

Wheeling Wheelmen

Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

February 1999

WHEEL WORDS

by Wayne Segedie

It sure is winter in Chicago. We had a great December with 60-degree temperatures until mid month. I sure hope you were able to enjoy riding. I did get out right up until the bad weather set in, and it sure was nice. This was the first year that I rode the road bike until the end of the year. January brought snow and cold but if you are a cross-country skier you were able to finally get the boards out. Pam Burke actually got to try out her new skis, it was her fault for buying new ones last year and ending our snow. Glad she was able to finally use them, it is also great to see her out using that arm again.

Meeting update Thanks to Rick from **Bikes Plus** in Arlington Hts for coming out on a cold night in January to give a very informative talk on the latest and greatest in cross country ski equipment, he showed us some new skis, boots, bindings and poles. February's meeting will feature a presentation on measuring body fat by the guys at **Village Cycle-Sport** in Elk Grove. Don't worry, we won't pick on anyone, maybe I will be absent from that meeting. Just kidding, it should be an interesting and fun evening. I guess the snacks that night will have to be something healthy.

Donation Corner I am pleased to announce that we have made our annual donations once again to some very worthwhile organizations. Your efforts at the Harmon Hundred allow us to share our good fortune with these supportive groups. The distributions are as follows:

League of Amer Bic	\$1250.00
Chicagoland Bic Fed	\$1000.00
Hope Now Inc.	\$300.00
City of McHen Parks	\$250.00
City of McHen Police	\$250.00
City of Sp Grv Police	\$250.00
Wheeling HS	\$200.00
McHenry Wireless Club	\$100.00

As you can see our money is spent



Happy Valentine's Day

very wisely. Thanks to all of you for making the Harmon happen.

CABDA is coming Mark your calendars and pick up the phone to call Pam Burke @ (630)872-9238 to volunteer to work our booth at the bike show March 6th, 7th and 8th. This is always a fun time, and you get in free if you work a shift for four hours. All we ask is that you bring a smiling face and wear a club t-shirt or jersey. Actually, you need to check with Pam, maybe she has other ideas for the booth. Your pass is good for all three days, so you could visit the show more than once. What better way to spend a weekend than with bikes, accessories, and other bike enthusiasts? So be sure to give Pam a call.

St. Pat's Ride Speaking of March, it must be time for wearing of the green and our annual St. Pat's ride. This year's ride will be Sunday March 21st at the beautiful Wauconda Apple Orchards. We are again looking for volunteers to work parking, registration and markings. give Art Cunningham a call @ (847)963-8746 to work on that day. We will not be riding as a group this year at 11:30. We will be spreading out our members so that they can ride with the attendees, and also be available to work either early or late. We found that everyone stopped working early last year and there was no one left at registration by 11:00. So we would like to split the shifts and have some of you ride early and then come back to the Orchards to close registration. Sound like a good idea? Your help in this area would be greatly appreciated and I especially know that Art will be very happy since he eill not be left all alone again. Not only was he left alone last, he did not get to ride that day. How are you at baking cookies? We need bakers to supply dozens of cookies. (I really like chochlate chip without nuts)

It Was Twenty Years Ago Today As I look back to the club twenty years ago things were pretty much the same. You were cross-country skiing in January and February with actual ski outings posted in the newsletter. Some of the outings drew as many as 14 people. Howard Paul was your president and the meetings were held at 8:00 PM at the Wheeling Community Center.

Wheeling Web site Have you checked out the web site lately? Bill has added lots of new pictures. He also does a great job of updaing bike links and other events. Do you have an e-mail address? Let us know, Bill will be happy to add

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Club Officials

ELECTED OFFICERS

President
Wayne Segedie (847)426-4376
V.P./Ride Chair
Mike Ortmanns
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

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

The next board meeting will be at Ella's house on Wednesday, February 10 at 7:00 pm.

All board members are requested to attend. Please give Ella a call if you will be there.

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your name and adress to the club page. How about your favorite links? Give our site a look and thank Bill for his hard work, too. www.wheelmen.com

It's your turn Have any ideas, suggestions, or contributions (How about you, Henry?) you can make to the club? Share your thoughts with me by e-mail or land-line, we want this to be a club that offers what you are looking for.

Ride Schedule I know that Mike Ella have been working hard on your 1999 ride schedule. Give them a call to lead at least one ride this year. Just think how great it would be if all of you led at least one ride. Yes, we have enough rides in the library for you to choose a different one for each day.

Have a Happy Valentines Day!
May the wind be always at your back...

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!



Anna Bounds Naperville

Sandra Von Lackum Pros Hts

Cheryl Dykstra Pros Hts

Martin & Pamela Zadigan Northbrook

ST. PAT'S RIDE 1999

Winter snows may be with us, but can spring be far away? March 21, the Sunday after Saint Patrick's Day, is the day of Chicago area's first invitational ride of the season, our own St. Pat's ride. This is again scheduled for the Wauconda Apple Orchard with registration between 8:30 and 11:00. Like last year, the lunch room will be closed, but it will be available to us for serving our usual home-made cookies along with hot coffee and cider.

The call is out for volunteers. The success of the ride depends on you. Jobs to be filled are:

Registration: Registrar's should plan on setting up the desk by 8:00 - rider's arrive early, particularly if the day is mild. The desk closes at 11:00 and you should be able to do the ride at that time. 6-8 needed.

Parking: Barriers should be set up by 8:00 and attendants on duty. Plan to arrive a little before 8:00. The job should be over before 11:00. 8 needed.

Sag: A SAG driver is needed for each loop. The 1st loop should be manned from 8:30 to 12:00. The second loop from 9:30 to 1:00.

Food: Service will be opened from 9:00 to 1:00. We will have an early shift from 9:00 to 11:00 and a late shift from 11:00 to 1:00. The refreshment area was very popular as the social and warming area last year and quite crowded from 10:00 to 11:30. 2 are needed for each shift.

Cookies: Donations of cookies - about 8 dozen each are appreciated and go over really great. We ran out of them early last year. We need at least 8 donations.

Please plan to offer your help and join the fun. Choose a job or better yet ask how you can help. Contact Art Cunningham by phone (847)963-8746 after Feb 7 or via e-mail at cunspoke@aol.com.



Board Meeting Minutes January 13, 1999

submitted by Verne Aebli

Treasurer's Report: Bob provided the summary of account balances and expenditures, account activity and reserves for this year's Harmon. He included this year's charitable contributions in the report.

It was suggested and agreed that we should begin tracking the distribution of Harmon brochures to determine where pre-registered riders obtain their brochures.

It was also suggested that we investigate membership fees at surrounding area clubs and review our structure. Currently, annual membership fees and related expenses are very nearly equal.

Bob mentioned that we need to print new business cards. He also had an offer from Adventure Cycling to distribute for review.

Membership: Pam reported that 175 membership renewals have been received to date. Members who fail to renew will be removed from newsletter distribution following the March issue.

Pam mentioned the ride notices that she has been forwarding. She also discussed the contents of the new member packets she's been mailing out. Her supply of refrigerator magnets is running low.

Pam has been coordinating the club booth at CABDA for the past two years. She needs to know how many brochures need to be printed for this year's show.

Safety Report: Al and Wayne will be putting together a safety program for presentations at upcoming club meetings.

We also discussed some type of rewards system for safe riding practices or leadership by example. Perhaps gift certificates

Ride Report: Mike is still working on filling the schedule - a draft should be available at the next club meeting. He will be looking for people who normally lead a favorite ride (such as Rick and John) to let him know when to schedule them in.

Mike will also be including this season's various club invitationals on the ride schedule to make for easier ride planning. One of Mike's goals for the season is to schedule at least one Saturday and two Sunday rides each weekend. He'd like to have one Sunday ride be a shorter distance in the 15-35 mile range and would like volunteers to lead or plan a totally new ride of this distance. The second Sunday ride would be a longer distance.

St Pat's report: Art is once again coordinating. He reported that the facilities at the orchard will be open for our use but will not be open for business. We will have facilities to serve refreshments and baked goods.

Two St Pat's items came up for vote - ride fee and a ride promotion.

'99 Summer Picnic: Yes, it's time to start thinking about the Summer picnic. There was some discussion about scheduling the picnic for late July but no date has been chosen. This needs to be agreed upon soon and coordinated with the Schneiders in order to secure a permit.



Just a
reminder...

Membership
renewals
are due!

The Safety Corner:

By Al Berman

Winter Training

The cold facts to keep you going

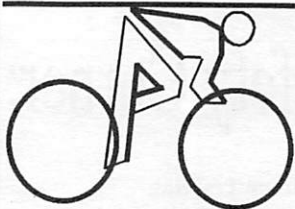
Whether cross country skiing, jogging, or just out to walk the dog, avid sports enthusiasts don't let icy temperatures of winter keep them indoors. Winter exercise is challenging and effective. Use the following guidelines to help your next winter training session be safe, comfortable, and effective.

Clothing: Avoid cotton clothing which is a poor insulator. Cotton tends to hold moisture and the thermal effect is diminished when the clothing is wet. In addition, the effect of a cold clammy cotton garment against the body in cold weather is a sure way to come down with a cold. Make that first layer against the skin a quality insulated undergarment such as duofold.

Caution: Winter is already a difficult time for asthmatics because ailments like the cold and flu can evolve into more serious conditions such as bronchitis or pneumonia. The combination of winter's cold and low humidity irritates the airways, making it more difficult to breathe, especially when exercise increases the rate of breathing. Asthma is a condition in which airways narrow in response to certain stimuli such as pollen, dust mites, animal dander, smoke, cold air and exercise. When exercising most people breathe through the mouth, rather than the nose. Because cold air inhaled through the mouth does not have a chance to warm up before entering the lungs, it can trigger an attack in people with asthma, and can irritate the bronchial tubes and lungs of a person who does not have asthma.

Protection from injury: The most common injuries are hypothermia, frostbite and musculotendonous sprains and strains. I recommend a 5 to 10 minute warm-up period before exercise and a brief stretch indoors on especially cold days. Those couple of extra minutes can prevent a season ending injury.

Conclusion: The most important concept to get for cold weather exercise is "Preparation." It takes a little extra time and effort to dress appropriately, stretch and warm up, but these few minutes will provide you with hours of comfortable and injury free conditioning. Until next month...



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

Next Club Meeting
Thursday, February 4
7:00 PM
Wheeling High School
Rt 83 & Hintz Rd



Mailing
Address
Goes
Here

In This Issue...

Membership renewals are due!...St. Pat's Ride...CABDA Show...Put your volunteer hats on!

\$ 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

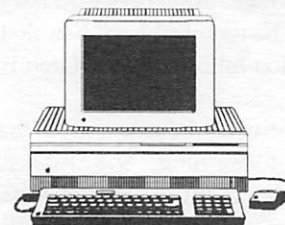
Fax: (202)822-1334

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