

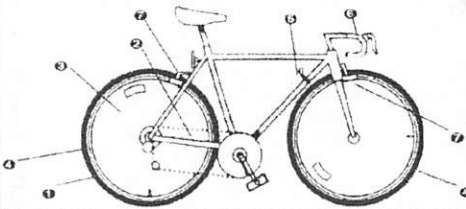
Safety Corner:

by Al Berman

Safety starts with your bike. Whether you use your bike a lot or you're dusting off an old bike, here are a few simple things to check for a safe ride. While these checks help you find problems, we don't have room to tell you how to fix them all. If you need help, go to your owner's manual, a maintenance book, or a bike shop.

- 1 Air:** Tires lose a little air every day. If your gauge says a tire is more than five pounds under the needed pressure (printed on the side of the tire), add air. No gauge? Push each tire hard against a curb. If you can flatten it, add air.
- 2 Chain:** A dry chain can skip, lock up, or break suddenly. If your chain squeaks or hangs up, lubricate it. Oil will do, but it attracts dirt; a greaseless chain lubricant's best. To lubricate: Grab the bottom of the chain loosely with a lint-free rag. With the other hand turn pedals backward, sliding the chain through the rag. Pedal the chain around twice to remove grime. With one hand squeeze or spray lubricant onto the chain, and with the other hand pedal the chain backward so it goes completely around once (twice if really rusty). Repeat the first step to get the excess lubricant off the chain. Extra lube can attract dirt.
- 3 Wheel Spin:** Lift each wheel up and give it a slow spin. (Spin the back wheel forward so the pedals don't move.) Check that it doesn't rub against the brake pads, frame, or something else. If the wheel doesn't spin freely but it's not rubbing, the

- problem might be inside the axle.
- 4 Tires:** Turn each wheel very slowly and look for big cuts, bulges, bubbles, or places you can see the inner casing. If you spot any, replace the tire. Remove glass or other debris. If the valve stem doesn't point straight at the middle of the wheel, the rim might cut it; let the air out and straighten the valve.
 - 5 Shifting:** Try all of your gears, shift-



Quick Maintenance Checks...

- ing each gear lever from high to low. You have a problem if the lever sticks, you can't shift to all gears, the chain rubs the derailleur, or the chain jumps off the gears. These are usually caused by worn or dirty cables, or a derailleur that needs cleaning or adjustment.
- 6 Handlebars:** Hold the front tire between your legs and try to turn the handlebars. If they're loose, tighten the stem bolt.
 - 7 Brakes:** You should have your brakes adjusted or replaced if you have any of these problems: (a) when you apply the brake, on each wheel, one or both brake pads don't touch the rim; (b) you can squeeze your brake lever all the way to the handlebars; (c) on each wheel, the brake can't stop the tire from moving on dry, clean pavement.
 - 8 Loose Parts:** Pick up the bike and shake it hard. Check and fix anything that rattles.



August Board Meeting Minutes

August 3, 1998

Treasurer's Report: Most of the expenditures for the past month were for Harmon-related expenses, with club income coming primarily from early Harmon entries. About 120 registrations have been received. Due to the later date of the Harmon, the advance registration cut off date has been moved to the end of August.

Secretary's Report: Club meetings at Wheeling High School are scheduled to resume with the September 3rd meeting.

Membership/Social Report: Pam reported that there are currently 327 members in the club. Pam has information on the Greg LeMond Ride (9/5) for anybody who's interested. Pam was contacted by Judy Peltier (a visually-impaired athlete) who is looking for an experienced cyclist to captain a tandem with her. Contact Pam for details.

Ride Report: Rick would like to remind all club riders not to ride alone on club rides, especially for the directionally challenged among us. There was some discussion about the difficulty of maintaining a current ride schedule on the web and in the newsletter. Rides sometimes get cancelled long after the schedule is published. Members should know to always call the ride line before heading off for a ride. We need ride leaders for September!

Newsletter: Future editions of the newsletter may contain a new column - Ella's Rest Stop Reviews. So contact Ella to vote (tiolet lever up for good or down for bad) for your favorite (or most infamous) rest stop facilities.

Nomination Committee: The board will soon be looking for individuals interested in serving on the board for the next term.

Harmon Report: Bob reported that we will be having a Lakewood rest stop. Alternate routes to bypass the Bonner Rd construction still need to be checked out. Again this year there will be a parade conflict in Johnsbury that needs to be avoided. Bob is looking into buying and using safety cones and warning signs along the route. The insurance for this year's Harmon and next year's St. Pat's ride has been purchased. For those planning ahead, the St. Pat's ride is scheduled for March 21, 1999.

Web Page: There was not much member interest in purchasing a digital camera. The board will not be approving the purchase.

Club Officials

ELECTED OFFICERS

President

Casper the friendly ghost

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

Banquet

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 at Bob Savio's home on Tuesday, September 1 at 7:00.

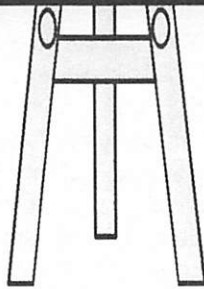
All Board Members are requested to attend and please give him a call if you will be coming.

NEEDED:

COOLERS FOR
STEVE LIBBINS
REST STOP
AT THE
HARMON 100!

IF YOU CAN LEND
ONE, PLEASE BRING
IT TO THE NEXT
CLUB MEETING.

THANK YOU!



MEANDER STATS FOR JULY

Through July, the max of 2980 miles is possible if one biked the longest distance each day of a scheduled ride completed. As can be seen upon checking the top ten list, the leaders were not too far below that. There have been 122 bikers who have participated in club rides to date. Nine have 1000+ miles; 20 have 500+ miles and 40 have 300+ miles. Now isn't that iinntterreessttiinnngg!

The top ten meander mileage munchers are listed below:

Women

1	Cindy Schneider	1728
2	Ella Shields	1072
3	Virginia Savio	1011
4	Pam Burke	901
5	Janie Neuman	498
6	Carol Passowic	437
7	Mary Ferraro	377
8	Geri McPheron	357
9	Debbie Brown	328
10	Betsie Burtlow	323

Men

1	Bob Savio	2317
2	Al Schneider	1880
3	Dennis Berg	1633
4	Art Cunningham	1612
5	Louis Lambros	1608
6	Bob Pletch	1075
7	Kurt Schoenhoff	989
8	Rick Arnopolin	924
9	Greg Iverson	905
10	Mike Ortmanns	817

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!



Sandra Atkinson
Lynda Karz
Sheila Tanner
Carlos Zenteno

Deerfield
Arl Hts
Wheeling
Buffalo Grv

Social Activities



September 26th - Dinner at a traditional Japanese Restaurant (and if you're willing, a Sushi Bar) in Schaumburg.

Dinner will be in a private tea room - don your kimono and leave your shoes at the door.

Call Pam Burke (630)872-9238 by September 16 for reservations and directions

Monthly Meanders of the Wheeling Wheelmen

**Wheeling Wheelmen
Ride Schedule
September 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 9/5		OPEN					
Sun 9/6	9:00	Loops of Burlington	Eagle Lake Park Burlington, WI	I-94 N to WI 11 W to WI 75 right to church St. Left to park.	75	Mike Ortmanns	439-9861
Mon 9/7	9:00	Member's Harmon Pre-ride	Wauconda Apple Orchards	Gossel Rd between Fairfield and Gilmer, north of IL 176	72/100	Rick Amopolin	520-3136
Sat 9/12		OPEN					
Sun 9/13		HARMON 100					
Sat 9/19		OPEN					
Sun 9/20	9:00	Run From The Dogs	McHenry County College	US 14 west, two miles north of IL 176 in Crystal Lake	48/70	John & Jennie Pfeifer	342-8823
Sat 9/26	9:00	Tour of Kettle Moraine	LaGrange General Store	US 12 W past Elkhorn to County H	30/65		
Sun 9/27		Wholly Rollers	Great Western Trailhead	St Charles, IL	65/100	John Loesch	(630)377-6258

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

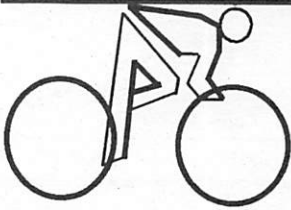
New Member? _____ Renewal? _____ L.A.B. Member? _____

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

Next Club Meeting
 Thursday, September 3
 7:00 pm
 Wheeling High School
 Rt 83 and Hintz Rd

Mailing
 Address
 Goes
 Here



In This Issue...

September Ride Schedule (sort of)...Board Meeting Minutes...Safety Corner...Club Mileage Stats!

\$ 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

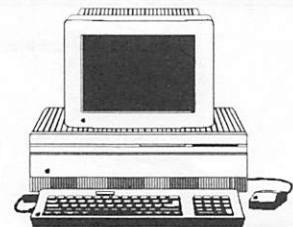
Fax: (202)822-1334

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