



# MONTHLY MEANDERS

SEPTEMBER, 2003

## PREZ SEZ

Last night was the August club meeting at Wheeling High School. This was our first meeting since last April. About 25 members attended and were treated to a terrific slide show by Kris Woodcock and Ella Shields. Kris, Ella, Pam Burke and Meg Ewen spent several days bicycling, shopping, eating, shopping, touring, shopping and did I mention shopping from Provincetown to Martha's Vineyard to Nantucket. Lighthouses, lobster, historic houses, New England weather, and great group of cyclists from around the country made for a fun trip. Stay tuned to the information line and web site for upcoming presentations.

There are a couple of meetings in August that I will be attending and will report in the next newsletter. The first is being held at the Chicago Botanic Garden to drum up support for the 1 1/2 mile link between the Green Bay and North shore bike trails. If you've ever been in these trails you know

how difficult and dangerous it can be to get from one to the other. Several of our members have contacted Congressman Kirk about the link and we are now ready for the final push. The second meeting is also important for us. It is sponsored by the Chicagoland Bicycle Federation to discuss issues affecting bicycling in our community. These issues include linking bike trails with retail establishments, schools and other destinations that are now only accessible by automobile.

Hard to believe but by the time you get this the 2003 Harmon Hundred will be in the books. I don't know if we can top last year for weather, but I do know we will treat our rider guests to the best century ride in the Midwest.

This has been an interesting year for our club's membership. We tend to lose 60-80 members each year and gain about the same number of new members. The last couple

of years loses have exceeded the gains. This is a trend that all the bike clubs seem to be experiencing. Where is the next generation of bicycle riders? Have we maxed out our membership? How can we reverse the trend of administrators banning students from riding bikes to schools? As a kid a bicycle was my source of independence. We rode to school, baseball/soccer practice, the local park and errands to the grocery store. Today when I come home from work there are a dozen vans lined up on my street next to the park waiting for soccer practice to end. Multiply this times the thousands of kids in organized sports. If all our members took a niece, nephew, grandchild, neighbor kid out for a bike ride on a local path, think of the impact it would make.

See you on the road.

Rich Drapeau

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### WELCOME NEW MEMBERS

Lisa Emanuel, Glen Ellyn

Greg Konieczny, Arlington Heights

Gail McLinn, Hoffman Estates

Denise Wendt, Arlington Heights

Charlene Dillow, Gilberts

Nancy Costello, Des Plaines

Mike Thielsen, McHenry

Jim Davee, Chicago

## Club Officials

### Elected Officers

<b>President</b>	
<i>Rich Drapeau</i>	(847)808-1476
<b>V.P./Ride Chair</b>	
<i>Len Geis</i>	(847)679-0279
<b>Treasurer</b>	
<i>Al Berman</i>	(847)541-9248
<b>Secretary</b>	
<i>Kris Woodcock</i>	(847)520-6932
<b>Membership</b>	
<i>Betsy Burtelow &amp; Jim Boyer</i>	(847)541-1325
<b>Safety</b>	
<i>Barry Cohen</i>	(847)459-7640
<b>Appointed Officers</b>	
<b>Newsletter</b>	
<i>Ella Shields</i>	(773)594-1755
<b>Harmon</b>	
<i>Mary Kay Drapeau</i>	(847)808-1476
<b>Chairmen</b>	
<b>Banquet</b>	
<i>Ella Shields</i>	(773)594-1755
<b>Harmon Data Base</b>	
<i>Jennie Pfeifer</i>	(847)342-8823
<b>LAB</b>	
<i>Phyllis Harmon</i>	(847)537-1268
<b>Mileage Statistician</b>	
<i>Joe Irons</i>	(847)359-0551
<b>Newsletter Mailings</b>	
<i>Ella Shields</i>	(773)594-1755
<b>Picnic</b>	
<i>Al &amp; Cindy Schneider</i>	(847)696-2356
<b>Refreshments</b>	
<i>Frank &amp; Pat Illy</i>	(847)923-5910
<b>Ride Line</b>	
<i>Art Cunningham</i>	(847)963-8746
<b>St. Pat's Ride</b>	
<i>Tom &amp; Deb Wilson</i>	(847)632-1412
<b>Web Page</b>	
<i>Jim Boyer</i>	(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)

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 TBA.

### MEANDER STATS — TOP 20

Through 8/11

151 rides by 141 Members totaling  
76501 miles.

5259 maximum miles possible per rider.

1	KILIAN EMANUEL	4188
2	ART CUNNINGHAM	2805
3	JOE IRONS	2304
4	KURT SCHOENHOFF	2242
5	RICH DRAPEAU	2130
6	LEN GEIS	2084
7	DAN WIESSNER	1899
8	AL SCHNEIDER	1823
9	JIM BOYER	1803
10	BOB SAVIO	1716
11	BOB DOMINSKI	1442
12	LOUIS LAMBROS	1418
13	TOM WILSON	1377
14	LOUIS GREENE	1218
15	DENNIS BERG	1091
16	BRIAN HALE	1028
17	FRANK ILLY	990
18	PETER GUZIK	942
19	DAVE WAYCIE	940
20	EARLE HORWITZ	928

1	CINDY SCHNEIDER	2012
2	MARY KAY DRAPEAU	1755
3	PAM BURKE	1407
4	CHRIS WAGER	1313
5	MARY MYSLIS	1272
6	BETSY BURTELOW	1260
7	KRIS WOODCOCK	1224
8	ELLA SHIELDS	1155
9	REINHILDE GEIS	1131
10	MARIANNE KRON	1022
11	CINDY TRENT	993
12	FRAN GREEN	850
13	VIRGINIA SAVIO	769
14	DEBBIE WILSON	736
15	PAT ILLY	626
16	ALLISON EBERT	583
17	DANI KNUTH PETERSON	393
18	MEG RYAN	332
19	NANCY BECK	312
20	JENNIE PFEIFER	295

## WEEKDAY RIDES

### TUESDAY / THURSDAY

#### DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Willow Creek Park, **PLEASE NOTE NEW LOCATION**, promptly at 9:00 A.M. These rides are normally show and go with cue sheets provided if requested. Willow Creek Park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking on the right. 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 Through Sept. 10

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.

<b>SEPT. RIDE SCHEDULE</b>	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 cell phone
		⊗ bring a pump	⊗ arrive early...15-30 minutes	

DATE	TIME	RIDE NAME	STARTING LOCATION	DIRECTIONS	MILES	HOST PHONE #
Every Sat.	8:00	Honey-Do Ride	Grassy Meadow, Douglas F. P.	On Central Rd. 1½ mi west of Roselle Rd just north of I-90	30/50	Frank Illy 923-5910 & Brian Hale
Mon. 9-1	9:00	Ogle Odyssey	Meridian Jr. High, Stillman Valley, IL	West on I-90 then South on I-39 to IL 72. Turn right to the town of Stillman Valley. School a block to the right on the west side of town.	85/98	Dan Wiessner 540-9118
	9:00	Island Lake Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	45	Len Geis 679-0279
Sat. 9-6	9:00	Antioch/Lyons/Delavan	Antioch Middle School	I-94 to IL. 173 west just past IL. 59, turn right on Tiffany left at sign for school	65/100	Al Berman 541-9248

Sun. 9-7

**HARMON 100 INVITATIONAL – EVERYONE WORKS**

Sat. 9-13	9:00	Cedar-burg/Jackson	Covered Bridge Park, Cedarburg	I-94 N through Milwaukee turns into 43. Go north on 43 to 60 (Grafton). Go west on 60 to Covered Bridge Road (4 miles) turn right and go to park, on right	85	Al & Cindy Schneider 696-2356
Sun. 9-14	9:00	Cedarburg/Campbellsport	Covered Bridge Park, Cedarburg	Same as above	66/100	See above
	9:00	Back Roads of Barrington	Rose School	I-90 to RT. 59 North, turn right on Penny road to the school just past Bartlett Rd.	40	Jeff Kressmann 359-2692
Sat. 9-20	9:00	Wheeled Wonderlust	McNair Jr. High School, Winnebago	I-90 West to I-39/US 20 to Winnebago (Amoco on Corner) turn left to McNair ½ mile down the road (left turn)	80	Peter Guzik 255-2021
Sun. 9-21	9:00	Fontana Ride	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	75	David Waycie 577-6307
	9:00	Honey Lake Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	37	Jeff Kressmann 359-2692
Sat 9-27	9:00	Twisted Miles	Antioch Middle School	I-94 to IL.173 W just past IL59, turn right on Tiffany left at sign for school	60/100	Dennis Stodola 587-2769
Sun. 9-28	9:00	Sycamore Scamper	McHenry County College	Rt. 14, one mi. past Rt. 176 in Crystal Lake. Meet in the north parking lot.	85	Art Cunningham 963-8746
	9:00	Honey Lake Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	37	Al Berman 542-9248

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

**Iowa County Odyssey:** Sunday, Sept. 21, 9:00 am, Starting Location: Tower Hill State Park, Shot Tower Picnic Area, near Spring Green, WI. Miles: 111.8. Host: Mary Myslis, 847-816-1640. Directions: I-90 or I-94 to Madison, Hwy 12/18 west to Middleton. Hwy 14 west to State Park. Description: This is a very challenging, hilly ride. The ride climbs a total of 9,393 feet (9,393 ft. up and 9,393 ft. down). Please RSVP Mary, if interested.

**RIDES OF A DIFFERENT FLAVOR**  
September Wednesday Chicago Area Bike Path / Trail Rides

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
9/3	9:00	50/30	Cuba Marsh to Mo-raine Hills St. Park	Cuba Marsh	US 12 W; Ela S; Cuba Rd. E to entrance on L.	Packed crushed stone, connecting roads **
9/10	9:00	77	I & M Trail Morris to La Salle	Gebhard Woods St. Park, Morris	Exit I-80 S; R on US 6 ; fol-low signs to park.	Packed stone, some paved***
9/17	9:00	64	Glacial Drumlin Trail to Jefferson Junction	Fox River Sanctu-ary, Waukesha, WI	I-94 west of Milwaukee exit at WI 164 south to Waukesha, rt. on St. Paul Ave., lft. on Prairie to College, rt. to the Fox River Sanctuary parking	Packed, crushed lime-stone , 14 mi. paved***
9/24	10:30	40	Chicago Lake Front Path	Foster Ave Beach	East on Peterson off Eden's, rt. on Ridge, bear rt. on Broadway to Foster , left. under Lake Shore to 1 <sup>st</sup> parking lot on left.	Paved path

\*\*\* approved for narrow tires \*\* wide tires recommended \* wide tires required

Bring snacks and plenty of water to drink      Call Art Cunningham at 963-8747 for details

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

Dear Dee Railleuer:

**How do I get my helmet to fit properly?**  
J. Gentes



THE TIME INVESTED IN FITTING A HELMET  
PAYS BIG SAFETY AND COMFORT DIVIDENDS!

**Your objective: Snug, Level, Stable**

You want the helmet to be comfortably touching the head all the way around, level and stable enough to resist even violent shakes or hard blows and stay in place. It should be as low on the head as possible to maximize side coverage, and held level on the head with the strap comfortably snug.

**Be Prepared for the Worst**

Heads come in many sizes and shapes. You should be prepared for the possibility that the helmet you are trying to fit may not be compatible with this particular head. And unfortunately, you should expect to spend ten to fifteen minutes to get your helmet properly fitted.

**1. Adjust the fit pads or ring**

Most helmets come with extra foam fitting pads of different thicknesses to customize the fit. Fitting pads are too squishy to help manage energy in a crash. Their only function is to make the helmet fit better. For starters, you can usually remove the top pad entirely or use the thinnest ones. This lowers the helmet on the head, bringing its protection down further on the sides. It may reduce the flow of cooling air, but probably not enough to notice. Adjust the side fit pads by using thicker pads if your head is narrow and there is a space, or add

thicker pads in the back for shorter heads. You may also move pads around, particularly on the "corners" in the front and rear. Leaving some gaps will improve air flow. The pads should touch your head evenly all the way around, without making the fit too tight. The pads may compress slightly over time, but not much, so do not count on that to loosen the fit. The helmet should sit level on the head, with the front just above the eyebrows, or if the rider uses glasses, just above the frame of the glasses. If you walk into a wall, the helmet should hit before your nose does!

There are also helmets on the market that use a fitting ring rather than side pads for adjustment. With these one-size-fits-all models you begin by adjusting the size of the ring. Some of them may require the ring so tight for real stability on your head that they feel binding, but loosening the ring can produce a sloppy fit, indicating that the helmet is not for you.

**2. Adjust the straps**

Now put the helmet on and fasten the buckle. Be sure the front is in front! You want to adjust it to the "Eye-Ear-Mouth" test :

- When you look upward the front rim should be barely visible to your eye
- The Y of the side straps should meet just below your ear
- The chin strap should be snug against the chin so that when you open your mouth very wide you feel the helmet pull down a little bit.

With the helmet in position on your head, adjust the length of the rear (nape) straps, then the length of the front straps, to locate the Y fitting where the straps come together just under your ear. That may involve sliding the straps across

the top of the helmet to get the length even on both sides. Then adjust the length of the chin strap so it is comfortably snug. If it cuts into the chin and is not comfortable, it is too tight. Now pay attention to the rear stabilizer if the helmet has one. It can keep the helmet from jiggling in normal use and make it feel more stable, but only a well-adjusted strap can keep it on in a crash.

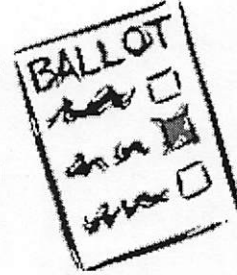
When you think the straps are about right, shake your head around violently. Then put your palm under the front edge and push up and back. Can you move the helmet more than an inch or so from level, exposing your bare forehead? Then you need to tighten the strap in front of your ear, and perhaps loosen the rear nape strap behind your ear. Again, the two straps should meet just below your ear. Now reach back and grab the back edge. Pull up. Can you move the helmet more than an inch? If so, tighten the nape strap.

For a final check, look in a mirror or look at the wearer whose helmet you are fitting. Move the helmet side to side and front to back, watching the skin around the eyebrows. It should move slightly with the helmet. If it does not, the fit pads are probably too thin in front or back. When you are done, your helmet should be level, feel solid on your head and be comfortable. It should not bump on your glasses (if it does, tighten the nape strap). It should pass the eye-ear-mouth test. You should forget you are wearing it most of the time, just like a seat belt or a good pair of shoes. If it still does not fit that way, keep working with the straps and pads, or try another helmet.

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

Dear Fellow Club Members,

Summer is winding down and the Harmon Hundred is upon us. We are very fortunate to have a dedicated board of directors, and an active membership. Our invitational are successful because of the planning and leg work done prior to these events and the time and effort by all of you who work at registration, parking, road marking, rest stops, etc. **Your board thanks you and is asking for your participation in this year's elections.**



The board meets once each month at one of the member's homes on a rotating schedule. Meetings generally last about an hour, not including dinner which is provided by the host. There are six official offices which I'll describe below. We are considering adding a new position for public relations. All of the board members have a voice and vote on all issues that the board is responsible for. This runs the gamut from ride schedules to how many cookies to order for the Harmon.

**President** - Duties include setting the agenda and chairing the board and club meetings. Also represents the club at quarterly meeting with CBF and other club presidents. Serves as MC at the banquet. Participate in various advocacy issues within the community. That's the official duties. Like all our board members it's a pitch in and help out where needed position.

**V.P./Ride Chair** - Keeps all the route maps for the 300 plus club rides. Contacts members to serve as ride hosts for each of the rides. Works with web site and newsletter to post monthly ride schedule.

**Treasurer** - Keeper of the checkbook. Maintains the savings and checking accounts.

**Secretary** - Takes and publishes minutes at board meetings.

**Safety Chair** - Contributes monthly column on safety related issues. Promotes bicycling safety and courtesy.

**Membership** - Maintain database (on club computer) of club membership files and documentation/correspondence. Generate membership numbers, design cards, and welcome packets. Generate and process yearly membership renewals by March. Generate monthly newsletter labels. Research and respond to questions and comments directed to club email account.

If you would like to run for any of these positions please contact Ella Shields at 773/594-1755 or [shieldsbike@aol.com](mailto:shieldsbike@aol.com) on or before September 8, 2003.

*Rich Drapeau*

## Verne & Carol's Tour de France Adventure

As some of you already know, Carol and I spent two weeks in France doing what many cyclists would consider a dream vacation: riding our bikes and following the route of the Tour de France. Our trip was hosted by an Australian based tour company: Bikestyle Tours ([www.bikestyletours.com](http://www.bikestyletours.com)) and followed the second half of the Tour, from the Pyrenees back to the finish in Paris. Bikestyle specializes in race oriented tours (including the Vuelta and the Giro) and is owned and staffed by a group of ex-pro cyclists, many of which who have ridden in past Tours de France. Their background and experiences brought a very special insight and flavor to the tour.

We arrived in Paris on Bastille Day, several days ahead of joining up with the Bikestyle group itself, both to acclimate from the jet lag and spend some time seeing the city. Much of France was in the midst of a heat wave and temps in Paris were in the upper 90's for several days until a cool front came through. Our main objective, regardless of weather, was to get out on our bikes, stretch our legs and see the city. Paris is a challenging city to navigate. A city map resembles more cobweb than spider web; random in design with street names changing with every new block and a maze of one way and cobblestone streets. Still, it was a wonderful city for biking. Traffic was as congested as any major city yet drivers were the most polite and considerate of any I've ever seen. We rode along the Seine; up and down the Champs Elysee and around the Arc de Triomphe through the largest roundabout I've ever seen. And we got hollered at by a couple of gendarmes who motioned as though we must be crazy for doing so.

We visited a small bike shop (# 13 Avenue de la Grand Armee) which turned out to be a Colnago lover's dream. What little space they had was filled with more Colnago frames and clothing than I've ever seen together in one place.

We heard of a park just outside of the city that was good for biking, went looking, and finally came upon a two mile oval of parkway (closed to traffic!) that the local roadies used for training. There were dozens of riders of various ages turning lap after lap in the park. Carol and I, as well as Rene and Dennis (two of our friends from Barrington who joined us on the tour) spent an hour or so there for each of the next couple days, working on speed and playing with the locals - a few of which were obviously

stunned to be passed by two women trading pulls on a pace line! (I wish I understood the French they were shouting.) We were also wondering what type of challenge the mountains would bring to a group of flatlanders from Illinois.

By Thursday it was time to meet up with the tour group and on Friday we headed south to the Pyrenees to join le Tour. While it was hot in Paris it was hotter in the south. Watching the Tour from the comfort of your Lazy Boy does not give you a true appreciation for what the riders endure. You have to get out and ride the route. We did our first mountain pass and I realized a 13x26 cassette with a double chain ring was not really suitable for mountain riding. Or maybe it was just me. An hour of riding a 6-8% grade at 8 mph with my heart rate at 90% or better was more than sufficient proof that I could have done a few more hills back home. But the downhill was worth the effort! Carol and I both experienced an odd new sensation: sore upper backs. The mountain descents are steep but not very straight, with switchbacks every several hundred yards. It made for a lot of braking and a lot of forward pressure on the bars which we were unaccustomed to. By the time we reached the bottom of a long descent, back pain as well as stiff hands were pretty common, but a small price to pay for the thrill.

We saw our first stage finish that day at Ax-les-Thermes and our first of the daily Lance sightings. As I said, you don't get the true feeling of the experience on OLN. By the time the riders came through the temperature on the course was 103! It would stay like this for a couple of days. It is amazing what these riders endure day after day. Our guides later told us that the riders often take IV fluids over night to quicken recovery. Their systems can't normally assimilate the lost liquids quickly enough.

We accumulated far too many stories to recount in a brief article but a few will always stand out in our memories. Perhaps our best experience was on the climb at Luz Ardiden to a mountain top finish. Carol and I packed what food we could carry on our bikes, rode partway to the top and found a clearing with a gorgeous view of the valley below and mountains beyond. We spent the next couple of hours there relaxing in the sun and watching the crowds pass as we waited for the pack. The reward came when the riders approached and we saw Lance shoulder to shoulder with Jan, straining on the climb only an arms length away. What an amazing sight! We'd find out later that his crash came only a short distance higher up on the mountain.

We met a group of Americans here who'd been to the last five tours. They were dressed in Uncle Sam outfits and were busy handing cans of Coke to each of the Posties as they passed. Carol got a souvenir in return when Paolo Fornciari (Saeco) casually handed her his empty water bottle as he passed.

There was the finish in Loudenvielle where we searched endlessly for a viewing location only to be invited by a Frenchman up to the front of his house with an offer of wine and fresh water. People familiar with the Tour know of the caravan, which precedes the riders along with car after car of various VIPs and other lucky individuals. Our host had a wonderful time spraying each and every one of them with his garden hose as they passed by!

We got into St. Maixent-l'École a little too late to find a spot to see the stage finish but instead waited beyond the finish for the riders to pass through the crowd. We were an arm's length away from them as they slowly passed, but no Lance. He must be shuttled away immediately after the finish. Then we caught a glimpse Robin Williams in one of the Postal team cars and realized Lance was likely in back behind the darkly tinted glass. We walked back to the Postal bus, spotted what we assumed was Lance's limo and waited. Turned out it was Robin's and we got to see him up close as he worked the crowd for autographs.

The riding was fun and the climbs extreme, at least for us flatlanders. Out of the Pyrenees was different though. The Bordeaux region was mostly rolling hills, much like areas of Wisconsin, although the hills were a bit on the longer side. One day we did a 100k ride with a couple of the ex-pro guides sharing pulls on the pace line. We rode the first 40k at speeds sometimes into the low 30's (that's mph). Carol and I dropped off when we realized there were still over 60k to go. Evidently, so did the rest of the pack since we soon caught up with them in the next village. We were riding the stage route that day and even though we were several hours ahead of the pros the course was lined with thousands of fans. Most of them cheered our group along as though we were the peloton itself. It was an amazing experience.

We were back for the finish in Paris and walked from our hotel to the course at the Champs Elysee. We stopped along the way at a bridge underpass to catch a glimpse of the pack as they came into the center of town. It turned out to be the Alma Bridge, better know as the Lady

*(Continued on page 6)*

(Continued from page 5)

Dianna Bridge, and it was covered with graffiti from fans and mourners. The crowds at the finish were huge and getting a vantage point was next to impossible but we managed to glimpse the pack as it passed for several laps before heading back to the hotel for some much needed beers. It was also time to pack up the bikes. Tomorrow we'd be home.

All along the tour there were many daily riding options so difficult choices were unavoidable. I didn't do Tourmalet but did the climb to Pont d'Espagne. Pont d'Espagne is a mountain top park on the border with Spain. It is a 1000-meter climb over a distance of 8 km. The best way to describe such a climb is to take enough Blackhawk hills (the top half) to join together into one big 5 mile long uphill. With a few dozen switchbacks mixed in. Climbs like this have a way of putting everything into perspective.

Throughout the tour, the people from Bikestyle did an incredible job of

coordination and support. The tour group totaled about 130 and traveled in three large tour busses with trailers attached to haul the bikes. There was a mix of biking skills and as could be expected with such large groups there were a few crashes. Some were serious, including one woman who hit a car on the first day and took down two other riders in the process. I had a minor close one when I had to avoid a rider who went down in front of me on some gravel. We decided early on the best strategy was to keep to the front of the fast group or off by ourselves on the climbs. We never had a problem. Not even a flat tire.

Overall it was a hectic, sometimes tiring but at the same time tremendously enjoyable experience for both of us. It was by no means a relaxing vacation and was not intended to be. We ate a lot of food we wouldn't normally eat, got in a lot of challenging riding and met a lot of friendly, interesting people. And we saw Lance win number 5.

- Verne

### Annual Banquet

Don't miss the social event of the season. Mark your calendar for Sunday, November 9 for fun, delicious food and lots of great awards.

This is our chance to celebrate a great cycling season, make plans for winter rides, cross country skiing and other winter events. If you haven't ridden much this year it's a great time to see everyone and catch up and if you are new to the club a wonderful way to meet new people.

If you are in the top ten mileage be sure to attend to receive your trophy and if you have led a ride we have a nice thank you gift for a job well done.

Don't delay, sign up right away

See at the banquet!

*Ella Shields*



### Congratulations!

Jessica Ann Qualich arrived on Thursday August 7 at 12:06pm, weighing 6 pounds and 19 inches long. Jessica was in a hurry, arriving 45 minutes after we arrived in the hospital. The doctor barely had time to put her gloves on!

All are doing fine, and her big brother Jason is fascinated with the new arrival!

John and Emily Qualich

# Wheeling Wheelmen Banquet



Sunday, November 9

1:00—4:00 p.m.

Enzo & Lucia Ristorante Italiano

343 Old McHenry Road\*  
Long Grove, IL.

\$20.00 per person

(Salad, bread, pasta, chicken vesuvio, soda, coffee, tea & ice cream. Cash bar)

Please R.S.V.P by November 2

Questions? Call Ella at 773/594-1755  
or e-mail Shieldsbike@aol.com



\*(Located in the Long Grove shopping district, parking behind the restaurant in the municipal parking lot)



Name(s): \_\_\_\_\_

# Attending: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

Please make checks payable to WHEELING WHEELMEN  
**Send by November 2, to:**

Ella Shields  
7516 W. Devon  
Chicago, IL. 60631

## The Face of Agony

We've all felt it – at the end of a long ride when we had no legs left, going up a brutal hill against the wind, struggling through a cold rain. . . but that's mere pain, not true agony. What I saw on the faces of the Tour de France riders at the end of Stage 15 – the one where Lance fell going up Luz Ardiden – was pure agony. Some of them masked it better than others, Lance himself with his determined grimace. But you could tell they were all in agony, including Lance, by the way they instantly slumped over their handlebars the second they crossed the finish line.

This is a world of pain beyond pain, after a 100-mile ride up and down soaring mountain passes, average speed over 20 mph, with a desperate acceleration on the final, terrifying 8 mile climb uphill in order to gain a few precious seconds over the competition. These guys are truly a different breed than you or I. Their bodies scream at them to stop, but the keep going because they want glory so badly.

Lance lives for glory, and I think it is like a drug for him. That's why he's going for his sixth Tour win next year. Personally, I don't believe he'll make it. Not because he isn't a phenomenal cyclist and competitor, but simply because there are so many distractions that will be thrown between him and his goal – family, media, endorsements, accidents, physical deterioration, etc.

But I could be wrong. It will be great to watch. Watching others' agony – great sport, eh?

Jeff Kressmann

## Dear Wheeling Wheelmen,

I wish to thank you for all the "get well" cards and visits. Especially I wish to thank you for the terrific basket of bicycle cookies. They were delicious.



My surgery was at Glenbrook hospital and when I went to recovery there was my own personal nurse, Betsy Burtelow. It's a wonderful feeling to have a friend looking after you at that stage, so thank you Betsy.

I'm progressing in my recovery and am going home today (7/18/03).

See you on the road soon.  
Bob Pletch

## THANK YOU



I would like to thank everyone who has called, visited, sent cards, gifts and well wishes since my recent biking accident. Your continued support has been greatly appreciated. As I will be unable to do any biking for the rest of the season, I wish you all a wonderful time and enjoyable summer.

With Sincere Thanks

Kurt Schoenhoff

## Invitationals



**Sept. 13, Bob Galloway Memorial-Amish Country Bicycle Tour**, (aka: The Arthur Ride), Arthur, IL., 15/25/40/65 miles, \$10, 800-722-6474, [tourinfo@arthur.k12.il.us](mailto:tourinfo@arthur.k12.il.us)

**Sept. 14, TOSOC**, Stillman Valley, IL., 25/50/75/100 miles, \$15 by 9/5, \$20 after, Dave Morgan, 815-874-6824, [mbira46@earthlink.net](mailto:mbira46@earthlink.net)

**Sept 14, Boulevard Lakefront Tour**, Chicago, IL., 15/35 miles, \$25 CBF members, \$30 non-members, \$15 children, 427-3325, [biketraffic.org/blt](http://biketraffic.org/blt)

**Sept 14, City Cycle Tour for MS**, Chicago, IL., 30/60/90 miles, \$25 by 8/28, 888-343-1179, [cityc@ild.nmss.org](mailto:cityc@ild.nmss.org)

**Sept. 20, No Baloney Ride**, Peoria, IL., 25/50/75/100 miles, \$15 before 9/8, \$20 after, Mike Pula, [mrpula@hotmail.com](mailto:mrpula@hotmail.com)

**Sept. 21, North Shore Century**, Evanston, IL. 8/25/50/62/100 miles, \$20. 847/866-7743 [www.evanstonbikeclub.org/nsc](http://www.evanstonbikeclub.org/nsc)

**Sept. 27, Ride the Nine**, Charleston, IL., 10/30/40/60 miles, \$25 before 9/5, \$30 after, Katie Keeline, 217-348-8064, [kkeeline@soill.org](mailto:kkeeline@soill.org)

**Sept. 28, Apple Cider Century**, Three Oaks, Mi., 25/50/75/100 miles, \$35 [bryan@applecidercentury.com](mailto:bryan@applecidercentury.com) [www.applecidercentury.com/](http://www.applecidercentury.com/)

## CLUB JERSEYS

We have the following jerseys and shorts available:

Men's: Large Short sleeve \$68.50

XL Short \$54.45

Women's

Medium Short Sleeve Jersey \$68.50

XL Short Sleeve Jersey \$68.50

Contact Rich Drapeau (847)808-1476

Bicycling has done more to emancipate women than any one thing in the world.

It gives her a feeling of self-reliance and independence the moment she takes her seat; and away she goes, the picture of untrammelled womanhood." -- Susan B. Anthony

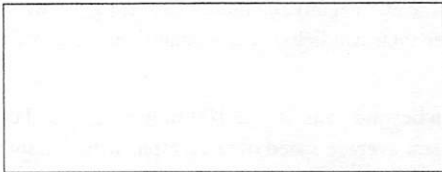




# Wheeling Wheelmen

P. O. Box 7304  
Buffalo Grove, Il. 60089-7304

Phone: 847-520-5010  
Email: [wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)



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**We are on the web**  
**[wheelmen.com](http://wheelmen.com)**

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Next Club meeting  
October 2

## 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

**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

**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  
1313 N. Rand Rd, Arlington Hts. 847/398-1650

## We support:

- \*The League of American Bicyclists
- \*The League of Illinois Bicyclists
- \*The Chicagoland Bicycle Federation
- \*Buffalo Grove Bike Rodeo

## 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