

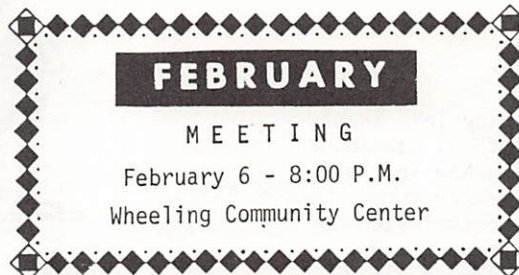


# MONTHLY MEANDERS

FEBRUARY, 1980

President: Elliott Kanner, 541-9176  
Vice Pres: Judy Stansfield, 885-4270  
Treasurer: Carolyn Kropp, 685-4508

Safety: Howard Paul, 824-2941  
Membership: Richard Figge, 446-2945  
Program: Madeline Kanner, 541-9176



Dick Spirek -  
Cross-Country  
Skiing

Will it ever snow this winter? We assume that it will indeed--sometime or other! Thus our program for February will feature skiing.

Dick Spirek, proprietor of Bikes Plus and a long-time member of the Wheeling Wheelmen, will give a basic orientation to the sport of cross-country skiing: equipment, clothing, technique.

Club members who already ski will be able to refresh their knowledge, ask questions, maintain the flow. Those who have never skied but would like to may get just the degree of extra inspiration and enthusiasm they need to discover the joy of a new sport.

Biking and skiing are compatible activities, helping us to maintain fitness and enjoy the outdoors all year.



## FEBRUARY ACTIVITIES

### CROSS COUNTRY SKIING



Saturday, February 9  
Moraine Hills State Park  
11:00 A.M.

Sunday, February 17  
Deer Grove Forest Preserve  
1:00 P.M.

Weather permitting. Moraine Hills State Park is on River Rd. just south of the McHenry Dam State Park. Meet at the last parking lot beyond the park office. Stop for lunch on the way back home. Leader: Howard Paul - 824-2941.

Deer Grove entrance on Quentin Road north of Dundee Road. Take left fork to parking area near lake. Leader: Richard Figge - 541-2545

If the weather continues unseasonably warm, just get on the phone and round up some biking companions.

P. O. Box 581-D, Wheeling, Illinois 60090





## RENEWAL

of your WHEELING WHEELMEN dues for 1980 is important for maintaining the continuity of club programs which must be planned early this year. A membership form is enclosed - "Do it now, while you think of it." Despite inflation, we're continuing the same dues structure this year.



### A NEW YEAR'S DAY RIDE - Madeline Kanner

How cold is it possible to get on a bicycle? Twenty hardy Wheelmen and guests found out something new about their cold tolerance levels on the club's New Year's Day ride. Wind, moist air, and colder temperatures than we'd experienced for the last two weeks tested our endurance and resolve. Under the circumstances, we all felt proud to complete a shortened ride of 7-1/2 miles and were rewarded by the beauty of a Jack Frost coating on every tree branch and blade of grass. We especially enjoyed the warmth, hospitality, hot beverages and cookies at the Stansfield's home after the ride.

It was satisfying to greet the New Year with healthy, vigorous cycling - an activity we definitely will continue throughout the year.

### DIET AND EXERCISE DISCUSSED AT JANUARY MEETING

Health and fitness were the emphasis of the program for our January meeting. Dr. Mitchell Goldfleis, a young orthopedic surgeon, had the concentrated attention of everyone present as he spoke on the long range benefits of diet and exercise. He said that fitness helps us enjoy life more, decreases our biological age, increases our capacity to work, and decreases the resting pulse.

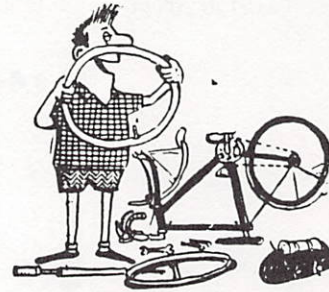
Dr. Goldfleis shared many useful guidelines to use in various fitness regimens and emphasized that fitness cannot be stored. One needs a regular exercise program to maintain fitness.

Seven Commandments for fitness are: get seven hours of sleep nightly; take alcohol in moderation; exercise regularly; don't eat between meals; **do** eat breakfast; control your weight, and don't smoke. Let's resolve to follow this prescription in the New Year.

### RIDES COMMITTEE AT WORK



At a very productive meeting of the Rides Committee on January 10th, a full schedule of riding events (including the now famous Harmon Hundred) was outlined for 1980. In addition to popular established routes, some unique new events are scheduled. Watch "Monthly Meanders" for details. Also, early this year you'll receive a complete schedule for the 1980 bicycling season.



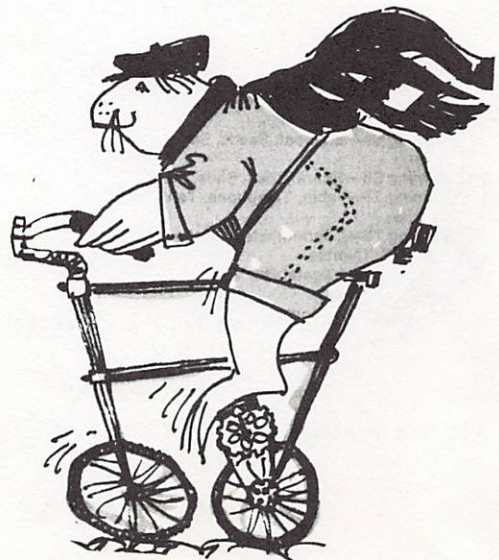
### SAFETY OFFICER'S CORNER

As most of us do very little cycling during this time of the year, it's a good time to bring your bike inside for some maintenance and safety checks. Even if you're not up to doing a complete disassembly, you can remove much of the grit from the chain, the sprockets, brakes, and derailleurs.

After cleaning and normal lubrication, check all fasteners for tightness, lubricate brake and derailleur cables with a graphite fluid, check brake adjustment, and inspect your tires for cuts, bulges or other abnormalities.

Whether we bike 20 km or 2000 km this coming season, let's do it with a safe, well maintained vehicle.

Howard Paul



WHAT IF THE GROUNDHOG JOINED THE WHEELING WHEELMEN?