



MONTHLY MEANDERS

APRIL, 2004

PREZ SEZ

In Memory of Robert "Bob" Savio

This is a sad and difficult time for our club. One of our members, Bob Savio, passed away suddenly leaving a very large void in both our hearts and the leadership of the club. I'm sure everyone who knew Bob has thoughts to share. Here are mine.

When I think of Bob Savio I think of the one person who defined strength and the spirit of our bike club.

Bob was many things to many people.

- To the less experienced riders he was a one man sag support. Always sweeping the route to make sure everyone got in safely.
- To the rider having a bad day he was there to change a flat or offer words of encouragement.
- To the board he was the go to guy. He brought his detailed banker professionalism in both appearance and preparation to every meeting. Whenever an issue was discussed that required some type of follow up we knew that Bob would dig in and research every aspect of that issue. He would then present to all the board members a

type written summary of his findings so we could make an informed decision. He was our "Mr. Wizzard". I would be remiss if I did not mention the really great meals he made for us as well.

To the geezers he was a fellow retiree who could join in any conversation on any topic over coffee and Danish at the Deerfield Bakery. Bob displayed exceptional listening skills. He respected your thoughts and opinions and always made you feel your views were valued. You always knew you had to be ready to ride when Bob was in the pack. He often led a blistering pace up that first hill on Checker Rd.

Bob was not a rocking chair retiree. He believed it was better to wear out than rust out and had an infections laugh that made his shoulders jump up and down.

He was macho enough to keep pace with any fast group but secure enough to ride with the biker chicks where the real juicy stories were told.

He was a...

Cynic with rose colored glasses.

Chauvinist with a feminist heart.

The guy you could rely on any time for any reason.

I'm sure we can all picture him mapping out some challenging routes in heaven or setting up a training ride with Marco Pantani or maybe even waxing philosophy with Camus.

I came across a short story to share with you. I believe it describes how Bob Savio lived his life.

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar...and the beer.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls.

He then asked the students again if the jar was full

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WELCOME NEW MEMBERS:

Jerry Levy
Buffalo Grove, IL

Larry Sullivan
Crystal Lake, IL

Fred and Mary Vassmer
Streamwood, IL

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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 Burtelow & Jim Boyer	(847)541-1325
Publicity Chair	
Sheri Rosenbaum	(847)821-7622
luv2bike80@hotmail.com	

Appointed Officers

Harmon	
Mary Kay Drapeau	(847)808-1476
Newsletter	
Ella Shields	(773)594-1755
St. Pat's Ride	
Tom & Deb Wilson	(847)632-1412
Chairmen	
Banquet	
Kris Woodcock	(847)520-6932
Harmon Data Base	
Jennie Pfeifer	(847)342-8823
LAB	
Phyllis Harmon	
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
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)



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 April board meeting TBA.



Watch for the Meander Stats Top 20 Mileage in the May newsletter

PUBLICITY CHAIR

A new board position was created this year to coordinate our activities with other clubs, news organizations, local communities and bicycle advocacy groups. Please contact Sheri Rosenbaum luv2bike80@hotmail.com with any information or questions.



Riders Flock to February Ride

Can anything be more welcome to a cyclist than a spring like day in February? Saturday, February 28th was such a day. Thirty eager Wheelmen couldn't pass up this opportunity to take to the road. It has been a long winter and the warming rays of the sun beckoned. To once again ride with our comrades and a chance to meet afterward in the Deerfield Bakery to discuss the ride and plans for the year was enjoyed by all.

Art C

March 13, St. Pat's pre-ride: About twenty hearty souls came out for the ride, It was sunny and pretty windy, temps started out at 35° and when we finished it was about 45°, ride options of 16 and 20 miles, it was great ride to start the season.

From the editor: I'd like to start a regular column of ride reviews, if you've led a ride, been on a ride, have something funny happen, just send me a recap. It can be as short or as long as you like, I think members would enjoy it..

After your first day of cycling, one dream is inevitable. A memory of motion lingers in the muscles of your legs, and round and round they seem to go. You ride through Dreamland on wonderful dream bicycles that change and grow. ~H.G. Wells, The Wheels of Chance

TUESDAY / THURSDAY DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Willow Stream Park, promptly at **9:00 A.M. PLEASE NOTE TIME CHANGE AS OF APRIL 1.** 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 Art Cunningham at 963-8746 or Earle Horwitz 374-1129 for more information.

April Club Meeting

Thursday, April 1, 2004 @ 7pm
Strength Training and Stretching for the Cyclist Training to be conducted by a certified personal trainer. Wear comfortable clothes as we will be participating in the exercises. Locker room facilities are available if you need to change clothes.

Meeting will be held at:
Highland Park Health and Fitness Center
1501 Busch Parkway
Buffalo Grove
847-229-0292

Come early (6:30pm) if you want a tour of the health club facilities before the meeting.



**SPRING
AHEAD**

APRIL 4

**DAYLIGHT SAVINGS
TIME**

In Memory of Bob Savio 1934-2004



May the road rise up to meet you, May the wind be always at your back, May the sun shine warm upon your face, And the rain fall soft upon your fields, And until we meet again, May God keep you in the hollow of His hand.



If there was one phone call I never would have expected it was this very sad news of his passing away on March 7. It's hard to put into words the feeling of loss with Bob's death except to say it feels like a member of my family has died.

I can still remember so many years ago calling Bob asking if he would be on the board, and without a moments hesitation he asked what positions were open and he quickly became our Treasurer and an integral part of the club and our lives.

When we did not have a Harmon chair Bob and Virginia quietly stepped in and did the job. When he stepped down from his treasurer's position he still came to meetings and we made him a lifetime board member – which he thought was pretty funny, but we sure came to depend on him for help and advice.

I got the wonderful opportunity to know Bob better while serving with him on the board, monthly board dinners, working on our invitational's, phone calls on club matters, Bike Virginia, kidding him about being one of the head geezer's and, of course, riding with him.

Bob was one of a kind; a quick sense of humor, liked to tease the gals, dependable, caring, constantly there to help and give a lending hand. If someone in the club had an accident or was sick Bob & Virginia were the first people there; sending or personally delivering flowers or cookie baskets from the club, going to visit and letting other members know the situation. If you were the last person on a ride, Bob was keeping an eye out for you and would go back to be sure you were ok, or go get his car and pick you up. He said he liked to ride with the gals because he liked to listen to us gossip, but I think he really wanted to be sure we were not out on the roads by ourselves. He gave selflessly to our club and its members.

Bob, I will really miss you.

Ella

I sometimes would show up for a Tuesday/Thursday bakery ride, especially when the weather was just too good to go to work. I also had a fondness for Deerfield's cinnamon raisin bagels, something which I often thought about on the return half of the ride. A couple of times we would get back to the bakery a little too late and my favorite bagels would be sold out. Once, I think I jokingly voiced a bit of disappointment over it and Bob heard me. He must have filed it away for future reference. Quite a bit of time went by before I showed up for another bakery ride, but when we got back, Bob mentioned that he had some thing for me. He went to retrieve

a small white paper bag from his van. Inside was one cinnamon raisin bagel which he must have secretly set aside earlier that morning. He didn't want me to be disappointed. And of course, he had that special smile on his face as he handed it over. I will miss him.

Verne

Whatever mileage Bob was credited with for the year, it should have been twice that since he was always doubling back to check on fellow riders, round up the lost and chat with friends. He was always there to help when a problem arose. In my first years with the club, I took a nasty fall on the railroad tracks outside Union. I was pretty shook up and Bob offered to give up his ride and ride back with me to my car to make sure I was all right--keeping up the conversation all the way to bolster my confidence--that's the kind of guy he was. After a honey-do ride, I once saw him go back out to check on a friend because he was concerned that if he had a flat, his arthritis would prevent him from changing it. He was truly selfless and cared more about his fellow man than himself. He also loved to laugh and joke with the girls--a ride always seemed to go faster when he would ride up and start to chat. From movie stars to the latest diet, he was interested in everything.

I'll never ride again without thinking about him--his spirit will be with us always.

Kris Woodcock

The way Bob pedaled his bike was a direct reflection of the type of man he truly was. Steady, easy going, consistent, gentle. He was always ready to lend a hand to fix a flat, share a cue sheet or take your mind off tired legs during the last few miles of a long ride.

One of my fondest memories of riding with Bob was a few years back. I showed up for my first Thursday bakery ride and there were no cue sheets provided. Of course, all the retired guys knew the route in their sleep. As the group sped off, Bob offered to hang with me for the 40 mile ride so I wouldn't get lost. Part way through the ride the heavens opened and it just poured nearly horizontal. But soon it became that peaceful, calm mist you don't mind riding in. As the two of us rode through the rolling hills of Barrington, we chatted about life, travel, work and family. Soon the sun came out, a rainbow appeared and we even spotted some deer along the side of the road. It was almost spiritual.

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That day sticks in my memory. Bob was truly a giving human being. Always putting others first. Bob, I sure hope you enjoyed that ride as much as I did.

Sheri Rosenbaum

This was a Wheeling Wheelman social event restaurant dinner. I had been away from the table for some reason. Upon my return I found a small gift wrapped package on my chair. I picked it up and said something like, "this must have fallen out of someone's pocket or purse and landed on my chair." So, I started asking the people at my table if they had lost this gift. Bob said "since no one is claimed to have lost the gift, open it up." This was after one of my bad dog encounters. Inside the gift wrapped package was a small container of mace. Bob said he thought I could keep it in my jersey pocket while riding. How thoughtful. He thought it may help. And it has!

Pam Burke

Bob, we will miss your watchful eye, your helping hand and affable smile. The road will be a little lonelier now and we've lost the wind at our backs

To me, Bob was our Club "Good Samaritan". I can't tell you how many times I heard him say that he was concerned about someone and saw him drop back to see if they were OK. Handy with the tools, he could fix most problems and get that rider back on the road. How many flat tires do you suppose he fixed for other people? Later, I'd see him zoom back up to the lead group. Many times, he'd just go out of his way to ride along side a new rider and make sure that they were OK, learn a bit about them and pass on some news or history about the Wheelmen. He was one of the first people I met when I started riding with the club.

Several times he would chase after someone who had made a wrong turn (including me) and get them back to the route.

We all joke about the number of "Bobs" in our club, but Bob Savio was unique and will be sorely missed.

Dan W.

Bob Savio was the type of guy who....
(and other fond memories of Bob)

- ◆ Would stay with you at the hospital after you broke your collarbone, drive you home four hours later, hang up your bike, and make sure you were ok and would also tell you to call your wife.
- ◆ Would pump up your tires for you if you were having trouble with your pump.
- ◆ Would hang back and ride with you to make sure you made the right turn.
- ◆ Would take a nap while you were exploring caves with Vir-

ginia and tell you "Oh, don't worry, go without me, I'll be ok."

- ◆ Drove you to your wedding in Door County to some out of the way park (13 years ago).
- ◆ Rode back to the B&B (with Alan) about 10 miles to get the vans to pick you up after pigging out at lunch at a soup bar while you went shopping because you were too stuffed to ride! (Remember that, Virginia?)
- ◆ You could vacation with at a B&B on Antietam (The Piper House, Genl. Longstreet's Civil War Headquarters) and then do the auto tour of the Battlefield on your bike.
- ◆ Could find a gourmet restaurant, no matter where you were, be it at an out of the way airport in the boondocks of Spring Green, in the mountains near Camp David, MD., or in Shepardstown, W. Va. (And remember Kenadall College, too)
- ◆ Would wait for you on a rainy day when you were riding alone near Veteran's Park, McHenry, to see if you were ok. (Thanks, Virginia, too.)
- ◆ Would wait for you after finishing up the week tour on Bike Virginia.
- ◆ Loved to fax you recipes of his low fat desserts.
- ◆ You could have a political discussion with, while maintaining a sense of humor!
- ◆ You could laugh with at any time!

Good Bye, Bob, you meant a lot to all of us and we will miss you.

Fran Green and Alan Berman

Linda Heeter and I were on the bakery rides when of course I couldn't keep up. We decided to do an alternate route with unclear directions. Bob of course checked on our directions and left the group to ride with us. After he was sure we knew where we were he left us - only then. I had a flat so Linda and I got in late and Bob was there waiting for us - as he always did for people.

Shannon Braun

Bob and I were always joking/teasing one another. At the last banquet, I was telling Bob that I hoped I made the top 20 of mileage so I could get the recognition that I truly deserved and that there really should be trophies for the top 20 and not just the top 10.

When it was announced that I was #20, I let out a big "YES."

Of course, the mileage and his place in the standings was insignificant to Bob. When he went up to receive his trophy for being #9, he was walking back to his table and deposited his trophy in front of me.

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Of course, I returned it to him later, but that was Bob. Always concerned about the other person and always there to lend a hand. He was truly the SAVIO-R of the club and I'll miss him.

Earle Horwitz

We are all devastated by the loss of Bob Savio, and we will miss him in so many different ways. But there is something else that is gone forever, except in our fond memories: the relationship we have all been privileged to share between him and Virginia. Although they were extremely close and dedicated to each other, they were separate individuals. However, they often thought alike, even if it was illogical. The following story illustrates:

Time: Mid-October, 2003.

Ride: 47 West of 47, leaving from Marengo High School and going to Harvard, returning on Deerpass.

Weather conditions: Mild and sunny, with wind from the south.

Circumstances: This was during the time Virginia was riding after having some physical problems during the season. Because of the south wind, we started out riding north with a pleasant tail wind. We, along with Bob, suggested to Virginia that she might want to cut the ride short due to the impending head wind on the way back. She was enjoying the ride and decided to keep going. However, once we headed south, it was obvious that she was going to struggle. We suggested to Bob, since he was the fastest of the four of us, that we would stay with Virginia while he went ahead. When he declined, we decided to go ahead, intending to pick up Virginia after we finished. Here starts the story.

Cindy: We got back to the starting point. We agreed that I would stay with the bikes while Al drove back along the route.

Al: I passed Bob on Deerpass, on the flat section going into Marengo. I asked Bob where Virginia was, and he answered that she was near Kishwaukee Valley Road. So I kept going to get her.

Cindy: When Bob pulled into the school, I told him that Al had gone back, and all he had to do was wait until Al and Virginia returned. I was stunned when Bob insisted that he would go back and get Virginia himself...it seemed that all they would do is pass each other in the cars.

Al: I found Virginia almost exactly where Bob said that she would be. I told her that I was picking her up. Virginia said, "Oh, but Bob's coming back to get me." I loaded her bike in the hatchback, and told her to get in. We started driving back to the school.

Cindy: Finally, Bob decided to call Virginia on his cell phone. Bad luck. The phone rang without an answer.

Al: When Virginia heard the phone, which was still on her bike, she undid her seatbelt and climbed into the back of the hatch - while we were still driving! I couldn't convince her that it was Bob and that we were only five minutes away. She retrieved the phone, which had stopped ringing. So she called Bob.

Cindy: Bob announced that he was going back, and jumped into the van. As he was pulling out of the lot, his phone rang. Here is the conversation, as best as we can recall the side each of us heard.

Bob: Hello?

Virginia: Al picked me up. We're on our way back.

Bob: So you're with Al?

Virginia: Yes, we just made the turn onto 176.

Bob: Is he bringing you back?

Virginia: No, Al's taking me out dancing.

Bob: Okay, I'll go out dancing with Cindy.

Sadly, once they got back, Bob and Virginia drove off to go home. It looks like we're never going to go out dancing.

Al & Cindy Schneider

Bob memories.....I had been wanting to join the Bakery rides for a long time. On a really warm day in October of '02 I finally got up my nerve. With great trepidation I started the ride. All these guys zipped ahead, but Bob stayed with me the whole 40 miles, cueing each turn. He was so kind and considerate...and such a skilled and elegant rider. I was ecstatic at the end. 16mph average; I had never gone so fast! Bob says, "I don't look at the speed, just my cadence". I thought about that over the winter and got my rpms faster. I remember how he would spin up those hills like nobody's business. In '03 there was one perfectly clear warm June day, Bob pulled Marianne Kron and I all the way down Fairfield and Gilmer, flying. He pedaled really fast and was so smooth and steady. It was a great ride. And then in Oct '03 he's in front of me rounding the corner by the lake and hits that hole dead on and goes down in a spectacular crash. He finished the ride stronger than ever. I was amazed by his toughness. I'll never forget his kindness or his joy of riding. I didn't know him for very long, but I sure will miss him.

Mary Myslis

As a longtime member of WW, I will always remember the first time I rode a Bob Savio ride, the cue sheets were nicely typed and there was a very detailed map on the back. Since I wasn't sure I could do the entire route, it was with great relief that Bob gave me a friendly OK, pointing out the turnoffs that would get me back to the parking lot.

Of the many rides he led, I was so impressed with these maps; I must have asked Bob a dozen times where he got them. And always, with a kind heart and gentle smile he would reply, as though I had asked him for the first time.

Even though his presence will be missed, his spirit will lead me down the road, with a map as my guide.

Thanks, Bob.....L Heeter.

April 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 *carry a cell phone
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Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Every Saturday	8:00	Honey Do Ride	Grassy Meadow Douglas Forest Preserve	On Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	30/40	Brian Hale 426-3290 & Frank & Pat Illy 923-5910
Sat. 4-3	9:00	B.D.S.R.	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	40	Art Cunningham 963-8746
Sun. 4-4	9:00	Loops of McHenry	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	36/49	
Sat. 4-10	9:00	Who Let the Dogs Out?	Evergreen School	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	48	Bob Walkowicz 658-8905
Sun. 4-11	9:00	Honey Lake Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	35	Ella Shields 773/594-1755
Sat. 4-17	9:00	Island Lake Meander	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	47	
Sun. 4-18	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	Brian Hale 426-3290
Sat. 4-24	9:00	Verrn's PITA	Cuba Marsh	Turn west from IL-12 onto Cuba Rd.;parking on the left just past Ela Rd.	39/61	
Sun. 4-25	9:00	Trail Ride to Ringwood	East Dundee Depot	West on Dundee (Rte 68), bear right At Barrington Ave., just past Rte. 25 to River St., depot	47	Art Cunningham 963-8746

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

Excursion Ride:

The Glacial Hills Park Memorial Day Weekend Excursion Rides are scheduled for Saturday, May 29 and Sunday May 30. The traditional rides, Ella's Escapade (70/105) and Mike & Bill's Adventure (70) are exceptional rides in Wisconsin's Northern Kettle Moraine area. The scenery is tops and the challenging topography will prepare you for the June tours on your schedule. For Saturday evening stay-over we recommend the Germantown Super 8 ((800)-800-8000) where we usually stay. There are plenty of other motels along US 41 in the Germantown area. We plan to meet in the evening at a local restaurant. Please contact hosts Mary Myslis, 847/816-1640 or Art Cunningham, 847/963-8746 if you plan to attend one or both of the days



Donate your old bike
Donate your bicycle, parts, or tools.

Working Bikes Cooperative accepts donations of any kind. A bicycle of any style, shape, or condition is worthy for our project, whether for humanitarian aid, local fundraisers or parts. If you have a bicycle that is unused, we can use it. Since we are an all volunteer organization, we cannot pick up all donations. If

you have a donation of less than 10 bikes, please use our drop off locations. For donations greater than 10 bikes please contact us at workingbikes@yahoo.com. (Check their website for locations in your suburb to drop off bikes)

All donations are tax-deductible through their Resource Center. **For more information:** Contact workingbikes@yahoo.com or telephone (708) 660-9452. www.workingbikes.org

RIDES OF A DIFFERENT FLAVOR

The fifth annual tour of local bike paths and touring trails kicks off on the first Wednesday of April. A unique ride features a different trail or combination of trails every week. All roadies are welcome to join in a Ride of a Different Flavor featuring scenery unmatched in our usual highway and byway rides.

Art Cunningham

Wednesday Chicago Area Bike Path / Trail Rides 2004

Date	Time	Miles	Path/Trail	Start	Directions	Comments
4/7	10:00	32	North Branch Path to Botanic Garden	Lake Rd. Harms Woods Parking Lot	Go east on Lake Rd.; parking lot is past Glenview Golf Course, Wagner Rd. and the trail overpass to the right	Paved Path Botanic Garden optional (bring a bike lock)
4/14	9:00	55 loop	Medley of Trails – Poplar Creek to Ned Brown	Ned Brown F. P., Golf Road Parking Lot	South of Golf Rd. just East of I-290	Paved with connecting roads
4/21	10:30	40	Chicago Lake Front Path	Foster Ave Beach	East on Peterson off Edens, rt. on Ridge, bear rt. on Broadway to Foster, left. under Lake Shore to 1 st parking lot on left.	Paved path
4/28	9:00	42	Tinley Creek F. P. District Paths	Community Pk., Palos Hts	So. I-294, E. I-55, So. US 45, E. IL 83 past IL 7, rt. 76 th , park at pool lot on rt.	Paved path and connecting roads

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

Path & Trail News

The Lake County Forest Preserve dedicated a new south segment of the Des Plaines River Trail in October. It connects with the Cook County trail at Lake-Cook Road. Unfortunately my dream of riding from Potawatomi Woods off Dundee Rd. all the way to the Russell Rd. near the Wisconsin border via trail has not been achieved. There is still a gap of about a mile at Ryerson Conservation Area. Lake Co. planned to route the trails along the west bank of the Des Plaines but has not obtained the right way. Two bridges would be required to route it through Ryerson. \$1,000,000 has been appropriated for improvement of the north section of the Des Plaines River Trail in Cook Co.



Lake County is set to undertake construction of a 14 mile extension of the Millennium Trail this year. It extends from Lakewood F. P. northwest to Marl Flats Forest Preserve on the east side of Fish Lake north of IL 120. Construction of part of it is already under way. A spur going west at about where this trail crosses Gilmer is proposed to go to Glacial Hills State Park and connect with the McHenry Prairie Trail at Bull Valley Rd.. A segment of this trail through the State Park was dedicated late last year. This trail will be utilized in the new ROADF Glacial Hills to Hebron Ride.

We may change our ROADF ride "Ride to Oswego" to "Ride to Yorkville". County forest preserve maps show the 5 mile Yorkville section to be complete. The trail is proposed to extend another 4 miles along the Fox River to Silver Springs State Park.

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They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes".

The professor then produced two cans of beer from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now", said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life.

The golf balls are the important things—your family, your children, your health, your friends, and your favorite passions—things that if everything else was lost and only they remained, your life would still be full.

"The pebbles are the other things that matter like your job, your house, your car. The sand is everything else—the small stuff. If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are critical to your happiness. Play with your children (grandchildren!), Take your partner out to dinner, take time for your friends. Ride another 40 miles. There will always be time to clean the house, and fix the disposals..

"Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the beer represented.

The professor smiled. "I'm glad you asked.

It just goes to show you that no matter how full your life may seem, there's always room for a couple of beers."

Bob lived life with his priorities in order. He lit up when he talked about his children and grandchildren. He always put Virginia first.

Today is our chance to say thank you Bob!

You always insisted on lending us a helping hand...and ONLY now do we get to say "go on Bob...we're OK... we'll meet you at the last rest stop."

Rich Drapeau

BICYCLE MAINTENANCE CHECK LIST

Before every ride

Brakes: Check and adjust brakes, replace pads if worn

Derailleurs: Check and adjust shifting

Helmet: Check helmet for shell damage, strap fraying, cracked hardware

Tires: Check Tire Pressure

After every ride

Pedals & Cleats: clean & lube (Speedplay) cleats

Tires: Check tires for cuts and wear

Wheels: Check wheels for true and roundness, clean rims & tires

Seasonally:

Cables: Change cables and housing

Cables: Lube cables

General: Inspect bearing surfaces for play or binding

Annually:

Chain: Replace chain

General: Inventory tools and spare parts

Paint: Apply touch-up paint – were needed

Four Times a Month:

Chain: Clean, degrease & lube chain

General: Wash and clean bike

Once a Month:

Wheels: Check rims for excessive wear

Cleats: Check cleats for wear

Computer: Check computer harness and wiring for loose exposed or frayed wires

Gears: Check chain rings and cogs for bent or stripped teeth

Gears: Check chain rings for alignment

Gears: Check cog set and chain ring for wear

General: Check bolts for tightness

General: Repack bearings with grease

Headset: Check Headset

Pedals: clean & Lube pedals

Saddle: Lightly grease saddle rails and seat post

Wheels: Check spoke tension

From: SLB-Coaching.com

ASK DEE RAILLEUR OR DR. S.P.OKES



Dee Dee Railleur:

Black lycra does not look good on me, can you tell me some really good reasons why I should wear bike shorts?

Flabby

Once you ride in a pair of cycling shorts, you'll never ride without them again! Bag-gier shorts with lycra liners are available for those who wish to avoid appearing in public in close-fitting garments.

- **Chamois pad** is primarily designed to quickly absorb and evaporate sweat, but also provides a layer of padding between your fanny and the saddle.
- **Au Natural.** The only thing you wear under cycling shorts is your birth-day suit. Underwear seams and elastic leg openings can chafe sensitive crotch-area tissue. Besides which, underwear is usually made of cotton, which retains moisture and defeats the purpose of having a moisture-wicking chamois.
- **Snug fitting design** eliminates loose, bunched-up clothing between you and your saddle that can chafe skin.
- **Smooth/stretchy fabric** reduces saddle friction.

Dear Dr. S.P.Okes:

What's that nut that screws on a presta valve good for?

S.H. Rader

When you're fixing a flat, you can use the locknut to hold the stem in place when it's time to pump up the tire. Sometimes the valve stem sinks into the tire, making inflation difficult without the locknut. Most of my friends don't use them either and I only install one when I encounter difficulty shooting air in the tire.

Invitational's

May 1, Tour De Stooges, Lebanon, 13-63 miles \$15
314-644-4660 tourdestooges@rogerkramercycling.org

May 2, Sudden Century, Joliet, 30/45/60/80/100
\$10 before 4/24, \$15 after \$25 family, Lois, 815-609-0509, \$25, after 4/30 \$35,

May 9, Prairie Pedal, Grayslake, 7/15/35, 847-548-5989, IrishLois@aol.com

May 16, Tour of the North Shore, Skokie, 3/10/30/50, \$35 minimum pledge, Greg Eklund, 847-328-5147 greg.eklund@cancer.org

May 23, Arlington 500, Barrington, 30, 44, 54 or 68 miles, 7:00 am - 10:00, konie@mindspring.com or 847-255-3468.

May 29/30 Stateline 60, Roscoe, 12/35/68 miles, \$15, Late \$20 Dave Morgan, 815-874-6824, Arlan Brass, 815-874-7208

May 30, Bike the Drive, Chicago, 15/30 miles \$35 adults, \$20 kids, Cathy Haibach, 312-427-3325 x23 cathy@biketraffic.org

June 12 & 13, TOMRV, Bettendorf, Iowa Saturday 106 or 65, Sunday 86 or 41 miles. Linda Barchman 563-388-8043 www.qcbc.org/tomrv

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

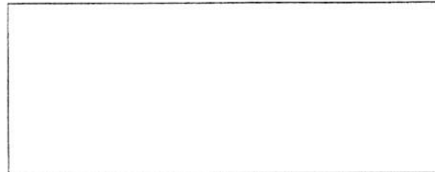


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

Phone: 847-520-5010
Email: wheeling@wheelmen.com

We are on the web
wheelmen.com

Club Meeting
April 1



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
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