



MONTHLY MEANDERS

PREZ SEZ

Am I a bike snob or is it this long winter that's getting to me? You be the judge.

Dear Car That Beeped At Me,

You beeped your horn at me while I was riding to work. It was not the blaring, impatient honk of the self-important luxury car owner; rather, it was a brief chirp meant simply to alert me to your presence. And while your intentions may have been good—or at least not malicious—please note that I don't care. You're beeping means you can see me, and I'm not worried about drivers who see me. I'm worried about drivers who don't. Believe it or not, in a metro area of five million people I already operate under the assumption that there is probably a car behind me. Please only use your horn when you are about to collide with another vehicle and death is imminent.

Dear Car That Beeped At Me Impatiently,

Yours was the blaring, impatient honk of the self-important. What makes you think I care about your schedule or where you have to be? If you were on your way to saving a life you'd be in a truck with a siren, not in a German sedan/SUV/Minivan. You also wouldn't have a cell phone in your ear/Soccer Mom sticker in your window.

Your Primary Bicycle is a TT or Tri Bike

You're on a Cervelo with a

bento box and two water bottles behind your saddle. Tri riders have a slavish devotion to their poorly-handling, awkward bicycles and use them in circumstances for which they are not appropriate. Maybe instead of the Zipp 808s you should have used some money to buy an inexpensive road bike. You might actually have some fun--and take out a few less people the next time you try to get in a pace line.

You say you want to be a racer!

Countless dramas unfold in every local race. Here are just a few examples of beautiful moments of triumph and defeat taking place in our own backyard that rival anything in the Tour:

--6:00am, A rider on a \$900 wheel set rolls up to the registration area with a \$2,000 wheel set strapped to his back. We can only imagine that later today he will put on a suit to go to the grocery store and then change into a tux to do some barbecuing.

--A nine-man team wearing matching kit and riding custom-painted matching bicycles with SRMs discusses tactics as they line up to start in one of the lower category races.

--Lap three. A few riders go off the front. From the rear of the pack a rider just barely hanging on summons his last

bit of breath to bravely shout, "Close that gap!" He is then dropped.

--A rider on a carbon-fiber Pinarello risks his fingers to adjust the hockey puck-sized computer sensor on his wavy Onda fork. He is apparently more concerned with closing gaps in his training data than with closing gaps in the actual race. He nearly takes out three other riders but manages not to sacrifice a digit to his bladed Zicral spokes. Reconnected to his life-giving data stream, he resumes not racing.

--On the big-ring "climb" during a lull in the action, a rider inexplicably blows up, sits up, and moves backwards diagonally, nearly taking out half the pack in a 7/10 split.

--A rider with no visible race number adjusts the volume on his iPod.

--The group laps one of the lower-category fields just as they are finishing. The matching nine-man squad has begun their lead-out, jettisoning their water bottles in perfect synchronicity. However, as the two fields combine, there is some confusion as to which field should be neutralized. After the race, the protests will continue well into the afternoon. At stake for the lower category riders: pride, fulfillment of sponsorship obli-

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February, 2008

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WELCOME NEW MEMBERS

Peter Covolos, Chicago

Mary Spila, Palatine

Mireya Renteria, Prairie View

Jonathan Culli, Arlington Heights

Thomas Martin, Hoffman Estates

Jenkins Davis, Barrington

Mike St. Martin, Buffalo Grove

Club Officials

Elected Officers

President

Rich Drapeau (847)808-1476

V.P./Ride Chair

Brian Blome (847)358-4807

& Pat Calabrese

Treasurer

Johannes Smits (630)893-2835

Secretary

Kevin Moore (847)577-8490

Membership

Betsy Burtelow & (847)541-1325

Jim Boyer

Publicity Chair

Sheri Rosenbaum (847)368-1762

luv2bike80@hotmail.com

Appointed Officers

Harmon

Open

Newsletter

Ella Shields (773)594-1755

St. Pat's Ride

Tom & Deb Wilson (847)632-1412

Chairmen

Banquet

Kris Woodcock (847)520-6932

Harmon Data Base

Jennie Pfeifer (847)342-8823

Mileage Statistician

Joe Irons (847)359-0551

Newsletter Mailing

Open

Picnic

Al & Cindy Schneider (847)696-2356

Refreshments

Frank & Pat Illy (847)923-5910

Ride Line

Frank Bing (847)634-1439

Web Page

Jim Boyer (847)541-1325

Board Meeting

The next board meeting TBA

2008 MEMBERSHIP RENEWALS

Renewal date is February 1.

If you have not renewed this is your **last newsletter**. If you misplaced your renewal form use the membership application on page 7.

New 2008 Membership cards will be mailed out with the March newsletter.

If you have any questions contact Jim & Betsy at 847/541-1325

FEBRUARY CLUB MEETING

The meeting will be on Thursday, February 7, 7:00 p.m. at Wheeling High School in room 102. The high school is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling

We will discuss the St. Patrick's Day Ride and recruit volunteers.

The meeting program will be a speaker from Optimum Sports & Spinal Rehabilitation Ltd., they specialize in rehabbing sports injuries but will also talk about cycling specific issues such as injury prevention, stretching, and strengthening exercises.
www.optimumrehabilitation.com

SIGN UP EARLY:

TOUR OF THE MISSISSIPPI RIVER VALLEY, June 7-8, TOMRV is the Tour of the Mississippi River Valley, Enjoy a challenging ride on scenic roads, through Midwest farmland, and along the Mississippi River. Registration opens early Feb.
www.qcbc.org/tomrv

BICYCLE TOUR OF COLORADO (BTC) June 22-28, Durango/Telluride Loop, 403 miles. Enjoy the majestic peaks of the San Juan Range, glimpse abandoned mining towns of the old west, gaze up the slickrock walls of ancient canyons.
www.bicycletourcolorado.com A large group of members are doing the ride, look for more info in March newsletter.

RAGBRAI, July 20-26, The Register's Annual Great Bicycle Ride Across Iowa, is an annual seven-day bicycle ride across the state. RAGBRAI is the longest, largest and oldest touring bicycle ride in the world. www.ragbrai.org

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)

FEBRUARY ETHNIC DINNER

ANDIES
5253 Clark St.
Chicago, IL
(773)784-8616

www.andiesres.com

Sunday February 24
6:00 P.M.



Join us for some of the best Lebanese and Greek cuisine in the Chicago Area, featuring exotic Mediterranean recipes. Entertainment coupons will get you a discount of up to \$10.00 on 2nd dinner. It's also BYOB with a small cork fee.

Please RSVP no later than February 17 to Al Berman or Fran Green-Kelner: 847 541-9248, a_berman@sbcglobal.net or fgkelner@yahoo.com



Don't miss an issue of Monthly Meanders!! Call Betsy or Jim with all name, address and phone number changes at (847)541-1325.

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 on the right	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	Deerfield Bakery Rides Show N Go Rides	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

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
2/3	10:00 am	Des Plaines River Trail	20	Meet at parking lot behind Egg Harbor restaurant at RT 22 and RT 21/45	Not recommended for road bikes. Packed, crushed stone.
2/10	10:00 am	Medley of Trails - Deer Grove Woods to Arlington Lake	20	<i>Nichols Hill Golf Course</i> From Dundee Road turn north on Kennicott to end, first lot on left, bottom of hill.	Packed crushed stone and paved paths, short unimproved trail/roads
2/17	10:00 am	North Branch/ Botanic Garden	32	<i>Lake Street Parking, Harms Woods Forest Preserve.</i> East on lake Street, past I294 and Waukegan Road, to the Chicago River. Parking on the right just past the bike path overpass	Paved Path
2/24	10:00 am	Millennium Trail	20	<i>Lakewood Forest Preserve Millennium Trail access.</i> East of Fairfield Rd. opposite Ivanhoe Rd. just south of IL 176	Packed stone and paved

Bring snacks and water to drink.

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



QUICK TIP! Winter hydration. There are three times when you should drink on a winter ride: When you're thirsty, when you're not thirsty, and in between. Why drink frequently when you're in cold temperatures and barely sweating? Because you're breathing.

In winter, air must be warmed and moistened in your throat and lungs. As you exhale, sometimes you can even see the fluid leaving

your body. In cold, dry winter conditions, the amount of moisture lost through respiration is significant and must be replaced to preserve good performance.

Drinking even helps keep you warm. Dehydration means reduced blood volume, which in turn limits blood flow to skin and extremities. You'll feel colder sooner -- and be more susceptible to dangerous hypothermia or even frostbite.

(Edited article from roadbikerider.com)



ST. PATRICK'S DAY RIDE

Sign Up to Volunteer for the St. Patrick's Day Ride.

On Sunday, March 16, is the first invitational ride of the season! This year's St. Patrick's Day ride will leave from Wauconda High School at 555 N. Main St. in Wauconda. We will need your help to host this spectacular early season ride. Just think by signing up for one of the jobs below you can say that you worked the first invitational ride of the season in the greater Chicago land area!!

Road Marking: We are using signs again this year. The roads need to be marked the day before or the morning of the ride.

Registration: We need people to start setting up about 7:30 am, Second shift starts at 9:30

Parking: Attendants should be on duty at 7:30 am, Second shift starts at 9:30

Food: Service will be open from 7:30 am to 1:00 pm. We will have an early shift from 7:30 am to 11:00 am and a late shift from 11:00 am to 1:00 pm. Typically the heavy crowds are from 10:00 am to 12:00 pm.

Cookies: We need about eight to ten people to supply 4 to 8 dozen cookies each.

Join the fun, sign up for a job! Contact Tom or Deb Wilson at 847-632-1412 or email us at tomwilson@wideopenwest.com

(Continued from page 1)

gations, and a tin novelty medal on a red, white, and blue nylon ribbon. At stake for the higher category riders: lunch money.

--One lap to go. All places up the road in a breakaway. A rider demands a bottle from his teammate and proceeds to shower himself like the Maillot Jaune on Alpe d'Huez. But the joke is on him. The bottle is filled with Cytomax.

--The guy on the \$2,000 wheel set punctures and is out of the race.

--The marshals whose job it is to keep the park road clear have gotten impatient and gone home. A guy on a hybrid gets the scare of his life when 80 riders in lycra suddenly appear around him, screaming at him to "keep right."

--Final lap. Five riders go down in the sprint for 19th place. \$5,000 worth of carbon fiber shattered.

Of course I copied all of this off various web sites and blogs since I'm not clever enough or have enough time to write it myself.

See you on the road

Rich Drapeau

HELMET RECALL

Specialized bicycle helmets, Model 2D, were recalled after failing testing required under the CPSC's safety standard for bicycle helmets. Consumers should stop using the recalled helmet immediately and return it to an Authorized Specialized Retailer for a free replacement or a full refund. The recalled helmets pose a head injury

hazard to riders in a fall. The helmets were sold at retailers and online between July 2007 and October 2007 for about \$200. Model "2D" is printed on the sides of the helmet in the rear. For additional information, contact Specialized toll-free at (877) 808-8154 or visit hnt_groundspring.org/EmailNow/pub.php?module=URLTracker&cmd=track&j=183491971&u=1839710.

Check out the best indoor ride in town!

The Wheeling Park District Fitness Center is one of the few clubs in the area to offer the revolutionary Keiser M3 bikes. The whisper-quiet, smooth machines feature adjustable pedals, handlebars, and four-way seat position, comfortable saddle, and computer display.

The Wheeling Park District offers Group Cycling classes led by motivating instructors. The intensity of the workout is regulated by the amount of resistance applied to the flywheel of the bike, so you control the ride. And, you don't need to be a member to participate in classes.

Group Cycling classes are offered Monday at 9 AM, Tuesday at 6 AM, Wednesday at 7:15 PM, Thursday at 6 AM, and Saturday at 9 AM.

When the pavement's icy or you don't want to deal with the wind-chill factor, come to the Wheeling Park District. For more information, call (847) 465-2943 today!

Here's how you can take a free ride.

Be our guest at a WPD Group Cycling Class. Expires 3-1-08.

Name _____ Date _____

Address _____

Bearer entitled to one complimentary Wheeling Park District Group Cycling Class. New participants only.

333 W. Dundee Road,
Wheeling, IL
(847) 465-3333

www.wheelingparkdistrict.com



THE BICYCLING PARADOX: FIT DOESN'T HAVE TO MEAN THIN

By [GINA KOLATA](#) (New York Times)

Andy Hampsten, the former pro cyclist, the only American ever to win the Tour of Italy, the first American ever to win the grueling Alpe d'Huez stage of the Tour de France, does his best to discourage casual riders from signing up for the cycling trips he leads in Tuscany.

"All of our trips are designed to satisfy experienced riders," Mr. Hampsten writes on his Web site. To train, he suggests, "you should ride at least 100 miles a week for at least 6 to 10 weeks" on routes with "as many hills as you can find."

So I had an image of what our fellow cyclists would look like when my husband, son and I arrived in Castagneto Carducci for a cycling vacation. They would look like Mr. Hampsten, who at age 45 remains boyishly thin and agile, bouncing with energy.

I was wrong. For the most part, our group consisted of ordinary-looking, mostly middle-age men and a few middle-age women.

These were serious cyclists. One of them was Bob Eastaugh, a 63-year-old justice on the Alaska Supreme Court who said he rode mostly to stay in shape for his true passion, downhill ski racing.

And our trip was challenging. The longest hill was 15 miles, the steepest had a 15 percent grade, the longest one-day ride was 90 miles, and the terrain was never, ever flat. It is hard to imagine that a group of middle-age adults could have handled an equivalently difficult 10 days of running. What, I wondered, made bicycling different?

It turns out that others, too, have been struck by the paradox of bicycling fitness.

"When I first got into cycling, I would see cyclists and say, 'O.K., that's not what I perceive a cyclist to be,'" said Michael Berry, an exercise physiologist at [Wake Forest University](#). Dr. Berry had been a com-

petitive runner, and he thought good cyclists would look like good runners — rail-thin and young.

But, Dr. Berry added, "I quickly learned that when I was riding with someone with a 36-inch waist, I could be looking at the back of their waist when they rode away from me."

He came to realize, he said, that cycling is a lot more forgiving of body type and age than running. The best cyclists going up hills are those with the best weight-to-strength ratio, which generally means being thin and strong. But heavier cyclists go faster downhill. And being light does not help much on flat roads.

James Hagberg, a kinesiology professor at the [University of Maryland](#), explains that the difference between running on a flat road and cycling on a flat road has to do with the movement of the athlete's center of gravity.

"In running, when you see someone who is obviously overweight, they will be in trouble," Dr. Hagberg said. "The more you weigh, the more the center of gravity moves and the more energy it costs. But in cycling, there are different aerodynamics — your center of gravity is not moving up and down."

The difference between cycling and running is like the difference between moving forward on a pogo stick and rolling along on wheels. And that is why Robert Fitts, an exercise physiologist at [Marquette University](#) who was a competitive runner, once said good runners run so smoothly they can almost balance an apple on their heads.

Even Mr. Hampsten has been surprised by the cycling paradox. He recalls a woman from San Diego who went on one of his trips. "She was quite overweight," he said, and even though she claimed to be an experienced cyclist, he worried that she would have trouble keeping up with the group. He was wrong.

"She rode so well," Mr. Hampsten said. "Her cadence was very efficient. I was just amazed and delighted."

As for the effects of aging, serious recrea-

tional cyclists do slow down, but they are not penalized as much as runners by the passing of years, Dr. Hagberg said. It's because cycling, while grueling, is not as demanding as running.

"The best example of that, in a bizarre way, is the Tour de France," Dr. Hagberg said. "What runner could go out six hours a day for three weeks and not be totally trashed after a day or two? That's a microcosm of the aging issue."

Still, even the best serious recreational cyclist is almost a different species from a professional rider. How much faster, our touring group asked Mr. Hampsten, would a professional rider go up that 15 percent grade during a race? About twice as fast as the fastest in our group, he replied.

And how about recovery after racing? Mr. Hampsten used to compete in 100 races a year, including the Tour de France, and he would recover by going for a long, relaxed ride. It sometimes took him three hours of cycling to warm up after a hard race. Then he'd continue for another two hours.

But recovery does become a limiting factor for professional cyclists, Mr. Hampsten said. It's why most professional riders can no longer win long, multi day races after age 32.

"It's almost eerie that at 32 years, you stop winning," Mr. Hampsten said. "The endurance seems to stay, but recuperation doesn't come around."

When Mr. Hampsten retired, he was 34, "and I hadn't won a race in two years."

Now, he estimates, he is 80 percent as fit as he used to be.

But 80 percent for Andy Hampsten is still impressive. As soon as our cycling tour ended, he headed out on a fast ride that included a long hill to the town of Suvereto, taking a road with 187 switchback turns.

"It is my favorite road to ride," he said.

Photocopy as needed for additional applications



May 2008 National Bicycle Month

- Celebrate National Bicycle Month with your own personal Bike Month License Plates.
- Plates are approved and shipped by the Secretary of State directly to you.
- Plates may be displayed during April and May 2008. The cost for the Bike Month Plates is \$28.00.
- A copy of this years plate is shown above. A color image can be seen at www.bikelib.org.
- Plates are numbered from 1 to 350 with number preference given to last year's plate holders.

NEW THIS YEAR

The Secretary of State is mailing all plates. We must send a complete, current, LEGIBLE photocopy of your plate's registration card. Your plates CAN NOT expire in APRIL or MAY. If they do, the Secretary of State WILL NOT send out your plates. If you want bike plates and your plates expire in April, May or earlier you must RENEW EARLY in order to get bike plates.

PLEASE PRINT LEGIBLY OR TYPE

Name _____ Signature _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-Mail _____

(This will only be used to contact you about your plate order)

Business Name (Only if using as shipping address) _____

Shipping Address (If different than above) _____

Driver's License Number _____

Current Plate Number _____ Expiration Date _____

Car Make _____ VIN# _____

I want the same number as last year _____ Plate # _____ I want a lower number if available _____

We are doing market research to see if there is interest for a full time "Share The Road" License Plate. This requires a bill to be passed by the Illinois Legislature and a firm commitment for 850 plates before this can happen. Please answer the question below and have you friends answer as well if you want these plates.

Are you interested in a FULL YEAR Share the Road Bicycle License Plate?

These plates would cost \$25.00 per year more than standard plates.

YES _____ NO _____

Please make your **\$28 check or money order** payable to League of Illinois Bicyclists. Mail it with this form and a **photocopy of your car's current plate registration** to: LIB, c/o Laura Kuhlman, 1s110 Normandy Woods Lane, Winfield, IL 60190. Phone: 630-462-5427

**Wheeling Wheelmen Board Meeting
November 6, 2007**

Present: Rich and Mary Kay Drapeau; Tom and Deb Wilson; Brian Blome; Pat Calabrese; Jim Boyer; Johannes Smits, Sheri Rosenbaum; Ella Shields and Kevin Moore

The meeting was called to order at 7:15 pm

Membership: Jim related he surveyed other clubs about their experiences with electronic newsletters. While all clubs are concerned with the rising costs of printing and mailing newsletters to members, there are significant problems with going paperless. It is difficult to insure that all members actually receive their newsletters. Problems include people without online capability, people changing email addresses, people not reading the electronic message, cost for a service to send out the newsletter, additional personnel to handle the work, and printing up copies for distribution to bike shops or other locations.

President's Report: Rich told us we had approximately \$22,960 in savings, with a CD of \$8,571 and a checking balance of \$14,389.

Upcoming expenses included insurance of

about \$500. We also discussed the necessity of informing the insurer of the Harmon event to maintain coverage.

Additional expenses included:

Banquet	\$ 1500
Picnic	\$ 400
Holiday Party	\$ 500
Newsletter	\$ 2500
Internet expenses	\$ 200

Planned Donations for the upcoming year were:

League of American Bicyclists	\$1000	
(\$500 last year)		
League of Illinois Bicyclists	\$1500	(1000)
Chicago Bicycling Federation	\$1500	(1000)
Wisconsin Bicycling Federation	\$500	(500)
Thunderhead Alliance	\$100	
Trips for Kids	\$1000	(500)
Wilmot High School	\$500	(500)
Working Bikes Co-op	\$500	
American Cancer Society	\$100	

The Chili ride was a great success, with wonderful weather, and satisfying refreshments. Discussed altering the route to avoid the out and back to Lakewood Preserve along Fairfield Road.

Reported there were about 70 people

signed up for the Banquet.

Reported the Holiday Party was scheduled for Dec 9, at the Illy's from 3 til 8.

Discussed the picnic for 2008. Decided to look into a new venue because of dissatisfaction with the rides available and a pot-luck style of serving.

St. Pat's : No news, reported there would be a sign-up at the holiday party. The ride will be on Sunday, March 16, 2008.

Publicity: Reported there was a picture and a mention in the CBF newsletter.

Ride Chair: A ride meeting was commenced with discussions of the scheduling for the 2008 ride season. Planned to have a standing Sunday Morning Ride out of Kildeer School in Long Grove, as a short ride option. Decided there would be four routes that would rotate during the season. The sign-up sheet for ride leaders would be at the Holiday Party.

The next Board Meeting was set for January 8, 2008 at the home of Brian Blome and Pat Calabrese.

The meeting was adjourned at 8:35 p.m.

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
February 7



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

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