



# Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

August, 2002

## PREZ SEZ

Greetings fellow club members. I just returned from a business trip to Baltimore. If you have visited Baltimore recently then you will probably agree that the inner harbor area is a great place to spend some time. Lots of shops, restaurants etc.. What really struck me was the almost total absence of bicycles. Here is this gorgeous, several mile long, inner harbor project and NO BIKE PATH. It made me realize how much we take for granted our bike trail system here in the Chicago area. We need to continue to support the efforts of the Chicago Land Bicycle Federation, League of Illinois Bicyclists and other like-minded organizations. Ok, I'm done with this.

I want to thank everyone for your support with the new club jerseys. I appreciate all the feedback on design ideas. We tried to incorporate some traditional elements and make it unique and appealing. Looks like we will achieve the 50 pieces needed to get the prices quoted. When you get this the order will be placed. We're looking for delivery in mid August. Just in time for the Harmon.

Our Tuesday night working stiff rides are proving to be a popular addition to the ride schedule. 12-15 riders show up for the 21-27 mile loops. The best part of the ride is the great music and conversation at the Village tavern after the ride. Come join us.

This month's feature member is Cindy Trent. The Tuesday/Thursday Bakery riders all know Cindy. She is a math and science teacher at Rolling Meadows High School, which means summer break, which means three

months off, which means day rides with the AARP crowd. I'm so jealous I can't stand it. Just kidding Cindy.

This is Cindy's third year with the club and 6<sup>th</sup> cycling. Her first bike was a Hybrid from ABC Cyclery. She put in about 1,700 miles that first year including the Harmon Hundred. In short order Cindy joined the Arlington Heights Club, taking advantage of group rides and mapped routes. This also led to an upgrade via the bike swap. Her next ride was a Miata road bike. This was the bike that carried her on her first weeklong adventure, GRABAAWR. This is a 500-mile route along the Wisconsin River with lots of great scenery and hills. Another favorite ride goes north through Michigan ending with a crossing of the Mackinaw Bridge. Cindy is easy to spot...look for the little black and white stuffed cow on her tribars. Cindy now rides a Litespeed Titanium.

Among Cindy's hobbies are raising and showing Australian Shepherds. These are AKC trained and have qualified for the nationals. I'm not a big dog person but I know this is a big deal. Congratulations!!! Cindy's husband is heavily involved with softball coaching. His teams have competed all over the country.

One final note I've been on several club rides in the past few weeks and see more and more of our members riding 2 and 3 across on fairly busy roads. When you hear "car back" MOVE OVER!! Please be aware of traffic both car and bike. Ride safe and smart.

See you on the road.

Rich Drapeau



The August club meeting will be Thursday, August 8, 7:00 p.m. at Wheeling High School in the faculty lounge. The High School is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling.

We will discuss the Harmon Hundred and RECRUIT volunteers. We will also have a slide presentation by guest speaker, Kathy Schubert: "RAGBRAI with Joey, the dog!" Come out and meet Kathy, one of Chicagoland's hard-working bicycle advocates.

*"If you've ever ridden this ride, come and remember the fun. If you've never been there, you might want to look forward to next year's ride after you see the slides." -K. S*

**WELCOME  
NEW  
MEMBERS**



Jerri Cohen, Chicago  
Sharon Lynch, Des Plaines  
Jamie Wheeler, Arlington Heights  
Donald & Mindy Soranno, Chicago  
David Martin, Hoffman Estates  
Lawrence Necheles, Chicago  
Fred Peter, Barrington  
Lory Merritt, Skokie

## Club Officials

### Elected Officers

<b>President</b>	
Rich Drapeau	(847)808-1476
<b>V.P./Ride Chair</b>	
Ari Cunningham	(847)963-8746
<b>Treasurer</b>	
Al Berman	(847)541-9248
<b>Secretary</b>	
Kris Woodcock	(847)520-6932
<b>Membership</b>	
Betsy Burdellow & Jim Boyer	(847)541-1325
<b>Safety</b>	
Barry Cohen	(847)459-7640

### Appointed Officers

<b>Newsletter</b>	
Ella Shields	(773)594-1755
<b>Harmon</b>	
Mary Kay Drapeau	(847)808-1476
<b>Chairmen</b>	
<b>Banquet</b>	
Ella Shields	(773)594-1755
<b>Harmon Data Base</b>	
Jennie Pfeifer	(847)342-8823
<b>LAB</b>	
Phyllis Harmon	(847)537-1268
<b>Mileage Statistician</b>	
Ari Cunningham	(847)963-8746
<b>Newsletter Mailings</b>	
Ella Shields	(773)594-1755
<b>Picnic</b>	
Al & Cindy Schneider	(847)696-2356
<b>Refreshments</b>	
Frank & Pat Illy	(847)923-5910
<b>St. Pat's Ride</b>	
Mary Kay Drapeau	(847)808-1476
<b>Web Page</b>	

### Newsletter Policy

We can always use 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 the preceding month

Ella Shields  
7516 W. Devon Ave.  
Chicago, IL. 60631  
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 Betsy or Jim with all name, address and phone number changes at (847)541-1325.

## Board Meeting

The next board meeting will be held on Thursday, August 22, 7:00 pm at the home of Bob Savio.

All board members are requested to attend. Please give Bob a call at 438-8066 and let him know if you will be attending.

### MEANDER STATS

Through July 4  
Maximum miles possible  
3,619 (per rider)  
Cumulative total miles ridden  
51,856 (all riders)

#### MEN:

1	ART CUNNINGHAM	2952
2	KILIAN EMAMUEL	2461
3	AL SCHNEIDER	1909
4	JOE IRONS	1819
5	BOB WALKOWICZ	1709
6	KURT SCHOENHOFF	1288
7	TOM WILSON	1218
8	BOB PLETCH	1178
9	BOB DOMINSKI	1165
10	LOUIS GREENE	1109
11	BOB SAVIO	1060
12	RICH DRAPEAU	1056
13	PAUL KOENIG	1036
14	JIM BOYER	964
15	PETER GUZIC	956
16	DENNIS BERG	951
17	LOUIS LAMBROS	946
18	BRIAN HALE	927
19	VERNE AEBLI	887
20	FRANK ILLY	865

#### WOMEN:

1	CINDY SCHNEIDER	1847
2	MARY KAY DRAPEAU	891
3	KRIS WOODCOCK	765
4	BETSY BURTELOW	734
5	MARIANNE KRON	683
6	VELDA KNORR	637
7	VIRGINIA SAVIO	635
8	REINHILDE GEIS	600
9	ELLA SHIELDS	521
10	MONICA GONCZE	484
11	PAM BURKE	481
12	ANNE JOHNSON	406
13	PAT ILLY	384
14	LOLA PROVENZOLA	318
15	GERI MCPHERON	316
16	SHERI ROSENBAUM	314
17	NANCY BECK	239
18	FRAN GREEN	211
19	MARIE SASSAN	205
20	REBECCA NUDELMAN	201

### REGULARLY SCHEDULED RIDES

#### TUESDAY / THURSDAY DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Deerfield Bakery promptly at 9:00 A.M. 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 Jewish Funeral Home just south of the bakery. Phone Bob Savio at 438-8066 or Art Cunningham at 963-8746 for more information.

#### TUESDAY EVENING WORKING STIFF RIDES

Rides of 20 to 27 miles will leave from Shamrock Cyclery at 6 pm. The shop is located at 344 McHenry Road, just south of the 4 way stop sign in Long Grove. Park in the lot behind Red Oak Antiques in the Stemple Municipal lot. Call Rich Drapeau 808-1476 or Jim Boyer 541-1325 for additional information

#### THE HILL AND DALE WEDNESDAY EVENING RIDES

Rides of 25 to 32 miles are scheduled to leave the Grassy Meadow parking lot in the Paul Douglas Forest Preserve at 5:30 P. M. Wednesday evenings. Cue sheets are provided. To reach the Paul Douglas Forest Preserve, go west on Central Rd. off Roselle Rd. just north of I-90. Go approximately 1 1/2 mile and turn right into the parking lot. Phone Frank or Pat Illy at 923-5910 for further details. A blinker taillight is highly recommended.

#### ELGIN WEDNESDAY TWILIGHT RIDES

Rides of 20 to 40 miles as light conditions allow are scheduled to leave the Target Store parking lot near Elgin promptly at 5:30 p.m. Parking is at the SE corner of the lot. These rides are normally show and go with a goal of maintaining 14 - 15 mph with cue sheet options. Every attempt is made to return before darkness but blinking taillights are highly recommended. The Target store is on Randall Road just south of US 20. Phone Al & Cindy Schneider at 696-2356 for further information



**Defensive Cycling**

Most of us have been exposed to the concept of defensive driving. The same basic ideas, applied to road biking, can contribute to your biking safety.

Defensive Cycling involves:

- *Heightened Awareness* of your surroundings and
- *Preparation for Hazards*

**Heightened Awareness**

There is no substitute for a constant awareness of what's going on in *front of you, behind you and the conditions of the roadway*. You need to use your eyes and ears to "scan" the area every 10 - 15 seconds to avoid dangerous surprises.

If you do the math, you'll find that you can evaluate roadway conditions about 15 seconds ahead (about 100 yards). This will give you the time you need to properly react to a pothole, rut, gravel, railroad tracks, road-kill, etc. Most of us are looking where we're going and will spot these problems naturally. However, I have seen riders engaged in very animated discussions, obviously oblivious to the road in front of them. *Make a point of checking out the roadway four times a minute*; no matter how good the company or how beautiful the scenery. Remember, when you're riding in a tight group, you really can't see enough of the roadway in front of you to react effectively. The courteous club rider always calls out or points to road hazards to warn those who follow.

Checking behind you is less natural but just as important. A *rear-view mirror* makes this simple. Helmet or sun-glass mounted devices can be "fine tuned" on the fly by moving your head. Bike mounted mirrors can be affixed to the drops providing a less obstructed, rearward view. Personally, I can't imagine riding without one of these - would you drive a car without mirrors? Closing motor vehicles are usually visi-

ble for about 15 seconds as they approach from the rear so if you invest a second or two, four times a minute checking your mirror, you're less likely to be surprised by some "over-sized" load edging you off the road or the erratic (drunk?) driver shortening your ride.

Every so often, I see a cyclist with a music headset. Wrong! Your ears are your most important traffic sensors. You wouldn't ride with your eyes shut and you shouldn't ride with your hearing compromised.

**Preparation for Hazards**

Most hazards can be safely dealt with if you have enough time. The 15-second rule allows you to react appropriately by eliminating the element of surprise. However, it's helpful to do as much pre-preparation for common situations as you can. Basically, this involves *consciously deciding how you will deal with a potential hazard before you encounter it*.

Much of what you see in this column every month addresses specific hazards and ways to deal with them. You have to make the effort to understand and practice these techniques on a routine basis so they become a habit you do without thinking.

It's also a good idea to imagine yourself in a sticky situation and decide in advance what you should do. For instance, I've decided to leave the roadway, no matter what, if I feel a driver may hit me from the rear. I'll take my chances with the trees, bushes, fences, etc. You can also decide to stop if you see danger ahead. Seems obvious, but a few riders erroneously feel stopping is some kind of failure. You should also be playing a game of "what if" on a regular basis, assuming something bad happens and planning your reaction in advance.

None of this takes very much time or effort. With a little practice, you'll find that defensive cycling is automatic.

So, **BE AWARE** and **BE PREPARED** for safer, Defensive Cycling.

**Barry**

**Bikes on Metra, again!**

by Randy Warren (CBF)

Want to ride the Fox River Trail but don't want to drive all the way to Aurora? How about going to visit grandma in Lake Zurich during August when you don't have a car? Wouldn't it be nice to take advantage of Chicago's Lakefront Trail without having the hassle of driving into the city? Well, all this will be possible as Metra opens up its doors to passengers with bicycles once again in 2002.

The program is quite limited again for 2002 but service will be available on both the Burlington Northern Santa Fe (BNSF) and UP Northwest lines on specific Saturdays starting July 13 and running through September 21. In an effort to establish something that resembles more "regular" service, the program will run four Saturdays on the BNSF line and then four Saturdays on the UP Northwest line. Metra is also adding another run in the middle of each Saturday to allow passengers more options for travel. High usage Saturdays will not be available for the program such as July 27th Venetian Night, August 17th Air & Water Show and the August 31st Jazz Festival. Metra Chief Phil Pagano has also showed optimism for increased accessibility for passengers with bicycles as the rail service adds newer cars to their fleet over the next couple of years. For now, however, reservations will be necessary and they will now be taken on the web. Reservations need to be made by 8:00 AM the Thursday before your date of travel and there will still be a \$5 additional fee for your bicycle.

Check out the Metra section on our web site at [www.biketraffic.org](http://www.biketraffic.org) for all the details and to reserve your spot for that trip on Metra with your bicycle!

## RIDES OF A DIFFERENT FLAVOR

In August we complete the Michigan & Illinois Canal State Trail with the east section Gebhard Woods State Park east to La Salle. This will complete the 71 miles of the trail Lockport to La Salle which are ridden both ways in the two M&I Canal rides. Work is progressing well on the 76-mile Hennepin Canal bike trail Bureau Junction to Colona (near Rock Island). I stopped at the Hennepin Canal St. Park near Sheffield to get an update on construction on my way to TOMRV. Construction is about 40% complete. Completion of the project is scheduled for the entire trail plus the 27-mile spur along the feeder canal to Rock Falls by the end of 2003. I rode an 8 mile crushed stone segment of the trail east

and a couple of miles west on a completed paved segment. This trail could be added to our tour in future years.

In June a small group enjoyed our ride of the Aurora branch of the Prairie path. The 8-mi Blackwell and 12-mile Harrick Lake-Danada Forest Preserve trails on the east segment of the ride offer outstanding riding. This year a ¾-mile extension of the Danada trail was added that circles a small lake ending at Butterfield Road. This is to be extended in the future another ¾-mile or so to the Morton Arboretum. Dave Martin, a new member to our club gave us the nickel tour of the Fermilab on the return section of the west loop. His offer of a \$5.00 tour was turned down because of the late hour on this 62-mile ride.

Two rides in Lake County are also worthy

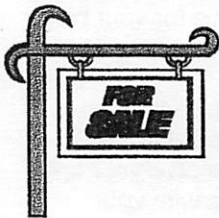
of note. The north portion of the Des Plaines River Trail Independence Woods to Van Patan Woods in the north can now be ridden in a great 40-mile ride thanks to the completion of a fine 5 ½-mile section of the trail filling the gap between existing sections. This ride is anchored on both ends by trails circling lakes. At this time I am awaiting completion of paving the new Millennium trail from the trailhead off Fairfield Road & Ivanhoe in Lakewood F. P. to Midlothian High School. A short gap in Midlothian on village streets connects this trail to the Midlothian/Lake Bluff spur of the North Shore trail. This will be the route of our new Lakewood F. P. / Illinois Beach State Park ride later in July.

Art Cunningham

### August Wednesday Chicago Area Bike Path/Trail Rides

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
8/7	9:00	77	M & I Path – West section Morris to La Salle	Gebhard Woods State Park Morris, IL	Exit I- 80 south on IL 47 – follow signs to park	Paved crushed stone ***
8/14	8:00	54	Fox River Path south-Virgil Gilman Path	Bennet Park, Geneva	North Ave (IL 64) to St. Charles, south on IL 25 to park on rt. just past Geneva town line.	Paved, packed crushed stone***
8/21	9:00	60	Old School Forest Preserve to Kenosha	Parking Lot D, Old School Forest Preserve	IL 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D lot.	Packed crushed stone, paved ***
8/28	9:00	57	Plank Road Path	Frankfort, IL	I-294 south to I-80 west; US 45 south to Frankfort; turn left at sign to Historic Frankfort; parking in town on trail on N White St.	Paved path

\*\*\* approved for narrow tires \*\* wide tires recommended \* wide tires required  
 Bring snacks and plenty of water to drink



#### Yakima Roof Rack

- 3 years old. Great condition. Needs only two new Q towers.
- Mounts for three bikes without removing tires
- Two mounts are LockJaw style (attaches to the bike's down tube) <http://www.yakima.com/products/>

[dynamic/8002037\\_1.html](http://www.yakima.com/products/dynamic/8002037_1.html)

- One mount Anklebiter Deuce style (attaches to the bikes crank shaft)

[http://www.yakima.com/products/dynamic/8002063\\_1.html](http://www.yakima.com/products/dynamic/8002063_1.html)

- Universal key and locks for all 3 bikes and rack
  - Winddamn for noise reduction and aerodynamics
  - Can retrofit rack for van/SUV cargo racks. Or add accessories for ski rack, canoe or luggage carrier. Asking \$250. Valued at \$650.
- Contact: Sheri Rosenbaum  
 (H) 847-821-7622  
 (W) 847-465-3700 x5695

.....  
**Speedplay X-2 road pedals & clips**, used once. Make offer. Call Mike @ 773-594-1755

**Monthly Meanders of the Wheeling Wheelmen**

**August  
Ride Schedule**

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 Location	Directions	Miles	Leader Phone #
Every Sat.	8:00	Honey-Do Ride	Grassy Meadow, Douglas F. P.	On Central Rd. 1 1/2 mi west of Roselle Rd just north of I-90	28/40	Frank Illy 923-5910
Fri. 8-2	9:00	Dodgeville/ Yellowstone	DNR Military Ridge Center, Dodgeville	I-90 to Madison; exit 142 west on 12/18 to Dodgeville; R on 18 into Dodgeville to 23; R on YZ to DNR Service Center to L across from Pizza Hut	105/72/64/50	Paul Koenig 630-690-9546
Sat. 8-3	9:00	Rock Cut State Park	Evergreen School, Union	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	90	Lou Lambros 815-455-9428
	9:00	Dodgeville/ Highland	DNR Military Ridge Resource Center	Same as above	105/72/64/50	Paul Koenig 630-690-9546
Sun. 8-4	9:00	Another Day Another Way	Evergreen School, Union	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	68/106	Rich Drapeau 808-1476
	9:00	Dodgeville/ Mazomanie	DNR Military Ridge Center, Dodgeville	Same as above	103/78/63	Paul Koenig 630-690-9546
	9:00	Covered Bridges	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	43	Bob Walkowicz 657-8905
Sat. 8-10	8:30	Wauconda Twin Lakes	Lakewood Forest Preserve	West on IL 176 to Fairfield; L to Ivanhoe; R (W) to parking lot on the R.	60/77	Joe Lippere 705-8879
Sun. 8-11	8:00	Beloit Express	McHenry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	75/120	Art Cunningham 963-8746
	9:00	Wauconda/ Bull Valley	Lakewood F. P.	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on the right	38/50	Kilian Emanuel 296-7874
Sat. 8-17	9:00	Ella's Escapade	Glacial Hills Park, WI	I-94 West to 894 bypass becomes US. 45 Exit Wl. 167 W to Fries Lake Road (in Washington Co.) Left to Park	70	Ella Shields 773-594-1755
Sun. 8-18	9:00	Bill & Mike's Adventure	Glacial Hills Park, WI	Same as above	75	Mike Ortmanns 773-594-1755
	9:00	Back Roads of Barrington	Rose School	I-90 to RT. 59 North, turn right on Penney road to the school just past Bartlett Rd.	40	Pam Burke 630-872-9238
Sat. 8-24	9:00	Ride to Big Rock	Rutland Forest Preserve	I-90 W, exit Rt. 47 South, to Big Timber Rd. turn left to Forest Preserve	65/90	Dan Wiessner 540-9118
Sun. 8-25	9:00	Club Harmon Ride	Wilmot Mt. Bike & Skate Park	Take I-94 West across the WI. Stateline to Exit 345 (Hwy C). Go West on Hwy C until you reach the town of Wilmot. Turn left on Hwy W. Go 1/2 mile to Park, entrance on left side.	50/75/100	Bob Savio 438-8066
	9:00	Honey Lake Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	37	Pete Guzic 255-2021
Sat. 8-31	9:00	Root Beer Social	McHenry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	60/80	Dennis Berg 296-4971

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

**EXCURSION RIDES — HOTELS**

**Dodgeville-Spring Green-Mazomanie:** Aug. 2/3/4 Super 8: (608)-935-3888 House on the Rock Inn: (888)-935-3960 OR (608)-935-371, New Concord Inn: (800)-348-9310 OR (608)-935-3770, Best Western: (800)-528-1234 OR (608)-935-7739  
**Holy Hill:** Aug. 17/18 - Germantown, WI. Super 8 (262)-255-

0880, Holiday Inn Express (262)-255-1100  
**Kettle Moraine:** Sept. 14/15 Whitewater or Fort Atkinson Super 8 (1-800-800-8000)  
**New Glarus:** Oct. 5/6, Chalet Landhaus (800)-944-1716 Swis-saire (800)-798-4391

**DODGEVILLE RIDE**  
August 2, 3, 4

Very scenic but hilly rides through Frank Lloyd Wright country. Rides will leave at 9:00 AM from the DNR Resource Center and Military Ridge Trail Parking Lot in Dodgeville.

The rides and mileage options are:

- 8-2 Dodgeville-Yellowstone  
101/83/65
- 8-3 Dodgeville-Highland  
105/72/64/50
- 8-4 Dodgeville-Mazomanie  
103/78/63

Accommodations: See listings in the Excursion Section of the Newsletter.

Directions to the starting point: I-90 west to Madison; Take Exit 142 from the left lane to 12/18 west; Left on 18/151 to Dodgeville; Right on 18 into Dodgeville; Right on 23; Right on YZ. The DNR Resource Center and Military Ridge Trail Parking Lot are on the left across from Pizza Hut.

For further information contact:  
Paul Koenig (630)-690-9546  
(630)-209-1688 (cell)  
kestrelkid@aol.com.

**HOLY HILL WEEKEND**  
August 17 & 18\*

We are planning our annual weekend getaway to Ritchfield, Wisconsin. It will be two *challenging* days with beautiful scenery and lots of "formidable" hills. Saturday is Ella's Escapade, which is a 70-mile ride, and Sunday is Bill & Mike's Excellent Adventure a 75-mile ride. If you can't make it for the whole weekend come on up for just the day.

Both rides will start at 9:00 a.m. leaving from Glacial Hills County Park. Directions: I-94 to 894 bypass, becomes US 45, exit WI 167 W to Fries Lake Road (in Washington Co.) left to park.

We will be staying Saturday night at the Super 8 in Germantown, WI. 262/255-0880. We will have a group dinner Saturday night, at our favorite Italian restaurant, if anyone is interested. Please let us know Saturday morning if you will be joining us for dinner.

Hope you can join us!  
Mike & Ella  
773/594-1755, Shieldsbike@aol.com

\*CORRECTED DATES

**ST. GERMAIN, WISCONSIN  
FALL COLOR FOUR DAY  
WEEKEND RIDES IN VILAS  
AND ONEIDA COUNTIES**  
Friday 9-27 through  
Monday 9-30

These are very scenic rides that pass through state forests where maple, oak, and 100 foot high white pine grow right up to the side of the pavement to produce numerous 5-12 mile stretches where you ride through a tunnel of Fall color. The routes pass dozens of lakes, rivers, and streams. Because of curves, elevation changes, and the trees and shrubs, your line of sight is often only a tenth to a quarter of a mile. Deer, wild turkey, hawks, heron, and egrets are common; eagles, osprey, coyote, and fox are not uncommon; and bear and badger are possible sightings. Excellent dinners are available at a variety of establishments such as the Fence Lake Lodge, run by a Swiss resort management company, where the dining room overlooks the lake, and the view of the shoreline in Fall colors at sunset complements the cuisine. View the menu at [www.fencelakelodge.com](http://www.fencelakelodge.com).

The headquarters location for the weekend will be the Whitetail Lodge in St. Germain. It has a heated indoor pool and the rooms have refrigerators, microwaves, and baths with whirlpool jets to sooth sore muscles. In addition to the hotels listed below several web sites are given that will allow you to select accommodations to suit your taste and budget, from waterfront suites to camping.

St. Germain: Whitetail Lodge (800)-236-0460 [www.whitetaillodge.com](http://www.whitetaillodge.com) (715)-542-2578

Hearthside Inn (715)-479-2500

A more extensive listing is available at [www.st-germain.com](http://www.st-germain.com)

Minocqua: AmericInn (800)-634-3444 or (715)-356-3730

New Concord Inn (800)-356-8888 or (715)-356-1800

Comfort Inn (800)-228-5150 or (715)-358-2588

More extensive listings are available at [www.minocqua.org](http://www.minocqua.org) & [www.lodging-wi.com](http://www.lodging-wi.com)

**PLEASE CHECK CANCELLATION  
POLICIES!**

Rides will start from Boulder Junction, Woodruff, and Eagle River. Riders can either meet at 8:00 AM at the Whitetail Lodge to convoy to the day's starting point or obtain direction sheets for all the rides from me ahead of time. Direction sheets will also be left at the Whitetail Lodge desk.

Pre-Ride breakfasts will be at Ella's Restaurant at Rts. 51 and 70 (East) in Woodruff.

Weather: Historical average daytime highs for this time of year are 60 degrees F. Last year I was there through the first weekend in October and the highs were running from 65-75 degrees F. Late September and October are generally the sunniest time of the year.

The Routes: These are flat to rolling with some hills around the lakes. Members who have done the Germantown rides will find the terrain here to be similar. The rides and mileage options are:

9-27 Boulder Junction-Lac Vieux Desert 107/52 (52 mile option starts at 11:00 AM from first break point on the long route)

9-28 Woodruff-Hazlehurst 105/69

9-29 Eagle River-Three Lakes 104/82/62

9-30 Woodruff-Eagle River 102/82/72

Directions to the Whitetail Lodge: I-90 west to Portage; Take Exit 108 (Highways 51, 39, 78) and continue north on Highway 51 through Minocqua and Woodruff; East/Right on WI 70 (do not turn left/west on 70 in Minocqua) to County C; the Whitetail Lodge is on the northeast side of the intersection; enter from 70.

Interested riders may contact Paul Koenig for more information at (630)-690-9546; (630)-209-1688 (cell); or [kestrelkid@aol.com](mailto:kestrelkid@aol.com).

**ARLINGTON CLASSIC CRITERIUM**

The speed, agility and power of professional and citizen class cyclists will reverberate through the vibrant Arlington Heights central business district during the *Arlington Classic Criterium Saturday, August 3, 2002, 7:00 a.m. to 3:00 p.m., North School Park.*

More than 300 cyclists will compete in the inaugural event which features one of the largest cash purses for amateur riders in the Midwest. And, approximately 3,000 spectators are expected to cheer on cyclists as

they navigate a short, technical course, punctuated by tight turns and a long finish line sprint where riders will hit speeds greater than 30 m.p.h.

This is a rider's race  
 ~ Cash purse totaling more than \$11,500 one of the largest cash purses for amateur riders in the Midwest  
 ~ Fast and technically demanding course with tight turns and an exciting finish-line sprint  
 ~ U.S.C.F. and Citizen Class Events  
 ~ Men's, Women's, Master's and Junior's Race Categories  
 More Info: [www.arlingtonbikerace.com](http://www.arlingtonbikerace.com)

**INVITATIONAL'S**

**Aug 4, Rotary Ride, Naperville, Il.,** 10/25/50/75, \$18 before 7/19, \$20 after, Fred Goldenson, 630-355-6693, [Events@RotaryRide.com](mailto:Events@RotaryRide.com)

**August 10-16, Around Illinois Back Roads, JBC, Joliet, Il.,** 420 miles, \$200 before 4/1, \$225 after, Brenda Alberico, 815-467-5748, [alberico@cbcast.com](mailto:alberico@cbcast.com)

**Aug. 11, Tour de Chippewa, Chippewa Falls, WI** 30,60,100 mi. *contact:* Barb Knowlton Noon Kiwanas 715-723-8006 [www.chippewachamber.org](http://www.chippewachamber.org)

**16th ANNUAL SPORTS GRAND PRIX**

Nation's Best Cyclists & Inline Skaters Will Compete in Downers Grove for 7 national championships and \$65,000 in Cash and Prizes  
 August 17 - 18, 2002

**Saturday August 17 will see:**  
 Timex International NRC USCF Women  
 EXTRAN Twilight Pro- Am NRC USCF Pro-1 & 2 USCF Category events  
 Citizen races  
**CHAMPIONSHIP SUNDAY August 18 will see:**  
 FASST Masters Inline Championship presented by Parrillo Sports

USCF Category 2 Challenge  
 USCF Elite Women National Criterium  
 USCF Elite Men National Criterium  
 TOUR Skate Corp. Inline National Championship Men  
 TOUR Skate Corp. Inline National Championship Women  
 United States Postal Service USPRO Criterium Championship  
**By car:** From downtown Chicago, take I-290 west to I-88 west. Exit Highland Ave., south on Highland (becomes Main Street) approximately 3 miles.

More Race info: Chicago Special Events Management 773/868-3010 [www.sportsgrandprix.com](http://www.sportsgrandprix.com)

**Aug. 25, Old Mill Century, Oregon, Il.,** 10 family/25/50/75/100 miles, \$18 before 8/17, \$23 after, Vinnie Llanas, 815-732-7496

**Aug. 25, Bike Psychos' Century, Il.,** 35/50/70/100/125 miles, \$13 before 8/19, \$18 day of, Marvin Boehm / Jim Sim, 708-802-1804, [BikePsychos@yahoo.com](mailto:BikePsychos@yahoo.com)

**Sept. 1, Wright Stuff Century, Blue Mounds, Wi.,** 30/60/100 miles, \$20, \$15 BBC member, after 9/9 \$25 and \$20, Jo Solms, 608-212-7973, [josolms@aol.com](mailto:josolms@aol.com)

**Sept. 1, Boulevard Lakefront Tour** 10/35 mi. CBF. Univ of Chicago's Midway Plaisance, 312/427-3325, [biketraffic.org](http://biketraffic.org)

**From the Saddle: Devil's Lake**

In the afternoon of Saturday, June 15 I was headed for Madison, WI, so I could do the Devil's Lake Dive of the Middleton Weekend Excursion. I arrived around 7pm and went to dinner at an Olive Garden, which served the second best meal I've had at that chain. I ordered a sampler plate that had veal, sausage, and pasta entrees after starting with a bowl of delicious soup.

I arrived at the ride a couple of minutes before 8 and found fifty riders at the LakeView Park. The Bombay BC of Madison was also starting a ride from the park. Many of the riders looked like racers. In the opposite corner of the parking lot I spotted a couple of riders, so I asked if they were Wheeling Wheelmen: and I met Art and Paul. I was surprised to find only two riders on what I was told would be a scenic, particularly around a lake, plus a couple of free rides on a ferry. Friends had told me how pretty the ride to and around the lake would be.

I put my Wisconsin cog set on my rear wheel, but didn't have time to test it. I had some trouble getting it on the bike, after a few minutes I was ready. After several turns in the first mile, we were on a country road and the fun had begun. We rode several short legs either north or west on our way to the WI River. I was having some problems with my chain, which I finally fixed by tightening the derailleur screw that increases the tension on the chain. I had been worrying about shifting problems when the hills came. We descended some hills to the river and stayed along the left bank to Merrimac ferry where we just missed it.

We took a pee break at the rest rooms in the park as we waited for the next ferry. We took a short stop in Merrimac to get food and drink before heading for Devil's Lake. Soon we came to a series of hills each a mile or more long as we rode most of the way around the park. As we came to a "road closed" sign, Art said let's see if bicycles can go through the detour.

After descending a long hill we reached the lake. The road going around the south end of the lake was closed because of water on the road. Some people on foot said the water was not deep except for one large pothole and we could walk through the water. We later rode through some shallower water before reaching the park. We spent a few minutes in the park before continuing the ride.

We had a nice lunch break at a restaurant that had indoor and outdoor seating. I suggested eating outside which turned out to be the chilly option because a few minutes after we sat down, clouds hid the sun. Relaxed and refreshed we continued riding back to Middleton. After the ride we stopped for dinner at Denny's to talk about the weekend and other excursion rides.

Results: no rain, no falls, no flats, and no one left for dead.

Pete Salomone



Wheeling Wheelmen  
P.O. Box 7304  
Buffalo Grove, IL  
60089-7304

Next Club Meeting  
**August 8**  
Meetings are  
7:00 pm at  
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...**

Prez Sez....Volunteer...Top 20...Safety...Trail Rides...Weekend Trips.. Criterium's.....

**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, (847)272-2100

**LIBERTYVILLE CYCLERY**  
800 N. Milwaukee Ave, Libertyville, (847)362-6030

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

**RUNNER'S HIGH**  
7 S. Dunton, Arlington Hts. 847-670-9255


**SHAMROCK CYCLERY**  
344 Old McHenry Rd, Long Grove 847-913-9767

**SPOKES**  
223 Rice Square at Danada, Wheaton (630)690-2050  
1807 S. Washington, Naperville (630)961-8222

**Club Discounts!**  
**THE CYCLERY**  
575 Ela Road, Lake Zurich, (847)438-9600  
**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  
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