

## PREZ SEZ

Greeting from various points indoors. Getting close to riding season and I for one am ready to get out of the gym, off the trainer and on the road.

St. Pats is coming soon. Tom and Debbie Wilson have taken over running this annual event and have things well in hand. We still need a few more cookie bakers. Call Tom or any board member if you can donate a few dozen. Other than that, keep all digits crossed for good weather.

I attended the president's council meeting sponsored quarterly by Chicagoland Bicycle Federation. Topics for discussion were the annual Bike town Bash. The event is on March 8<sup>th</sup> at A Finkl & Sons, 2058 N Southport, Chicago, IL. There is a bicycle photo show and competition with prizes awarded for best pictures. There is also a silent and live auction and live music. Good food and beverages are included. I have details on making reservations; so if you're interested let me know. We also discussed methods used by neighboring clubs to boost membership and ways to expand winter riding. Some of the other clubs have rides on New Years, Valentines Day, and Presidents Day etc. These are usually shorter rides with potluck food and drink afterwards.

The February club ethnic dinner was held at Tizi Melloul. Kris Woodcock made all the arrangements at this Moroccan/Mediterranean lavishly decorated estab-

ishment. Everything from the "Rockin' Moroccan" cocktail to the fresh fruit dipped in hot chocolate for desert was authentic and delicious. The décor is described as the inside of the bottle of "I Dream of Jeannie". I highly recommend it. Next month is Ethiopian hosted by Jim Boyer. He assures me the cuisine will be memorable.

The ride schedule is shaping up nicely. All the March rides and most of April have hosts. Len and Reinhilde Geis assure me there are plenty of open spots for ride hosts the remainder of the year. The sign up sheets will be available at all the club meetings and St Pat's ride.

Sheri Rosenbaum will share her adventures in the Galapagos Islands at the next club meeting, March 6<sup>th</sup> at 7:00 pm, Wheeling High School. You don't want to miss this one. Sheri is an excellent photographer. We plan to have our annual bike tune up clinic at the March meeting.

And finally here is a little romantic bicycle poem to ponder on Valentines Day

### Cyclist

Jan Horner

From: *Recent Mistakes*, Turnstone, 1988

Every night the bicycle;  
rides over mountains to me  
Every night the man who rides;  
turns away over the Arctic Circle  
He talks slower, softer  
but the wheels spin on  
I reach up to hold him

he sees only forgotten sheets  
on the line  
He sees my white picket fence  
the sour milk, the dirty laundry  
Even my sleeping son  
cannot charm the bicyclist

As I dream  
blooms at his window  
lean out transmitting desire  
Above his bed  
the parasol turning  
its spokes attempts  
to stroke his inner tubes  
Picasso Blue clown  
in a grey kitchen closet  
the red enamel windows  
signal blood in the bath  
As I dream  
his fine hair grows on my breasts  
thick and black  
and dishes in my dark cupboards  
glow in frenzy  
to iron his shirts

When he comes  
the deer will be eating our crabapples  
When he comes  
the walnut tree will bear fruit  
candles will flare up  
doors open  
and messages will seep  
through the walls  
And when he comes  
my paper bags will hold  
cut flowers in water  
If it is morning when I wake  
my bicycle will be fixed  
If it is evening  
I will become the bicycle



### MARCH SOCIAL EVENT

#### Ethio Café

Sunday, March 9<sup>th</sup>  
5:00PM  
3462 N. Clark Street,  
Chicago, IL.

Fans whirring lazily overhead, Ethiopian artifacts on the walls and recorded African music evoke the unhurried rhythms of a distant land. The menu features traditional stews and stir-fries laced with spiced meats and vegeta-

bles served atop a bed of injera, a crepe-like Ethiopian bread. Diners break off bits of injera from an extra basket to scoop up the entrees and the vegetable sides that accompany the meals.

Join the adventures of the Wheelmen as they substitute culinary quests for 2-wheeled achievements.

Ethio Café is a block and a half south of Wrigley Field. RSVP by March 7<sup>th</sup> to Jim Boyer or Betsy Burtelow at: [jim-betsy@attbi.com](mailto:jim-betsy@attbi.com) or 847-541-1325

## Club Officials

### Elected Officers

#### President

Rich Drapeau (847)808-1476

#### V.P./Ride Chair

Len Geis (847)679-0279

#### Treasurer

Al Berman (847)541-9248

#### Secretary

Kris Woodcock (847)520-6932

#### Membership

Betsy Burielow & Jim Boyer (847)541-1325

#### Safety

Barry Cohen (847)459-7640

### Appointed Officers

#### Newsletter

Ella Shields (773)594-1755

#### Harmon

Mary Kay Drapeau (847)808-1476

### Chairmen

#### Banquet

#### Open

#### Harmon Data Base

Jennie Pfeifer (847)342-8823

#### LAB

Phyllis Harmon (847)537-1268

#### Mileage Statistician

Joe Irons (847)359-0551

#### Newsletter Mailings

Ella Shields (773)594-1755

#### Picnic

Al & Cindy Schneider (847)696-2356

#### Refreshments

Frank & Pat Illy (847)923-5910

#### Ride Line

Art Cunningham (847)963-8746

#### St. Pat's Ride

Tom & Deb Wilson (847)632-1412

#### Web Page

Jim Boyer (847)541-1325

### 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 any questions)

### 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 March 18, 7:00 pm at the home of Al Berman.

All board members are requested to attend. Please give Al a call at 847/541-9248 and let him know if you will be attending



DON'T FORGET TO TAKE YOUR MEMBERSHIP CARD(S) OUT OF THE ENVELOPE

BEFORE THROWING IT AWAY!

### MARCH CLUB MEETING

The next meeting will be Thursday, March 6, 7:00 p.m. at Wheeling H. S. Room C104\*. The high school is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling.

We will discuss the St. Pat's ride and recruit volunteers. Our guest speaker will be club member Sheri Rosenbaum. Sheri will present a travelogue on her trip to the Galapagos Islands.

\* To get to C104 go in the main front doors of the school on Rt. 83. This puts you in the large lobby. Turn right going down the hall lined with blue lockers and room C104 will be on your left. If you come in the back door near the cafeteria, (the door we usually use) go into the main hall that runs parallel to the cafeteria to get to the lobby in the front of the school. When in the lobby, turn left and go down the hall lined with blue lockers.

### WINTER RIDES TUESDAY / THURSDAY & SATURDAY MARCH 1, 8 & 15 DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Deerfield Bakery promptly at 10:00 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.

### Penny Road Pub Ride Saturday March 1, 8 & 15 28/37 miles with cue sheets.

10:00 a.m. start from Penny Road Pub. Directions: Algonquin Road (Rt. 62) north, turn left on Penny road, one block north of Barrington Road, cross RT 59, pub is on the corner of Sutton Road. Park in back lot. Call Tom Wilson at 847/632-1412 if you have any questions.

### May 2003 is National Bicycle Month!!

Celebrate National Bicycle Month with a limited edition license plate set. The plates are approved by the Secretary of State's office and you may display them instead of your regular plates during the months of April and May 2003. The plate sets are numbered from 1 to 300 and priority will be given to those who ordered plates last year. The cost of each plate set is \$25.00. Applications are available online at <http://www.bikelib.org>, or contact Laura Sanborn 630-462-5427 or [lmsanborn@attbi.com](mailto:lmsanborn@attbi.com) for an application.

### WELCOME NEW MEMBERS



Skip Peterson, Mundelein  
Adrienne M. Bairstow, Palatine  
Bruce Lloyd, Villa Park  
Robert Kron, Mount Prospect

### HARMON HUNDRED

Mark your calendar for Sunday Sept. 7. You can register on line at:





**Saddle up for the St. Patrick's Day Ride**

Saddle up on Sunday, March 16<sup>th</sup> for the first invitational ride of the season! This year's St. Patrick's Day ride will leave from our *new location*, Foglia YMCA at 1025 Old McHenry Road in Lake Zurich. We will need your help to host this spectacular early season ride. Just think by signing up for one of the jobs below you can say that you worked the first invitational ride of the season in the greater Chicago land area!!

- **Road marking** – needs to be done the week prior to the ride
- **Registration** – we need people to start setting up about 7:30 am

- **Parking** – attendants will need to be on duty by 7:30 am
- **Food** – we will have two shifts so that we can serve goodies from 8:00 AM – 1:00 PM. The early shift will be from 8:00 AM – 11:00 AM and the later shift will be from 10:00 AM– 1:00 PM. Typically the heavy crowds are from 10:00 AM – 12:00 PM
- **Cookies** – We need about eight to ten people to supply 8 dozen cookies.

Join in the fun, sign up for a job! Contact Tom or Deb Wilson at 847-632-1412 or e-mail us at tomwilson5@earthlink.net. You can also sign up at the monthly club meetings.



MARCH RIDE SCHEDULE		All Riders Should:	*wear a helmet *bring water *bring a pump	*have a bike in good condition *bring a spare tube and patch kit *arrive early...15-30 minutes	*bring an ID card *bring cell phone *be ready to socialize after ride	
Date	Time	Ride Name	Starting Location	Directions	Miles	Leader Phone #
Sun. 3-16	8:00-10:30	St. Pat's Ride \$7 reg. fee	Foglia YMCA	Take Old McHenry Rd. northwest of IL22 past Midlothian. Entrance to the Y is to the right at Fairfield traffic light.	21, 26 & 47 mile loops	Chairmen: Tom & Debbie Wilson 632-1412
Sat. 3-22	10:00	Loops of McHenry	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	36	Bob Walkowicz 658-8905
Sun. 3-23	10:00	Lou's Commute	Lakewood Forest Preserve	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on the right.	41	Art Cunningham 847-963-8746
Sat. 3/29	10:00	Apple Cider	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	35	Betsy Burtelow & Jim Boyer 541-1325
Sun. 3-30	10:00	Hills and Horses	Rose School	I-90 to RT. 59 North, turn right on Penney road to the school just past Bartlett Rd	40	Ella Shields 773-594-1755

**ALWAYS CHECK THE RIDE LINE FOR ANY LAST MINUTE CHANGES - 847/520-5010**

## MEMORIAL DAY WEEKEND (May 24-26) GERMANTOWN-WEST BEND-RANDOM LAKE

The Wheeling Wheelmen are planning a three day holiday weekend to the Germantown/West Bend/Random Lake area of Wisconsin. This area of lakes and hills in the northern kettle moraine can provide a scenic adventure for those looking for that first weekend excursion or excellent preparation for those riders who are planning to ride multi-day events such as TOMRV, GRABAAWR, and RAGBRAI. There are mileage options to fit varying degrees of early season conditioning or training needs going forward. Several dining options have been arranged for group dinners on Saturday and Sunday nights or, as always, you can select your own preferences from a large number of restaurants in the area. Some effort has been made to offer different routes and select different dining places to avoid having participants repeat the same weekend in August.

Saturday will feature the 73 mile classic, and 84 mile new, versions of Ella's Escapade. This ride will start at 9:00 AM and leave from Glacier Hills County Park. Directions to the start are: I-94 north to Milwaukee; West (from left lanes) on 894 Bypass; 894 becomes US 41/45; West on WI 167 (do not take 167 East); Left on

Friess Lake Road at the sign for Glacier Hills County Park; Left on Glacier Hills Park Road for 0.4 miles to the parking lot adjacent to the warming shelter.

Sunday will feature the Road America Rumble. There are 52, 80, and 102 mile options that run between West Bend and Elkhart Lake. The ride will start from Barton Elementary School in West Bend at 9:00 AM. Directions to the start are: I-94 north to Milwaukee; West (from the left lanes) on 894 Bypass; 894 becomes US 41/45; Right on US 45 at 41/45 split; at West Bend, Exit County D right for 1.2 miles; left on Roosevelt; Straight on School Place; Barton School is on the left.

Monday's ride will leave from Random Lake Park at 9:00 AM and feature mileage options of 50, 59, 80, and for you people getting ready for that first long day of TOMRV, 106 and 114 miles. Directions to the start are: I-94 north into downtown Milwaukee; I-43 north (follow signs to Green Bay); Exit from left lanes onto WI 57 North; Left on County K; Right on Hickory; Left on Russell; Right into the parking lot at the lake.

Dinner on Saturday night is scheduled for Fishbones in Delafield. It's located right on Lake Nagawicka in Delafield and serves up Cajun entrees. The address is 1704 Milwaukee St. (Milwaukee and 3<sup>rd</sup>). More information is available at <http://www.foodspot.com/fishbones/index.html> <http://www.draegerunusualart.com/Murals/Commercial/Fishbones/fishbones.html>

html

Dress for Fishbones is casual.

Dinner on Sunday night is scheduled for Maders German Restaurant in Milwaukee. While the coat and tie rule for the dining room has disappeared (how many times did I have to go to the cloak room to get a house coat and tie after Bucks basketball games?) you should bring dress slacks and shirt for the evening. In addition to a 100 year tradition of excellent dining they offer 220 varieties of Weiss bier. Not a place for the indecisive! In the spirit of John Candy I will also offer to buy the dinner of anyone who can drink the volume equivalent of the six foot stein that's on display (you must bring your medical plan card and a designated driver and complete Monday's long ride to qualify). They also have an area devoted to the sale of collectibles such as Hummel figurines which may be available for viewing.

Maders address is 1037 N. Old World Third St. (Old World Third and Highland). Information is available at <http://www.maders.com/restaurant.cfm>

Hotels in Germantown are Super 8 (262)-255-0880; Holiday Inn Express (262)-255-1100. Come for a day if you can't make it for the whole weekend. Please contact me at home to let me know if you are coming. Paul Koenig (630)-690-9546. For driving directions or assistance on Memorial Day weekend you may reach me at cellular (630)-209-1688.

### BOOK REVIEWS



#### "28 Days Behind Bars"

by Harold Wagoner

Take the solo bicycle tour of a lifetime in 28 Days Behind Bars. From Seattle to New York, get an up-to-the-minute, detailed account with wit and wisdom.

Join author Harold Wagoner on a bicycle ride that you won't easily forget. As he leaves behind all the ties of metropolitan Southern California, he rediscovers the simple joys of life, childhood and human nature. He takes you along on his solo tour across the United States, traveling the northern route from Seattle to New York City. The author relates, first-hand, his impressions of urban and rural America. His tape-recorded thoughts and descriptions take you to the very place and time, from the early selection of equipment and routes, to the final entry into metropolitan New York.

You will find an appealing sense of humor, a recollection of childhood years in

Wisconsin, and the insights of a man with age and wisdom on his side. He tells of the joys of a tailwind, the hardship of a headwind, and the deep appreciation of Mother Nature in all her forms.

#### "The Lead Goat Veered Off : A Bicycling Adventure on Sardinia" by Neil Anderson

Seeking a change in their hectic lifestyle, Neil and Sharon opt for simplicity. They chuck the house, the electric can opener, the day-to-day grind, and load up their bikes to head out on the open road. Along with the physical and psychological hardships of bicycle touring, they encounter spectacular scenery, sublime sunsets, and the goodwill of complete strangers. Unfortunately, life on the road also treats them to unrecognizable cuisine, flashers, propositions, lecherous shepherds, police encounters (including an officer who shoots shepherds for fun), and other zany moments. Saddle up your armchair and come along for the ride.

### Invitationals

April 6, Spring Forward, Union, Il., 31/62 miles, 7:30 a.m. (847)

622-5356, Schaumburg Bicycle Club [www.members.tripod.com/schaumburgbikeclub](http://www.members.tripod.com/schaumburgbikeclub)

April 13, Folks on Spokes Easter Ride, University Park, Il., 25,35,45,65+ miles, \$15 before 4/1, \$20 after, Bernard O'Reilly, 708-585-7672, [Bern49@attbi.com](mailto:Bern49@attbi.com) [www.folksonspokes.com/](http://www.folksonspokes.com/)

April 27, Silver Springs 60, Yorkville, Il., Richard Westermann, [iljay-hawks@msn.com](mailto:iljay-hawks@msn.com), [www.fvbsc.org](http://www.fvbsc.org)

May 3, Ride the Ups and Downs, Elizabeth, Il., 22/31/46/60 miles, \$15 by 4/27, \$20 after, Jerry Bausman, 815-858-2002, [bausnana@juno.com](mailto:bausnana@juno.com)



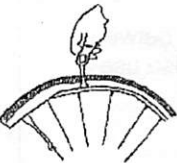
## FIXING A FLAT TIRE

1. When you puncture, stop riding as soon as it's safe. If you're riding with friends, let them know you've flatted so they don't run into you as you slow down; and so they don't just keep riding. If it's a rear flat, shift to the smallest cassette cog while slowing. Get off, move off the road or to the side of the trail, then open your brake quick-release (road bikes) or unhook the cable on V-brakes and cantilevers (mountain bikes).



2. Open the wheel quick-release and remove the wheel. For front flats, lift the bike by the handlebar with one hand while removing the wheel with the other. For rear flats, grip the seat with one hand and lift. Remove the wheel with your free hand by pushing down (or forward for horizontal frame dropouts). To keep your hands clean, try to shake the chain off the cog as you remove the wheel. If it resists, lift it off with one finger (it's easy to clean just one finger). Then rest the bike on its left side.

3. Release any air still in the tire. If there's a cap on the valve, remove it so you can release all the air from the tube. With presta valves, unscrew the top and press it with one finger. With Schraders, press the hook on your tire lever or whatever you have into the valve. While doing this, go around the tire with one hand squeezing to get all remaining air out. Also go around the rim and squeeze and work the tire toward the center of the rim because that's the deepest portion. If you can get the tire to sit in the rim's trough, it'll create slack between the tire and rim making it much easier to remove the tire (you'll use the same technique during installation).



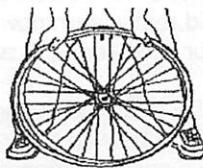
4. To remove the tire, insert one tire lever under the tire's edge (called the tire bead) opposite the valve stem. Wiggle it beneath the bead and pull down on the top of the lever to pry a small section of the bead over the rim. Hold the

lever in place against the spokes (or attach its hooked end to one spoke if possible). Put another lever under the same tire bead about 4 inches from the first, and pry another section over the rim.

Move 4 more inches, pry, and continue until the entire bead is removed. Then reach inside the tire, grasp the tube, and pull it out. To allow the valve stem to be removed, uncover it by pushing the tire away with the heel of your hand. To ease inspection of the tire and rim, remove the other bead (it should come off easily).

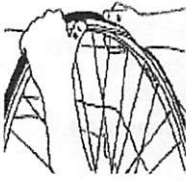
Because you're going to replace the popped tube with your spare, you can stuff the bad tube in your jersey pocket or seat bag to patch later.

5. Before installing the new tube, it's crucial to check the tire and find and remove whatever it was that gave you the flat. You can check with your hand, but if there's a piece of glass in there, you might cut yourself. So, a safer way to check is to run your glove around the inside of the tire. If there's something sharp in there it'll snag the glove. Be sure to go in both directions, though, in case it's a piece of wire or something lodged at an angle. Also check the tire tread visually. Remove any sharp objects in the tire or tread. If nothing snags the glove and you don't find anything, it's likely that whatever popped the tube has already fallen out of the tire. Also check the wheel to see if the rim strip (it covers the rim holes and/or nipples so they can't cut the tube) has shifted allowing sharp edges to cut the tube. Make sure the strip covers every hole/nipple.

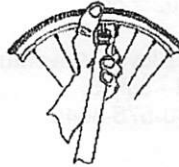


6. To reinstall the tube and tire, inflate the spare tube just enough to remove the wrinkles, then place it inside the tire starting with the valve stem. Lean the wheel against your shins with the valve hole on top. Hold the tire and tube combination (valve on top) with both hands, place a portion of the closest bead on the rim and insert the valve stem a quarter of the way into the rim hole. Work the bottom bead (the one closest to your body) onto the rim by moving your hands apart, away from the valve stem. Keep moving your hands and pushing down and when you reach

the bottom lift the wheel and pop the one bead onto the rim. Now that one bead's in place, tuck the tube fully inside the tire, which will make the second bead flush with the rim.



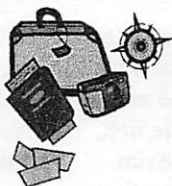
7. To finish tire installation, start at the valve stem and work the second bead onto the rim. Push the valve stem up into the tire so its thick base isn't trapped beneath the bead. Use the heels of your hands to work the bead onto the rim all the way around. It's usually difficult to complete the last section, but remember, it doesn't take strength, just good technique. Try letting the air out of the tube. Also, go around the tire and pinch the beads toward the center of the rim, which will get them into the deeper rim section and create some slack. Don't try to pop the entire last section on. Instead try to pop on an inch at a time with your stronger hand and gradually work the section on. (If you're using a Speed Lever, the lever does the work for you.)



8. Push the valve into the tire one more time to make sure it's not trapped beneath a bead and then inflate the tire partially. Before completely pumping it up, remove the pump and spin the wheel to see if the tire is seated correctly on the rim. All tires have lines on the sidewalls that should be equidistant from the rim all the way around. Sight for this as the wheel spins. If either line dips below the rim edge in one spot, add air to pop it up into place. If either rises above the rim, let the air out and check to ensure that the tube isn't trapped beneath the tire bead. Use your lever to gently (don't pop the tube!) push the tube into the tire if it's under a bead. Then finish inflating the tire. Reinstall the wheel making sure it's aligned in the frame or fork, tighten the wheel quick-release, close the brake quick-release and you're ready to ride.

*Edited from an article at [www.jimlangley.net](http://www.jimlangley.net)*

**BIKE TRIPS**



Need help planning your next vacation? You can start with *Bicycle Tours by the National Bicycle Tour Director's Association* - They have information on trips through the US, Canada and Europe, [www.nbttda.com](http://www.nbttda.com).

Some Midwest rides:

BAK; Biking Across Kansas, June 7-14, [www.bak.org](http://www.bak.org), [info@bak.org](mailto:info@bak.org)

GOBA; Great Ohio Bicycle Adventure June 14 - 21 [www.goba.com](http://www.goba.com), 614-447-0971

GITAP; Grand Illinois Trail and Parks, June 15-21, [www.mikebentley.com/bike/gitap.htm](http://www.mikebentley.com/bike/gitap.htm), 309-788-1845, [oestreich@qconline.com](mailto:oestreich@qconline.com)

PALM XXII; Pedal Across Lower Michigan, June 21-27 [www.lmb.org/palm/index.htm](http://www.lmb.org/palm/index.htm) 734-669-0172 Or 734-665-6327

Northwoods to Capitol Tour: Wautoma to Washburn Wis. June 21 - June 29, [www.bikenorthwoods.com](http://www.bikenorthwoods.com), 608-244-6598

Indiana State Parks TRIRI; June 22-28 [www.triri.org](http://www.triri.org), Barbara or Joe Anderson (812) 332-6028, [jbanders@iquest.net](mailto:jbanders@iquest.net)

GRABAAWR; GGreat Annual Bicycle Adventure Along the Wisconsin River, June 28 - July 5, [www.bikewisconsin.org](http://www.bikewisconsin.org), 1-888-575-3640

RAGBRI July 20- July 26, Ride across the state of Iowa - Road Touring - 450 miles - \$100. 800-474-3342, [jimg@ragbrai.org](mailto:jimg@ragbrai.org) [www.ragbrai.org](http://www.ragbrai.org) Jim Green, PO Box 622, Des Moines, IA 50303-0622

MSTRAM; The Ride Across Minnesota July 27-Aug 1, 612-335-7900 [info@mssociety.com](mailto:info@mssociety.com), [www.nationalmssociety.org/mnm/event](http://www.nationalmssociety.org/mnm/event)

SAGBRAW; Sprocket's Annual Great bicycle Ride Across Wisconsin, August 3 - 9 [www.bikewisconsin.org](http://www.bikewisconsin.org). 888-575-3640

AIBR, Around Illinois Back Roads, Aug. 9-15, [www.jolietbicycleclub.org/](http://www.jolietbicycleclub.org/) 815-467-5748 [alberico@cbcast.com](mailto:alberico@cbcast.com).

DALMAC 2003, (Dick Allen Lansing to Mackinaw bicycle tour) August 27 - 31, [www.biketcba.org/DALMAC](http://www.biketcba.org/DALMAC)

September Escapade TRIRI, September 14-19, [www.triri.org](http://www.triri.org), Barbara or Joe Anderson (812) 332-6028 or email: [jbanders@iquest.net](mailto:jbanders@iquest.net)

**ASK DEE RAILLEUR OR DR. S.P.OKES**



**DEAR DEE:**

Recently I've seen some cycling apparel with the Overman Wheel Company logo, do you have any information about the company?  
R. Lauren

The Overman Wheel Company began its devotion to the manufacturing of bicycles around 1881. Their main office and factory were located in Chicopee Falls, Massachusetts. Named for the president Albert H. Overman, this company's mission always included quality above all. As one of many examples, in 1892 the Overman wheel company challenged any bicycle manufacturer to demonstrate to a disinterested party that the Overman Wheel Company did not "have the best equipped bicycle factory in the world." The loser of the challenge would contribute \$10,000 to the League of American Wheelmen "for use in road improvement."

The Overman Wheel Company arguably became most famous for their creation of the brand of Victor Bicycles that began in 1885 and successfully sold until 1900. The wildly popular Victor brand included adult tricycle, high wheel and safety, and tandem models. With speed in mind, in 1893, they introduced the Victor Flyer to "meet the demand of the expert rider for a light wheel."

For women, the Overman Wheel Company introduced the Victoria safety bicycle in 1890. Wonderfully elegant, this popular model continued production until 1898. As with most of the Victor models, the Victoria was available with a rigid or a spring fork.

If you are interested you can buy the logo apparel, sweatshirts, tee shirts and baseball caps, on line at <http://www.farmteam.cc/>

**DEAR DR. S.P.OKES:**

What should I have with me in case of a flat tire?  
F.L. ATTYRE

Someone who knows how to change it - just kidding. You should really learn how to change a flat before heading out on your rides (see the article on page 5).

Here is a list of things to carry with you:

1. A spare tube with the same valve as what's on your bike (carry a second when riding on bad roads or on rainy days when flats are more common).
2. Tire levers (a great one is the Speed Lever).
3. Patch kit (usually you replace the tube, but if you get multiple punctures, you'll need patches to repair it).
4. 1- x 2-inch denim or canvas boot (this is placed between the tire and tube to patch a tire cut). You can also use a folded up dollar bill
5. Bike frame pump or CO2 cartridges.

*If you have a bicycling related question for Dee Railleur or Dr. S.P.Okés, e-mail it to the editor and it will be answered in a future column*



**CLUB JERSEYS**

This is your last chance for club jerseys and shorts. We have the following available:

**Men's Jerseys:**  
 XL short sleeve \$68.50  
 Large short sleeve \$68.50  
 Men's XL Short \$54.54

**Women's Jerseys**  
 Medium Long Sleeve \$73.50  
 XL Short Sleeve \$68.50

We also have some 2002 Harmon tee shirts available for \$10.00. Contact Rich or Mary Kay Drapeau (847)808-1476

**Bike Haiku**

By Jeff Kresman

*december bike ride  
 hunched down against the vile wind  
 water bottle ice*

*first ride of season  
 like a kid on his new schwinn  
 the feel of it*

*wind pulling my face  
 wheels spinning madly downhill  
 oh no, the squirrel*

*look at me  
 I'm really flying now  
 there goes walkowicz*

**Subaru Chicago Bike Show  
 March 21-23**

The Subaru Chicago Bike Show and Family Fitness Expo is the largest show of its kind in the Midwest. Major manufacturers, tour operators, local stores, clubs and other bike-related organizations will exhibit at this year's expanded show. Chicago has become a national leader in bicycle advocacy and was named the nation's best big city for cycling in November, 2001 by Bicycling Magazine.

Meet the riders of the US Postal Team, Robbie Ventura and Kenny Labbe, at booth #610. Check the website for details and specific appearance times

**WHEN:** Friday, March 21 – Noon to 8 p.m.  
 Saturday, March 22 – 10 a.m. to 8 p.m.  
 Sunday, March 23 – 10 a.m. to 5 p.m.  
**WHERE:** Festival Hall A at Navy Pier, Chicago  
**COST:** \$8 for adults  
 \$4 for children under 12  
 Free for children under 6  
**INFO:** www.chicagobikeshow.com, 847-675-0200



**Wheeling Wheelmen Membership Application**

Name: \_\_\_\_\_ Spouse's Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Children's Names: \_\_\_\_\_ Age: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_ Age: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

New Member?  Renewal?  L.A.B. Member?  Family dues: \$20 Individual dues: \$15

**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 \_\_\_\_\_

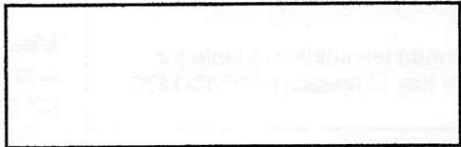
Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



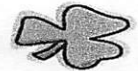
Wheeling Wheelmen  
P.O. Box 7304  
Buffalo Grove, IL  
60089-7304



Next Club Meeting  
**March 6, 2003**  
Meetings are  
7:00 pm at  
Wheeling High School  
Rt. 83 and Hintz Rd.



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



**In This Issue...**

Prez Sez...St. Pat's...Ask Dee...Ride Schedule...Flat Tires...Weekend Ride...Bike Show

**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
- BARRINGTON BICYCLE CO.**  
Barrington Market Center 200 N. Hough Street, #12  
Barrington, 847/842-9798
- 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

**Club Discounts!**

- SPOKES**, 223 Rice Square at Danada, Wheaton  
(630)690-2050
- 1807 S. Washington, Naperville (630)961-8222
- THE CYCLERY**  
575 Ela Road, Lake Zurich, (847)438-9600
- TURIN BICYCLE**  
1027 Davis Street, Evanston, 847/864-7660
- VILLAGE CYCLESPORT**  
63 Park & Shop, Elk Grove Village (847)439-3340

**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:  
[www.wheelmen.com](http://www.wheelmen.com)

E-mail:  
[wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)

Club Hotline  
(847)520-5010



Ride and Club Information