

Wheeling Wheelmen

Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

April 1999

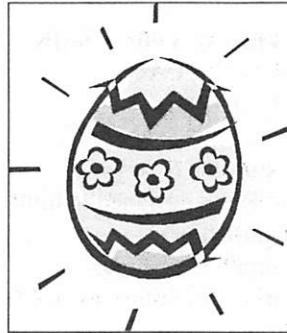
WHEEL WORDS

By Wayne Segedie

Having just returned from the CABDA bicycle show in Rosemont I felt a sudden inspiration to write my article for this month's newsletter. What better way to get in the mood then having been surrounded by beautiful bikes and long time friends? Although the technology is getting amazing, like Mavic's new electronic shifters, I was disappointed with the increasingly lack of support from the bicycle industry. They sure like to take our money for all the new toys, but when there is a local consumer show where we the buying public can go and touch and drool over the things we read and hear about, they the Kings of Kool refuse to support us. The manufacturers show off their "stuff" to the bicycle retailers at private conventions, who then relay the inside information on to us the buying public, but continually refuse to "show" their goodies to us at our own consumer show. I do thank those companies that make an effort to support us, but what about the rest of the "big" boys. As President, I choose every year to purchase booth space at the CABDA show. I do this for many reasons. One is to promote our club's two invitational rides; the second is to gain some new members. The real reason that I choose to have a booth is to support the **cycling community**. Through the Wheeling Wheelmen and some of the other Chicagoland clubs supporting cycling, we let riders and potential riders know that we are there for them. We answer questions about riding, group riding, what clothes to wear, what kind of bike to buy, where to buy that bike, and places to ride. So, we support the riding public,

and the manufacturing public. Maybe it is time for the manufacturers to support us back. From now on, I will put my confidence and buying dollars into those companies that choose to support the cycling community.

Back to the CABDA show itself. Our booth looked great and was well attended. Pam out did herself this year. The little things like a St. Pat's table-



Happy Easter & Spring!

cloth, shamrock mints, and the professional literature and card holders mean a lot. Thanks to Pam and all the volunteers for making our booth special.

Grapevine has learned that wedding bells will be ringing in August for Emily Fuentes and her fiancé, John. She is showing a sparkly new diamond these days, and I understand that her left arm is getting a little longer than the right from carrying all that weight. They got engaged on Valentines Day. (Ah!) I think guys really like to pick that day so they don't get in trouble by forgetting their anniversary date. Congratulations and best of luck to them both. Does this mean the end of riding for her? Also, the grapevine has learned that Verne Abeli underwent knee surgery in February. I understand that he is recovering nicely. Pam Burke is also recovering

very well too from her surgery, looks like it won't be long before she is back on the bike.

Club meetings Last month's presentation on bicycle maintenance was well received. Captain Bill was very informative as usual, thank you Mr. Bill. What was nice to see, was the fact that the people who did attend the class were genuinely interested. A lot of good questions were asked, and that really makes it all worthwhile. So, thanks to those in attendance for your support. Next month's presentation will be on effective cycling. Wayne Mikes from Mikes Bikes in Palatine will be talking about "on road" safety issues. This should be the right time for this, with us just kicking off the summer riding season. So come on out, maybe you might learn something, I know I will.

Speaking of riding, hopefully the weather has cleared and we are putting in some miles. Ella and Mike have arranged for a few joint rides with other area bicycling clubs this year. This should be very exciting. Riding with these other clubs will give us a chance to check out some new routes, and maybe learn some new ideas by seeing how the other clubs lead their rides. Let's be sure we show these other clubs that we appreciate this joint venture by having a lot of riders in attendance. How great would it be to have a big turnout all wearing our club jerseys? Just a thought.

Cycling Tip of the Month Never stand around after a ride in wet sweaty cycling shorts. The chamois will turn into a nasty breeding ground for bacteria that can cause saddle sores. If you can't shower right after the ride, try wiping yourself with an alcohol soaked wipe. I

(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	

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
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 is to be announced.

All board members will be notified of the date and time.

League of American Bicyclists National Rallies of Cyclists

Bourbon, Barns, & Bluegrass Rally
Louisville, KY
June 4-7, 1999

Springs, Spokes, & Saddles Rally
Saratoga Springs, NY
June 18-21, 1999

Wines, Vines & Valleys Rally
Sonoma County, CA
July 23-26, 1999

Cycling Fun for Everyone!

- Δ Road Rides designed to highlight area attractions.
- Δ Mountain Bike Rides.
- Δ Exciting and Informative Workshops.
- Δ Fabulous Presentations.
- Δ Special Guests
- Δ Shopping
- Δ Socializing

For further information call the league or check out the website at www.bikeleague.org

The Cue Sheet

Tuesday & Thursday Morning Rides
leave Deerfield's Bakery in Buffalo Grove at 10:00 AM.
Deerfield's Bakery is located on Buffalo Grove Rd just north of Lake Cook Rd.
For further information call Bob Savio at (847)438-8066.

Wednesday's Hill & Dale Ride
departs from Paul Douglas Forest Preserve parking lot on Central Road between Ela Rd and Freeman.
Meet at 5:30 PM.
For further information call Frank Illy at (847)923-5910

Welcome New Members!



Alberto Minzer	Glenview
Brian Mongilto	Mundelein
Scott Anderson	Deerfield
Jim & Cathy Bennett	Schaumburg
J.W. Brown	Buffalo Grv
Doug Carpenter	Buffalo Grv
James Edminston	Streamwood
Jeffery Ho	Palatine
Steve & Judy Powers	McHenry
Ken Shank	Grayslake

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!)

Oops! Correction from last month's newsletter...

The website for Cycle Tours is www.cycletours.nl

The e-mail address is cyclefun@cycletours.nl

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 April 1999		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 April 3		Ride of 1000 Turns	Daniel Wright School	Riverwoods Rd 1.5 miles north of Rt 22	30		
Sun April 4	10:00	B.D.S.R.	Kildeer School	Old McHenry Rd, just north of Long Grove shopping district	40	Ella Shields	(773)594-1755
Sat April 10		Show & Go	McHenry County College	Rt 14 two miles past Rd 176 in Crystal Lake. Park in the north parking lot.	35/49	Art Cunningham	(847)963-8746
Sun April 11		Broken Oar	Kildeer School	see above	34	Frank Illy	(847)923-5910
Sat April 17	9:00	Ice Cream Social	McHenry County College	see above	53	Ron & Judy Hattendorf	(847)362-5997
Sun April 18		Hills & Horses	White Hen Barrington	Starts from White Hen, southwest corner of Kelsey Rd & Rt. 59. Two miles north of Rt 22	40	Dennis Berg	(847)296-4971
Sat April 24		Apple Cider	Kildeer School	see above	37	Brian Hale	(847)426-3290
Sun April 25		Back Roads of Barrington	White Hen Barrington	see above	40	Leland Yee	(847)615-4857
Sun April 18		INVITATIONAL Folks on Spokes Easter Ride	Governor State University	University Park, IL	25/35/45/ 65+	Hotline (708)730-5179	e-mail: Glass550@ aol.com

Always call the ride line before a ride to check for any changes!

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

Attention Cyclists!

Following is a letter received from Al Sturges, Executive Director of LIB and Randy Neufeld, Executive Director of CBF:

Dear Bicyclist:

The "Bicycle Safety Restoration Bill," sponsored by Northfield Senator Kathleen Parker is move forward in the Illinois legislature. Senate Bill 101 will restore the legal standing of bicyclists on Illinois roads that was taken away by a tragic Illinois Supreme Court (Boub v. Wayne) decision. At stake are cyclists' rights and safety improvements like bike lanes and routes.

Your urgent action is needed. Please take a few minutes now to protect bicycling in your community. Follow these three simple steps:

- 1 Contact your state senator and state representative. We're asking for a letter or a phone call to both of them. Letters are most effective. A quick hand written one is great! If you don't have time to write, please take a minute or two to call. To find out how to contact your state Senator and Representative, look on your voter's registration card for your districts, or look on www.vote-smart.org. For contact information, check www.state.il.us/legis/senate.htm and www.state.il.us/legis/house.htm.
- 2 Let LIB and CBF know you contacted them. We want to make sure every legislator in the state hears from bicyclists. Knowing who has responded is very important as the campaign to pass this legislation progresses.
- 3 Save your legislators' information. You may need to contact them again as the legislation develops.

Ask bicycling friends to respond. A small time investment now will impact bicycling in our communities for many years to come.

-CYCLE NOTES-

by C. Brian Hale

Enjoying yourself, while getting some healthy exercise is what bicycling is all about. Along the way we want to have some fun, meet new friends, as well as renew old friendships. A lot of us focus on achieving goals, improving on various problem areas and sometimes outright speed!

However, nothing puts a damper on a good time than a mishap of some kind. It could be a flat, falling down at a stop sign or an outright bad accident!



Remember that "safety" is our underlying goal. We must be ever vigilant to avoid all kinds of errors that, if not avoided, will loom up so fast that you will not avoid them.

Here are some common tips:
Ride single file on busy roads and the line leader must call holes, gravel, glass or obstructions. Remember the pace line behind you cannot see ahead of you. Also you can ride 6" to 8" to the right to see ahead.

The last rider should have a good rear mirror and call "car back!" loudly or long lines can take turns calling traffic.

Never make erratic or sudden moves.

Automobiles are heavier and much faster than we are. Remember, in auto-bike accidents you loose either way.

Last month's Bicycling Magazine told of an accident that occurred when a fast peleton overtook and unsuspecting, slow, casual, female rider. She got bumped, crashed and hurt and the very people who stopped to help as well as the local bike shop that was affiliated with the group is getting sued. The gist of all of this is you "Macho" ride leaders must call "rider up" and give right of way as well as plenty of passing room. Remember inexperienced riders are not a predictable entity. You could go a long way to slow, greet them "good morning", and invite them to join you. You never know, they could turn out to be a valuable rider asset and friend.

In summary treat them as you would prefer to be treated - common courtesy is the best.

PROBLEM AVOIDANCE FROM THE STUPID MOVES COLUMN

When you get a flat tire do not flip your bike upside down and ruin your beautiful speedometer, headlight and heart rate monitor. If you must flip your bike, lay down a jacket or simply remove the accessories before repair.

Until next time, keep focused on the road or trail and if tired call your moves and move back in line. Remember relax, keep hydrated and enjoy yourself.

C Brian Hale #1007
e-mail BrianHale@HALCO-PRODUCTS.COM
(847)426-3290

(Continued from page 1)

usually carry a canister of baby wipes in the car for after the ride. I also make sure I have a change of clothes in the car.

Mileage Junkies yes, the mileage recording season has begun. So, if you want your miles to count, make sure that you show up on time for the rides, that means getting to the start of the ride 15 minutes before the ride is to start, and make sure that you sign in legibly with your member number. Art may be good, but I don't think he can translate some of your cryptic messages. Pretty simple, if he can't read your name and number, then obviously you won't get mileage credit.

I am actually finishing this article in two installments. This second part of the article is written after having just returned from Las Vegas. Seeing that I am finishing this article obviously means that no; I did not hit it big. I did make a slight contribution though to furthering the existence of all those bright lights. As I walked the convention floor, I could not help to think about cycling and what it really means to me. Many people have said to me "that is your life". They actually meant it in a derogatory way, but the more I thought about that comment the more I had to reflect on it. You know they are right. Cycling is my life and I would not have it any other way. Cycling is healthy both mentally and physically. My true friends are cyclists, and mean the world to me. Cyclists are the best people, the most fun, and the most loyal. We share a common bond, and that is not just bikes, but a way of life. I'm proud that cycling is my life, too bad the rest of the world did not share the same goals and attitudes, maybe they too could be truly happy. Well, as usual, I have to stop babbling for another month. Hope to see you all on the road this year. Get those tires and bodies pumped up and ready to roll.

Have a Happy Easter
May the wind be always at your back
Wayne Segedie

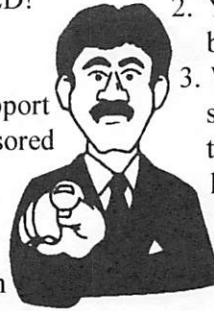
**WHEELMEN SUPPORT
HOPE CENTER IN ARLINGTON
HTS-
MORE HELP IS NEEDED!**

In December our club Board voted to provide financial support for the bicycle program sponsored by Hope Center in Arlington Heights. Hope Center offers a variety of services for persons homeless and destitute in our area. These are the kinds of individuals for whom PADS (Public Action to Deliver Shelter) makes available shelter and food during the evening hours.

Hope Center collects adult bicycles donated by area residents and refurbishes them where needed. They are then "loaned" to hope clientele, many of whom rely on bikes in order to get to badly needed jobs, visit family, etc. Last year about 80 bikes were rehabed for these purposes.

The money we've donated has been mostly exhausted on such items as locks and chains, reflectors, front and rear battery lights, tires and inner tubes.

The need remains. What can we do?



YOU!

1. Some earnestwhile bicycle mechanics could assist me in the restoration side of the operation.
2. You can donate your last year's bike.
3. We can always use spare parts: seat posts and saddles, wheels, tires and inner tubes, locks and lights.
4. There is always a need for volunteers to work at the center itself (located at the NE corner of Arlington Hts Rd and Northwest Hwy.) There are two shifts, from 9:00 to 12:00 am and 12:00 to 3:00 pm on Monday through Thursday, Friday from 9:00 to 1:00 pm
5. We do need to continue to raise money for the various repairs needed, so cash contributions (tax deductible) are always appreciated.

Please contact me when you find a way to support this effort. My name is John von Lackum. I've been a Wheeling Wheelperson for 2 or 3 years now and connected with Hope Center for about a year. My home number is (847)670-9796. Leave a message and I'll get back to you. Thanks!

TOGIR TOURS 1999 RIDE SCHEDULE

Amana Colonies/TOGIR Spring Thing — May 15-16

Ride the Amish area to Kolona on Saturday and loop the Iowa Amana Colonies on Sunday

B.E.A.R., Bicycling-Early-Agricultural-Roads — June 3-6

Overnight in three of Iowa's small private colleges.

T.O.G.I.R., The-Other-Great-Iowa-Ride — June 20-26

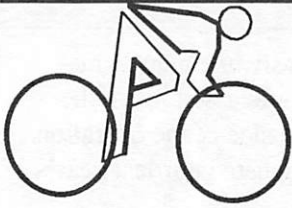
is a seven day-six night college to college tour in Northeast Iowa of 460 miles with daily distances of 41 to 99 miles.

L.I.O.N., Loop-Iowa's-Outstanding-Northeast — July 10-11

Two days of loop riding with distances of 25 to 80 miles in the picturesque Norwegian area of Decorah.

1735 Piccadilly Place • Davenport IA 52807-1121
PHONE (319) 344-1379 • Email: bike@togir.com
www.togir.com





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

Next Club Meeting
Thursday, April 1
7:00 PM
Wheeling High School
Rt. 83 and Hintz Rd.

Mailing
Address
Goes
Here



In This Issue...

Ride Schedule... Welcome new members... LAB National Rallies... Letter from LIB and CBF

\$ 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

BICYCLE CONNECTION OF SCHAUMBURG

*1226 N. Roselle Rd., Schaumburg
(847)882-7728

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

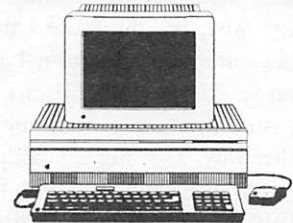
Fax: (202)822-1334

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