



# MONTHLY MEANDERS

## PREZ SEZ

Here come the Hawks, the mighty Blackhawks...yea! Just had to jump on the bandwagon and congratulate the Blackhawks for bringing the cup to Chicago. If you ride the Honey Do with any regularity, you've probably heard Brian Hale, a huge fan, talk about them all season long. He is one happy camper now, so go up and give him a high five!

A couple weeks ago, the club had a going away party for Frank and Pat Illy, who are moving to Arkansas. I was unable to make the party, so I wanted to take this opportunity to thank them for their many contributions to the club over the years. Hosting the Honey Do and the Christmas party, just to mention a few. They will be sorely missed and I want to wish them well.

Now that summer is finally here, I think, I would like to remind everyone that the club picnic is not far off. Please mark your calendar for July 11th. Like last year, we will have a communal drink cooler for people to bring beer, wine, pop, etc to share. Burgers, salads, etc will be provided by the club. Check the website or newsletter for details on the picnic location and rides beforehand. Also make sure you RSVP to Al & Cindy Schneider at 847/696-2356 so they can get an accurate count for food, etc.

Finally, the Harmon Hundred

is only a couple months away. There are plenty of opportunities for volunteers, whether it be rest stops, registration, etc. Brian has a sign up at the Honey Do, we will have a sign up at the picnic or you can always let anyone on the board know you are interested. Sign up soon, so that you can get first dibs on your preferred "assignment".

\*\*\*\*\*  
 Since we have had several accidents this year, I'm including this "checklist" from the July issue of Bicycling magazine.

**Leave the MP3 at Home**  
 Even though riding while listening to music can be enjoyable, headphones often limit or drown out your ability to anticipate passing vehicles. Listening to music while you ride might even be illegal in your state. If you choose not to heed our advice, just take care by turning the volume down and listening to music only out of the right ear bud.

**Become More Visible**  
 While the shoulder is often the calmest and safest-seeming part of the road, riding too close to the curb can tempt motorists to try to squeeze past you even in heavy traffic. Many cycling-safety experts believe [and some studies have shown] that taking up part of the lane actually makes you safer. You're more visible riding slightly to the left of the white line, and to pass you, drivers have to move to the other lane instead of trying to share one with you.

### Be Patient Post-Crash

Even though you may feel strong enough to move, take a few extra minutes to get up slowly, unless you are lying in the middle of the road. Some injuries may not be recognizable due to bursts of adrenaline released by your body immediately after a crash. For head-on collisions and potential back and neck injuries, it is best not to move at all.

### Don't Leave the Scene

Collect your belongings and bicycle, and sit tight in plain view of any police officers or EMT workers. Staying close to the scene of the accident forces the focus to remain on your health and condition.

### Accept Medical Attention

When in doubt, get checked out. Some medical issues post-incident may not surface for a few hours or even days. Furthermore, hospitals can provide relevant documentation of immediate treatment, which will help with legal issue and insurance issues, whereas any undiagnosed injury may cause long-term issues.

### Exchange Information

In any accident, take time to exchange information with your counterpart in the incident and the police. The easier it is to communicate in the days after the crash, the easier it will be to move on from the mishap.

-Chris Worden -Bicycling Magazine July 2010

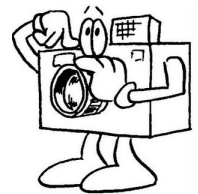
July, 2010

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### Photos

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 pictures with the club.



Send your pics to Dave Waycie at [dwaycie@wowway.com](mailto:dwaycie@wowway.com)

## Club Officials

### Elected Officers

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

### Appointed Officers

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

## TOP 20 MILES through June 6

Men:				
1	Paul	LeFevre		1895
2	Dennis	Creaney		1417
3	Dave	Waycie		1410
4	Joe	Beemster		1300
5	Tony	Vercillo		1274
6	Kevin	Moore		1260
7	Len	Geis		1061
8	Rich	Drapeau		1042
9	Peter	Guzik		1013
10	Frank	Bing		989
11	Leo	Rhee		972
12	Kilian	Emanuel		966
13	John	Yuill		940
14	Jim	Fleshsig		887
15	Tom	Wilson		849
16	Al	Schneider		774
17	David	Heckels-		762
18	Al	Gibbs		745
19	Brian	Hale		742
20	Jeff	Magnani		724
Women:				
1	Sheri	Rosenbaum		1220
2	Reinhilde	Geis		1183
3	Deb	Wilson		784
4	Mary Kay	Drapeau		751
5	Barb	Barr		750
6	Betsy	Burtelow		722
7	Laura	Randazzo		721
8	Cindy	Schneider		696
9	Virginia	Savio		631
10	Pam	Burke		549
11	Pat	Calabrese		529
12	Pam	Kaloustian		504
13	Ella	Shields		402
14	Pat	Illy		332
15	Meg	Ewen		324
16	Emily	Qualich		323
17	Cindy	Kessler		299
18	Eva	Larson		276
19	Peggy	Reins		276
20	Cindy	Trent		249

## Board Meeting

TBA

### Invitational's



**July 4, 4th of July**

**Metric Century**

Plainfield 30/45/62

\$20. [Dianew3miles@sbcglobal.net](mailto:Dianew3miles@sbcglobal.net)

[joliethicycleclub.org](http://joliethicycleclub.org)

**July 10, Ninth Annual Pedal for**

**Paws, New Glarus, WI. 25/45/65**

miles, [greencountyhumane.org](http://greencountyhumane.org)

**July 11, LATE Ride, Chicago, 25**

miles, \$45. [www.lateride.org](http://www.lateride.org)

**July 17, Lake Country Classic,**

Oconomowoc, WI. 15/25/45/65/100

[bayviewbikeclub.org/classic.htm](http://bayviewbikeclub.org/classic.htm)

**July 17 RAIN Ride, Terre Haute, IN,**

160 miles \$45-60. [rain@rainride.org](mailto:rain@rainride.org)

**July 17, Holland Hundred, Holland**

MI 18-100 miles \$20/\$25

[macatawacyclingclub.org/hollandhundred/](http://macatawacyclingclub.org/hollandhundred/)

**July 18, Biking with Beanie,**

DeKalb, 23/46/64/100 \$20/\$25

[bikingwithbeanie@yahoo.com](mailto:bikingwithbeanie@yahoo.com)

Lon Haldeman would love to recycle your old, unused equipment or clothing to Peruvian riders. Shoes, pedals, saddles, helmets, drive train components (even "obsolete" 7- or 8-speed equipment), pumps, bottles, shorts, jerseys -- if you don't need it, a youngster in Peru can use it. Ship to:

PAC Tour

202 Prairie Pedal Lane

Sharon, WI 53585

U.S.A.

MONTHLY MEANDERS

<b>July 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
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Date	Time	Ride Name	Starting Location	Directions	Miles	Host Phone #
Sat. 7/3	9:00	Another Day/ Another Way	Evergreen School Union	I90 W to US 20 to Coral. Turn right to Northrop; turn left to Washington; turn right to school	70 110	Cindy & Al Schneider (847)696-2356
Sun. 7/4	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
Mon. 7/5	9:00	EFHOB	Rose School	I-90 to Rt.59 north, turn right on Penny Rd. to the school just past Bartlett Rd.	44	Meg Ewen (630)540-1704
Sat. 7/10	9:00	Retro Harmon Hundred	Wauconda H. S.	Rt. 12/59 to Old Rand Rd. in Wauconda, then 2 mi. NW to school.	30 60 100	Dave Waycie (847)577-6307
Sun. 7/11	9:00 10:00	<b>Club picnic</b> Art Cunningham Memorial Ride	Fox River Preserve and Marina	NW on Rt. 14 , R on Kelsey, L on River, L on Roberts for 1 mi (Road Ride)	21 31 52	Killian Emanuel (847)296-7874
Sat. 7/17	9:00	Ice Cream Social	McHenry Co. College	Rt.14 one mile past Rt 176 in Crystal Lake ; meet in north parking lot	52	Dave Waycie (847)577-6307
Sun. 7/18	9:00	Bastille Day Ride	Paris School WI	I-94 W, exit WI 142 W to County D, turn left to school	59 74 95	Cindy & Al Schneider (847)696-2356
	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	Joe Beemster (847)215-2314
Sat. 7/24	8:00	Roads You Don't Know	Cuba Marsh F.P.	Turn west from US-12 onto Cuba Rd. Parking Lot is on left, past Ela Rd.	85	Paul LaFevre (847)670-3501
Sun. 7/25	9:00	FFF	Central H.S. Hampshire, Ill.	Parking lot is at top of hill. At the intersection of Tower Rd. and Plato Rd.	44 66	Johannes Smits (630)893-2835
	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	Louis Green (847)541-9248
Sat. 7/31	9:00	Sycamore Scamper	McHenry Co. College	Rt.14 one mile past Rt 176 in Crystal Lake ; meet in north parking lot	81	

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

## WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday	8:00 am	Honey Do Ride	30-58	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Brian Hale 847/426-3290
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 & Reinilde 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	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
Friday	10:00 am	Picnic Rides (to Libertyville)  Willow Stream Park	27	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	Frank Bing 847/634-1439 Joe Beemster (7/23) (847) 867-6724 Earle Horwitz (7/30) 847/444-0445

## WEDNESDAY SHOW &amp; GO TRAIL RIDES

Date	Time	Ride	Miles	Directions	Trail
7/9	9:00	Fox River / McHenry Prairie Trails to Ringwood	46	<b>East Dundee Depot</b> Go west on Dundee to Higgins, then rt. to River Rd by DQ, turn right (north) 2 blks. Park by depot bldg on left.	Paved trails. Eat in Crystal Lake or McHenry
7/21	9:00	Elgin / Geneva Prairie Path Loop	45	<b>East Dundee Depot</b> See above	Paved trails. Going south this time along the Fox River



**JOIN US FOR THE ANNUAL  
WHEELING WHEELMEN PICNIC  
SUNDAY, JULY 11**

Rides will start @ 9:00  
and 10:00 am

The club will supply food which will be  
served afterward, about noon

**BYOB** (We will have a communal ice chest  
if you want to share your beverages)

*Fox River Preserve & Marina  
Small Shelter  
(Shelter to the left as you enter)*

Located on Roberts Road, south of  
Rt. 176 and west of Rt. 59.

Please RSVP to Al & Cindy Schneider  
at 847/696-2356



Sunday September 12  
Wilimot High School  
Wilmot, WI.

**EVERYONE WORKS**

Contact Harmon Chair, Todd  
Berlin @ [todd.berlin@rrd.com](mailto:todd.berlin@rrd.com) to  
volunteer

**5TH ANNUAL ALEXIAN BROTHERS  
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**Friday, July 30 | Saturday, July 31 |  
Sunday, August 1**

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2008!

[www.tourofelkgrove.com/](http://www.tourofelkgrove.com/)

**TOUR DE FRANCE 2010**

Running from Saturday July 3<sup>rd</sup> to Sunday July 25<sup>th</sup> 2010, the  
97<sup>th</sup> Tour de France will be made up of 1 prologue and 20  
stages and will cover a total distance of 3,600 kilometers.

**Distinctive aspects of the race**

- le Tourmalet climbed twice,
- a hint of the Classics and cobblestones,
- 2 rest days,
- 23 level 1, level 2 and highest level mountain passes.

The 2010 Tour will be launched from the south side of Rot-  
terdam, for a prologue time-trial. The launching pad will ac-  
tually be set up in Zuidplein, from where the riders will move  
north.



## FRIDAY PICNIC RIDES

We will be conducting road rides again this year to Libertyville's *Out to Lunch* events held in downtown Cook Park. These are popular outdoor events held every Friday, June 25 through August 20. There will be a wide variety of food offerings from 14 food vendors and live musical entertainment. Rides start from Willow Stream Park at 10:00 AM. Once again, The Arlington Heights Bike Club will be meeting us somewhere on the way.

If you can't make the ride, come meet us for lunch. The event runs each Friday from 11:00 AM to 2:00 PM. For more info: [mainstreetlibertyville.org/calendar/outtolunch.htm](http://mainstreetlibertyville.org/calendar/outtolunch.htm).

## NATCHEZ TRACE

A 444-mile road that is part of the National Park Service territory? Yes, that describes the Natchez Trace Parkway. Extending from Natchez, MS, on the south NNE to 17 miles south of Nashville, TN, it also catches the northwestern tip of Alabama.

It may be familiar to you as a bicycle route—one featured by various cycling tour companies. But for four of the Wheeling Wheelmen, the southernmost section of the Parkway was a very enjoyable prelude to their week with Cycle Zydeco.

Thanks to extensive research by Ella Shields, she, Pam Burke, Tom Mulick and Lee Skinner stayed at two very comfortable B & B's with easy proximity to the Parkway. Only a few miles on a busier highway was necessary at the beginning or the end. And all traffic was courteous, probably because of the popularity of cycling on and near the Trace.

The historic and scenic sites along even the relatively limited miles we cycled provided much rich information and beauty, as might be expected. But they also provided wonderful photographic opportunities for Tom and the three amateurs. "Intriguing" and "dramatic" would describe the views.

But Ella had also researched other possibilities. We would visit the area during Spring Pilgrimage Tours. Now, at least one of the guys wondered just how "frilly" and "cute" the visits to various mansions might be. However, the architecture, furnishings, and historical objects were irresistibly interesting. And since the guides at the homes were usually members of the families actually living there, the tours included not only historical background but fascinating personal anecdotes.

Four different tours are offered in the Natchez area (in both the spring and the fall). They are offered on different days of the week with a limited number of days available for each tour—in the interest, we were sure, of the mental health of the families, who would dress in impressive period attire.

Each tour features four homes—with surprisingly varied architecture for some. Participants can choose any order for visiting them, keeping in mind the times of start and finish. And

toward the end of our day of touring, all four of us debated only briefly before deciding we definitely wanted to tour the fourth.

We also took advantage of a play at the Natchez Little Theater, a spoof on the Pilgrimage Tours. Showing a confident ability to see the humorous side of the potentially stuffy subject, the play satirized not only Southern stereotypes but the worst possibilities of tour participants—knickknack thieves, bored teens, and pursuers of romance with other visitors, no matter their gender.

The Natchez Tourism Center itself, an impressively large, airy structure, had every conceivable bit of literature for any activity in the area. And if your timing was right, you too might meet the owner of a local restaurant (not unkindly described as a decent sized shack) with superb food. Fried pickles, anyone? If you haven't tried them...

But the best shack along the Trace was the Old Country Store in Lorman. (There isn't much in Lorman besides this structure, which looks as if it could collapse at any moment.) To do justice to the food and atmosphere would be another entire story for the newsletter, but we all had seconds of ribs, chicken or both, had--homemade, of course--cobbler, and had the owner sing blues just for our table. Corner any of us at any time for more details.

So with or without Cycle Zydeco, the Natchez Trace amply offers great cycling, scenery, and history. It's a fairly full day from here to Memphis (West Memphis is a more likely motel site), but the tougher gals made it to Jackson in a day. For the range of opportunities on the Trace, just head to this comprehensive site:

<http://www.nps.gov/natr/index.htm>

Even to peruse the names of the sights along the Trace may irresistibly draw you in.

*Lee Skinner*

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1313 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650  
203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200

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

### 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, Arling-  
ton 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