

also
Baf 78

WHEELING WHEELMEN
P. O. Box 581-D
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Tele. 823-1303

June 1977

President: Fred Woodruff	823-1303	Treasurer: Gene Pilch	541-3191
Vice Pres: Jack Fulper	945-5103	Secretary: Joan Woodurff	
Safety Officer: Bill Turner	255-1710	Membership Chairman: Don Stansfield	885-4270

The next meeting of the Wheeling Wheelmen will be held June 1, at 8:00 PM at the Wheeling Community Center. Prior to this meeting we will have an evening ride. This ride will begin at the Wheeling Community Center at 6:30 PM. If you don't have time enough to eat dinner first, you can always stop at McDonalds first and munch with us in the parking lot at the Community Center.

The program for this months meeting should be very interesting and pick the wondering bug in all of us. The speaker for this meeting will be Malcolm Anderson and he will bring a narrated film of his trip through the Canadian Rockies. ~~The~~ scenery and experience should be fascinating. Let's make this a record evening and really pack the Community Center.

"SAFETY AND"

TOSRV "77. Having just completed my third tour of the Scioto River Valley, and riding two in excellent weather with the third in less than ideal conditions, I would like to pass on a few observations on riding in rain, groups and wind. Many may not agree with me but the following is food for thought.

- (1) Check equipment over, everthing tight, adjusted and lubricated.
- (2) Be prepared to ride in rain. You will be warm under most anything, poncho, jacket and if desperate even a "garbage bag." Without coverage wind chill is bad when 40° to 50°. Wool is warm even though wet. Rain pants on a seat are very hot. Some type cover for leather seat, elastic pot cover, etc. Elastic cords are handy to keep ponchos from flying behind like sail. Have a place to carry raingear, jackets sweaters before and after rain. (rear carrier or handlebar bag)
- (3) Open up interval behind riders. Rough, broken roads are usually along edge. Be prepared for person to zig or zag to left or right to miss holes. Do not ride through water holes if at all possible, their depth is unknown and could do irreparable damage or cause bad fall.
- (4) Braking when raining is poor, plan ahead for stops.
- (5) Grasp bars a little firmer due to slippery condition. Railroad crossings are expecially bad.
- (6) May I suggest that when riding other than single file that the inside rider have some type of rear view mirror. The inside rider has the responsibility of falling in behind partner with approaching traffic from rear. Without a mirror or at any time you hear "car back" the inside rider should fall in single file.
- (7) When passing riders call out "on your left" and when safe no traffic approaching front or rear, pass but do not cut sharply in front of passed riders. Never but never pass on right as the reaction of a passed rider is to move right, to allow you to pass, the only place for you is the shoulder.
- (8) If you don't like stopping for stop lights, plan ahead, slow early so as to make the light.
- (9) Drop down one or two gears approaching stops, it is easier to accelerate after slowing.
- (10) Don't ride in traffic with toe straps pulled tight, especially with cleats. Leave at least one loose, the right makes it easy to stop at curb, pull left pedal to the 10 o'clock position and you are ready to ride.
- (11) Pushing high gears on long rides is hard on knees. Learn your gears like you do your car. Which combination is the next lower or next higher. Ride in lower gear at beginning till warmed up.

(12) Ride defensively, expect the unexpected, watch for the car turning right at stop light, people in parked cars about to open doors, do not overlap wheel in front of you. When riding through a town where cars are parked diagonally watch carefully for backup lights lit or drivers in parked cars. Each parked car is a potential threat.

(13) Give proper turn signals. Left arm down at 45° angle with open hand to rear as stopping signal. Move off road after stopping. Advise riders to rear verbally of bumps, holes, gravel, glass, etc.

(14) "WIND" a riders friend or foe. When friend, downwind, consider not pushing to high a gear and burn yourself out, enjoy it and let the miles fly by. When foe, ride in a comfortable gear and realize you will not make the distance you would under downwind or no wind condition.

Ride safely, remember, you are at a disadvantage against a four thousand pound car.

HINT OF THE MONTH

Carry a spare tube, (spare tubular if that is your case) two tire irons, frame pump and without quick release a small adjustable wrench to remove wheels. A tube or tubular is easily carried wrapped tightly in plastic under saddle, which will also close open seat post from dirt and gravel going down seat tube into bottom bracket. Ten to twelve inches of silver duct tape wrapped around plastic covered tubes can serve to fix small blowouts to bring you home.

RIDES

Well fellow riders, what do you think of this beautiful, gorgeous weather. It is a real pleasure riding in this stuff. By the way, how about us seeing a few more of you at our rides. So far the turnout to our club rides has been good but remember "the more the merrier." Speaking of rides, here is this month's schedule.

Wednesday Evening Rides - 6:30 PM

June 1	Wheeling Community Center	Fred Woodruff
June 8	Kildeer School, Long Grove, Ill.	Richard Figge
June 15	Deer Grove, Palatine, Illinois	Fred Woodruff
June 22	Carl Sandberg School, Wheeling	Richard Figge
June 29	Wheeling Community Center, Wheeling	Fred Woodruff

June 5 (Sunday)	Kenosha Diamond (See LAW Bulletin)	120/160 Km.	Kenosha Road-Runners
June 11 (Sat.)	Fox Lake Ride, starts at Wheeling Community Center,	7:00 AM to 5:00 PM	
		130 km.	leader J. Fulper (945-5103)
June 12 (Sun.)	Botanic Garden Ride, starts Tower Rd. Boat Launch between Skokie Rd. and		
	and Forest Way in Skokie Lagoon, starts at 1:00 PM, leader John Quinn		
June 18 (Sat.)	Crystal Lake Ride, eat at Crystal Lake, starts Kildeer School, Long Grove		
	ride starts at 8:00 AM 100 km. leader Gene Pilch (541-3191)		
June 25 (Sat.)	Covered Bridge Ride, Starts Buffalo Grove High School, 9:00 AM		
	45 km., leader John Quinn (541-3696)		
June 26 (Sun.)	Swedish Days Ride, Gunter's Parking lot, starting 10:00 AM, 50km.		
	Sponsored by St. Charles Bike Club (695-9347)		

START PLANNING NOW-----

September 24 and 25, South Kettle Moraine, Wisconsin (2 hr. drive)

Lodging: Camping, Ottawa Lake State Campground \$3.25/night per campsite
reservations 60 days in advance, \$2.00 deposit per camp site, 5 adults
allowed per campsite.

Motel: Sasso's Kettle Moraine Inn (5 mi. from camping)
4 units available, small but clean, \$16.60 for 2/night
\$18.60 for 3/night, \$20.60 for 4/night, 2 double beds in each
room, showers, can bring bikes into rooms.

Ride in rural Wisconsin, 1st day choice of 3 lengths 54, 41, 31 miles through farmland, lake resorts and state park. Second day more of same for 33 miles.

WANTED

Girls 26" wheel, single speed, good to excellent condition
PHONE-Kay Janney 358-1221