



MONTHLY MEANDERS

MAY, 2005

PREZ SEZ

Greetings fellow club members.

Well the riding season is out of the starting gate. After what seemed like an eternal winter, warmer weather has lured our club members out of heated spaces. We are getting 20-30 people on the weekend rides and I'm sure at least that many on nice weekdays.

Did you make it to the 35th anniversary party? If not you missed some excellent pizza, cake and company. 28 members enjoyed a relaxed evening catching up on the latest gossip. Our next club meeting will be in August.

We do not have a safety chair this year so to keep you sharp I found the following quiz. Look for the answers elsewhere in the newsletter.

1. Rank these activities from MOST dangerous (#1) to LEAST dangerous (#5). Here, we're talking about the number of fatalities per million hours of people doing these activities.

- a) bicycling _____
- b) swimming _____
- c) on-road motorcycling _____
- d) flying in small planes _____
- e) walking near traffic _____

Of course, fatalities aren't the only measure of safety. People can be injured - perhaps badly enough to need Emergency Room treatment. So:

2. Rank these in order, giving #1 to the item causing the most ER visits per year in the USA; Give #5 to the activity or device causing the fewest ER visits per year.

- a) bicycling _____
- b) basketball _____
- c) beds _____
- d) carpets & rugs _____

e) chairs & sofas _____

But don't people fall off their bikes, hit their heads and die? Isn't that why you're told to never ride without a helmet?

Let's do a multiple choice question:

3. Of all the people who die of head injuries in the US, what percentage are killed while riding bicycles?

- a) 30% b) 20% c) 10% d) 5% e) less than 1%

Still, you can fall off your bike! Everybody knows that! So let's talk about crashes while cycling.

4. On average, how often do enthusiastic cyclists (that is, bike club members) crash badly enough to damage equipment or require medical treatment?

- Roughly every: a) 1500 miles b) 5000 miles c) 10000 miles d) 30000 miles e) 100000 miles

So serious crashes are not common. But we do know that cyclists sometimes end up at the hospital, so let's go back to the ER data. A trip to the ER for any reason sounds pretty serious! So:

5. For a cyclist being treated in an ER, rank the most common injury being treated #1, and rank the least common injury #5:

- a) minor injuries to legs (like skinned knees) _____
- b) minor injuries to arms (like skinned elbows) _____
- c) minor injuries to shoulders _____
- d) moderate or worse injuries to arms _____
- e) moderate or worse head injuries _____

(For those who know about the Abbreviated Injury Severity scale, we'll define "minor" as AIS #1: scratches, bruises, etc. AIS #2 injuries are described as

"moderate," #3 are "serious," #4 are "severe," #5 "critical," and #6 "unsurvivable.")

6. Now let's return to fatalities. Question #1, risk of fatality per hour, deliberately left out one of the most common activities: driving or riding in cars. If we now compare motoring and cycling, which is more dangerous, in terms of fatalities per hour?

We must realize that the relative levels of danger are not the same in all countries. And certainly, different countries have different agencies collecting different data in different ways. We can't expect the answers to match.

Still, how do you suppose cycling and motoring compare in the following countries? Take your guess for:

- France
- Germany
- Sweden
- Switzerland
- Netherlands
- Australia
- USA, and
- Great Britain.

For each of those, regarding risk of fatality: is an hour of cycling safer, or more dangerous than an hour of motoring?

But saying something is "more dangerous" does not mean that activity is dangerous in any absolute sense. Washing dishes may be more dangerous than dusting, but that doesn't mean we must use only paper plates! So let's get a feeling for the actual level of danger.

7. For the country whose comparison was worst, Great Britain, let's look again at dedicated cyclists - the members of Britain's Cyclists Touring Club, or CTC.

(Continued on page 6)

INSIDE THIS ISSUE:

WEEKDAY RIDES	2
TOP 20 MILEAGE	2
RIDE SCHEDULE	3
TRAIL RIDES	4
WEEKEND RIDES	4
BIKEAHOLIC	4
RIDE ACROSS IL	5
BIKE CHICAGO	5
SCHWINN STORY	6



Sept. 11, 2005

Club Officials

Elected Officers

President	
<i>Rich Drapeau</i>	(847)808-1476
V.P./Ride Chair	
<i>Len Geis</i>	(847)679-0279
Treasurer	
<i>Al Berman</i>	(847)541-9248
Secretary	
<i>Kris Woodcock</i>	(847)520-6932
Membership	
<i>Betsy Burtelow & Jim Boyer</i>	(847)541-1325
Publicity Chair	
<i>Sheri Rosenbaum</i>	(847)821-7622
<i>luv2bike80@hotmail.com</i>	

Appointed Officers

Harmon	
<i>Mary Kay Drapeau</i>	(847)808-1476
Newsletter & Mailing	
<i>Ella Shields</i>	(773)594-1755
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	(847)632-1412
Chairmen	
Banquet	
<i>Kris Woodcock</i>	(847)520-6932
Harmon Data Base	
<i>Jennie Pfeifer</i>	(847)342-8823
LAB	
<i>Phyllis Harmon</i>	
Mileage Statistician	
<i>Joe Irons</i>	(847)359-0551
Picnic	
<i>Al & Cindy Schneider</i>	(847)696-2356
Refreshments	
<i>Frank & Pat Illy</i>	(847)923-5910
Ride Line	
<i>Art Cunningham</i>	(847)963-8746
Web Page	
<i>Jim Boyer</i>	(847)541-1325
Ride Line	
<i>Art Cunningham</i>	(847)520-5010

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

TOP 20 MILEAGE

Through April 8

16 rides by 57 Members totaling 6441 miles.
511 maximum miles possible per rider

Men:

1	Kilian Emanuel	402
2	Leonard Geis	304
3	Jim Boyer	280
4	Richard Drapeau	280
5	Joe Irons	275
6	Bob Dominski	237
7	Art Cunningham	203
8	Daniel Wiessner	188
9	Tom Wilson	184
10	Frank Illy	184
11	Kevin A. Moore	182
12	Louis H. Greene	127
13	Richard Carr	122
14	Dennis Berg	107
15	Earle Horwitz	96
16	Ullfert Broochmann	88
17	Garry McGovern	80
18	Peter Guzik	74
19	David Johnson	70
20	Dick Vichotka	64

Women:

1	Reinhilde Geis	290
2	Marianne Kron	237
3	Betsy Burtelow	197
4	Ella Shields	192
5	Mary Kay Drapeau	166
6	Pam Burke	152
7	Mary Myslis	143
8	Sheri Rosenbaum	120
9	Meg Ewen	111
10	Debbie Wilson	101
11	Chris Wager	98
12	Kris Woodcock	91
13	Virginia Savio	89
14	Shelley Keller	40
15	Kimberly Russell	40
16	Carla Nelson	31
17	Pat Illy	25

WEEKDAY RIDES

TUESDAY / THURSDAY DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Willow Stream Park, 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 Art Cunningham at 963-8746 or Earle Horwitz 374-1129 for more information.

TUESDAY EVENING WORKING STIFF RIDES

Rides of 20-27 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 pm. Cue sheets are provided. To reach the forest preserve go west on Central rd., off Roselle Rd, just north of I-90. Go approximately 1 1/2 miles and turn right into the parking lot. Call Frank or Pat Illy at 923-5910 for further details. A blinker taillight is highly recommended.

ELGIN WEDNESDAY TWILIGHT RIDES

Rides of 20-40 miles as light conditions allow are scheduled to leave the Target Store parking lot near Elgin promptly at 5:30 pm. 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 Rd just south of US 20. Phone Al & Cindy Schneider at 696-2356 for further information

May 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 *call ride line for last minute changes
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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/ 50	Frank & Pat Illy 923-5910 Brian Hale 426-3290
Sun. 5-1	9:00	Nifty 50	Target Store, Elgin	Randall Rd. just south of US-20. Park on SE corner of lot.	51	Al & Cindy Schneider 696-2356
	9:00	Chocolate Fest, aka Apple Cider Ride	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	36	Betsy Burtelow & Jim Boyer 541-1325
Sat. 5-7	9:00	Antioch Twisted	Antioch Upper Grade School	I-94 to IL. 173 west just past IL. 59, turn right on Tiffany left at sign for school	63/83/ 99	Pam Burke 630-872-9238
Sun. 5-8	9:00	Island Lake Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	47	Brian Hale 426-3290
	9:00	Ride to Big Rock	Rutland Forest Preserve	I-90 W, exit Rt. 47 South, to Big Timber Rd. turn left to F. P.	69/ 93	Al & Cindy Schneider 696-2356
Sat. 5-14	9:00	Paris School Ride	Paris, WI	I-94W, exit WI 142 W to County D, turn left to school.	37/55	Rich Drapeau 808-1476
Sun. 5-15	9:00	Antioch Twin Lakes	Antioch Upper Grade School	I-94 to IL. 173 west just past IL. 59, turn right on Tiffany left at sign for school	63/82	Al Berman 541-9248
	9:00	Broken Oar	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	33	Virginia Savio 438-8066
	9:00	Medley of Paths, Ned Brown to Poplar Creek	Ned Brown F.P., Golf Rd. parking lot	South of Golf Rd., just east of I-290	55	Art Cunningham 963-8746
Sat. 5-21	9:00	LaGrange/Rome Pond	General Store, LaGrange, WI	US 12 West past Elkhorn to County H	70/101	Art Cunningham 963-8746
Sun. 5-22	9:00	Another Day Another Way	Evergreen School, Union	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	68/109	Mary Myslis 816-1640
	9:00	Arlington 500	Barrington High School	On Main Street (Lake/Cook Rd.), west of RT. 59	30 to 68	Invitational
Sat. 5-28 & Sun 5-29	9:00	Ella's Escapade	Glacial Hills Park, Richfield, WI	I-94 West to 894 bypass becomes US. 45 Exit WI. 167 W to Fries Lake Road (in Washington Co.), Left to Park	71/105	Al & Cindy Schneider 696-2356
Sun. 5-29	8:00	Spring into Wisconsin	David Park, Zion, IL	I-94 north to Rt. 173 (Rosencrantz Rd) go east to Kenosha Rd, turn right to 21 st street, turn left to park, past school.	49/63	Dan Wiessner 540-9118
Mon. 5-30	9:00	The Pretzel Ride	Barton Elementary School, West Bend, WI	See page 4 for details	52/70	Al & Cindy Schneider 696-2356
Mon. 5-30	9:00	St. Pat's Loops	Wauconda High School	Rt. 12/59 to Old Rand Rd. in Wauconda, & 2 mi. NW to school	16/20/36	Kris Woodcock 253-9288

RIDES OF A DIFFERENT FLAVOR

The bike paths/trails on the May Schedule include some with packed crushed limestone surfaces. I generally use my hybrid bike on these trails but many are smooth, hard and well maintained and suitable for narrow tired road or touring bikes. At worst one may have to dismount and walk across an area where there has been water erosion or the surface isn't packed because of fresh repairs. These are rated *****, approved for narrow tires** although narrow tires lose the advantage

that they have on smooth pavement. Other trails where rougher, less packed surfaces are more likely to be encountered are rated ******, **wide tires recommended**. The less developed trails or those where the condition is not known are rated *****, **wide tires required**. Let me emphasize that all trails are well developed, no off road conditions. Of course road bikes are well suited for paved trails.

Art Cunningham
963-8746

May Wednesday Chicago Area Bike Path/Trail Rides

Date	Time	Miles	Path/Trail	Start	Directions	Comments
5/4	9:00	46	Long Prairie Trail (Boone Co.)	East Trail Head, near Chemung, IL	North on Rt. 14 to Rt. 173, left. 4 1/2 -mi to County Line Rd., rt. 1/4 mi. to parking lot on the left	Paved, packed crushed stone ***
5/11	9:00	50/30 loops	Medley of Trails - Deer Grove Woods to Arlington Lake	Nichols Hill Golf Course	From Dundee Rd. turn north on Kennicott to end, 1 st lot on left, bottom of hill	Packed crushed stone and paved paths, short unimproved trail / roads **
5/18	9:00	42 partial loop	E. Great Western Tr./E. Prairie Path	Kline Farm, Winfield	From North Ave, left. (s) at Country Farm Rd., 3/4 mi., lot on right	Packed crushed stone, some paved ***
5/25	9:00	32/54	North Channel/ Green Bay/N. Shore Paths	Turnbull Woods Forest Preserve	Lake Cook Rd., turn rt. on Green Bay Rd., 0.2 mi. to lot on left.	Paved, some packed crushed stone. ***

WEEKEND RIDES:

MEMORIAL DAY RIDE:

We have added a Monday May 30 ride from West Bend after the Germantown weekend. 52/70 miles.

Start at Barton Elementary School, West Bend, WI. North on I 94; I 894 around Milwaukee; north on 41/45 to West Bend; exit right on County N, 1.2 miles to Roosevelt; straight on School Place to school on left. 9:00 am. the Pretzel Ride.

Also there are hotel rooms available for the 5-28 to 5-30 Memorial Day weekend at the Super 8, 262-255-0880, in Germantown ; 7-23 to 7-24 at the Super 8, 920-563-8444, in Fort Atkinson (LaGrange and Rural Wisconsin); 8-6 to 8-7 at the Americlnn, 262-534-2125, in Burlington (combine the Schwinn ride and Loops of Burlington); and 8-13 to 8-14 at the Super 8, 262-335-6788, in West Bend (Cedarburg). Other hotels may also be available.

All the routes are very scenic and have little traffic. The restaurants available for dinner (Pepino's in Germantown FishBones in Delafield, Salmona's in Fort Atkinson, Fred's or Napoli's in Burlington) and Januli's in West Bend) are inexpensive with good food.

Any questions call Al or Cindy Schneider @ 847/696-2356

YOU KNOW YOU'RE AN INCURABLE BIKAHOLIC WHEN ...

1. You have an uncontrollable urge to bring your bike into the house - preferably in the living room or the bedroom.
2. You easily rationalize replacing perfectly good components, just because something slightly better or trendier just came out.
3. You plan the year ahead around the dates of TOMRV, GRABAAWR Apple Cider, and the Hilly Hundred, etc (the list grows longer every year).
4. You don't plan any family events ahead until checking the "Monthly Meanders" schedule.
5. You begin to regard your job as a troublesome nuisance, interfering with your quality biking time.
6. You divide your friendships into two groups - those that bike and those that don't bike.
7. You'll ride all day in the numbing cold and soaking rain, and then complain at home if a draft from an open window blows on you.
8. You faithfully log every mile ridden.
9. You regard the severity of a sickness or injury by the length of time it takes until you can resume biking.
10. You belong to more than two bike clubs and/or subscribe to more than two bike magazines.
11. You consider not being able to ride on your favorite ride as "the ultimate tragedy."

Edited list from BicycleSource.com



Arlington Rides Across Illinois, July 22-24, 2005

Arlington Heights Bike Club (AHBA) has completed arrangements for a Ride Across Illinois. We'd like to invite Wheeling Wheelmen to participate also.

Clinton Iowa to Arlington Heights Illinois
2 Days of Riding -- 150 Miles
Open to members and friends of AHBA

July 22: Coach Bus ride from Arlington Heights to Clinton Iowa.
July 23: Bicycle from Clinton Iowa to Rochelle Illinois
July 24: Bicycle from Rochelle Illinois to Arlington Heights

Route: We mostly ride on lightly traveled secondary roads. The route takes us through Morrison, Yorktown, Dixon, Franklin Grove, Ashton, Rochelle, DeKalb, Wasco, St Charles, Elgin, and Hoffman Estates. Food and bathroom stops are possible every 10 to 15 miles depending upon need.

Accommodations Country Inn - Clinton; Comfort Inn - Rochelle
Both hotels have indoor pools and expanded breakfast.

You need to be able to ride approximately 75 miles on two consecutive days; follow a cue sheet; and carry your personal belongings. Riders may ride solo or in a group depending on individual preferences and abilities. There is no SAG support. Bring a cell phone in case of emergencies.

The ride is open to members and friends of the Arlington Heights Bicycle Association. We have space for 20 riders. Ride will be

cancelled if we don't have 20 riders.

You will be required to remove the front wheel and your seat and post in order to place your bicycle in the luggage compartment. Each rider is responsible for bringing an empty bike box to protect the bikes while they are stored and disposing of the box upon arrival in Clinton. Boxes are generally available for free at any local bicycle shop.

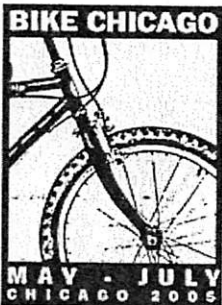
The Bus leaves from TBD at 6PM in Arlington Heights. Parking is available. AHBA or the parking facility assumes no liability for your vehicle. Arrive at the school no later than 5PM. Bring your dinner, No Alcohol allowed on the bus.

Bus Ride cost is \$40. NON REFUNDABLE checks are due by May 1, 2005. Make your check payable to AHBA and mail to Gary Gilbert. Non-Members are required to sign the release on the 2005 Annual Membership form before participating. Please include your cell phone number to be used on the ride.

Hotel cost in Clinton is \$79 plus tax. Hotel cost in Rochelle is \$65 plus tax. Rooms are single or double occupancy. Hotel fees are NOT REFUNDABLE if you cancel after June 22, 2005 and are unable to find a substitute. Provide your credit card number to Bena Gerber at 847-480-2100 x220 or email bena39@ridgebrooktravel.com <<mailto:bena39@ridgebrooktravel.com>>

Information is subject to change.

For more information contact: Gary Gilbert ; 814 E Hackberry Drive; Arlington Heights, 60004; Phone (847)577-4275 or Email gary.bicycles@comcast.net <<mailto:gary.bicycles@comcast.net>>



Bike Chicago 2005 – Get Fit And Ride!

Hop on your bikes and celebrate **Bike Chicago 2005!** This is the 15th year for Bike Chicago and more than 100 events will be held to promote the health, economic, and environmental benefits that come from bicycling.

Saturday, May 7
Monsters of the Midway Criterium
8:00 a.m. - 3:00 p.m.

Midway Plaisance, 1212 East 59th St. * This 6th annual event will feature fast, exciting criterium bike racing on Chicago's historic Midway Plaisance * Categories for all levels of racers * Prizes * Check website for fees * Organized by the University of Chicago Velo Club * Info/Registration: <http://ucvc.uchicago.edu>, 773-263-7635 or email gear1152@hotmail.com

Sunday, May 15
Walk & Roll Chicago
9:00 a.m.

15 mile non-competitive bike ride along Chicago's lakefront * The city's largest sporting event to fight cancer * No registration fee * \$50 donation includes event T-shirt with incentive prizes * Organized by the American Cancer Society * Info/Registration: (312) 372-0471, www.walkandrollchicago.org or email walk.roll@cancer.org

Friday, June 17
City of Chicago Bike To Work Day Rally
7:30 – 9:00 a.m.

Daley Plaza, Washington & Clark! * Meet up with thousands of cyclists on your way to work for a FREE breakfast on Daley Plaza * Free T-shirts for participants (while they last) * Great raffle prizes * Hear how Chicago is becoming a more bicycle-friendly city * Organized by the Mayor's Office of Special Events * Information: (312) 744-3315, www.BikeChicago2005.org

Visit www.BikeChicago2005.org for a complete listing of all the events

Chicago Cycling History—in honor of National Bicycle Month**The Schwinn Story:**

Ignaz Schwinn and partner Adolph Arnold incorporate "Arnold, Schwinn & Company" on October 22, 1895. The company is founded in Chicago. Ignaz and the Mrs. have a baby, Frank. There are 300 bicycle companies in the US (101 in Chicago, alone). Schwinn starts its racing program. By the end of the year, Schwinn bikes have more victories than any other bike company. In 1896, the Schwinn line is composed of the bicycles ranging in price from \$100 to \$125 and in weight from 19 to 24 pounds! Six-day races become the rage. Board tracks spring up everywhere. Bicycle racing clubs are an outlet for affluent Americans. 1908 Ignaz Schwinn buys the interest of his partner, Adolph Arnold, and becomes the sole owner of Arnold, Schwinn & Company. With the advent of the affordable automobile, and bikes become *passé* for adults. Manufacturing advances mean lower prices, making bicycles available to children for the first time. A new market is born. Tough bikes are developed to stand the punishment that kids dish out. 1911 Schwinn buys Excelsior Motor Cycle Company. 1917 Schwinn buys Henderson Motor Cycle Company.

1925 Mudguards are the major technological achievement of the '20's. No appreciable increase in sales results. While the Great Depression drives most bicycle companies out of business, Schwinn makes bold moves to increase capacity and develop new products. 1933 Schwinn creates a new department comprised of bicycle and motorcycle engineers to improve quality and appearance. Schwinn becomes the standard of innovation for the industry. Arnold, Schwinn & Company introduces the bicycle balloon 26x2.125 tire in the spring of 1933 - two years later; it became the standard of the industry. "Ignaz Schwinn's balloon tire is the single biggest innovation in mountain bike technology. 1935 Schwinn introduces the Cyclelock, "the final solution" to the bicycle theft problem. Guess they didn't plan on New York of the '90's. The Schwinn Aerocycle takes bicycles to the next dimension, styled to resemble airplanes, streamlined automobiles and motorcycles. This new aerodynamic style sets the trend for not only the '30's and '40's, but into the '50's.

1936 Schwinn presents the "Auto Cycle" Deluxe balloon tire bicycle - featuring the Schwinn full floating saddle and seat post, plus twin headlights and speedometer. 1938 Schwinn introduces the "Fore-wheel" brake, "Cantilever Frame" and the "Spring Fork." This style is the Grandfather of today's off-road bicycles. The "Cycle Truck" a delivery bicycle built from 1940 until the

mid-1960's, and still in use today.

In World War II, Schwinn produces military items, including top-secret electrical devices, shells, ammunition, plane parts and numerous other war-related items. Schwinn receives the Army and Navy "E" award for Excellence.

1946 Built-in kickstands and new styled drop-outs developed during the war, now improve post-war bikes. 1949 The Schwinn Black Phantom is introduced as the top of the balloon tire line. All the right stuff- chrome fenders and horn, tank, whitewall tires, head and tail lights, spring fork, deluxe saddle, and more. This is the bike every boy wanted. A classic in the making.

1960 Schwinn introduces the Varsity 8-speed and Continental 10-speed bicycles. The Varsity teaches America to ride a touring bicycle. 1963 Schwinn introduces the Sting-Ray. With high-rise handlebars, banana seat, Stick-Shift and racing Sliks, it becomes the "in" style machine. 1968 Schwinn Bicycle Company introduces the Sting-Ray Krates. These muscle-car era bikes were truly an American Phenomenon. The Sting-Ray is the machine that will farther the BMX bicycles of the 1980's.

1975 The BMX craze is in full gear, raising a gear as bike-riders headed towards the dirt.

1993 Schwinn files for bankruptcy. New management takes over. We fell, we got up. End of apology.

1998 Schwinn introduces the 4-Banger™, an all mountain suspension bike, inspired by the Straight 6™.

Two old rivals form a lucrative alliance as Schwinn and GT bicycles join forces to form the Schwinn/GT Corporation. The competition quakes in its SPD-compatible cycling shoes.

Schwinn introduces the Fitness Advisor system, an interactive data network that provides health club members with a customized workout and continual assessment of their progress. The days of hefting rusty dumbbells and counting reps aloud are officially over.

2001 Schwinn faces bankruptcy again and is taken over by the Pacific divisions. www.fickser.nl/ucme05.htm

(Continued from page 1)

These are people who frequently do long club rides, or who tour by bicycle. These people ride their bikes a lot.

On average, how many person-years of CTC riding are there between fatalities? Or to put it another way, how long would the average CTC member have to ride to reach a 50% chance of dying on the bike?

- 100 person-years of cycling per fatality
- 500 person-years of cycling per fatality
- 1500 person-years of cycling per fatality
- 15000 person-years of cycling per fatality.

So, contrary to public belief, you are not likely to be killed by cycling. In fact, most people are far more likely to be killed while riding in a car.

Next: If cycling doesn't cause you to die, is there a chance it will help you to live?

8. Of the four top causes of all deaths (not just accidental deaths) in the USA, how many does cycling reduce or help prevent? a) 1 b) 2 c) 3 d) 4

9. But perhaps that's not a fair comparison. Consider: if an 18 year old is

killed while riding his bike, he may have lost 60 years of life. Perhaps an older gentleman who rides his bike daily postpones a fatal heart attack by five years. 60 years lost to five years gained - is that a good trade? So for all of society on average, in terms of years-of-life gained versus years-of-life-lost due to cycling: how does cycling do? Out of these approximations, pick your choice:

- one year of life is gained for every 10 years of life lost. (10 to 1 against biking)
- one year of life is gained for every year of life lost. (approximately a tie)
- 10 years of life are gained for every year of life lost. (10 to 1 in favor of biking)
- 20 years of life are gained for every year of life lost. (20 to 1 in favor of biking)

We've looked at a lot of data in terms of hours. Now let's look at mileage, instead.

Answers:

- #1 = Small planes: 15.6 fatalities per million hours;
- #2 = On-road motorcycling, 8.8;

(Continued from page 6)

- #3 = Swimming, 1.07;
- #4 = Walking near traffic, 0.8;
- #5 = Bicycling, 0.26 to 0.41 fatalities per million hours

- 2. #1 = basketball, 690,000 ER visits per year
- #2 = bicycling, 590,000
- #3 = beds: 400,000
- #4 = chairs & sofas, 390,000
- #5 = carpets & rugs, 125,000

3. E) less than one percent. The total number of head injury fatalities in the US is around 75,000 per year. [i] (Estimates vary, up to 115,000). The total number of bicycling fatalities, from all injuries, is only about 800. The number of cyclists killed annually due to head injury is a maximum of 600, probably much less. That's not merely low; That's less than 1%!

4. D) roughly every 30,000 miles. That's roughly once in 11 years.

5. Here's a more complete list

- #1: 37% of cyclists in Emergency Rooms are being treated for minor leg injuries - i.e. Road rash, bruises, scratches.
- #2: 28% are treated for minor arm injuries - again, things like road rash.
- #3: 18% for minor head injuries. Please remember, we're not talking about brain injuries! We're talking about minor scrapes and bruises above the neck, excluding the face.
- #4: 14% are treated for minor face injuries.
- #5: 13% for minor shoulder injuries.
- #6: 9% for moderate or worse injuries to the arm.
- #7: 8% for minor "other" injuries
- #8: 6% for moderate or worse injuries to the head.
- #9: 6% for moderate or worse to the legs
- #10: 5% for moderate or worse shoulder injuries

- 6. France: An hour of cycling is safer than an hour of driving.
- Germany: cycling is about equal in safety, per hour.
- Sweden: cycling is about equal in safety.
- Switzerland: cycling is about equal in safety.
- Netherlands: cycling is about equal in safety.
- Australia: cycling is slightly more dangerous than driving.
- USA: cycling is safer than driving, per hour.
- Britain: cycling is more dangerous.

7. D) 15,000 person-years of cycling per fatality. The Cyclist's Touring Club has about 60,000 members. On average, there are about 3 to 5 member fatalities per year. That means, if the average CTC member rides 15,000 years, he'll reach a 50% chance of a fatal bike accident.

8. Answer: All four!

Every year in the US, there are about 700,000 deaths due to heart disease; 500,000 from cancer; 160,000 caused by strokes; and 110,000 from lung diseases. [i] Active exercise like cycling helps reduce all these, not to mention 40,000 motor vehicle fatalities.

Now stop and think about those numbers! Compare those with the number of bicycling fatalities. In a typical year in America, there are less than 800 cycling fatalities. There were only 690 in the year 2000. For every cycling death, there are roughly 1000 deaths due to heart disease - and cycling can help prevent heart disease!

9. D) In terms of years-of-life gained versus lost, the numbers are approximately 20:1 in favor of biking, [i] as computed by Mayer Hillman, senior fellow emeritus of the Policy Studies Institute. Hillman's estimate was for Britain (supposedly, a more dangerous country for cycling) and includes benefits not only to cyclists, but to pedestrians who don't get run over, to elderly who aren't harmed by pollution, etc.

See you on the road.
Rich Drapeau

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

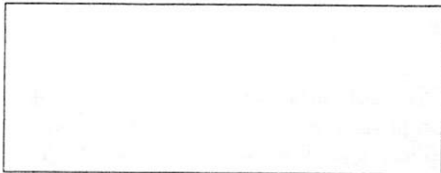
Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



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

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

**Celebrating 35 years
1970-2005**



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Next Club Meeting
August 4



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.

ALBERTO'S CYCLES

1770 First St. Highland Park
847/446-2042

AMLINGS CYCLE & FITNESS

8140 N Milwaukee Ave., Niles
847/692-4240

BICYCLE CONNECTION OF

SCHAUMBURG 1226 N Roselle Rd.
Schaumburg, 847/882-7728

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

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SPOKES, 223 Rice Square at Danada

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1807 S. Washington, Naperville
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847/438-9600

TURIN BICYCLE

1027 Davis Street, Evanston
847/864-7660

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- * Adventure Cycling

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:

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