



MONTHLY MEANDERS

PREZ SEZ

"Boink"

That's the sound of my hand hitting my head. Re-reading my last newsletter article I can't believe I wanted it to stay winter. What *WAS* I thinking? Maybe the cold dreary days have finally taken their toll, but I am now ready for Spring and you know what that means...time to get your bike tuned up and your body in riding shape (it's ok to go to spin class a lot, now).

While some of us "Mechanically Challenged" folks prefer to take our lovely steed to the bike shop for its tune up, I found this article on www.totalbike.com. I'm sure most of you grease monkeys already know this stuff, but maybe there are some first timers that want to save some cash and go down the DIY path.

Spring Bicycle Tune-Up (copy write TotalBike.com)

Spring is in the air, the birds are singing, and finally daylight saving time is here! Some of us have been dedicated cyclists throughout the winter while others have just hung up our bikes through the cold wet months. Either way, now that it is warming up outside it is time to get your ride ready for spring.

Most of these checks can be done by a novice. If you do not have time or energy to go through the full bike inspection of your bike checkout the pre-ride checklist for the basics. If you see a problem take your bike to your local bike shop and let them checkout your bike. A basic tune-up costs between \$30-50, a good value if you do not like getting your fingers dirty. All others should go through the following bike inspection. There can be a great sense of satisfaction that comes from maintaining your own bike. We will cover many of these sections in depth in future issues.

Cleaning -- It is important to start with a clean bike. Keeping your bike clean will extend the life of your components. As you clean the bike take the time to inspect everything. Look for cracks or other signs of wear that could cause future breakdowns or part failures. Clean the chain, chain rings, cassette, derailleur, etc. with a biodegradable cleaner. Simple green works great for this. Use an old tooth brush and clean everything. Use as little water as possible. Clean the pedals, the brakes, tires, rims, and the frame. Remove the seat post from the frame and wipe off any dirt. Wipe the inside of the frame where the seat

post slides into. Apply a very small amount of good grease to the post and reinstall.

Brake System— Check the brake pads. Unfasten the brake cable and look at the brake pads closely. The pads should be wearing evenly. If you have a ridge in the pads then your brakes may need to be adjusted. If the pads are worn or not smooth then get some new pads. Old brake pads tend to harden and if the pads are ok then reconnect the straddle cable and squeeze the brakes. Do the pads strike the rim at the same time? You can adjust the brake arm tension screw that is usually on one of the brake arms so the brakes are even.

Wheels — Clean the rims with a cloth and rubbing alcohol, beer won't work! Check the rim for pits or grooves in the sidewall of the rim. Spin the wheels. Do they go around straight or do they wobble? You can make minor adjustments to the wheel with a spoke wrench. For major tweaking take it to a shop or use a truing stand and get it back in true.

Drive train -- Elevate the rear wheel and spin the pedals. This is where a stand comes in handy. Shift through all the rear gears. Shifting from gear

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March, 2009

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It would not be at all strange if history came to the conclusion that the perfection of the bicycle was the greatest incident of the nineteenth century. ~Author Unknown



Club Officials

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Brian Blome 847/358-4807
& Pat Calabrese

Treasurer
Johannes Smits 630/893-2835

Secretary
Kevin Moore 847/577-8490

Membership
Rich Drapeau 847/808-1476

Publicity Chair
Sheri Rosenbaum 847/368-1762
luv2bike80@hotmail.com

Appointed Officers

Harmon Chairman OPEN

Newsletter
Ella Shields 773/594-1755

St. Pat's Ride
Tom & Deb Wilson 847/632-1412

Chairmen
Banquet OPEN

Harmon Data Base
Mary Kay Drapaeu 847/808-1476

Mileage Statistician
Joe Irons 847/359-0551

Newsletter Mailing OPEN

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 Rich Drapeau with all name, address and phone number changes at 847/808-1476

VILLAGE OF BARRINGTON HILLS BICYCLE ORDINANCES

During the spring and summer months, large numbers of bicyclists ride through-out the Village of Barrington Hills. A 2008 Barrington Hills Police Department survey indicated that bicyclists were a major concern for members of the community. Large groups of bicyclists frequently occupy entire lanes on roadways and impede the normal flow of traffic. Complaints of bicyclists disobeying stop signs and other rules of the road were also raised in the survey. The Barrington Hills Police Department responds to a number of bicycle related complaints during the spring and summer.

In response to these issues and in the interest of public safety for all bicyclists and motorists, the Village of Barrington Hills recently adopted two new ordinances that pertain to bicycles and their safe operation on roadways. The first is the mandate of **single file** bicycle riding. This ordinance states that persons riding bicycles upon a Village maintained roadway are prohibited from riding

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MARCH CLUB MEETING

The meeting will be on Thursday, March 5, 7:00 p.m. at the Hoffman Estates Branch Library, 1550 Hassell Road, in Hoffman Estates. It is located off of 90 and Barrington Road (SE corner on Hassell rd).

Our guest speaker will be James M. Freeman, Chicago lawyer, racer, year-round bicycle commuter, and advocate for cyclist rights. Come learn about

- Chicago and Illinois laws that relate to cyclists;
- Ways to avoid common types of accidents; and
- Learn what to do after an accident.

We will also discuss the St. Patrick's Day ride.

CLUB ROSTER

In an effort to "go green" the Board has decided not to mail out the club roster this year.

If you would like a roster, please contact Rich Drapeau at wheeling@wheelmen.com.

VOLUNTEERS NEEDED FOR BIKE RODEO



Every year the Wheelmen help the Buffalo Grove Police dept with their Bike Rodeo. This event is geared towards kids to teach them bike safety as well as to promote cycling. Once the kids sign up at the registration desk, they come to our station where we make sure their helmets are fitted properly. Sometimes the parent's helmets need adjustments, too. From there the kids get their bikes checked out by a local bike shop and then on to a host of obstacle courses.

I need volunteers to help out with this event. It's great fun interacting with the kids, parents and police. And you know how often I seem to interact with our men in blue.

The Bike Rodeo is Saturday May 9th (rain date May 16th). We need two shifts of two people each. First shift 11am-1pm and second shift 1pm-3pm (so you still can get a morning ride in). A pizza lunch is provided and usually served out of their SWAT van.

Contact Sheri Rosenbaum at Luv2Bike80@hotmail.com or 847-971-4573 to volunteer your time.

March Ride Schedule	All Riders Should:	*wear a helmet *bring water *bring a pump	*have a bike in good condition *bring a spare tube and patch kit *arrive early...15-30 minutes	*bring an ID card *carry a cell phone *bring money for lunch/snacks		
Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Sun. 3/15	10:00	Apple Cider	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	36	Kurt Schoenhoff 847/634-2634
Sat 3/21	10:00	St. Patrick's Day Pre Ride	Wauconda H.S.	RT 12/59 to Old Rand Road, then 2 mile N.W. to school	16/20/ 36	Tom & Deb Wilson 847/632-1412
Sun 3/22	8:00 - 10:30	St. Patrick's Day Ride	EVERYONE WORKS	See above		Tom & Deb Wilson, Chairmen
Sat 3/28	9:00	Other Side of the Tracks	Bode Forest Preserve	Take Barrington Rd. 1 mile N. of Schaumburg Rd. Turn W. 0.2 mile to Bode East Lot	41	Meg Ewen 630/540-1704
Sun 3/29	9:00	Kildeer Short Ride	Kildeer School	See above	Under 40 miles	Virginia Savio 847/438-8066

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

WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday through 3/14	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 through 3/8	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 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

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side by side and shall only ride single file.

The second ordinance is negligent operation of bicycles which states that it shall be unlawful for any person to operate a bicycle upon any public roadway (Village/County/ State) in a manner which is negligent or creates a risk of bodily injury or damage to or loss of property.

These new ordinances aim to ensure that both bicyclists and motor vehicles can share the roadway in a safe and responsible manner. The Barrington Hills Police Department will be enforcing these ordinances especially during the spring and summer months as the weather gets warmer.

Any requests for additional information on these ordinances may be directed to Officer Sabas Parada at (847) 551-3006



SIGN UP TO WORK THE ST. PATRICK'S DAY RIDE

Join us for the first invitational ride of the season on March 22! The 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!

A special thank you to all of you who signed up early at the Christmas party. Your help is greatly appreciated. We will

start sending confirmations to individuals in mid February and reminders in early March.

We will need volunteers to staff the following areas.

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)

to gear should be smooth. If it skips try adjusting your rear derailleur. If this fails to correct the problem your chain, cogset, and chain rings may be worn. The chain is the first to go. Chains last from 6 months to a year. A good chain only costs \$15-40 and is well worth the investment. Examine your chain closely for side slop and stretch which are signs that your chain is wearing out. If your chain is worn it can prematurely wear on your cogs and rings. In the front try shifting the derailleur. Adjust your front derailleur if needed. Check the front chain rings for excessive wear or missing teeth. Small chain rings wear out much faster your larger ones. If all is well your bike will now shift perfect. Apply some fresh lube of your preference.

Tires -- If the brake pads were out of alignment they may have damaged the tires. Check tires for splits, cracks, or tears in the sidewall. Check the tread of the tire for worn knobs, uneven tread wear, or excessive wear. Replace the tires if needed. There is nothing worse than having a tire blow out because it needed to be replaced.

Cables If you ride all year round you should replace your brake and/or derailleur hous-

ing once per year. If you keep your bike clean you can use the same housing for many years. For all other then once every 2-5 years is fine. Dirty or rusty cables will diminish shifting performance. You can purchase bulk housing and install it yourself if you have some quality cable cutters. The cable ferules can be reused. Install the new housing and adjust the brakes and derailleur. Fresh cables make shifting and braking smooth.

Lube -- Apply lubrication to the chain. It should be applied so there is an even coat on the inside and outside of each link and between the pins and rollers. Leave it one for a few minutes, and then wipe off the excess lube with a rag. A few drops should be added to the cables at the nipple end. Gore-Tex and other Teflon cables should never be lubricated. All the pivot points on the front and rear derailleur should be oiled. Apply a few drops to the brake lever pivots and to the exposed brake cable.

Is everything tight? Check all nuts and bolts on the bike. Do not over-tighten any of the quick releases or bolts. For Shimano torque specifications click here. Congratulations if you made it through and completed your spring tune-up.

Ok, I'm back. Hope the article got you off the couch and at least looking at your bike. Maybe you even dusted off the cobwebs. It's a start. Now let's hope that the weatherman gives us good news for the rest of the winter.

Now on to other things. Don't forget the St. Pat's Day ride, Sunday, March 22nd. I'm sure volunteers are still needed, so contact Tom or Deb Wilson if interested. The pre-ride will be on the 21st.

Lastly, some happy, but sad news. You may not have heard, but after having the summer "off", Kris Woodcock has accepted a new job with a major furniture store (that's the happy news). Unfortunately, the job is not in Illinois. So, we'll be losing our "never to be outdone" banquet coordinator and number one mileage queen in 2008...she has the tiara to prove it! I want to thank her for all of her hard work for the Wheeling Wheelmen and I hope to see her back up in Illinois for the Harmon Hundred. We wish her the very best!

Well, I have to go pick up my bike from the shop where it's getting it's pre-season tune-up. Got some cool new pink accents, too.

Meg Ewen

2009 WHEELING WHEELMEN RIDE SCHEDULE

Mo.	Date	Time	Ride Name	Miles	Start	Ride Host
A P R I L	Sat. 4-4	9:00	3 Options Ride	21/31/52	Fox Grove Preseve & Marina	
	Sun. 4-5	9:00	Kildeer Short Ride	31-47	Kildeer School	Dennis Ellerston
	Sun. 4-5	9:00	Loops of McHenry	36/49	McHenry County College	Lou Lambros
	Sat. 4-11	9:00	Lou's Commute	41	Lakewood F.P.	Earle Horwitz
	Sun. 4-12	9:00	(Easter) Kildeer Short Ride	31-47	Kildeer School	Betsy & Jim Boyer
	Sat. 4-18	9:00	Honey Lake Loop	40	Willow Stream Park	Virginia Savio
	Sun. 4-19	9:00	Kildeer Short Ride	31-47	Kildeer School	Pat Calabrese
	Sun. 4-19	9:00	Harmon Half Century	51	Wilmot H.S., WI.	Dave Waycie
	Sat. 4-25	9:00	Who Let the Dogs Out	48	Evergreen School, Union	Joe Irons
	Sun. 4-26	9:00	Kildeer Short Ride	31-47	Kildeer School	Len & Reinhilde Geis
Sun. 4-26	9:00	Spring Forward	18/31/62	Union, IL	Invitational	
M A Y	Sat. 5-2	9:00	Walworth Flats	58	McHenry County College	Dave Waycie
	Sun. 5-3	9:00	(Choc. Fest) Kildeer Short Ride	31-47	Kildeer School	Tony Vercillo
	Sun. 5-3	9:00	Wauconda/Bull Valley	37/49	Lakewood F.P.	Paul LeFevre
	Sat. 5-9	9:00	Nifty Fifty	50	Elgin Target Store	Cindy & Al Schneider
	Sun. 5-10	9:00	(Mother's Day) Kildeer Short Ride	31-47	Kildeer School	
	Sat. 5-16	9:00	Antioch Classic	58/80	Antioch School	Art Cunningham
	Sun. 5-17	9:00	Kildeer Short Ride	31-47	Kildeer School	Frank Bing
	Sun. 5-17	9:00	Arlington 500	25/50/75/100	Barrington H.S.	Invitational
	Sat. 5-23	9:00	LaGrange/Concord	65/102	LaGrange General Store	Cindy & Al Schneider
	Sun. 5-24	9:00	Kildeer Short Ride	31-47	Kildeer School	Len & Reinhilde Geis
	Sun. 5-24	9:00	Rural Wisconsin	67/93	Eagle, WI	Cindy & Al Schneider
	Mon. 5-25	9:00	Hills & Horses	39	Rose School	Meg Ewen
	Mon. 5-25	9:00	Triple L	77	Lyons, WI.	Cindy & Al Schneider
	Sat. 5-30	9:00	Binnie Woods Ride	67/109	Binnie Woods FP	Paul LaFevre
	Sun. 5-31	9:00	Kildeer Short Ride	31-47	Kildeer School	Louis Greene
Sun. 5-31	8:00	Udder Century	31/50/62/100	Union, IL	Invitational	
J U N E	Sat. 6-6	9:00	TOMRV	65/106	Bettendorf/Preston, Iowa	Rich & Mary Kay Drapeau
	Sun. 6-7	9:00	TOMRV	41/86	Dubuque, Iowa	Rich & Mary Kay Drapeau
	Sun. 6-7	9:00	Kildeer Short Ride	31-47	Kildeer School	Len & Reinhilde Geis
	Sun. 6-7	9:00	Big Rock	55/70/93/100	Rutland F.P.	Cindy & Al Schneider
	Sat. 6-13	9:00	Loops of Lyons	50/71/100	Fellows Park, Wis.	Cindy & Al Schneider
	Sun. 6-14	9:00	Kildeer Short Ride	31-47	Kildeer School	
	Sun. 6-14	9:00	Root Beer Social	58/82	McHenry County College	Dave Waycie
	Sat. 6-20	9:00	Triple Deerpass	66	Evergreen School	Dave Waycie
	Sun. 6-21	9:00	Strawberry Fest (Kildeer S.R.)	31-47	Kildeer School	Frank Bing
	Sun. 6-21	8:00	Fontana Ride	71	McHenry County College	Barb Barr
	Sat. 6-27	9:00	City of the O's	50/88	LaGrange General Store	Cindy & Al Schneider
	Sun. 6-28	9:00	Kildeer Short Ride	31-47	Kildeer School	Pam Burke
	Sun. 6-28	9:00	Wall to Wall	68/104	Fellows Park, WI.	Cindy & Al Schneider
J U L Y	Sat. 7-4	9:00	(4th of July) Ride to McHenry	42/63	Barrington HS	Dave Waycie
	Sun. 7-5	9:00	Kildeer Short Ride	31-47	Kildeer School	Bob Dominski
	Sun. 7-5	8:00	Geneva Century/ Geneva Lite	50/100	Kildeer School	
	Sat. 7-11	9:00	Retro Harmon Hundred	30/60/100	Wauconda H.S	Paul Lefevre

**Honey-Do starts on April 4th at 9:00 am.
8:00 a.m. start begins on May 2nd**

2009 WHEELING WHEELMEN RIDE SCHEDULE

Mo.	Date	Time	Ride Name	Miles	Start	Ride Host
J U L Y	Sun. 7-12	9/10:00	Club Picnic (Road Ride)	21/31/52	Fox River Preserve & Marina	
	Sat. 7-18	9:00	Ice Cream Social	52	McHenry Co. College	Art Cunningham
	Sun. 7-19	9:00	Kildeer Short Ride	31-47	Kildeer School	Len & Reinhilde Geis
	Sun. 7-19	9:00	Bastille Day Ride	59/74/95	Paris School, WI	Cindy & Al Schneider
	Sat. 7-25	9:00	Another Day/Another Way	70/110	Union	
	Sun. 7-26	9:00	Kildeer Short Ride	31-47	Kildeer School	Tom & Deb Wilson
	Sun. 7-26	9:00	FFF	44/66	Burlington, IL	Johannes Smits
A U G U S T	Sat. 8-1	9:00	Waterford Ride	44/70	Waterford Factory, WI.	Kevin Moore
	Sun. 8-2	9:00	Kildeer Short Ride	31-47	Kildeer School	Len & Reinhilde Geis
	Sun. 8-2	9:00	Loops of Burlington	56/97	Eagle lake Park, WI	Cindy & Al Schneider
	Sat. 8-8	9:00	Sycamore Scamper	81	McHenry Co. College	Dave Waycie
	Sun. 8-9	9:00	Kildeer Short Ride	31-47	Kildeer School	Bob Dominski
	Sun. 8-9	8:00	Paul's NE ILL Century Ride	100	Mt. Prospect	Paul Lefevre
	Sat. 8-15	9:00	Cedarburg/Campbelsport	66/102	Covered Bridge Park, WI.	Cindy & Al Schneider
	Sun. 8-16	9:00	Kildeer Short Ride	31-47	Kildeer School	Joe Irons
	Sun. 8-16	9:00	Cedarburg/Jackson	69	Covered Bridge Park, WI.	Cindy & Al Schneider
	Sat. 8-22	9:00	Paris School Ride	37/55	Paris, WI.	Dave Waycie
	Sun. 8-23	9:00	Irish Days (Kildeer S. R)	31-47	Kildeer School	
	Sun. 8-23	9:00	Boone County Ride	65	Evergreen School	Ella Shields
	Sat. 8-29	9:00	Big Rock	55/70/93/100	Rutland F.P.	Art Cunningham
Sun. 8-30	7-9:00	Harmon Pre-Ride	25/50/75/100	Wilmot High School, WI.	Rich Drapeau	
S E P T E M B E R	Sat. 9-5	9:00	Ella's Escapade	71/102	Glacier Hills Park, WI.	Cindy & Al Schneider
	Sun. 9-6	9:00	Wauconda Twin Lakes	61 / 78	Lakewood F.P.	Paul Lefevre
	Sun. 9-6	9:00	Kildeer Short Ride	31-47	Kildeer School	Bob Dominski
	Sun. 9-6	9:00	Bill's & Mike's Adventure	78	Glacier Hills Park, WI.	Cindy & Al Schneider
	Mon. 9-7	9:00	EFHOB	44	Rose School	Meg Ewen
	Mon. 9-7	9:00	West Bend Pretzel Ride	51/73/100	Barton Elementary School, WI.	Cindy & Al Schneider
	Sun. 9-13		Harmon 100		Wilmot High School, WI.	Everyone Works
	Sat. 9-19		Door County Excursion	50/75/100	Door County	Deb & Tom Wilson
	Sat. 9-19	9:00	Antioch Twisted	63/ 84/100	Antioch Middle School	Dave Waycie
	Sun. 9-20	9:00	Kildeer Short Ride	31-47	Kildeer School	Johannes Smits
	Sun. 9-20		Door County Excursion	31/44/50	Door County	Deb & Tom Wilson
	Sat. 9-26	9:00	Fontana Ride	71	McHenry County College	Dave Waycie
	Sun. 9-27	9:00	Kildeer Short Ride	31-47	Kildeer School	Su-Jen Leong
	Sun. 9-27	9:00	Apple Cider Century	50/75/100	Three Oaks, MI.	Invitational
Sun. 9-27	9:00	Nifty Fifty	50	Elgin Target Store	Cindy & Al Schneider	
O C T O B E R	Sat. 10-3	9:00	Bakery Ride	40	Willow Stream Park	Earle Horwitz
	Sun. 10-4	9:00	Apple Fest (Kildeer S. R.)	31-47	Kildeer School	Tony Vercillo
	Sun. 10-4	9:00	Triple Deerpass	66	Evergreen School	Cindy & Al Schneider
	Sat. 10-10	9:00	PITA	39 / 61	Cuba Marsh	Art Cunningham
	Sat. 10-10		Fall Festival Weekend	50/60	Mt. Horeb, WI.	Rich & Mary Kay Drapeau
	Sun. 10-11		Fall Festival Weekend	50/60	Mt. Horeb, WI.	Rich & Mary Kay Drapeau
	Sun. 10-11	9:00	Kildeer Short Ride	31-47	Kildeer School	Virginia Savio
	Sat. 10-17	9:00	Other Side of the Tracks	41	Bode Forest Preserve	Pam Burke
	Sun. 10-18	9:00	Kildeer Short Ride	31-47	Kildeer School	Tom & Deb Wilson
	Sat. 10-24	9:00	Reverse Honey-Do	48	Grassy Meadow-Douglas F.P.	Brian Hale
	Sun. 10-25	10:00	Chili Ride	42	Meg's House	Meg Ryan
	Sat. 10-31	10:00	Apple Cider Ride	36	Kildeer School	Kurt Schoenhoff

During the Month of October Honey-Do Rides start at 9:00 am.

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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 every-one'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: pgroups.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

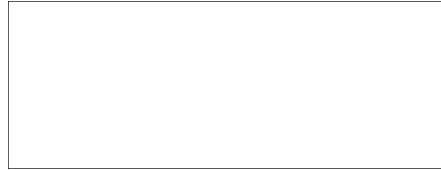


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Club Meeting
March 5



March 8

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

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
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VILLAGE CYCLESPORT
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
- *Active Transportation Alliance
- *Buffalo Grove Bike Rodeo
- *Bicycle Federation of Wisconsin

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