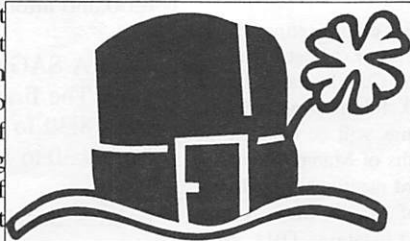


## PREZ SEZ

We are now in the middle of those cold winter months anxiously awaiting the beginning of the year 2000 bike season. The smart ones do not become winter couch potatoes, lapsing into a routine of good eating, TV watching and no exercise. Those that pursue this course of little or no physical activity will pay dearly when they do their first ride of the season, and discover that they are so out of shape that even a short ride will cause them pain and discomfort not to mention the possibility of injury. Exercising during the winter takes a lot of discipline, but as we get older, the effects of inactivity are compounded dramatically. So I encourage anyone who wants to get a jump start on the biking season to exercise regularly, whether it's a health club, taking long walks, cross country skiing or jogging.



*Don't miss the St. Patrick's Day Ride - join the fun and volunteer your help!*

For those interested in travel and adventure, I highly recommend the International Travel and Adventure Show at the Rosemont Horizon February 18-20, 2000. Most of the major bike touring companies are represented there and there are continuous slide presentations and lectures by various tour operators to exotic places, like Antarctica, India, Africa and Asia to mention a few. Last year, yours truly strapped himself into a hang glider and got the feel of how they work. If I came prepared, I could have jumped in a large pool and gotten lessons in scuba diving. If you want to spend an enjoyable day check out this show.

With all the hype about Y2K we have had, we should all check out our bicycles and related equipment and see if it is ready for the year 2000. Now is the time to replace those worn tires, check the brakes and shifters, and all cables to be sure every-

thing is in working order. Do you have a pump for the bike and spare tubes? Do water bottles need to be replaced? Let's start the season right. In the last newsletter, there were 3 separate articles referring to shorter training rides in order to encourage more participation by non active dues paying members. Everyone who takes the time to complete a membership form and send in their dues must have an interest in actually getting out on

their bike, but for whatever reason, the number of active riders remains relatively small compared to the total club membership. Your board is making a concerted effort to remedy this situation by offering these rides, so I am

asking all of you to give us your support so that these rides can continue throughout the season.

Until next month...

Al Berman



Just a friendly reminder...

If your membership renewal has not been sent, this will be your last newsletter! Don't miss a word or a ride - send your renewal today!

Membership cards will be mailed in March!

## WELCOME RIDES

By Art Cunningham

If you are a new member or for that matter an old member who hasn't ridden in the club rides yet and would like an opportunity to know what to expect on these rides, how you should prepare for them and what you can do right before and during the ride to have an enjoyable and comfortable ride then the WELCOME RIDES are designed for you. We are scheduling a series of Sunday rides beginning April 23<sup>rd</sup> through May 21<sup>st</sup> designed to give folks a chance to join some of our most experienced cyclists in short, less demanding rides so that you can gain confidence in your ability to participate in club rides that suite your ability during the year.

Each ride will be hosted by one of our regular riders whom you can get to know. Each person hosting these rides will try to acquaint you with how Wheeling Wheelmen rides are organized and what happens during the ride. Hopefully, any questions you may have will be answered. It is assumed that you are new to organized cycling or have not done much with the club. Each ride will have a different host, so we would encourage you to plan to make as many of the WELCOME RIDES as you can schedule. That way you can get to know more people who ride regularly. You can also get acquainted with some of your peers who are getting acquainted with club rides.

The ride will be a show and go (all together with the host) of 15 to 20 miles along mostly flat roads originating at Killdeer School in Long Grove. The ride should give the host a chance to assess your ability so that you can be better advised about how best to enjoy your cycling experience with the club. During the summer we have long demanding rides scheduled and also shorter less demanding ones. During the ride, we have members who ride like they are in a competition to beat the clock, and we have members who ride at a more leisurely pace to smell the flowers and see the scenery. We encourage a buddy system where a small group having about equal ability ride together. We hope we can lead you to a state where you can turn out for rides, get to know others who you enjoy riding with and feel confident about participating in the ride.

The days and times for the rides will be announced in the ride schedule. Hope we see you there.

## Club Officials

### Elected Officers

<b>President</b>	
Al Berman	(847)541-9248
<b>V.P./Ride Chair</b>	
Art Cunningham	(847)963-8746
<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>	
John VonLackum	(847)670-9796

### Appointed Officers

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

### Chairmen

<b>St. Pat's Ride</b>	
Jim Edmiston	
<b>Mileage Statistician</b>	
Art Cunningham	(847)963-8746
<b>P.O. Box</b>	
Phyllis Harmon	(847)537-1268
<b>Refreshments</b>	
Lou Lambros	(815)455-9428
<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

### 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)

### Moving?



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

## Board Meeting

The next board meeting will be held on March 9th at Art Cunningham's home.

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

Wheeling Wheelmen Board Meeting  
**Date:** January 13, 2000

### Minutes Reports:

*Note: Individual board member reports were held to a minimum this month in order to allow for time to focus on St. Pat's and Harmon issues.*

**President:** (Al) Al will not be able to attend the next CBF President's Council meeting (held at REI, Oakbrook) and needs to obtain a volunteer to represent the club.

**Secretary:** (Verne) The next club meeting will be at WHS on March 2<sup>nd</sup>. The next board meeting will be on March 9<sup>th</sup> at Art Cunningham's home. The remainder of the 2000 club meeting schedule is as follows: Club meetings will be held on the first Thursday in the months of March, May, August and September. Board meetings will also be held during the months of March, May, August and September - dates and locations TBD. Special meetings (e.g., Harmon planning will be called as required).

**Treasurer:** (Bob) There were no financial issues requiring board review or action.

**Ride Chair** (Art) Spring "Welcome Rides" were further discussed and a schedule agreed to. Welcome Rides are a brief series of short distance, slower paced rides to be held in April and May in order to encourage early season riding and provide an introductory environment for potential new members. Rides will most likely leave from Kildeer School in Long Grove but routes remain to be planned. Ride leaders, times and dates have been agreed to as follows:

Bob Savio	1:00	April 23
Mike & Ella	1:00	April 30
Al Berman	1:00	May 7
Jim Edmiston	10:00	May 14
Verne Aebli	1:00	May 21

There was also some discussion about the desire for more "adventure" rides such as the Holy Hill or New Glarus weekend rides. Suggestions and / or volunteers to coordinate these types of events should contact Art.

**Membership** (Pam) Pam was absent but it is understood that she will be once again coordinating the CABDA show and will be looking for

(Continued on page 5)



## ST PAT'S RIDE 2000



March 19 is the day of Chicago area's first invitational ride of the season, our own St. Pat's Ride. It is again scheduled for the Wauconda Apple Orchard with registration between 8:30 and 11:00. As in the past, the lunch room will be closed but it will be available to us for serving our usual homemade cookies along with hot coffee and cider.

We need your help! 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.

**Parking:** Barriers should be set up by 8:00 and attendants on duty.

**Sag:** A SAG driver is needed for each loop. The first 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  
(Continued on page 3)

### ANNOUNCEMENT FOR MARCH MEETING!

Guest speaker – Karen Schroeder of Peak Form Personal Training.

A.C.E. certified Personal Trainer and Fitness Instructor. Over 18 years experience in the fitness industry and Allied Health Care Specialty recognition in nutrition. "Windy City Sports" magazine featured "Instructor of the Month". Accreditation in advanced weight training.

Karen is an active cyclist, backpacker, mountain climber, skier and jogger. She holds two World Cup Snowmobile titles and is a spin class instructor.

Don't miss this exciting speaker!!! She will show you how to maintain your motivation for fitness, monitor your progress, keep you on track and educate you for lifestyle changes. She will discuss weight management, toning and flexibility and strength training. Get motivated to get yourself in top condition for the start of the biking season!

**Monthly Meanders of the Wheeling Wheelmen**

**Ride Schedule  
March 2000**

All Riders Should:      \*wear a helmet      \*have a bike in good condition      \*bring an ID card  
 \*bring water      \*bring a spare tube and patch kit      \*bring \$\$ for food and phone  
 \*bring snacks      \*bring a bike pump      \*arrive early...15-30 minutes

Date	Time	Ride Name	Starting Point	Directions	Miles	Leader	Phone #
Sun 3/19	11:00 AM	St. Pat's	Wauconda Orchard	Gossell Road, 1/2 mile off Fairfield, north of Rt. 176	17/35	Art Cunningham	
Sat 3/25	10:00 AM	Loops through McHenry	McHenry County College	Rt 14 one mile past Rt 176 in Crystal Lake. Meet in the north parking lot.	35	Louis Lambros	
Sun 3/26	10:00 AM	Harmon Routes	Wauconda Orchard	See above	15/32	Bob & Virginia Savio	

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



- 1 Eureka Timberline tent (sleeps 2) plus Annex.
  - 1 Ground cover for tent.
  - 1 Thermarest mattress.
  - 2 North Face down filled sleeping bags
  - Several sets of rear panniers
  - Look it over and make an offer!
- Call Kurt (847)634-2634

*(Continued from page 2)*  
 9:00 to 1:00. We will have an early shift from 9-11 and a late shift from 11-1. The refreshment area was very popular as the social and warming area last year and quite crowded from 10-12.

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 Jim Edmiston at 630-289-0606 or e-mail jedmis1@ibm.net



**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

## THE RIDE CHAIR

By Art Cunningham

**ON WINTER RIDES** At the writing of this column just two weekends into the month of January, we have had three decent days for rides. We are lucky if we get that many all month. Each ride attracted a group or a crowd of hardy cyclists. The trouble is a group was two and a crowd was three. In other words, a lot of folks are missing the joys of winter riding.

Properly attired, if the temperature is in the 30's and the roads are free of snow and ice, a winter ride can be a real joy and a good way to beat the winter blaws. One should layer your clothes. Non-adsorbant underclothing will help insulate the body and keep you comfortable even during a vigorous ride. I find that a medium heavy bike jacket, which can be vented, directly over the long johns keeps me pretty comfortable. If the temperature is above the mid-30's a heavy, long sleeved biking jersey should replace the jacket. The higher vapor transfer of the jersey will keep you drier and you will have a more comfortable ride. Between 30 degrees and 45 degrees I use a regular weight long spandex pants over long johns although you may prefer insulated biking pants which are also available. Above 45 degrees I drop the long johns.

Protecting the extremities is very important to a comfortable ride. The hands, the feet and especially for someone like me with a streamlined hairdo, the head can really give one a lot of discomfort if not properly protected. Warm winter biking gloves, butyl rubber booties and a bakaclava for the head, face and ears are musts. So believe me, cold weather rides inhaling that fresh, invigorating air can really give you a great charge.

We will continue trying to schedule rides from the Deerfield Bakery on Saturday and Sunday mornings at 10: AM. The availability of warm facilities and a place to meet and if desired to take refreshments make the bakery an ideal venue for our winter rides.

**ON RIDE LEADERS**

(HOSTS) The 2000 Ride Schedule is well along to being filled in with ride leaders. If you have a computer you can follow the progress of the 2000 Ride Schedule on our web site as it is being periodically revised. There are still quite a few blank spaces in the schedule however. You may want to consider leading a ride but feel that there is too much required in the way of expertise. I know that when I joined the club it was a couple of years before I had enough confidence to do it. So what's involved in leading a ride? This was a topic of some discussion at our January Club meeting.

If you sign on for a date and ride on the 2000 Ride Schedule, you will be sent a copy of the cue sheet and sign up sheet and perhaps a map of the area covered on the ride several weeks before your ride is scheduled. Before the ride, you should familiarize yourself with the route by following it on a map. Enough copies should be made to give each rider a copy. Normally, 30 copies will more than cover your needs although we may get a bigger turnout in some of the popular spring rides. Desired but not required, you may drive the route to further familiarize yourself with the route and make sure there are no closed roads or construction problems.

On the morning of the ride, you should plan to get to the starting point half an hour before the appointed departure time. Besides passing out the cue sheets and making sure that everybody signs up, this is where you perform your host duties. You may get everybody together before departure, make any necessary announcements about route changes or whatever and make sure if there are new people that they are introduced and if necessary are given a riding buddy of their approximate riding ability. Nothing can be worse for a new rider unfamiliar with the route and the use of cue sheets who lacks the confidence of a riding veteran to be left high and dry alone on the road on one of the early riding experiences.

During the ride, we know that there is no leader in the sense that others follow the leader through the ride. Each rider tends to ride at his or her comfortable speed and an hour or more may separate the arrival of the fast riders and the slow riders back to the starting point. Should there be a sweep? That's a judgement call. If there is a huge turnout and there is uncertainty about everyone's riding ability it might be a good idea. Some ride hosts appoint

themselves as sweeps. Others go over the route after their ride in reverse in their car if there is concern about some lagers. Most rides involve veteran riders who you can assume to accept responsibility on their own. Sometimes, riders will plan on doing some extra bonus miles. It might be a good idea to ask if any plan to do this during the meeting before the ride starts. This will alleviate concern if they don't show up at the expected time. Whether planned or not, there is little a host can do if the rider is not on the assigned route. Encouraging riders to have riding buddies and keeping an eye in each other is the best way to avoid leaving somebody stranded alone during the ride as a result of mechanical or physical problems.

After the ride, the sign up sheet should be sent to the ride chair. If there were comments about the route, errors or confusing instructions on the cue sheet or any changes made to the route, I would like to have comments on this along with the cue sheet. Starting with Rich Arnopolin and continued by Ella and Mike, most all the club ride cue sheets are on floppies. These are almost error free and current. Each ride leader can help in keeping our club file in good shape.

So, you want to lead/host a ride? Just do it.

**ON WELCOME RIDES** Plans for the WELCOME RIDE series described in the last Monthly Meander are progressing. Many of you veterans will be hearing from us for you're input and help.

Check the Ride Line to get up on the current outdoor activities.

# SAFETY

What an honor and a privilege it is to have been elected by all (well, many...all right, a small but committed bunch) of you to this most important position of Safety Chair! I've thoroughly enjoyed (well, most of it) my past 3+ years in the Wheeling Wheelmen and am delighted to be a part of the Steering Committee.

I am highly tempted, however, that my first printed act as Chief Safety Officer be one of resignation for recent events suggest strongly that my own personal safety record is less than a brightly shining example of ideals for which we are to strive! Even so, one of you said to me that while that may indeed be true, it is also the case that I have much experience to share, and since it is often the case that I have much experience to share, and since it is often the case that experience is the best teacher, it is perhaps also the case that I am properly qualified to assume the office of Safety Chair after all...so, trusting in the wisdom of that observation, we begin.

For at least the first three, four, or five Safety Sections I'll write I'm going to attempt to elicit at least one quotable – and with any luck at all, memorable – learning from the recent bicycling adventures that have been mine.

Principle One. When in doubt about making a mechanical adjustment while underway (on the bike), forget it. Stop, dismount, and have at it. Then, and only then, remount and get on with it.

The background of this principle. While on a Great Tuesday Morning Deerfield Bakery Gray Panther's Bicycle outing, and not yet having even left the initial confines of the parking lot, I noticed that my speedometer was not working because the front mounted magnetic reading device was out of position. I should have stopped, reached down to adjust the mechanism, then proceeded on my way. However,

whether for fear of being dropped thereby or just a moment of insufficient attention/laziness, I leaned over the front handle bars and down to the fork tip with my left arm.

It happened so fast. Within microseconds the front wheel turned a sharp right and blasted into orbit. My leftward forward motion accelerated greatly, crashing my massive body weight onto my left shoulder and the left side of my head. Next month's Safety Principle Two will no doubt have to do with helmets, probably something in the order of "upon arising in the morning and without further ado, immediately put on your bicycle helmet and do not climb out from under it until you go to bed that evening."

I'd hoped for either a bruised shoulder or perhaps a should separation (an A-C joint injury). The orthopedic surgeon is predicting some rotator cuff tearing instead. A MRI should answer our questions.

Some of our injuries occur because we make less than wise decisions. In a hurry, thinking it is ok to take a chance. Some of these injuries can be prevented if, when we're already underway for the ride, we resist the temptation to make mechanical corrections on the fly. Heed any doubts that arise when you consider making a potentially risky corrective move. Stop first. Correct it. Then on with the show...

So until next month. May all your velocipedic journeys be safe ones!

Crash von Lackum

(Continued from page 2)

volunteers to support the club at this event.

**Safety (John)** John had nothing to report but his injured shoulder (subject of an upcoming safety article) appeared to be doing very well.

**Business:Club Meeting Programs:** Al Berman has arranged for a personal trainer to present at the March 2<sup>nd</sup> club meeting. Al and Cindy Schneider will be presenting their latest trip to Spain at the May meeting.

**St. Pat's Status:** (Jim Edmiston) This is Jim's first year as St. Pat's coordinator, taking over the role from Art Cunningham. Volunteers from past events should expect a call from Jim to secure their support for this year's ride.

St. Pat's will once again be held at the Wauconda Orchard. Bob has provided information to local publications and event calendars. Jim will be contacting local newspapers shortly before the ride and will also need to contact the orchard two weeks prior to confirm availability. Jim will also be contacting Jennie to determine the number of St. Pat's brochures to produce for CABDA. Cue sheets will have to be updated this year due to changes in the second loop due to the reconfiguration of Gossel road construction.

**Harmon Planning Status:** Al Schneider, Mike and Ella were present to discuss plans for new Harmon routes and rest stops. Al presented a series of maps he'd prepared showing detailed proposals for route options in SE Wisconsin of approximate 35, 65 and 100 mile distances. Final route decisions have not yet been made.

There is much discussion and concern over the degree of challenge the new routes will offer since the area contains many more hills (and more difficult hills) than past Harmon routes. We recognize that the typical Illinois rider may not be accustomed to the terrain and we need to take care to ensure the new brochures adequately describe the new routes. Suggestions are to describe the 65 mile route as "rolling" and the 100 as "challenging". We also recognize the likelihood that we will need to arrange for more SAG support than in prior years. Care will also be taken to route riders through local towns (such as Lyons) where extra food & drinks can easily be found.

It was agreed to secure Eagle Lake and Basset parks for rest stops. Routes will be looped to allow for only two rest stops. This will simplify support and logistics. Ella will be responsible for reserving space at Eagle Lake and Ron Hattendorf will reserve Basset park.

**CABDA Bicycle Show!**

February 25-27

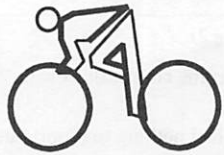
Friday 5pm – 9pm

Saturday 10am – 7pm

Sunday 10am – 5pm

Rosemont Convention Center  
5555 North River Road  
Rosemont, IL  
Hotline: 708-922-2104



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

Next Club Meeting:  
 March 2nd  
 7:00  
 Wheeling High School  
 Rt 83 and Hintz Rd

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

Mailing  
 Address  
 Goes  
 Here

**In This Issue...**

St Pat's Ride...Welcome Rides...Meeting Minutes...Safety Article...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
- SPOKES**  
 223 Rice Square at Danada, Wheaton  
 (630)690-2050
- 1807 S. Washington, Naperville  
 (630)961-8222
- VILLAGE CYCLESPORT**  
 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](mailto:BikeLeague@aol.com)  
 Web Site: [www.bikeleague.org](http://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