



MONTHLY MEANDERS

August, 2008

PREZ SEZ

It was bound to happen

Twenty eight years ago I took up bicycle riding when a co-worker talked me into doing RAGBRAI with him. In all this time through a combination of luck, defensive riding, and perhaps acquired skill, I've never crashed. I've bumped into others on group rides resulting in a less than graceful dismount. In each case I was almost stopped, so I'd classify these as falling over rather than an actual crash. None of these incidents resulted in injury other than minor scratches. That all changed on Tuesday June 17th.

I'd been toying with the idea of changing to a compact crank and an upcoming trip to Colorado and an offer from Kevin Moore to use one that he had lying around from a recent upgrade gave me the incentive to give it a shot. I installed it on a Friday night and tested it out on the next day's Honey-Do ride. It fit my power needs perfectly. I don't generate a lot of watts for sprinting and I'm not a big fan of pedaling down big hills, so a 53/12 gear is more than I need. At the other end a 39/25 works fine around here but when you start measuring climbs in double digit percent grade and several miles long a 34/25 makes more sense. Later that day I took the

plunge and purchased a new carbon compact crank. I installed it that night with the intent of a maiden voyage on Father's day. Unfortunately rain delayed my first ride until Tuesday night.

I felt great that night, staying toward the front of the pack and had no problem matching the accelerations that come with this express group. About 20 miles into the 32 mile loop someone flatted and the group stopped to wait for the repair. I started to ride ahead slowly with a few other riders but decided to wait for the main group after about a half mile. I remember looking down to see what gear I was in and not noticing anything unusual. I rejoined the pack when they came by in a few minutes. We turned north on Fairfield Rd from Old McHenry. I was in fourth position when I felt my foot slip out of the pedal. We were accelerating up a small hill and the down force of the pedal stroke caused my left foot to hit the pavement and I went down instantly, landing on my left side. It speaks highly of the bike handling skills of this group that everyone managed to safely stop behind me.

The end result was an ambulance ride to the emergency room where x-rays showed no broken bones. Major dam-

age consisted of a separated shoulder, shattered helmet, and crunched shift levers. No complaints since it could have been a lot worse. Turns out that the pedal that I thought my foot slipped out of was still attached to my shoe. The pedal stripped the threads in the crank and just pulled out. I know what you're thinking. He must have stripped the threads when he installed the pedal. Not likely though since I always thread pedals in by hand until they are fully seated before a final torque with a pedal wrench.

Thanks to my "core" crew for coming to the hospital to make sure that I was OK and taking care of my stuff that night. I'm blessed to be your friend. Thank you also to everyone who called, sent cards/emails and inquired about my condition. It is really appreciated and lifted my mood by several degrees. And a special thank you to Mary Kay for passing up a trip to Colorado to stay home and nurse me back to health.

Enough about me. We have a great program scheduled for our August club meeting. Come and hear Tom Jordon talk about nutrition for cycling. Tom is a Licensed Dietician Nutritionist and Certified Personal Trainer. We will also nail down final de-

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WELCOME NEW MEMBERS

Biagio Camarra, Roselle

Brian & Lisa Tracey, Palatine

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
Meg Ewen 630/540-1704

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
Mary Kay Drapaeu 847/808-1476

Mileage Statistician
Joe Irons 847/359-0551

Newsletter Mailing
Jeff Biedka 847/534-9003

Picnic
Al & Cindy Schneider 847/696-2356

Refreshments

Open

Ride Line
Frank Bing 847/634-1439

Web Page
Jim Boyer 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 Meg Ewen with all name, address and phone number changes at 630/540-1704

TOP 20 MILES

Through July 15

143 rides by 132 Members totaling
 78,974 miles.

4361 maximum miles possible per rider.

Women:

1	Kris	Woodcock	1917
2	Reinhilde	Geis	1705
3	Cindy	Schneider	1556
4	Sheri	Rosenbaum	1467
5	Barbara	Barr	1415
6	Mary Kay	Drapeau	1399
7	Pat	Illy	1140
8	Pat	Calabrese	1120
9	Pam	Burke	1100
10	Virginia	Savio	1007
11	Ella	Shields	910
12	Marianne	Kron	903
13	Betsy	Burtelow	859
14	Meg	Ewen	830
15	Peggy	Reins	733
16	Chris	Wager	697
17	Debbie	Wilson	676
18	Cindy	Trent	590
19	Lynn	Rivier	396
20	Donna	Ponte	362

Men:

1	Paul	LeFevre	3067
2	Anthony	Vercillo	2598
3	Dennis	Creaney	2458
4	Art	Cunningham	1902
5	Joe	Irons	1845
6	Richard	Drapeau	1700
7	Kevin A.	Moore	1685
8	Leonard	Geis	1664
9	Al	Schneider	1623
10	David	Waycie	1561
11	Brian	Blome	1534
12	Jim	Boyer	1379
13	Len	Fiocca	1354
14	Frank	Bing	1331
15	C. Brian	Hale	1305
16	Dennis	Ellertson	1240
17	Frank	Illy	1237
18	Alan	Gibbs	1142
19	Tom	Wilson	1134
20	Bob	Dominski	1098

AUGUST CLUB MEETING

The meeting will be on Thursday, August 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 Harmon 100 and recruit volunteers. Our guest speaker will be Tom Jordan, RD, LDN, Certified Personal Trainer, Licensed Dietitian Nutritionist from First Health Associates. (firsthealthassociates.com) He will talk about sports nutrition, specifically pre ride and post ride meals as well as various sports drinks etc.

MEMBERSHIP SURVEY

Your opinion is important in moving our club forward and making it the best cycling club in the Chicagoland area. We've posted a survey on the web site, please take a little time to complete it and return any of the following ways:

- Electronically via email to Luv2Bike80@hotmail.com
- To any board member
- Snail mail to: Wheeling Wheelmen
 PO Box 7304
 Buffalo Grove, IL 60089-7304

BOARD MEETING

The next meeting TBA



Thanks to Al & Cindy Schneider for doing a great job running the club picnic. Approximately 50 people enjoyed terrific food, good friends, great camaraderie and a fabulous new venue. A good time was had by all.

Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Aug 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		
Sat. 8/2	9:00	Waterford Ride	Waterford Factory, WI (factory tours 8-8:30)	I-94 N. Hwy 20 W. L on Jefferson after the bridge in Waterford. Go 3/4 mile, R on Bakke to 816 W. Bakke	44/70	Ella Shields 773/594-1755
Sun. 8/3	9:00	Loops of Burlington	Eagle Lake Park, WI	I-294 N. exit Hwy.11 W. to Hwy.75. R to Church St. L to park	56/97	Cindy & Al Schneider 847/696-2356
	8:00 9:00	Kildeer Short Ride	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	Approx. 33 to 47	Bob Dominski 847/215-4840
Sat. 8/9	9:00	Sycamore Scamper	McHenry County College	Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north park- ing lot.	81	Randy Kettering
Sun. 8/10	8:00	Paul's NE IL Century Ride	Euclid Elementary School	E. Euclid & N. Wheeling Rd. School is on the SE corner Mt. Prospect	100	Paul LeFevre 847/670-3501
	8:00 9:00	Kildeer Short Ride	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	Approx. 33 to 47	Meg Ryan 630/542-1040
Sat. 8/16	9:00	Cedarburg/ Campbellsport	Covered Bridge Park, WI	I-94 N. through Milwaukee turns into 43. Go N on 43 to60(Grafton) Go W on 60 to Covered Bridge Rd. 4 miles to Park on R.	66/102	Cindy & Al Schneider 847/696-2356
Sun. 8/17	9:00	Cedarburg/Jackson	Covered Bridge Park, WI	See above	69	See above
	8:00 9:00	Kildeer Short Ride	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	Approx. 33 to 47	Frank Bing 847/634-1439
Sat. 8/23	9:00	Deer Grove Trail Ride	Deer Grove Forest Preserve	1/2 mile west of Hicks Rd. on Dundee Rd. Park in first lot	Approx 20	Brian Blome 847/358-4807
Sun. 8/24	7-9:00	Harmon Pre Ride	Wilmot HS. Wilmot, WI	Take I-94 West into Wis. To Exit 345. West on HWY C into Wil- mot. Rt. On HWY W. Left into the school entrance.	25/50/ 75/100	Brian Blome 847/358-4807
Sat. 8/30	9:00	Big Rock	Rutland F.P	I-90 W, exit Rt. 47, left to Big Timber, left to forest preserve, entrance on left.	55/70/ 93/100	Dave Waycie 847/577-6307
Sun. 8/31	8:00 9:00	Irish Days (Kildeer Short Ride)	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	Approx. 33 to 47	Louis Greene 847/925-0629
	9:00	Boone County Ride	Evergreen School, Union	I-90 west to US 20 to Coral Turn R to Northrop. Turn L to Wash- ington. Turn R to school	65	Cindy & Al Schneider 847/696-2356

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

WEEKLY 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	Brian Hale 847/426-3290
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	Archer Parking Lot, behind Enzo & Lucia Ristorante, 343 Old McHenry Road, Long Grove	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday	6:00 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Brian Hale 847/426-3290 Cindy Trent 847/392-6750
Wednesday	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	Kildeer School Old McHenry Road, just north of Long Grove Shopping District	Brian Blome 847/358-4807 Rich Drapeau 847/808-1476

WEDNESDAY TRAIL RIDES

Date	Time	Ride/Start	Miles	Directions	Trail
8/6	9:00	<i>North Branch/Botanic Garden</i> Lake Street parking, Harms Woods Forest Preserve	32	East on Lake St., past I-294 and Waukegan Rd. to the Chicago River. Parking on the right just past the bike path	Paved Path
8/13	9:00	<i>Fox River Path south-Virgil Gilman Path</i> Bennet Park, Geneva	54	North Ave (IL 64) to St. Charles, south on IL 25 to park on rt. just past Geneva town line.	Paved, packed crushed stone***
8/20	9:00	<i>Moraine Hills to Hebron</i> Moraine Hills State Park	65	Go north on Rand (US12) to W Liberty (IL176); go left to River Rd.; go to the park entrance on the right; park in the 1 st lot to the right	Packed crushed stone, paved and connecting roads
8/27	9:00	<i>Plank Road Path</i> Pilcher Park Conservatory	57	South on IL-53/I-355 to IL-6 (Southwest Highway; go Rt. To Gougar Rd ; go left. to Pilcher Park Conservatory 1 mi. on rt.	Paved path

*** approved for narrow tires ** wide tires recommended * wide tires required. Bring snacks and plenty of water to drink.
Phone Art Cunningham at 847-963-8746 for more information or on cell phone 630-329-4802 on the morning of the ride.

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EXCURSION RIDES

Aug 2 & 3 Waterford-Loops: Waterford Ride, (44/70 miles)
& Loops of Burlington , 63/100 miles

Aug 16 & 17 Cedarburg: Cedarburg Campbellsport, WI.
60/70/100 & Cedarburg-West Bend 45/60/80 miles

Questions on the August rides, contact Al & Cindy Schneider @
847/696-2356

Sept 13 & 14 Door County Ride, rides start from Sevastopol
High School, Saturday has 50/75/100 miles options, Sunday
shorter routes, rooms must be reserved by 8/1. Contact Tom &
Deb Wilson @ 847/632-1412 for details

Sept 20 & 21 Ella's Escapade, 71/100 miles, Mike & Bill's
Adventure, 78miles, starting from Glacier Hills Park, WI.
Questions? Contact Al & Cindy Schneider @ 847/696-2356

Oct. 11 & 12 Fall Foliage Ride The rides start and end in Mt
Horeb, WI These are challenging rides of 50-60 miles with over
4,000 feet of climbing each day. There are also several alternative
flatter options. Call Rich or Mary Kay Drapeau (847) 808-1476
for more information

For full details on all the rides please visit our website.

Tour of Elk Grove August 1—3 www.tourofelkgrove.com
Downers Grove National Criterium August 16 & 17
www.dgcyling.com For more info call 773/868-3010

OUTSTANDING TRAIL RIDE – RIDE TO CARTHAGE COLLEGE (KENOSHA)

Dave Waycie, Al Berman, Joe Irons and I convened at Old School Forest Preserve in parking lot D, the starting point for today's Ride to Carthage College. Leaving the forest preserve by the back exit, we headed east on the North Shore Path that follows IL-176 to Lake Bluff. The crushed stone path is paved beyond Waukegan Rd. where it ends at the McClory Bike Path (mi. 3.25). This stretch of path stays close to I-176 where there is considerable commercial development including a number of places for food. Ascending a short grade and a sharp turn to the left we head north on the McClory Path passing downtown Lake Bluff on our right. The paved, tree-covered path follows near Sheridan Rd. north to Great Lakes Naval Training Station where the path makes a right turn across Sheridan and bends around and under it at 24th St. The turn is not obvious one must be on the lookout for the sign posted for it (mi. 5.5). Passing under Sheridan and Lakefront Highway the path turns north on-road a short distance crossing Martin Luther King Drive, the main road into North Chicago. The path then reverts to a crushed stone and continues north on a grassy green-way through North Chicago and Waukegan. The area is mixed residential and industrial and there are numerous intersections, some quite busy. Finally north of Waukegan we reach our first rest stop, the Waukegan YMCA where the nice people allow us to use their facilities. We might be tempted to use their pool too, but that isn't included

(mi. 11.25).

Continuing north, we go through Zion crossing the Wisconsin border where the Kenosha Co. Path ends in Kenosha (mi 22.5). Across the street to the left we continue on the Pike Bike Path following paved off road paths and city streets to Carthage College. The path goes along the park continuing straight on 89th St. to the end and rt. on 17th to the end and finally left on 60th St. bearing left on 7th Ave. Just past the sanitary water treatment plant we turn right on the first street entering a residential area keeping to the right to the lake.

The Pike Bike Path off-road starts here north along the lake in a parkway ending on a residential block We continue north on streets staying as close as possible to the lake until we get on 3rd Ave., the Historic District with fine old homes. When we reach a park on the left. Go left on off road path through a park that goes along the Southwest Marina and strait to 2nd Ave fronting the Kenosha Public Museum and the new Civil War Museum ending at the Simmons Island Marine Basin channel. There we turn left along the channel following the trail to the end below the Best Western Hotel. Kenosha has done a remarkable job creating an outstanding lakefront. We turn left through the Best Western parking lot to 6th Ave./ 7th Ave., a busy downtown street for sev-

(Continued on page 6)

BICYCLE TOUR OF COLORADO—2008

On June 22, 2008, 17 stalwart souls connected to the Wheelmen set off on a week-long journey through one of our Country's most beautiful states. The Wheelmen were starting a 403 (more or less) mile journey through the San Juan mountains of southwestern Colorado. Our journey began in Durango and started off with a bang- up the "Million Dollar Highway," over three 10,000+ ft mountain passes to Ouray, and America's Alps. But the road wasn't all we faced. Atop the second of the passes the weather came in. Rain. Sleet. Hail. Snow. Lightning. Several of our group, among hundreds of riders, were trucked out of harm's way and dangerous cold and wet. Not all were so lucky, as Dan Weissner descended from Molas Pass toward Silverton (terminus of the Durango-Silverton narrow gauge railway and finish line of the Iron Horse Bicycle Race), he was struck from the rear by another rider, causing him to crash and suffering a broken collarbone and fractured ribs. His tour came to an abrupt and untimely end.

The next day was a mixed bag of cycling treats. The main portion of the day's ride was a pleasant 36 mile slightly downhill jaunt to Montrose a fair-sized agricultural town. After arriving in Montrose, there was a 24-mile trip to the rim of the Black Canyon of the Gunnison River, our nation's newest National Park. The trip up to the rim was surprisingly strenuous, with 11- and 12- percent grades to make sure we were paying attention. Those who persevered to

the rim were treated to a rolling 12 mile ride along the top, with magnificent views along the way.

On day three we retraced our path a short distance to the town of Ridgeway, took a right turn and scaled Dallas Divide on our way to Telluride. We rode up the San Miguel River valley, dodged raindrops, and made our way into this playground of the rich and super-rich. A unique treat on the way into town was a herd of about 40 elk alongside the road into town. A local at the point of the sight told me the elk have never been so close to town. Telluride was also the site of our rest day, a fact we took advantage of by renting condos in town (as opposed to the usual tent or gym camping). Hot, private showers. Washers and dryers. Kitchens. Ice cold beer. Tony's pancakes (you need to get his recipe!). A leisurely rest day exploring the mountain village, gift shopping for those left at home, and trying the town's restaurants.

Our next day's ride was another mainly downhill 56-mile ride to the small, rural town of Naturita. The ride was beautiful and fast, but had one of the most bizarre happenings. On just three days of the year the mayflies swarm up the San Miguel Valley. We were so lucky to ride into these insects. It was like a blizzard of bugs, crashing into your helmets and clothing for about 20 miles. Not one of the most memorable parts of the trip- but one I'll never forget!

Naturita was a very small town, but they went all out to welcome our group of over 2000 cyclists. There was a "Taste of

Naturita" at the County Park, with a wide selection of delicious meals to feed our cycling-stoked appetites. And the 141 Saloon had very welcome "misters" and icy cold beer.

Friday was our long ride. Almost a century to the city of Cortez. The ride started with some very rough rural roads out of Naturita (can you say "Penny Road"?), through Disappointment Valley (I kid you not), and up and over Gypsum Pass, where the volunteer fire department sprayed us at the top. Then it was time for about 25 miles of seriously big rollers before we were treated to about fifteen miles of downhill into town. In town we discovered Mama Ree's, a family-run Italian restaurant that was equal parts terrific food and comedic staff.

Saturday was the last day of the tour. With equal parts sadness and anticipation we rode back to Durango. The ride was a mild climb to start, and ended with a spectacularly beautiful and exciting downhill into the finish town.

The week held all sorts of emotions for us, with losses and wonders. We rode over some of the most beautiful roads in the state. And met some wonderful new friends. We saw tents flying up like kites (check some of the pictures on the Bicycle Tour of Colorado website if you don't believe me), and discovered that everyone in Colorado used to live in Illinois at one time or another. And no, we're not from West Virginia.

Kevin Moore

(Continued from page 1)

tails for the upcoming Harmon.

Our club has been invited to review a bicycle plan for the Village of Buffalo Grove as well as participate on a committee that will help BG join the exclusive list of League of American Bicyclists certified cities for bicycling. Not very many communities make the cut so it would be a big deal if BG was selected.

Adios for now.

Rich Drapeau

(Continued from page 5)

eral blocks to 50th street and turn right across the channel bridge bearing left to a long off-road stretch of the Pike Path along the lakefront. Crossing the Pike River we climb up to the beautiful Carthage College (Kris Woodcock's alma mater) located on a bluff overlooking Lake Michigan. A recent addition to the path goes across the Pike River a short distance to Birch Rd. where it ends (mi. 31). Here we met a group of bikers ascending Birch Rd. They had arrived here on the short street link from the north part of Kenosha Co. Bike Path that goes to Racine.

We returned via the same route with a lunch stop and one detour. Our lunch stop was our usual one at the Boathouse Pub & Eatery overlooking the Simmoms Island Marina where we lunched alfresco. Returning on 7th Ave we turn left at 85th St. and the first left on Lakeshore Dr. to follow a low traffic road about 3 miles along the lakeshore upscale homes before turning right on 116th back to the Kenosha Co. Path. We returned south on the Path as on the outgoing ride to our cars at the Old School F. P. (mi. 63).

Art Cunningham

INVITATIONAL'S

Aug. 3, Rotary Century Ride, Naperville, 20/40/55/85/102
630-964-5959 paxfer3@aol.com napervillesunrise.com

Aug. 10, Windy 60, DeKalb, 20/40/60, 815-758-1562
windy60@gmail.com www.northcentralcyclery.com

Aug 16, Rolling on the River, Yorkville, 15/25/45/62/100,
mforbes@ilenviro.org www.RollingRiverRide.org

Aug 16, 3rd Annual Wisconsin Dairyland Dare, Dodgeville,
100/133/200/266/300 , 608-935-6424, www.dairylanddare.com

Aug 17, Wright Ride, Oak Park, 10/25/50/62, 708-383-1244
gail_moran@sbcglobal.net www.oakparkcycleclub.org/wrightride

Aug 17, Tour de Fort, Fort Atkinson, WI. 15/33/66/100 miles,
920-674-4071, www.jcbc.info

Aug. 24, Bike Psychos, Coal City, 30/50/70/100/124
708-802-1804 century@bikepsychos.org www.bikepsychos.org

Aug 24, Cream City Cycle Club Century Classic, Waterford,
30/56/78/100 miles, 414-299-9398 www.creamcitycycleclub.com

Aug 31, Wright Stuff Century Ride, Mount Horeb,
30/60/80/100, 608-836-1396, geninfomail@charter.net,
bombaybicycle.org

The **Wheeling Wheelmen Bicycle Club** now has an active Yahoo Group available on the Internet. The group works like a bulletin board and allows us to exchange email with other club members without having to know everyone's individual email address. You must subscribe to the group before you can send a message. Follow the instructions required by Yahoo to complete your registration.

NOTE: Due to spam and email address hijacking concerns, subscription to the Yahoo Group is limited to current members of the Wheeling Wheelmen Bicycle Club only. If you have questions about club membership, rides or events, please send an email to: wheeling@wheelmen.com

To Subscribe send an email message to:
wheelingwheelmen-subscribe@yahoogroups.com

To Unsubscribe send an email message to:
wheelingwheelmen-unsubscribe@yahoogroups.com

To post a message send your message in an email to:
wheelingwheelmen@yahoogroups.com

The group name is: **wheelingwheelmen** and is available at:
<http://groups.yahoo.com/group/wheelingwheelmen>

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

Club Meeting
August 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

B&G CYCLERY
131 E. Rollins Rd, Round Lake Beach, 847/740-0007

BICYCLE CONNECTION OF SCHAUMBURG
1226 N Roselle Rd. Schaumburg, 847/882-7728

BOB'S BIKE SHOP
141 S. Vine St., Park Ridge

874/825-4438
CAMPBELL ST. BIKES
13 W. Campbell St. Arlington Hts. 847/222-7887

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

MIKES BIKES GURNEE
4129 Old Grand Avenue Gurnee, 847/662-8482

OAK PARK CYCLERY
1113 Chicago Ave. Oak Park, 708/524-2453

RUNNER'S HIGH & TRI
121 W. Campbell, Arlington Hts, 847/670-9255

SPOKES
69 Danada Square, 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
- *Thunderhead Alliance
- *Trips for Kids-Fox Valley Chapter

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 \$35 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