



# MONTHLY MEANDERS

## PREZ SEZ

You would think that with gas prices near \$4 per gallon there would be a little more focus on alternative modes of transportation. If there is it's a well kept secret. Our state legislature is a disaster. Unable to come up with any remedy for the sad state of public transportation. As development pushed further out, roads that used to be relatively traffic free are now clogged with cars and trucks containing angry and frustrated drivers.

Local townships are considering charging fees for passing through their districts. This is aimed at invitational rides but could affect our club rides as well. Can you imagine having to pay a \$50 fee to each township we pass through on all our rides? I know it sounds far fetched but the reality is motorists do not want bicycles on the roads, and there are a lot more of them than us.

Here's an article from a motorists perspective and a cyclists response.

### CARS AND BICYCLES

Published May 30, 2007  
by the OC Register

*By Gordon Dillow*

*I was driving along an open stretch of Pacific Coast Highway the other day, at or just under the posted speed limit of 50 mph, and every hundred yards or so I was passing groups of two or three or a dozen bicyclists pedaling along in the bike lane. And that's when it occurred to me:*

*I don't want to share the road. More specifically, I don't want to share a high-speed road with bicycle riders – not because it's that big of a problem for me, but because it's too dangerous for them.*

*As you may know, "Share the Road" is the slogan for the campaign to make car drivers cooperate with bike riders. The idea is to encourage motorists to be more aware of bicyclists and treat them safely and courteously.*

*That's certainly a laudable goal. And perhaps cars and bikes can safely share the roads in residential or other areas where the speed limits are 30 or 35 mph.*

*But on roads like sections*

*of Pacific Coast Highway, where speed limits range up to 55 mph, it seems like utter madness to have 3,000- or 4,000-pound cars going 55 mph hurtle past 25-pound bikes going 15 mph – with nothing more substantial between them than a thin white stripe delineating the shoulder or the "bike lane." It's like allowing baby strollers on the freeway.*

*Yes, I know we've spent millions of dollars creating bike lanes – as opposed to separate, no-cars-allowed bike "paths" and "trails" – along our streets and highways. I also realize that in this day and age there are few things more politically incorrect than to suggest that cars be given preference over bicycles. After all, in the popular view, motor vehicles are pollution-spewing, gas-guzzling (and gasoline tax-paying) monsters, while bikes are benign, environmentally friendly little munchkins.*

*But the problem is that when monsters mix with munchkins, the munchkins are inevitably going to get*

*(Continued on page 6)*

July, 2007

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### Welcome New Members

Chuck Shultz, Lake in the Hills

Harry Spila, Palatine

Jay Silber, Hawthorn Woods

## Club Officials

### Elected Officers

|                                       |               |
|---------------------------------------|---------------|
| <b>President</b>                      |               |
| <i>Rich Drapeau</i>                   | (847)808-1476 |
| <b>V.P./Ride Chair</b>                |               |
| <i>Brian Blome</i>                    | (847)358-4807 |
| <i>&amp; Pat Calabrese</i>            |               |
| <b>Treasurer</b>                      |               |
| <i>Johannes Smits</i>                 | (630)893-2835 |
| <b>Secretary</b>                      |               |
| <i>Kevin Moore</i>                    | (847)577-8490 |
| <b>Membership</b>                     |               |
| <i>Betsy Burtelow &amp; Jim Boyer</i> | (847)541-1325 |
| <b>Publicity Chair</b>                |               |
| <i>Sheri Rosenbaum</i>                | (847)368-1762 |
| <i>luv2bike80@hotmail.com</i>         |               |
| <b><u>Appointed Officers</u></b>      |               |
| <b>Harmon</b>                         |               |
| <i>Mary Kay Drapeau</i>               | (847)808-1476 |
| <b>Newsletter</b>                     |               |
| <i>Ella Shields</i>                   | (773)594-1755 |
| <b>St. Pat's Ride</b>                 |               |
| <i>Tom &amp; Deb Wilson</i>           | (847)632-1412 |
| <b>Chairmen</b>                       |               |
| <b>Banquet</b>                        |               |
| <i>Kris Woodcock</i>                  | (847)520-6932 |
| <b>Harmon Data Base</b>               |               |
| <i>Jennie Pfeifer</i>                 | (847)342-8823 |
| <b>Mileage Statistician</b>           |               |
| <i>Joe Irons</i>                      | (847)359-0551 |
| <b>Newsletter Mailing</b>             |               |
| <i>Jennie Pfeifer</i>                 | (847)342-8823 |
| <b>Picnic</b>                         |               |
| <i>Al &amp; Cindy Schneider</i>       | (847)696-2356 |
| <b>Refreshments</b>                   |               |
| <i>Frank &amp; Pat Illy</i>           | (847)923-5910 |
| <b>Ride Line</b>                      |               |
| <i>Dan Wiessner</i>                   | (847)540-9118 |
| <b>Web Page</b>                       |               |
| <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  
eshieldsbike@yahoo.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 meeting is Wednesday, July 25, 7:00 p.m. at the home of Jim Boyer & Betsy Burtelow.

All Board members are requested to attend.

### TOP 20 MILES

Reported through June 7  
89 rides by 105 members totaling 52170 miles  
2535 maximum miles possible per rider

#### Women:

|    |                  |      |
|----|------------------|------|
| 1  | Reinhilde Geis   | 1108 |
| 2  | Cindy Schneider  | 1093 |
| 3  | Betsy Burtelow   | 792  |
| 4  | Sheri Rosenbaum  | 790  |
| 5  | Mary Kay Drapeau | 767  |
| 6  | Debbie Wilson    | 655  |
| 7  | Pam Burke        | 627  |
| 8  | Pat Illy         | 618  |
| 9  | Ella Shields     | 605  |
| 10 | Barbara Barr     | 548  |
| 11 | Donna Ponte      | 535  |
| 12 | Virginia Savio   | 523  |
| 13 | Mary Myslis      | 481  |
| 14 | Pat Calabrese    | 474  |
| 15 | Kris Woodcock    | 466  |
| 16 | Chris Wager      | 465  |
| 17 | Cindy Trent      | 447  |
| 18 | Meg Ewen         | 430  |
| 19 | Marianne Kron    | 332  |
| 20 | Lynn Rivier      | 224  |

#### Men:

|    |                 |      |
|----|-----------------|------|
| 1  | Kilian Emanuel  | 2213 |
| 2  | Paul LeFevre    | 1816 |
| 3  | Dennis Creaney  | 1510 |
| 4  | Joe Irons       | 1378 |
| 5  | Kevin A. Moore  | 1266 |
| 6  | Len Fiocca      | 1138 |
| 7  | John F. Korb    | 1136 |
| 8  | Al Schneider    | 1133 |
| 9  | Richard Drapeau | 1104 |
| 10 | Leonard Geis    | 1038 |
| 11 | Alex Halamaj    | 1021 |
| 12 | Daniel Wiessner | 1014 |
| 13 | Jim Boyer       | 963  |
| 14 | David Naigles   | 962  |
| 15 | Peter Guzik     | 949  |
| 16 | Frank Bing      | 939  |
| 17 | C. Brian Hale   | 920  |
| 18 | Brian Blome     | 879  |
| 19 | Frank Illy      | 869  |
| 20 | Bob Dominski    | 856  |

## WHERE DID THAT RIDE GET IT'S NAME?

Ever wonder where a Wheelmen ride got its name? This month we uncover the truth about a ride called Triple L. This one took some digging as we knew it goes through three towns whose names start with "L", but couldn't get a consensus as to which towns. But final word is that the ride starts and ends in Lyons (first L). Then it goes through La-Grange (second L) and then finally through Lake Delavan (third L). Personally, I like a totally different version which has something to do with Lunch, Liquor, and Lube.

### BIKE TIP

#### **Pump Right and Save the Valve**

Presta valves are relatively delicate and they can break right off if you're not careful when pumping up a tire with a frame-mount pump. To prevent this, reinforce the valve while pumping by holding the end of the pump with part of your hand and at the same time wrapping a finger around a spoke and resting your thumb on top of the tire. (If your hands are small, you may have to do one or the other.) Just do your best to support the valve so that when you're inflating the tire, the valve is not taking the brunt of your pumping force.

From [www.jimlangley.net](http://www.jimlangley.net)

### ILLINOIS BICYCLE LAWS

{bracketed numbers are Vehicle code 625ILCS}

Bicyclists Status—traffic laws apply to persons riding bicycles. Bicyclists riding on a highway are granted all of the rights and are subject to all of the duties applicable to the driver of a vehicle, with certain exceptions. {5/11-1502}

| Date               | Time               | Ride Name                                       | Starting Location  | Directions  | Miles               | Ride Host   |
|--------------------|--------------------|---|--|---|---------------------|---|
| July Ride Schedule | All Riders Should: | *wear a helmet<br>*bring water<br>*bring a pump | *have a bike in good condition<br>*bring a spare tube and patch kit<br>*arrive early...15-30 minutes | *bring an ID card<br>*carry a cell phone<br>* bring \$ for rest stops                                       |                     |   |
| Sun. 7-1           | 9:00               | EFHOB   | Rose School  | I-90 to RT. 59 North, turn right on Penny Road to the school just past Bartlett Rd.                         | 44                  | Meg Ewen<br>(630)540-1704   |
| Sun. 7-2           | 9:00               | Wall to Wall                                    | Fellows Park, Genoa City, WI   | Rt. 12 N to County H, follow County H east (veer Left) into Genoa City, left on Fellows Rd and to the park. | 68/104              | Al & Cindy Schneider<br>(847)696-2356                             |
| Wed. 7-4           | 9:00               | Rock Cut State Park                             | Evergreen School; Union IL   | I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school          | 58 / 90             | Al & Cindy Schneider<br>(847)696-2356                             |
|                    |                    | Tuesday Bakery Ride                             | Willow Stream Park, Buffalo Grove  | First light north of Lake/Cook Rd. & Buffalo Grove Rd. turn left (Checker Rd.) for ½ mile                   | 40                  | Brian Hale<br>(847)804-1561                                       |
| Sat. 7-7           | 9:00               | Another Day/<br>Another Way                     | Evergreen School; Union  | I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.         | 70/110              | Dave Waycie<br>(847)577-6307                                      |
| Sun. 7-8           | 10:00              | <b>Club Picnic Rides</b>                        | Old School FP Libertyville   | I-94 N, Exit IL 60 W to St. Mary's road, turn right to forest preserve. See newsletter for more details     | 33 Road<br>25 Trail | Louis Greene<br>(847)925-0629<br><br>Brian Blome<br>(847)358-4807 |
| Sat. 7-14          | 9:00               | Bastille Day                                    | Paris School, WI   | I-94 W, exit WI 142 W to County D, turn left to school  | 59/74/<br>95        | Al & Cindy Schneider<br>(847)696-2356                             |
| Sun. 7-15          | 9:00               | PITA Ride                                       | Cuba Marsh   | Turn left from US 12 onto Cuba Rd; parking on the left just past Ela Rd.                                    | 39/61               | Ellen Heineman<br>(630)830-0931                                   |
| Sat. 7-21          | 9:00               | Wauconda/Twin Lakes                             | Lakewood FP Wauconda   | West on IL 176 to Fairfield, left on Ivanhoe, turn right to parking   | 61/78               | Len & Reinhilde Geis<br>(847)679-0279                             |
| Sun. 7-22          | 9:00               | Covered Bridges                                 | Kildeer School   | Old McHenry Road, just north of Long Grove Shopping District  | 43                  | Tom Mulick<br>(847)364-1929                                       |
| Sat. 7-28          | 9:00               | Geneva Century/<br>Lite                         | Kildeer School   | Old McHenry Road, just north of Long Grove Shopping District  | 100/50              | Tom & Deb Wilson<br>(847)632-1412                                 |
| Sun. 7-29          | 9:00               | Thursday Bakery Ride                            | Willow Stream Park, Buffalo Grove  | First light north of Lake/Cook Rd. & Buffalo Grove Rd. turn left (Checker Rd.) for ½ mile                   | 40                  | Johannes Smits<br>(630)893-2835                                   |

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

## WEEKLY ROAD RIDES

| Day                   | Time    | Ride   | Miles  | Start/Directions   | Ride Host  |
|-----------------------|---------|--|--|--|--|
| Saturday              | 8:00 am | Honey Do Ride                                      | 30-58  | Grassy Meadow Forest Preserve<br>The F.P. is on Central Rd. 1½ mi.<br>west of Roselle Rd, just north of I-90   | Frank Illy<br>847/923-5910<br>Brian Hale<br>847/804-1561         |
| Tuesday &<br>Thursday | 9:00 am | Deerfield Bakery Ride                              | 25-45  | Willow Stream Park - The park is on<br>Old Checker Rd. a few tenths of a mile<br>west of the bakery. Turn west on old<br>Checker Rd. to parking on the right | Art Cunningham<br>847/ 963-8746<br>Earle Horwitz<br>847/374-1129 |
| Tuesday               | 6:00 pm | Working Stiff's Ride                               | 18-27  | Shamrock Cyclery<br>344 Old McHenry Road in Long<br>Grove. Park behind shop in Stemple<br>Municipal Lot. Meet in front of shop.                              | Rich Drapeau<br>847/808-1476<br>Jim Boyer<br>847/541-1325        |
| Wednesday             | 5:30 pm | Hill and Dale Ride                                 | 25-35  | Grassy Meadow Forest Preserve<br>See above   | Frank & Pat Illy<br>847/923-5910<br>Brian Hale<br>847/804-1561   |
| Wednesday             | 5:30 pm | Elgin Twilight Rides<br><i>Flashing taillights</i> | 20-40  | Target Store<br>On Randall Road just south of US 20.<br>Park in SE corner of lot.  | Al & Cindy<br>Schneider<br>847/696-2356                          |
| Thursday              | 6:00 pm | Thursday Night Ride                                | 30<br><i>with alter-<br/>nates as day-<br/>light permits</i> | Kildeer School<br>Old McHenry Road, just north of Long<br>Grove Shopping District  | Brian Blome<br>847/358-4807                                      |

RIDES OF A DIFFERENT FLAVOR  
July Wednesday Chicago Area Bike Path/Trail Rides

| Date | Time | Miles      | Path/Trail   | Start  | Directions   | Comments                             |
|------|------|------------|--|--|--|--------------------------------------|
| 7/4  | 9:00 | 57         | Great Western<br>Ride to Sycamore                  | South Elgin trail<br>access                            | South on Rte 31 to W State<br>St., turn left. (east) then rt.<br>just before the bridge to<br>parking.   | Paved, packed<br>crushed stone ***   |
| 7/11 | 9:00 | 42         | Tinley Creek F. P.<br>District Paths               | Lake Katherine<br>Park., Palos Hts.                    | So. I-294, to 95 <sup>th</sup> , go east to<br>Harlem, go right at College<br>(IL 83) to 75 <sup>th</sup> , go right to<br>Katherine Dr. and park near | Paved path and con-<br>necting roads |
| 7/18 | 9:00 | 55         | Ride to Illinois<br>Beach                          | Lakewood Forest<br>Preserve Millennium<br>Trail access | East of Fairfield Rd. opposite<br>Ivanhoe Rd. just south of IL<br>176  | Packed stone and<br>paved            |
| 7/25 | 9:00 | 55<br>loop | Medley of Trails –<br>Poplar Creek to<br>Ned Brown | Ned Brown F. P.,<br>Golf Road Parking<br>Lot           | South of Golf Rd. just East of<br>I-290  | Paved with connect-<br>ing roads     |

\*\*\* approved for narrow tires \*\* wide tires recommended \* wide tires required.  
Bring snacks and plenty of water to drink. Check with Art Cunningham – 847/963-8746 for details



JOIN US FOR THE  
ANNUAL  
WHEELING WHEELMEN  
PICNIC  
SUNDAY, JULY 8

Rides will start @ 10 am  
33 mile road ride  
25 mile trail ride

Lunch will be served afterward,  
about noon

OLD SCHOOL FOREST PRESERVE,  
SHELTER D

I-94N, exit IL 60W to St. Mary's Road,  
turn right to the forest preserve

Please RSVP to Al & Cindy Schneider  
@ 847/696-2356

### DOOR COUNTY EXCURSION

The Door County Excursion is a new outing this year scheduled for Sept. 15 and 16.

This should provide an excellent opportunity to ride the rural roads of Door County after the summer rush. The routes will mirror many of the roads used on the Door county Century. Rides both days will leave from Sevastopol school just north of Sturgeon Bay. Routes offered will be 50, 75, and 100 on Saturday and shorter route options for Sunday.

A block of rooms are being held at the Sturgeon Bay Super 8 Motel (920-743-9211). Rooms must be reserved by August 1, 2007. If you have questions, please ask Tom or Deb Wilson, (847)632-1412. If fewer than six people register, the excursion will be canceled.



Sunday, Sept. 9

### STOP "HOT FOOT" BEFORE IT STARTS

Hot foot can happen at any time in any temperature but it's most common on long summer rides. You may have experienced it -- a burning sensation in the balls of your feet that can become so painful normal pedaling is impossible. It can have you looking for a nearby stream or backyard kiddie pool in which to douse your sizzling dogs.

Your feet aren't actually hotter, they just feel that way. The problem occurs when feet swell (a normal occurrence on long rides) and make shoes tighter. The pressure pinches nerves and restricts blood flow, causing tingling, numbness and the sensation of heat.

Here are four tips to stop it from stopping you.

---**Be sure your shoes fit.** If they're snug and made of unstretchable synthetic materials, there's no room for feet to swell. When buying a new pair, do it late in the day when feet are naturally fatter. Wear your regular cycling socks. Particularly if you like long rides, err on buying shoes a tad too large rather than too small. You can always add insoles or wear thicker socks to take up extra space.

---**Fine-tune the straps.** At the first sign of foot discomfort, loosen the shoe straps (or the toe-clip straps if you're still not using clip less pedals). Even better, start rides with straps adjusted so they prevent the buildup of excessive pressure. If your shoes have three hook-and-loop straps as most do, lay down the first one (nearest toes) without pulling it. Make the middle one slightly snug, then tighten the top strap as firmly as you like. It does the most to make feet feel secure, but because it's up by your ankle it doesn't impact fore-foot comfort.

---**Pull up on the pedals.** If you sense your feet are beginning to smolder, concentrate on the upstroke for a few revolutions. This will lighten your soles on the shoes to restore circulation and depressurize nerves. Or coast for a few seconds and scrunch your toes several times.

---**Take a hike.** Hot foot cools quickly when you hop off for a short walk, like when visiting the bushes or a convenience store. If you have a couple of minutes, remove your shoes, massage your feet, and strap up again. A slight change in pressure can be all it takes to make the rest of the ride no problem for your pups.

(Edited article from RoadBikeRider.com)

(Continued from page 1)

stepped on — too often with tragic results.

Consider the numbers. According to the National Highway Traffic Safety Administration, in 2005 there were 115 “pedalcyclists” — that’s the NHTSA’s word — killed in traffic crashes in California, nine of them in Orange County. True, bicycle fatalities were only about 3 percent of the total 4,300 traffic-related fatalities in the state, but if you factor in such things as “fatalities per miles traveled,” it’s pretty clear that statistically it’s more dangerous to ride a bike on the roads than to drive a car.

And whose fault is that?

Stats on that are hard to come by. But I asked two veteran Orange County traffic cops that question, and both agreed that, based on their experiences, half or more of car vs. bike collisions are caused by the bicyclists. They veer into traffic lanes, they travel the wrong way on streets, they blow through stoplights — in short, they don’t safely share the road.

Obviously, a lot of motorists do boneheaded things, too. They veer into bike lanes, cut across them into parking lots, don’t keep their eyes open for bicyclists and so on.

But the point is that regardless of who is at fault in a car vs. bike collision, it’s the bicyclist who’s going to suffer, physically at least. Once again, no 25-pound bike is ever going to “win” in a collision with a 4,000-pound car — and yet we persist in trying to mix heavy, high-speed motor vehicles with light, low-speed bikes on high-volume, relatively high-speed roads.

Well, some people would argue that we’d actually be better off if we all slowed down to a bicyclist’s pace of 15 mph or so — and who knows, maybe they’re right. But in the real world, fast-moving cars and slow-moving bikes simply don’t mix. Under those conditions, the only real solution is to physically separate them as much as possible with barriers or dedicated bike paths.

Now, I’m sure I’ll be hearing from bicyclists who will explain to me — in a civil manner, I hope — just how wrong I am on this one. If so, I’ll try to fairly present their point of view in a future column.

In the meantime, I’ll continue to try to safely “share the road” with bicyclists, and I would encourage other motorists to do the same.

But I still can’t figure out why any bicyclist would be crazy enough to want to share the road with us.

CONTACT THE WRITER: 714-796-7953 or  
GLDillow@aol.com

I commute and do as much of the traveling that I can on a bicycle. I’ve ridden a decent amount on PCH and I’ve ridden the entirety of the orange line bike path here in the valley and the beach bike path from Malibu to Redondo.

I really like the safety and relaxed ride of being on the bike path and I know how dangerous it can be to ride on the street.

That said, there’s no comparing the closed off bike path to the street. The street is far faster and far better paved than any bike lane I’ve ever ridden. There’s also the fact that I push myself way harder when I’m on the street and I have cars rushing by at 50 miles an hour than when I’m alone on the bike path.

I do think the vulnerability of the bicyclist is a problem, but I don’t think the solution is to segregate bicycles from cars. I think that this idea will marginalize bicycles even more rather than bring them into the mainstream as a possibility for the average person to view as a valid form of transportation.

I think the separate bike lane thing is great to get people comfortable on bikes and to show them how it is possible to go distances on a bike, but the only way to really get people into bikes and take them seriously is to put bikes right there for everyone to deal with.

Hopefully some day enough people will be commuting that drivers in LA will be more accustomed to seeing bikes and will watch out for them more.

Every day on my walk to the office from the train station I pass gentleman selling Streetwise. This is a newspaper that is sold by the homeless to make a few bucks and support whatever the most pressing need is at the time. More than likely a drug fix of some type to make it through the day. At any rate this particular gentleman always has a big smile on his face and greets the passing crowd with a robust “good morning, happy Monday”. The greeting changes to the appropriate day of the week and the volume of his greeting is usually based on his level of his buzz. I’ve heard him from as far away as 3 blocks, his voice echoing off the buildings like a gun shot in a canyon. In the nearly two years that I’ve passed by him he has never got the day of the week wrong. So on behalf of my homeless friend I wish you “HAPPY JULY”

Adios for now,

Rich Drapeau

## MAY 16 BOARD MEETING MINUTES

### General:

A thank you card was received from Eleanor and Art Cunningham on behalf of the \$100 that was donated to the Heart Association on behalf of their daughter Cathy.

Frank and Pat Illy will host the Holiday party in December.

We will renew the storage facility for another year.

The jersey order was placed. The twenty-five article limit was reached. The club did not order extra jerseys.

### Publicity

About 100 kids attended the Bike Rodeo in conjunction with the Buffalo Grove Police. The BG Police Captain was looking for additional ways to partner.

A decision was made to advertise the Harmon at the Pleasant Prairie Triathlon by inserting the flyer in the goodie bag.

### Membership:

Membership stands at 280.

### Advocacy Issues:

Please call your representatives to encourage passage of the following bills:

Senate Bill 314: This is known as the Com-

plete Streets bill. It states that cities must give consideration to pedestrians and bicyclists at they do city planning. Still in the Senate.

House Bill 80: Motorists must give 3 feet when passing cyclists. Passed Senate now in the House.

House Bill 1382: Negligent vehicular homicide. Passed the House, now in the Senate.

House Bill 508: Protects crosswalk guards. Still in the House.

### Picnic

In an ongoing effort to control costs, the budget for the picnic has been set at \$300. People will be asked to bring salads or desserts. All other fixings will be supplied.

### Ride Line:

We are maintaining one ride line, which is managed by Dan Weissner.

### Ride Chair:

In consideration of scheduled rides, their respective ride hosts, and the ride chair the decision to add an additional ride must be brought to the attention of the ride chair at least two weeks in advance. The ride chair reserves the right to decline the extra ride. Anyone suggesting an additional ride must have the ride host secured in advance. Please remember that due to road construction on Cuba and the Gilmer/Fairfield exchange

many of our routes have to be rerouted. As you can imagine, this is a time consuming process. Thank you Brian and Pat for all your hard work in this difficult year.

### Harmon

A discussion was held on reducing the number of rest stops on the Harmon and trying to use Lyons, Wilmot and possibly Basset as the only stops. After the meeting it was learned that several of our roads would be closed this summer. There will be more on this discussion at the June meeting.

In terms of food, we will no longer have sushi at the stops. Other food options will be discussed at the June meeting.

We are also working to develop job descriptions for the various positions. If you currently chair a rest stop or another position for the Harmon, please type up the description in a word document and email the job description to Mary Kay by May 1. We will continue our discussion at the June 13<sup>th</sup> meeting.

### Next Board Meeting

June 13<sup>th</sup> at Sheri's house.

### Next Club Meeting

The August meeting will feature Meg Ewen and Ella Shields presenting slides from their trip to the Czech Republic.

*Submitted by Deb Wilson*

## MORNING RIDE

I haven't been able to do many club rides this year, due to classes, work and other commitments. However, I try to get out and ride when I can. Fortunately, I live close to Busse Woods in Elk Grove and try to get out for a ride (weather permitting) most mornings at five AM. Although, I've biked Busse for many years I never tire of it beauty. There isn't a better way to see a beautiful place but by bike. The following are my thoughts on a recent morning ride.

It's this kind of morning that one really appreciates life, at least I do. It was a warm night. In the low 60's. I got up at four as usual and got ready for my ride.

I'm still riding alone since my friend Pat isn't back from his month long vacation.

It was light enough that I didn't have to use

any lights on the bike or my helmet to find my way. I have to "thank God" for mornings like this. It was clear and warm with little wind and the fragrances of spring still linger in the air. Deer, rabbits, raccoons, geese, ducks, coyote, squirrels and elk all add to the aspects of the new day. Egrets wade in shallow water waiting for breakfast to swim by while geese sheppard their goslings for a morning swim. The sounds of many different birds create a song. Even the distant hum of traffic on an unseen highway adds to the scene. Subtle temperature changes make me aware of the unseen forces of nature at work. A few toads still croak their song in the ponds. As I weave my way through this preserve I'm aware of the many different landscapes there are here. Lakes, forests, swamps and prairies all blend to give the feeling of being somewhere away from home, perhaps on vacation in Wisconsin. Now I pass

through an area where the smell of wild onions reminds me of ancient times when native Indians named Chicago for the onions. Not many other people venture out this early but I do encounter an occasional biker or jogger. We exchange good mornings and continue on our little journeys.

It seems as though I am flying with little effort today as I'm one with the bike.

As the sun finally shows it's full circle and I thank God for another day I realize, I have it good.

Friends, family good health and things I like to do all add to the "good life".

It's a pleasure to share these thoughts with you.

Tom Mulick

## TOUR DE FRANCE HISTORY 1903-1914: PIONEERS AND 'ASSASSINS'

The Tour de France started off as a crazy idea, and got steadily more outlandish during its first 12 years.

The 1903 event saw 60 riders traveling 2,500 kilometers during 19 days on the basic cycle machinery of the day.

There were only six stages and no convenient breaks for sleep. Competitors were expected to ride through the night.

The first winner was well-known French rider Maurice Garin, nicknamed the "Chimney Sweep".

The idea of the Tour was to sell copies of L'Auto newspaper, a publicity stunt that was such a success it destroyed the paper's rival Le Velo in the process.

Yet the 1904 Tour nearly put paid to the whole idea, such was the skulduggery, poor behavior and outright cheating that went on.

Fans left nails in the road in front of their favorites' rivals while competitors themselves riders took car trips and even train rides.

L'Auto proclaimed the death of its own idea, but then changed its mind and enforced stricter rules instead.

This early crisis, like others would be later, was overcome and in 1905 harsh mountain roads were added to the race.

The Ballon d'Alsace is not the worst obstacle these days but was the first big climb on any Tour.

René Pottier was the first rider to the top, yet appeared to gain no satisfaction from this or his 1906 Tour win.

He hanged himself from the hook used to store his bike before the 1907 race.

A failed romance was the official explanation but perhaps he did not relish the race's length.

This was now 4,500km and almost twice the first event, but average speeds continued to rise.

The first double-winner was Lucien Petit-Breton in 1907 and 1908.

And 1909 saw the first really awful weather, with snow in July on the higher ground.

But the Tour's next big change was in 1910, and the introduction of the real high mountains of the Pyrenees and then the Alps a year later.

The Tour's founder Henri Desgrange was a hard man, yet even he was skeptical when the idea of crossing these giant lumps of rock was suggested.

A colleague at L'Auto was sent to reconnaissance a typical Pyrenean climb.

Despite himself having to be rescued after foul weather descended, he reported back that it would be passable come the summer.

Many riders were not convinced and the first stage resulted in one accusing Desgrange of being an "assassin".

The race founder was unmoved, particularly when the complaining rider Octave Lapize, won the Tour itself.

The basic format of the race, including these giant mountains had been created and there were four more editions before World War I.

In 1911 they were allegations of rival teams poisoning riders, while in 1913 a famous incident highlighted the harsh rules.

Bike changes were not allowed, nor was outside assistance to fix the inevitable repairs and punctures on the poor roads.

When a rider, Eugene Christophe, broke his forks in the Pyrenees he stopped off at a forge, begged a length of metal and started to fix the bike himself.

A race official looked - the rider had to do all this work on his own or face penalties.

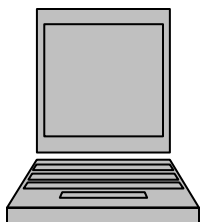
A small boy operating the bellows in the blacksmith's forge cost the rider an extra time delay in addition to the hours he had lost making the repair.

World War I's arrival stopped the Tour for four years, and two former winners, Lapize and Francois Faber, were among the young men of Europe to perish in this conflict.

Unlike these victims, the race would return after the conflict.

From: news.bbc.co.uk

**2007 Tour is July 7<sup>th</sup> to July 29<sup>th</sup>**



### We get Mail.....

Just wanted to say thank you for the great ride on Saturday (May 12). It was nice to ride in new areas with other riders and will definitely ride again whenever we come back to Chicago. I have already told some of our other riders who travel and sometimes go to Chicago about your ride. If you are ever in the Detroit area you are welcome to join our rides which are similar to yours. Our club site is <http://www.lmb.org/wsc/html/rides.html> Anyway, thanks once again for having us as guests on your Honey Do Ride.

Sincerely, Marc and Carol Posen





We are hearing about problems with cyclists not obeying traffic lights and stop signs in the Barrington area. **Please obey the law on all your rides.**

**Traffic Lights**

1. Obey, obey, obey
  - Cyclists, just like motorists, must obey all traffic control devices

- It takes longer to travel through an intersection on bike; plan to stop for yellow lights
- Avoid cars that run red lights by waiting for the signal to turn green and scan to make sure it's clear

**2. Detection**

- Bicycles must activate a vehicle detector just like a motor vehicle
- Detectors are embedded in the roadway; look for squares cut into the roadway
- Detectors use magnetic forces to pick up vehicles, not weight

**3. Unresponsive signals**

- In most states, after three minutes, you can treat a red light as a stop sign
- Pass through a red light only as a last resort
- Yield to other vehicles while crossing the roadway

From League of American bicyclists

**INVITATIONALS**

**July 4, Fourth of July Metric Century**, Plainfield HS, 30/45/62 miles, 773-779-3251 Dot @ [bike67@juno.com](mailto:bike67@juno.com) Joanna @ [jo5851@wowway.com](mailto:jo5851@wowway.com) www.jolietbicycleclub.org

**July 7, Lake Country Classic**, Oconomowoc, WI. 15/25/45/65/100 miles. \$20 by 6/16 \$25 after [classic-info@bayviewbikeclub.org](mailto:classic-info@bayviewbikeclub.org) bayviewbikeclub.org/classic.htm

**July 8, Heatstroke 100**, Burlington WI, 18/43/74/100 miles, pre-reg \$23, \$25 after, 262/763-7794 www.communityed.basd.k12.wi.us/heatstroke100

**July 15, L.A.T.E. Ride**, Chicago, 25 miles, \$35-\$40, 773-918-RIDE [lateride@hotmail.com](mailto:lateride@hotmail.com) www.lateride.org

**July 15, Biking with Beanie**, DeKalb, 23/46/64/100 miles, 815-758-7502 [drduetz01@aol.com](mailto:drduetz01@aol.com) www.kish-kiwanis.com/beanie.htm

**July 22, Melon Metric**, Plano, 32/62/100 miles, \$18 by 7/12 \$20 after, 630-517-4942 merewayant@hotmail.com www.napervillebikeclub.com/melon.html

**July 28, Chase the Moon Late Night Ride** Aurora, 25 miles, \$35 by 7/1, \$40 after, www.chasethemoon.com chasethemoon@theconservationfoundation.org

**July 29, Metro Metric XXVII**, Hampshire, 30/50/65/100 miles, 630-415-2453, www.elmhurstbicycling.org

**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: \$25 Individual dues: \$20

**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](mailto:wheeling@wheelmen.com)

**We are on the web**  
**[wheelmen.com](http://wheelmen.com)**

Next Club Meeting  
August 2



### CLUB DISCOUNTS

The following local shops offer a 10% discount on parts and accessories to all Wheeling Wheelmen with a valid membership card shown at time of purchase.

**ALBERTO'S CYCLES**  
1770 First St. Highland Park  
847/446-2042

**AMLINGS CYCLE & FITNESS**  
8140 N Milwaukee Ave., Niles  
847/692-4240

**BICYCLE CONNECTION OF SCHAUMBURG** 1226 N Roselle Rd. Schaumburg, 847/882-7728

**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 & TRI**  
121 W. Campbell , 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 CYCLESPOORT**  
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](mailto:BikeLeague@aol.com)  
Web Site: [www.bikeleague.org](http://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