



All About Bike Helmets

by Al Berman

WHY SHOULD YOU WEAR A HELMET?

It's a fact: About 1,000 American bicyclists die in crashes each year—and around three-fourths die from head injuries. Hundreds more suffer permanent brain damage. Many of these are experienced, careful riders—maybe just like you. **And most of these head injuries can be prevented with bike helmets.**



If you think wearing a helmet is a hassle or uncomfortable, think about the inconvenience of a wheel chair or funeral. And remember

that today's helmets are light, fashionable, cool, and inexpensive—especially compared to an emergency room visit.

BASIC HELMET TYPES

The two basic kinds of helmets are hard shell and soft shell. Hard-shell helmets have a thin plastic surface, while soft-shell helmets have only the soft (usually white) foam surface. Hard shells can be safer on the street: When the shell hits rough pavement it'll skid, rather than catch on something and break your neck.

Also, a hard shell keeps the helmet's

core—the soft foam part—from getting scratched and nicked. So if you do buy a soft-shell helmet, get a cloth or nylon cover that stretches over the whole helmet. Make sure the cover's stretched tight so it'll slide if you fall.

If you have a crash and your helmet takes an impact, replace it right away. An impact usually damages a hel-



...today's helmets are light, fashionable, cool, and inexpensive...

met's foam core, meaning it won't protect you again.

WHAT TO LOOK FOR IN HELMETS

Rating: Look on the inside of the helmet: It should have a green or blue Snell sticker, meaning the helmet passed the Snell Foundation's tests for safety. Just as good is the F1447 certification by the American Society for Testing and Materials (ASTM). Less stringent is the Z90.4-1984 certification by the American National Standards Institute (ANSI), but an ANSI-certified helmet will still protect you.



Harmon 100 1998

Yes, work has already begun on this year's Harmon 100 Ride to be held on Sunday, September 13!

Now's the time for everyone to volunteer a few hours of time to help out and have fun with your fellow club members. You can call any board member if you'd like to participate. And...just like last year... if you donate your time you will receive a FREE 1998 Harmon t-shirt (this year's design is to GREAT!) and a FREE ticket to the end of the year banquet! Spaces are limited so call now!

August Club Meeting!

This month's club meeting will be held on
Thursday, August 7
from
7:00 PM - 9:00 PM
at
Village Cyclesport
Schaumburg

Club Officials

ELECTED OFFICERS

Honorary Presidents

Team Festina (they have free time this month!)

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)963-8746

Mileage Statistician

Art Cunningham (847)963-8746

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

This month's board meeting will be held at the home of John & Jennie Pfeifer on Monday, August 3 at 7:00 PM.

All board members are requested to attend and to call Jennie if you will be able to come at 342-8823.

SOUTHERN ILLINOIS BICYCLING ADVENTURE

Now you can take your bicycle on the Amtrak "Illini" between Chicago and Carbondale (and certain other trains) for an additional \$10. Space is limited and reservations are required. Owners must loosen handlebars and turn them sideways to place bicycles in luggage racks. Call 1-800-USA-RAIL for reservations and information.

Illinois has thousands of miles of bicycle-friendly roads. For free Illinois bicycle maps showing trails and points of interest, call 217-782-0834.

Carry-on bicycle transport is also offered between Chicago and St. Louis on the "Ann Rutledge", "Texas Eagle" (#321 and #322) and the "State House" and between Chicago and Quincy on the "Illinois Zephyr." Most, but not all, travel times for the above trains allow carry-on bicycles, so check with your local Amtrak representative before you leave.

MEANDER STATS FOR JUNE

The summer months are upon us with all the activities to compete with club rides. Turnouts for week-end rides are getting more lean, but at the same time, more opportunities are being offered. Tuesday/Thursday evening rides started in June to give members another opportunity to go out and enjoy a ride with some of your riding buddies.

The big ten Meander Mile Munchers for June are listed below. Several ride sheets have not reached your ride statistian in time to meet the publishing deadline, so your total may appear low. Rest assured that these will be included next month when your ride leader gets around to getting the sign-in sheets sent in.

Women

1	Cindy Schneider	1104
2	Ella Shields	785
3	Pam Burke	779
4	Virginia Savio	779
5	Carol Passowic	437
6	Janie Neuman	388
7	Debbie Brown	273
8	Geri McPheron	250
9	Mary Ferraro	235
10	Sue Lippere	225

Men

1	Bob Savio	1622
2	Art Cunningham	1468
3	Dennis Berg	1254
4	Al Schneider	1120
5	Louis Lambros	912
6	Rick Arnopolin	779
7	Bob Pletch	737
8	Greg Iverson	615
9	Kurt Schoenhoff	609
10	Roy Erikson	551

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!)

Moving?



Don't miss an issue of
Monthly Meanders!!

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

Monthly Meanders of the Wheeling Wheelmen

**Wheeling Wheelmen
Ride Schedule
August 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 8/1	9:00	McHenry-Sycamore	McHenry County College	US 14 west, two miles north of IL 176 in Crystal Lake	80	Virginia Savio	438-8066
Sun 8/2	8:30	Ogel Oddey	Meridian Jr High School	I-90 W to I-39/US 20 W, I-39 south exit IL 72 W to Sillman Valley. Right on Stillman St. (Casey's on corner, rt on Main	85/100	Rick Arnopolin	520-3136
Sat 8/8		OPEN					
Sun 8/9	8:30	Ice Cream and Root Beer	McHenry County College	see above	80/100	Al & Cindy Schneider	696-2356
Sat 8/15		OPEN					
Sun 8/16	9:00	Run From the Dogs	McHenry County College	see above	35/48/70	Art Cunningham	963-8746
Sat 8/22	9:00	Paris School	Paris School	I-94 N, exit WI 142 W to County D, turn left to school	40/55	Judy Hattendorf	362-5997
Sat 8/22	9:00	Ella's Escapades	Glacial Hills Park	I-94 N to 894 bypass, becomes US 45, exit WI 167 W to Fries Lake Rd (in Washington Co. NW of Menomonee Falls) left to park	75	Ella Shields	773-594-1755
Sun 8/23	9:00	Bill & Mike's Adventure	Glacial Hills Park	see above	75	Mike Ortmanns	439-9861
Sat 8/29	9:00	Rural Wisconsin	Eagle, WI	US 12 west past Elkhorn to WI 67 north to Eagle. Park on the street	64/95	Al & Cindy Schneider	696-2356
Sun 8/30	9:00	LaGrange-Sullivan	General Store, LaGrange, WI	US 12 W past Elkhorn to County H	46/75/100	Al & Cindy Schneider	696-2356
Sun 8/30	9:00	The McHenry Ride	Barrington High School	Main St. (Lake-Cook) west of Barrington	65	Art Cunningham	963-8746

Tuesday morning rides leave Deerfield's Bakery in Buffalo Grove at 10:00.
Evening rides leave at 6:00.

Call the ride hotline at (847)520-5010 for more information and changes to the schedule!

WHEELING WHEELMEN MEMBERSHIP APPLICATION

Name: _____

Spouse's Name: _____

Address: _____

Children's Names: _____ Age: _____

City, State, Zip: _____

Age: _____

Phone#: _____

Age: _____

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

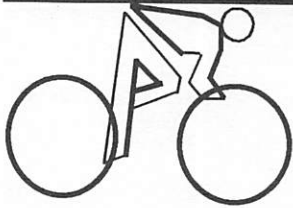
New Member? _____ Renewal? _____ L.A.B. Member? _____

MEMBERSHIP PLEDGE: I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to observe all the rules of the road, and conduct myself in a manner that will be complimentary to the sport. I release and waive all claims for negligence against the WHEELING WHEELMEN, its officers and members for all damages incurred at or associated with any WHEELING WHEELMEN activity for myself, my heirs and executors.

Applicant's Signature (parent's signature if a minor) _____

Spouse's Signature _____

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



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

Club Meeting
Thursday, August 6
7:00 PM - 9:00 PM
Village Cyclesport
Schaumburg location

Mailing
Address
Goes
Here



In This Issue...

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\$ 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

BIKES PLUS

*1313 N Rand Rd, Arlington Hts
(847)398-1650

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!

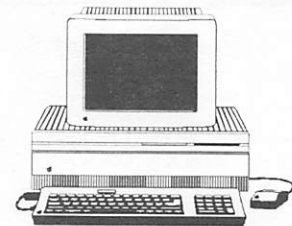
The League of American Bicyclists promotes cycling through safety and represents us in the decision making process in Washington DC. A yearly membership is \$30 for individuals, \$35 for families and should be sent to:

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.wheelmen.com>

E-mail:
wheeling@wheelmen.com

Club Hotline
(847)520-5010



Ride and Club Information