

NEWSLETTER OF THE WHEELING WHEELMEN



MONTHLY MEANDERS

PREZ SEZ

Greetings fellow club members.

The 34th annual Harmon Hundred is now in the books. We hosted just under 750 riders this year on a day that started off cool and progressed to mid 80's by late afternoon. Let me share some of the obstacles we faced this year starting with the loss of our mentor/guardian Bob Savio. The next hurdle we faced was learning that our venue for the past several years decided not to honor a verbal commitment and scheduled another event in place of the Harmon. They never informed us of this. We discovered this in mid May when Marykay called Wilmot Mountain to reconfirm the date. A lot of scrambling and a bit of professional courtesy through our own school principal, Deb Wilson, landed us the Wilmot High School. This turned out to be a great place to stage the ride. We had full use of the cafeteria, rest rooms and locker rooms for showers after the ride. Parking was a little tight but we were able to spill over into the fairgrounds. Our next obstacle was the loss of the park in Lyons for the 2nd rest stop. More scrambling for a new location just a few blocks from the park. A historic hall with plenty of tables and chairs and best of all indoors away from the bees. Some of the other roadblocks faced and over-

come were the bread company we've relied on went out of business, our cookie supplier doubled his price and the t-shirt company thought the event was the 19th not the 12th. This was the first year we used signs to designate all the turns. Other than some prankster removing several from the 100 mile loop, we received a lot of positive feedback.

I'll let the chairperson thank all the individuals who worked hard, improvised and made our 750 guests feel welcome. The parking, route marking, registration, rest stops, bike shops and sag services all came together perfectly. You are an amazing collection of energizer bunnies. I'm blessed to be a part of this club. None of this happened by chance. Our Chairperson Marykay Drapeau kept everyone on task. We are lucky to have her.

Thanks to Amlings Cycle, Shamrock Cyclery, and Village Cycle for their technical support. Thanks also to Cliff Bar, Balance, and Peak Bar for the donated energy bars and snacks. They were well received and appreciated. I'm sure you gained some new customers based on the comments I heard.

The Harmon Hundred is our biggest fundraiser. We will continue to support organiza-

tions that promote bicycling. Please let us know if you are aware of any organizations, causes etc. that would benefit from our assistance.

Don't forget the October meeting will feature a pictorial bicycle trip across Iowa presented by the Boyer's, Wilson's and Drapeau's. We'll share some of the wacky sights from RAGBRAI. We have speakers lined up for the January and February club meetings next year. Details to follow. No club meetings in November and December. They are replaced by the banquet and holiday parties.

The club is participating in the VeloSwap at the Odeum in Villa Park on October 30th. We will have a booth set up to promote our club and invitations. We can use some help manning the booth. Let me know if you can spare an hour or two. If you man the booth you get free admission.

That's all my exhausted mind can think of right now. The Harmon was yesterday so I'm a little punch drunk. Just another plea for ride hosts. October has a few open spots. Thanks

See you on the road.

Rich Drapeau

OCTOBER, 2004

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WELCOME NEW MEMBERS:

Bob Rimsky, Arlington Hts
 Bill Fitzpatrick, Libertyville
 John A. Salemi, Arlington Hts.
 Peter Waldman, Downer's Grove
 Johannes Smits, Roselle
 John Fanella, Mundelein
 Rene Wolf, McHenry
 Mark & Janine Westlund
 Glenview
 Tom Frampton, Arlington Hts
 Tony Vizgirda Chicago
 Debbie Beller Buffalo Grove
 David Naigles, Bloomingdale

Club Officials

Elected Officers

President	
<i>Rich Drapeau</i>	(847)808-1476
V.P./Ride Chair	
<i>Len Geis</i>	(847)679-0279
Treasurer	
<i>Al Berman</i>	(847)541-9248
Secretary	
<i>Kris Woodcock</i>	(847)520-6932
Membership	
<i>Betsy Burtelow & Jim Boyer</i>	(847)541-1325
Publicity Chair	
<i>Sheri Rosenbaum</i>	(847)821-7622
<i>luv2bike80@hotmail.com</i>	
Appointed Officers	
Harmon	
<i>Mary Kay Drapeau</i>	(847)808-1476
Newsletter & Mailing	
<i>Ella Shields</i>	(773)594-1755
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	(847)632-1412
Chairmen	
Banquet	
<i>Kris Woodcock</i>	(847)520-6932
Harmon Data Base	
<i>Jennie Pfeifer</i>	(847)342-8823
LAB	
<i>Phyllis Harmon</i>	
Mileage Statistician	
<i>Joe Irons</i>	(847)359-0551
Picnic	
<i>Al & Cindy Schneider</i>	(847)696-2356
Refreshments	
<i>Frank & Pat Illy</i>	(847)923-5910
Ride Line	
<i>Art Cunningham</i>	(847)963-8746
Web Page	
<i>Jim Boyer</i>	(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.

Board Meeting

The next board TBA.

MEANDER STATS -TOP 20 through Sept. 9

218 rides by 142 Members totaling 111,927 miles. 6938 maximum miles possible per rider

WOMEN:

1	Cindy	Schneider	2976
2	Reinhilde	Geis	2334
3	Pam	Burke	2228
4	Mary	Myslis	2196
5	Cindy	Trent	2034
6	Mary Kay	Drapeau	1998
7	Ella	Shields	1913
8	Debbie	Wilson	1801
9	Betsy	Burtelow	1794
10	Marianne	Kron	1721
11	Kris	Woodcock	1697
12	Meg	Ewen	1622
13	Chris	Wager	1528
14	Sheri	Rosenbaum	1141
15	Pat	Illy	1128
16	Fran	Green	903
17	Patricia	Gill	848
18	Cynthia	Brown	804
19	Barb	Swasas	575
20	Meg	Ryan	570

MEN:

1	Kilian	Emanuel	4657
2	Art	Cunningham	3368
3	Frank	Illy	3270
4	Al	Schneider	3176
5	Leonard	Geis	3078
6	Kurt	Schoenhoff	3060
7	Daniel	Wiessner	2773
8	Richard	Drapeau	2766
9	Jim	Boyer	2744
10	Joe	Irons	2565
11	Tom	Wilson	2530
12	Louis H.	Greene	2076
13	Alan	Berman	2009
14	Kevin A.	Moore	1926
15	Bob	Dominski	1782
16	Dennis	Creaney	1765
17	Phil	Castle	1586
18	Earle	Horwitz	1544
19	C. Brian	Hale	1451
20	Robert	Walkowicz	1127

WEEKDAY RIDES

TUESDAY / THURSDAY

DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Willow Stream Park, promptly at 9:00 A.M. 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.

THE HILL AND DALE

WEDNESDAY EVENING RIDES

Last ride October 27

Rides of 25 to 32 miles are scheduled to leave the Grassy Meadow parking lot in the Paul Douglas Forest Preserve at 5:30 pm. Cue sheets are provided. To reach the forest preserve go west on Central rd., off Roselle Rd, just north of I-90. Go approximately 1 1/2 miles and turn right into the parking lot. Call Frank or Pat Illy at 923-5910 for further details. A blinker taillight is highly recommended.

October Meeting



Do RAGBRAI the easy way!

At the next club meeting

October 7, 2004

The meeting will be on Thursday at Wheeling H.S. at 7:00 p.m. in room C102. The high school is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling.

Many club members did RAGBRAI this year, so don't miss this excellent presentation on their adventures.

Lake Geneva Ride - 8/8/04

watching waves on lake

our bikes resting under trees

ride home against the wind

Oct. Ride Schedule	All Riders Should	*wear a helmet *bring water *bring a pump	*have a bike in good condition *bring a spare tube and patch kit *arrive early...15-30 minutes	*bring an ID card *carry a cell phone
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Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Every Saturday	8:00	Honey Do Ride	Grassy Meadow Douglas Forest Preserve	On Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	30-58	Brian Hale 426-3290 & Frank & Pat Illy 923-5910
Sat. 10-2	9:00	Broken Oar	Kildeer School	Old McHenry Road, north of Long Grove Shopping District	44	Kris Woodcock 253-9288
Sun. 10-3	9:00	Triple L	Lyons, WI	I-94 North, Hwy 50 west, Turn north on South Road to Railroad Street in Lyons, WI	77	Ella Shields 773-594-1755
	9:00	EFHOB	Rose School	I-90 to Rt.59 North, turn right on Penny Road to the school just past Bartlett Rd.	44	Brian Hale 426-3290
	9:00	Chicago Lakefront Path	Foster Ave. Beach	East on Peterson off Edens, right on Ridge, bear right on Broad- way to Foster, left under Lake Shore to 1st parking lot on left.	48	Art Cunningham 963-8746
Sat. 10-9	9:00	47 West of 47	Marengo High School	I-90 West to US 20 West, north to Marengo. Corner of Prospect & US 20	50	Fran Green 541-9248
Sun. 10-10	9:00	Vern's PITA	Cuba Marsh	Turn west from US-12 onto Cuba Rd; parking on the left just past Ela Rd.	39/61	tba
Sat. 10-16	9:00	Triple Deerpass	Evergreen School, Union	I-90 West to US20 to Coral. Turn right to Northrup. Turn left to Washington. Turn right to school.	66	Kilian Emanuel 296-7874
Sun. 10-17	9:00	Honey Lake Loop	Kildeer School	Old McHenry Road, north of Long Grove Shopping District	35	Len Geis 679-0279
Sat. 10-23	9:00	Ride to Fontana	McHenry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	71	Art Cunningham 963-8746
Sun. 10-24	9:00	B.D.S.R.	Kildeer School	Old McHenry Road, north of Long Grove Shopping District	40	Nancy Beck 630-837-2195
Sat. 10-30	9:00	Who Let the Dogs Out	Evergreen School Union, IL	I-90 West to US20 to Coral. Turn right to Northrup. Turn left to Washington. Turn right to school.	48	Al Berman 541-9248
Sun. 10-31	10:00	Apple Cider Ride	Kildeer School	Old McHenry Road, north of Long Grove Shopping District	36	Bob Walkowicz 658-8905

ALWAYS CALL THE RIDE LINE FOR ANY LAST MINUTE CHANGES 847/520-5010

October Wednesday Chicago Area Bike Path/Trail Rides

Date	Time	Miles	Path/Trail	Start	Directions	Comments
10-6	9:00	40/62 partial loops	Loops of the Aurora Spur of the Prairie Path	Roy C. Blackwell F. P., Warrenville (Mack Rd. entrance)	Go east on I-90 to IL-59; exit south to Mack Rd.; go ½-mi. to park entrance on left; parking lot left of main- tenance bldg.	Packed crushed stone, some paved
10-13	9:00	40	Ride to Old School	Half Day Forest Preserve	Off Milwaukee Ave. 1-1/2 mi. north of IL-22 – park at the 1 st lot on the rt.	Crushed stone/ paved paths
10-20	9:00	42	White River Trail Ride	Lyons, WI	Go North on I-94 to WI-50; go left to South/Lyons Rd. to Lyons; park near Jeanie's Store	Crushed stone path and connecting roads
10-27	9:00	50	Des Plaines/ McClory Lake County Loop	Parking Lot D, Old School Forest Pre- serve	IL 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D lot.	Packed crushed stone, paved ***

***approved for narrow tires

Bring snacks and plenty of water

**wide tires recommended

Check with Art Cunningham—968-9746 for details

*wide tires required

TRAIL NEWS

During the past two years I have noted a trail under construction passing through Lyons, WI and viewed on roads we ride to the west. This is the White River State Trail to be completed this fall. This 11 mile trail extends from Elkhorn, WI to a mile west of Burlington, WI. This is the closest of the Wisconsin State Trails to the Chicago area. The surface is crushed, packed limestone. A mile into Burlington is the trailhead for the Burlington trail, a Racine county trail. With a gap in the Waterford area this trail heads 13 miles north to Waubeesee Lake near the town of Wind Lake, WI. Taken together, these provide a pleasant 50-mile round trip trail ride in Walworth and western Racine Counties.

When man invented the bicycle he reached the peak of his attainments. Here was a machine of precision and balance for the convenience of man. And (unlike subsequent inventions for man's convenience) the more he used it the fitter his body became. Here, for once, was a product of man's brain that was entirely beneficial to those who used it, and of no harm or irritation to others. Progress should have stopped when man invented the bicycle. Elizabeth West, Hovel in the Hills.

Premier Chicago VeloSwap
Saturday, October 30,
Odeum Sports & Expo Center

VeloSwap features exhibit and sales booth space for individuals, clubs, teams, sales reps, retailers and suppliers...it is the place to see, sell, buy, show and swap every imaginable bike, part and accessory

The show includes great cycling celebrities, special events, clinics, prize drawings and much more....

Join **Joe Friel**, the author of *The Cyclist's Training Bible*, and other top coaches and athletes for the "Science of Speed", a question and answer session covering a complete range of competition and conditioning topics.

Graham Watson's images set the standard for cycling photo journalism. Graham will present his newest book, the fantastic *Landscapes of Cycling* at the premiere Chicago VeloSwap.

Bring Your Own Bike and take the MultiRider challenge. Each high-intensity 10 kilometer session pits you against other riders with real-time results. Your entry gives you a chance to win a CompuTrainer and new bike! Sessions conducted by Robbie Ventura of Vision Quest Coaching Services

The club will have a booth set up at the show, if you would like to volunteer to work please contact Rich Drapeau at (847)808-1476

Show Hours: 9-5, tickets \$8.00

The Expo Center is at 1033 N. Villa Ave., Villa Park, IL. For directions to the odeum, visit: www.odeumexpo.com/map.htm

WHEELING WHEELMEN 2004-05 BALLOT

PRESIDENT:	RICH DRAPEAU	<input type="checkbox"/>	OR _____
V.P./RIDE CHAIR:	OPEN	<input type="checkbox"/>	OR _____
TREASURER:	AL BERMAN	<input type="checkbox"/>	OR _____
MEMBERSHIP:	JIM BOYER & BETSY BURTELOW	<input type="checkbox"/>	OR _____
SECRETARY:	KRIS WOODCOCK	<input type="checkbox"/>	OR _____
PUBLICITY:	SHERI ROSENBAUM	<input type="checkbox"/>	OR _____

Please mark accordingly: _____ Individual _____ Family

BALLOT MUST BE RETURNED BY OCTOBER 31, 2004

Balloting Committee: Pam Burke, Ed Leidecker & Mike Ortmanns

Mail Ballot to: Ed Leidecker, 130 Kincaid Drive, Lake Zurich, IL. 60047-1363

BOB SAVIO GOOD SAMARITAN AWARD

VOTE FOR THE BEST NEW RIDE OF 2004

Kurt's 3 Options Ride ☐

MOST IMPROVED RIDER:

MALE: _____

FEMALE: _____

BEST DRESSED:

MALE: _____

FEMALE: _____

HARMON

Where do I begin! It was a difficult year without my dear old friend, Bob. We had numerous hitches from big things like our starting point not being able to schedule us again this year to our bread maker closing it's doors one month prior to the start of the Harmon. All in all we had another great Harmon this year. 760 riders enjoyed the perfect weather conditions and many new roads. Harmon could never be possible without all the numerous volunteers:

Verne Aebli	Velda Knorr
Al Berman	Chip Kyle
Jeff Biedlak	Kevin Moore
Brian Blome	Mary Myslis
Jim Boyer	Joel Nelson
Uli Brookman	Mike Ortmanns
Pam Burke	Dani Peterson
Betsy Burtelow	Jennie Pfeifer
Pat Calabrese	John Pfeifer
Phil Castle	Bob Pletch
Art Cunningham	Emily Qualich
Bob Dominiski	Sheri Rosenbaum
Rich Drapeau	Meg Ryan
Killian Emanuel	Virginia Savio
Len Geis	Al Schneider
Reinhilde Geis	Cindy Schneider
Pat Gill	Kurt Schnoehoff
Fran Green	Ella Shields
Louis Greene	Dave Smith
Peter Guzik	Dennis Stodola
Brian Hale	Cindy Trent
Earle Horwitz	Chris Wager
Frank Illy	Dan Weisner
Pat Illy	Deb Wilson
Joe Irons	Tom Wilson
Dave Johnson	Kris Woodcock
Pam Kaloustian	

Thanks to ALL of you, I couldn't have done it without all of your help. Special thanks to Rich for putting up with all my craziness the past couple of weeks.

Your Harmon Hundred Chairperson,
Mary Kay

The Registrar's Annual Great Bicycle Ride Across Iowa (RAGBRAI),

sponsored by the Des Moines Registrar, is most probably the biggest weeklong cycling event anywhere. During the last week of July, 10,000 cyclists cycle 500 miles across Iowa. RAGBRAI is predominately a camping event. Overnight towns provide camping areas, food, drinks, beverage gardens, entertainment, shower and sanitary facilities for the cyclists. The pass-through towns provide, at the very least, food and drinks. The last pass through town generally has a beverage garden with entertainment and other amenities to welcome riders. Local residents and businesses go all out to make the cyclists feel welcome. Some of the overnight towns have a total population of less than 1,000 people. It is just amazing how well these towns prepare for the 10,000 cyclists. You must experience RAGBRAI to really appreciate the magnitude of the event. Nothing can compare to the RAGBRAI experience.

This year, RAGBRAI XXXII started in Onawa, crossed central Iowa and ended in Clinton. Tradition dictates that you dunk your rear tire in the Missouri River at the start of the ride and your front tire in the Mississippi River at the end of the ride. RAGBRAI, being extremely safety conscience, discouraged riders from biking to the Missouri River from Onawa, because of heavy traffic on the roads that lead to the river. Instead, on Sunday as you departed Onawa for Lake View, RAGBRAI provided a tanker truck that discharged Missouri River water on the route for you to bike through.

RAGBRAI has something for everyone. Some cyclists participate in RAGBRAI for the challenge it provides - 500 miles in 7 days, more if you do an optional century loop. They enjoy camping, the Iowa landscape, the people they meet along the way, and, of course they enjoy the food. There are cyclists from most every state, and many foreign countries. Of course, you meet many, many Iowa residents. Some of the friendships last and go on for years. Some people have actually gotten married on RAGBRAI. The people you meet and the food you eat are as much a part of the RAGBRAI experience as the ride itself. The food provided by the pass through towns and the overnight towns is outstanding. Iowa pies are legendary.

Some cyclists go for the parties, the entertainment and the party atmosphere that continuously prevail during the entire week of RAGBRAI. There is always music, either live or DJ. There is dancing in the streets, in parking lots, in fields, and in alleys. There always seems to be a party going on somewhere. It may start early, as early as that first local bar you pass, or that first farm you pass providing free beer, or that beverage garden in the last pass through town. Of course, the partying continues until the beverage garden closes in the overnight town. Then, many cyclists "hit" the local bars that remain open well after the beverage garden closes.

Then there are some cyclists that enjoy everything associated with RAGBRAI, the challenge of the ride, the camping experi-

(Continued on page 7)

(Continued from page 6)

ence, the people, the food, the beverage gardens, the bar scene, the parties and the entertainment. They cycle every mile, possibly even the optional century loop, "hammer" the best of pace lines, and make it a point to visit most every beverage garden on RAGBRAI. They may even stop to visit local farmers that are providing free beer to the riders. Late evening "beer slides" on RAGBRAI are as legendary as the Iowa pies. Some describe RAGBRAI as a "moving" Woodstock. As you might imagine, training for RAGBRAI is of paramount importance.

Riders wishing to participate in RAGBRAI pay a registration fee to be included in a lottery. Once selected, riders receive a RAGBRAI Tag, and are free to go as they choose – stay with the Registrar's service and pay no extra fees; or join up with a Team, Bicycle Club or Charter group, where extra fees are involved. Most participants go with a Team, Club, or Charter.

This year, and for the past 5 years, our Team has gone with the RiverBend Bicycle Club (RBBC) of Clinton, Iowa. RBBC provides a charter service for about 140 cyclists (member and non-members), taking riders and bikes from the end town to the start town. Once the ride begins, RBBC carts your camping gear from one overnight town to the next and drivers select the best available campsite for the group. (They do a very good job.)

The benefits of the smaller group are fewer pieces of baggage to go through to find yours, camaraderie of the smaller group, and campsite location is generally very good, with ample room for all riders.

The weather on RAGBRAI XXXII was pretty good. The mornings were comfortably cool, and great for cycling. Leaving Onawa, however, it was particularly cold, with a low temperature in the mid 40's. There were two days when we had mid morning rain, but by the afternoon, the rain had stopped, the sky cleared, the roads dried and the sun was shining. It warmed during the day, with temperatures peaking in the 70's and 80's. The humidity seemed OK. Afternoon and evening weather conditions were quite comfortable.

Our Team philosophy is up at 5:00am and out at 6:00am, well maybe 6:30am, no matter what the activities were the night before. The Team brings a 10'X10' Cabana, that with years of practice, goes up in minutes. We break out the camp chairs, tables, snacks, and, of course those adult beverages, AKA "barley popsicles". Most of our Team members are seasoned RAGBRAI veterans.

In Onawa, the Cabana was close to the Bike Expo, and was within walking distance of the downtown. In Lake View the Cabana overlooked the lake providing an excellent, and very relaxing view. In fact, Tom and Deb Wilson joined the group for a few "barley popsicles". Many went for a swim in the lake. The Fort Dodge and Iowa Falls campsites were similar to the Onawa site. It was very easy to enjoy the RAGBRAI experience.

The Marshalltown site was great. Although our campsite was not close to the downtown, excellent shuttle service was provided. At the beverage garden we met Roger and Lindsay, two Team members who were unable to participate in RAGBRAI because of job commitments. (What a bummer!!!!) When activities in the downtown

wound down, the shuttles were waiting to take us back to camp. At the end of the shuttle ride, and close to the campsite, was Brewster's, a local bar. Brewster's was great, a happening place.

The next morning we were off to Hiawatha. Palo, the last pass through town before Hiawatha, had its beverage garden waiting for the cyclists. A live band welcomed the riders. The band was very good. We enjoyed the entertainment, the people, and a few "barley popsicles". Then, we were off to Hiawatha.

The campsite in Hiawatha was located amongst many shade trees, and only a 100 yards or so from the food court and the beverage garden -- an ideal location. Needless to say a good time was had by all.

Maquoketa was next. It was Friday, the last camping day of RAGBRAI XXXII. RAGBRAI XXXII would soon be over. Lost Nation, the last pass through town before reaching Maquoketa, had its beverage garden, music and other amenities ready to welcome riders. We met Team members Danny and Mike at the Lost Nation Beverage Garden. They were unable to cycle due to injuries they sustained just a few weeks before RAGBRAI XXXII.

We cycled to Maquoketa where the campsite was, once again, located within walking distance of downtown. The Cabana went up quickly, including the camp chairs, tables, snacks, and coolers. Our non-cycling Team members brought with them some real food and several bottles of that fine beverage made from grapes. There was panic when we were unable to find a corkscrew. However, the situation was quickly remedied. Many from the RBBC Charter joined us for an ad hoc, last day celebration.

Off to downtown Maquoketa for dinner, the beverage garden, the local bars, and the last night of RAGBRAI XXXII. Then it was back to the Cabana to complete the evening. Several RBBC members joined us. It was another great night of RAGBRAI.

Saturday, the last day of RAGBRAI XXXII, we biked into Clinton. Amid much fanfare and picture taking, riders dipped their front tire into the Mississippi River, officially marking the end of the ride. Our Team had previously agreed to meet at Jonesey's, a local bar in Clinton.

Then it was off to the Riverbend Bicycle Club baggage truck. We picked up our camping gear and loaded the car. The bikes were loaded on to bike rack. We showered, then joined RBBC for beer, pizza and more of that RAGBRAI experience. Then, unfortunately, it was back to reality.

RAGBRAI 2004 is over, done, and finished, but memories remain. The last time I checked (9/10/04), it's 316 days, 19 hours, 6 minutes, and 55 seconds, until RAGBRAI XXXIII. RAGBRAI XXXIII begins on July 23rd. of next year. Applications can be sent beginning 11/15/04. The route will be announced on 1/29/05. The lottery results for RAGBRAI XXXIII become available on 5/1/05. Mark your calendars.

For many, RAGBRAI is religion. RAGBRAI is the cycling event of the year, and more, much more. It is an experience to be remembered. An experience called RAGBRAI.

Bob Dominski

Race Report: Arlington Classic Criterium, Arlington Heights, IL 7/31/04. A 0.6 mile course with 8 x 90 degree corners on city streets.

The women are allowed on the course at about 10:29 for a 10:30 start. One lap and line up. There are about twenty-five Women Cat4/Citizen racers from Illinois, Wisconsin, Indiana and Iowa. They include two or three that placed high in the overall Women's Cat4 at Superweek; one that won last years Arlington Women's Open (highest categories) and our own Mary Myslis. These are good riders looking to divide up the \$1500 over the top five winners. Mary has a lot of courage lining up against this kind of talent.

They receive instructions, the gun goes off and away they go for 30 minutes plus 4 laps. "Go Mary!" I start walking the track backwards to see all points of the race and Mary comes out of turn 8 leading the pack. "Mary, get off the front!" Next time around, she's still there. "You're wasting energy!" I hope she hears me. Laps 3, 4, 5...still at the front. She's dragging them around until they offer a prime (Italian for 'prize' which is offered mid-race), then they sprint by her to pick up the goodies. Mary, Mary, Mary.

Next lap and she's almost at the back. Just like me on the weekend rides. Expend way too much energy early when I'm feeling good

only to fall to the back gasping for breath with legs feeling like lead. I know the next part – off the back.

Well she's not off the back the next lap...or the next...or the next. In fact, with about 10 minutes to go, she's back at the front and really has them strung out with 4 or 5 others off the back. She's riding away from the pack! With about 5 minutes to go, she has about a 4 second gap off the front. "Go Mary!" Next lap they have caught her, but with about 2 minutes left she's off again and has a 6 second gap. The 30 minutes are up and they start the final 4 laps and Mary has 8 seconds off the front. "Go! Go! Go!" The bell rings for last lap. Mary has 10 seconds on the pack but last years winner also has jumped off the front and is in full chase. The pack is down to about 10 strong riders working hard together trying to hunt them down. I think I see last year's winner catch Mary at the end of the front straight. Can the two foxes work together and hold off the rest of the hounds? The two of them come out of turn 8 way off the front and sprint to the line. They've done it! Mary takes second and does it on a flyer off the front – every racers dream. With her arm punching the air, I hear her shout "Second, baby – Yah!!"

Terry Ferguson, Bicycle Club of Lake County.

We gratefully acknowledge our generous SPONSORS and bike shops that supported the Harmon Hundred

BALANCE

BAR

CLIF

**AMLINGS
CYCLE**

**Shamrock
Cyclery**

**Village
CycleSport**



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



Fifty Dollar Prime on the Next Lap!!

The National Criterium Championship held each year in Downers Grove is an important event in the pro cycling race calendar. It is a well attended event that is popular with many Wheeling Wheelmen. This year, the Wheeling Wheelmen made \$50 prime donations

for the USCF Women's Elite Championship and the USCF Men's Elite Championship races. A prime (pronounced preem) is a special award or incentive, in the form of cash or merchandise, offered during a race usually to the first rider to complete a particular lap or sprint. The primes add another layer of excitement to a race and provide motivation to riders who may not have a chance to win the overall event. Some riders count on primes to help defray the costs of traveling to races across the country.

The Wheeling Wheelmen primes were announced during these two exciting races to promote the upcoming Harmon Hundred invitational. The race announcers did a fantastic job of selling the Harmon to the crowds during the period of time the peloton was on the back stretch. In the USCF Women's Elite Championship the prime winner was Charmian Breon #27 riding with team Colavita. The Men's Elite Champion prime winner was the young, stud-muffin Marco Aldena #82. Unfortunately, the photograph of the Wheeling Wheelmen women posing with Marco did not turn out....but they were more breathless than he was after riding the race.

HARMON COMMENTS

Dear Wheeling Wheelmen Club,

Thank you for an awesome day! I participated in the Harmon 100 -- rode the 75 mile loop -- and had an absolutely perfect day. The rest stops, SAG wagon, road markings -- everything was fantastic.

I found out about this ride from Bicycling magazine's column on "end of summer" rides. Count me in for next year.

Thanks again. --lisa mann

Thanks for putting on a fantastic event this past weekend. The routes were clearly marked - we never got lost. We did the 75 mile route, but should have pushed it and done the 100. We all lucked out with the weather - great sun and little wind.

Also the rest stops had a wonderful supply of food and Gatorade...thanks again

Steve Diol, Wauconda IL



WHEELING WHEELMEN BANQUET

Sunday, November 14
1:00-5:00

Tuscany
550 S. Milwaukee Avenue
Wheeling, IL. 60090

FUN-FOOD-
FRIENDS-PRIZES!

\$20.00 PER PERSON

RSVP by 10/31/2004

Name _____

Name _____
(Spouse/guest)

Number attending: _____

Amount Enclosed: \$ _____

Please make checks payable to:

Wheeling Wheelmen

Send reservation and check to:

Kris Woodcock
103 E. Olive Street
Prospect Heights, IL. 60070





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

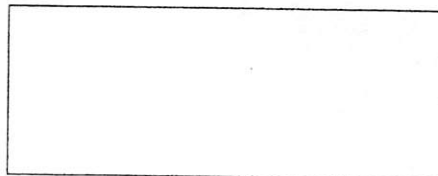
Phone: 847-520-5010
Email: wheeling@wheelmen.com

We are on the web
wheelmen.com

Club Meeting
October 7



Happy Halloween



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