



MONTHLY MEANDERS

PREZ SEZ

Well we are only a few weeks away from the start of riding season...yahoo!! Hopefully, you have been active all winter, spinning, running, snowshoeing or some other cardio. If not, then plan on doing a few short mile rides before going full bore with a super hilly century. If you attended our February 4th club meeting at the Pearl Izumi store, I hope you picked up some good tips on dressing for Chicago's unpredictable Spring weather. Snow, rain or warmth...all in one month. It is almost a guarantee. One thing I know for sure is that the roads will be filled with debris and littered with potholes, so please ride carefully and keep your head on a swivel (an old hockey saying), that way you can avoid unexpected obstacles without

having to make sudden swerves, which can lead to crashes. Last year we had way too many accidents, so let's start 2010 off right and plan for no new "Broken Helmet" recipients this year.

The St Pat's ride is upon us and I'm sure Deb Wilson is still welcoming volunteers and/or fresh baked cookies. Give her a holler if you can help out. Contact Tom or Deb Wilson at 847-632-1412 or email them at: tomwilson@wideopenwest.com

See you on the road, soon!

Ride Smart, Be Safe

Meg

March, 2010

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The Purity of Effort

a true story
by Bruce Lloyd

He was an athlete and he loved to compete. Running, skating, swimming, baseball, tennis, he could lose himself in any one of them. But when the front bumper of the Pontiac station wagon smashed his leg against the engine of his motorbike hard enough to crack the engine casing, things changed. His athletic career got derailed. After emergency surgery to clean things up a bit and assess the damage the consensus was that the leg should be amputated. The doctor in charge of his case was a young internist who ignored the advice of his peers and did not amputate. That could always be done later. Why not explore some options first? But the doctor told his patient that he would be lucky to ever walk again. The young man endured skin graft surgeries and bone graft surgeries, more than half a dozen in that

first year alone, but eighteen months later he walked again. Not without pain and not without a limp but walk he did.

He pushed himself. He no longer competed against others so much as he competed against his own limitations. He got hooked on the pain medications and it was some time before he got that monkey off his back. For the next fifteen years he tried to participate again in the sports he had loved, but his injuries were too extensive for him to ever be competitive again at anything close to his former abilities.

Then he discovered the sport of bicycling. Cycling can be a cruel sport even if you're healthy and fit, and it didn't come easily for him, but because it is a non-weight bearing activity it wasn't as painful as other sports. He still had some obstacles to overcome though. To begin with he lacked two essential ingredi-

(Continued on page 2)



March 14

Club Officials

Elected Officers

President	
<i>Meg Ewen</i>	630/540-1704
V.P./Ride Chair	
<i>Brian Blome</i>	847/358-4807
<i>& Pat Calabrese</i>	
Treasurer	
<i>Johannes Smits</i>	630/893-2835
Secretary	
<i>Kevin Moore</i>	847/577-8490
Membership	
<i>Rich Drapeau</i>	847/808-1476
Publicity Chair	
<i>Joe Beemster</i>	847/215-2314

Appointed Officers

Harmon Chairman	
Open	
Newsletter	
<i>Ella Shields</i>	773/594-1755
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	847/632-1412
Chairmen	
Banquet	
<i>Meg Ewen & Committee</i>	
Harmon Data Base	
<i>Mary Kay Drapaew</i>	847/808-1476
Mileage Statistician	
<i>Cindy Schneider</i>	847/696-2356
Newsletter Mailings	
<i>Laura Randazzo</i>	
Picnic	
<i>Al & Cindy Schneider</i>	847/696-2356
Refreshments	
Open	
Ride Line	
<i>Frank Bing</i>	847/634-1439
Web Page	
<i>Jim Boyer</i>	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 your new e mail or mailing address at 847/808-1476 or e mail him at wheeling@wheelmen.com.

(Continued from page 1)

ents necessary to become a quality cyclist, speed and endurance. And there were physical and structural imbalances which became apparent when he began to train on the bike. He had another surgical procedure to correct a neuropathy in his knee. Still his training lacked consistency because he developed a variety of overuse injuries and at times the pain would become too much to bear. His results were meager but he didn't quit.

Sixteen years after taking up the sport he had what he hoped would be his final surgery. It was a major reconstruction of the leg. This surgery was called an Ilizarov procedure and it was the most difficult of them all. A dozen wires, about the size of bicycle spokes were drilled through the bones of his leg and foot and then attached to a series of rings. The rings were connected to each other with threaded rods. The bones of his leg were rebroken. As the bones were healing the threaded rods were turned and his leg was stretched apart. This was done because the damaged leg was shorter than the other. Another goal of the surgery was to correct for crookedness in the leg. That was done to help alleviate the chronic knee pain. The stretching of the leg went on for weeks and it hurt. The wires would tear his flesh as the leg was lengthened. The nerves of his leg would be stretched and that too was painful. After the stretching, came the consolidation phase where the bones were supposed to grow strong again.

After what seemed an eternity the contraption came off. More fun ensued as he began the process of rehabilitation. He was highly motivated and pushed himself despite the fact that his leg was still very painful. Turns out that the reason it hurt so much is because he had what is called a nonunion. The bones had not knit themselves back together. For six weeks he walked, did range of motion exercises, tied himself to a post with elastic bands and pulled as if he were dragging a sled, he rode the bike... and he did it all on a bro-

ken leg.

Now he had real problems. The ends of the bones had turned to mush where they had been grinding against one another. He went to see the top orthopedic doctor in Chicago. The doctor looked at the leg for about two minutes and said that in his opinion, the best course of action was to amputate the leg. The other alternative was to undergo a second surgery like the one he had just gone through, and there was no guarantee of success. He saw another doctor, one of the best, for a second opinion, but the news was no better.

This wannabe athlete went home to consider his options. Stunned he sat on the couch in his living room and thought back to the years of struggle and pain, only to have it come down to this. Finally, tearfully, he made the decision to have his leg amputated.

Meanwhile his wife, who it must be said was a tremendous source of support through the last fourteen years, was doing some research. She found another orthopedic surgeon who specialized in these kinds of cases, and encouraged him to go for another opinion. This doctor was more optimistic. The solution was still the same, another long and painful Ilizarov procedure, but the decision was made to try to save the leg.

The months crawled by. This was the second operation of this type and it came right on the heels of the first one. Mentally it was hard, but the operation was a success. The leg was sound. Less than perfect to be sure, but it was functional. He could walk again, not without pain, but he could walk, and he could ride the bike. He had been laid up for a year with the two surgeries and he was weak, but he was eager to get back to work. He did the rehabilitation on his own. He had become an expert by this time and he knew his body. He was still limited by the pain of arthritis in his ankle, and he experimented with diet to control the pain so he could continue to train.

(Continued on page 3)



Sign Up to Work the St. Patrick's Day Ride

Join us for the first invitational ride of the season on March 21! 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 AM

Parking: Attendants should be on duty at 7:30 AM. Second shift starts at 9:30 AM

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 8 dozen cookies each. Homemade cookies or nut breads are appreciated, If you are crunched for time, bakery type cookies and brownie bites have gone well in the past. If the weather looks good for the day, we may need to tap a few extra people at the last minute.

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



MARCH CLUB MEETING

The meeting will be on Thursday, March 4, 7:00 p.m. at **McArthur Middle School, 700 Schoenbeck Road, Prospect Heights**, we will meet in the cafeteria.

Come to the meeting and join Cindy and Al Schneider as they revisit their trip to Pennsylvania! Explore the Pennsylvania Amish areas in Lancaster County with Scamp 'n' Rascal Cycling Adventures. You'll see lush countryside with lightly-travelled roads, and, as the leaders say, "nothing steep is long, and nothing long is steep." We'll also take brief visits to Pittsburgh, Pennsylvania, Gettysburg battlefield, and Frank Lloyd Wright's Fallingwater.

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



Experience Kentucky's Bluegrass on a Bicycle! The 33rd annual Horsey Hundred will be held the weekend of May 29-30 2010, in Georgetown. Saturday route options include 26, 35, 53, 75, and the traditional Horsey Hundred. Sunday

routes will take you in different directions on your choice of a 34 mile loop, a 50 miler through Paris or a 70-miler through the heart of the Bluegrass. All routes return each day to the Georgetown starting point. Registration price includes maps, rest stop snacks, road support, and a **Kentucky barbecue dinner** upon your return to Georgetown College.
www.bgcycling.net

(Continued from page 2)

It took years. There were times when he lost his focus, and he lost faith in his ability to come back. There was depression. But he didn't know what else to do. Always he would get back in the gym or get back on the bike, clean up his diet and continue to work. After a while he began to feel a bit like an athlete again. It was a righteous feeling. He began to ride the bike a little better. On his good days he could even hang with some of the better riders in the local bike club.

This winter he is riding his bike on a trainer in his basement. It occurs to him that there is a certain nobility in pouring his energy into the bike this way. He wonders how other riders motivate themselves to train when the weather is bad. You can ride the bike whatever your abilities. Why push it? For him it's not about beating anyone in particular or winning races. That couldn't sustain him for long. Besides let's face it. He's not that good. No for him the reason he trains is more fundamental. He does it because he can. It hasn't always been that way.

Sometimes while doing long intervals he'll get lost in the rhythm of the riding. It can seem at times as if he is riding in a trance. The digital display on the handlebars is forgotten. His focus narrows further until even the bike disappears. In those moments there is no past and no future, only the purity of the effort.

(editor's note: Bruce has been a club member for 5+ years)

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
Sat 3/20	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 3/21	8:00 - 10:30	St. Patrick's Day Ride	EVERYONE WORKS	See above		Tom & Deb Wilson, Chairmen
Sat. 3/27	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. 3/28	9:00	Heron Creek Short Ride	Heron Creek Forest Preserve	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	32-47	Kilian Emanuel 847/296-7874

WEEKLY RIDES

Day	Time	Ride/Start	Miles	Directions	Ride Host
Tuesday Thursday	10:00	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
Saturday through 3/13	10:00	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 3/14	10:00	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

2010 WHEELING WHEELMEN RIDE SCHEDULE

Mo.	Date	Time	Ride Name	Miles	Start	Ride Host
	Sat. 4-3	9:00	3 Options Ride	21/31/52	Fox River Preserve & Marina	
A	Sun. 4-4	9:00	(Easter) Heron Creek S. R.	31-47	Heron Creek F.P.	Len & Reinilde Geis
P	Sun. 4-4	9:00	Loops of McHenry	36/49	McHenry County College	Dave Waycie
R	Sat. 4-10	9:00	Lou's Commute	41	Lakewood F.P.	
I	Sun. 4-11	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Betsy Burtelow
L	Sat. 4-17	9:00	Honey Lake Loop	40	Willow Stream Park	Earle Horwitz
	Sun. 4-18	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Dennis Ellertson
	Sun. 4-18	9:00	Harmon Half Century	51	Wilmot H.S., WI.	Dave Waycie
	Sat. 4-24	9:00	Who Let the Dogs Out	48	Evergreen School, Union	Pam Burke
	Sun. 4-25	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Joe Beemster
	Sun. 4-25	9:00	Spring Forward	18/31/62	Union, IL.	Invitational

2010 WHEELING WHEELMEN RIDE SCHEDULE

Mo.	Date	Time	Ride Name	Miles	Start	Ride Host
M A Y	Sat. 5-1	9:00	Walworth Flats	58	McHenry County College	
	Sun. 5-2	9:00	(Choc. Fest) Heron Creek S. R.	31-47	Heron Creek F.P.	Len & Reinhilde Geis
	Sun. 5-2	9:00	Wauconda/Bull Valley	37/49	Lakewood F.P.	Paul LeFevre
	Sat. 5-8	9:00	Antioch Classic	58/80	Antioch School	
	Sun. 5-9	9:00	(Mother's Day) Heron Creek S. R.	31-47	Heron Creek F.P.	Larry Frank
	Sat. 5-15	9:00	Big Rock	55/70/93/100	Rutland F.P.	Dave Waycie
	Sun. 5-16	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Kilian Emanuel
	Sun. 5-16	9:00	Arlington 500	25/50/75/100	Barrington H.S.	Invitational
	Sat. 5-22	9:00	LaGrange/Concord	65/102	LaGrange General Store	Al & Cindy Schneider
	Sun. 5-23	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Pam Kaloustian
	Sun. 5-23	9:00	Rural Wisconsin	67/93	Eagle, WI	Al & Cindy Schneider
	Mon. 5-24	9:00	Hills & Horses	39	Rose School	Meg Ewen
	Mon. 5-24	9:00	Triple L	77	Lyons, WI.	Al & Cindy Schneider
	Sat. 5-29	9:00	Binnie Woods Ride	67/109	Binnie Woods FP	Paul LeFevre
	Sun. 5-30	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Betsy Burtelow
J U N E	Sat. 6-5	9:00	Boone County Ride	65	Evergreen School	Dave Waycie
	Sun. 6-6	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Kilian Emanuel
	Sun. 6-6	9:00	Nifty Fifty	50	Elgin Target Store	Michael LaRue
	Sun. 6-6	8:00	Udder Century	31/50/62/100	Union, Ill	Invitational
	Sat. 6-12	9:00	Loops of Lyons	50/71/100	Fellows Park, Wis.	
	Sat. 6-12	9:00	TOMRV	65/106	Bettendorf/Preston, Iowa	Rich & Mary Kay Drapeau
	Sun. 6-13	9:00	TOMRV	41/86	Dubuque, Iowa	Rich & Mary Kay Drapeau
	Sun. 6-13	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Joe Beemster
	Sun. 6-13	9:00	Root Beer Social	58/82	McHenry County College	Ella Shields
	Sat. 6-19	9:00	Triple Deerpass	66	Evergreen School	
	Sun. 6-20	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Frank Bing
	Sun. 6-20	8:00	(Father's Day) Fontana Ride	71	McHenry County College	
	Sat. 6-26	9:00	City of the O's	50/88	LaGrange General Store	Al & Cindy Schneider
	Sun. 6-27	9:00	(Strawberry Fest) Heron Creek S. R.	31-47	Heron Creek F.P.	Bob Dominski
	Sun. 6-27	9:00	Wall to Wall	68/104	Fellows Park, Wis.	Al & Cindy Schneider
J U L Y	Sat. 7-3	9:00	Big Rock	55/70/93/100	Rutland F.P.	
	Sun. 7-4	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Pam Kaloustian
	Mon. 7-5	9:00	EFHOB	44	Rose School	Meg Ewen
	Sat. 7-10	9:00	Retro Harmon Hundred	30/60/100	Wauconda H.S	Dave Waycie
	Sun. 7-11	9:00	Art Cunningham Memorial Ride (Road Ride)	21/31/52	CLUB PICNIC Fox River Preserve & Marina	Kilian Emanuel
	Sat. 7-17	9:00	Ice Cream Social	52	McHenry Co. College	
	Sun. 7-18	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Joe Beemster
Sun. 7-18	9:00	Bastille Day Ride	59/74/95	Paris School, WI	Al & Cindy Schneider	

Honey-Do Rides: start on April 3rd at 9:00 am....8:00 a.m. start begins on May 1st.... During Oct rides start at 9:00 am

2010 WHEELING WHEELMEN RIDE SCHEDULE

Mo.	Date	Time	Ride Name	Miles	Start	Ride Host	
J	Sat. 7-24	8:00	Roads You Don't Know	85	Cuba Marsh	Paul Lefevre	
U	Sun.7-25	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Louis Greene	
L	Sun.7-25	9:00	FFF	44/66	Burlington, Ill	Johannes Smits	
Y	Sat. 7-31	9:00	Sycamore Scamper	81	McHenry Co. College		
A	Sun. 8-1	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Len & Reinilde Geis	
	Sun. 8-1	9:00	Loops of Burlington	56/97	Eagle lake Park, WI		
	Sat. 8-7	9:00	Sycamore Scamper	81	McHenry Co. College		
	8-7 & 8-8		Amishland & Lakes Weekend		Indiana	Excursion	
	G	Sun. 8-8	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Larry Frank
	U	Sun. 8-8	8:00	Paul's NE ILL Century Ride	100	Mt. Prospect	Paul Lefevre
	S	Sat. 8-14	9:00	Cedarburg/Campbelsport	66/102	Covered Bridge Park, WI.	Al & Cindy Schneider
	T	Sun. 8-15	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Larry Frank
		Sun. 8-15	9:00	Cedarburg/Jackson	69	Covered Bridge Park, WI.	Al & Cindy Schneider
		Sat. 8-21	9:00	Paris School Ride	37/55	Paris, WI	
Sun. 8-22		9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.		
Sun. 8-29			Harmon Pre-Ride	25/50/75/100	Wilmot H.S.		
S	Sat. 9-4	9:00	Ella's Escapade	71/102	Glacier Hills Park, WI.	Al & Cindy Schneider	
	Sun. 9-5	8:00	Geneva Century/ Geneva Lite	50/100	Heron Creek F.P.		
	Sun. 9-5	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Pam Burke	
	E	Sun. 9-5	9:00	Bill's & Mike's Adventure	78	Glacier Hills Park, WI.	Al & Cindy Schneider
	P	Mon. 9-6	9:00	Hills & Horses	39	Rose School	Meg Ewen
	T	Mon. 9-6	9:00	West Bend Pretzel Ride	51/73/100	Barton Elementary School, WI.	Al & Cindy Schneider
	E	Sat. 9-11	9:00	Wauconda Twin Lakes	61/78	Lakewood F.P.	Paul Lefevre
	M	Sun. 9-12		Harmon 100		Wilmot H.S.	Everyone Works
	B	Sat. 9-18		Door County Excursion	50/75/100	Door County	Deb & Tom Wilson
	R	Sat. 9-18	9:00	Antioch Twisted	63/84/100	Antioch Middle School	
		Sun. 9-19	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Pam Kaloustian
		Sun. 9-19		Door County Excursion	31/44/50	Door County	Deb & Tom Wilson
		Sat. 9-25	9:00	Reverse Honey-Do	48	Grassy Meadow-Douglas F.P.	Brian Hale
Sun. 9-26		9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Deb & Tom Wilson	
Sun. 9-26		9:00	Apple Cider Century	50/75/100	Three Oaks, Mich.	Invitational	
Sun.9-26	9:00	Nifty Fifty	50	Elgin Target Store			
O	Sat. 10-2	9:00	Bakery Ride	40	Willow stream Park	Earle Horwitz	
	Sun. 10-3	9:00	Apple Fest (Heron Creek S.R.)	31-47	Heron Creek F.P.		
C	Sun. 10-3	9:00	Triple Deepass	66	Evergreen School		
T	Sat. 10-9	9:00	PITA	39/61	Cuba Marsh		
O	10-9 & 10		Fall Festival Weekend	50/60	Mt. Horeb, WI.	Rich & Mary Kay Drapeau	
B	Sun. 10-10	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Frank Bing	
E	Sat. 10-16	9:00	Other Side of the Tracks	41	Bode Forest Preserve		
	Sun. 10-16	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.	Bob Dominski	
	Sun.10-24	9:00	Ride to McHenry	42/63	Barrington HS		
	Sun.10-24	9:00	Heron Creek Short Ride	31-47	Heron Creek F.P.		
R	Sun.10-31	10:00	Chili Ride	42	Meg Ryan's House		

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

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The **Wheeling Wheelmen Bicycle Club** 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@yahogroups.com

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

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

Please consider an e-mail of our monthly newsletter to help keep club dues low and help the environment by reducing paper consumption Please indicate your choice: Send via e-mail I prefer a paper copy

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 4, 2010 at
a new location



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 847/825-4438

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

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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