

## Wheel Words

By Wayne Segedie

**"That's all Folks"** Well, it is the end of another year for me as President of the *Wheeling Wheelmen*. Sadly though, this will be my last year again. I have been here before, and this is always so hard for me, but it is time for a change. Hard to believe, but I am actually at a loss for words and don't know where to begin. The best place to start is probably with my board that has been so supportive. Without their help I could not have survived another year, they have been great and deserve a big round of applause. Next, I want to thank all of you for your support not only this year, but throughout all my terms as President. So many of you have come forward to make our club as great as it is. Whether you led a ride, chaired an event, or just volunteered to work our invitationals, it is through your combined efforts that we still exist as one of the best bicycle clubs in the area. So, thanks to all of you for your hard work, you sure made my job easy. There will be a new board to lead you on next month, so let's get behind them and give them your full support. My Y2K challenge to you is to continue to keep the *Wheeling Wheelmen* strong, but we can't do it without your help. Let's all step up this year, come up with some new ideas, new rides, and go full speed ahead to make us even better. How about it?

**Harmon Recap** Unfortunately, I am writing this before the Harmon so I can't give you a recap yet, but I will have numbers for you at the banquet and I will put the information on the club hot line box #3. But I did want to thank all the volunteers for coming forward as you always do to



*Enjoy fall riding with the  
Wheeling Wheelmen!*

make our big event successful. **Thank you.**

**Annual Banquet** Yes, it is our favorite time of the year again. Our annual banquet and awards ceremony will be held on Saturday November 13<sup>th</sup>, 1999. This year's banquet will be held at Lou Malnati's Pizzeria in Elk Grove. I believe that the starting time will be 6:00 PM, but watch for further information in our monthly newsletter. Life can't get much better than pizza, and talk of cycling. So come on out and relive this past seasons good times.

**Time to vote** Enclosed in this issue of Monthly Meanders is our annual ballot for election of club officers for next year. Please be sure to take the time to vote, and mail your ballots to Ed Leidecker for tabulation.

Also on the ballot are the usual fun things to vote on like; best ride, most improved, and best dressed. So in the Chicago tradition, vote early and often.

**Cycling tip of the month** As the weather cools, some of us either forget to drink water, or feel we don't need to drink because we are not sweating as much. Wrong, you still need to hydrate just as much when it is cool out as when it is hot. So, keep on drinking, water that is.

Well, it is time for me to close again. While I may be stepping down as President, I will always be here to offer my help and support, and I ask you all to do the same. Thanks for another great year, and I'll see you on the road.

May the wind be always at your back.

Wayne

## Club Officials

### Elected Officers

<b>President</b>	
Wayne Segedie	(847)426-4376
<b>V.P./Ride Chair</b>	
Mike Ortmanns	(773)467-9387
Ella Shields	(773)594-1755
<b>Treasurer</b>	
Bob Savio	(847)438-8066
<b>Secretary</b>	
Verne Aebli	(847)934-3809
<b>Membership</b>	
Pam Burke	(630)872-9238
<b>Safety</b>	
Al Berman	(847)541-9248

### Appointed Officers

<b>Newsletter</b>	
Jennie Pfeifer	(847)342-8823
e-mail: Jenniepfei@aol.com	
Harmon	

### Chairmen

<b>St. Pat's Ride</b>	
Art Cunningham	(847)963-8746
<b>Mileage Statistician</b>	
Art Cunningham	(847)963-8746
<b>Newsletter Mailing</b>	
Jennie Pfeifer	(847)342-8823
<b>P.O. Box</b>	
Phyllis Harmon	(847)537-1268
<b>Refreshments</b>	
Lou Lambros	
<b>Web Page</b>	
Bill Bergeron	(847)382-4704
<b>Social</b>	
Pam Burke	(630)872-9238
<b>CABDA Show</b>	
Pam Burke	(630)872-9238
Barry Cohen	(847)459-7640
<b>LAB</b>	
Phyllis Harmon	(847)537-1268
<b>Banquet</b>	
Pam Zaverdas	(847)359-5970
<b>Government Relations</b>	
Al Berman	(847)541-9248
<b>Harmon Data Base</b>	
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 15<sup>th</sup> 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)

## Board Meeting

The next board meeting will be held at Wayne's house. Date & time TBA.

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

### MEANDER STATS AUGUST

August was mild and dry with a few mid-week rainouts, but beautiful weekends for biking. By this time riders were in prime summer condition and took on a number of longer more rigorous rides. The maximum miles for club rides through the end of August was 4936 miles. 116 riders have logged miles through this period. 19 have exceeded 1000 miles, 42 have done more than 500 miles, and 59 have exceeded 300 miles. The top ten Mileage Munchers through the end of June are below.

#### Women

1	Cindy Schneider	2564
2	Pam Burke	1705
3	Ella Shields	1534
4	Virginia Savio	1481
5	Emily Fuentes	715
6	Carrie Torgerson	639
7	Mary Ferraro	545
8	Geri McPheron	536
9	Judy Hattendorf	501
10	Reinhilde Geis	461

#### Men

1	Bob Savio	3519
2	Art Cunningham	3157
3	Al Schneider	2575
4	Bob Walkowitz	2023
5	Bob Pletch	1743
6	Dennis Berg	1586
7	Jim Edmiston	1542
8	Verne Aebli	1534
9	Bill Bergeron	1337
10	Louis Greene	1262

### Moving?



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

## 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

## Welcome New Members!



David Pacholock	Sleepy Hollow, IL
Neil & Nila Schwab	Barrington
Ron Zarrara	Wheeling
Jim Meyer	Kildeer
Kathryn Trevino	Hanover Park

After Meeting Speaker  
October 7th  
Bob Walkowicz will talk  
about riding  
Paris-Brest-Paris

Don't miss it!



## Remember to vote!



**Monthly Meanders of the Wheeling Wheelmen**

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

Date	Time	Ride Name	Starting Point	Directions	Miles	Leader	Phone #
Oct 2&3		LaCrosse Week-end	LaCrosse WI area	Call for information	30/40/70/100	Paul Koenig	(630)690-9546
Sat Oct 2	9:00	Binnie Woods	Binnie Woods	I-90 West to Randall Rd, North to Binnie Road, West to Forest Preserve	65	Al Berman	(847)541-9248
Sun Oct 3	9:00	Mystery Miles	Kildeer School	Old McHenry Rd, just north of Long Grove Shopping District	35	Ella Shields	(773)594-1755
Sun Oct 3	9:00	Wholly Rollers Revised	Great Western Trailhead	Randall Rd south to St. Charles, west on Dean St .3 miles on south side	70	John Loesch	(630)377-6258
Oct 9&10	9:00	New Glarus Weekend	Chalet Landhaus, New Glarus, WI	NW tollway, Rt. 20 west, IL 26 north, becomes WI 69 to New Glarus	44/50/67/100	Paul Koenig	(630)690-9546
Sat Oct 9	9:00	Some More Hills of Barrington	Kildeer School	See above	38/50	Pam Burke	(630)872-9238
Sun Oct 10	9:00	Triple L	Ye Old Hotel Lyons, WI	I-94 north, exit Hwy 50 west, go north on South Rd to Lyons	75	Al & Cindy Schneider	(847)696-2356
Sat Oct 16	9:00	B.D.S.R.	Kildeer School	See above	40	John Von Lackum	(847)670-9796
Sat Oct 16	9:00		Harvard IL High School	Rt. 14, east on McKinley, north on Jefferson	67/107	Paul Koenig	(630)377-6258
Sun Oct 17	9:00	Run from the Dogs	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot	35/48	Leland Yee	(847)615-4857
Sat Oct 23	9:30	47 West of 47	Marengo High School	I-90 West to US 20 west, north to Marengo. Corner of Prospect & US 20	47	Art Cunningham	(847)963-8746
Sat Oct 23	9:00		Great Western Trailhead	See above	52/72/96	Paul Koenig	(630)690-9546
Sun Oct 24	TBA	Paris School	Paris, WI	I-94 W, exit WI 142 W to County D, turn left to school	40/55	Virginia Savio	(847)438-8066
Sun Oct 24	9:00		McHenry County College	See above	35	Paul Koenig	(630)690-9546
Sat Oct 30	9:00	Hills & Horses	Penney Rd Forest Preserve	I-90 to Rt 59 north, turn left on Penney Rd to forest preserve	36	Bob Walkowicz	(847)658-8905
Sat Oct 30	9:00		Great Western Trailhead	See above	52	Paul Koenig	See above
Sun Oct 31	10:00	Halloween Ride	Kildeer School	See above	35	Bob & Virginia Savio	See above

**Please call the Ride Hotline (847)520-5010 for any last minute changes!**



**Scenic Pennsylvania, Minnesota and Washington State Will Lure Cyclists to League's Rallies Next Summer**

Flip your calendar to the next millennium and start dreaming of Rallies 2000! Reserve the dates now for another fun filled summer of League Rallies, and stay tuned for further details.

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*Covered Bridge Rally  
Bloomsburg University  
Bloomsburg, PA  
June 2-5, 2000*

Join the League in covered bridge country! Madison County has nothing on Columbia County, PA. Columbia County, located just north of Harrisburg in Central Pennsylvania, is home to 22 — that's right, 22 — covered bridges, including the nation's only twin span. And as if that's not enough, neighboring Montour County has another two, for a total of 24 covered bridges, many of which are within biking distance. Rumor has it that a certain 50-mile route leads to ten of those picturesque treasures. Come to the Covered Bridge Rally in Bloomsburg and find out for yourself. And who knows? You might find yourself sharing a bridge with an Amish horse and buggy.

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*Minnesota Lakes and Rivers Rally  
University of St. Thomas  
St. Paul, MN  
June 30-July 3, 2000*

The Twin Cities Bicycling Club invites you to St. Paul for a fabulous Fourth of July Holiday Weekend! Experience an outstanding combination of city and country riding, bicycling along roads or paved trails, or leaving the beaten path entirely. See twenty-five lakes on a 35-mile ride and bike for miles along the Mississippi's green river bluffs and

valley. Visit historic sites such as Fort Snelling and St. Anthony Falls, and marvel at such modern delights as the Minneapolis Sculpture Garden, the Walker Art Center and, of course, the Mall of America. And lest we forget what is most near and dear to the cyclist's heart — each year on the July Fourth weekend, St. Paul plays host to the Taste of Minnesota — a food lover's dream come true!

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*Cascades to the Coast Rally  
Western Washington University  
Bellingham, WA  
August 18-21, 2000*

The Mount Baker Bicycle Club and the Skagit Bicycle Club invite you to their Pacific Northwest paradise. The charming town of Bellingham, known as the Gateway to the San Juan Islands, awaits discovery. Ride roads, paved trails, and mountain bike trails under the watchful eye of snow-capped Mount Baker. Pedal on fabulous country roads through farm and forest, along seashores and out to a few islands. Swim in sparkling lakes that are easy rides from town. A weekend isn't long enough to become immersed in this breath-taking scenery, so make it a real vacation and stay for the Cascade Bicycle Club's Ride Around Washington, immediately following the Rally.

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Brochures will be available in January 2000. For more information, contact the League of American Bicyclists at 1612 K Street NW, Suite 401, Washington DC 20006. 202-822-1333. [Bikeleague@bikeleague.org](mailto:Bikeleague@bikeleague.org). [www.bikeleague.org](http://www.bikeleague.org)

**WISCONSIN FALL COLOR WEEKENDS**

Bring your tights and climbing gears and come enjoy two weekends of cycling in some of the most scenic areas of southwestern Wisconsin at what should be the peak of Fall color (I can't promise that Mother Nature won't do her thing early this year).



**OCTOBER 2nd & 3rd**  
LaCrosse, WI

There will be routes available from 30-100+ miles. The choice of first day routes is contingent upon the progress of road projects in the area. Second day rides will start at Ontaio, approximately 35 miles east of LaCrosse. The route options will be 28/40/70/100 miles. There will be a group dinner available on Saturday night.



**OCTOBER 9th & 10th**  
New Glarus, WI

First day routes of 44/50/68/100 miles. Second day routes of 76 and 100 miles, or ride any of the first day routes. There will be a group dinner available on Saturday night. Rides will start at the Chalet Landhaus at 9 AM.

For information on directions, lodgings, starting points and times, what the areas are like call Paul Koenig (630)690-9546 or Greg Iverson (847)670-0083.



WINTER TRAINING CONTEST  
SPONSORED BY  
GREG IVERSON & PAUL KOENIG

For years the Wheeling Wheelmen have run a mileage contest. The purpose is to encourage participation in club rides and to provide recognition for those members who do support these events. This generally sparks a friendly competition for people to improve their fitness level so they can ride more frequently and for longer distances.

Despite this, every year brings articles and laments about the lack of fitness at the beginning of the season and difficulty in maintaining fitness as the daylight hours grow shorter at the end of the season.

We'd like to sponsor a winter training contest to encourage and support members to stay fit all year. The club has had programs on spinning classes and most members either have bike trainers at home or access to a wide range of fitness equipment and cross training opportunities at health clubs or local schools.

The contest will be simple and based on the honor system. Here's how it works:

1 Any form of exercise conducted at 65% of Maximum Heart Rate (MHR) qualifies. This would be anything from power walking on up. While training with a heart rate monitor is a great way to

regulate your effort and check your progress, it isn't required. The exercise police will not be making house calls to check on your heart rate. Simply keep a daily record of the time spent exercising above this level.

2 At the end of every month submit a copy of this daily record to me by the 10th of the following month so I can cumulate the results and submit a list to be published in the Newsletter. Since timely results increase interest in participating, results received more than 30 days after the end of a month will not be eligible for inclusion in the contest.

3 The contest will run from November 1, 1999 through April 30, 2000.

4 Bike time on the road qualifies ONLY if it is not claimed in the mileage contest. No dual entries are permitted.

5 We're going to try to schedule the May club meeting at a participating bike shop or health center that has a computerized trainer where members could bring their bikes to do a six minute trial to claim winter fitness bragging rights.

That's it. We'll have a whole year to think up suitable awards for the 2000 Banquet. And Greg already has a roller training store to relate. Questions? Call Greg Iverson at (847) 670-0083 or Paul Koenig (630)690-9546. Send entries to:

Paul Koenig  
P.O. Box 88393  
Carol Stream, IL 60188-

0393



# Party Time!



1999 Annual Banquet

Saturday  
November 13th

Lou Malnati's  
Pizzeria

Mark your calendar!  
Watch for full details in  
next month's  
newsletter!



TREK 830 18" Mountain  
Bike

Call Ella (773)594-1755

Speedplay X-2 Road Pedals  
Like New \$100.00

Call Mike (773)467-9387



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



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

Bob Savio

82

Virginia Savio  
20862 Buffalo Run  
Kildeer IL 60047

83

We support:

- \*The League of American Bicyclists
- \*The Chicagoland Bicycle Federation

In This Issue...

October Ride Schedule

### 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](mailto:wheeling@wheelmen.com)

Club Hotline  
(847)520-5010



Ride and Club Information