



# MONTHLY MEANDERS

## PREZ SEZ

Hello everyone. There are three bills that merit our attention working their way through the legislative process in Springfield.

The first is Senate Bill 0314 introduced by Sen. Edward Maloney on 2/7/07. This bill amends the Illinois Highway Code to give consideration to pedestrian and bicycle ways during the planning and development of State funded transportation facilities. This includes the construction, reconstruction or other change to any State transportation facility. The bill was amended to say State plans and programs rather than State funded transportation facilities. The amendment was adopted and the bill was placed on the calendar for a 3<sup>rd</sup> reading on 3/30/07. This was extended to 5/31/07 and as of 5/2/07 the bill was sent back to Transportation for amendment, although I do not know what the 2<sup>nd</sup> amendment entails.

The second is Senate Bill 0080 also introduced by Sen. Edward Maloney. This bill provides that the driver of a vehicle overtaking a bicycle must maintain a distance of at least 3ft be-

tween the bicycle and the vehicle. It also provides that a bicyclist can signal a right turn by extending his/her right hand horizontally. And finally it provides that a bicyclist shall ride as close to the right hand curb or edge as practicable and safe except when approaching a place where a right hand turn is authorized. This bill was introduced on 1/31/07. It passed the senate on 3/8/07 and after a first reading in the House was assigned to the Drivers Education & Safety Committee on 4/30/07.

The third is House Bill 1382 introduced by Rep. William Black on 2/21/07. This bill creates the offense of negligent vehicular homicide, a Class A misdemeanor. It fills a gap between charging someone with a traffic violation or Reckless Homicide which is hard to prosecute since it must be proved that the driver acted purposefully and with a wonton disregard for the safety of others. The bill is the result of a 19 year old girl who ran over and killed a 25 year old bicyclist, admitting that she was distracted by her cell phone at the time. She

was charged with improper lane usage. The bill passed the house on 4/18/07 and is now in the Senate.

Please call or email your representative in the house for SB0080 and the Senate for SB0314 and HB1382 and ask them to vote yes for these bills.

You may have noticed a change in the ride line a few weeks ago. We no longer have 4 options available when you call. The club is looking at ways to trim some expenses and this was one of several options we are exploring. Going to one voice mail box will save us about \$360 per year (enough to cover our picnic costs). We've also changed insurance carriers and storage facilities in the last couple of years saving an additional several hundred dollars annually. The more we trim from our expenses the more we have to give to the causes we support.

Great to see everyone out and riding. Be safe.

Adios for now

*Rich Drapeau*

June, 2007

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### Welcome New Members

Joe Heater, Palatine

Taylor Pagel, Wheeling

JoAnn Steward, Gurnee

Lynn Rivier, Highland Park

## 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 TBA

### TOP 20 MILES

Reported through May 5  
43 rides by 84 members totaling  
25,050 miles.

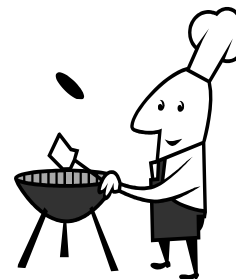
1295 maximum miles possible per rider.

#### Women:

1	Reinhilde Geis	495
2	Ella Shields	438
3	Mary Kay Drapeau	432
4	Debbie Wilson	400
5	Betsy Burtelow	383
6	Cindy Schneider	378
7	Sheri Rosenbaum	373
8	Barbara Barr	372
9	Pam Burke	322
10	Meg Ewen	290
11	Chris Wager	255
12	Mary Myslis	243
13	Virginia Savio	232
14	Kris Woodcock	216
15	Donna Ponte	190
16	Pat Calabrese	179
17	Pat Illy	83
18	Cindy Trent	83
19	Fran Green	65
20	Marianne Kron	59

#### Men:

1	Kilian Emanuel	1121
2	Paul LeFevre	865
3	Joe Irons	679
4	Alex Halamaj	604
5	Richard Drapeau	602
6	John F. Korb	578
7	Kevin A. Moore	568
8	Dennis Creaney	567
9	Tom Wilson	543
10	Jim Boyer	507
11	Leonard Geis	503
12	Len Fiocca	491
13	Peter Guzik	490
14	C. Brian Hale	445
15	Daniel Wiessner	427
16	Brian Blome	420
17	Frank Bing	396
18	Joe Beemster	392
19	Al Schneider	378
20	Dennis Ellertson	365



## 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.

The club will provide the meats/  
chips/refreshments. We are  
asking members to bring salads  
and desserts.

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 and  
to see what you can bring to  
the picnic



Sunday, Sept. 9

Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
June 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 * bring \$ for rest stops		
Sat. 6-2	9:00	Ride to McHenry	Barrington HS	Main street (Lake Cook) West of Rt. 59	65	Art Cunningham 847/963-8746
Sun. 6-3	9:00	Udder Century	Union IL	See uddercentury.com for info	31/50/ 62/100	Invitational
	9:00	Back Roads of Barrington	Rose School, Barrington	I-90 to RT. 59 North, turn right on Penny road to the school just	40	Len & Reinhilde Geis 847/679-0279
Sat. 6-9	9:00	Ride to Big Rock	Rutland FP; Hampshire	I-90 W, exit Rt. 47, left to Big Timber, left to forest preserve, entrance on left.	70/93	Al & Cindy Schneider 847/696-2356
Sat. 6-9 Sun 6-10	9:00	TOMRV Weekend	Preston / Bettendorf Iowa	Invitational www.qcbc.org/tomrv	65/106	Rich & MK Drapeau 847/808-1476
Sun. 6-10	9:00	Lake County Ride	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	35	Kris Woodcock 847/520-6932
	9:00	BCLC Ramble	Wilmot HS, WI	Take I-94 west across WI state line to 345 (Hwy C). Go west on Hwy C until the town of Wilmot. Turn left on Hwy W; go ½ mile to park,	60/77	Invitational (we need someone to bring a sign up Sheet)
Sat. 6-16	9:00	Fontana Ride	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	71	Brian Hale 847/426-3290
Sun. 6-17	9:00	Other side of the Tracks	Bode FP Hoffman estates	Take Barrington Rd. one mile N. of Schaumburg Rd. turn W. 0.20 mi. to Bode east parking lot.	41	Pam Burke 630/872-9238
Sat. 6-23	9:00	Retro Harmon Hundred	Wauconda HS	Rt. 12/59 to Old Rand Rd. in Wauconda, then 2 mi. NW to school	30/60/ 100	Paul LaFevre 847/670-3501
Sun. 6-24	9:00	Strawberry Fest	Kildeer School; Long Grove	Old McHenry Road, just north of Long Grove Shopping District	40	Virginia Savio 847/438-8066
	9:00	Rock Cut	Evergreen School Union	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 847/692-2356
Sat. 6-30	9:00	City of the O's	LaGrange General Store, WI	US 12 West past Elkhorn to County H	88	Al & Cindy Schneider 847/692-2356
	9:00	Kettle Moraine Mtn Biking Extravaganza	LaGrange General Store, WI	US 12 West past Elkhorn to County H	20/30	Brian Blome 847/358-4807

**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 The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Frank Illy 847/923-5910 Brian Hale 847/804-1561
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	25-45	Willow Stream Park - The 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	Art Cunningham 847/ 963-8746 Earle Horwitz 847/374-1129
Tuesday	6:00 pm	Working Stiff's Ride	18-27	Shamrock Cyclery 344 Old McHenry Road in Long Grove. Park behind shop in Stemple Municipal Lot. Meet in front of shop.	Rich Drapeau 847/808-1476 Jim Boyer 847/541-1325
Wednesday	5:30 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Frank & Pat Illy 847/923-5910 Brian Hale 847/804-1561
Wednesday	5:30 pm	Elgin Twilight Rides <i>Flashing taillights recom-</i>	20-40	Target Store On Randall Road just south of US 20. Park in SE corner of lot.	Al & Cindy Schneider 847/696-2356
Thursday	6:00 pm	Thursday Night Ride	30	Kildeer School Old McHenry Road, just north of Long Grove Shopping District	Brian Blome 847/358-4807

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

Date	Time	Miles	Path/Trail	Start	Directions	Comments
6/6	9:00	40/62 partial loops	Prairie Path Aurora Branch Loops	Roy C. Blackwell F. P., Warrenville	South on Rt. 59 to Butterfield Rd., left. on Butterfield Rd. ½ MI to entrance on left. Park in 1 <sup>st</sup> lot to rt.	Packed crushed stone, some paved ***
6/13	9:00	46	Fox River/ McHenry Prairie Trail to Ringwood	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path Kilian Emanuel 847/296-7874
6/20	9:00	46	Fox River/ McHenry Prairie Trail	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path Joe Irons 847/359-0551
6/27	9:00	40 partial loop	North Portion Lake Co. Des Plaines Riv. Tr.	IL 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D lot.	Milwaukee Ave. (IL 21) north to Buckley (IL 137); east to River Rd.; north to F. P. entrance on left to 1 <sup>st</sup> parking lot on the left.	Packed crushed stone ***

\*\*\* 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



## DOES YOUR HELMET FIT?

On April 19<sup>th</sup> I spent some time at the Buffalo Grove Police Station. Yeah, yeah, this time I

was on the right side of the law actually representing the Wheelmen on "official" business. I was asked to spend some time with the officers who are part of the bike patrol squad and review proper helmet fit. But I did get concerned when they started taking mug shots...I mean pictures during the demo. Anyway, seems the officers are asked by residents if their kid's helmets are adjusted correctly or not.

So as I pulled some brochures from the internet, I actually learned a few new tidbits of information. I thought maybe a quick

review of proper helmet fit would be good.

First some sobering stats...medical research shows that a bicycle helmet can prevent 85% of cyclists' head injuries. More than 600 bicyclists are killed in the US every year, almost all in collisions with cars, and 75% of them die of head injuries.

Now for some quick steps to proper helmet fit:

- Untwist all straps
- Place helmet level on your head (make sure it is on the right way)
- There should be one finger width between brow and helmet
- Fit pads with even pressure around the head
- Adjust rear strap behind the ears
- Adjust front strap

- Make sure Y-strap buckle is just under each ear

- Adjust Chin strap
  - Yawn test – open mouth real wide and you should feel it pull down on your helmet
  - Cut extra chin strap length and burn edges as not to unravel

- Last adjustment should be the fit ring in back, if your helmet has one

- Shake head and also grab helmet to make sure it doesn't come off and stays securely in place

I hope you never have to test your helmet in an accident, but if you do, with proper fit, it could save your life. So hey, be careful out there.

*Sheri Rosenbaum*

## ON-BIKE STRETCHING AND EXERCISES

### 1. Reasons to stretch

- Reduce tightness and strain in your neck, back, shoulders, arms and face
- Ride longer with less fatigue; recover faster with post-ride stretches
- Always warm-up muscles before stretching; cold stretching can cause injury

### 2. Be careful

- Never attempt these stretches while riding in a group or pace line situation
- Check for traffic, slow down and maintain control of your bicycle
- Attempt only on smooth, flat, dry pavement

### 3. Lower and middle back

- With one hand on the bar, reach back and place your forearm across your lower back
- Twist your upper body toward the hand that is behind you; hold for 5

seconds

- Look over your shoulder and move that shoulder back while moving the other forward

### 4. Shoulder and neck

- Reach across chest to opposite shoulder as far as comfortable; hold for 5 seconds
- Lift shoulders towards your ears until you feel tension
- Hold for 5 seconds, then slowly roll back to original position

### 5. Fingers and forearms

- Place hand on hip, palm down, fingers up; straighten elbow to stretch for 10 seconds
- Place fingers on handlebar and push down to stretch forearms; hold for 5 seconds
- Bend hand back as far as possible; rotate wrist back and forth; hold for 5 seconds

### 6. Face and jaw

- Open your mouth in an "O" then move your lips right to left to stretch cheek muscles
- Open your mouth wide to stretch jaw muscles
- Never clench your teeth while riding

### 7. Back

- Arch your back while lowering your head slightly
- Then straighten your back and lift your head up to straighten your spine
- Hold each for 5 seconds; perform both stretches consecutively

### 8. Legs

- While coasting, straighten one leg in the 6 o'clock position and drop your heel
- In the 3 and 9 o'clock position, stand and drop both heels; switch feet and repeat
- Hold each stretch for 10 seconds and repeat

From League of American Bicyclists


**THANK YOU**
**THANKS**

Thank You Volunteers

On May 12th the Wheelmen once again teamed up with the Buffalo Grove Police Dept at the annual Bike Rodeo.

Wheelmen volunteers Emily Qualich, Barb Barr, Linda

Heeter, Al Berman, Larry Frank and Sheri Rosenbaum helped over 100 kids and their parents correctly fit their bicycle helmets. The club also donated some Harmon t-shirts that were part of a raffle for participants.

Tom Mulick stopped by to take some candid shots of the event which will be posted on the web.

Thank you all for taking time out of your Saturday to help with a great community service.

Thanks,  
Sheri Rosenbaum

**BIKE TOWN BASH  
SATURDAY, JULY 21**

The Chicagoland Bicycle Federation's annual fundraising event, is back and in a big way! Join 350 of your closest bicycling friends at the [Bridgehouse Museum](#) and Riverwalk, Saturday, July 21, 2007, 6 pm till 10 pm. Come to see the inner gear house workings of the southwest bridge tower of the Michigan Avenue bridge, or peer out over the Fish Hotel in the Chicago River. A swanky *and* sustainable location surrounded by the sparkle of the stars and downtown Chicago. Easily accessible by bicycle and public transportation. Silent auction, live entertainment, festive food & drink, and all sorts of CBF mischief

For more info [www.biketraffic.org](http://www.biketraffic.org)  
(312) 427-3325

**UNITY IS STRENGTH. KNOWLEDGE IS POWER. ATTITUDE IS EVERYTHING.**

The above is an excerpt from the Lance Armstrong Foundation Manifesto. It encompasses not only Lance's spirit, but that of anyone who has every been affected by cancer.

This summer I will do something I love: ride in a week-long bicycle tour. However this year I will ride as part of Team LIVESTRONG and raise money for the Lance Armstrong Foundation. From July 21-28, I will ride 472 miles across Iowa with a team of 150 people, most notably, Lance Armstrong. Each person is required to raise at least \$1000. According to my math degree means we will raise at least \$150,000 to be used by LAF to serve in their mission that focuses on education, advocacy, public health and research programs for cancer.

As a family we have lost six family members to cancer. Aunt Lois died before my earliest memories. Uncle John inspired me as he continued working and living life to its fullest after loosing his leg to cancer. His death is the first I remember from my childhood years. Dick and I lost his mother Judy and Buddy's wife June during our first year of marriage. More recently we lost my mom's boyfriend Elmer and Auntie Mutz to cancer. I will ride preserving their memory as well as in support of my good friend Amy Zuckerman who currently battles the disease.

I look forward to riding in their memories and support of those still living with the disease.

As of May 1st I have put in over 500 miles which isn't too bad considering it has snowed and rained a bit during that time. Additionally, through overwhelming support, we have raised over \$4000. Beyond the financial donations, the support via emails and conversations has truly inspired me. I am very overwhelmed by all the kind words and donations.

Cindy Trent 847/392-6750

**NEW CYCLING WEBSITE**

The Veloist, the online community for people that believe the world is better on a bike. Think of us as You Tube and My Space on wheels. There are no fees or dues and your club or organization members can join us and help spread the joy of cycling.

[www.veloist.com](http://www.veloist.com)

Upload videos, photos and share adventures. We're brand new and looking for interested people to link up with us as we grow. Please take a minute and look us over and if you have any questions or ideas to make us a better place for cyclists please let me hear from you. Thank you and ride safe.

*Mike the Veloist.*

About veloist

The [veloist.com](http://www.veloist.com) will be your site: for you and by you. You can make it a great one. So send anything that has anything to do with cycling that you'd like to share.

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

Ever wonder where a Wheelmen ride got its name? This month we uncover the truth about one of the club's most popular rides, the Honey-Do. As typical avid cyclists, we all would rather be riding our bikes than ticking off projects, errands and what not on our "Honey-Do" list (isn't that what winter is for?). So to keep our spouses or significant others from complaining about not getting anything accomplished over the weekend, the Honey-Do ride was established. Well, if you ask me, riding 40-50 miles is getting something accomplished. But anyway I shall not digress, in theory the 8am start time provides a delicate balance by letting us get some miles in the morning and tackling that dreaded Honey-Do list in the afternoon.



**DRINK TO THIS**

Do you know your sweat rate and, thus, how much to drink while riding? Here's how to figure it. Weigh yourself naked before riding and then again after. Each pound lost represents two cups (16 fluid ounces or 480 ml). To this amount, add the quantity of fluid you drank during the ride.

Take the total and divide it by the hours you rode. This is your hourly sweat rate -- the amount of fluid you should drink during each hour of riding for optimal hydration. Test yourself again when hot and humid summer weather replaces cool spring conditions. (Jenny Hagemann, MS, RD, in UltraCycling magazine)

**INVITATIONALS**

**June 3, Udder Century**, Union, 31/50/62/100, \$20 by 5/27, \$25 after, Tom Baer [udder@earthlink.net](mailto:udder@earthlink.net) mchenrybicycleclub.org

**June 3, Miller Lite Ride for the Arts**, Milwaukee, WI, 5/15/25/50/75 miles, 414-276-RIDE, natek@upaf.org, www.millerliteride.com

**June 9-10, TOMRV** (Tour of Mississippi River Valley), Bettendorf - Dubuque, IA, 190 miles, www.qcbc.org/tomrv

**June 10, BCLC Ramble**, Wilmot, WI. 12/30/50/70/100, \$15 online, \$18 by mail. www.bikebclc.com [ramble@bikebclc.com](mailto:ramble@bikebclc.com) Jan Benzuly, 847-636-4921

**June 17, Swedish Days Ride**, Burlington, 25/45/75/100/124, \$18 by 6/7 \$25 after, 630-776-4054, swedishdays@fvbsc.org, www.fvbsc.org

**NORTHBROOK VELODROME**

During summer evenings, the Northbrook Cycle Committee invites the public to attend Thursday night races at the Ed Rudolph Velodrome. It's exciting and fast paced as cyclists race around the banked bike track reaching speeds of 40 miles per hour and higher.

Fees: \$2 (12 yrs old - adult), Free (children under 12 yrs old) Racing begins at 7:00 p.m. www.northbrookvelodrome.com

**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)

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**We are on the web**  
**wheelmen.com**

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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 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](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