



MONTHLY MEANDERS

AUGUST, 2010



On July 5, 2010 Illinois Governor Pat Quinn signed two bicycle-related bills at Campbell Street Bicycle Shop in Arlington Heights, IL. One bill authorized a Share the Ride license plate, with proceeds going to bicycle-related projects. The second provides penalties for automobile drivers who "target" bicycles, causing damage or injuries.

PREZ SEZ

Quinn signs bicycle safety legislation

Gov. Pat Quinn has signed legislation into law that his office says will better protect bicyclists in the state.

Quinn signed the legislation Monday at Campbell Street Bicycle Shop in the [Chicago](#) suburb of [Arlington Heights](#).

League of Illinois Bicyclists executive director Ed Barsotti says the bills "will help both motorists and bicyclists do their parts in sharing our roadways safely."

According to the group one bill will establish new penalties for motorists that drive recklessly or unnecessarily close to bicyclists. A second piece of legislation will create "Share

the Road" Illinois licenses plates. The money from the license plates will fund education campaigns.

Quinn says the new laws will keep bicyclists safe and remind drivers to be alert for bicyclists.

-- *Associated Press*

Ok, your Prez here. While this legislation is important for protecting cyclists, please remember, it's a two way street. While reading this article in the Tribune soon after it was posted, I also scrolled down to the Reader's comment section. Unfortunately most of the comments were slanted against cyclists. Most of the comments went

along the line of, "when will cyclists also have to obey the laws?" I know I've scooted through stops signs and sometimes ride two abreast in Barrington Hills <gasp>, but as cyclists, we really need to straighten up our own act as well. I guess a good start would be to at least SLOW DOWN for stop signs and look both ways. The more we show that, as cyclists, we are making an effort to obey the laws, the more the motorists will perhaps show respect for our space and the Police be willing to crack down on unsafe drivers.

Meg

Be Safe, Ride Smart

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Pictures

We will once again be doing a slide show at the annual 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

Club Officials

Elected Officers

President

Meg Ewen 630/540-1704

V.P./Ride Chair

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

Joe Beemster 847/215-2314

Appointed Officers

Harmon Chairman

Todd Berlin todd.berlin@rrd.com

Newsletter

Ella Shields 773/594-1755

St. Pat's Ride

Tom & Deb Wilson 847/632-1412

Chairmen

Banquet

Meg Ewen 630/540-1704

Harmon Data Base

Mary Kay Drapeau 847/808-1476

Mileage Statistician

Cindy Schneider 847/696-2356

Newsletter Mailings

Laura Randazzo

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 your new e mail address at 847/808-1476 or e mail him at wheeling@wheelmen.com.

TOP 20 MILES through July 9

Women:

1	Sheri	Rosenbaum	1843
2	Reinhilde	Geis	1496
3	Cindy	Schneider	1175
4	Barb	Barr	1158
5	Laura	Randazzo	1113
6	Deb	Wilson	1112
7	Betsy	Burtelow	1095
8	Pat	Calabrese	1076
9	Marykay	Drapeau	1012
10	Pam	Burke	916
11	Virginia	Savio	891
12	Emily	Qualich	819
13	Pam	Kaloustian	760
14	Ella	Shields	679
15	Meg	Ewen	518
16	Cindy	Trent	409
17	Kae	Takeshita	362
18	Eva	Larson	348
19	Nancy	Beck	334
20	Pat	Illy	332

Men:

1	Paul	LeFevre	2853
2	Dave	Waycie	2133
3	Dennis	Creaney	2005
4	Tony	Vercillo	1872
5	Joe	Beemster	1788
6	Kevin	Moore	1385
7	Len	Geis	1384
8	Rich	Drapeau	1365
9	Kilian	Emanuel	1337
10	Tom	Wilson	1318
11	Frank	Bing	1309
12	Peter	Guzik	1284
13	Al	Schneider	1265
14	Jim	Flehsig	1207
15	Jeff	Magnani	1173
16	David	Heckelsmiller	1172
17	Leo	Rhee	1163
18	Brian	Blome	1143
19	Brian	Hale	1120
20	John	Yuill	1020

Board Meeting TBA

Invitational's

Aug 14, Dairyland DARE, Dodgeville WI \$80 50/100/150/200K, 608-553-0144 more@dairylanddare.com

Aug 15, Wright Ride, Oak Park 18/25/50/52, 708-524-7800 x102 rich@visitoakpark.com

Aug 21, The Roun' da Manure Bicycle Tour, Sharon, WI. 22/44/64, 262-736-6246 sharonmainst@sharontelephone.com

Aug 29, Bike Psycho's Century, Coal City H.S., 30/50/70/100/124 bikepsychos.org

Aug 29, Boulevard Lakefront Tour Chicago \$30 10/15/35/60 312-427-3325 x 251 btd10info@activetrans.org

Aug 29, Cream City Classic, Waterford, WI. 30/56/78/100 414-299-9398 dhepp@pobox.com

---If your bike's fork has a carbon steerer tube, check this velonews.com article. It reports on fork failures in 6-series Trek Madone road bikes, but emphasizes that any carbon steerer can break in certain circumstances. It notes that in recent years the U.S. Consumer Product Safety Commission has recalled carbon road or cyclocross forks from Giant, Salsa, Felt, Novara, Raleigh, Redline, Cervelo and Reynolds "although it's not clear if any of these recalls involved steerers breaking at or below the stem, as with the recent 6-Series Madone failures.

"All owners of forks with a carbon steerer [the part of the fork that extends through the frame's head tube] should pay attention to the concerns raised and installation instructions when installing or buying after-market stems." The article is followed by dozens of reader comments about fork failures.

AUG 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
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Date	Time	Ride Name	Starting Location	Directions	Miles	Host Phone #
Sun. 8/1	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	Len & Reinilde Geis (847)679-0279
	9:00	Loops of Burlington	Eagle Lake Park, WI	294 North, exit Hwy 11 West, to Hwy 75, right to Church street Left to Park	56 97	Cindy & Al Schneider (847)696-2356
Sat 8/7	9:00	Loops of Lyons	Fellows Park, Wis.	Rt.12 N to County H east veer left into Genoa City, left on Fellows Rd. and to the park.	50 71 100	Cindy & Al Schneider (847)696-2356
		Amishland and Lakes	Howe Military Academy	visit http://www.mbabike.com	25 to 100 Miles	Excursion
Sun. 8/8	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	Bob Dominski (847)215-4840
	8:00	Paul's NE ILL Century	Euclid Elementary School	E.Euclid & N. Wheeling Rd. School is on the SE corner Mt. Prospect	100	Paul LaFevre (847)670-3501
		Amishland and Lakes	Howe Military Academy	visit http://www.mbabike.com	30 52 62	Excursion
Sat. 8/14	9:00	Cedarburg/ Campbelsport	Covered Bridge Park, WI	I-94 N through Milwaukee turns into 43. Go N on 43 to 60 (Grafton) Go W on 60 to Covered bridge Rd (4 mi) Turn R	66 102	Cindy & Al Schneider (847)696-2356
Sun. 8/15	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	Larry Frank (847)832-0630
	9:00	Cedarburg/ Jackson	Covered Bridge Park, WI	I-94 N through Milwaukee turns into 43. Go N on 43 to 60 (Grafton) Go W on 60 to Covered bridge Rd (4 mi) Turn R	69	Cindy & Al Schneider (847)696-2356
Sat. 8/21	9:00	Paris School Ride	Paris WI	I-94 W, exit WI 142 W to County D turn left to school	37 55	Dave Waycie (847)577-6307
Sun. 8/22	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	Frank Bing (847)634-1439
Sun. 8/29		Harmon Pre-ride	Wilmot H.S. Wis.	Take I-94 West into Wis. To Exit 345. West on HWY C into Wilmot. Rt. On HWY W. Left into the school entrance.	25 50 75 100	Brian Blome (847)358-4807

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 & 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
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 alternates as day-light permits	Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road.	Pail LeFevre (847)670-3501
Friday through 8/20	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

WEDNESDAY TRAIL RIDES

Date	Time	Ride	Miles	Start/Trail	Directions
8/4	9:00	North Branch (eat south)	32	Blue Star Memorial Woods – Paved trails. Eat at Super-Dawg or Subway	East on Euclid/Lake, past I294 and Waukegan Rd. Parking on the right just past bike path overpass in Glenview
8/18	9:00	North Branch (eat north)	32	Blue Star Memorial Woods Paved trails. Eat at Botanic Gardens Take a walk there.	East on Euclid/Lake, past I294 and Waukegan Rd. Parking on the right just past bike path overpass in Glenview

Bring plenty of water and snacks

Spread the Word

As you all know, our main event, the 40th annual Harmon Hundred, will be held on Sunday September 12th. Many of you have signed up to work on this ride. We have also publicized the event by:

- ◆ Mailing brochures to past Harmon riders.
- ◆ Printing and distributing flyers to all bike and bike related stores in our general area and south Wisconsin asking them to display them in their stores.
- ◆ Providing each rider in the Milwaukee Ride for the Arts with a brochure. (6000 riders)
- ◆ Notified the majority of IL and WI bicycle web sites regarding the information and linking in the Wheelmen web site.
- ◆ Sending articles to local newspapers

What we need everyone to do is to talk to folks who may be interested in joining us on the Harmon Hundred in Wilmot. Your recommendation to friends and associates is crucial to having a well attended successful ride. Please encourage them to bring along their bike riding family members. We have seen numerous parents riding with their children in past rides. Also emphasize that we are riding on rural roads in Southern Wisconsin.

Anyone can sign up by accessing the Wheelmen web site, wheelmen.com, click to Harmon Hundred and follow the prompt.

E-mail Ella Shields, eshieldsbike@yahoo.com, or Joe Beemster, jbeemster@aol.com. if you would like some brochures to hand out or drop off at a local store or better yet, another ride. We will get them to you. For example we left brochures at the Arlington 500 and the Swedish Day rides.

This can be one of our more successful rides with everyone's help.



Sunday September 12

Wilimot High School

Wilmot, WI.

EVERYONE WORKS

Contact Harmon Chair, Todd Berlin @
todd.berlin@rrd.com **to volunteer**



A big thanks to Al & Cindy Schneider for their wonderful job hosting the annual picnic. A great time was had by all.

The 2010 USA Cycling Professional Criterium National Championship will be held in Glencoe, on Saturday, August 14. The event, which attracts many of the nation's top professionals, has historically been held in Downers Grove, but will move to a new location for the first time in the events 24-year history.

The 24th annual USA Cycling Professional Criterium National Championship will feature a new course and will be sponsored by AT&T. The day's premier event, featuring the donning of the prestigious "Stars-and-Stripes" jersey to the top American finisher, will also be moved from its traditional Sunday slot to Saturday in Glencoe. For all the details visit dgcycling.com

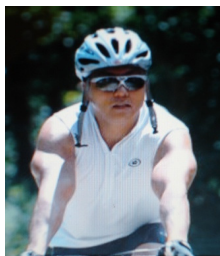
---Product recall: Felt model B12, B16 and S32 road bikes sold at U.S. bike shops from October 2008 through May 2010 for between \$2,300 and \$3,100. About 2,100 of these Chinese-made bikes are being recalled because their carbon fork's steerer tube can break, causing the rider to lose control and fall. Seven such incidents have been reported. Owners should immediately stop riding the bike and contact a [Felt Bicycles](http://FeltBicycles.com) dealer for a free repair.

Report from the Horribly Hilly Hundreds 2010

By Leo Rhee

Horribly Hilly 2010 by the Numbers

- 06.19.10, 7:00 a.m. Start
- 1,000 riders (online registration filled up within 10 minutes of opening, 6 months before the ride).
- 5,700 feet of elevation gain over 67.1 miles (100K)
- 10,700 feet of elevation gain over 124.2 miles (200K)
- 8th Year Anniversary
- 4 Wheelmen riders (of which I am aware)



Deemed as “one of the most grueling, mentally and physically challenging events that one can participate in,” the *Horribly Hilly Hundreds* promotes its own ride slogan as “The hardest one day cycling event in the Midwest.” The region boasts a strong Norwegian heritage, hence the nickname, “Biking like a Viking.” Although no Vikings were sighted along the route, the event certainly lived up to its reputation as I had heard a myriad of horror stories from veteran *Hilly* riders. Our motley crew drove up to Mount Horeb the night before the ride. Still a novice to the cycling world with about two years on the saddle, this was my first official ‘pay-to-ride’ organized cycling event. Anticipations were high and I only slept about an hour and a half the night before.

Early the next morning, at the start, our little Wheelmen entourage consisted of Dennis Creaney, Tony Vercillio, Kae Takeshita, and myself. Previously, I had asked fellow rider Dennis whether he was going to do the 100K or the 200K. “Drive all the way up there and only do 100?” came his piquant response. The conundrum of which distance to do would rattle in my head for the rest of the ride. The next several hours would consist of attacking over 40 monster hills, weaving in and out of valleys untouched by the glacial activity (that left most of the upper Midwest flat), and sitting back and enjoying the wonderful scenery and camaraderie with fellow riders. Fierce storms the day before had cleared the air of any humidity and according to Kae, “The weather was so good (too good, very hot!), and it was a perfect riding day.” She further states, “The hills were big but not as bad as I thought (Paul [Lefevre] scared me enough before the event) but I was actually pretty good at climbing. Of course I got tired but it gave me some confidence, and now I feel like I would want to participate in more endurance type events.”

But personally, in the first few pedal strokes of the ride I began noticing mechanical problems and I knew it would be a long day. The main

problem was that the cleat on my right shoe had worn down and kept popping out of the pedal on every upstroke. I developed a technique where I was able to push the cleat back into the pedal on each down stroke, but this made for a frustrating ride. Moreover, I had made some maladjustments to my seat post which caused a great deal of hip and knee pain. As Kae mentioned, we were both fraught with anticipation of how intense the hills would be, but overall, they were pretty doable. My personal goal was simply to finish without having to walk up any hills. Of course, there were some portions where I found myself zigzagging up the inclines at 4.5 mph with other riders calling out resounding refrains of “Hold your line!” or “On your right, uh... left, no, right!” as I would inadvertently cut across in front of them. Overall, although not the most difficult athletic endeavor I have ever undertaken, it was certainly the most challenging on a bike.

With my first Horribly Hilly under my belt, this newbie has learned a thing or two to keep in mind for the future. Hopefully, my mistakes will offer guidance to other fellow cyclists:

1. When faced with the conundrum of doing 100K or 200K, always do the latter. You *will* receive flak for opting for the ‘girls’ route’ or only doing ‘half the ride,’ even by those who actually never did the full 200K.
2. The *Chamois Butt’r* they give out in the registration packets are not for consumption. Thankfully, Tony pointed this out to me, as I could have very easily mistaken them for gel packs.
3. Now I know why a triple chain ring was invented. Highly recommended.
4. Don’t drink coffee the day before the event. Wish I had slept more.
5. Make sure mechanical issues are solved before the ride, and not the day of.
6. When going downhill and you look down and see your speedometer read 46 mph, don’t freak out. Just hang on and enjoy the ride.
7. Kae says, “If you have not tried it yet, you should! It was such “wonderful hilly hundreds!”

Epilogue: A week after the ride, walking was almost unbearable as there was severe pain that shot from my right hip to my knee and heel. I have had previous knee injuries from my martial arts and soccer days, but from what I understand, the mechanical problems I thought were from a bad cleat were actually from a faulty crank which caused damage to the sciatic nerve in my leg. I have been unable to ride or run for a few weeks. The moral of the story: *Everybody gets old, and things will start to break down.*

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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

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

HOW TO PREVENT HEAT STROKE AND HEAT ILLNESS

By [Elizabeth Quinn](#), About.com Guide

Even the most highly conditioned athletes can become victims of heat stroke if they don't take special precautions when exercising in hot, humid weather. Heat stroke is the most serious of all heat related conditions and it should be treated as a medical emergency.

Other conditions common in the heat like heat cramps, and heat exhaustion are less serious and generally require less drastic measures of treatment than heat stroke.

Heat stroke is a serious medical emergency in which the body's cooling systems stop working and the core temperature can rise to dangerous levels. Symptoms of heat stroke include hot, dry skin, lack of sweating, a very fast pulse, confusion and perhaps seizures or coma. If untreated, heat stroke can be fatal.

Athletes generally suffer a slightly different type of heat stroke called exertional heat

stroke. In exertional heat stroke, victims continue to sweat, despite the increased core temperature. For athletes, the diagnosis of heat stroke is made with a core temperature above 105 F and mental status changes, such as confusion, disorientation and clumsiness. You may collapse and go into a coma if symptoms are ignored. If any of these symptoms of heat stroke are present, emergency treatment and cooling the patient immediately is essential.

You may also want to use the [Heat Stroke Symptom Checker](#) to learn more about the various heat stroke symptoms and treatment steps.

Treating Heat Stroke Treating heat stroke immediately is essential to avoiding life-threatening complications. Stop activity and follow the [Heat Stroke Treatment Guidelines](#). If exercising in hot conditions and you feel a headache coming on, or you feel weak, dizzy or nauseated, stop exercising and seek a cool, shaded place. Drink cool water. Take a cool shower or bath, jump in a lake or river or find

a garden hose and cool off.

Preventing Heat Stroke Preventing heat stroke begins with preventing heat exhaustion. This includes acclimating to hot conditions slowly, staying well hydrated and avoiding exercise during the hottest part of the day. Hydrate well before and during exercise and replace lost electrolytes such as sodium, potassium and magnesium with food or a sports drink (drink 16 to 20 oz/hour).

Wear light, loose clothing. Or wear clothes made with wicking fabrics such as Cool-Max®, Drymax®, Smartwool or polypropylene. These fibers have tiny channels that wick the moisture from your skin to the outer layer of the clothing where it can evaporate more easily. Use sunscreen to prevent sunburn, which can limit the skin's ability to cool itself.

If you notice any of the symptoms of heat illness, stop activity and seek a cool shaded place. Remember, it is easier to prevent heat illness than to treat it once symptoms develop.



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

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

We are on the web
wheelmen.com

Next Club Meeting
October

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
661 Central, Highland Park
(847) 432-0015

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
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
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