	Sun	Harmon 100 - NOT A CLUB RIDE		
9/19	Sat	Hills & Horses	40	OPEN
9/20	Sun	Run From the Dogs	35/48/70	John & Jennie Pfeifer
9/26	Sat	Tour of Kettle Moraine	30/65	OPEN
9/27	Sun	Antioch-Twin Lakes	60/80	OPEN
9/28	Sun	Winnabago Wheeled Wanderlust	80	Rick Amopolin
October				
10/3	Sat	McHenry-Fontana	70/80	OPEN
10/4	Sun	Antioch-Twisted Sixty	60	OPEN
10/10	Sat	Ride to Big Rock	65	OPEN
10/11	Sun	TBA		
10/17	Sat	Run From the Dogs	35/48/70	OPEN
10/18	Sun	I&M Canal Ride	54	Rick Amopolin
10/24	Sat	TRADITIONAL RAIN OUT		
10/23	Sun	Backroads of Barrington or River Ramble	35-40	Pam Burke
10/31	Sat	Apple Cider	40	Kurt Schoenhoff

Save this special pull out page for easy reference of this year's ride schedule. Call the ride hotline at (847)520-5010 for changes and updates before you come out on a ride!

On the back is a handy log to keep track of your mileage!

See you out on the road!

1998 Mileage Log

	SUN	MON	TUE	WED	THU	FRI	SAT	WEEK	CUM
JAN					1	2	3		
	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
FEB	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
MAR	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
APR	29	30	31	1	2	3	4		
	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
MAY	26	27	28	29	30	1	2		
	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
JUN	31	1	2	3	4	5	6		
	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
JUL	28	29	30	1	2	3	4		
	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	31	1		
AUG	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
SEP	30	31	1	2	3	4	5		
	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
OCT	27	28	29	30	1	2	3		
	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
NOV	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
DEC	29	30	1	2	3	4	5		
	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	31				

1998 TOTAL



TREK 5200 OCLV
62 cm Black Frame
LOOK Clipless pedals
Mavic CXP-30 Rear Wheel
Continental Grand Prix Tires
Complete Overhaul
Excellent Condition \$1325.00
(847)670-0083

TREK, red/white, Tri-series 500
touring, 22 1/2 frame (56 cm), 18
speed w/ bar end shifters. Extras
include racing saddle, VETTA
chain cleaner, 2 new chains, pan-
niers. All for \$125.00, not sold
separately. Call Howard Bronson
(847)475-1198 & leave a msg.

Tuesday and Thursday Morning Rides

Tuesday and Thursday morning show-and-go rides take place throughout the year with members of the Arlington Heights Bicycle Association and other local bicycling clubs. There are no cue sheets and a no-drop policy is followed.

Starting time: 10:00 am thru 4/30
9:00am beginning 5/1

Starting place: Deerfield's Bakery
Buffalo Grove, IL

Directions: Lake Cook Rd to Buf-
falo Grove Rd. North
on Buffalo Grove Rd
to the first signal light
(about 1 block), which
is Old Checker Rd.
Right on Old Checker
Rd. The first drive way
on the right leads to
Deerfield Bakery's
parking lot.

Routes: Tuesday rides are about
25 miles and Thursday
rides about 30 miles.
There are several small
hills on both rides.
Both rides are in the
Long Grove-Hawthorn
Woods-No. Barrington
area.

For further information call

Art Cunningham (847)963-8746
Bob Pletch (847)253-8633
Bob Savio (847)438-8066
Kurt Schoenhoff (847)634-2634

Al & Fran's Bike Trip to the Canadian Rockies:

This Timberline tour was one of the nicest tours we ever took, not only for how it was run, but for the beautiful scenery.

We started in Bamff and rode to Jasper via the Golden triangle, about 50-85 miles per day. We had one layover day in Lake Louise. Words cannot describe the spectacular views as we rode through the Canadian Ice Fields, and hiked on mountain trails around Lake Louise. The lakes out there are indeed as beautiful as you see on a post card, bright turquoise blue.

One of us (guess who) went hiking on one of the glaciers along with dozens of other people in spite of many signs saying "Danger - Keep Off". Hiking up wasn't so bad, but coming down on sheer ice wearing my bike shoes with numerous wide fissures (if you slipped and fill into one of them, it would be all over) was terrifying. We learned later that a little boy was killed there a week earlier when he fell into one of those fissures with his father standing a few feet away.

There were a few challenging mountain passes to climb, but most of the terrain was gently rolling. We stayed in quaint lodges and beautiful little cabins nestled in the woods. In the restaurants we could order anything off of the menu, and the salmon was outstanding.



We saw a grizzly bear, a moose, elk and numerous mountain goats along the way.

Whether you do this on your own or with one of the many tour groups, this is a trip not to miss.



Part-Time Sales/Assembly
Competitive Pay for experienced individual.
Contact Mike or Deb at
Buffalo Grove Cycling & Fit-
ness
(847)541-4661



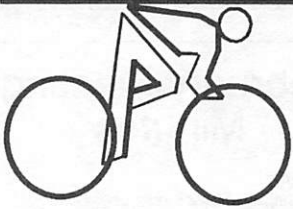
February Meeting Minutes

2/5 - Member's Meeting:

- * Pam ran the meeting at which 27 members were in attendance.
- * Our web page is a wealth of information with our ride schedules, social events, photos, invitational links and member e-mail addresses.
- * Elvis, our honorary president, was unable to attend the meeting.
- * Treasurer's report - all is well.
- * Ride chair's report - Rick asked for more ride leaders, 35 dates are still open, not much riding lately due to the weather.
- * The Janesville Weekend will be held Memorial Day weekend.
- * Membership renewals were due in Feb.
- * Social Activities - Irish Village dinner is planned.
- * CABDA show - we have enough workers for our booth.
- * St. Pat's Ride - brochures are printed - members took packets to drop off at area bike shops - more volunteers are need for parking, registration, cookies and SAG.
- * Village Cyclesport in Schaumburg is having a bike seminar on Feb 10 - Mike Ortmann's will represent our club and do a short speech.
- * Phyllis Harmon brought up future LAB activities and rides.
- * Al & Cindy Schneider entertained us with a great slide show of their trip to Italy in October! Thank you!

2/9 - Board Meeting:

- * This month's meeting was held at Bob Savio's - in attendance were Al, Bob, Virginia, Verne, Pam, Jennie, John, Art, Ella and Mike.
- * Treasurer's Report: Bob distributed copies of the latest report and summarized some of the club's donations of the past year. It was suggested that the club consider additional options for charitable donations to make good use of the club money. To be discussed at a future club meeting.
- * Membership Report: Pam reported that 249 members have returned applications and dues for '98.
- * Safety Report: Al is using his off season time searching for new and interesting things to pass along to the club.
- * Ride Chair: Rick was absent.
- * CABDA: Pam has signed up 20 volunteers and has all preparations well under control.
- * St. Pat's Report: Art still needs volunteers. We will provide home baked cookies and coffee to riders.
- * Harmon Report: We need to give more consideration in the upcoming year to moving the Harmon because it is becoming more likely that the orchard will be sold, forcing us to relocate. Veteran's Park has been reserved. The brochure is complete. We discussed Harmon patches, caps and t-shirts.
- * Summer Meeting Schedule: The high school will not be available for the June, July and August meetings. We will not have a July club meeting. Village Cycle-sport is a possible location for June and August.
- * Social: Pam is open to suggestions for social activities but enjoys the ethnic dining experiences and plans to continue them.
- * Picnic: The ride schedule shows the summer picnic on August 2. We need to reserve the spot at Old School Forest Preserve.
- * Meeting Presentations: We need presentations at club meetings. Any club members with slides of a tour or trip are welcome to give a presentation.
- * Club Mileage: The debate over counting club mileage centered on whether or not to count weekday morning/evening miles towards club mileage. Mileage rules will probably stay the same for this year. This is a very sensitive issue for some people. It was suggested to pose the issue to the membership some time next Fall if there is still sufficient interest in revising the rules.
- * GREAT dinner, Bob! Thank you!



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

*Next Meeting
*Thursday, March 5th
*7:00 PM
*Wheeling High School
*NW Corner of Hintz & 83
*West Entrance
*Presentation - "Ride into Spring"



Mailing
Address
Goes
Here

In This Issue...

Ride Schedule...Invitational Schedule...Mileage Log...Meeting Minutes...Janesville Weekend!

\$ 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!

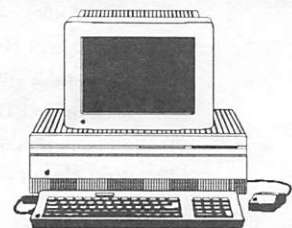
The League of American Bicyclists promotes cycling through safety and represents us in the decision making process in Washington DC. A yearly membership is \$30 for individuals, \$35 for families and should be sent to:

League of American Bicyclists
1612 K Street, NW, Suite #401
Washington, DC 20006

Tel: (202)822-1333
Fax: (202)822-1334
E-mail: BikeLeague@aol.com
Web Site: www.bikeleague.org

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