



BIKE PSYCHO NEWS

JULY 2001

AFFILIATED WITH ♠ LEAGUE OF AMERICAN BICYCLISTS. CBF. TURF. & RAILS TO TRAILS

Oak Lawn, IL
Bike Psychos
cycling club

Bike Psychos
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Oak Lawn, IL 60454

PsychoLine 708-802-1804

Web Site

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773-238-2029

'01 PSYCHO CENTURY CHAIRMAN Chuck Nelson
ChuckNelson@worldnet.att.net
630-357-4197

MEETINGS

1st Thursday of month,
March thru October,
Oak Lawn Library, 95th & Cook,
Oak Lawn, at 7 p.m.

DEADLINES

All articles for submission should
be received by the 15th of the month.
Send e-mail to jrhartmann@excite.com
or snail mail to

Bike PsychoNews
17012 Steeplechase Pkwy
Orland Park, IL
60467-5896

Make Your Dream Come True

Ever dreamed of driving a big rig? Ever wanted to go shopping and not spend a cent of your own money? Ever fancied yourself as a sword-yielding samurai? How about playing Good Samaritan to someone stranded on the side of the road? Does hearing hundreds of Thank You's sound good to you?

Well, here's your chance! Lots of helpers are needed for our Bike Psychos Century, and with just bit of imagination, you can make your dream come true. Volunteers are needed to pick up and drive the rental trucks on Friday, Saturday & Sunday before the ride - so break out your CB radio lingo, Good Buddy. Volunteers are needed to prepare watermelon slices at the registration / finish area, and at each rest stop. So, you can put that samurai sword to use slicing the melons. And, assistance is needed to pick up the rest area food and supplies before the ride. Just think: you could pull up to the register with carts of food, and not spend a penny of your own money!

Lots of other positions are open too. Support drivers are needed to patrol the route and provide assistance to stranded cyclists. This is one of the MOST important, and therefore rewarding, jobs of the Century. Providing a tire pump or extra water to a rider down on his luck always is guaranteed to make you feel good. Rest stop workers are needed at each of the rest areas, also, to put out sports drinks and water; prepare the snacks and sandwiches; put out the pineapple, cantaloupe, bananas, grapes, and watermelon; and keep the areas organized. There's nothing like hearing riders come into the rest areas and compliment our club on the great spread of food. Or, if you've ever dreamed about getting your hands on lots of money, registration workers are needed on Sunday morning.

Helpers are needed to complete prep work before the ride too. The route will need to be marked on Saturday, 8/18, a week before the ride. Then the Saturday before the ride, 8/25, the route will need to be swept and markings touched up. Volunteers are needed for both these days. Also, lots of prep work will need to be done to ensure that the registration area moves smoothly. Getting pens, registration forms, money drawer, pre-register rider lists, wristbands, and water bottles all organized is a very important task.

And a plea to anyone who fancies him or herself as the French Chef: banana bread! This has become a tradition the last few years, and always brings compliments from our guests. So, if your grandma gave you the secret family recipe for banana bread, or you just need to get rid of those leopard-spotted bananas on the kitchen counter, here's a great opportunity. We'd like to have a few loaves at each of the three rest stops.

Our ride has become known over the years as one of the best in the Chicagoland area. I'm hoping to continue that reputation in 2001, but I really need your help. The summer has finally arrived, and I'm realizing that it won't be long until it's time for our Century. So, let me know as soon as possible where you'll be willing to work, and make your dream come true!

ChuckNelson@worldnet.att.net
630-357-4197

A GOOD TIME HAD BY ALL

Well, Fellow Psychos Summer is here and the time is right for riding in the street. Well, not in the middle of the street anyway. May and June have passed and many of us were doing the rides that



OUT OF THE SADDLE

Mario Sprindys
sprindys@aol.com

have become Bike Psycho staples. I'm referring to *Horsey hundred* and *TOMRV*. These two-day rides offer us an early season challenge while taking us through some beautiful countryside.

Horsey Hundred takes you through the Bluegrass Country of Kentucky with its verdant hills, narrow lanes, stone walls, and majestic horse stables. The only thing missing is a Colonel and his mint julep. This ride consists of a vast series of rolling hills with a few flat stretches. The landscape is so beautiful that you forget about the hills and breathe in the sweet scent of Honeysuckle wafting in on the breeze.

Each day we leave from Georgetown College and are offered an option of loops out and back to the school. This is a particularly good idea in case the weather proves inclement. One can always choose the shorter route if and when the weather clears up.

The month of June presents us with *TOMRV*, short for "Tour of the Mississippi River Valley". This is a challenging tour that starts out innocently enough from Bettendorf, Iowa. One begins over rather flat terrain, crossing the Mississippi into Illinois with a stop at Palisades State Park. The challenge begins soon after as one heads toward Galena and Chestnut Mountain. Most of us find that we wish we had one extra gear as the going becomes increasingly steep. However, Newton's law holds true and one is offered a respite on the descent.

The first days riding ends in Dubuque, Iowa where we are rewarded for our efforts with a sumptuous buffet consisting of many types of salads, Pasta, fruit, meat, and of course, ice cream.

Day two begins with a long challenging climb out of the river valley and levels off near the town of Preston though never really becoming "flat" by Illinois standards. We end our tour with a final steep climb into the parking lot of Scott Community College in Bettendorf. It is fair to say that at this point most of us are pleased to be back so that we can shower and reward ourselves with ice cream.

I'll be the first to admit that these rides are challenging and require persistence. But I think the real reason we come back to these events year after year is the friendship and camaraderie that is forged in the struggle. It is the exchange of stories and laughter, of shared meals, and shared experiences that allow us to look back on the season with a smile.

And for those of you who have yet to experience a weekend tour; what are you waiting for?

Give it a try. I think you'll like the experience.
See you on the road... Andiamo!



Ride On!

John R. Hartmann, editor

Can the Psychos Century be far behind?

You know if it's Challenge Weekend that the Century can't be far behind. Planning kicks up a notch in the summer months. Chuck and his team are planning an even better ride for the 2001 event. But they can still use your help. Contact Chuck and learn how you can be part of the 2001 Challenge Team. And don't forget we need workers on the day of the ride. Sign up at a meeting or e-mail Chuck and offer your services.

H-E-L-P

As Mario said, we need new articles each issue to make this newsletter personal and interesting. Submit your articles to the e-mail or snail mail addresses on page 1. Don't be worried about not being able to write. We can make anything look interesting.

G-E-T A F-R-I-E-N-D TO J-O-I-N

FEATS & MILES

Compiled by Marv Boehm

Get your mileage and/or feats (as in bicycling feats!?) to Marv Boehm at the monthly club meeting or e-mail the fabricated, er fantastic, miles you log to marv_boehm@yahoo.com

NEW MEMBERS

WELCOME to our
Psychos family!

Edward Duran 🚲 Winfield
Tom Flynn 🚲 Chicago



List your used but like-new equipment for sale. Put in your wish list of parts or bicycles. Club members can advertise here for free.

FOR SALE: Chain Ring - Shimano, 55 tooth. Will fit 7 or 8 speed groups. Brand new, never used. For Big Dogs only. Make offer. Tom Osterkorn, 630-662-0201.

FOR SALE: SCHWINN, SUPER SPORT, 56 inch, Rust color, Road Bike Set up with Clipless Pedals, 23lbs. Purchased 2-9-2000, Rode only twice in two triathalons. Paid: \$650.00 For Sale at: \$375.00 (or best offer) Reason I'm selling is would like to get an off road bike now in order to take my little girl biking with me. Contact: Amy at AAroyals@aol.com [friend of Danny Maddox]

Thought for the Day

Ride Defensively

It hardly needs saying, but in bike-vs.-car collisions, the bike always loses. Not to put too gruesome a point on it, but you can get killed if you're not careful. Riding in traffic shouldn't be like running with the bulls at Pamplona, though.

You, the cyclist, must be the one who looks out for your own safety. For instance, cheerfully defer to drivers, even when they cut you off. Make that **ESPECIALLY** when they cut you off. You may know the law and your rights, but those lycra shorts are no protection when the road-enraged SUV driver does something stupid and dangerous (and illegal). You won't be around to see it, but chances are the worst that will happen to the SUV driver is he won't be able to hold his cell phone for a day or two because the judge slapped his wrist.

Too many experienced riders who know the laws about cycling are too aggressive in asserting their rights on the road. Educating the motorist about cyclists' rights is a good thing — just don't kill yourself over it.

- Tony Cogswell



General Information

Coal City High School

Exit Rt. 55 at #236
Coal City/Kankakee
Rt. 113 West - 4 miles

Registration will be from
6:30 - 10:30 A.M.
August 26, 2001

Starting times:
6:30-8:00 -- 108/126 mile route
6:30 - 9:30 -- 70 mile route
6:30 - 10:30-- 35 and 50 mile routes

All riders must plan to finish
their rides by 4:30

at the end of the ride:

1. Showers will be available
bring a towel
2. Massage therapy available
nominal fee

RIDE THE BIKE PSYCHOS CENTURY



Sunday
August 26, 2001
Coal City, IL

THIS YEAR!

New: Water Bottle Design
New: Cool T-Shirt Design
Back by Popular Demand:
The Double Metric Century
Plus: All the great rest stops
and scenery you've
come to expect from the
Bike Psychos Century!

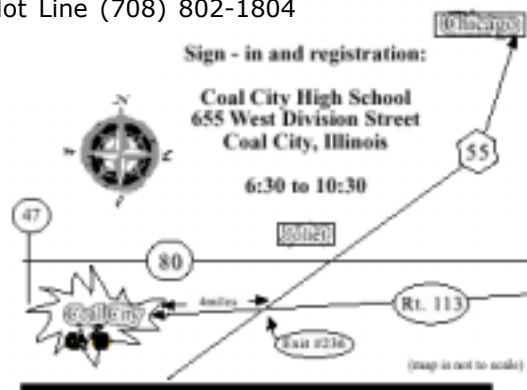
Free!
Large Size
water bottles
to the first **500**
registrants
a cool design on
a wide mouth bottle!

PRE-REGISTER!
save \$5.00 and order a
Bike Psychos
T Shirt!
They're very cool and
available by
pre-registration only!



TOP QUALITY
100% COTTON

CONTACT: Oak Lawn Bike Psychos,
P.O. Box 652 Oak Lawn, IL 60454
Children 12 and under are **FREE** this year
We must **receive** registrations by: **August 12 (if you are ordering a T-Shirt) and by August 21 (if you are not ordering a T-Shirt)**
For more information Contact:
Psycho Hot Line (708) 802-1804



Ride Guide



**Your #1 Source
for Club
& Invitational Rides**

July

3 – Slow & Easy - 6:00 pm @ Bores Park, Willowbrook

4 – Plainfield; 4th of July Metric Century; Plainfield High School; 30/45/60 mi; 7 am; \$10; Joliet Bicycle Club; Calvin Jordan, 815/478-5747 or JeanneL151@aol.com; jolietbicycleclub.org

5 – Psychos Meeting, 7:00 p.m., Oak Lawn Library

8 – Chicago; Ultimate Neighborhood Ride; North Park Village; 20/30 mi; 7 am; \$17 includes T-shirt until June 9 (add a buck for the guided tour option); 500; Chicago Cycling Club; Kathy Schubert, 773/248-5499 or kangaroo@suba.com; chicagocy-clingclub.org

10 – Slow & Easy - 6:00 pm @ Bores Park, Willowbrook

11 – Hot Dog Ride - 6:00 PM
Pleasantdale Middle School, 7450 S. Wolf, Burr Ridge

14 – Bloomington; 3rd Annual Pedaling For Kicks on Route 66; East White Oak Bible Church; 15/25/50/66 mi; \$20 until 6/30 then \$25; The Oak Spokes and The Fellowship of Christian Farmers, International; Richard Verdery; 800/676-2353 or rverdery@ilfb.org; fcfi.org.

15 – Plano; 2001: A Melon Odyssey
Plano High School; 32/65/100 mi; \$12 until 6/15 then \$16; Naperville Bicycle Club; Jeanne Maher, 630/848-3535; users.aol.com/clubnbc

15 – DeKalb; Biking with Beanzie
DeKalb High School; 23/43/63 mi; 6:30 am; \$15; Kishwaukee Kiwanis Club and 4-H; Marv or Toney, 888-228-7476 or beanzieride@yahoo.com; kish-kiwanis.com.

15 – Chicago; L.A.T.E. Ride 2001
Buckingham Fountain; 25 mi; 1:30 am; \$30 until 5/31 then \$35 until 7/11 then \$40; Friends of the Parks; 773/918-RIDE or lateride@home.com; lateride.org.

17 – Slow & Easy - 6:00 pm @ Bores Park, Willowbrook

18 – Wednesday Ride
Pleasantdale Middle School, 7450 S. Wolf, Burr Ridge

22 – Tinley Park; MetLife Race Around the World Duathlon; 2 mi run/10 mi bike/2 mi run; \$25 (teams welcome); MetLife; Gil Hannon, 708/429-4207



Hot Dog Nite

Bring items to grill or snacks for this social ride. We leave from Willow Springs, follow the I&M trail, ride some single tracks and then have a cook out. Road bikers can get to the site easily, too. A grill is provided.



Tuesday/Friday ride.



Psycho meeting night at Oak Lawn Library.

A MUST RIDE! You just gotta try this ride!

Your guide to speed for rides:

<u>miles per hour</u>	<u>Pace</u>	<u>Club Rides</u>
10-12	Slow	Tues Borse / Sun p.m.
12-14	Easy	Tues Borse / Sun p.m.
14-16	Moderate	Wed / Sun a.m.
17-19	Fast	Wed / Sun a.m.
20+	Speedy	Wed

or ghannon@metlife.com; www.tinleychamber.org

22-28 - Sioux City, IA; RAGBRAI XXIX; \$100 until 4/1 then forget about it; Des Moines Register; 800/i-ride-ia or jimg@ragbrai.org; www.ragbrai.org

22-28 - Janesville, WI; Heart of Wisconsin Bicycle Tour; 50-80 mi/day; \$198; Fox Valley Bicycle & Ski Club; Jerry Goldman, 847/695-7964 or don@irdon.com; www.irdon.com/fvbsc

24 – Slow & Easy - 6:00 pm @ Bores Park, Willowbrook

25 – Hot Dog Ride - 6:00 PM
Pleasantdale Middle School, 7450 S. Wolf, Burr Ridge

27 – Chicago; Critical Mass
Daley Plaza; 2 hrs; 5:30 pm; free; Chicago Critical Mass; Mark Counselman, 773/395-8959 or chi-crit-mass@list-serv.uic.edu; chicagocriticalmass.org

29 – Yorkville; Metro Metric: Wizard of Ozwego
Beecher Center; 22/50/62/100 mi; 6 am; \$15 until 7/9 then \$20; Elmhurst Bicycle Club; Sharon Ganske, 630/415-BIKE or wizaride@hotmail.com; elmhurstbicycling.org.

31 – Slow & Easy - 6:00 pm @ Bores Park, Willowbrook

August

1 – Wednesday Ride

Pleasantdale Middle School, 7450 S. Wolf, Burr Ridge



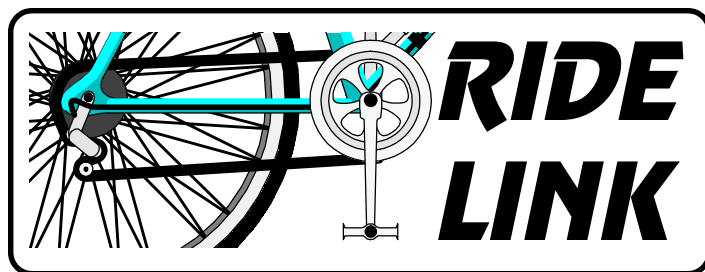
2 – Psychos Meeting, 7:00 p.m., Oak Lawn Library

5 – Naperville; Rotary Ride 2001; Neuqua Valley High School; 10/25/50/75 mi; 7 am; Naperville Rotary Club/Sunrise; ipedal@mindspring.com or rotaryride.com

5-11 - Joliet; Around Illinois Back Roads; Joliet Junior College; to Galena and back; \$225 until 7/1 then \$265; Joliet Bicycle Club and the League of Illinois Bicyclists; 815/436-3539 or Alberico@cdnet.cod.edu; jolietbicycleclub.org



7 – Slow & Easy - 6:00 pm @ Bores Park, Willowbrook



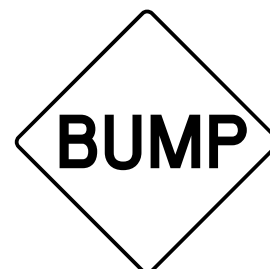
Members who are planning a weekend or out of state ride can team up with another Psycho. Let PsychoNews know which ride you are planning to ride. Riders can contact each other at a meeting or ride. Use this list for car-pooling, motel sharing, map directions, etc., or just to gather information about a ride that you may be interested in. If you would like more information on the ride, contact one of the members listed for that ride.

Blossomtime, May 6 < www.blossomtime.com >
Chris Doubek

Horsey Hundred, May 25 to 27, Georgetown, KY
< www.bgcycling.org/horsey > Mario

TOMRV, June 9-10—Mario

Amishlands—Mario




NEW RIDE START ON WEDNESDAY

The new Wednesday Night ride home will be the Pleasantdale Middle School—7450 S. Wolf Road, Burr Ridge—parking lot. This is a safer alternative to our Willow Springs route. Also starting in June we will have the use of the “Chalet” which is very near to the school. Both are located on Wolf Road, north of German Church Road.

Our mountain bike people need not worry since their access to the woods remains largely unhindered.

TUESDAY SLOW & EASY RIDES


The Slow Easy Rides for Tuesday will begin May 1st, and run thru the end of August. The start is the same as last year... Bores Park located 2 blocks west of Rt 83 on Midway Drive in Willowbrook. Midway Dr. is the first stoplight North of I-55 on Rt 83. Start time is 600PM. Distance 12-15 miles. This is a show and go type ride.

 **8 – Hot Dog Ride** - 6:00 PM
Pleasantdale Middle School, 7450 S. Wolf, Burr Ridge


10 – Gurnee; Gurnee Days Bike Ride
Esper Petersen Park; 10/20 mi; \$15 until 8/3 then \$20;
Make-a-Wish Foundation/Mike’s Bikes; 847/662-8482
or staff@mikesbikesgurnee.com; mikesbikesgurnee.com.


10 – Chicago; Chicago Tree Ride
Garfield Park; 25 mi; 8:30 am; \$50 until 7/1 then \$60; 1000;
Tour des Trees; Laura Stempel, 773/784-7620 or
lauras@enteract.com; tourdestrees.org.

11 & 12 – Peoria; Interplanetary Bicycle Ride
1.4/2/3.6/6.4/14 billion mi (to scale); 6 am Sat. or 7 am Sun.;
\$20 until 8/1 then \$23; Lakeview Museum of Arts & Sci-
ences/Illinois Valley Wheelm’n; Sheldon Schafer, 309/686-
7000 or ssschafer@lake-view-museum.org; lakeview-museum.org/iplanet.html

 **14 – Slow & Easy** - 6:00 pm @ Bores Park, Willowbrook
15 – Wednesday Ride

Pleasantdale Middle School, 7450 S. Wolf, Burr Ridge


 **21 – Slow & Easy** - 6:00 pm @ Bores Park, Willowbrook

 **22 – Hot Dog Ride** - 6:00 PM
Pleasantdale Middle School, 7450 S. Wolf, Burr Ridge

25 – Mt. Vernon; Kiwanis Fun Day Bicycle Ride
Anhauser Bush; 2/12/30/50/100 mi; 7 am; Kiwanis Club of
District 33; Bernie Di ckneite, 618/244-5632 or bfc@mvn.com;
bicyclefitness.com.

26 – Coal City; Bike Psychos’ Century
Coal City High School; 35/50/70/108/126 mi; 6:30 am;
\$12 until 8/21 then \$17; Oak Lawn Bike Psychos;
Chuck Nelson, 708/802-1804 or BikePsychos@yahoo.com;
geocities.com/Colosseum/Field/5658/


26 – Oregon; Old Mill Century
Oregon Park West; 25/50/75 mi; 7 am; \$18 until 8/18 then
\$23; Rock River Valley Bicycle Club; Kevin Askam, 815/732-
3156 or 815/732-7838; oldmillcentury.com

 **28 – Slow & Easy** - 6:00 pm @ Bores Park, Willowbrook

31 – Chicago; Critical Mass
Daley Plaza; 2 hrs; 5:30 pm; free; Chicago Critical Mass;
Mark Counselman, 773/395-8959 or chi-crit-mass@list-serv.uic.edu;
chicagocriticalmass.org

September

4-6 - Findlay; Ag in the Classroom Bike Ride
Eagle Creek Lodge; \$75 until 8/15 then \$95; IAA
Foundation/Illinois Farm Bureau; Steve Newman,
309/557-2230 or snewman@ilfb.org

 **6 – Psychos Meeting**, 7:00 p.m., Oak Lawn Library

PSYCHO CENTURY XVIII

AUGUST 26, 2001 • Coal City, IL

NEED INFO? CALL 708-802-1804

One of the top 50 rides in U.S. by Bicycling for 1998!

Find out why this year!

Bike Psychos Membership

Return completed Membership Form and Fee to:
Bike Psychos ♦ POB 652 ♦ Oak Lawn, IL 60454

Name _____

Street _____

City _____ State _____

Zip _____ Phone _____

Individual Membership \$15

Family Membership* \$20

* include all family member names below

Names of Children / Age _____

The Fine Print:

Participation in all Bike Psychos Club activities is at the rider's risk! I understand that the Bike Psychos and its officers and members are not responsible for, and are not insurers of my personal safety during its club rides. I hereby release the Bike Psychos and its officers and members and I agree to hold them harmless from any and all liability arising from my having sustained any property damage or personal injury while participating in club rides and activities.

Date _____

Guardian Signature _____

(for children under 18)

Member Signature _____

Spouse Signature _____

Voted #1 Bike Club in 1998 & 1999
 by readers of Windy City Sports!

NEXT MEETING
 7 P.M.
 OAK LAWN LIBRARY

JULY 5

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BIKE PSYCHONEWS

STAMP

