



# MONTHLY MEANDERS

## PREZ SEZ

I've been racking my brain for a good message this month, but kept coming up blank. Not wanting to address the continuing string of accidents - *again*, and figuring that, while I could fill several columns on the joys of kayaking, it isn't like cross country skiing. Now that's a sport where it makes logical sense to mention it in a cycling newsletter. On the other hand, kayaking does provide a great upper body workout. Cyclists don't get a lot of that on the bike and it's also really good for the core. Nope, I'll stick to a cycling topic this month, once again.

With summer about two-thirds done, my thoughts are starting to turn to fall. I love fall riding the best, the color of the changing leaves, the cooler air, the smell of burning leaves and of course pumpkins...pumpkin flavored anything! There are a host of pumpkin related invitationals coming up and the granddaddy of all fall invitationals, the Apple Cider Century. Not pumpkin oriented obviously, but close enough. I haven't ridden enough this season to even consider a century, or probably even a 75 miler for that matter, but I encourage every club member to do at least one invitational this year (and no, the Harmon does not count) before the season is officially over. It helps other clubs flourish and gets you out of the rut of doing the same routes over and over. It might be asking a lot of the Hammerheads, but perhaps pick a scenic ride and enjoy the view. For sooner than you think, the icy claws of winter will be here and your bike will most likely be downstairs on the trainer. Or, come join me kayaking! I've heard that there is a New Year's Day paddle on the Chicago river that I'm anxious to try!

Be Safe, Ride Smart

Meg Ewen

SEPTEMBER, 2010

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Sunday September 12  
Wilimot High School  
Wilmot, WI.

### EVERYONE WORKS

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



### 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 by October 31 to Dave Waycie at [dwaycie@wowway.com](mailto: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 Drapaeu* 847/808-1476

##### Mileage Statistician

*Cindy Schneider* 847/696-2356

##### Newsletter Mailings

*Joe Beemster*

##### 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](mailto:wheeling@wheelmen.com).

## TOP 20 MILES through August 10

### Women:

1	Sheri	Rosenbaum	2425
2	Reinhilde	Geis	1787
3	Cindy	Schneider	1644
4	Barb	Barr	1498
5	Laura	Randazzo	1476
6	Betsy	Burtelow	1460
7	Pat	Calabrese	1455
8	Virginia	Savio	1394
9	Deb	Wilson	1266
10	Marykay	Drapeau	1235
11	Emily	Qualich	1233
12	Pam	Burke	1137
13	Ella	Shields	810
14	Cindy	Trent	807
15	Pam	Kaloustian	760
16	Meg	Ewen	608
17	Eva	Larson	596
18	Marianne	Kron	549
19	Anna	Swietczak	456
20	Nancy	Beck	377

### Men:

1	Paul	LeFevre	3762
2	Dave	Waycie	2894
3	Dennis	Creaney	2689
4	Joe	Beemster	2608
5	Tony	Vercillo	2428
6	Peter	Guzik	1921
7	Kilian	Emanuel	1852
8	Kevin	Moore	1802
9	Al	Schneider	1801
10	Len	Geis	1705
11	Tom	Wilson	1679
12	Frank	Bing	1637
13	Jeff	Magnani	1633
14	Rich	Drapeau	1611
15	David	Naigles	1579
16	Brian	Blome	1533
17	Brian	Hale	1492
18	Jim	Fleshsig	1467
19	Leo	Rhee	1417
20	Dennis	Ellertson	1328

## Board Meeting—TBA

### Invitationals

**Sept 5, Wright Stuff Century**, Tyrol Basin, Mt. Horeb, WI. 30/60/100  
[grhyer@wisc.edu](mailto:grhyer@wisc.edu)

**Sept 19, Pedal the Kettle**, Waukesha, WI. 30/64/100 262-607-2722  
[springcityspinners.org](http://springcityspinners.org)

**Sept 19 Cranberry Century Bike Tour**, Marshfield, WI. 20/40/64/100,  
[rmhc-marshfield@charter.net](mailto:rmhc-marshfield@charter.net)

**Sept 25, Ride like an Egyptian**, DeKalb, 25/50/75/100, 815-895-4279  
[egyptianride@aol.com](mailto:egyptianride@aol.com)

**Sept 25, No Baloney Ride**, Chillicothe, IL 25/50/69/100, 309-696-2591  
[cannondale\\_25@juno.com](mailto:cannondale_25@juno.com)

**Sept 26, Apple Cider Century**, Three Oaks, MI. 15/25/37/50/62/75/100  
888-877-2068 [applecidercentury.com](http://applecidercentury.com)

**Oct 8-10, Hilly 100**, Ellettsville, IN 50/50, [www.hillyhundred.org](http://www.hillyhundred.org)

### We recently gave a rave rating to Camelbak's new insulated Ice bottle.

It keeps drinks cold about twice as long as other insulated bottles and 4 times longer than plain plastic ones. Cold drinks are certainly more palatable on hot rides, but do they actually improve performance? Yes, says cycling physician [Gabe Mirkin](#), who explains: "Drinking cold fluids lowers body temperature. More than 70% of the calories used to convert food to energy are lost as heat. So the more intensely you exercise, the more heat you produce. A rise in body temperature slows you down because the heart has to work harder to pump extra blood from your hot muscles to your skin to dissipate the heat. Seven studies show that cold beverages lower body temperature and improve performance by an average of 10%." from [Roadbikerider.com](http://Roadbikerider.com).

MONTHLY MEANDERS

SEPT 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	Host Phone #
Sat. 9/4	9:00	Ella's Escapade	Glacier Hills Park, Wis.	I-94 W to 894 Bypass becomes US 45. Exit Wi.167 W to Fries Lake Rd. Left to park.	71 102	Cindy & Al Schneider (847)696-2356
Sun. 9/5	8:00	Geneva Century/ Geneva Lite	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	50 100	Paul LaFevre (847)670-3501
	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 Burke (630)872-9238
	9:00	Bill & Mike's Adventure	Glacier Hills Park, Wis.	I-94 W to 894 Bypass becomes US 45. Exit Wi.167 W to Fries Lake Rd. Left to park.	78	Cindy & Al Schneider (847)696-2356
Mon. 9/6	9:00	Hills & Horses	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
	9:00	West Bend Pretzel Ride	Barton Elementary School West Bend, Wi	I-94W,I-894 around Milw. N on 41/45 to West Bend; exit R onto Cty. D; E 0.9 mi. cont. on Main for 0.3mi.; L on Roosevelt/School 0.1 mi	51 73 100	Cindy & Al Schneider (847)696-2356
Sat. 9/11	9:00	Wauconda/ Twin Lakes	Lakewood F.P.	West on Il 176 to Fairfield, left to Ivanhoe, right to parking on right.	61 78	Paul LaFevre (847)670-3501
Sun. 9/12		<b>Harmon Hundred</b>	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.		<b>Everyone Works</b>
Sat. 9/18	9:00	Antioch Twisted	Antioch Middle School	I-94 to Il.173 west just past Il.59, turn right on Tiffany left at sign for school	63 84 100	Dave Waycie (847)577-6307
		Door County Excursion	Sebastopol HS Door County Wis.	See Newsletter for details	50	Deb & Tom Wilson (847)632-1412
					75 100	
Sun. 9/19	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
		Door County Excursion	Sebastopol HS Door County Wis.	See Newsletter for details	31 44 50	Deb & Tom Wilson (847)632-1412

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

<b>SEPT 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. 9/25	8:00	Reverse Honey-Do Ride	Grassy Meadow F.P.	The F.P. is on Central Rd. 1 1/2 miles west of Roselle Rd., just north of I-90	46	Brian Hale
Sun. 9/26	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	Deb & Tom Wilson (847)632-1412
	9:00	Nifty Fifty	Target Store, Elgin	Randall Rd. just south of US-20. Park on SE corner of lot.	51	
	9:00	Apple Cider Century	Three Oaks, Mich.	See Website	50 75 100	Ella Shields (773)594-1755

## 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. 1/2 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 alter- nates 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

**WEDNESDAY TRAIL RIDES**

Date /Time	Ride/Start	Directions	Miles	Description
9/1 9:00	North Branch (eat south) <b>Blue Star Memorial Woods</b>	East on Euclid/Lake, past I294 and Waukegan Rd. Parking on the right just past bike path overpass in Glenview.	32 miles	Paved trails. Eat at Super Dawg or Subway.  (This was rained out last month)
9/15 9:00	North Branch (eat north) <b>Blue Star Memorial Woods</b>	East on Euclid/Lake, past I294 and Waukegan Rd. Parking on the right just past bike path overpass in Glenview.	32 miles	Paved trails. Eat at Botanical Gardens (Take a walk there.)
9/29 9:00	Elgin / Geneva Prairie Path Loop <b>East Dundee Depot</b>	Go west on Dundee to Higgins, then rt. on River Rd by DQ, Go 2 blks. Park by depot bldg on left.	45 miles	Paved trails. Going south along the Fox River

**Save the Date:**

The annual banquet will be on Sunday, November 14 at Bucca di Beppo in Wheeling . Details in October newsletter



Betsy Burtelow

**Cornering in a Group**

Cornering in a pack, whether it be in a race, century or group ride, is a different beast than cornering by yourself. You have to contend with the turn *and* the presence of other cyclists, any of whom can do something unexpected that threatens your safety. The key is to leave an ample margin for error.

**Here's Help**

---**Be predictable.** When riding casually with another cyclist or 2, it's often best to go through corners single file, each cyclist using normal cornering technique. If you're in the rear, stay back far enough to avoid the cyclists in front if there should be a fall or an abrupt change in line to avoid an obstacle.

If you're confident in a riding companion's ability and traffic and road conditions allow, you can stay side by side while cornering. Use the normal technique but always be aware of the other person. Don't, for example, shave the apex closely if you're the outside cyclist. That will leave your partner nowhere to go.

Several cyclists can negotiate a corner abreast if they all take concentric lines and ride predictably. Pro racers in packs of a hundred routinely handle corner after corner at high speed on bumpy cobblestones without mishap. Each cyclist knows intuitively what

the others will do. But if even one is erratic or unpredictable it puts everyone nearby in danger.

---**Be loose.** A big part of being confident in a group is having the ability to bump shoulders or elbows and recover without falling. The key is to stay relaxed with elbows bent to absorb impacts.

When you feel contact, don't panic. If you tighten up with fear, the bike won't track naturally through the corner and your upper body won't flex to absorb the bump. Only a relaxed upper body can soak shock without transferring it to the handlebar and jeopardizing control.

---**Practice on a grassy field.** You'll feel more comfortable in group situations if you practice cornering with others while riding slowly on the grass. Get several friends together and lay out a course around water bottles on a playing field. Then ride abreast, working on taking the right line and recovering from bumps, some initiated on purpose.

Pros develop an uncanny ability to bang into each other in corners and survive. They can even get a shoulder under a rider who is falling into them, holding him up to avoid a crash.

Edited article from roadbikerider.com

## Sole Searching: What's Causing Your Foot Numbness?

By Jason Suppan, DPM [VeloNews](#)

Too many cyclists suffer foot numbness during long or hard rides. If you are one of them, here is a handy guide to discerning what's causing the problem, and how to fix it.

It's difficult to discuss this topic without going into a full-blown lesson on anatomy, nerve distribution and biomechanics. There are dozens of combinations of issues that can cause it, so I will focus on the "D.I.Y Aspect of Foot Doctoring, 101."

Before writing this article, I perused the Internet to see what people were saying and recommending. I found many anecdotes that, while surprisingly informative, fell all over the proverbial map. And so began my quest to pack all of the relevant information into one little easy-to-swallow pill.

First and Foremost

Start with a good bike fit and see a professional bike fitter if at all possible. This can solve about half of all problems.

Proper footwear. To get a proper shoe fit, always bear full weight on your foot when being measured. Wear the socks you normally would wear when cycling. Have both feet measured and go with the larger size.

Ill-fitting shoes and socks that are too thick can be the cause of numbness in the toes and at the top of the foot. Also, consider the width of the toe box of the shoe. If it is too narrow, this can be the cause of toe numbness.

Stretch it out! Stretch before, during, and after a ride. Tight muscles can impinge nerves. Get out of the saddle more. Pull your feet back into the heel counter of the shoe and spread your toes periodically.

"Hot spots" are different than foot numbness. Hot spots are caused by friction.

Usually the foot is sliding around in the shoe. Be careful that your shoe is not too large or sloppy. If you're sure the shoe fits OK, go with a good insole that forms well to your foot or consider custom insoles. A good sock goes without saying.

OK, now that the obvious is out of the way and you're still no better, let's do some "sole" searching. The chart below will help you define where your numbness is located and then give you possible causes and solutions.

### Numbness Location: Top of the Foot

Cause: Too tight or poorly-oriented shoe straps; High-arched foot

Solution: Different style shoe enclosure with softer straps

### Numbness Location: All of the Toes

Cause: Shoes too flexible with too small cleat

Solution: Stiffer shoe and/or wider cleat

Cause: Cleat position too far forward, aft saddle position

Solution: Move cleat back

Cause: Heel-up toe pedaling (ballerina style)

Solution: Too far aft position tends to make you cram your foot forward in the shoe

Cause: Poor cycling mechanics

Solution: Just a slight heel-up position is best

Cause: Flat feet

Solution: Work on even, constant pressure on the pedal through the entire revolution

Cause: Gripping too hard with your toes

Solution: Arch support insole with metatarsal support insole with metatarsal support/Relax your toes

### Numbness Location: Big Toe Only

Cause: Flat feet; Bunion (a large bump on the inside of the big toe)

Solution: Arch support insole with metatarsal support

### Numbness Location: Just a Couple of Lesser Toes

Cause: Hammertoes (contracted toes); Neuroma (a swollen nerve between toes)

Solution: An arch support insole with a metatarsal pad may help

### Numbness Location: Bottom of the Foot Only

Cause: Flat feet

Solution: Arch support insole with metatarsal support slight heel-up position is best

Cause: Heel-down pedaling (strains the nerve behind the ankle); Saddle height too low (can cause heel-down pedaling); Tarsal tunnel syndrome

Solution: Raise saddle height (roughly 25° of knee bend at the bottom of the pedal stroke)

### Numbness Location: Back of the Leg and Into Bottom of the Foot or Heel

Cause: Saddle too high (causes hips to rock side to side and impinge sciatic nerve)

Solution: Lower saddle until hips stay relatively even through the pedal stroke

Cause: Poor saddle choice; Sciatica; Back problems

Solutions: Trial and error here, folks. Just make sure your seat bones are equally supported.

### Numbness Location: Front of the Lower Leg and Into the Top of the Foot

Cause: \*E.I.C.S. (Exercise-Induced Compartment Syndrome). This can cause not only numbness but weakness of the muscles that lift the foot.

Solution: See a doctor

*\* Medical cause that may require seeing a specialist / podiatrist. There is great information about these and other foot problems at [FootPhysicians.com](http://FootPhysicians.com).*

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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](mailto: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](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)

**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

**CAMPBELL ST. BIKES**  
13 W. Campbell St.  
Arlington Hts.  
847/222-7887

**GEORGE GARNER CYCLERY**  
1111 Waukegan Rd.,  
Northbrook, 847/272-2100

**LIBERTYVILLE CYCLERY**  
740 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 E,  
Wheaton 630/690-2050  
1807 S. Washington, #112  
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**  
45 Arlington Hts Rd  
Elk Grove Village  
847/439-3340  
1313 N. Rand Rd,  
Arlington Hts.  
847/398-1650  
203 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