



WHEEL WORDS

By Wayne Segedie

Cycling Risks

As I sit here trying to compose my thoughts on what to write about this month, the phone just rang and my thought process was put into gear. While discussing club issues with Bob Savio, he mentioned that a rider went down the other day on the Tuesday/Thursday morning ride. The rider ran over a golf club head in the road and suffered a broken collarbone. Obviously, cycling comes with some inherent risks. The non-rider may not understand the risks that we take in search of that perfect ride on our quest to reach a special plateau or high that we only obtain on rare occasions. We've come to take for granted the skills, reflexes and heightened instincts we use to survive the road, and enjoy the ride. Bikers are a breed apart, knowing a special joy most could never even imagine. Whenever a rider goes down, it gives us cause to reflect on how quickly this can happen to any of us. What we need to do is to minimize these risks and stay alert not just for ourselves, but for the riders who are following us, and blind as to what lies ahead. You never know where that next golf club head may be lurking.

Cycling Tip of the Month

What is the biggest cause of crotch discomfort in novice (and some experienced riders): They insist on wearing underpants beneath their cycling shorts. The pads in the cycling shorts are designed to be worn against the skin, another layer of cloth will only bunch up and cause painful sores. The second major cause is a saddle that is tilted upward. Make sure that the saddle is parallel to the ground.



Our meetings are a place to socialize and obtain information on the various aspects of cycling...

Meeting update

Even though Mays meeting experienced a light turnout, those that did attend were treated to an informative presentation by Dave Lafever of TOGIR Bicycling Tours. Thanks to Dave for coming a very long distance to share his tours with us. Our meetings are a place to socialize and obtain information on all the various aspects of cycling. Whether this exchange is through other riders or the speakers that we arrange for you, there is no better place to get this information than at a club meeting. The question I present to you is; what type of program would you like to see at our monthly meetings? Frankly, I am a little disappointed in the lack of support that we are experiencing from the membership. These meetings are for your benefit, if you continually choose not to attend, it will force us to abandon them. It is your choice. I welcome your input, mostly constructive ideas. What would you do? Be prepared though to come forward to back up your ideas.

Our ride season is well underway and Ella and Mike have a great schedule this year. If you have any rides that you would like to share with the rest of the membership, please give them a call. You know it has been a long time since we have had a really "new" ride. Where are those new ideas?

Have a happy Father's Day. Hopefully there will be some new bike goodies in those pretty boxes.

Ride safe. May the wind be always at your back

Wayne

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: JenPfeifer@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
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Refreshments

Lou Lambros	
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Web Page

Bill Bergeron	(847)382-4704
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Social

Pam Burke	(630)872-9238
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CABDA Show

Pam Burke	(630)872-9238
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Barry Cohen	(847)459-7640
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LAB

Phyllis Harmon	(847)537-1268
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Banquet

Pam Zaverdas	(847)359-5970
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Government Relations

Al Berman	(847)541-9248
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Harmon Data Base

Jennie Pfeifer	(847)342-8823
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Newsletter Contributions

Hey, out there, I'd love to hear from you!

Your ideas, thoughts, recipies, tips, sugges-
tions, 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 num-
ber in case I have a question)

Board Meeting

The next board meeting will be held
on
at

All board members are requested to
attend. Please let us know if you will
be there.

MEANDER STATS APRIL

A wet April put the damper on scheduled
rides with five mid-week rain-outs and
several weekend rain-ons. There were no
weekend cancellations to spite threaten-
ing weather. Maximum attainable dis-
tance to date on scheduled rides is 744
miles. Seventy-nine individuals have
signed on for rides to date and 36 of these
have achieved 100+ miles through the
end of April.

The top ten mileage munchers through
April are:

Women

1.	Pam Burke	267
2.	Ella Shields	266
3.	Virginia Savio	255
4.	Emily Fuentes	160
5.	Betsie Burtiow	157
6.	Kris Woodcock	152
7.	Mary Kay Drapeau	140
8.	Cindy Schneider	139
9.	Judy Hattendorf	134
10.	Pat Illy	121

Men

1.	Art Cunningham	704
2.	Bob Savio	545
3.	Verne Aebli	279
4.	Bob Pletch	273
5.	Bill Bergeron	247
6.	Dennis Berg	241
7.	Frank Illy	214
8.	Len Geis	198
9.	John Von Lackum	191
10.	Ralph Salle	181

The Cue Sheet

Tuesday and Thursday Morning Rides

leave Deerfield's Bakery in
Buffalo Grove at 9:00 AM.
The bakery is located on Buffalo Grove Rd
just north of Lake Cook Rd.
Questions? Call Bob Savio (847)438-8066

Tuesday and Thursday Evening Rides

leave Buffalo Creek Park District
On Checker Rd 1/4 mile west of
Arlington Hts Rd. Rides start at 6:00 PM.
Routes are 25-35 miles and there will be cue sheets
Questions? Call Greg Iverson (847)670-0083

Wednesday Night Rides

Start near the Target store on Randall Rd south of
Route 20 in Elgin at 6:00 PM.
As always, the rides start promptly.

The goal is to maintain a pace of 14.5 to 15 mph
for 20-40 miles. There may or may not be a cue
sheet, which may or may not be followed. Every
effort to finish the ride at dusk is made so bring a
blinking reflector.

Questions? Al & Cindy (847)696-2356

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

Questions? Frank Illy (847)923-5910

Welcome New Members!



Helene Bloomberg

Chicago

Sean Ciesielka

Mundelein

Dave Lefever

Davenport, IA

Timothy Nelson

Buffalo Grove

Moving?



Don't miss an issue of Monthly Mean-
ders!! Call Pam Burke with all name,
address and phone number changes at
(630)872-9238.

Monthly Meanders of the Wheeling Wheelmen

Ride Schedule Date

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 an ID card
*bring \$\$ for food and phone
*arrive early...15-30 minutes

Date	Time	Ride Name	Starting Point	Directions	Miles	Leader	Phone #
Sat June 5	9:00	Paris School	Paris, WI	I-94 W, exit WI 142 W to County D, turn left to school	40/55	Ron & Judy Hattendorf	(847) 362-5997
Sun June 6	9:00	Ride to McHenry	Barrington High School	Main Street (Lake Cook) west of Rt. 59	65	Art Cunningham	(847)963-8746
Sat June 12	9:00	Triple L	Lyons, WI	I-94 North, Exit Hwy 50 West, go north on South Road to Lyons	70	Al Schneider	(847) 696-2356
Sun June 13	9:00	Broken Oar	Kildeer School	Old McHenry Rd, just north of Long Grove Shopping District	34	Kris Woodcock	(847) 520-6932
Sun June 13	9:00	Wauconda Twin Lakes	Wauconda Orchards	Gossell Road, 1/2 mile off Fairfield, north of Rt 176	55/72	Virginia Savio	(847)438-8066
Sat June 19	8:30	Wauconda Bull Valley	Wauconda Orchards	see above	35/48	Joe Lippere	(847) 705-8879
Sun June 20	9:00	Beloit Express	McHenry Cty College	Rt. 14 one mile past Rt 176 in Crystal Lake. North parking lot	75/120	Pam Burke	(630) 872-9238
Sat June 26	9:00	Crystal Lake Covered Bridges	Kildeer School	Old McHenry Road, just north of Long Grove shopping district.	52	Howard Bronson	(847) 475-1198
Sun June 27	9:00	Tour of McHenry	Evergreen School, Union	I-90 west to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	64	John & Jennie Pfeifer	(847) 342-8823
June 26 & 27		Greg's Hilly 100's!	Galena to New Glarus & back	Weekend ride. Call Greg Iverson in the evenings for all the details	100 a day	Greg Iverson	(847) 670-0083

Wheeling Wheelmen Membership Application

Name: _____ Spouse's Name: _____

Address: _____ Children's Names: _____ Age: _____

City, State, Zip: _____ Age: _____

Phone #: _____ Age: _____

New Member? Renewal? L.A.B. Member? Family dues: \$15 Individual dues: \$12

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

Safety Corner

by Al Berman

You should start organizing yourself for a ride the night before. It seems silly to have to remind people to make sure you have water bottles, a bike pump and spare tubes, but I have seen people get a flat on the road with no spare tubes. In each instance, other riders have supplied the necessary tube, as well as assistance changing it if necessary, but this is not fair to the person who has to give up a tube they might need further down the road.

Plan what ride you want to do. By June, many of us who have been working out all winter, and have ridden as much as possible during May, are starting to get into longer mileage rides. But each individual is different. You should increase your mileage in small increments so as to avoid premature injuries to vulnerable areas, particularly the knees. I like to increase in 15-25 mile increments. If your longest ride has been 35 miles, go to 50 miles, then 75 miles. One sure way to suffer a physical setback is to go out and attempt a 60 mile ride when the longest you have ridden is 25 miles.

Now you show up for the ride you chose to do, and your next objective is to just go out there and enjoy yourself. As Wayne said in last month's article, it is important to get to a ride at least 30 minutes early. It takes time to set up your bike, make sure everything is in proper adjustment, make sure you haven't forgotten anything, sign in, get a cue sheet, etc. There are some things we have no control over which makes a ride more of a physical challenge, and that is head winds and hills. But what we do have control over is the ability to pace ourselves. The ability to learn how to adjust our thinking as to how to approach a ride is not something you can learn by read-



ing, but only by doing. You must factor in the length of the ride, how hilly is the ride, how windy is it. There is no better way to ruin any enjoyable ride than to start out at a fairly rapid pace, only to run out of gas half way through the ride and struggle the rest of the way.

The more you ride, the better you will get to know your body signals. If you know you have a long ride ahead of you, stay in an easy middle gear and go a moderate speed for enough miles to get you thoroughly warmed up and get those muscles stretched out. I personally do not pay attention to cadence when I ride. My criteria is to select a gear which is comfortable to me under any particular condition. I never pay attention to who is ahead of me or who is behind me.

The key factor is that each individual is riding at a pace that is comfortable for him or her, and that is fine. The ones who get in trouble are those who try to keep up with a group, forget to pace themselves, and end up with burning thighs and calf muscles half way through the ride.

One thing which I am very guilty of is failing to drink enough water on a ride. The body dehydrates rapidly on a hot day and these liquids must be replaced. When I make a conscious effort to drink water at regular 15 minute intervals, I notice that I have more energy. Once that energy is depleted from insufficient liquid intake, it's lost, and this can have a very detrimental effect on your performance for the duration of the ride.

In conclusion, let's see more club members getting out for rides on a regular basis. The more you're out there, the more these basic skills will become second nature, and the more enjoyment you will get out of this sport.

Until next month.....

CATS

WAUCONDA-BULL VALLEY JUNE 19, 1999

8:30 A.M.

35 OR 48 MILES

Some steep climbs and fast descends. This ride will start at 8:30 a.m. from Wauconda Apple Orchard. This will be a joint ride with Cats and the Wheeling Wheelmen. After the ride enjoy lunch, and or, goodies at the orchard. For info, contact Joe or Sue Lippere (847)705-8879.

Directions: from I-94 exit 176 go west to Fairfield, north to gossell, look for sign for Wauconda Apple Orchard.

JANESVILLE WEEKEND August 14-15, 1999

Enjoy varried routes with many mileage choices. come for a day or the whole weekend. The starting point will be at the Super 8 at Highway 26 Exit 171A off I-90. Super 8 phone # (608)756-8879. This will be a joint weekend with Cats and the Wheeling Wheelmen. the rides will start daily at 8:00 A.M.

List of other hotels:

- *Best Western Tavel Lodge (across the street from the Hampton Inn)
- *Hampton Inn (sold out for the weekend)
- *Ramada 800-228-2828 (across the street from Super 8)



League
of Illinois
Bicyclists

EXTRA

News and Notes about
Bicycling in Illinois

A publication of the
League of Illinois Bicyclists

Vol. 1, No. 6

Bicycle Liability Legislation Passes Illinois Senate

Illinois cyclists gained at least a partial victory as Senate Bill 839 passed the Illinois Senate on March 26 by a vote of 56-2. SB839's companion legislation, SB101, intended to modify the Illinois Vehicle Code to designate bicycles as "intended users" of Illinois roadways, did not make it out of the Senate Judiciary Committee. Senators Bradley Burzynski of Sycamore and Duane Noland of Blue Mound cast the "no" votes.

SB839, as amended, would change the Tort Immunity Act so that bicyclists would be protected against "willful and wanton misconduct" on the part of local governments; this is the existing standard of municipal responsibility toward users of off-road bicycle trails.

During consideration of both SB101 and SB839 by the Judiciary Committee, LIB and the Chicagoand Bicycle Federation (CBF) proposed an amendment which would provide for a "duty of ordinary care" to cyclists equal to, and not greater than, that currently owed to drivers of motor vehicles. The primary obstacles to adoption of the LIB/CBF amendment to SB101 were local governments, who feared that an equal-duty-of-care standard for cyclists would translate into increased liability exposure and being forced to maintain roadways to a higher standard specifically to accommodate bicyclists. The recent \$30 million award to Rachel Barton as a result of her injuries during an accident on a Metra commuter train figured in the discussions.

Senator Kathleen Parker (R, Northbrook), who sponsored both SB101 and SB839, said in committee that

with the LIB/CBF amendment, SB101 was unlikely to pass the full Senate. The "willful and wanton" amendment to SB839 was proposed by the bill's opponents primarily local governments - as an alternative which would be more likely to pass, and would also have the support of both local governments and IDOT.

The "willful and wanton misconduct" standard would protect against "[a]ctions that show] an actual or deliberate intention to cause harm or ... an utter indifference to, or conscious disregard for the safety of others or their property." In practice, proving willful and wanton misconduct may be difficult, although some lawyers contend that the actual difference between "willful and wanton" and "failure to exercise ordinary care" is small.

The effects that SB839 would have on cyclists are that although a municipal-liability standard has been established, it is still lower than the "duty of ordinary care" owed to motor-vehicle drivers, and that cyclists would still not become "intended users" of Illinois roadways. In short, although cyclists regain some rights with SB839, they fall short of those prior to the Boub decision, and those asked for by LIB and CBF.

The bill will next be taken up in the Illinois House of Representatives, where it will be sponsored by State Rep. Carolyn Krause (R, Mt. Prospect). LIB and CBF are working on an amendment to ensure that cyclists receive the same protection, and enjoy the same status on Illinois roadways, as motor-vehicle drivers.

QUOTE OF THE MONTH

"I came out for exercise, gentle exercise, and to notice the scenery and to botanise. And no sooner do I get on the accursed machine than off I go hammer and tongs; I never look to right or left, never notice a flower, never see a view—get hot, juicy, red—like a grilled chop. Get me on that machine and I have to go. I go scorching along the road, and cursing aloud at myself for doing it."

—H.G. Wells, *The Wheels of Chance*

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, June 3
7:00 P.M.
Wheeling High School
Rt 83 and Hintz Rd

We support:
*The League of American
Bicyclists
*The Chicagoland Bicycle
Federation

In This Issue...

June Ride Schedule...Safety Article...Editorial...Rider Statistics...Wayne's Words!

Mailing
Address
Goes
Here

Club Discounts!

The following local bike shops offer a 10% discount on parts and accessories to all Wheeling Wheelmen with a valid membership card show at time of 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 Grv
(847)541-4661

FS CYCLES

20556 N. Milwaukee Ave., Deerfield
(847)537-2453

MIKES BIKES

155 N Northwest Hwy, Palatine
(847)358-0948

VILLAGE CYCLES/SPORT

63 Park & Shop, Elk Grove Village
(847)439-3340
215 W Golf Rd., 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 D.C. 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 information 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