

OCTOBER, 1986



MONTHLY MEANDERS



OCTOBER MEETING

MEETING
Wednesday, Oct. 1 - 7:30 p.m.
WHEELING HIGH SCHOOL
Elmhurst Rd. and Hintz
Room 217 2nd Floor - North side

PROGRAM: DICK SPIREK

Dick Spirek is not only a dedicated bicyclist and owner of Bikes Plus, he is the past president of the Chicago Area Bicycle Dealers Assoc. and can give us many ways in which the dealer can help the bicyclist.

Thank You!

Thanks a million all of you WW volunteers! Each and every one of you are responsible for the success of our best run invitational ever!

Thank you, Jerry Goldman for taking on the chairmanship! Jim Grant became food chairman at the last minute and his food distribution was excellent. By 9:30 p.m. Saturday night all six sag stops had picked up all the food! Great! The individuals in charge of the sags really put their creative ideas into play. Howard Paul had "Burma Shave" type signs along the road; Pat Marshall had special signs; Eileen Butcher made a big hit with bananas added to the peanut butter sandwiches! I'm sure Pat's special posters at registration were greatly responsible for the safest riding ever! Elliott Kanner handled parking easily, registration went smoothly; Bob Vargas and his committee had the best marked routes to date; Dick Ryan's routes were great; cookies delicious and the cleanup committee had everything packed away, spic and span by 7:30 p.m.!

WHEELING WHEELMEN

P. O. Box 581-D,

Wheeling, Illinois 60090



Dear
Wheeling Wheelmen



What a great event! The Harmon Hundred has to be one of the premier bicycling events in the entire Chicago area, if not the entire U.S. I have been in many athletic events of different kinds: triathlons, cross country ski races, tennis tournaments, basketball tournaments, bike races, and others. I have never been in a better organized event of any kind.

Running a tour with as many entrants, and with so many choices of distances and routes is a problem even for professionals. You guys pull it off with volunteers! The Wheelmen were in evidence at every stop on our century ride with cheerful helpfulness and wonderful food. The route was perfectly marked and mapped, and our new route was scenic and safe.

I didn't hear a negative word from any of the riders all day. (I take that back. The Fish Lake Road gravel caused an expletive or two!) I just thought a note of sincere thanks was in order from all the riders in our group, which consisted of 10 cross country ski racers from our Banana Belt Racing Club. It was a great day, and we even made it back for most of the Bear victory.

Even though we live in Lake Bluff now, I would like to rejoin the Wheeling Wheelmen. I miss getting your newsletters.

Gary Gustavson
Lake Bluff, Ill.

Harmon Hundred Statistics

Century	525	HH Riders	1048
75 miles	94	Members' HH	52
50 miles	308	Total Riders	1100
25 miles	121		
	1048	Harmon Hundred riders	
	21	Paid/No show	
	1069		

What a great day for our HARMON HUNDRED..we couldn't have asked for better weather. And although we had no publicity in BICYCLE USA or BICYCLING Magazine and the Chicago Trib listed our ride for Saturday, we still had 55 more riders than last year!

Dear "W2"

Nice job! The HARMON HUNDRED was wonderful. So, I guess, was the person who inspired this tribute to fresh-air, wheels, and other people. Maybe, it should be called the "Harmon Harmony Homecoming!"

The people it drew were very good to be with...the people who put it together must really know their business.

So, from a half-fast (1/2 hundred) patch gainer...may I thank you for the job "well done." You not only gave pleasure, but a little education/reminder for bike people to earn respect from non-bikers who share this spaceship Earth.

Sincerely,

John V. Hahn
Park Ridge, Ill.

Wheeling Wheelmen:

On behalf of the Residents and Sisters at Addolorata Villa, a Home for the Aged, I would like to thank you for your donation of:

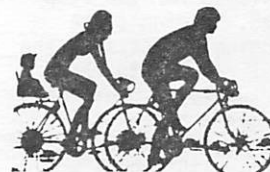
Food: bread, apples, grapes, cookies

Many thanks! Your thoughtfulness was greatly appreciated. God bless you for your generosity.

Sincerely,

Sister Mary Roberta Prince, O.S.M.
Administrator.

MANY THANKS FOR THE MANY FAVORABLE COMMENTS ON ALL PHASES OF OUR ANNUAL HARMON HUNDRED!



It's A
Girl!

ANN MARIE
Aug. 26 '86

Daughter of Richard and Sally Figge
Congratulations to the happy parents!

President:	Bob Meute	823-2592
Vice-Pres:	Jim Grant	506-1269
Treasurer:	Dick Sorenson	593-7945
Membership:	Pat Marshall	564-0346
Safety:	Al Petty	948-7288
Secretary:	Phyllis Harmon	537-1268
Editor:	Phyllis Harmon	537-1268
Program:	Keith Kingbay	459-8242
Rec.Secy:	Marilyn Mathison	825-5470
For Check Out:		
Bike Tools:	Bill Butcher	541-7411
Library:	Dick Ryan	381-1775



by AL PETTY

This month my safety article starts with an interesting item from Toronto, Canada. "Bicycles Belong" is the theme of a bus shelter advertising campaign promoting bike safety, sponsored by the Toronto City Cycling Committee. Featuring a full-color poster with a "share the road-follow the law" theme, the message is directed at both cyclists and drivers. The committee also distributes two instructional booklets with cycling skill advice and sponsors a Bicycle Safety Week.

Toronto is growing and over 200,000 bicyclists ride there, with 10% commuting regularly to work. Two years ago the committee started this vigorous program. Guess what? In 1985, the first decline in bicycling accidents in five years occurred, so perhaps the safe cycling and "Sharing the Road" ideas are paying off.

How about a close call? Have you experienced what Scott Kruze of Seattle, Washington did? During a quick ride home from work for lunch one day, Scott stopped at a stop sign. He was watching several cars pass on the cross street. It was a hazy day, and he was sitting over the bike, upright, next to the stop sign. The clothing he had on was quite visible: a bright red jacket with a wide white stripe. Suddenly a motorist hit Scott from behind! The driver had slowed for the stop sign, but claimed, "I didn't see you". I was watching the cars on the cross street as I came up to the stop sign." Fortunately, Scott was unhurt, but the car's bumper shoved his bike several feet forward. Much further and Scott, with cycle, would have been in the cross traffic. Close call!

I guess we can take all the precautions for safety, but we are still susceptible to error from other human beings. Anyway, please *be careful* - on your century rides or three blocks from home! We know that most automobile accidents occur within five miles of home. Let's not put our bicycles and our lives into the statistics.

I know we have heard a lot of testimonials for the wearing of helmets while bicycling. How about this one? I thought it was interest-

ing. Perhaps you can identify with Tom Hickman of Jefferson City, Missouri.

Tom didn't agree with the USCF ruling about mandatory helmets. He didn't think that anybody should be forced to wear a helmet. A few days ago there was a triathlon in his town. He didn't participate because he claims to be a pure cyclist. Since he had ridden the course before he went to "where the action" and the danger would be the greatest. In the five or ten minutes he was there, three different accidents took place. They were all bad wrecks but everyone walked away from them. They all had good ANSI approved helmets on their heads.

This made Tom think that "maybe I should get a helmet." But after that he didn't really give it any more thought.

The other night he got on his bike just as he did every night. To make a long story short, he was riding with a friend; they had just gone through an intersection. Tom stopped to fix his toe strap. He got back on the street, with feet tight in the clips, and picked up speed going downhill. He looked over his shoulder to see the whereabouts of his friend.

"The only thing I remembered after that was my friend yelling for me to watch out." Tom turned around and ran into a parked car! He went up over the back of the car, and his bike came with him for part of the trip. When he came out of the clips, he rolled off the side of the car and was knocked unconscious.

"Most of my injuries wouldn't have happened if I had been wearing a helmet." In all, Tom had 20 stitches in his face; five over the right eye, five under his chin, and ten under his right eye. He also had a concussion and suffered slight memory loss.

Tom's last quote is: "I would like to say to anybody who doesn't own a helmet that it is worth it to ride with a helmet on, unless you don't have anything up there to protect." Enough said.

Not Guilty !?!

The hit and run driver who killed Diane Matuska in Peoria was found "Not guilty" by the jury of leaving the scene of the accident and not notifying the police! Not guilty when he did not stop, hid his car in a relative's lane and removed the side panel to get it repaired! The prosecuting attorney is sending the tapes of the trial to the state. He feels instructions to the jury are not clear enough. This is a difficult decision for Ron Matuska and all bicyclists to accept!



Fall

by Jenny Grant

As summer slides away, we may feel a sadness in losing the warm weather and long days of sunlight. But the loss is eased by a final burst of Nature's glory as we are treated to the brilliant display of fall foliage. The clear, crisp days are ideal for bicycling. The focus of many fall rides centers on observing the colors of autumn and enjoying the harvest days as life form prepare for the long winter days ahead.

As the daylight hours shorten, hormones slow down the growth process of trees. Chemical changes in the leaves bring about the red, yellow and orange colors. In the spring and summer, leaves are filled with chlorophyll, a green pigment that helps plants change light energy into food. When present in large amounts, chlorophyll masks other pigments. Green is the predominant color of the plant kingdom. In the late summer or early autumn, chlorophyll already present apparently proceeds at an accelerated rate. As the chlorophyll disappears, the residual yellow pigments become apparent. They are less sensitive to the decrease in sunlight hours and cooler temperatures of fall.

The more prominent colors in most autumn landscapes, however, are the various shades of red which develop in the leaves of such species as the red and sugar maple, many oaks, sumac and dogwood. As the temperature drops, a plant burns less sugar than it makes during the sunlit hours and excess sugars accumulate. The red pigment in plants, anthocyanin, is a molecule formed in a reaction with sugar. If there is enough trapped sugar, yellow leaves become scarlet. The synthesis of anthocyanins is favored by periods of bright, clear, dry weather, during which cool but not freezing temperatures prevail. The "turning" of leaves in the autumn is not a result, as commonly believed, of effects of frost.

The beautiful color display soon gives way to the uniformity of winter. The trees lose their leaves and nature enters a period of dormancy. A ring of cells forms during summer at the base of the leaf. In autumn, when hours decrease, the cells interconnecting "glue" weakens and dissolves, but the leaf is still held on by the fluid conducting tissues. Finally, wind, rain or tiny icy crystals break the stalk, the leaf drops, and a protective, corky covering is left on the scar. The same natural forces end most of our riding but not before we have enjoyed the fall colors while bicycling on a clear, crisp day.

Schedule

Oct. 4 DAN WRIGHT WOODS, Wheeling

Sat. 10 a.m. - 25 miles from Potawatomi Woods, on the north side of Dundee Rd. just east of Milwaukee Ave. Short, scenic family ride. Elliott Kanner - 541-9176.

Oct. 5 WHEELING BIKE-A-THON

Sun. Any time 7 a.m. to 5 p.m. 10-mile course, ride as many laps you want. Bicycle USA sanctioned 25/50/62/100 mile patches available for mileage ridden \$2. Registration Booth Tarkington School, Scott and Anthony in Wheeling (just west of Carl Sandburg School). Members can both ride and work. \$10 registration or ride for pledges. Numerous door prizes donated by area business and bicycle shops. Phyllis Harmon - 537-1268.

Oct. 5 Kettle Moraine ride cancelled.

Oct. 11 KILLER HILL, Long Grove

Sat. 9 a.m. - 60 miles from Kildeer School. Good hills, fast pace. Jim and Jenny Grant - 506-1269.

Oct. 12 BREAKFAST RIDE, Wheeling

Sun. 20 miles from Carl Sandburg School on Schoenbeck south of Anthony. Beautiful fall riding. Phyllis Harmon - 537-1268.

Oct. 18 TIGER & PUSSY CAT, Palatine

Sat. 8:30 a.m. Tiger ride 35 miles; 1 p.m. Pussy Cat ride 26 miles. From Deer Grove Forest Preserve, entrance north of Dundee Rd. on Quentin. 1st parking lot after left fork in the road. Tiger ride is faster, hillier; Pussy Cat ride is more leisurely pace. Ride either or both. Jim and Jenny Grant - 506-1269.

Oct. 25 CHICAGO LAKE FRONT, Chicago

Sat. 10:30 a.m. from Foster Avenue parking at Lake Michigan. Beautiful ride south to Hyde Park and University of Chicago. Historic landmarks. 46 miles. Bob Vargas - 259-3210.

Nov. 1 LIBERTYVILLE RIDE, Wheeling

Sat. 10 a.m. - 32 miles from Chamber Park, Wolf Rd. north of Dundee Rd. Lunch in Libertyville. Elliott Kanner - 541-9176.

Harmon Hundred Photos ?

Since I was in charge of registration this year I didn't get out on the road to take pictures. Did you take any pictures of the sag stops and/or riders on the road? If you have any, please send to Phyllis Harmon, 356 Robert Ave., Wheeling, IL 60090. I'll need them by Oct. 15 for the November newsletter.

Thanks a lot!

Last Call For NEW ZEALAND

Sat. Jan. 25 - Feb. 14, 1987

Air New Zealand from Los Angeles.

\$3,000 includes air fare, hotels, breakfasts, dinners, luggage transported, tour bus to carry bikes and riders in order to bicycle to the best scenic areas and points of interest. Approximately 900 bicycling miles - best of both north and south islands.

We'll fly directly to Christchurch, then Ashburton, Tekapo, Mt. Cook (optional flight up to Mt. Cook and land on a glacier). Then to Queenstown, Haast Pass, Fox Glacier, Hari Hari, Greymouth, Murchison, Nelson, Blenheim, to Picton and ferry to Wellington on north island. Luxurious stay at the Chateau in Tongariro, to Taupo (largest lake in New Zealand) in thermal area, to Rotarua and Maori Art Center and Tudor Towers, and on to Auckland and home.

New Zealand is an outstandingly beautiful country in the southern hemisphere so Jan.-Feb. is their July-August. All the delicious fruit is ripe, sheep are being sheared. No dogs running loose, no glass, no mosquitos.... There are 3 million people and about 63 million sheep! 72% of the people are on the north island; 55% of the people are in just 5 cities! Bicycling up the west coast of the south island you have the blue Tasman sea on your left, bush country (heavy ferns, palms and dense undergrowth) topped off with the snow covered Southern Alps....and every sound of water you can imagine! Water falls, white water, streams, babbling brooks and melting snow!

\$500 due now; balance by Dec. 1 to Phyllis Harmon, 356 Robert Ave. Wheeling, IL 60090.

Wheeling Bike-A-Thon

This is our annual community project. We need volunteers for 3-hour shifts 7 a.m. to 5 p.m. You can work one shift and then ride any number of miles you wish before or after your shift. Sanctioned Century, Metric Century, Half and Quarter Century patches available @ \$2 if you do the mileage. Chance to complete your 1986 set.

All riders qualify for numerous door prizes from computers, certificates from bike shops and restaurants. Ride for \$10 registration OR ride for pledges. Special awards for dollars raised.

Volunteer to Phyllis Harmon - 537-1268. Proceeds for crafts and programs of Pavilion Senior Center.

BICYCLE USA 1987 RALLIES

1987 BICYCLE USA
National Rally
July 1-5, 1987

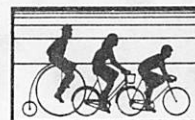
Michigan State
University

'87 National Rally
PO Box 25114
Lansing, MI 48909

GEAR '87
Long Island
July 17-20, 1987

State University
of New York
at Stony Brook

GEAR '87
PO Box 7159
Hicksville, NY 11802



Join the
national
organization
of bicyclists

BICYCLE USA

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BICYCLE USA operates the only national legislative program that defends your right to the road. The only nationwide courses in Effective Cycling training. The most complete network of Hospitality Homes for touring cyclists. The best bicycle rallies and GEARS. The biggest calendar of cycling events, the best feature articles, and the friendliest coverage, all in BICYCLE USA magazine.

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Sign me up!
I want to join BICYCLE USA today!

Name(s) _____

Address _____

City _____

State _____ Zip _____

Telephone _____/_____

☐ New Individual one-year membership: \$22

☐ New Family one-year membership: \$27
Outside North America add \$5

Make check payable and mail to:

**BICYCLE USA, Suite 209,
6707 Whitestone Rd.,
Baltimore, MD 21207**

(Allow 6-8 weeks for receipt of first magazine)

Wheeling Wheelmen



First course hosts, Paul and Sue Kent of Mt. Prospect.

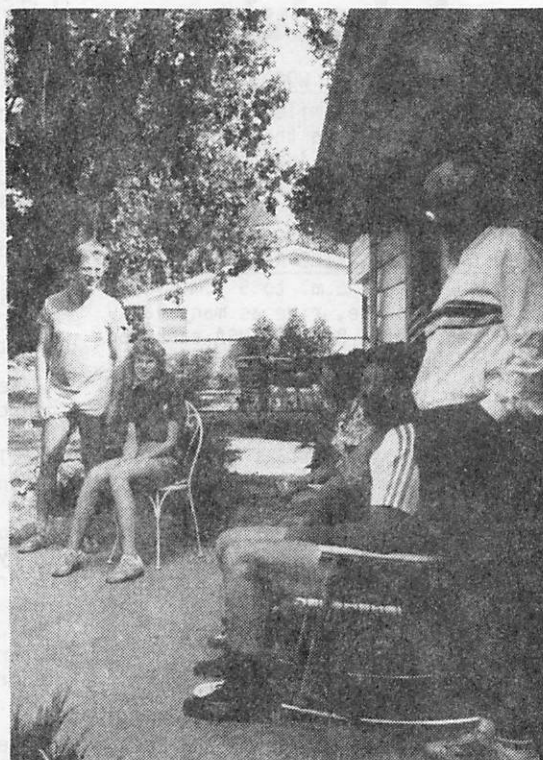
We all enjoyed the delicious hors d'oeuvres and socialized until all participants arrived.

Progressive Dinner

Photos by
Phyllis Harmon

This was our 4th Progressive Dinner. There are four courses (hors d'oeuvres, salad main course and dessert. Of course we pedal from course to course and managed to roll up 40 miles before the day was done.

Now is the time to think of next year and what course you would like to serve.



Jim and Jenny Grant, Jane Newell, Bob Vargas and Carolyn Kropp chatting on the Kent's patio.



Mt. Prospect to Arlington Heights for delicious fruit-filled watermelon at Betty and Bob Vargas' home. Howard Paul, Ruby Curtis, Jack Russell behind Sue Kent, Elliott Kanner, Betty Vargas and Carolyn Wells down from Milwaukee.



Ready to ride: Jim Grant, Jane Newell, Howard Paul, Elliott Kanner and Keith Kingbay.



On the bikes again we pedaled from Arlington Heights to Gee Cunningham's in Highland Park. There she had a huge turkey and all the trimmings for turkey sandwiches.

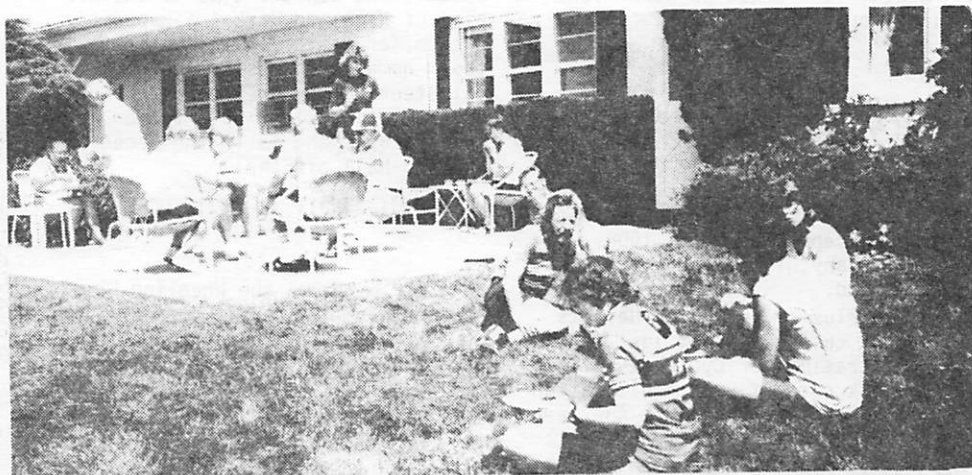
Left: Ruby Curtis, Gee Cunningham, our hostess, and Keith Kingbay.

Many thanks to Pat Marshall for leading us to Gee Cunningham's and back to the Kingbay's.

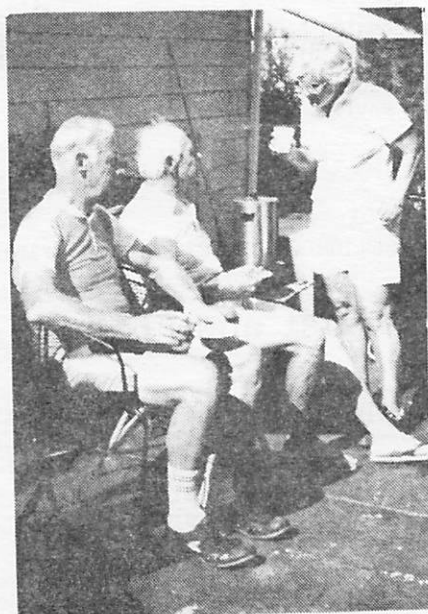
Right: Leisurely enjoying the delicious food on the Cunningham's patio.

Then it was back on the bikes to pedal to Buffalo Grove and Keith and Rosetta Kingbay's for dessert and to enjoy seeing Keith's vast collection of bicycling memorabilia.

Below: Howard Paul, Keith Kingbay and Gee Cunningham



Below: At ease at the Kingbay's after dessert. Chatting and reluctant to say goodbye and head back to the Kent's and home. Carolyn Kropp, Jane Newell, Ruby Curtis, Lois Paul, Elliott Kanner, Carolyn Wells and Betty Vargas.



THE PREZ SEZ

I'm glad that I was able to ride sweep for the Harmon Hundred this year. Doing so made it possible for me to see volunteerism work from the up-close perspective of a rider.

And what a splendid day weather-wise! Everything seemed to work out very well. Whatever glitches and problems that occurred were solved by people with a positive attitude. My thanks to all who contributed to a successful event.

It is time for us to consider new leadership, so I urge everyone to vote (when you receive your ballot), to volunteer, and to continue the support needed to make us a successful bicycle club.

I am thankful for the help I have received from everyone during the two years I have served as president.

Again, it's great to work with all of you!

Bob Meute

Very Special Thanks

A very special thanks goes to our very helpful bicycle shops for their assistance to Harmon Hundred riders: providing repairs, tires, tubes, spokes or anything else to keep them on the road.

Bikes Plus of Arlington Heights had their customary spot just south of registration; CC Cycle of Buffalo Grove took care of both registration and Cuba Road sag stop; Jim Andresen of ABC Cyclery in Arlington Heights was out of town this year but introduced us to Tony's Schwinn Shop in Woodstock and they provided assistance at the lunch sag there. In fact they have already volunteered to service Woodstock next year!

A number of our members participated in the very popular Amishland and Lakes weekend in Howe, Indiana.

Everyone was delighted to find Don and Judy Stansfield there, past president and secretary of Wheeling Wheelmen now living in Freeport, Ill.

Right: Judy Stansfield, Elliott Kanner and Don Stansfield.



Citizens of the Month

Bill and Pat Marshall are sports enthusiasts who enjoy cycling, jogging, skiing and scuba diving. Once a year they take off for a diving vacation. The rest of the year they are volunteer teachers, opening up the vast world of underwater exploration and ocean life to local elementary and junior high students. Life Newspapers selected them as Citizens of the Month for their volunteer work.

Bill and Pat started their lectures five years ago. They produced a 45-minute slide show which features highlights of several of their trips. They answer many questions, describe type of training necessary to become a scuba diver and share experiences of diving in Hawaii, the Caribbean and areas in the U.S.

Bill is an employee of the DuPont Corporation and former Little League coach. Pat donates time to the Hospice of Highland Park (a support person for terminally ill patients in their homes) and has served as a volunteer coach for the Northbrook Speed Skating Club, is a former top speed skater and is in the Speed Skating Hall of Fame!

Election Coming Up

Want to serve the Wheeling Wheelmen in some capacity? Phone Phyllis Harmon - 537-1268, or nominations can be made at the October meeting.

Elected officers are:

President
Vice President (Ride Chairman)
Treasurer
Safety Officer
Membership Chairman
Secretary.



C. C. CYCLE

BIKES - PARTS - REPAIRS
307 W. DUNDEE RD.
BUFFALO GROVE, IL 60084

BICYCLE TUNE UP CLASS

Maintenance and general adjustments

Wednesdays, Oct. 15, 22, 29

7:30 to 10:00 p.m.

\$30.00 per person

Hands on--bring own bike and tools if possible.

Tools will also be loaned.

SECOND SESSION: Wed. Nov. 5, 12, 19.

Extensive Overhaul classes to follow in January.

307 W. Dundee Rd.
Buffalo Grove, IL 60084
541-3133

For Sale

FOR SALE: Brand New (used once) ARAYA A-16 Alloy Rims (Schrader Valve) Michle Hubs. 14-gauge spokes - Stainless. \$65. Al Petty 948-7288

FOR SALE: SILVER CARABELLA RACING BIKE. 63 cm Frame. Black Dura-Ace Components. 700c 25 rims - Rigid 44-53 Chainrings; 13-23 Rear Sprocket EXCELLENT SHAPE. \$300. Al Petty - 948-7288.

FOR SALE

- Pair "Brittania" quick-fit lightweight fenders, New - \$10.
- Racing seat - leather original "Middlemores" like new - \$15.
- Schwinn chain protector. New \$1.
- Schwinn spring cushioned seat New \$10.
- Schwinn handlebar bag with mount. Black vinyl. New \$15.

Joe Bernat, South Bend, Ind. Items at Phyllis Harmon's - 537-1268.

Wanted

WANTED

Used LIGHTWEIGHT, 22" diamond frame. Marcia Swanson - 593-5414

Lost and Found

Marilyn Mathison has items found at Harmon Hundred sag stops: 825-5470.

white cycle cap and pin
1 bicycle wheel
pair bicycle gloves
4 water bottles

LOST: Plain blue sweat shirt.
David Clark - 561-8558 home
- 236-4224 work