

This article was posted on rec.bicycles.misc.

Little Subtle Clues That Indicate a True Cyclist

During the mid-80's, cycling clothing suddenly became fashionable, and the people formerly seen as worse than nerds suddenly became the trendy center. For a short period of time, maybe ten years, I would approach someone dressed in very appropriate cycling clothes or wearing a cycling T-shirt and ask some question pertaining to the sport (or activity, if "sport" offends you) to get a rude reply in return, such as, "I wouldn't ride a %\$#@! bicycle if they gave the %\$#@! things away!"

After ten years of such gentle hints, I finally realized that not everyone who looks like a cyclist is one. Not even having bicycles hanging from a car is a sure sign. I recently learned of an important reason for being able to make this identification. A young woman, the daughter of a true cyclist, said she would never marry one under any circumstances. But how can she tell the true cyclist from any young man with a bike? Fortunately, there are a few very subtle clues that can indicate if a person really is a true cyclist or not.

1. What kind of clothing is the person wearing? While we can't use cycling shorts and shirts as a clue, there are some other clothing details that often evade notice that are more informative. For instance is the person wearing reflectorized leg bands? Because the things feel comfortable, I forget I have them on, so I end up wearing them at the store, along the street, even on the job. Key chains are another clue, for

example, a key fob made from a Campy shift lever, the peel-off bits of the bottom of SPD shoes, or bike chain. A key holder or charm designed to look like a U-bolt is so ugly that only a true cyclist would have one. Or how about a Campy dropout key ring and bottle opener for bike keys. In addition, a male might wear a



...there are a few very subtle clues that can indicate if a person really is a true cyclist or not.

bicycle tie while on a date and a female might wear a necklace or bracelet with cycling charms. A bike bag used as a purse is a dead giveaway, if it really is a bike bag. But, wearing a mirror on the eyeglasses is absolutely unmistakable.

2. Other details of the person's body can be subtle indicators. The typical cyclist has a thin, muscular body with a soft stomach. More certain is a little brown tan mark on the back of the hand caused by riding in the bring sun while wearing cycling gloves. Another indication is white hands with tanned arms. The cyclist's tan is recognizable because the person's back is fully

tanned while the front is not. Smoothly shaved legs on men is a clear sign. Many people have reported a black mark on the inside right calf caused by the bike chain. Often, there is a clear outline. After I commented that I wouldn't be surprised to find such a tattoo, I was provided with an URL. Cyclists also have longer shoe laces on the left than on the right, the right shoe laces also have badly frayed loops, and on a tandem rider, both sets of shoe laces are chewed up.

3. Hunger at a meal can reveal a cyclist. I notice that when I sit to eat with other people, they soon forget about eating and conversation and just watch me eat instead. People will take turns passing me food. (A friend) reports that while other women are eating like birds, she is rapidly stuffing pizza, in spite of her thin figure. The eating method of cyclists is a) Press food against face, b) suck, c) keep fingers out of the way, d) repeat. On one bike trip, I arrived at my aunt's house; they had already eaten, but she had a full meal waiting just for me. After I finished, I was sort of looking around, and she said, "You couldn't still be hungry, could you?" I said "no" but I had that look in my eye, so she went and got an already prepared second meal which I promptly devoured. She told me my mother had warned her, but she had found it hard to believe. Of course, I was polite enough not to mention that I had already eaten before I arrived. Anybody can be a glutton, but only a true cyclist is a bottomless pit.

4. At the water fountain, is the person thirsty? At the bank, the person in the line in front of me always

(Continued on page 5)

Club Officials

ELECTED OFFICERS

Honorary President

Curley Howard

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

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

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

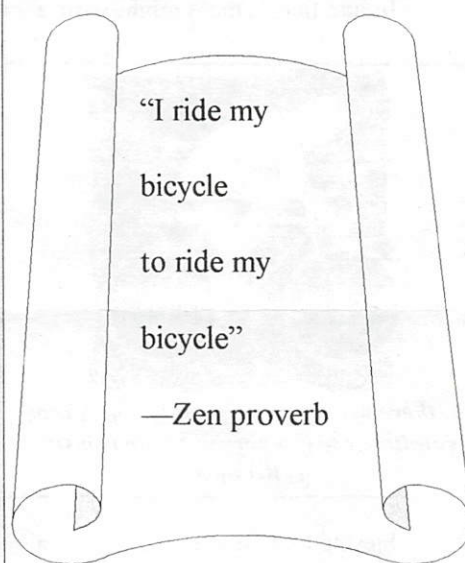
This month's board meeting will be held at Bob Savio's home on June 8th at 7:00 pm.

All board members are requested to attend. Please give Bob a call and let him know if you will be coming.



Basso, red, 50 cm, full Shimano components complete like new condition. \$600.00

Call Marianne or Wolf at (847)259-1201 or leave a message.



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!



Gus Berdusis
Tom Coogan
Lynn Hattendorf

Vernon Hills
Chicago
Elk Grove

Meander Stats

by Art Cunningham

Fourteen club rides were logged for the month of April for a max of 618 miles. This brings the total through the end of April to 21 rides for 855 miles. So, if you showed up for every ride and elected the long route, you would have logged 855 miles. Continuing the run from our March start, every weekend ride came off. Most enjoyed splendid (what's splendid?...well this is Chicago) weather and drew 20 or more avid bikers for a fun ride (5 did). Then there was our final weekend ride "Almost to Big Rock." A foggy, breezy, threatening day turned down-right mean with a 30 mph head wind driven rain with embedded ice pellets. This was not a fun ride, but Dennis, Wayne, Lou, Art and John faced this challenge. That's the way to build character, right? Now the weekday Tues/Thurs rides were a different story. About half of them were rained out and the riders that showed up consoled themselves at the "wimp's table" cussing the weather and discussing such timely topics as computer skills, the latest in bike equipment and the black market in Viagra over a cup of coffee and a roll at the Deerfield Bakery. Through the end of April, the top ten meander mile munchers were as follows:

MEN

1	Bob Savio	685
2	Art Cunningham	685
3	Dennis Berg	487
4	Louis Lambros	392
5	Bob Pletch	368
6	Kurt Schoenhoff	345
7	Al Schneider	317
8	Mike Ortmanns	263
9	Rick Arnopolin	250
10	Ralph Salle	241

WOMEN

1	Pam Burke	421
2	Ella Shields	413
3	Virginia Savio	296
4	Cindy Schneider	267
5	Janie Neuman	138
6	Betsie Burtilow	133
7	Mary Ferraro	130
8	Emily Fuentes	108
9	Carol Passowic	97
10	Jennie Pfeifer	90

Monthly Meanders of the Wheeling Wheelmen

**Wheeling Wheelmen
Ride Schedule
June 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 #
Sat 6/6		OPEN					
Sun 6/7	9:00	Spring into WI	David Park, Zion, IL	I-94 N to IL 173 east, to Kenosha Rd. Right turn to 21st St. Left turn to park.	40/55	Ron & Judy Hattendorf	362-5997
Sun 6/7	9:00	Tour of Walworth Lakes	Ye Olde Hotel Lyons, WI	I-94 N into WI, exit WI 50 W. Turn N on South St. to Railroad St. in Lyons	56	Al & Cindy Schneider	696-2356
Sat 6/13	9:00	McHenry-Fontana	McHenry College	US 14 west, two miles north of IL 176 in Crystal Lake	69/75	OPEN	
Sun 6/14	9:00	Ride to Big Rock	Rutland Forest Preserve	I-90 W, exit IL 47 to Big Timber Rd. Turn left to Rutland F.P.	65/90	Art Cunningham	963-8746
Sat 6/20	8:00	Union-Twin Lakes	Evergreen School	I-90 W to US 20 W to Coral. Turn Right to Northrup. Turn left to Washington. Turn right to school.	105	Al & Cindy Schneider	696-2356
Sun 6/21	8:00	Rock Cut State Park	Evergreen School	see above	90	OPEN	
Sat 6/27	9:00	Paris School	Paris School	I-94 N, exit WI 142 W to County D, turn left to school	40/55	Virginia Savio	438-8066
Sun 6/28	9:00	Rural Wisconsin	Eagle, WI	US 12 W past Elkhorn to WI 67 north to Eagle	60/94	Dave Lachman	623-6746
Sun 6/28	9:00	Three Covered Bridges	Kildeer School	Old McHenry Rd just north of Long Grove shopping district	62	Howard Bronson	475-1198

Please call the Wheeling Wheelmen Ride Hotline at (847)520-5020 for updates and changes!

The Bob Galloway Memorial... "Amish Country Bicycle Tour"

Saturday, September 19, 1998

The separate 15/25/40/60 mile routes tour through the scenic Arthur area offering a look into the past. Catch the Amish working in their fields and their children at play. A great lunch, local shopping, Rock-ome gardens, buggy rides and The Great Pumpkin Patch are also available!

The Ride offers:

- 1 The LOWEST Early-Registration Entry Fee in Central Illinois. Just \$5.00 before 9/1/98; and just \$9.00 thereafter.
- 2 Ride with the "buggies" on safe amish-country backroads!
- 3 Great refreshment stops and friendly SAG service along your way.
- 4 Delicious all-you-can-eat lunch at the Menonite School. Note: Lunch is a separate fee, as

it is a fundraiser for the Menonite School. 5 Camping is allowed the evening before ride. Showers and restrooms available. Day-of registrain, check-in and ride start will be from 6:30 am - 11:30 am at the Arthur High School.

For more information call the Arthur Visitors Center at (800)722-6474 or e-mail at mcclure@midwest.net.

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

Safety Corner:

By Al Berman

When it comes to exercise, more is better. Although this startling conclusion was found out in a recent study of 8,000 runners, the same principal applies to cycling.

The greater the mileage, the greater the health benefits. During the 70's and 80's, when biking and running started to take off in popularity, there was a lot of talk about whether more equaled better or whether it was quality that mattered. Exercise physiology was in its infancy. No one had studied the question and opinions were anecdotally based. At one time sedentary Americans were told that they didn't have to run or bike or swim, that even gentle exercise like walking, was beneficial. While any exercise is better than none at all, it is a proven fact that the more biking you do the healthier you are. Health benefits increase with every additional 20 miles per week you put on the bike, increase up to 100 miles per week and maybe even go beyond.



mileage up to 100 miles per week. Higher mileage cyclists tend to have healthier lifestyles. They have lower resting heart rates and eat less meat and more fruit and vegetables. Studies have shown the difference in health and lifestyles of those who eat little or not meat compared with those who consume a lot of meat:

1. They cycle an average of 15% more miles per week.
2. They have slimmer waists.
3. They have 3% to 5% lower total and LDL (low density lipoprotein - so called "bad cholesterol" associated with higher heart disease risks) than omnivorous cyclists.

Why cyclists who adopt a little or no meat diet cycle more miles isn't clear. Maybe cyclists who bike more miles tend toward scaling back or eliminating meat from their diets entirely because their bodies demand high-carbohydrate

foods, not fats. Or perhaps meat-eating decreases because a heavy, meat based meal in the stomach is not conducive to cycling. Whatever the reasons, it's obvious that, when it comes to exercise like cycling, more is definitely better - provided you don't overdo it and get injured.

The Wheeling Wheelmen is a club of about 350 members. It's obvious from seeing who shows up for rides, that the majority of our members are in name only and don't regularly participate in rides. There have been as many as three rides offered on any given day, and Rick tells me that he has been getting good support from members volunteering to lead rides. It would be nice to see a few fresh faces out there.

Until next month.....

- Studies have shown:
1. HDL (high density lipoproteins - the so-called "good cholesterol" that is associated with lower heart disease risk) increases steadily all the way up to 100 miles per week of biking.
 2. The ratio of total cholesterol to HDL falls steadily as mileage is increased to 100 miles per week.
 3. Triglycerides (associated with heart disease risk) decline steadily as mileage increases to 100 miles per week.
 4. The difference between highest life-time body weight and current weight increases steadily with

Ella's Vacation to Spain

¡Dios Mio! Here's an account of yet another one of Ella's adventures!



This one is about her Fall 1990 vacation to Porto, Portugal and Santiago de Compostela, Spain. Euro Tours organized the 2 week vacation which included 12 full days of bicycling in moderate to difficult terrain. Aside from riding, they toured a winery and saw a Spanish cycling team race one day. It was a "beautiful area" and "challenging." (We) "stayed in some great places (the mayor's villa) and saw beautiful churches. (We) found their customs much different from the USA, that was interesting."

This tour would be one to do again!



Mark your calendar now for the **Annual Wheeling Wheelmen Picnic** on Sunday, July 12!

More details next month...

Wednesday Night Rides:

Beginning June 1st, Wednesday Night rides will start at 6:00 P.M.

Please call Al and Cindy Schneider if you have any questions at 696-2356.

Social Activities



Due to our busy ride schedule and summer activities there will be no extra social activities planned for the next few months. Stay tuned...

(Continued from page 1)

seems to pull out a hidden bank pouch, ready to begin complex transactions for three businesses and one overseas trip. But I'm just getting paid back for my behavior in the water line. Other people will reach the water fountain and take a little sip. A true cyclist will reach the fountain and start to suck in the water in great shuddering convulsions that allow few drops to escape. After five minutes, the cyclist will back away for a short breathing break, but the cold water will be long gone. If no water fountain is available, only a cyclist will buy and down two liters of sports drink or soda.

5. Does the person have difficulty with simple directions and distances? For example, someone will say to me, it's just five minutes straight north on that highway and I will reply, "But how far is it?" and "How can I get there?" A true cyclist will refer to the number of days it takes to travel to far away cities and might fail to recognize quicker and straighter methods of getting there. However, paradoxically, a true cyclist knows "every street, way, lane, path, and route around his home" and, when offering directions, the cyclist will supply all kinds of information that's meaningless to anyone else, such as the steepness of hills. In addition, the true cyclist will know all kinds of road information about obscure places in other states.
6. If the true cyclist happens to own and drive a car, both the behavior and the vehicle will be odd. In driving a car, the cyclist will use back streets to get to any destination due to unfamiliarity with the direct routes. The true cyclist will also wave or not at all passing cyclists. A simple rule of thumb: if the bike is worth more than the car, the owner is a true cyclist. You will also notice that the bike is in excellent condition and the car is desparately in need of some repair.
7. Here's a simple and easy test that

can identify a true cyclists in a heart beat. First think of a pretty road traveling to a nearby town, say twenty miles away. Second, ask the person this question, "If I was going to x, would I be likely to find a place to buy a coke along the way?" A true cyclist can not only tell you every store on the way but can provide useful information about the food and beverages they sell, whether they have outside faucets or not, the names of the employees, and the location of all usable bathrooms - including unlocked portapotties. A motorist, on the other hand, won't even know that the stores are there unless he has run out of gas (the true cyclist won't remember if these stores have gas or not).

8. Little conversational habits will also furnish clues. Try this trick Ask a friend to ride by outside on a bike, and the true cyclist will rush to the window, even if in mid-sentence. When asked what someone looks like, the true cyclist will describe ther person's bike! Or asked for an opinion of the person, the cyclist will reply in terms of cycling ability (OK on the road, but doesn't know how to ride a trail). The true cyclist will remember the past in terms of cycling events rather than dates. If the coversation gets really boring, the true cyclist might occupy his time by checking his pulse. Courting conversation can be a little odd. The male will be sizing up the bike size of the femal and if the two are riding bikes when they meet, the first compliment is going to be about the bike. In fact, the opposite sex might end up receiving less attention than the opposite bicycle.

Tune in next month for more clues that indicate a true cyclist!



Month Meeting Minutes

Board Meeting - May 11, 1998

President's Report: Mr. Einstein, in his infinite wisdom, chose not to attend this month's meeting.

Treasurer's Report: We have several CD's and a checking account. There were no noteworthy expenditures or income for the month.

Membership/Social Report: Pam reported that there are about 350 members in the club. The new rosters will be distributed with the June newsletter. The business card refrigerator magnet idea has been accepted. Intentions are to distribute them along with the newsletter. New membership brochures are needed along with business cards to reflect the new e-mail & web addresses. Bob suggested that some time be allocated next winter to updating all of the invitational brochures and the membership application to update the logo and give them a uniform appearance. Pam will not be planning social events for the summer months.

Ride Report: Rick reported that ride leader volunteer support has been very good, with as many as three rides per day being offered on some weekends. Pam is working on a longer Barrington ride leaving from Hoffman Estates area.

Safety: Al is working on this month's newsletter article.

Misc: Adventure Cycling - After some discussion, the board decided to table the decision to obtain a club membership until the June board meeting.

Harmon Report: Bob provided the 1st brochure distribution to CABDA. Jennie will handle the bulk mailing on June 1. There will be another CABDA distribution on July 1. Bob intends to invite the Harmon chairpersons to next month's board meeting to discuss organizational matters. There was more discussion about route changes. The board agreed to use Mike Ortmann's t-shirt design.

Picnic: The picnic is July 12. Al Berman volunteered to lead the off-road ride. A ride leader is needed for a road ride.

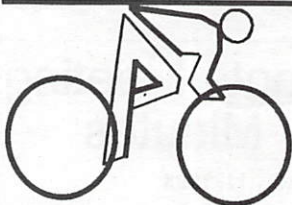
Storage Racks: will be purchased for club materials.

Banquet: Pam Zaverdas will chair the banquet. The location is likely to be Hackney's.

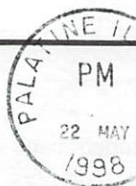
Old Harmon brochures: will be maintained by Pam for 3 years in anticipation of any potential legal matters.

Next Club Meeting: will be on Aug 6.

Web Page: now contains a Harmon brochure and registration that may be printed.



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



NO

MEETING

THIS MONTH!

83
Virginia Savio

82
Bob Savio
20862 Buffalo Run
Kildeer, IL 60047



In This Issue...

Clues that indicate a true cyclist..Meander Stats..Ride Schedule..Meeting Minutes..Safety Corner

\$ 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

ARLINGTON BICYCLE COMPANY

*45 S. Dunton, Arlington Hts
(847)253-7700

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

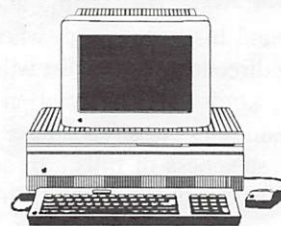
Fax: (202)822-1334

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.wheeling@wheelmen.com>

E-mail:
wheeling@wheelmen.com

Club Hotline
(847)520-5010



Ride and Club Information