## 20th ANNIVERSARY

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### **March Meeting**

P.O. BOX 581-D WHEELING, ILLINOIS 60090

Safety Corner

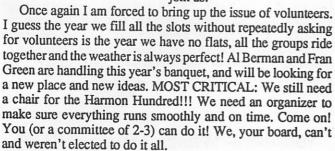


Thursday night, 7:30 pm at the Wheeling High School Cafeteria. It's here! It's here! The 1990 biking season officially starts this month! (And there was much rejoicing). Start it off right at this month's meeting. Jerry Goldman will talk about his Wisconsin trips and about short distance touring. Ride leaders, pick up your cue sheets and ride info. Andy Dane will fill you in on last minute details for the St. Patrick's Day invitational. All this and so much more!

Prez Sez

-Hans Predel

The season approaches! You can almost hear those derailleurs shifting, clicking away as you move out into familiar and new territory. I recently got my issue of Bicycling (the buyer's guide) and can't stop drooling over the bike on the cover. I'm also proud to note that in Chicago, the cycling season starts with own own St. Pat's Day invitational. Bring your ATB and join us!



Last note. April is our Birthday!! If everything comes together, mark your calendar for the 1st thursday in April and come out for our birthday party. Cake, coffee and lots of memories. Be there! More details to come.

### Area Code Note



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Unless otherwise noted, all phone numbers listed in this newsletter are in the (708) area code. If your number is in the (312) area code, please be sure to let me in on it when submitting your phone numbers. Thanks! -Igor

-Jerry Rice

February's had some great cycling days! I was skiing in Iowa on one of them. With the quality of snow at 55°, I should've been cycling. Since this is the start of the cycling season, it's time to brush up on cycling skills as you begin to rebuild your cycling strength.

Obeying the rules of the road is obviously at the top of the list. Most everyone knows them, so FOR NOW I won't repeat them.

Beyond the law, the following will help you be a safer cyclist: 1) Detect cars coming up behind you and ride accordingly. Use a rear view mirror or listen carefully for the sound of motorists. Use these early warnings as a signal to start riding single file. Occasionally glance over your shoulder to check the exact location of a car. (Practice this technique on side streets or empty roads until you can do it comfortably without deviating from riding a straight line. You don't want to start looking over your shoulder and drift farther into the road!)

2) For those who deal with a lot of traffic signal intersections... Rather than riding through intersections pretending not to see cars, make eye contact with as many drivers as possible. Be especially aware of oncoming cars turning left in front of you, cross pattern cars turning right on red, and cars approaching from behind turning right. Eye contact lets the drivers know you are involved in the traffic pattern and shouldn't be ignored. More often than not, this will prevent you from getting cut off. If someone pulls out in a hurry, stare down the next car in line; I'm sure you're all aware of the "yellow light" syndrome.

My last thought for early season riding centers around the motorist. For the most part, they haven't seen cyclists on the road for several months-be extra patient with the blaring horns! Remember, put yourself in the driver's seat. How would you want a cyclist to react to your presence? Aside from pulling off the road and letting you pass (a joke, okay?) you'd want him to ride as close to the right as possible in a stable manner. Remember, St. Pat's Day is only a couple weeks away!

WHEELING BOARD MEMBERS

PRESIDENT: Hans Predel 255-4029 VICE PRES: Carol/Woyteck 392-0530 TREASURER: Andy Dane \*271-5718 SAFETY: Jerry Rice 870-8127 MEMBERSHIP: Lisa Gerhold 803-3998 EDITOR: Linda Svrcek 965-8249 FOR CHECK OUT: **BIKE BOOKS:** 

Roy Erikson

381-5128 Affiliate

\*(312) area code; all others are (708)

WHEELING RIDE/INFO LINE 989-7373



### Safe Cycling-Just Do It

-Hans Predel

**During our January meeting** we discussed ride leader duties and responsibilities. This month we'll review group rider responsibilities.

Rider responsibilities start before a ride starts. Arrive well before departure time. Get your bike ready (tires pumped, mirrors adjusted, etc) ahead of time. Sign in early. Confucius say, "he who arrives late, bikes alone."

Bring a spare tube, patch kit and a few basic tools for emergencies. As the season progresses, the rides get longer and it heats up, pack a snack on your rack or you could have a hunger attack (sorry, Igor is in a rap sort of mood this month!). Bring several bottles of water as not all rides have sag stops with water available.

Few basic rules. Ride single file, especially on busy roads. Keep your distance from the cyclist ahead of you. Always signal your intentions to stop or change directions. Pass only on the left and follow all rules of the road.

If you have to leave a ride for any reason, GET WORD TO THE RIDE LEADER!!!

Follow these simple rules and it's happy trails for everyone!

### **Igor's Corner**

Hi everybody! Well, we finally made it to the 1990 bike season. I for one can't wait to get the Trek back out on the road. Let me give you a quick preview on what you can expect in the next couple newsletters...

As we get information on the upcoming Invitationals, we'll include listings along with our own ride schedule. In addition, I hope to include info on longer trips (next month look for Michigan trip info). If you have a trip you'd like to highlight, just send the info c/o Igor's Trip Calendar, P.O. Box 581-D, Wheeling Wheelmen, Wheeling IL. 60090.

After March 31st we will also be putting together the Membership list, so you will be getting your own copy in May.



As it is the club's 20th birthday, I am still looking for stories from the club's past. (Naturally old pictures, cue sheets, patches, etc. you'd like to see again in print would be great.) Okay... that's it until next month! See you on the 18th!

### Memorable Memorial Day

-Jim's Janesville Ride

May 26-28. Don't miss this year's 3-Day Janesville ride. New and improved routes, unbeatable scenery and as much fun as we felt safe to put in one weekend! Days 1 and 3 are approx. 100 miles; day 2 is a more leisurely 80 miles. Choose to ride all or part of the trip. Room rates: 1 person/1bed-\$32/night; 2 people/1 bed-\$38/night; 2 people/2 beds-\$42/night. If you're staying both nights, please send money for both. If you're staying just one, be sure to specify which one. Send checks ASAP to Jim Grant, 1439 Todd Farm Drive #8, Elgin, IL 60123. (NOTE NEW ADDRESS)

### Cycle Spring Green, WI

-Fran Green & Al Berman

Al and Fran, destined to be dubbed "tour organizers of the 90's" have done it again!! This time join them for a weekend bike trip on June 22-24 in Spring Green, Wisconsin. This area has beautiful, nonglaciated terrain comprised of rolling hills, forests, bluffs and valleys. Stay at the Wildwood, a rustic lodge in a remote area of the valley. \$64/person gets you two nights lodging, two full buffett breakfasts and a



sumptuous saturday night dinner. An optional saturday evening activity includes taking in a Shakespeare play by the American Players' Theater in a beautiful outdoor location. If you prefer, spend sat. night bowling. Space is limited, so don't wait to claim your spot! A 50% deposit is due within 30 days (by March 30) and the balance is due 30-60 days before the trip (we'll need to check on this). The maximum number at the

lodge is 16 so call today. If more people are interested, we can probably book reservations at other places in the area and possibly eat as a group. There are also two housekeeping cottages on the grounds for extra people (though more costly). Call Alan 541-9248 or 948-0600 or Fran 606-9004 for all the details.

### Volnteers- What's Missing? "U!"

Okay, Igor accepts the 5-point "bad pun" penalty. The pun may be bad, but the message is an important one. We still need a number of volunteers to get the 1990 season in full gear. Specifically, we're looking for a few people to run the Begin-



ning Touring Series, volunteers for various parts of the Harmon Hundred, and we need a snack coordinator for monthly meetings. Call Hans Predel 255-4029 for more details.



### Meet The Board

At last, the profile you've all been waiting for...it's time to MEET THE BOARD! Behind every great organization is a devoted group of leaders. Our club is no exception. The following is a closer look at the five men and women who keep our club moving forward. President Hans Predel, Ride Chairs Carol and Woyteck, Membership Lisa Gerhold and Safety Jerry Rice.

Describe your idea of the ultimate bike

(Woyteck) For a road ride, a trip from Seattle to San Diego. It has everythingscenery and the ultimate challenge. Off road- anywhere in the Rockies.

(Hans) I would love to do a coast to coast tour (3,400 miles+) or a USA perimeter tour (10,200 miles). The thought is staggering!

(Carol) Either Alaska or Africa-off road!

(Jerry) A tour of Upper Penninsula. Michigan or a month towr of New Zealand.

How long have you been riding with Wheeling? (Lisa) Since spring 1987 (Carol) 1990 will be my 5th year (Jerry) Since mid 1987 (Hans) Three years (Woyteck) 1990 will be my 5th year

What's your favorite bike snack? (Jerry) Dried figs. They're kind of sweet, but they are one of the highest fruits for carbs. Plus they don't get mushy like bananas!

(Carol) Grapes. (Hans) Oatmeal raisin bran cookies. (Lisa) Raisins. (Woyteck) Rare roast beef and cheese

If you could own any bike, it would be a: (Hans) Top-end Trek or Cannondale with Campy components (just for prestige- I know it won't make me go faster!)

(Woyteck) A custom-made touring bike

such as a Klein.

(Carol) Marlin titanium mountain bike (Jerry)...a Cannondale tandem might be kind of fun!

Name a few of your goals for 1990 ... (Carol) Increase weekly mileage, increase my average speed.

(Jerry) Ride at least 500 club miles. ride at least 1,200 personal miles, ride a century! Lead at least two club rides. (Woyteck) Complete a 150+ mile ride. (Lisa) Possibly do a century?????

What kind of bike do you ride?

(Lisa) Bianchi Sport SX, orchid color. (Hans) Trek 420- blue (to match my eyes) the sport/touring model.

(Woyteck) Blue Scwinn Sierra, black (they wouldn't give me any other color!) or a Cannondale ST700.

(Carol) Schwinn Voyageur, green. (Jerry) Trek 400, red/black and a Burley duet (tandem), blue.

What are some of the bike tours you've done? (Carol) Crankit II, Pedal Across WI and Michigan Bicycle Touring, upper penninsula.

(Jerry) BAMMI '88,'89; Ueker's Ride for Performing Arts, '88, '89.

(Hans) Wheeling Kentucky trip. I would

like to do another week trip!

(Woyteck) Crankit II, Michigan tour. Crankit was a beautiful and challenging ride through the Northwoods!

Igor thanks the board for participating

in this Q & A session! As for Treasurer Andy Dane, he was unavailable for comment. (Does Igor sense a little "Wheeling Gate' here? Hmm.. There was that missing 15 feet of handlebar tape....)



### **Achieve Total Bikeosity!**

What are you waiting for?! A personal invitation? Okay, here it is. The Wheeling Wheelmen personally invite you to renew your membership. This is the last call for regular renewals. After March 30, members not paying their dues will not be on the 1990 Membership List (eeeeeeek!). Don't let this happen to you! Make your check out to the Wheeling Wheelmen, P.O. Box 581, Wheeling, IL 60090.

### **Bike Schedule**

MAR 18: ST. PATRICK'S DAY RIDE 27 miles, 10:30 am from the Wauconda T Apple Orchards, Gossell Rd., 1/2 mile west of Fairfield. \$2 registration fee. Andy Dane (312) 271-5718 MAR 24: COLLEGE CAMPUS CRUISE 35 miles, 10:30 am, Pottawatomi Woods. Sat Wheeling. Dundee Rd., east of Mil-L waukee. Bring Lunch & plenty of liquid. Doug Kritz 4988-0114 MAR 25: HAWTHORNE WOODS RIDE Sun 30 miles, 11:00 am, Wheeling High L School. Bring lunch & plenty of liquid. Aaron Tanzer 323-3204. MAR 31: BREAKFAST WITH THE BOARD Sun 21 miles, 9:30 am, Meet at1435 N. L Chestnut Ave., Arlington Hts. Dine at Alemar's. Hans Predel 255-4029 APR 1: APPLE PIE RIDE Sun 35 miles, 10:30 am, Buffalo Grove L High School, Dundee and Arlington Heights Roads. Snacks at Wauconda. Elliot Kanner 541-9176

APR 7: WESTWARD HO!

Sat 30-60 miles, 8:30 am, Wing Park, T Elgin. Jerry Goldman 695-7964

APR 8: SKOKIE VALLEY RIDE

Sun 38 miles, 10:00 am, Wayside Woods, L Morton Grove. Al Dargiel 685-7708

### Thanks Bob & Woyteck!

As the official biking season opens, I would like to thank Bob Browning and Woyteck Morajko for keeping things going during the winter months. Bob did a super job putting together the ski schedule (alas, the snow wasn't with us this year) and Woyteck bravely faced the elements on his Show 'n Go bike rides. (Dates for the final 3 show 'n goes: Sun. March 4, 11 and Sat. March 17.) Thanks guys!





#### **Ride Notes**

-Carol and Woyteck

A) Show 'N Go rides in March: Sundays 4th and 11th and Saturday 17th. Mt. Prospect Train Station, 11:00 am.

B) For those going to Janesville, here are 3 longer rides in May to get you ready: Wall-to-Wall Walworth\* (Christine Gear- May 6), Escape to Wisconsin (Yours Truly, May 19), Kicks On Rt. 66 (Aaron Tanzer- May 20). Even if we have a wet spring, we should be able to get at least one of these rides in to prepare us for Janesville. (\*Just added to schedule)

C) Ride leaders not at the Feb. meeting, please come to the March meeting to pick up your RIDE LEADER PACK-

AUE.

D) Members riding the St. Pat's Ride please sign in on a separate sheet for club mileage credit.

E) Also at the March meeting- pick up sign-up sheets for April's Invitationals in Aurora and Homewood- Folks On Spokes!!

### St. Patrick's Day Ride

Sunday, March 18th, 10:30 am. Pack up your bike and head out to the parking lot of the Wauconda Apple Orchard (Gossell Rd., 1/2 mile west of Fairfield)! Yes, the weekend we've all been waiting for, it's time for the first invitational of the 90's!! Wheeling volunteers will be on hand to start the season off right. Take in a day of great cycling, apple cider and more! It's more fun that you can shake a stick at! \$2 registration fee. Need details? Call Andy Dane at (312) 271-5718.

### **Design Deadline**

April 1, 1990 is the deadline to get your entry in for the 20th Anniversary Harmon Hundred patch and tee-shirt design. It's a big year for our club, so don't miss your chance to be a part of the festivities! Send your entry (or entries) in today c/o Hans Predel, 1435 N. Chestnut Avenue, Arlington Heights, IL or to the Wheeling Wheelmen, p.o. box 581-D, Wheeling, IL 60090. Mark your envelope "Design Contest." Good Luck!!

### Wanted

Used/second hand baby trailer for bicycle-Bugger or Burley. Call Mike Burke at 3X Copy Center (the folks that print this newsletter each month). Days 459-4006. Evenings 690-4575.



# Calling All Frustrated Thespians, Writers & Directors

-Fran Green

We would like to put on a bicycle skit as part of the entertainment at the next banquet. Please call Al Berman 541-9248 (hm) or 948-0600 (wk) or Fran Green 606-9004 (wk) if you're interested!