



MONTHLY MEANDERS

PREZ SEZ

I was finishing up some yard work a few weeks ago when a somewhat familiar face appeared at my door. Turns out it was Sidney Mathias, the Illinois House Rep for my district. We had received a notice from Ed Barsoti of the LIB just a couple of days before Rep Mathias showed up, regarding the need to contact our state rep and ask for help overturning SB314 which was vetoed by Gov. Rob, so the timing of his visit was pretty timely. Mathias was there to ask for my signature on his nomination petition. I took the opportunity to explain who I was and ask for his vote overturning SB314. He said he recalled receiving a couple of calls about this and said he would vote to overturn it. This bill basically says the Illinois Department of Transportation must take into account pedestrians and bicyclists when renewing existing roadways or planning new roads. The fact the Rep Mathias remembered the calls made by our members and that these calls influenced his vote, shows how important and effective it is for us to contact our legislators. There are many reasons to join a bike club, and if this is not one of them for

you it should be. We need to actively fight for our right to the road.

We're adding something new this year to our Show N Go rides, trail ride options. Remember these are show n go so there is no ride host and the miles ridden will be determined by the riders who show up. These will be an alternative to the show n go Sunday road ride from Cuba Marsh. See the November schedule listed in the newsletter.

Nine Wheeling Wheelmen members made the trek to Mt Horeb to join up with our friends from the Quad Cities Bicycle Club on October 13th and 14th. Seven of us arrived early enough Friday night to head to the Grumpy Troll for dinner. This is a local brew pub with a fine selection of beers made on the premises. The town of 6,600 is known for its displays of carved trolls along Main Street. For a bicyclist it offers an amazing variety of lightly traveled roads. Our hosts Dean and Deb Mathias from QCBC spend a lot of time laying out routes that offer both challenging hills and plenty of flat valley roads for anyone who wants to participate but not ex-

tend themselves on the hills. We started Saturday under cloudy skies and that's how it remained most of the day. The temperature remained a very bearable low 60 degrees all day. We put in about 65 miles the first day with somewhere around 5,000 feet of climbing returning to the motel at 3:30. This gave us just enough time to shower, chat a bit about the days riding and meet the rest of the QCBC group for dinner at 5:00. We had our own room reserved at a local Italian restaurant and by my count we outnumbered the QCBC members. Sunday brought the expected rain so we headed home early after breakfast. Please think about joining us next year. You can get to the lunch stop and back without climbing all the hills and still ride 40-60 miles.

We had some very sad news come our way. Long time Wheelmen club member Joe Lippere recently died after battling cancer. Our thoughts go out to Sue Lippere and family.

See you on the road

Rich Drapeau

November, 2007

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Welcome New Members

Jonathan Culli, Arlington Heights

Thomas Martin, Hoffman Estates

Jenkins Davis, Barrington

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	
Open	
Newsletter	
<i>Ella Shields</i>	(773)594-1755
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	(847)632-1412
Chairmen	
Banquet	
<i>Kris Woodcock</i>	(847)520-6932
Harmon Data Base	
<i>Jennie Pfeifer</i>	(847)342-8823
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>Frank Bing</i>	(847)634-1439
Web Page	
<i>Jim Boyer</i>	(847)541-1325

Board Meeting

The next board meeting is Tuesday, Nov. 6, 7:00 p.m., at the home of Kevin Moore. All Board members are requested to attend.

TOP 20 MILEAGE

Come to the banquet and find out. ?

WHERE DID THAT RIDE GET ITS NAME?

Ever wonder where a Wheelmen ride got its name? This month we uncover the truth around The Bakery Ride. If you never took a vacation day from work and went to ride with the geezers on a Tuesday or Thursday morning, you don't know what you are missing. This ride goes year round and leaves from Willow Stream Park. It never ceases to amaze me how many riders show up on a nice sunny day. Kinda like Wrigley Field for a 1pm game... you wonder does anyone actually work? After the ride you relax on the patio of Deerfield Bakery where someone finds an excuse to celebrate something and buys a coffee cake to share and Earl is begging for someone's bag of chips. It is great fun and a wonderful group of people. So find a day to play hooky from work and be a geezer for the day.



Annual Banquet

Don't forget the banquet on Sunday, Nov 11.

Call Kris Woodcock with any questions 847/253-9288.

If you would like to put on an activity (rides, hiking, x-c ski weekend, etc.) this fall or winter call a board member and they will get it on the ride line. **CALL THE RIDE LINE FOR FALL & WINTER ACTIVITIES.....847/520-5010.**

MEMBERSHIP RENEWALS

Attention Members

The club membership renewal form will be in the December / January Newsletter rather than a separate printing and mailing. Be sure to watch for the renewal application in your next newsletter.

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.

HOLIDAY PARTY

Sunday, December 9

3—8 p.m.

Hosted by

Pat & Frank Illy

846 Beacon Drive, Schaumburg, IL

Call Pat @ 847/923-5910 to see what you can bring to the party

Please RSVP by December 4



WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday	10:00 am	Show N Go Rides	25 +	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	n/a
Sunday	10:00 am	Cuba Marsh Show N Go Rides	25 +	Cuba Marsh is West on US12 to Ela Rd, south to Cuba Rd. West to parking lot on left	n/a
Tuesday & Thursday	10:00 am	Show N Go Rides	25 +	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

The rides may or may not have cue sheets. The mileage, destination and speed are determined by the weather and riders.

SUNDAY SHOW N GO TRAIL RIDES

Date	Time	Ride	Miles	Start/Directions	Comments
11/4	10:00 am	Des Plaines River Trail	20+	Meet at parking lot behind Egg Harbor restaurant at Rte 22 and Rte 21/45	Not recommended for road bikes. Packed, crushed stone
11/18	10:00 am	Medley of Trails Deer Grove Woods to Arlington Lake	20+	Nichols Hill Golf Course From Dundee Rd. turn north on Kennicott to end, 1 st lot on left, bottom of hill.	Packed crushed stone and paved paths, short unimproved trail/roads
11/25	10:00 am	North Branch/ Botanic Garden	32	Lake Street Parking, Harms Wood Forest Preserve. East on Lake St., past I-294 and Waukegan road, to the Chicago River. Parking on the right just past the bike path over-	Paved path

Bring snacks and water to drink.

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

The bicycle is the most civilized conveyance known to man. Other forms of transport grow daily more nightmarish. Only the bicycle remains pure in heart. -Iris Murdoch, writer (1919-1999) [World Carfree Day is Sep 22:]

<http://www.worldcarfree.net/wcfd/>

BRAT (BICYCLE RIDE ACROSS TENNESSEE)

This week long ride started in downtown Nashville on September 15. It's a 485 mile drive from Chicago so I headed out at 5:00 a.m. and arrived at BRAT headquarters about 1:00 p.m. I met up with my riding pal, Betty Kriss from Alabama, right away and we got registered and ready for our escape.

The ride is sponsored by Tennessee State Parks, Tennessee Department of Transportation, and the Cumberland Trail Conference. They did an excellent job, everything was very organized, numerous rest stops along the route, rangers sagged the entire ride, roads were well marked, good meals and some entertainment every evening. It is basically a camping trip at the State Parks, but since I have tent phobia I was very happy to partake in the hotel option. For a small fee our luggage was dropped at the designated hotels.

Approximately 275 riders participated, cost was \$300.00 and due to the very rural area we were in most of the meals were included in the price

The terrain on the route varied greatly each day, taking us from the Nashville Basin, through the Highland Rim, and along the Cumberland Plateau. This area is known as Middle TN. We started by heading south to Henry Horton State Park, then east to Tims Ford State Park (2 nights), McMinnville (2 nights), and Cedars of Lebanon State Park before ending at Long Hunter State Park. There was beautiful rural Tennessee scenery, flats, hills, mountains, chasing dogs and 85 degree temps everyday.

Some of the highlights:

Sunday, Sept. 16th, Nashville to Henry Horton State Park (63 miles). Stayed at the charming Henry Horton Inn at the State Park. Dinner included wonderful entertainment by a local bluegrass band.

Monday, Sept. 17th, Tims Ford State Park (73 miles) a day of fantastic rural riding through Walking Horse country of Bedford County. Rest stop in Bell Buckle and some of the best lemonade ever made.

Tuesday, Sept. 18th, Tims Ford State Park (40 mile loop) visited Lynchburg and Jack Daniels Distillery tour, saw how TN sour mash whiskey is made. Lunch at Miss Mary Bobo's Boarding House, a world famous and very unique lunch restaurant with a long history of serving the best southern food in TN. After the ride we enjoyed a boat ride across Tims Ford Lake with a new bike friend that had a house and boat nearby.

Wednesday, Sept. 19th City of McMinnville- (66 miles). Headed up the mountain, climb to the top of the Cumberland Plateau. Rode through the campus of beautiful Sewanee: University of the South, Betty turned 75, I was interviewed for the local TV news.

Thursday, Sept. 20th City of McMinnville- Day Loop to Rock Island State Park (48 miles). Rode through rural Warren and Van Buren counties to the park and spectacular view of Twin Falls. It had the most beautiful scenery of the week. Lion's Club provided yummy homemade treats at the rest stop.

Friday, Sept. 21st Cedars of Lebanon State Park, (64 miles) Stopped in Woodbury for another great rest stop, sponsored by the chamber of commerce, at the old courthouse and rode through pastoral Rutherford and Wilson Counties.

Saturday, Sept. 22nd Return to Long Hunter State Park (25 miles) short and sweet, back to the car by 9:30 a.m. and hit the road back to Chicago.

You should definitely check out this fun ride for 2008 (Sept 14-20) it will be in the mountains of Far East Tennessee. *Ella Shields*

RE-CYCLING

Next time you update **your cycling wardrobe, consider sending your old kit to one of these organizations**

Here are three organizations that can make sure your old biking stuff can still get out and ride.

[Trips for Kids \(www.tripsforkids.org\)](http://www.tripsforkids.org) has more than 40 chapters across the United States and Canada. Proceeds from its ReCyclery thrift shop, located at the group's Marin

County, California, headquarters, help send disadvantaged youth on bike trips.

The **[East Point Velodrome Association](#)** accepts donations of cycling gear, which it then sells on eBay to raise funds for the Dick Lane Velodrome (DickLaneVelodrome.com). If you live in or near Atlanta, they may even come pick it up.

[FirstCare.org](#) matches donors with novice cyclists who are looking for bike clothing to use while preparing for their first **[AIDS/Life Cycle ride](#)**

CYCLING PERFORMANCE TIPS

OFF SEASON TRAINING

It's tough to maintain a regular training regimen 12 months a year. Taking a break from your usual routine for an off season, winter training program will not only help you maintain a good foundation or base for those early spring rides, but also help to avoid burn out when it's time to resume those tough, regular season sessions. A balanced off season program should contain resistance (weight) training, time on an [indoor stationary trainer](#), and a cross training aerobic sport such as swimming or x-country skiing. Other choices might include aerobic classes, self defense classes, jumping rope, tennis, rowing, swimming, yoga, [spin classes](#), and mountain biking, if conditions permit. The variety of activities in itself enhances the psychological benefits of a winter break.

And of course when it warms up, taking the bike out on the road is a nice break.

Along with it's cardiovascular benefits, cross training helps maintain our sense of balance, muscle strength, hand to eye coordination, and improved range of motion. Although there are sport specific, training benefits that are only gained from being on the bicycle itself, **your next season's cycling performance will benefit from the psychological break of cross training** - a break from the stress of meeting regular training deadlines as well as a break to give your body time to rebuild and rest the muscles, joints, and ligaments that are repeatedly stressed by your regular season training routine.

It's not unusual for competitive athletes to experience a psychological low spot or "burn out" in their performance after a hard season of training and riding, so many coaches encourage an off season break as part of a balanced training program. But all serious cyclists are, in their hearts, competitive creatures (even if it's only with themselves and their Personal Records) so having off season alternatives to "just lying around" meet their basic need for regular exercise. And when it's time to get back into the spring training routine, remember

to start easy for a week or two as you come back up to speed.

I think the issues are pulled together well in this reader's **question**: "I was wondering if I will benefit from using a rowing machine during the off season? I would not concentrate on rowing but add this to my indoor cycling regiment. My **answer**: Rowing would maintain cardiovascular fitness, provide a needed change of pace to prevent boredom from year round cycling, and might help maintain (not improve) muscle tone, and thus would be an excellent component of a winter training regimen. By itself, it would not prevent degradation of fitness for the next riding season.

Consider the following as a rough guide (starting point) to design your own program:

OCTOBER

[Weights](#) - This is a transition month. Don't worry about the amount of weight you are using. Try varied exercises including back extensions, leg presses, leg curls, calf raises, bench press, and abdominal work. Aim for 12 to 20 reps for 1 to 3 sets, 3 times a week.

[Stationary bike](#) - the goal is fast cadence, interval work. Warm up for 15 minutes. Do step intervals (30 sec with 60 sec easy spinning, 60 sec with 60 sec easy spinning, 90 sec with 60 sec easy spinning, up to a 3 minute exercise interval and then cycle back down). Aim to keep your cadence above 90 and heart rate at 80-90% MHR. Cool down for 15 minutes. Three times a week.

X-training sport - This is an important strategy to prevent boredom and staleness. Consider swimming, x-country skiing, whatever, but don't forget to take a day or two off just as you did during the regular cycling season.

NOVEMBER/DECEMBER

Weights - Now that you are into the routine, it is the time to begin to build muscle mass. 3 days a week, 8 to 12 reps, 2 to 3 sets.

Stationary bike - Time to move into an endurance phase with a moderate cadence of 85-95 with heart rate at 75% max. Do a

15 minute warm up, a 12 minute ride, and then a 3 minute rest with easy spinning. Three times a week.

X-training sport - Still important to prevent boredom and staleness. Swimming, x-country skiing, whatever.

JANUARY/FEBRUARY

Weights - Still working on bulk and strength - 6 to 10 reps, 3 or 4 sets, 3 times a week. Try to add a fast component in the lifting phase (explosive power) to prepare for the demands of cycling.

Stationary bike - Back to speed work. 10 all out sprints of 20 seconds in the highest gear and the fastest cadence you can manage. Then easy spinning for 5 minutes between sprints. Cool down for 15 minutes. Three times a week.

X-training sport - Hang in there, this remains a key to prevent boredom and staleness.

Mountain biking - If weather permits, consider throwing in a little mountain biking. Experience (and internalizing instincts on conditions) gained will boost your ability to handle skids, slippery roads, unexpected excursions off the pavement, and even riders who go down in front of you. One of the skills, along with balance, is developing the right instincts on the brakes. When your tires are at risk of losing traction, remember that braking hard in turns or during a skid will only put you on the ground. You can't have control unless your wheels are free to turn. This is a common thread for wet and slippery pavement, dirt, or a light covering of snow.

MARCH

Time to prepare for endurance on the bike again. Lighter weights (maybe 75% of the weight used in Jan/Feb), more reps (12 to 15, 1 to 2 sets). And only twice a week with the balance of the time back on the bike again.

Road riding - Time to [get out on the road again](#) - endurance rides with occasional sprints on the bike until your base of 500 miles has been established.

Edited article from www.cptips.com/wnrtrrg.htm

LIVESTRONG/RAGBRAI



Together with friends and family, we raised nearly \$12,000!!! Our team raised over \$340,000.

TEAM LIVESTRONG

Cancer Support I learned working with LAF that along with supporting research, they provide amazing resources such as the LIVESTRONG™ Survivorship Notebook and searchable clinical trials. Both resources are accessible at laf.org. Then under LIVE choose either CANCER SUPPORT or CLINICAL TRIALS.

The LIVESTRONG™ Survivorship Notebook is designed to organize and guide your cancer experience. LIVESTRONG Survivorship Notebooks are offered free of charge from the Lance Armstrong Foundation as an easy way for cancer survivors and their caregivers to access and keep important survivorship information organized. Shipping and handling charges will be extra. I would strongly encourage you to purchase one for anyone you know surviving cancer.

RAGBRAI The week in Iowa was amazing. I've never seen so many bicycles. Literally the roads were covered with cyclists including Team LIVESTRONG with its 150 riders.

A highlight of the week was riding with Andres, an 11 year old who is surviving cancer. They held a fundraiser at his house called "Andres' Breakfast Bash". Their goal was to raise some money to defer their expenses as well as raise \$1000 for

LAF. A large portion of our team arrived at his house and then later we rode around town with Andres. It was a very emotional day for all.



Me and Andres.

Another highlight was riding with Lance. He passed us on the road and we raced up to ride with him. Fortunately he was taking it easy that day, so we could hang in there. In all, we rode with him for 11 miles. Amazing!!! Along with Lance was his Discovery Channel teammate, Jason McCartney (who won stage 15 of the Vuelta yesterday) and friend Bart Naggs (you'll recognize his name if you've ever read Lance's books).

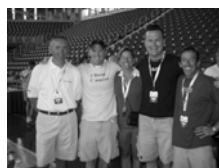


with Lance

Of course we had a lot of fun that week including slip-n-slides, showering in the cattle barn of the local fairgrounds, camping in the rain, home-churned ice cream and pork served in more ways than I can count. Lance even came to camp one night and hung out with us. I was lucky enough to be introduced to him and got to have a short conversation with him. Amazing! Below are some more photo highlights from the trip.



Jenn and I at the giant slip-n-slide.



Top 5 fundraisers (The cleanest we got all week!)



My tent with dedications.



More memorials.

LIVESTRONG CHALLENGE Next month I plan going down to Austin to ride in this event with some of my RAGBRAI teammates. The LIVESTRONG Challenge is the LAF's signature fundraising event. This series of walking, running and cycling events takes place in cities across the country, enabling anyone to support the LAF's mission to inspire and empower people affected by cancer. To date, they have already raised \$2.5 million for the Austin event.

Cindy Trent

LAKE COUNTY COMPLAINTS

Lake County Sheriff's Deputy Ed Haras has reported to me that he has received more than a dozen complaints from motorists regarding bicyclists riding on Everett Road on Saturday mornings. The motorists have spotted bicyclists wearing your club's jerseys and reported that to Deputy Haras. Haras reports the complaints involve cyclists riding three and four abreast, acting aggressive toward motorists and being abusive. I advised the deputy that although some riders may be wearing club jerseys, it may not be a club-sponsored ride. I also advised him that it may be a ride organized by another group entirely.

Please give me a call so that we can discuss the matter or email me a name and a telephone number to call. Thnx.

Dean Schott, Outreach Director
League of Illinois Bicyclists
847-291-1213

Everett Road is in Lincolnshire. I spoke to Dean Schott about these complaints and told him that we don't have any club rides that go through that area. However, that is not to say that one of our members was not part of the group. Or perhaps a motorist, in trying to

identify the rude cyclists, remembered seeing the Wheeling Wheelmen logo somewhere else. Many of our club rides do cover Lake County. Dean asked me to pass this information on to our membership for your consideration.

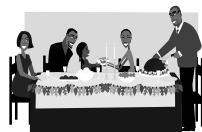
I'd like to add my own comments:

Hey gang, this is not the first time this issue has come up. In big, fast groups it's fun to get carried away like we're in a real race. Or feel like we own the road when we are in groups of recreational riders. But we don't. The roads are not closed and we must obey the rules of the road. If you don't know the rules, find them here:

www.bikelib.org/education/laws.htm. We all have complaints about aggressive motorists and road-sharing advocacy issues but this kind of behavior does not help our cause. There are lots of cyclists working hard to keep our right to ride, don't mess it up. And when you think about it, cyclists, on bikes, acting aggressive and abusive toward motorists, in cars, isn't only rude, it's stuupid!

Let's be Smart out there.

Jim Boyer
Membership Chairperson
Wheeling Wheelmen Bicycle Club



ETHNIC DINNERS

Our ethnic dinner program will start again in January and run through March. If you would like to host a dinner please contact me @

773/594-1755, or eshieldsbike@yahoo.com and I will get it in the newsletter. Its' simple, all you have to do is pick an ethnic restaurant, have people RSVP and make a reservation. I need the January info by November 10 for the Dec/Jan combined newsletter.
Ella

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

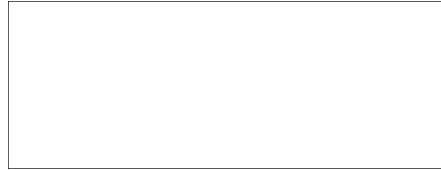


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Next Club Meeting
January 3, 2008



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
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