



MONTHLY MEANDERS

PREZ SEZ

You're riding your bicycle, either with a group or by yourself and suddenly you find yourself on the ground. Let's assume the cause of your misfortune was:

- 1) A vehicle hits you.
- 2) Someone's pet caused you to crash.

What do you do next?

If you are able to get yourself out of harm's way, do that first. Get the police and medical help if needed on the scene. Call them yourself or ask someone to do so. Insist that the police file a report. Police reports can be powerful evidence, and they're the single most important documents for you to obtain.

The police should give you a receipt with instructions for obtaining a copy.

Obtain complete information about the driver and other vehicle involved in the crash. Copy down information from the driver's license, insurance card and license plate. Preserve all evidence. Physical evidence should be kept intact, and take photographs of your injuries and the scene.

If there are any witnesses, get their names and numbers. Witnesses can be very important to your claim. Take their names and information and contact them soon after the crash to confirm their recollection of the details before they forget.

If you think you might need medical treatment, get it right away. Medical records are very important to receiving a fair settlement.

If you feel that you might be the one at fault in the crash, contact the provider of your homeowner's or renter's insurance and let them know what happened.

Seek a lawyer before speaking with the insurance company of the other party. If the insurance company calls you, it is your right to refuse to speak with them. Again, you run the risk of making an incriminating statement about yourself when speaking with an insurance company and this has been known to damage claim settlements.

Someone who causes you

to crash might be guilty of a crime. The things that police could charge them with include reckless driving, driving under the influence of drugs or alcohol, assault, assault with a deadly weapon, battery, leaving the scene of a crash and failing to provide aid. If you think an offender has committed a crime, you are entitled to a police report and investigation.

If you have a copy of the police report for your crash and see that police have mistakenly not charged the offender, you can ask that police investigate the crash.

Adios for now

Rich Drapeau

SAVE THE DATE

The Annual Banquet will be on Sunday, November 11. Details in October newsletter.

September, 2007

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Welcome New Members

Laurie Larson, Palatine

Peggy Reins, Niles

Linda Oines, Lake Zurich

Debbie Neczet, South Barrington

Anthony Vercillo, Palatine

Club Officials

Elected Officers

President	
<i>Rich Drapeau</i>	(847)808-1476
V.P./Ride Chair	
<i>Brian Blome</i>	(847)358-4807
<i>& Pat Calabrese</i>	
Treasurer	
<i>Johannes Smits</i>	(630)893-2835
Secretary	
<i>Kevin Moore</i>	(847)577-8490
Membership	
<i>Betsy Burtelow & Jim Boyer</i>	(847)541-1325
Publicity Chair	
<i>Sheri Rosenbaum</i>	(847)368-1762
<i>luv2bike80@hotmail.com</i>	
<u>Appointed Officers</u>	
Harmon	
<i>Mary Kay Drapeau</i>	(847)808-1476
Newsletter	
<i>Ella Shields</i>	(773)594-1755
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	(847)632-1412
<u>Chairmen</u>	
Banquet	
<i>Kris Woodcock</i>	(847)520-6932
Harmon Data Base	
<i>Jennie Pfeifer</i>	(847)342-8823
Mileage Statistician	
<i>Joe Irons</i>	(847)359-0551
Newsletter Mailing	
<i>Jennie Pfeifer</i>	(847)342-8823
Picnic	
<i>Al & Cindy Schneider</i>	(847)696-2356
Refreshments	
<i>Frank & Pat Illy</i>	(847)923-5910
Ride Line	
<i>Dan Wiessner</i>	(847)540-9118
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
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, September 12, 7:00 p.m. at the home of Ella Shields.

All Board members are requested to attend.

TOP 20 MILES

Through August 9
179 rides by 136 Members
totaling 108,093 miles

4381 maximum miles possible per rider

Women:

1	Cindy	Schneider	2635
2	Reinhilde	Geis	2291
3	Pat	Illy	1512
4	Mary Kay	Drapeau	1488
5	Pam	Burke	1461
6	Sheri	Rosenbaum	1440
7	Betsy	Burtelow	1439
8	Ella	Shields	1340
9	Debbie	Wilson	1253
10	Barbara	Barr	1225
11	Kris	Woodcock	1187
12	Meg	Ewen	1176
13	Pat	Calabrese	1146
14	Virginia	Savio	1013
15	Marianne	Kron	1013
16	Cindy	Trent	943
17	Chris	Wager	824
18	Lynn	Rivier	651
19	Donna	Ponte	608
20	Mary	Myslis	601

Men:

1	Paul	LeFevre	4334
2	Kilian	Emanuel	4317
3	Dennis	Creaney	3344
4	Al	Schneider	2748
5	Joe	Irons	2632
6	Richard	Drapeau	2391
7	Kevin A.	Moore	2365
8	Leonard	Geis	2238
9	Art	Cunningham	2222
10	Daniel	Wiessner	2048
11	Frank	Illy	2022
12	Peter	Guzik	1940
13	Frank	Bing	1904
14	C. Brian	Hale	1842
15	Brian	Blome	1828
16	Jim	Boyer	1814
17	Tom	Wilson	1554
18	Bob	Dominski	1536
19	David	Naigles	1526
20	Dennis	Ellertson	1459

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 City of Os. About the 40 mile point in this ride, the mystery is uncovered. You ride through a city called Oconomowoc. Good luck pronouncing it, letting alone fitting it on a cue sheet. Anyway, I digress. The city contains 5 "O's", hence City of Os



BIKE TIPS

- A coat of wax will help keep a bike clean. Use any liquid car wax. Some riders swear by Lemon Pledge spray wax too, which is easier to use.
- Watch Out for Oil Slicks
When it hasn't rained for a while and it suddenly drizzles, oil on the road rises to the surface, turning a formerly grippy road into a skating rink. Slow down in these conditions. Also, even on dry days, there are often oil deposits on some roads at intersections where cars stop and idle. These are usually toward the middle of the lane. Watch for deposits like this and avoid them at all costs!
- If you have to lay the bike down to park it, always place it on a soft surface and always on its left side. Laying it on its right side puts pressure on the rear derailleur, which could damage it.
From www.jimlangley.net

CHECK THIS OUT.....

Bikejournal is designed to provide the avid or recreational biker, with a convenient and fun way to track your rides and meet other cyclists for camaraderie, motivation, and even competition

www.bikejournal.com

Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Sept. 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. 9-1	9:00	Ella's Escapade	Glacier Hills Park, WI	I-94 West to 894 bypass becomes US. 45 Exit WI. 167 W to Fries Lake Road (in Washington Co.) Left	71/102	Al & Cindy Schneider 847/696-2356
Sun. 9-2	9:00	Bill & Mike's Adventure	Glacier Hills Park, WI	See above	78	See above
Sun. 9-2	9:00	Irish Days (Covered Bridges)	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	44	Peter Guzik 847/387-7714
Mon. 9/3	9:00	West Bend Pretzel Ride	Barton Elementary School	I-94 West; I-894 around Milw; north on 41/45 to West Bend; exit right onto Cty. .D east 0.9 mi.; continue on Main for 0.3 mi.; left on	51/73	Al & Cindy Schneider 847/696-2356
Mon. 9-3	9:00	Pita 3 Option Ride	Cuba Marsh	Turn west from US-12 onto Cuba Rd, ; parking on the left just past Ela Rd.	40/51/ 60	Bob Dominski 847/215-4840
Sun. 9-9		Harmon 100	EVERYONE WORKS			
Sat. 9-15	9:00	Paris School Ride	Paris, WI	I-94 W, exit WI 142 W to County D, turn left to school	37/54	Virginia Savio 847/438-8066
Sat & Sun 9-15 &	9:00	Door County Weekend Excursion	Sevastopol H.S Door County, WI	See Newsletter for details	31- 100	Tom & Deb Wilson
Sun. 9-16	9:00	Barrington Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	37	Brian Hale 847/426-3290
Sat. 9-22	9:00	Wall to Wall	Fellow Park WI.	Rt. 12 N to County H, follow County H east (veer Left) into Genoa City, left on Fellows Rd and	68/104	Dan Weissner 847/540-9118
Sun. 9-23	9:00	Mystery Miles	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	37	Dennis Ellertson 847/255-9323
Sat. 9-29	9:00	Boone County Ride	Evergreen School, Union	I-90 West to US 20. Turn Right on S. Union Road. Turn right on E. Coral Road. Turn Left on Northrup. Turn right on Washington to school	64	Kilian Emanuel 847/296-7874
Sun. 9-30	9:00	Des Plaines River Trail	Half Day Forest Preserve	Off Milwaukee Ave. 1.5 miles north of IL 22	20+	Brian Blome 847/358-4807
Sun. 9-30	9:00	Nifty 50	Target Store, Elgin	Randall Road just south of US 20. Park in SE corner of lot.	51	Al & Cindy Schneider 847/696-2356
Sun. 9-30	7:00— 9:00	Apple Cider Century	Three Oaks, MI	Checkr website for info www.applecidercentury.com	25/50/ 62/	Ella Shields 773/594-1755

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 last ride 9/12	5:30 pm	Elgin Twilight Rides <i>Flashing taillights recommended</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 <i>with alter- nates as day-</i>	Kildeer School Old McHenry Road, just north of Long Grove Shopping District	Brian Blome 847/358-4807

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

Date	Time	Miles	Path/Trail	Start	Directions	Comments
9/5	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 st	Packed crushed stone, some paved ***
9/12	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 right.	Crushed stone/ paved paths
9/19	9:00	46	Fox River/ McHenry Prairie Trail to Ringwood	East Dundee Depot	West on Dundee (Rte. 68) past IL-59; bear rt. at Bar- rington Ave. just past Rte. 25 to River St., depot to left	Paved trail
9/26	9:00	55	Ride to Channahon	Isle A La Cache Museum, Romeoville	Take I-355 south to Joliet Rd.. Str. on Independence Blvd. (IL-53) to Romeoville Rd., turn left to the Museum Parking Lot on right.	Crushed packed stone: paved streets in Joliet

*** 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



SO, YOU LIKE TO GO FAST?

The Wheeling Wheelmen has the reputation of being a “racing” club, but honestly a very few of its members actually do race. Off hand, I personally only know of a few and can count them on one

hand...Marianne, Nancy, Mary, Barb and Tom. So why don't more of our hammerheads, male or female participate in the racing scene? The answer escapes me.

Today I participated in my first time trial. And now I'm hooked. The race was out in Harvard, IL and was a 34k course of flat to gently rolling hills. As we pulled into the parking lot I was intimidated by the sea of riders warming up on trainers with their expensive time trial bikes, wearing fancy racing clothes, and time trial aerodynamic helmets. But I was there to race and haul butt. So I unloaded my Burley road bike, wearing my basic Terry jersey, removed the bag from under the seat... in a lame effort to be more aerodynamic... and headed down the road for a quick warm up.

I have to say, I was pleasantly surprised how nice everyone was. They welcome new riders with open arms and a smile. It reminded me of a typical triathlon group.

Marianne and Barb had talked me into competing in this race. They helped me understand how it worked and got me over to the starting line which was not near the parking lot. As I lined up to start (they send you off every 60 seconds, one at a time) I was sandwiched between Tiger in front of me and his recumbent racing bike with a “skin” that he zips himself into for extra aerodynamics. When asked, he reveals to me he cruises at 30+ mph. Needless to say I never saw him after the start. And behind me was a guy decked out in the most aerodynamic outfit I've only seen on TV for the Tour de France or Olympic time trials. I smiled and told him I was a virgin at this and to be nice when he passes me like I'm standing still. I'm happy to say he yelled “Great Job” as he flew buy going over 25 mph.

I moved up to the start line and the starter who looked like he just fell off a Harley, counted down...5, 4, 3, 2, 1 and off I went as fast as my legs and Burley could take me. So what goes through my head? First was panic. I was having so much fun I was worried that I'd have to invest in a time trial bike adding to my array of 3 bikes hanging in my garage. Then I started thinking what great training this was for my triathlon races. Where else can you haul butt for 34k, never have to stop and not worry about cops? Even the Tuesday night Wheelmen ride

we have to contend with heavy traffic, stop signs and traffic lights. None of that here.

I was thrilled with my time and speed. I averaged 18.9 mph which I was happy with but need to improve on. I'm excited to say that Marianne, Barb and I all walked away with some BLING. We each competed and placed in our age group. I am hooked and plan to race again in two weeks in another time trial and then look forward to next year.

If you are like me, I didn't know the different types of events to choose from. So here's a quick lesson.

- **Road Race** - These are mass-start events held on open roads. Racers ride in groups or ‘pelotons’, corner at high speeds, take turns ‘pulling’ at the front of pace lines, and pick tactical spots to try to break away. The first rider across the finish line is the winner. The course may be from point to point, from town to town, or on a circuit (the start and finish are in the same place.) Usually the course is closed to traffic in the area of the race. Road races can be up to a couple hundred kilometers long (over 100 miles.)
- **Criterium** - A criterium is a short road race on a circuit – usually city streets – closed to traffic. The distance per lap may vary from 1/2km to 3km (1/3 mile to 2 miles). Races are of varying numbers of laps. The mass start, high-speed cornering and sprinting make criterium exciting for participants and spectators alike.
- **Time Trial** - A time trial is an individual or team race over a fixed distance against the clock. Riders start individually at timed intervals and the rider with the fastest time wins. Distances raced vary from 1km to 100km. The course may be from point to point, from town to town, or on a circuit (the start and finish are in the same place.)
- **Stage Race** - A stage race is a combination of some or all of the road events; road race, criterium, and time trial. They are held over two to fourteen days. Each cyclist's time for all the individual events is totaled and the overall winner is the rider with the lowest cumulative time. There are also winners for each individual event and sometimes for groups of events.

I encourage our members, especially the women, to consider adding racing to their 2008 schedule. The American Bicycling Racing needs more support and membership. If you are interested in trying out racing, I suggest you talk to Marianne Kron or go to www.ambikerace.com

Sheri Rosenbaum

LIB EXTRA

Advocacy, rides, and more – for further details, check out LIB's website, www.bikelib.org

Illinois Trail Funding Saved!

The past three years have been very tight in the transportation funding world, as the feds have told states to give back more and more money promised to them. Recent IDOT handling of these "rescissions" has disproportionately hurt bicycling, compared to other transportation project funding categories.

But that changed in April's record-setting rescission, after a big push by LIB and others.

Faced with rescinding \$120 Million of its annual \$1 Billion in federal dollars, IDOT chose to cut the trail-funding Enhancements (ITEP) and CMAQ programs at the same percentage as most other categories. This is in sharp contrast to last year, when

61% of ITEP's \$25 Million was cut while only 12.4% from all other categories was returned.

"Congress, through the legislative process, created a small slice of the pie for some balance in transportation spending," said LIB's Ed Barsotti. "Through flexibility in rescissions, state departments of transportation can basically re-write this policy on their own. We're glad that the State of Illinois spread the pain of the April cuts more evenly."

Although not true in Illinois in 2006, about half of ITEP dollars traditionally go to trails and bikeways. Many of the trails built around the state the past 15 years have been funded through ITEP and CMAQ. The estimated effect of the more equitable April 2007 cuts is a savings of \$3-10 Million for future trails in Illinois.

Two Bike Bills Pass Legislature, Await Governor's Signature

Bike club members across Illinois are urged

to ask the Governor to sign Senate Bills 80 and 314, bike-friendly bills that passed the state legislature this spring. Let's finish the push on these!

SB80 requires motorists to give *at least* three feet clearance when passing bikes. The bill also legalizes the right arm signal for a right turn, and allows cyclists to move into the lane to avoid "right hook" crashes at intersections.

SB314 states that "bicycle and pedestrian ways *shall* be established" when IDOT does major roadwork in an urban area. This "Complete Streets" bill seeks to correct inadequate design policies that have made bike and foot travel difficult on state roads, especially in urban areas.

Please ask the Governor to sign SB80 and SB314 – call 217-782-0244 / 312-814-2121 or go to www.illinois.gov/gov/contactthegovernor.cfm

(editor's note: CBF has a form letter you can send to the governor).

EXCURSION RIDES

Labor Day Weekend

September 1, 2 & 3

Ella's Escapade, Mike & Bill's Adventure & Pretzel Ride

We are staying at the Super 8 in Germantown. We usually have dinner at a great inexpensive Italian Restaurant in Menominee Falls called Pepino's.

Saturday: The 71 mile Ella's Escapade, is a combination of steep short and long flat riding. The ride climbs out of the park and you pedal between the many lakes around Delafield. You then ride through the old Pabst farms and skirt Oconomowoc on the way to Lake La Belle. After riding through lightly rolling farmland and a Gallic township lunch at the Pleasant Hill Tap awaits. The ride back to the park is highlighted by the hills around Monches.

Sunday: Mike and Bill's 78 mile Adventure is a rolling ride through farmland and the northwest Kettle Moraine. Rest stops are at small towns like Hustiford, Mayfield and Allentown. Along the route are nu-

merous cows, quaint churches and great overviews.

On Labor Day the Pretzel Ride leaves West Bend, about fifteen miles from Germantown. This 51 and 73 mile ride visits the northeast Kettle Moraine and the area north of Dundee. The ride features climbs and descents through the forests and scenic overviews in the farmlands.

Questions? Call Al & Cindy Schneider 847/696-2356 .

Door County—September 15 & 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 31, 44 and 50 mile options for Sunday.

We are staying at the at the Sturgeon Bay Super 8 Motel (920/743-9211). If you have questions, please ask Tom or Deb Wilson, 847/632-1412.

October 13 & 14 Fall Foliage Ride

This ride is done in conjunction with the Quad Cities Bicycle Club. The rides start and end in Mt Horeb, WI which is about 20 miles west of Madison. Cue sheets are provided both days. These are challenging rides of 50-60 miles with over 4,000 feet of climbing each day. There are also several alternative flatter options. The rides count for club mileage.

We will be staying at the beautiful Karakahl Country Inn with indoor pool. Call 608/437-5545 to reserve your room.

A scrumptious Italian buffet dinner will again be arranged for the combined bike clubs on Saturday night for a very reasonable price! Call Rich or Mary Kay Drapeau 847/808-1476 to be included in the reservation or for more information.

Directions: Take I-90 West to exit 142A in Madison on to 18 West for 25 miles, then 151 Business into Mt. Horeb. Karakahl is on the left

YOU MIGHT BE A BIKE WEENIE IF...

- You hear someone had a crash and your first question is "How's the bike?"
 - You have more money invested in your bike clothes than in the rest of your combined wardrobe.
 - You see a fit, tanned, Lycra-clad young woman ride by, and the first thing you check out is her bicycle.
 - You use wax on your chain, but not on your car.
 - Your bike has more miles on its computer than your car's odometer.
 - Your bikes are worth more than your car.
 - You buy a mini-van and immediately remove the rear seats to allow your bike(s) to fit.
 - You take your bike along when you shop for a car - just to make sure the bike will fit inside.
 - You clean your bike(s) more often than your car.
 - You can't seem to get to work by 8:30 AM, even for important meetings, but you don't have any problems at all meeting your buddies at 5:30 AM for a hammer fest.
 - Your New Years resolution is to put more miles on your bike than your car, and you do it.
 - Your car sits outside your garage because your garage is full of bikes and cycling gear.
- (Edited list from BicycleSource.com)



INVITATIONAL'S

Sept. 2, Wright Stuff Century, Mt Horeb, WI, 30/60/100 miles, denisk@tds.net, www.bombaybicycle.org

Sept. 16, North Shore Century, Evanston, 8/25/50/62/100, \$20, www.evanstonbikeclub.org

Sept. 9-15, Illinois Great River Ride
A non-competitive, week-long ride that offers a range of one-of-a-kind experiences as it winds through Chicago, Joliet, Starved Rock State Park, Kewanee, Peoria, Lincoln's New Salem and Springfield. This approximately 350 mile ride makes many stops along the way for bikers to discover Illinois' rich treasures.
www.illinoisgreatriversride.com

Sept. 16, Cranberry Century Bike Tour, Marshfield, WI, 20/40/60/100 miles, 715/387-5899, www.rmhmarshfield.org
RMHC-Marshfield@charter.net

Sept. 30, Pumpkin Pie Ride, Ottawa, Il. 31/62/100 road 15/20/30/45 trail \$15 by 9/11 \$5 under 12 815/433-5035 bikegod@ivnet.com

Sept. 30, Apple Cider Century, Three Oaks, MI., 25/50/62/75/100, \$35 by 9/1 888/877-2068 bryan@applecidercentury.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

We are on the web
wheelmen.com

Next Club Meeting
October 4



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
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