

Wheeling Wheelmen

Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

Dec '98/Jan '99

WHEEL WORDS

by Wayne Segedie

I am very proud and happy to be back as your president for another year. The year I spent away was very good for me and also very enlightening. The response from you for me to return was well received. During the past year, I was able to do some personal things, do some riding by myself, which allowed me to not feel pressured to ride every ride with the club. I also stayed out of the "mileage thing" giving me a chance to reflect and regroup. Sometimes we need to step back and re-evaluate. Thanks to all for your support this past year and for encouraging me to be president again. It shows what a close family this club really is to each other.

How about the job the Board did this past year. It was especially hard for them without a president and they really pulled it off. (Maybe that says that they don't need me after all). They gave you everything you have come to expect: a monthly newsletter, monthly meeting, two invitationals, our annual picnic, annual banquet, monthly social events, and most importantly, a calendar full of weekly rides. Thanks to the past Board for a wonderful job.

Speaking of rides, Mike Ortmanns and Ella Shields are busy putting together next year's ride schedule. If you have a ride that you would like to lead, please give them a call. Many of you have asked for shorter mileage rides. The best way to have this type of ride included in the schedule is for you to come forward and lead one of these rides. Not only will this allow you to have the kind of

ride that you are seeking, but also encourage others to lead a ride. When they see how easy it is, they will want to help share the responsibilities. We also need to have some new rides developed. If you have a favorite route, and would like to share it with the rest of the club, how about leading it some weekend. Maybe it is a shorter training ride and would be perfect for a week night ride. We



*Hip Hip Horray!
Our president is back!*

want this year to be fun. We need to encourage others to ride, both verbally and by offering them some great routes. Let's put out best pedal forward and show others how special the Wheelmen are.

THE ROAD AHEAD As a club, we have our work cut out for us this coming year. I see two goals I would like to accomplish this year. The first one is best described as encouragement. We have a fairly large membership and I would like to see more of the membership become active this year. The best way we can do this is through encouragement. Whether it is before a ride or on our our bikes, we need to encourage others to accomplish new goals. These can be to ride farther, faster, or just better. Through

your help we can all become better riders. Also, we need to make everyone feel welcome. Before the ride, on the route, or at the rest stop, let's treat others like we would like to be treated. We don't always need to be the first one in, maybe by dropping back and riding with the person at the back, you unknowingly have just encouraged them to complete a ride or come back and try another ride. Maybe you have helped them through their longest or most challenging ride. Think about it. Think about when you did your first sixty, or first century. What helped you through? Probably another rider helped you complete your journey. Let's make this the Wheeling year of encouragement.

The other issue we need to seriously deal with is safety. This past year, I have observed many safety violations. People have been running stop signs, stop lights, crossing busy roads when it has not been safe to do so. Remember, if it is safe for you to cross, it might not be safe for the group behind you and you unknowingly lead them into disaster. I have also noticed riders not signaling their turns, or calling out holes or obstacles in the road. When someone calls "car back" this means it is time to stop your conversation and immediately pull over as close as safety permits to the edge of the road. The question often arises as to which rider should pull over to the front spot when two riders are next to each other. The rule of thumb here is: the rider whose handlebar is furthest forward is to pull over to the front spot. Also, when someone calls "car back" this does not mean for you to turn around and look to see if there really is a car, just pull over. If someone mistakenly calls out a car and there is no one, you can then resume your conversation after it has been determined

(Continued on page 5)

Club Officials

ELECTED OFFICERS

President
 Wayne Segedie (847)426-4376
V.P./Ride Chair
 Mike Ortmanns (773)467-9387
 Ella Shields (773)594-1755
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
 Lou Lambros
Web Page
 Bill Bergeron (847)382-4704
Bike Books

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 at Verne Aebli's home on Wednesday, January 13 at 7:00 pm.

All Board members are requested to attend. Please let Verne know if you will be there.

Top Ten Mileage Club Riders

1998 Year-End Stats

Men

| | | |
|----|-----------------|------|
| 1 | Bob Savio | 3917 |
| 2 | Al Schneider | 3744 |
| 3 | Louis Lambros | 3040 |
| 4 | Dennis Berg | 2906 |
| 5 | Art Cunningham | 2659 |
| 6 | Bob Pletch | 1972 |
| 7 | Bob Walkowitz | 1839 |
| 8 | Rick Arnopolin | 1635 |
| 9 | Mike Ortmanns | 1633 |
| 10 | Kurt Schoenhoff | 1630 |

Women

| | | |
|----|------------------------|------|
| 1 | Cindy Schneider | 3417 |
| 2 | Ella Shields | 2048 |
| 3 | Virginia Savio | 1415 |
| 4 | Pam Burke | 1110 |
| 5 | Janie Neuman | 1058 |
| 6 | Geri McPheron | 678 |
| 7 | Carol Passowic | 618 |
| 8 | Mary Elizabeth Ferraro | 564 |
| 9 | Debbie Brown | 522 |
| 10 | Jennie Pfeifer | 484 |

WINTER RIDES X-C SKIING

We will still be offering rides or skiing events during the winter. Winter rides are usually short 20-



40 miles, there are no cue sheets and we ride together at an easy pace on hybrids or mountain bikes. It is very social and after the ride we normally go out for lunch. If there



is snow, which is the prediction this winter, we will try and have x-c ski outings.

We do need volunteers to lead rides or skiing events. Please leave a message on the ride line with the details or leave a message and we will call you back. We need to hear from you by 7:00 p.m. on Thursdays in order to put information on by Friday morning.

The policy for winter will be:
ALWAYS CHECK THE RIDE LINE THE MORNING OF THE RIDE. We will cancel a ride if the leader decides to cancel due to inclement weather. Therefore, ride leaders need to call us at home 2 hours before the ride to cancel.

Hope to see you on the road or on the snow!

Mike Ortmanns (773)467-9387
 Ella Shields (773)594-1755

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!



Roger Caruana
 Anne O'Brien

Arl Hts
 Elk Grove



Board Meeting Minutes December 9, 1998

This month's meeting was held at Bob Savio's home. In attendance were Bob, Pam, Mike, Ella Wayne and Verne.

The next board meeting will be at Verne's home on Wed, Jan 13.

Reports:

President's Report: (Wayne Segedie) - once again we have a living, breathing (and non-fictional to boot) president. Welcome back Wayne. We will hear more from Wayne in his inaugural newsletter article in the this issue.

Secretary's Report: (Verne Aebli) - The next club meeting is scheduled for Thursday, January 7th at WHS. I was contacted by Pamela from CBF regarding club representation at their quarterly meetings held at REI. The next meeting is scheduled for January 29th. Wayne will resume representing the club at these meetings. Pam Burke will also attend the next meeting for CABDA-related issues. I will be contacting Pamela to give her Wayne's addresses.

Treasurer's Report: (Bob Savio) - Bob provided the summary of account balances and expenditures for the past two months. We reviewed Harmon ridership, receipts, expenses and overall club position in deciding how much money could be reserved for this year's charitable donations and how much should be rolled over into a CD for next year.

There was some discussion on other possible club expenses for the upcoming year, including the possibility of purchasing a scanner for posting pictures on the web page and the possible need for Y2K computer upgrades. These will be investigated further.

Membership: (Pam Burke) - Pam reported that 1999 membership renewal notices will be mailed out this Saturday (12/12).

333 renewals will be mailed. Current club membership is slightly larger since some members are already paid through '99. Members reading these minutes should be looking for their renewal notices in the mail. Those who choose not to renew will not receive any further newsletters beyond March 1999.

Pam distributed a list of other bicycle clubs and local businesses which receive newsletters. The file was somewhat corrupted by the computer transition with some of the names associated with many addresses being lost. We are reviewing this list to determine who should continue to receive newsletters.

The next membership roster will be mailed with the April newsletter.

Ride Report: (Ella Shields & Mike Ortmanns)

There were many comments and good suggestions on how to encourage new members and promote the club in the upcoming year. Mike is planning to focus on rider safety and group ride etiquette at some of our upcoming club meetings. Smaller group sessions, focusing on new members, may also be held at members' homes. There were suggestions that a more casual environment may be more conducive to drawing out and involving new members in club activities. Ella suggested a series of new member (or prospective new member) rides be scheduled in April. It seems to be a recurring theme that if new members aren't encouraged to get out early in the season they are often intimidated by the longer rides. We need to find ways to encourage early season participation so that new people are familiar with the club feel welcome and comfortable riding in groups and are better prepared for the longer rides of the season.

Ella went on to reiterate that ride leaders are always needed and welcome and that ride leading is not difficult and is not a big deal. Once again, we need to expend the extra effort on encouraging new ride leaders.

Bob suggested a new approach to club member riding at next year's St. Pat's. Club riders should be encouraged to intermingle with guests rather than engage in a club group ride as has been done in the past. This ride is one of the first opportunities of the season to promote the club to potential new members and we should take better advantage of this. We should also extend this approach to club riders, perhaps volunteering a club member to accompany any new riders on club rides.

Business

Harmon Report: pre-reg. and overall ridership was down this year. Decreased ridership seemed to be a phenomenon shared by most of the local clubs this past summer. The '99 Harmon is scheduled for September 12 at the Orchard.

St. Pat's Report: The '99 St Pat's is scheduled for March 21. There was some discussion about details.

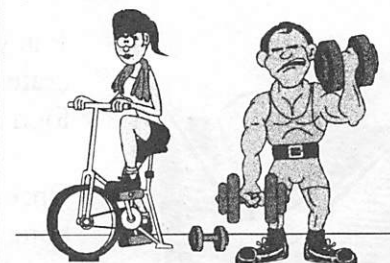
Club Meeting Programs: Programs planned for upcoming meetings include the annual member swap meet and sale, a body fat measuring clinic (perfect for after the holidays, so keep it in mind as you're snarfing that extra helping of strudel), Effective Cycling & safety presentations and basic maintenance & repairs. When scheduled, details of programs will be published in the newsletter and on the web page.

Donations: The board discussed the amount of this year's donations and various organizations to be supported.

Material on the Hope Now Bike Program, a program which provides bikes as transportation for needy individuals, was reviewed and discussed. The board is determining the best way for us to support this organization.

Safety Corner

by Al Berman

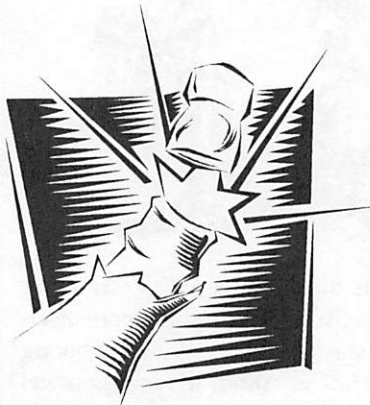


Now that the summer riding season is over, we have to have a little more discipline to stay in shape. With the biking season relatively short, it's no fun to get out on that first spring outing and barely make it through a 35 mile ride. This means you will waste the first few weeks of the season getting your conditioning back, while those who have properly maintained their fitness will be far ahead of you. With global warming, it is possible that many more winter rides will be appealing to more people. If riding in colder weather isn't your thing, get out to a health club or dust the cob webs off of the nordic track or treadmill if you have one and put it to a better use than using it to hang clothes to dry. A good exercise program means that you work out for at least 30 minutes three times a week. This is a bare minimum. Finally, good eating habits have to go along with your exercise program. Eat foods with lots of fiber as well as lots of fresh vegetables and fruits. Limit the amount of food you eat that are high in fats or cholesterol such as red meat and eggs. I know that these are all things that you have heard over and over, but repetition is the best learning tool. Human nature is such that sometimes good advice takes a long time to sink in.

In future articles, I will address other safety issues in more detail. In the meantime, have a good winter, stay healthy, and if you have any comments or suggestions regarding safety issues that you want me to address, I would like to hear from you.

Till next month.....

New Year's Day Party!



Join your fellow club members to celebrate the new year! A bike (or hike), food and good cheer are the plans.

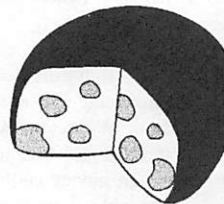
Once again the party will be held at the home of John and Lynn Loesch. Call the club hotline at 520-5010 and press #4 for all the details!

Happy New Year!

"From the dawn of humankind's existence we've sought ways to make time stand still. In our quest for the fourth dimension we've dehydrated ourselves in sweat lodges and ingested hallucinogenic plants. We've even fantasized about building machines that could take us backward through time. But nothing makes the clock tick more slowly than stationary cycling."

—Don Cuerdon

New Wisconsin Cycling Maps Available



Bicyclists who want to ride through Wisconsin have a new and improved tool at their disposal.

The WI Department of Transportation teamed up with the Bicycle Federation of WI to produce a comprehensive map of bicycling conditions for roadways in the state. The entire four sheet set is now available.

The map uses an improved scale and provides more information than in the past. It is also easier to read. The new information on roadway and bicycle conditions coupled with information on the town road names and the location of state and local trails allows bicyclists to plan better routes.

For more information or to order a map, call the Bicycle Federation of WI's vendor at (800)362-4537. The map costs \$3.95 per section and \$12.95 for a statewide set.



EXTRA

News and Notes about
Bicycling in Illinois
A publication of the
League of Illinois Bicyclists

Vol. 1, No. 2

TIPping the Scales Toward Safer Bicycling in Illinois

Given safe places to ride, people will ride bicycles more often. But our development patterns have led to bigger and faster roadways with more cars to move, and too often, road designers don't consider bicycling in their plans. Now, through the TIP Project, a joint effort by LIB and the Chicagoland Bicycle Federation (CBF), bicyclists like you can do something about it. Early warning of upcoming local road work is available, with a survey form for you to evaluate bicyclists' needs along that road. LIB and CBF will then help to channel your input to the right people. The TIP Project is currently limited to Chicago-area projects, but we hope to expand very soon to cover the Peoria area, and eventually to cover the entire state.

We have three main goals for the TIP Project: 1) making specific roads more bike-friendly, 2) getting local road planners to routinely consider bicyclists' needs, and 3) getting more bicyclists involved in local bike advocacy. The most cost-effective time to add bicycle accommodations to a road is during construction (or reconstruction), so we've tapped into the lists of upcoming road work.

Chicagoland's official Transportation Improvement Plan (the "TIP") lists road construction projects for the next five years. We've taken this huge list and geographically sorted the most bicycle-relevant projects. You can browse a small list of projects near your town and fill out our survey for those that concern you. The survey asks for destinations, road conditions, bike traffic, and other comments justifying the addition of bike accommodations. We'll get your input into the planning process and, if you'd like, help you contact officials in your area to really improve the roads you use - for everybody. The time to speak up is at an early design stage, since it's usually "too late" when the bulldozers arrive!

The TIP Project is on the World Wide Web at www.chibikefed.org/tip_project.htm, with lists for dozens of towns as well as the easy, interactive survey. Also included is an advocate's guide to influencing roadway projects. In addition to the website, a pilot program for TIP Project displays will soon begin for bike clubs and bike shops. Take advantage of this easy opportunity to get involved, and help make our towns and roads more bike-friendly!

Join LIB and help make sure that bicyclists' rights are upheld!

LIB CP0998

To become a member of LIB (the League of Illinois Bicyclists), just join LAB (the League of American Bicyclists). These two organizations, with one common membership fee, work for your rights as a bicyclist!

Name _____ Telephone () _____

Address _____ Email _____

City: _____ State _____ Zip _____

Basic: Individual (\$30) Family (\$45)

Advocate: Individual (\$50) Family (\$75)

Make checks payable to **League of Illinois Bicyclists**, 6 Chestnut Court, Park Forest IL 60466-2141

(Continued from page 1)

that it is all clear. Let's get back to basics, and ride the way we all know we should. One of our after meeting speakers will be someone who has been certified in the Effective Cycling course.

On November 22nd, I was involved in a cycling accident. The helmet I was wearing definitely saved me from very serious injury. My helmet compressed and cracked. In other words, it did the job it was supposed to do. I am very thankful I was wearing a helmet, and for all the riders who came to my aid. I would especially like to thank Todd Leventz whose medical background came in very handy. Always make sure when you crash that you have a doctor around. Thanks Todd for the immediate care. (The check is in the mail) Two things could have helped to avoid this accident. I could have allowed more room between myself and the other riders. The other, and the main issue here, is that we all need to be predictable and signal our intentions. Let us never forget that the riders behind us are riding blind. We are their eyes and it is up to us to let them know what to expect on the road ahead. If we are planning to turn, then we need to call it out and signal our intentions. But the final responsibility still remains with us. We still have to pay attention and not assume that the person in front is paying attention. We can only hope that they are leading us correctly, but when riding in a group we need to pay extra close attention, and not totally depend on those in front of us. What if they are not paying attention? let's all make this a safe year.

BANQUET RECAP A big thank you to Pam Zaverdas for another great banquet. We had 71 guests attend the banquet this year and it was definitely a success. We even had guests attend from both the West and East coasts. It was very good to see everyone again. Special notes of achievement go out to our most improved riders this year, Bill Bergeron and Pam Burke. Bill deserved the award as the comeback rider of the year. Pam not only was well well on her way to becoming most improved, but also de-

served the comeback award. After her accident kept her off the bike for three months, it was very heart warming to see her on a bike again. Pam has truly made great progress with her arm. Keep up the good work, Pam, you are really an inspiration to us all.

CHRISTMAS PARTY Our annual Christmas party has just been held and everyone had a very jolly time. The food was excellent and the company fine. Thanks to Pam Burke for another job well done. We all had fun.

NEW YEAR'S DAY PARTY Thank you to John and Lynn Loesch (those newlyweds) for again hosting our annual New Year's day party. Check door #4 on the ride line for more information as to the specifics on the party. Hope to see everyone there. What a great way to start the New Year with a hike or bike, and of course, free food. What more could you ask for?

JANUARY MEETING Our guest speaker for January's meeting will be Bike's Plus. They will go over some of the latest cross-country ski equipment and techniques. This is a great way to get us off to a winter season of cross-country skiing. Maybe you have never tried this great sport? This would be a good time to have your questions or concerns answered. Come on out and, remember, there is free food.

If you have any suggestions or ideas on speakers that you would like to see for our meetings, give either myself, or our meeting co-ordinator, Lou Lambros a call.

HAPPY HOLIDAYS May your holidays be happy, healthy and safe. Let's make a pledge to make '99 a fun year and a year in which we help others enjoy cycling to the fullest.

Thanks for the opportunity to serve as your club president. May the wind be always at your back.

Wayne

There once was a mayor of the City of Chicago who served for many terms and whose son went on to become mayor also. This son did many things to promote biking in the city and is known as an avid bicyclist. Do you know who he is? If you said that he must be our present mayor, Richard J. Daley, you would be correct.

As you will see, this is almost a repeat of history from 100 years ago, as told in this excerpt from an article that appeared in the Tempo section of the november 18th, 1998 edition of the Chicago Tribune. The article talks about the newly-cleaned facade of the Newberry Library and some of the treasures inside the library. The excerpt is as follows:

The Newberry can fascinate different people in different ways. Some visitors may be drawn to the Baroque music of the Consort. Others may want to read "Stormy Years," the autobiography of the five-time mayor of Chicago, Carter Harrison II, whose papers are at the library.

Harrison's father, Carter I, also won election to the mayor's office five times, only to be assassinated by a frustrated job seeker in 1893. The younger Harrison won his first mayoral election in 1897, thanks in part to his bicycle.

Harrison exploited the interest of middle-class Chicagoans in cycling by forming Harrison Bicycle Clubs—he himself could do 103 miles on the roads outside Chicago in under 10 hours—and by coming up with a special campaign poster that's part of the library collection. The poster shows a picture of a cycling Harrison along with the caption, "Not the Champion Cyclist but the Cyclists' Champion."

Harrison coasted to victory without report of any serious spills.

(submitted by club member, Len Geis)



By popular vote:

Best Dressed

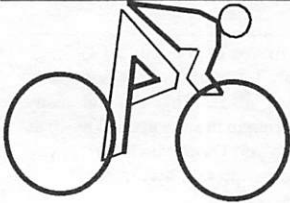
Male Mike Ortmanns
Female Ella Shields & Pam Burke

Most Improved

Male Bill Bergeron
Female Pam Burke

Best New Ride - 1998

Mystery Miles Ride
Mike Ortmanns and Ella Shields



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

Next Club Meeting
 Thursday, January 7
 Wheeling High School
 Hintz Rd & Rt 83
 7:00 PM



Mailing
 Address
 Goes
 Here

In This Issue...

Wayne's back and he's got a lot to say...1999 Mileage Log... Winter rides and X-C skiing!

\$ 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

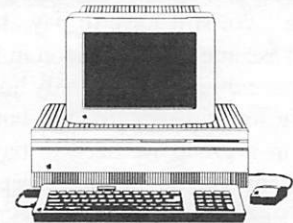
JOIN THE LEAGUE!

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