



MONTHLY MEANDERS

PREZ SEZ

Not a whole lot to say this month. Many readers may consider that a good thing.

We had a good turnout for the Harmon Hundred. Somewhere around 650 riders came to enjoy the route and Wheelmen hospitality. Somewhat threatening weather may have prevented the 100 or so additional riders we usually count on from coming out. At any rate the highlight of the day was the appearance of our founder Phyllis Harmon and several members of her family. Although I didn't get the chance to chat with Phyllis, I understand that she was thrilled with the banner, Jim and Betsy made up welcoming Phyllis and her clan.

The day went without a hitch thanks to the key committee chairs and many volunteers. Thanks to all on a great job. We received a lot of email praising your hard work, the route, food etc.

There are a lot of bicycle sites on the internet, including blogs, newsletters etc. Here are a few of my favorites.

www.pezcyclingnews.com/

www.velonews.com/

www.cyclingnews.com/

bikesnobnyc.blogspot.com/

arcticglass.blogspot.com/

www.cyclelicio.us/

www.fatcyclist.com/

www.belgiumkneewarmers.com/

www.chainlove.com/

suncrestdug.wordpress.com/

hwww.thechainlink.org/

Adios for now

Rich Drapeau

HARMON COMMENTS

Thanks for a great ride! The route was very well marked; we didn't need to refer to the cue sheet at all since the signs were well placed and easy to see from a distance. The location was great, the variety in scenery was very enjoyable. We appreciated the turkey sandwiches, bagels, and plenty of Gatorade. The workers were all friendly and helpful. The route was challenging with the hills for those of us who are used to the flat cornfields, we got a good workout. At a time when clubs are struggling with putting on invitational's, we certainly hope you continue. As members of the Joliet Bike Club, the Elmhurst Bike Club, and the Bike Psychos; we will definitely be recommending your ride.

We're so glad the weather cooperated!

Nick Browne & Diane Daudell

Our group from Kenosha (6 guys) came out and rode the Harmon 100 on 9-7-08. I just wanted to tell you that it was a great ride and very well organized. We will be riding it next year.

Thanks for a great time, Wil Lambert
Vice President
LamGem Industries, Inc

Great ride, thanks for organizing them!
Curious George

It was a great ride and I'm sure we will be back!
Regards,
Greg

Thanks again for a great event and these pictures!
Jim Duran

Tom, these are fantastic!
Thank you so very much.
The Wilmette Guys
aka Andale

Tom,
Thanks for hosting such a great ride and for the photo.
Rich

(editor's note: The pictures they are referring to are from club member/photographer Tom Mullick)

October, 2008

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WELCOME NEW MEMBERS

Joe Cralli, McHenry

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 847/833-8127

Harmon Data Base
Mary Kay Drapeau 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 Sept 10

221 rides by 141 Members totaling 127,350
 6727 maximum miler per rider.

Women:

1	Kris	Woodcock	3207
2	Cindy	Schneider	2639
3	Reinhilde	Geis	2352
4	Mary Kay	Drapeau	2072
5	Pat	Calabrese	2065
6	Sheri	Rosenbaum	2039
7	Barbara	Barr	1902
8	Pam	Burke	1830
9	Pat	Illy	1802
10	Meg	Ewen	1647
11	Virginia	Savio	1638
12	Ella	Shields	1634
13	Betsy	Burtelow	1569
14	Debbie	Wilson	1530
15	Marianne	Kron	1441
16	Cindy	Trent	1270
17	Peggy	Reins	955
18	Chris	Wager	809
19	Pam	Kaloustian	779
20	Lynn	Rivier	503

Men:

1	Paul	LeFevre	5114
2	Anthony	Vercillo	4151
3	Dennis	Creaney	3794
4	Joe	Irons	2864
5	Al	Schneider	2746
6	Art	Cunningham	2624
7	Kevin A.	Moore	2552
8	Richard	Drapeau	2548
9	Brian	Blome	2511
10	Leonard	Geis	2412
11	Jim	Boyer	2235
12	David	Waycie	2180
13	Kilian	Emanuel	2154
14	Frank	Bing	2088
15	Tom	Wilson	2049
16	Dennis	Ellertson	2026
17	Alan	Gibbs	2019
18	Frank	Illy	2003
19	C. Brian	Hale	1974
20	Joe	Beemster	1628

Board Meeting

The next board meeting TBA

OCTOBER CLUB MEETING

The meeting will be on Thursday, October 2, 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 recap the Harmon 100 and Deb Wilson will give a slide show on their recent Bicycle Tour of Colorado and from the recent bike races in Elk Grove Village.

EXCURSION RIDE

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.

Quick Tip: Two Times to Ride. (1) The day before an event. (2) The day after an event. Instead of taking those days off to rest up, you'll find that easy spins, perhaps with 2 or 3 brief jams to get your circulation going, are more effective for preparation and recovery. Take your rest days 2 days before the event and the second day after. A short ride the day before will restore your rhythm without sapping energy. It also lets you check your equipment one final time. Riding the day after, even though you may feel stiff and sore, will loosen your muscles and joints. Lying on the couch won't.

Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Oct 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		
Sun. 10/5	9:00	(Apple Fest) Kildeer Short Ride	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	33-47	Meg Ryan 630/542-1040
	9:00	Triple Deerpass	Evergreen School, Union	I-90 west to US 20 to Coral. Turn R to Northrop. Turn L to Washington. Turn R to school	66	Al & Cindy Schneider 847/696-2356
Sat. 10/11		Fall Festival Weekend	Mt. Horeb, WI	See Newsletter or website for details	50-70	Mary Kay & Rich Drapeau 847/808-1476
Sun 10/12		Fall Festival Weekend	Mt Horeb, WI	See Newsletter or website for details	40-50	Mary Kay & Rich Drapeau 847/808-1476
	9:00	Kildeer Short Ride	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	33-47	Dennis Ellertson 847/255-9323
	9:00	2nd Annual AFFF Bike Ride	Richmond, IL	affbikeride.org	12/20/ 30/50	Invitational
Sat. 10/18	8:00	Let's Do It Honey	Grassy Meadow Forest Preserve	Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	47	Brian Hale 847/426-3290
Sun. 10/19	9:00	Kildeer Short Ride	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	33-47	Earle Horwitz 847/444-0445
Sat. 10/25	9:00	Ride to McHenry	Barrington H.S.	On Main St. (Lake Cook Rd.) West of Rt. 59. North on Hart Road. Use west lot	65	Jim Boyer 847/541-1325
Sun. 10/26	10:00	Chili Ride Join us for chili after the ride. We will have chili rain or shine, if it rains chili will be @ 11:30 a.m.	Meg Ryan's House @ 1255 Wentworth, Volo, IL	Take US 12 north through Volo, turn right on Molitor for about 1/2 mile; turn left on Wentworth, it is 4th house on right. <u>Please RSVP to Mary Kay Drapeau at 847/808-1476 if you plan to stay for chili and find out what to bring—everyone is asked to bring something</u>	42	Meg Ryan 630/542-1040

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

WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday through 10/25	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 10:00 am as of 10/14	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

WEDNESDAY TRAIL RIDES

Date	Time	Ride/Start	Miles	Directions	Trail
10/1	9:00	<i>Prairie/Fox Triangle ride</i> Kline Farm, Winfield	50	From North Ave, left. (s) at Country Farm Rd., ¾ mi., lot on right	Packed crushed stone, some paved
10/8	9:00	<i>Prairie Path Aurora Branch Loops</i> Roy C. Blackwell F. P., Warrenville	40/62	South on Il-59 to Mack Rd. (1.5 Mi South of Roosevelt Rd.); Left ½ mi to parking on left.	Packed crushed stone, some paved ***
10/15	9:00	<i>Fox River/ McHenry Prairie Trail to Ringwood</i> East Dundee Depot	46	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path
10/22	9:00	<i>Elgin-Geneva Prairie Path Loop</i> East Dundee Depot	45	Dundee Rd. past IL-25 to Dundee, bear right to E River St., park on the street by depot	Paved and well packed crushed stone

*** 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.

Invitational's

Oct. 4, Tyranea Octoberfest Bike Ride, Lake Mills, WI.
25/45/65 miles, 920-648-8699 info@tyrana.com
tyrana.com/bikeride

Oct. 5 Pumpkin Pedal, Maple Park, IL 25/45/62 miles, Sandy Hutchins 630/377-7250 shutchins@soill.org www.soill.org

Oct. 5 Pumpkin Pie Ride, Ottawa, 31/62/100 miles
www.geocities.com/Colosseum/2947/Pump2.htm 815433-5035
bikegod@ivnet.com

Oct. 12, AFF Bike Ride, Richmond Fire Fighter's Fall 50,


Richmond, 12.5/20/30/50 miles, Jay Marshall 815-370-4894
jmarshall@antioch34.com affbikeride.org

Oct 18-20 SWFR, Shawnee Weekend Forest Ride,
Carbondale, 30/62/100 miles, Anne Johnson, 618-528-4552
bikelib.org/swfr/index.htm


Oct. 17-19, Hilly Hundred, Ellettsville, IN. 50/50 miles, Skip @
317-767-7765 skiphiggins@comcast.net www.hillyhundred.org

Oct. 19, Dick Herron Memorial Bike & Walk, Lincoln Park,
9:30 a.m., register at www.biketraffic.org/memorial

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BAM (Bicycling Around Minnesota) - by Meg Ewen

This is the third year of BAM. It's a 4 day ride, showcasing various parts of Minnesota. This year it was the SW part of the state. Ella Shields, who you may know is trying to do a ride in every state, decided this year it would be Minnesota. Me, as her always willing victim, rode shotgun.

We started the ride in the town of Granite Falls, or to be more exact, at an Indian casino that was the focal point of this small town. The first day of riding was pleasant, with a few mild hills and lots of corn. Biofuel is the main industry, so there was lots and lots of corn. I mentioned to Ella that this "Bio corn" seemed shorter than our corn back home, but then I realized that it wasn't the corn that was short, but rather the roads are all built up high. I'm suppose it's so the snow drifts will take a while to make it up to the surface of the road. Anyway, I digress. We rode north to Benson and stayed in a very nice Country Suites Hotel, while Rich and Mary Kay Drapeau (also on the trip) elected to camp. Dinner was catered at the campsite.

The next day, we rode west to Ortonville. I seemed to have spaced this day totally from my brain, due to the fact that we had 35 MPH head or side winds the entire time...hmm, didn't notice wind on the previous day, when we were flying up the road. Well, since the roads are set up high, there were no trees, corn, cows or other structures to break the wind. At one point, as I was trying stay straight, a truck barreled past and I was literally blown off the road. Luckily, I had unclipped and did stay upright. Finally we saw our motel, the "Bates" motel, that is. Ella

(Continued on page 7)

OLD PLANK ROAD TRAIL RIDE

By Kris Woodcock

After a LONG ride down I-355, (is there really life this far south?), we arrive at Pilcher Park Conservatory, an oasis of 640 acres of lush floral gardens, botanical conservatories and forest preserve—a beautiful start for our 54 mile trail ride touring the southern suburbs on several of the local trails. Robert Pilcher donated the land to Joliet in the 20's with the caveat that it always be kept as a nature/botanical habitat—lucky for us since it's a gorgeous spot! With Art as intrepid trail ride leader, Joe Irons, Dave Waycie, Al Gibbs and I start our day's tour with a short ride through the Pilcher forest preserve—on a paved path through a dark and peaceful sanctuary of oak and maple forest. We pass the log cabin nature center with its display of some indigenous animals of the area—we'll get up-close and personal with them on the way back! Once through the woods, we exited Pilcher Park on local roads a short distance to the west end of the Old Plank Road Bike Path. Biking west about 6-miles on this strait, sheltered path we turn left on a connecting path to

the Hickory Creek Forest Preserve.

The Hickory Creek Bikeway provides a series of scenic, paved trails through wooded, rolling parkland with a number of rustic wooden bridges built over the rambling creek. It also passes by historic Schmuhl School, a one-room school house built in 1933 where I snapped a picture of the group.

We then leave the forest preserve and follow a path adjacent to US-30 and a short local road to reconnect to the pride of the south suburbs---the Old Plank Road Trail. This 21 mile paved trail runs through New Lennox, Mokena, Frankfort and Mattson to Park Forest on an old railroad bed near Hwy 30. Needless to say it's a flat ride through wooded areas as well as wetlands and prairie landscapes. Entering Frankfort from the west we cross a spectacular contemporary bridge over route IL-45—it's an A-frame steel cable bridge with pylons straddling the highway —no piers for support! We hit Frankfort around lunchtime, a charming 1890's town with a historic downtown area. Settling on the Courtyard Bistro for lunch, we had a delightful meal of pasta and salads on the patio. Duly

sated, we press on to the end of the trail at busy Western Avenue. We encounter a way-too-friendly deer that won't get off the trail—after a stare-down, he reluctantly moves off. On the way back, we pass again through Frankfort and as the day was heating up, I suggested we make an un-scheduled stop at the local ice cream parlor—this was heartily agreed to by all—especially Dave who actually had seconds . . . (the funny things you learn about people on a trail ride)

As we pull back into Pilcher, we visit the log cabin Nature Center—like kids on a 5th grade field trip, we wander through the displays of the local fauna: turtles in a small pond, aquariums filled with the local fish, a beautiful young hawk who had been rescued, and way too many examples of the local snake population---another good reason biking is **way** better than hiking! We also took a walk through the 2 botanical conservatories—a tropical environment featuring a waterfall, tropical flowers and plants as well as a desert house, complete with various cacti. All in all, it was a great day of riding and discoveries—well worth a long ride back home!

2008 Wheeling Wheelmen Membership Survey - RESULTS

	Excellent	Very Good	Neutral	Not Good	Poor	N/A
Frequency of club meetings	10 (40%)	6 (24%)	5 (20%)			4 (16%)
Format of club meetings	10 (42%)	6 (25%)	4 (17%)			4 (17%)
Content of club meetings	11 (44%)	6 (24%)	4 (16%)			4 (16%)
Variety of rides	14 (58%)	9 (38%)		1 (4%)		
Number of invitationals on ride schedule	7 (28%)	7 (28%)	7 (28%)	3 (12%)		1 (4%)
Picnic location	8 (31%)	11 (39%)	4 (15%)			3 (12%)
Picnic activities	10 (40%)	4 (16%)	7 (28%)			4 (16%)
Picnic food choice	9 (39%)	7 (30%)	4 (17%)			3 (13%)
	Way Too Long	A Little Long	Just Right	A Little Short	Way Too Short	N/A
Distance of weekday rides	2 (7%)	1 (4%)	18 (67%)	2 (7%)		4 (15%)
Distance of weeknight rides	2 (8%)	1 (4%)	12 (48%)			10 (40%)
Distance of weekend rides	4 (16%)		16 (64%)	5 (20%)		

For complete results and comments visit our web site

ROLLIN' DOWN THE RIVER WITH THE WHEELMEN

By Kris Woodcock

As Art would say, it was a "BEE-U-TEE-FUL" day as I pulled into Bennett Park on the banks of the Fox River, the ride-start for the Geneva Trail Ride. The 57 mile route will take us over the South branch of the Fox River Trail as well as connecting to the Virgil L. Gilman Path in Aurora, virtually all paved. With the Fox River rolling lazily alongside us, my ride companions, Joe Irons and Al Gibbs took off for new adventures! We follow along the river for the first miles and fall into an easy rhythm—visions of Huck Finn and Tom Sawyer floating lazily in their raft come to mind. We pass stately ante-bellum style homes, riverfront cottages—even a windmill house. We spot herons, egrets and ducks along the water's edge. The river is intersected by numerous bridges which makes the views all that more interesting. After crossing a bridge, we wind our way into Batavia—a charming river-town featuring well-preserved historic storefronts as well as an outdoor sculpture-filled riverfront-square. The highlight was a free form spiral bike rack . . . you have to see it! Back onto the path and soon it was lunchtime and the Riverside Diner was the perfect spot to satisfy a

biker's hunger pangs. We took a seat and the waitress immediately turned the fan on--- hopefully this was to cool us off, not to dispel our odiferous presence! Since it was breakfast all day, we ordered huge platters of various pancakes---needless to say, it was slow going for the next few miles as a carb-induced stupor set in!

Our next leg was winding through North Aurora to hook up to the Gilman path--- while I had my doubts (are women back-seat bikers as well?) Joe led us admirably through a labyrinth of factories and neighborhoods to the start of the Virgil Gilman Path which is prominently marked with an impressive rock entrance and placard. This path winds through typical prairie-type landscapes as well as wooded forest areas crossing over a number of interesting bridges--both older wooden bridges as well as modern. It's wonderful to see the commitment made to preserving our native Illinois prairie land as we came upon an impressive modern suspension bridge that actually took us over prairie—not water or highway, presumably to save wear and tear on the native plants—or some engineer made a real big mis-calculation! The prairie flowers were all in full bloom with yellows, lavender and lacy white. We entered a dark forest area aptly named "Bliss

Woods" that imparted almost a cathedral-like feel of grandeur amongst the towering trees.

Our next stop was "off-the route" (I smell trouble) but piqued our interest nonetheless. Joe had spotted a "Mastodon Park" on the map and we were bound and determined to investigate. After a few miles of wandering the neighborhood, we did indeed find the park. According to local legend, in 1904, a farmer was plowing his field and un-earthed some rather large bones which were determined to be mastodon bones. Unfortunately for us, those famous bones are now displayed at Wheaton College---the only current reference to the pre-historic find was a kid's jungle gym/slide in the shape of a mastodon where you could slide out his trunk---we passed on that. We did, however, follow a tourist trolley around the park to fill us in on the details of the area.

Heading home, as we neared Geneva on the opposite side of the river trail, we saw more of the famous Geneva landmarks like the Mill Race Inn with its patio overlooking the river. We returned to Bennett Park tired after a long but enjoyable day. There's plenty more to do in Geneva like shopping in the MANY charming shops on the main streets---(note to self---next year, skip the Mastodon Park and go for Cycling and Shopping!)



Annual Banquet

**Fun, Food,
Games, Prizes**

Join us for a fantastic time;
a delicious meal, great camaraderie and
celebrate a wonderful season of cycling

Sunday, November 9
1:00 - 4:00 p.m.

Gridley's Grill of Long Grove
Rt.83 & Gilmer Road
Long Grove, IL 60047

\$25.00 per person

Questions?
Call Kris Woodcock
847/833-8127

Banquet RSVP

Name _____

Name _____

(spouse/guest)

Number attending: _____

Amount Enclosed: _____

Make check payable to

WHEELING WHEELMEN

Please RSVP (and send check)
by November 1 to:

Kris Woodcock
103 E Olive Street
Prospect Heights, IL. 60070

(Continued from page 5)

thought it would be nice to stay in a local "non chain" to get the full experience. Let's just say, we changed our reservations for the next town's motel stay. That night, we walked into town (each town getting a little bigger than the next). On the way, Ella came across a big dog that didn't want her to leave, so he stood in front, blocking her path. Eventually, we made it to the local bar. Boy, those beers sure did taste good. Dinner was at the Pizza Ranch, kind of a Chuckie Cheese without the games.

Next day it was off to Montevideo. For most of the morning it was a head wind (still 35 MPH), but I'll take that over side winds. During the ride, we would take breaks at the smaller towns along the way. Apparently, 120+ cyclists is a big deal because the whole town would come out and serve us water, snacks and generally just be friendly. It became a game of identifying the next stop by spotting a water tower. After lunch, at a vineyard, sorry no tasting, they just grow the grapes, Ella and I decided to take a shortcut. As we were riding a long, I hear a crying sound. Now you have to visualize, we are in the middle of nowhere, with maybe a farmhouse periodically and very little traffic. I stop and walk back a bit. Off in the grass a little white head pops up. It's a kitty! After a little coaxing it comes over and starts purring. Hmm, ok, I have a kitten and a bike, what to do? I spot a farmhouse and try there first. No one home. Try to leave it under the porch. Nope, it wants none of that, follows me back to the road. I see a

gravel truck coming up the road and flag it down..."please mister, can you take this kitty into town?" I smile, holding out the purring kitty, how can anyone resist? He did and I'd like to believe that it found a good home. Worse case, I would have emptied my camel-back and carried it in there, papoose style.

From there it's pretty uneventful, on the way to Montevideo. Our hotel was on the farther reaches of town. Too pooped to bike back into town for dinner, we order pizza in. Next morning we gear up for our final leg of the journey. Breakfast at the VFW and then we are off. This part is a little hilly in the beginning, but then it flattens out and we have a fabulous tailwind! Our rest stop is at a town that has a tractor museum/sales lot. We get off the bikes and pretend to race each other on the various vintages of John Deere tractors. Rich and Mary Kay ride with us most of the day and we chat. Finally there is only 5 miles left and wouldn't you know it, the wind shifts, so of course it's a headwind (maybe 25 MPH this time), but we gut it out and there up ahead is the casino where we left our cars. After giving the car lots of hugs, we load up, say our goodbyes and head back to Illinois.

Next year BAM is supposed to highlight the southeastern part of the state. For more info <http://www.mnsbac.org/bam/>

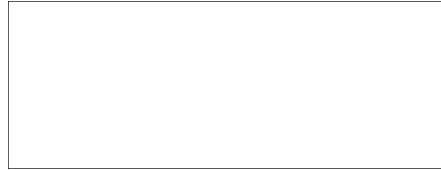


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Club Meeting
October 2



CLUB DISCOUNTS

The following local shops offer a 10% discount on parts and accessories to all Wheeling Wheelmen with a valid membership card shown at time of purchase.

ALBERTO'S CYCLES
1770 First St., Highland Park
847/446-2042

AMLINGS CYCLE & FITNESS
8140 N Milwaukee Ave.,
Niles 847/692-4240

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, Na-
perville, 630/961-8222

THE CYCLERY
575 Ela Road, Lake Zurich,
847/438-9600

TURIN BICYCLE
1027 Davis Street, Evanston
847/864-7660

VILLAGE CYCLES
63 Park & Shop
Elk Grove Village
847/439-3340
1313 N. Rand Rd,
Arlington Hts.847/398-1650
205 W. Northwest Hwy
Barrington, 847/382-9200

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