



2000 HARMON

On September 10, 2000 approximately seven hundred riders gathered at Wilmot Bike & Skate Park the new starting point. The day began gloomy with numerous cumulus nimbus clouds, intermittent rain and the weather not cooperating until the afternoon. Everyone liked the facility and parking area and look forward to returning next year.

The food we have on the ride is always nutritious and nourishing (yummy). The 30-mile riders had sub sandwiches; the 65 and 100 milers had pasta salad and the ever-popular sushi. Also the usual goodie's: bagels, cream cheese, peanut butter, jelly, cookies, oranges, bananas, Harvest Bread, Gatorade and Sparkling Spring Water, thus no one went hungry.

The new routes received rave reviews due to **Al Schneider** and **Bob Savio** who did an excellent job mapping it out. The tee shirts were a big hit and sold out quickly.

The numbers of volunteers are to numerous to name but many thanks to everyone who worked the Harmon. A special thanks to **Bob Savio**, our behind the scenes **Harmon King**.

We would like to thank the **McHenry County Wireless Association** for SAG support, **Nicole, Jo** and the rest of the staff at **Wilmot Bike & Skate Park**, **Village Cyclesport** for **Jim**

Russell the mechanic, **Sparkling Spring Water** for their generous contribution of water and **Richard Schwinn** of **Waterford Precision Bikes** for the use of his factory as a water stop.

We're proclaiming another successful HARMON!

Ella Shields



e-mail comments:
Hey there:
We wanted to tell you we had a great time on your ride today. We did the 35-mile route. We

had two suggestions though. We were disappointed that there was no sushi at your rest stop for the 35-mile route. The other suggestion is that you change the name to the Hilly Harmon Hundred if you will be having it at that location from now on.

Over all it was a great ride and my husband and I enjoyed it. We met on your ride 11 years ago and have not done it for 9 years now due to the kids. The routes were well marked and there were plenty of sags. Have a good day.
Sherrie

The route for the Harmon Hundred was superb and the sushi was the best eating experience at a rest stop I personally have ever experienced!
Spike

RIDING IN TRAFFIC

Sharing the road with cars, SUVs and trucks is an unnerving but inevitable fact of cycling. Legally, bicycles have all of the same rights and responsibilities that automobiles do; yet cyclists are the second-class citizens of the road. Cyclists are not only expected to follow all of the same traffic laws as motorists, but must approach riding in traffic with extreme caution.

General Safety

Wear your bike helmet on every ride. Always obey the rules of the road. Stop at stop signs and lights. Wear bright, highly visible clothing whenever you ride.

Ride in control at all times. Proceed at a safe speed.

Never ride in the dark without front and rear bike lights and reflectors.

Riding Technique

Ride in the same direction as traffic. Maintain a safe distance between yourself and other riders or vehicles. Maintain a safe distance from the pavement edge.

Ride single file when cars are present and never more than two abreast at all other times.

On busy streets, don't swerve back and forth around parked cars or other obstacles. Maintain a straight course and watch out for opening car doors!

Awareness

Stay aware of your surroundings at all times. Communicate your intentions to drivers and other cyclists as much as possible. Use hand signals whenever you turn or stop, but assume that every driver might not understand those signals. Make eye contact with drivers. This usually helps keep both riders and drivers safe.

Watch out for things that can add to (or cause) problems between cyclists and automobiles, like bright sunlight, fatigue, darkness and sharp bends in the road.

Avoid things that can cause accidents between bicycles, like following too closely, poor communication, lapses in concentration and so on.

Be especially cautious at intersections. Many cycling accidents occur here.

Ride with confidence when you're in traffic. Timid, wobbly riders make drivers nervous. Cyclists or groups of cyclists who look like they know what they're doing are more likely to get extra room and respect.

Club Officials

Elected Officers

President	
<i>Al Berman</i>	(847)541-9248
V.P./Ride Chair	
<i>Art Cunningham</i>	(847)963-8746
Treasurer	
<i>Bob Savio</i>	(847)438-8066
Secretary	
<i>Verne Aebli</i>	(847)934-3809
Membership	
<i>Pam Burke</i>	(630)872-9238
Safety	
<i>Open</i>	

Appointed Officers

Newsletter	
<i>Ella Shields</i>	(773)594-1755
E-mail	Shieldsbike@aol.com

Chairmen

Banquet	
<i>Pam Zaverdas</i>	(847)359-5970

CABDA Show

<i>Open</i>	
Harmon Date Base	
<i>Jennie Pfeifer</i>	(847)342-8823

LAB

<i>Phyllis Harmon</i>	(847)537-1268
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Mileage Statistician

<i>Art Cunningham</i>	(847)963-8746
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Newsletter Mailings

<i>Jennie Pfeifer</i>	(847)342-8823
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Picnic

<i>Al & Cindy Schneider</i>	(847)696-2356
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Refreshments

Betsy Burtelow & Kris Woodcock

<i>St. Pat's Ride</i>	
<i>Jim Edmiston</i>	(815)899-1503

Web Page

<i>Bill Bergeron</i>	(847)382-4704
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Newsletter Contributions

We need information for the newsletter, I'd love to hear from you! Send or e-mail your ride notes, stories or articles for the newsletter to me by the 10th of each month and be immortalized in the next issue of Monthly Meanders

Ella Shields
7516 W. Devon Avenue
Chicago, IL. 60631
E-mail your submissions to:
Shieldsbike@aol.com

(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 Thursday, November 16, 7:00 p.m. at the home of Bob Savio.

This will be a meeting of current board members and the newly elected board. Everyone is requested to attend. Please give Bob a call (847)438-8066 to let him know if you will be attending.

MEANDER STATS

136 Club riders recorded one or more rides through October 8. Out of a total possible 6626 club miles there are 21 riders with 1000+ miles; 30 riders with 700+ miles; 37 riders with 500+ miles; 15 riders with 300+ miles; while 87 riders have logged 100+ miles.

TOP 10

WOMEN:

1. Cindy Schneider	2727
2. Pam Burke	1613
3. Velda Knorr	1606
4. Ella Shields	1387
5. Betsy Burtelow	961
6. Virginia Savio	828
7. Pat Illy	746
8. Geri McPheron	657
9. Kris Woodcock	648
10. Linda Heeter	586

MEN:

1. Bob Walkowicz	4197
2. Bob Savio	3463
3. Al Schneider	2955
4. Kurt Schoenhoff	2602
5. Art Cunningham	2536
6. Dennis Berg	2427
7. Bob Pletch	2195
8. Joe Irons	2148
9. Louis Greene	2011
10. Brian Hale	1529

WELCOME NEW MEMBERS



Rhonda Konarski Glenview
Tom Mueller Buffalo Grove
Joseph & Rosemarie Pegoraro Arlington Hts

WEEKDAY RIDES

TUESDAY / THURSDAY DEERFIELD BAKERY RIDES

Rides with 25/45 mile routes leave the Deerfield Bakery promptly at 9:00 AM beginning May 1. These rides are normally show and go with cue sheets provided if requested. The Deerfield Bakery is on Buffalo Grove Road & Old Checker Rd. just north of Lake Cook Rd. parking at the rear of the Grove Memorial Chapel. Phone Bob Savio at 438-8066 or Art Cunningham at 963-8746 for more information

PLEASE NOTE: STARTING THIS MONTH THE RIDES WILL BEGIN AT 10:00 AM

Annual Banquet



Don't miss the social event of the season. The banquet is on Saturday, November 11, 6:00 pm at Hackney's in Wheeling (see Oct. newsletter for details).

Call Pam Zaverdas at 847/359-5970 if you have any last minute questions.



NO CLUB MEETINGS IN NOVEMBER AND DECEMBER.

THE RIDE CHAIR

Another riding season is behind us. I am really pleased with the great response from the membership in hosting the core rides on our 2000 ride schedule. In addition, many people have stepped forward to host alternate weekend rides to give members an option to some of the more challenging, longer rides on the schedule. I specially want to mention Frank Illy for hosting "Frank's Training Ride" on Saturday mornings. This regularly scheduled ride contributed greatly to our program and became quite popular. We can also look back on some noble experiments; the spring's "Welcome Rides" which were of limited success and probably won't be repeated and the Wednesday Bike Trail/Path Tours" which offered another flavor and got a regular following before being cut short by my untimely accident early in the summer. I hope to resurrect them next year. A good season to build on. Any idea members have to enrich our rides program will be eagerly received, particularly if they come with a commitment to implement them.

We shift to the semi-dormant winter season in November through mid-March when we launch the 2001 sea-

son with the St Pat's ride. Although the final decision on St. Pat's will be made at the November Board Meeting, the traditional Sunday following St. Pat's Day and venue at the Wauconda Orchard now look probable. You will be hearing more about this in the coming months. For the intervening months, Saturdays at 10:00 at the Deerfield Bakery will be designated as a regular starting place for rides. Of course any ride will be put on the ride line that a member wishes to announce to the membership. Give me a call if you are so moved.

Winter rides attract a group or a crowd of hardy cyclists. The trouble is, a group is two and a crowd is 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 blahs. One should layer your clothes. Non-absorbent 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° and 45° I use a regular weight long spandex pants over long johns although you may prefer insulated biking pants, which are also available. Above 45° 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 balaclava 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.

For the record, I have a new e-mail address – cunnspoke@netscape.com.

Art Cunningham



HOLIDAY PARTY

Come and enjoy the fun!

*Sunday, December 10
3:00—7:00 pm*

*Wildberry Condo Clubhouse
Streamwood, IL*



Please contact Pam Burke 630/872-9238 by **December 1** for reservations, directions and what to bring. The club will provide the main dish.



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

Next Club Meeting will
be in 2001
at
Wheeling High School
Rt 83 and Hintz Rd

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



Pam Burke
265 Green Knoll Lane
Streamwood IL 60107

849

In This Issue... Harmon Recap... Holiday Party... Ride Chair... Meander Stats... Safety...

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 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

BIKE PROS

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

20556 N. Milwaukee Ave., Deerfield

(847)537-2453

GEORGE GARNER CYCLERY

111 Waukegan Rd., Northbrook, IL 60047

LIBERTYVILLE CYCLERY

800 N. Milwaukee Ave, Libertyville, IL

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

The Cyclery

575 Ela Road, Lake Zurich

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