



# MONTHLY MEANDERS

## PREZ SEZ

How many times have you almost been hit by a motorist who happened to be chatting away on a cell phone. Probably more than once. Even with hands free technology being relatively inexpensive, many people don't use them while driving. What's even worse is texting. This is obviously due to the fact that both hands are usually required to text, thus leaving the steering wheel unattended. Why am I bringing all this up you may be wondering? Because I read an article in the paper the other day about the cell phone use and texting laws that are either already on the books or being considered in many cities, may now be extended to include cyclists. "Cyclists texting!!", you exclaim. I know, sounds ridiculous, but I'm sure someone, somewhere on a bicycle is riding around,

hands off the handlebar, texting away. While this may not pose too much of a danger to others, it can be very much so for the cyclist himself. Only takes a moment of distraction or bump in the road and next thing you know, you are looking up at the sky, flat on your back. So moral of this story, keep your cell phone/pda in your back pocket while riding.

Ok on to lighter topics. As many have heard, Joe Beemster is hosting a Monday night "intro ride" at Busse Woods. This ride is meant for the non-hard core cyclist, whether they'd be spouses of existing members or new potential members. The Wheelmen have always had the reputation as a fast, every man for himself, type of club. We hope that this new ride will show the club's warm and fuzzy

side. Well, maybe that's a stretch, but at least get people who want to develop into more serious cyclists an opportunity to get their foot in the door, so to speak.

Lastly, I want to try an experiment. I'd like to periodically open the Prez message section up to the members. In other words, have guest commentaries every now and then. People can submit them to me at [ibagoalie@comcast.net](mailto:ibagoalie@comcast.net), a column that you've written and if it is suitable to print, I'll use it to replace my normal commentary. Just to weed out the trolls, it must be signed, no anonymous submissions accepted. This is your chance to let your view and voice be heard, without having to run for club president...of course that's always open for those interested.

*Meg*

May, 2010

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## Club Officials

### Elected Officers

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

### Appointed Officers

<b>Harmon Chairman</b>	
<i>Todd Berlin</i>	todd.berlin@rrd.com
<b>Newsletter</b>	
<i>Ella Shields</i>	773/594-1755
<b>St. Pat's Ride</b>	
<i>Tom &amp; Deb Wilson</i>	847/632-1412

### Chairmen

<b>Banquet</b>	
<i>Meg Ewen</i>	
<b>Harmon Data Base</b>	
<i>Mary Kay Drapaeu</i>	847/808-1476
<b>Mileage Statistician</b>	
<i>Cindy Schneider</i>	847/696-2356
<b>Newsletter Mailings</b>	
<i>Laura Randazzo</i>	

### Picnic

<i>Al &amp; Cindy Schneider</i>	847/696-2356
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### Refreshments

<b>Open</b>	
<b>Ride Line</b>	
<i>Frank Bing</i>	847/634-1439
<b>Web Page</b>	
<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 address at 847/808-1476 or e mail him at [wheeling@wheelmen.com](mailto:wheeling@wheelmen.com).

## TOP 20 MILES through April 11

### Women:

1	Sheri	Rosenbaum	256
2	Reinhilde	Geis	224
3	Laura	Randazzo	180
4	Virginia	Savio	135
5	Cindy	Trent	121
6	Pat	Calabrese	106
7	Betsy	Burtelow	104
8	Barb	Barr	90
9	Mary Kay	Drapeau	85
10	Nancy	Beck	80
11	Cindy	Kessler	78
12	Pam	Kaloustian	77
13	Deb	Wilson	69
14	Cindy	Schneider	34
15	Meg	Ewen	32
16	Pam	Burke	29
17	Ella	Shields	29

### Men:

1	David	Waycie	376
2	Joe	Beemster	355
3	Paul	LeFevre	333
4	Kevin	Moore	306
5	Kilian	Emanuel	289
6	Frank	Bing	258
7	Len	Geis	224
8	Peter	Guzik	220
9	Jim	Boyer	196
10	Leo	Rhee	196
11	Dennis	Creaney	167
12	Rich	Drapeau	167
13	Joe	Irons	167
14	Al	Ginns	161
15	John	Yuill	157
16	Jeff	Magnani	134
17	Larry	Frank	120
18	Dennis	Ellertson	112
19	Brian	Blome	108
20	Brian	Tracey	101

## Board Meeting

The next board meeting is Monday, May 17, 7:00 p.m. at the home of Ella Shields.

All Board members are requested to attend.

### Invitational's

**May 16 Arlington 500**, Barrington, HS, 31/44/55 /69 miles, 7:00 a.m., \$10 / \$15.00, [cyclearlington.com](http://cyclearlington.com)

**May 19, Arlington Heights Ride of Silence**, Recreation Park, Arlington Heights, [cyclearlington.com](http://cyclearlington.com)

**May 22, Kenosha Racine Bike Club Annual Ride**, Waterford Union HS, 25/44/62/100 miles, 6:30 a.m., \$25/\$30 [krbikeclub.com](http://krbikeclub.com) [krbikeclub@hotmail.com](mailto:krbikeclub@hotmail.com)

**May 29 & 30. Blackhawk Country Roads**, Rockton, IL. 10/30/45/60, \$16/21. [www.blackhawkbicycleclub.org/](http://www.blackhawkbicycleclub.org/)

**May 30, Bike the Drive**, Chicago, Ride your bike on Lake Shore Drive, 15/30 miles. \$42 members \$37, 312-427-3325 x 251, [btd10info@activetrans.org](mailto:btd10info@activetrans.org)

**May 30, Leinenkugel's Chippewa Valley Century Ride**, Chippewa Falls, WI, 35/50/75/100 miles, 7:00 am., \$25 before May 21, \$30 after 715-720-1439, [chippewavalleyride.us](http://chippewavalleyride.us)

**June 6, Udder Century**, Donley's Wild West Town, Union, IL 31/50/62/75/100 miles, \$20/\$27 [mchenrybicycleclub.org](http://mchenrybicycleclub.org)



### Pictures

We will once again be doing a slide show at the annual club banquet and are asking for more contributions this season. So be sure and take your camera out to rides and events this year and share your rides with the club. Send your pics to Dave Waycie at [dwaycie@wowway.com](mailto:dwaycie@wowway.com)

<b>May Ride Schedule</b>	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		
<b>Date</b>	<b>Time</b>	<b>Ride</b>	<b>Start Location</b>	<b>Directions</b>	<b>Miles</b>	<b>Host</b>
Sat. 5/1	9:00	Walworth Flats	McHenry County College	Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot.	58	Laura Randazzo (847)917-6778
Sun. 5/2	9:00	Wauconda/ Bull Valley	Lakewood F.P.	West on Il 176 to Fairfield, left to Ivanhoe, right to parking on right.	37 49	Paul LaFevre (847)670-3501
	9:00	(Choc. Fest) Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Reinhilde & Len Geis (847)679-0279
Sat. 5/8	9:00	Antioch Classic	Antioch School	I-94 to Il.173 west just past Il.59,turn right on Tiffany left at sign for school.	58 80	Dave Waycie (847)577-6307
Sun. 5/9	9:00	<b>Mother's Day</b> Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Larry Frank (847)832-0630
Sat. 5/15	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. 5/16	9:00	Arlington 500	Barrington H.S.	On Main St. (Lake Cook Rd.) West of Rt. 59. North on Hart Road. Use west lot.	31 44/55 69	Invitational
	9:00	Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Killian Emanuel (847)296-7874
Sat. 5/22	<b>8:00</b>	Binnie Woods Ride	Binnie Woods F.P.	I-90 west to Randall Rd., north to Binnie Rd. west to Forest Preserve	67 109	Paul LaFevre (847)670-3501
Sun. 5/23	9:00	Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Pam Kaloustian (847)394-2918
Sat. 5/29	9:00	LaGrange/ Concord	LaGrange General Store, Wis.	US 12 west past Elkhorn to County H	65 102	Cindy & Al Schneider (847)696-2356
Sun. 5/30	9:00	Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Betsy Burtelow (847)541-1325
	9:00	Rural Wisconsin	Eagle, Wis.	US 12 west past Elkhorn to WI 67 north to Eagle. Park on street.	67 93	Cindy & Al Schneider (847)696-2356
Mon. 5/31	9:00	Hills & Horses	Rose School	I-90 to Rt.59 north, turn right on Penny Rd. to the school just past Bartlett Rd.	39	Meg Ewen (630)540-1704
	9:00	Triple L	Lyons, Wis.	I-94 north, Exit Hwy 50 west, go north on South Rd. to Lyons.	77	Cindy & Al Schneider (847)696-2356

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

## WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday	<b>8:00 am new start time</b>	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
Monday	6:00 pm	Casual Monday Ride	10-15	Bussee North Woods Parking Lot. Located on Golf Road just east of Rte 53. Turn on Ring Road into the preserve. (across from the Atrium Complex). Turn left at the first parking lot	Joe Beemster (847) 867-6724
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	Earle Horwitz 847/444-0445 Len & Reinhilde Geis 847/679-0279
Tuesday	6:00 pm	Working Stiff's Ride	18-27	Stempel Parking Lot On the west side of Old McHenry Road, behind the old Shamrock Cyclery West of IL53, Long Grove, IL	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday	5:30 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Brian Hale 847/426-3290 Cindy Trent 847/392-6750
Wednesday Starts MAY 12	5:30pm	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 with alter- nates as day- light permits	Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road.	Brian Blome 847/358-4807 Rich Drapeau 847/808-1476

## WEDNESDAY TRAIL RIDES

Date	Time	Ride	Miles	Start/Trail	Directions
5/5	9:00	North Branch Botanic Garden	32	Memorial Woods Glenview	East on Lake St past Wauke- gan Rd. just past Bike Path Overpass.
5/19	9:00	Des Plaines River Trail to Wadsworth	40	Old School Forest Preserve	IL 176 to St. Mary's Rd. Park- ing Lot D south to Forest Preserve on left. Park in shel-

Call Kilian Emanuel at 847/296-7874 with any questions or for more information

## BUFFALO GROVE BIKE RODEO SATURDAY MAY 15

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

Joe Beemster needs volunteers to help out with the Rodeo. He needs two shift of two people each. First shift is 11 a.m.—1 pm and 2nd shift is 1pm-3 pm. A pizza lunch is provided.

Please contact Joe at 847/215-2314 if you'd like to volunteer and to get more details.

(Rain date Saturday, May 22)

## 2010 NATIONAL AND NEW MEXICO BICYCLE RALLY ALBUQUERQUE JUNE 3-6

The League of American Bicyclists, founded in 1880 as the League of American Wheelmen, has hosted National Rallies for many years. 2010 marks 130 years since the League's first National Rally was held in Newport, Rhode Island. The National Rally will be held in New Mexico for the first time, and is being presented by the [League of American Bicyclists](#), the [Bicycle Coalition of New Mexico](#), [New Mexico Touring Society](#), the [American Diabetes Association](#), [BikeABQ](#), [the City of Albuquerque](#) and [The Kickstand](#).

The 2010 Rally will also be the first Annual State of New Mexico Bicycle Rally, which will be continued in future years by the Bicycle Coalition of New Mexico.

### Schedule

**Thursday, June 3rd:** Multiple rides will start at the Embassy Suites parking lot at 8:00 AM. There will be a special welcome reception not to be missed at the Embassy Suites at 7:00 PM.

**Friday, June 4th:** Multiple rides including lunch will start at the Embassy Suites parking lot at 8:00 AM including a ride to Belen returning by the Rail Runner train (limited to 40 riders). Evening ride to Route 66's Nob Hill will start at 5:00 PM

**Saturday, June 5th:** The Albuquerque Century (with 10, 25, 50, and 65 mile options) will start at the Embassy Suites parking lot at 6:30 AM. The Rally Banquet with entertainment and a guest speaker Lynette Chiang "The Gal From Down Under" .

**Sunday, June 6th:** An easy ride along the scenic Bosque Trail will start at the Embassy Suites parking lot at 8:00 AM. A challenging climb up to the Sandia Crest (10,640 ft.) will start east of town at 8:00 AM. A noon ride to Historic Old Town to see old west gun-fights!

Registration is \$165 (\$20 late fee after May 20th) and includes rides on Thursday and Friday, Thursday night welcome reception, Friday lunch for riders, Saturday night banquet, the Albuquerque Century on Saturday, Sunday morning rides and a rally T-shirt (to pre-registered riders). Additional T-shirts are available for \$10. Additional reception tickets are available for \$20. Additional banquet tickets are available for \$35. To register, go online to [www.bikeleague.org/cogs/rally/signup](http://www.bikeleague.org/cogs/rally/signup).

**Questions?** Contact Lisa Johnson (505) 266-5716, ext. 7132, (888) 342-2383, ext. 7132 <http://www.nmbikerally.com/>



## BE READY FOR UNEXPECTED DOWNPOURS

It's easy to dress for rides that begin beneath dripping springtime skies. You put on shoe covers, tights and a rain jacket, then roll out on your fender bike. No problem.

But sometimes it may be sunny when you leave the house, then become stormy. So it is with weather this time of year and on into summer. When you get doused while wearing fair-weather clothing, you can get mighty cold as well as soaked.

You don't want to lug full rain gear when there's only a chance the skies will open. Here's a minimal, easy-to-carry kit for days when the weather can't make up its mind.

---**Lightweight rain shell.** It won't have all the bells and whistles of a serious rain jacket, but it will roll up compactly under a fat rubber band. It'll block rain and hold in body heat, which is the key to preventing not just the chills but dangerous hypothermia.

These jackets are affordable at about \$25-\$35. It's smart to choose a bright color for better visibility. Reflective accents make you even safer.

---**Helmet liner.** If you keep your head warm, the rest of your body will tend to follow. A lightweight wool or synthetic skull cap covers your ears and holds precious heat next to your wet noggin.

---**Over-gloves.** You're already wearing short-finger cycling gloves so you don't need more padding, just help to hold in hand heat. Inexpensive polypro liner gloves work well. Just pull them over your cycling gloves so hands stay warm enough to brake and shift.

---**Toe covers.** Full-on shoe covers would be warmer but they're bulky to carry. Go for toe covers that pack small, block wheel spray and hold in some forefoot heat.

Tuck the skull cap, gloves and toe covers in your seat bag. Roll the jacket tightly and stuff it in your jersey's middle rear pocket. Then bring on the rain!

**Tip:** A recent innovation is [Rainlegs](#). These are like chaps, covering the front of your shorts and front of your legs to the knees. They're waterproof, lightweight and designed to be rolled up compactly and worn around your waist like a belt, then unfurled when rain starts.

From [roadbikerider.com](http://roadbikerider.com)

**FLIGHT SCHOOL**

Already this summer I've taken 2 flights with bikes and had some interesting experiences, like chasing down another cyclist at the airport who beat me to baggage claim, grabbed my bike case, and almost made it to her rental car.

Here are my 10 top tips to avoid that miscue and others when traveling with your bike.

**(1) Personalize your case.** Whether you use a basic cardboard bicycle box or a purpose-built case, avoid the problem I had by marking it distinctively. I had yellow hang tags on mine, but the roadie who grabbed it thought the airlines had put them on. Otherwise it looked exactly like her case. Next time I'll paint my initials on the side. Also, put your name and contact info on the box and on your bike inside, in case they get separated somehow.

**(2) Make it sturdy.** If you're asking for a cardboard bike box from your local shop, try to get one that's thick, sturdy and large enough for your frame size. If all you can get is a box that's been flattened for recycling, open it and glue the bottom panels with an ample dose of white or yellow wood glue. When it dries it'll be as strong as new. -

**(3) Don't fear a soft case.** There are hard cases and soft cases. Although some people frown on the latter, I used a soft case for a trip to Italy and my experience is that handlers treat them more carefully. Plus, soft cases may require less bike disassembly and usually can be folded for easier storage at the hotel, stuffing in car trunks, and so on.

**(4) Add protection.** Whatever type case you use, protect your bike by getting foam pipe insulation in various diameters and cutting sections to slip over the frame tubes and fork blades. The foam hardly weighs anything and protects great. Make sure the sections stay in place by taping or tying them.

**(5) Shield the chain ring.** If you're removing both wheels there's a chance the large chain ring could bang into the case and be damaged. To prevent this, tie one crank arm to a chain stay so the crank can't turn. Then put a thick piece of pipe insulation around the bottom of the chain ring.

**(6) Remove the rear derailleur.** Unscrew it from the frame but leave the cable connected. Then cover the derailleur with bubble wrap and tie it between the stays. During re-installation make sure any screws or tabs are out of the way when you thread the derailleur bolt into the hanger. You don't want to cross thread and strip anything.

**(7) Use plastic spacers.** Ask the shop for the plastic frame spacers and wheel axle caps that new bikes arrive with. Put the spacers between the fork dropouts (and rear dropouts if you're removing the rear wheel too). Press the caps into the axles of removed wheels after taking out the quick-releases. Actually, you can get away with only one cap per wheel by placing it on the axle end that's against the case.

**(8) Box the small parts.** Put the pedals, quick-releases, seat post/seat and any other parts into bags or boxes and tie them to the frame so that nothing can move and bang against the bike. Likewise, put foam or other padding between any parts that might strike or rub each other. You can usually fit your helmet and shoes in with your bike, but bag or wrap them and tie them so they stay in place. Same for your pump and seat bag with spare tube, patch kit and mini-tool.

**(9) Inflate the tires.** You may have heard that you need to deflate tires to keep them from exploding as the plane reaches high altitude, but that's a myth. They should be fully inflated so rims are protected and your wheels are good to go when you arrive.

**(10) Research the airlines.** Prices for flying with bikes vary, so check airlines' baggage pages on their websites. Southwest charged me only \$50 per bike each way and didn't care about the size or weight. Some airlines have a 50-pound limit and charge upwards of \$200. You can use a bathroom scale to check packed bike weight. The lighter it is, the more dirty laundry and souvenirs you can put in the case on the return trip. Fifty pounds seems to be the weight at which baggage fees escalate.

Finally, double and triple check that everything's in your bike box before sealing it. But don't panic if you get where you're going and realize you left the seat on the garage floor. As long as there's someone back home, you can have anything shipped anywhere overnight. I've been there.

From roadbikerider.com

**PRODUCT RECALL:** Redline Conquest Pro Cyclocross bicycles and framesets.

The recall affects all 350 units for the 2010 model year. The fork legs can separate from the fork crown and cause the rider to lose control. The recalled bikes and framesets were made in Taiwan, painted white/blue and have carbon forks with aluminum steerer tubes. They were sold at bike shops in the U.S. between August and November 2009 for about \$1,900 (bike) and \$550 (frameset). Owners should stop riding them and contact a Redline dealer for a free fork replacement.

The recall hotline is 800-283-2453

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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](mailto:wheeling@wheelmen.com)

To Subscribe send an email message to:  
[wheelingwheelmen-subscribe@yahogroups.com](mailto:wheelingwheelmen-subscribe@yahogroups.com)

To Unsubscribe send an email message to:  
[wheelingwheelmen-unsubscribe@yahogroups.com](mailto:wheelingwheelmen-unsubscribe@yahogroups.com)

To post a message send your message in an email to:  
[wheelingwheelmen@yahogroups.com](mailto:wheelingwheelmen@yahogroups.com)

The group name is: **wheelingwheelmen** and is available at: [pgroups.yahoo.com/group/wheelingwheelmen](http://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](mailto:wheeling@wheelmen.com)

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**We are on the web**  
**wheelmen.com**

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Next Club Meeting  
TBA

**May is National Bike Month**  
*"Be well. Ride your bike."*

### 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

#### **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  
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](mailto:BikeLeague@aol.com)  
Web Site: [www.bikeleague.org](http://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