



MONTHLY MEANDERS

PREZ SEZ

Greetings fellow club members.

Only a few more weeks till the end of the "official" ride schedule. What a fabulous fall we have had in terms of weather. Cool overnight and warm sunny days, perfect for riding the roads or trails. Marykay and I took a day off work and rode our mountain bikes down to the new Millennium Park in Chicago. We started on the north branch trail at Willow Rd in Northbrook and took this trail to the southern end point at Caldwell. From there we went west on Caldwell to Milwaukee Rd where we turned south for just a few blocks and picked up Elston Ave. Elston is a south east street that runs all the way to the city. It has a nice wide bike lane. We never felt threatened by passing vehicles or parked cars. It was a relaxed and enjoyable ride. We left about 9:00am and arrived in the park by 11:15...the trip was 28 miles. Millennium Park is just south of Navy Pier. There is a "free" bicycle parking garage in the northeast corner of the park. You enter the building and walk your bike past the monthly bike parking area, bike shop and rental area. From there you walk down a set of stairs that has a ramp next to the stairs so you don't have to carry your bike down the stairs, just guide it down like going down a hill. The bottom level has individual

racks for about 200 bikes. You push your bike onto the rack and it automatically clamps your wheel in place. You can then lock your bike to the rack with your own bike lock. There is no charge for this. For \$1 you can use the showers/locker area. Just outside there were about 20 pool chairs set up on a patio. The kind you can adjust the back angle and put your feet up. The park is not that large but the sights are spectacular. We had lunch at an outdoor café in the north-east corner of the park right on Michigan Ave after taking in all the sculptures, band shell, fountains etc. Before heading back we stretched out on a couple of those lounge chairs for a little people watching. We took the lakefront path north to Lawrence then west back to Elston. Lawrence also has a nice wide bike lane. I was amazed at how people respected our space. For example we were in the bike lane going west on Lawrence when we came up to a mall entrance. There a car was trying to turn east out of the mall. Since there were cars parked on the street he could not see traffic from the left without pulling out a bit from the lot. This put him in the bike lane just as we were approaching. When he saw us coming he tried to back up but a car behind him prevented him from that. There was never any danger of us hitting him or visa versa yet as we approached he

apologized profusely for sticking out into the bike lane, which delayed us for maybe 2 seconds...amazing....This trip was a prime example of how compatible bikes and cars can be if everyone follows the rules of the road and each has designated lanes.

Your board met recently to discuss the Harmon as well as other club business. We looked at ways to change the routes somewhat so the first rest stop is about 15-18 miles out instead of 9 miles. This would relieve some of the hectic activity at Lyons as well as put the rest stop deeper into the 25 mile route. Jeff Biedka will now handle all reimbursements for club expenses. Receipts should be sent to Jeff or give to a board member to pass onto to Jeff. We are seeking suggestions to make use of some of the Harmon receipts. We support the League of Illinois Bicyclists, Chicagoland Bicycle Federation and League of American Bicyclists. These organizations work with various government agencies to promote pro bicycle issues. Perhaps there is something we can do locally such as donating a bicycle to a local law enforcement agency to use for patrols. Another idea might be to donate helmets to needy families. Let us know your thoughts.

The ride chair will be putting a schedule together for next

(Continued on page 4)

NOVEMBER, 2004

INSIDE THIS ISSUE:

TOP 20	2
RIDES	2
HOLIDAY PARTY	3
RIDE FOR A CAUSE	3
IN THE BAG	4
RECALLS	4
HIKES	5
NEW RIDES	5
FIXED GEAR	5
SOLAR SYSTEM	6

WELCOME NEW MEMBERS:

Jon and Jill Ortman, Mundelein
Dennis Ellertson, Mt. Prospect

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 & Mailing

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

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.

MEANDER STATS TOP 20

through October 5

244 rides by 144 Members totaling
125,848 miles.
7904 maximum miles possible per rider

Men:

1	Kilian	Emanuel	5254
2	Art	Cunningham	4086
3	Frank	Illy	3837
4	Al	Schneider	3710
5	Kurt	Schoenhoff	3679
6	Leonard	Geis	3663
7	Daniel	Wiessner	3226
8	Jim	Boyer	3140
9	Richard	Drapeau	3043
10	Joe	Irons	3011
11	Tom	Wilson	2865
12	Louis H.	Greene	2399
13	Kevin A.	Moore	2227
14	Alan	Berman	2069
15	Dennis	Creaney	1982
16	Bob	Dominski	1944
17	Phil	Castle	1765
18	C. Brian	Hale	1758
19	Earle	Horwitz	1651
20	Brian	Blome	1298

Women:

1	Cindy	Schneider	3510
2	Reinhilde	Geis	2855
3	Mary	Mylis	2476
4	Pam	Burke	2462
5	Mary Kay	Drapeau	2267
6	Ella	Shields	2266
7	Cindy	Trent	2243
8	Debbie	Wilson	2076
9	Betsy	Burtelow	1946
10	Kris	Woodcock	1901
11	Chris	Wager	1811
12	Meg	Ewen	1766
13	Marianne	Kron	1721
14	Pat	Illy	1358
15	Sheri	Rosenbaum	1191
16	Pat	Calabrese	1053
17	Fran	Green	963
18	Patricia	Gill	921
19	Cynthia	Brown	864
20	Barb	Swasas-Barr	776

TUESDAY / THURSDAY DEERFIELD BAKERY RIDES

Rides with 25/45 mile routes leave the Willow Stream Park, promptly at **10:00 A.M. PLEASE NOTE THE TIME CHANGE**. 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.

SATURDAY

Show-and-Go rides will start Nov. 6 at 10:00 a.m. from Willow Stream Park (see location above). The rides may or may not have cue sheets. The mileage, destination and speed are determined by the weather and riders.

CLUB MEETING

The next club meeting will be in January 2005

Board Meeting

The next board TBA.

ANNUAL BANQUET

Don't forget the annual banquet on Sunday, November 14. Call Kris Woodcock with any questions (847)520-6932.

The bicycle is just as good company as most husbands and, when it gets old and shabby, a woman can dispose of it and get a new one without shocking the entire community.

--- Ann Strong, Minneapolis Tribune, 1895



Holiday Party

Come and enjoy the
fun on

Sunday
December 19

3-8 p.m.

Hosted by

Pat & Frank Illy
846 Beacon Drive
Schaumburg, IL

Call Pat @ 847/359-
9085 (days) or
847/923-5910
(evenings) to see what
you can bring to the
party.

Please RSVP by
December 13

If you would like to put on an activity (Sunday rides, hiking, x-c ski weekend, etc.) this fall or winter call a board member and they will get it on the ride line

CHECK THE RIDE LINE FOR FALL & WINTER
ACTIVITIES.....847/520-5010.

Using your bike to do good

I checked the Wheelmen web site and as of September 9th our members have logged more than 111,000 miles. That is an impressive number. But how many of us have used our bikes to do something good or to give back to the community? What comes to mind is participating in a charity ride to raise money for cancer, MS, prairie conservation, or even a local zoo. Doesn't matter what the cause...as long as it is something you believe in. For me it happens to be cancer related charities.

Unfortunately, many of my friends, family members, and co-workers have been affected by cancer. Some are survivors, some weren't so lucky. Most recently my mother was diagnosed with breast cancer, so for me it's been important to participate in the American Cancer Society's Tour of the North Shore. I've done it for the last 8 years and have enjoyed it each time. It is held in mid-May leaving from Skokie and heads north with distances from 3 miles to 50 miles. This is a great way to get your first big ride out of the way and do something good for others.

You don't need to raise a lot of money for this ride. They ask for a minimum of \$100. It's amazing how quickly you can raise it. One way I've raised a lot of money is by offering everyone that donates \$5 or more a spot on a sweatshirt to write a message or even provide me a picture to iron on. It is a great way to honor people who have beat the odds and also remember those who weren't so lucky. Then I wear the sweatshirt on the ride. At the rest stops people read the messages and it makes them feel good about what they are doing.

Another one of my favorite charity rides is in mid-July called the Scenic Shore 150 which is run by the Leukemia and Lymphoma Society. I ride this in honor of my friend Marshan who survived Lymphoma. Twenty plus years ago they gave her 6 months to live. She's beat the odds and doing just fine.

This 150 mile, two day ride hosts 700 riders who start in Mequon (just north of Milwaukee) and stop the first night at the University of Wisconsin in Manitowoc. There you can choose to camp, sleep in the gym or hotel it. The second day continues up along the shores of Lake Michigan on quiet country roads. Our final destination is Potawatomi State Park in Sturgeon Bay Door County. The 150 miles are filled with beautiful scenery and friendly people. And just when you butt feels like the seat is permanently wedge in there, you spot a rider with a "survivor" sticker. And it reminds you why you're doing the ride.

We should all count our blessings we are able to ride thousands of miles each year So as we look to next season and set our goals for how many miles we want to ride or how fast we want to go, think about adding one charity ride to your "to do" list. No matter what your passion or cause you can always find a ride to use your bike to do good.

Sheri Rosenbaum

(Continued from page 1)

year. If you would like to participate in this process let me know. If you have a favorite route to add to the schedule let me know as well. We will include a club ride/invitational from a neighboring club each month to be included in our mileage totals. This will help support our sister clubs and hopefully encourage more joint rides in the future.

The annual banquet is coming soon. Don't forget to contact Kris Woodcock to reserve a spot. The price is the same as last year \$20. The venue has changed to Tuscany. We will also begin the 3rd season of ethnic dinners starting in January.

Show and go rides will begin Saturday November 6th and continue as long as people show up to ride. Start time is 10:00am from Willow Stream Park on Old Checker Rd just west of the Deerfield Bakery. Last year we rode through New Years weekend. The route and distance are determined by whoever shows up.

Best wishes to Peter Guzik for a quick recovery. Peter ran into a car and chipped his hip. Kudos to Brian Hale and Frank Illy for taking care of Peter right after the accident.

See you on the road.

Rich Drapeau

Product Recalls!

---Carbon fiber handlebar models sold by Performance and Supergo (owned by Performance) have been recalled.

Performance's Forte Flyte OS and Supergo's Weyless CF200 drop bars can develop cracks that may not be visible. One of the bars broke. About 300 handlebars are involved in the recall. Both models have the natural carbon dark-gray look.

If you're using one of these bars, stop. Call for refund or replacement info. Performance, 800/553-8324. Supergo, 800/398-9702.

---Wheel quick releases called "Scatto" and made by FSA (Full Speed Ahead) are being recalled because a part in the lever can break. About 1,375 sets are involved. Twelve have broken. The levers are laser etched with "FSA" and the end pieces are round.

These levers were sold between Oct. '03 and Sept. '04 for \$49.95 per set. FSA is offering free replacements to owners who call 877/743-3372.

---Specialized road bikes are being recalled because the handlebars can slip in the stems. There have been two reports of this happening among the 1,500 affected bikes: 2005 Allez Sport, Allez Elite, Roubaix and Sequoia.

The problem bikes were sold in July and August of this year. If you own one, contact the shop where you bought it or call Specialized at 800/432-4144.

(From Bicycle Retailer and Industry News)

In the Bag

Forget superficial categories like racers vs. tourists, equipment geeks vs. retro freaks, or shaved vs. hairy (legs, that is).

The true measure of a roadie can be found in only one place: your seat bag.

What kind of rider are you?

Minimalist. Seat bag contains:

---1 tube with valve cap and stem nut removed to save weight

---1 tire iron

---1 glueless patch

---1 CO2 cartridge (or mini-pump not exceeding 2.5 inches in length)

Motto: "Don't you know how much a hex wrench weighs?"

Kitchen Sinker. Seat bag contains:

---2 tubes dusted with talcum powder, sealed in plastic bag and checked weekly for abrasions

---1 patch kit with tire boot, sandpaper, marking chalk,

tube of glue checked weekly for freshness

---3 tire irons

---2 CO2 cartridges (and frame pump)

---1 multi-tool with saw, magnifying glass, corkscrew, bottle opener, tweezers and toothpick in addition to bike tools

---arm, knee and leg warmers

---1 neatly folded \$20 bill

---ID with insurance info, blood type, drug allergies, next of kin, astrological sign, names of doctor and chiropractor

---1 cell phone

---1 GPS

---Sunscreen, lip balm, chamois lube, insect repellent, snake-bite kit

Motto: "You never know."

Pig Pen. Seat bag contains:

---1 wrong-size tube with hole in it, wrapped in greasy sock

---3 tire irons. 1 plastic, 1 metal, 1 broken

---17 patches and 1 tube of dried-out glue

---1 American-sized hex-wrench set found on roadside; fits no bolt on bike

---1 dirty, crumpled wad of currency from a Baltic nation

Motto: "I know it's in here somewhere."

Leech. Seat bag contains:

---Nothing. Doesn't use seat bag. Ruins bike's "pro" look.

Motto: "Thanks for the tube. I'll pay you back on the next ride."

From: roadbikerider.com



TAKE A HIKE

We thought it would be fun to do some hiking this fall, so we have planned two Sunday outings in November and hope to do a few more in December.

November 7, we will go to Moraine Hills State Park and hike the 3.2 mile Leather Leaf Bog Trail. Moraine Hills is north of RT 176 on River Road in McHenry, IL. Meet at 10:00 a.m. in the Northern Woods parking area. We will plan on going to lunch after the hike. Call Mike or Ella with any questions, 773/594-1755. (for park info <http://dnr.state.il.us/>

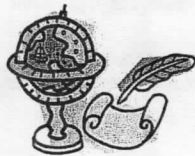
[lands/Landmgt/PARKS/R2/Morhills.htm](http://dnr.state.il.us/lands/Landmgt/PARKS/R2/Morhills.htm)).

November 21, Crabtree Nature Center meet at 10:00 at the nature center building. Crabtree is on Palatine Rd., one mile west of Barrington Rd., or one half mile east of Algonquin Rd, (Route 62) in Barrington. We will go to lunch afterward. Call Pam Burke with any questions, 630/872-9238. (park info http://www.fpcc.com/tier3.php?content_id=19&file=cnr_19a)

If you have a favorite trail and want to lead a hike let a board member know and we can get it on the ride line, web site and in the newsletter.

New Rides Needed

With the official ride season at a close we are already looking toward the 2005 ride schedule. With that in mind we would like you to get your creative juices flowing and create a new ride for next year.



It can be a great winter project and we would really like to get some new rides for our library, especially shorter rides, 35-45 miles. Plus an added incentive is at the end of the year your ride could be voted best new ride and you receive \$50.00.

Some criteria for a ride:

1. Prepare a cue sheet

2. Parking area – with bathroom facilities (if possible)

3. Rest stops – It is not always possible to find stops on the shorter rides. If the ride is over 30 miles they are really necessary. We normally go to a gas station with a quick mart for Gatorade, snacks, refill water bottles and bathroom facilities. On longer rides we like to space out rest stops about every 20-25 miles if possible.

4. Try to avoid busy roads for long stretches.

5. Call the ride chair and get the ride put on the schedule.

6. If the ride is hilly let us know, we will indicate that on the ride line and in the newsletter. Also if there are any other details that need to be stated let us know.

The off-season is coming for those of us in the northern hemisphere.

One effective winter workout technique is key to the program put forth by **Lance Armstrong's coach, Chris Carmichael**, in his training book, *The Ultimate Ride*.

We're talking about fixed-gear riding. It's well known that Lance and other riders coached by Carmichael rely on it to reintroduce smoothness to their pedal strokes.

Here's an excerpt that tells how you, too, can benefit from spending off-season time on a one-speed.

Fixed Gear

This type of training helps to improve pedaling mechanics and efficiency, as well as to increase leg speed and strength. It is also an excellent way to maximize your training time, especially on cold days.

The mechanics of a fixed-gear bike require you to pedal as long as the bike is moving forward. I recommend that inexperienced riders use the fixed-gear bike on a stationary trainer for the first couple of rides.

---**Intensity:** Dictated by terrain

---**Volume:** 60-120 minutes

---**Frequency:** Allow at least 18 hours between sessions

---**Terrain:** Flat to rolling

---**Cadence:** Dictated by terrain

The fact that you have to pedal continuously develops a smooth pedal stroke as you spin down hills and increases leg strength as you grind up hills.

Generally, gearing for a fixed-gear bike will be light (42x19, or about 60 gear inches), since this helps balance the gearing for various types of terrain.

By no means do you have to go out and buy a bike specifically for this purpose. Use an old road bike, find a used fixed-gear rear wheel, and simply unthread your chain from the rear derailleur, shorten it, and place it around the small chain ring and the rear cog, and you're done.

You can also use a track bike for this purpose. Just be sure to install at least one brake before you go out on the road.

Since this training is normally done during the foundation period, you may also be lifting weights. In order to train properly, you need to reduce one as you increase the other. A fixed-gear bike allows greater aerobic benefits with less time on the bike, so you can spend more time in the weight room.

Edited article from: www.roadbikerider.com

Biking the solar system.**Pedaling to Pluto**

A trek across world's largest complete solar system model: Through cornfields and into stores at the 'speed of light'

By Charles Storch Tribune staff reporter

September 14, 2004

PEORIA -- "Meet me at Neptune," said Sheldon Schafer. "Or ride the bus with me to Pluto."

The invitation was intriguing, coming as it did from the curator of the solar system.

The community solar system, that is, a set of sized-to-scale and carefully placed planet models extending as far as 40 miles from the sun, otherwise known as Peoria's Lakeview Museum of Arts and Sciences.

"It is the largest, complete model of the solar system in the world," said Lakeview's vice president of education and planetarium overseer, the down-to-earth Schafer ("Please call me Sheldon"). But he is planning an even bigger one that should silence any doubters.

And here was Sheldon asking whether I wanted to accompany him on the museum's 10th annual Interplanetary Bicycle Ride, a two-day trip in mid-August. Depending on paths taken, a world's traveler might cover up to 16 billion miles of space -- or 125 miles of central Illinois.

The trip would be no sweat for a serious cyclist, but I had not covered any real distance on a bike in decades. I knew this would be a stern test and wasn't sure my stern was up to it.

But a brochure made the ride enticing. Consider the bragging rights, it said. "Who else can say they've cycled to Pluto?" And by pedaling faster than the speed of light (equal to about 7 miles an hour in this model), riders "will actually return younger than when they started."

Sheldon, I said, I'm in.

As an astronomer and science educator, Sheldon Schafer bristled at popular depictions of the solar system as same-size planets in tight, neat circles about the sun. He wanted to construct a model with planet sizes and distances proportional to space's vast dimensions. He wanted his model to have good-size planets, so the distances would have to be significant.

He knew of other models in cities around the world, but he wanted his to be bigger and more scientifically accurate.

He finally got his opportunity in 1992, 16 years after he joined Lakeview as planetarium director. He proposed a model as a supplement to a big NASA traveling exhibit, and a local foundation gave the museum \$10,000 for the show and model.

Sheldon set his scale by using the planetarium's 36-foot-diameter dome as the sun (later painted on an outer museum wall). A mile in his model equals 126 million miles in space.

He got a local firm to build Plexiglas planets -- ranging in diameter from three-fourths of an inch (Pluto) to nearly 4 feet (Jupiter) -- and an artist, Peoria's Walter Kinsman, to painstakingly paint the spheres.

Sheldon plotted orbital paths, and along each he found an area establishment glad to display a planet on its premises.

Lakeview spokeswoman Kathleen Woith said that over the years some models had to be moved as businesses got tired of them or moved away.

Today, for example, Mercury is in a camera store and Neptune in a car dealership. Earth, an insignificant 4 inches in diameter, is mounted, trophy like, at a gas station.

For some establishments, the planets have melted into the surroundings. A large, ringed Saturn hovers over the entrance of the Kroger in East Peoria. An assistant manager told me he had worked at the supermarket two years and never knew why it was there.

Some things I know about Sheldon Schafer: Born 56 years ago in Columbus, Ohio; studied astronomy there at Ohio State University; worked at a planetarium in Yonkers, N.Y., while getting a master's degree at Wagner College; between degrees he was a Peace Corps volunteer in India, where he discovered an affinity for science education and for another volunteer, a New Yorker named Mary Ann Tesar, whom he later married.

And he gets upset at having to replace the "You have reached the orbit of Uranus" sign he posts on a trail outside town. "It has been stolen twice," he said.

The Interplanetary Bicycle Ride helps Lakeview attract new audiences and raise funds. Educational and athletic, it is astrophysical fitness.

The first day of the ride, a Saturday, was a tour of the outer planets: Saturn, Uranus, Neptune and Pluto. The route was drawn away from busy roads, so we wouldn't visit the model's planets but hit alternative points in their orbits.

At the stand-in Saturn, in nearby Dunlap, an

early-morning chill kept registration down, to 126 riders from the usual 150. Some would cycle to Pluto and back, or 100 miles. Sheldon, I and 10 others rode with our bikes on a shuttle bus north to Pluto, in Kewanee.

Many doubt little Pluto is a real planet. All I can say is that the sphere in a glass display case at Good's Furniture in Kewanee is not the original Kinsman. That was stolen years ago. Good's put a gumball in its place until Sheldon found out and ordered a replacement.

One of Sheldon's two daughters lent me her mountain bike -- a sturdy mount but too short for me. Other riders sped away, but Sheldon stayed as I fumbled through the gears. We left Kewanee and entered the Kuiper comet belt, hilly back roads along cornfields.

Sheldon suggested we leave the road and take a shortcut, the Rock Island Trail. We rode it nearly to Neptune, a rest and food stop at the historic rail depot in Wyoming.

There, the Peoria Astronomical Society had set up filtered telescopes so we could observe sunspots. Sheldon added some insights on the solar activity.

We had ridden 24 miles. We set off for Uranus, 10 miles away.

Chicago-born Jim Richerson is president and chief executive of the 41-year-old Lakeview, the largest private museum Downstate. Almost from his arrival there in 2000, he has worked on plans for a downtown museum complex that would house Lakeview and other cultural groups.

Last year, he said, Peoria designated a two-block blighted area near the Illinois River as the site of the planned Central Illinois Regional Museum. Caterpillar Inc., whose headquarters is nearby, is considering a building there for exhibits on its heavy-equipment business.

Richerson said the cultural complex could help revitalize the area. "Quality of life is very important to us," he said.

He expressed confidence that the \$67 million needed will be raised and the complex will open by 2008.

Sheldon's sun will move 5 miles south to the new museum and expand along with the size of a new planetarium dome. So, Sheldon will have to reconstruct his model accordingly.

Sheldon and a student of his at Peoria's Bradley University, where he teaches astronomy part time, have been plotting a new model, using diameters of 50 to 55 feet for the sun.

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Such a system would need bigger planets and could stretch as far as 50 miles from Peoria -- depending on where Sheldon situates that ornery Pluto. Its eccentric orbit at time puts it closer to the sun than Neptune. Some solar system models built after Sheldon's have a larger-scale factor but are not as complete as his. One in Stockholm extends 186 miles but is missing planets. The University of Maine at Presque Isle's model extends 40 miles along a road; Sheldon's radiates in

all directions and is as wide as 55 miles across. Maine's is based on a solar diameter of 49.5 feet, but it has only an arc of the sun, not the full Sol.

"Their sun is lame," Sheldon said. He added that with his new model, "we'll make sure we beat Maine's" in scale factor.

A pause at Uranus, which for today's ride was Princeville, and then Sheldon and I rode the final 6 miles to Saturn.

It was mid afternoon when we arrived, but night was descending on me. I remember receiving a certificate attesting to my having traveled 5 billion miles -- 40 miles of terra firma.

Sleep and Advil restored me, but I decided not to bike with Sheldon and 14 others as they set out from the museum's sun early Sunday for a 25-mile, roundtrip tour of the inner planets.

I followed, sheepishly, in my car as they traversed the near-empty streets of this city of 113,000. They stopped at the business berths of Mercury, Venus, Earth and Mars, and then headed for the giant Jupiter at Bradley. We passed mansions on Moss Avenue, built with 19th Century fortunes made in Peoria's liquor distilling heyday, and the Frank Lloyd Wright and Frank Lloyd Wright homes (the latter a commission the great architect, in a huff, refused to complete). They swung across the river into East Peoria, past Cat plants and toward the supermarket Saturn.

I said goodbye to Sheldon, gassed up my car at Earth and headed for Chicago. I longed to feel its gravitational pull.

BODY LOCATION DISTANCE FROM DIAMETER MUSEUM (THE SUN)

1. SUN Lakeview Museum -- 36 ft. Peoria
2. MERCURY Peoria Camera .25 miles 1.5 in. Peoria
3. VENUS Brown Printing .5 miles 3.8 in. Peoria
4. EARTH Beachler's Servicenter .75 miles 4 in. Peoria
5. MARS The School House 1.2 miles 2.2 in. Peoria
6. JUPITER Bradley University, Olin Hall 4 miles 3 ft. 9 in. Peoria
7. SATURN Kroger 8 miles 3 ft. 2 in. East Peoria
8. URANUS Mineral Springs Park 15 miles 1 ft. 4 in. Pekin
9. NEPTUNE Roanoke Motors 23 miles 1 ft. 3 in. Roanoke
10. PLUTO Good's Furniture 40 miles .75 in. Kewanee

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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

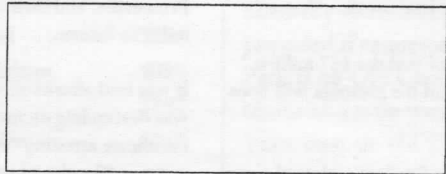


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Next Club Meeting
January, 2005



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

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
- *Bicycle Federation of Wisconsin
- * 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:

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