



MONTHLY MEANDERS

MAY 2011

We Are the Ambassadors of Our Sport

By Jim Bianchetta

An interesting statement, don't you think? Let examine it.

First, is what we do a sport? Certainly! Could any of your neighbors hop on a bike and keep up with any of our rides? We burn a lot of calories and use specific equipment, too. Definitely a sport. Does it keep us in shape? Look around the membership. We have riders that show that 80 is the new 60 and that 70 is the new 50. It is amazing to see the athleticism that we display.

When non-riders look at participants in our sport, whom do they see? That would be us. We are highly visible because we spend a lot of time on the roads. It should be important to us to display ourselves in the best light. The thousand times that we show good road manners are severely tarnished by one episode of bad manners. It's not just us out there, either. Independent riders can negatively impact drivers' perception of our activities. I have two stories for you to consider.

A long-time friend became interested in road riding several years ago. He rides over 100 miles a week on country roads in the area. I have asked him, several times, to ride with us out of Morris. He has always politely declined. I finally cornered him to find out why. He told me that he has had enough unpleasant encounters with cyclists while in his car, that he does not want to be associated with them.

I rode in several invitationals last year. At times I was impressed by the courtesy of the participants and at other times I was appalled. I watched riders moving along at three abreast, totally oblivious to their surroundings.... including the cars behind them that couldn't get around. On the North Shore ride, police began ticketing riders that exhibited this behavior.

Any of these behaviors are a huge negative for all of us that ride. It worries me that, at what point the local authorities will decide that invitationals are too much trouble for people living in the route area. Now don't get me wrong, I know that 99.9% of cyclists are good on the roads just as are 99.9% of car drivers. We are just a little more visible and a lot more vulnerable.

I really enjoy that club members wave to kids and say hi to people in their yards. We smile and wave at oncoming traffic. How many times at rest stops do we answer questions from people who may be future members? These are the times that we shine, the times that we are the ambassadors of our sport.

Jim Bianchetta is president of the Joliet Bicycle Club.

INSIDE THIS ISSUE:

TOP 20	2
NEW MEMBERS	2
RIDE OF SILENCE	2
RIDE SCHEDULE	3
WEEKLY RIDES	4
TRAIL RIDES	4
BIKE CAMP	5
MINUTES	6
YAHOO GROUP	7
ST PATS RECAP	7
BIKE RODEO	7



Club Officials

Elected Officers

President

OPEN

V.P./Ride Chair

Brian Blome 847/358-4807
& Pat Calabrese

Treasurer

Johannes Smits 630/893-2835

Secretary

Dave Waycie 847/577-6307

Membership

Mitch Rosset 847/376-8152

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

Emily Qualich 847/ 821-1009

Mileage Statistician

Cindy Schneider 847/696-2356

Newsletter Mailings

Joe Beemster 847/215-2314

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 Mitch Rosset with your new address or e mail address at 847/376-8152 or e mail him at wheeling@wheelmen.com.

TOP 20 MILES

Men:

1	Kilian	Emmanuel	208
2	Peter	Guzik	173
3	Mitch	Rosset	167
4	Paul	Lefevre	161
5	Joe	Beemster	159
6	Dennis	Ellertson	140
7	Len	Geis	129
8	Rich	Drapeau	108
9	Kevin	Moore	99
10	Jim	Boyer	88
11	Tom	Wilson	88
12	Alex	Halamaj	77
13	Dave	Waycie	72
14	Frank	Bing	68
15	Earle	Horwitz	68
16	Lee	Lane	68
17	Erich	Massat	58
18	Jeff	Magnani	40
19	Don	Elliott	39
20	John	Korb	39

Women:

1	Reinhilde	Geis	125
2	Sheri	Rosenbaum	101
3	Marianne	Kron	100
4	Betsy	Burtelow	88
5	Virginia	Savio	71
6	Deb	Wilson	66
7	Mary Kay	Drapeau	50
8	Janice	Gries	38
9	Pam	Burke	36
10	Peggy	Reins	36
11	Ella	Shields	36
12	Laura	Randazzo	30
13	Meg	Ewen	16



Samuel Stella
Nancy Lyman
Nigel Tracey
Luis Magana
Alex Donatelli
Howard Gale
Jason & Connie Noe



In remembrance of cyclists who have been killed or injured while bicycling on public road-

ways, to encourage bicycle safety, and to raise awareness of cyclists' right to share the road.

Arlington Heights Bicycle Club -
Wednesday, May 18, 7:00-9:00 pm,
Recreation Park (Starting & Ending)
500 E Miner St Arlington Heights,
www.cyclearlington.com
rideofsilence@cyclearlington.com

Chicago Wednesday, May 18, Meet at
6:45 p.m.: 7:00 p.m. prompt ride begins.
Daley Plaza (corner of Dearborn
and Washington). 10 miles. For more
info contact Elizabeth Adamczyk,
rideofsilence.chicago@gmail.com

Pictures



We will once again be doing a slide show at the annual banquet and are asking for 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 pictures by October 31 to Dave Waycie at dwaycie@wowway.com

MONTHLY MEANDERS

May 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. 5/1	9:00	Wauconda/ Bull Valley	Lakewood F.P.	West on Il 176 to Fairfield, left to Sled Hill parking lot. Across from Ivanhoe rd.	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	Mitch Rosset (847) 736-8152
Sat. 5/7	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	Ella Shields (773) 594-1755
Sun. 5/8	9:00	Mother's Day 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. 5/14	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. 5/15	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	Pam Kaloustian (847) 394-2918
Sat. 5/21	9:00	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. 5/22	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	Killian Emanuel (847) 296-7874
	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
Sat. 5/28	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. 5/29	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	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. 5/30	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	Emily Qualich (847) 821-1009
	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	8:00 am new start time	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 (no ride 5/30)	6:00 p.m.	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 pre- serve. (across from the Atrium Com- plex). Turn left at the first parking lot	Virginia Savio 847/438-8066
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	Kilian Emanuel 847/296-7874 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 Cy- clery 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 Starts May 11	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	Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road.	Paul LeFevre 847/670-3501

Wednesday Trail Rides

Date / Time	Ride Name	Starting point	Miles	Description
5/4 / 9:00	North Branch	Blue Star Memorial Woods – East on Euclid/Lake, past I294 and Waukegan Rd. Parking on the right just past bike path overpass in Glen- view.	32 miles	Paved trails. Eat at Super- Dawg or Subway.
5/18 9:00	Elgin / Geneva Prairie Path Loop	East Dundee Depot 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



One Time at Bike Camp....

Last September Cindy Trent approached me to join her the first week of April at Vision Quest (VQ) Women's Cycling Training Camp in Santa Rosa, CA. Needless to say I was a bit intimidated at the thought of such an early season camp with very little saddle time, strong VQ riders and oh yeah...

lots of climbing. But Cindy assured me I'd be okay, but not totally trusting her due to a concussion, I emailed Robbie Ventura for his reassurance.

To get prepared for camp I did my regular workouts and added two 8-week sessions of Taste of VQ and braved the Chicago winter weather, biking outside whenever possible. I had to abandon my policy of only biking outside if the temperature was at or above my age. BTW, I'm now 26 years old.

The weeks leading up to camp I was stressing that I would be the weakest rider. First I dreamt that all I packed were sleeveless jerseys. No shorts, no socks, no nothing... just sleeveless jerseys. Next dream was that the first ride was 70+ miles of mountains where I ended up on the side of the road in tears. You don't need to be Freud to interpret these dreams.

April 4th came and it was time to fly out to Santa Rosa. I knew it was going to be a great camp when an email arrived that our bikes had arrived, washed and waiting. We had no idea we were about to be treated like pro cyclists for a week. Highlights included:

- 1 to 4 ratio of coaches to campers
- Use of a PowerTap
- 3 pro level mechanics who would wash and clean our bikes after every ride (not to mention they picked debris out of our tires each evening)
- 3 riding groups each having their own SAG van and off duty cop on a motorcycle
- 30 minute massages after each ride
- Outstanding meals designed exclusively to meet the nutritional needs of a cyclist
- Nightly lessons learned and ride review

Day 1 – We were picked up by one of the coaches at San Fran airport and transported to the Hyatt in Santa Rosa. Along the way we were given our VQ kits and a playbook summarizing the week's activities at camp. That evening there was a wine and cheese reception to meet and greet the other campers (24 women), coaches, Soigneur and mechanics. At dinner each table had RoadIDs as place cards and we were seated by activity teams. These teams would compete during the week for points. Tonight we competed in a cut throat game of Pictionary.

Day 2 – At breakfast we received our daily Gazette which covered the ride, color of arrows to follow, ride group breakout and

Activity Team standings. At 8am was 30 minutes of pre-ride active stretching. The night before we were instructed that our routine each day was to sign in and out, record pre- and post-ride weight (no one's favorite moment), record Kjs burned (calories) and grab two water bottles (prepared with water or Gatorade) as well as Shot Blocks, Cliff Bars, fruit, etc and toss your day bag into the appropriate SAG.

Today's ride was called Tomales Bakery Ride at 58 miles with lots of rollers and 3500 total feet of climb (btw, bakery was closed... bummer). I lucked out having Robbie and Tobias as our coaches. The coaching I received from Robbie that day was priceless. When we returned we signed up for our daily 30 minute massage, 15 minute treatment in compression boots and ate lunch.

They had left two cycling DVDs on our pillows that day and at night we had a guest speaker, Kate Major, a professional triathlete.

Day 3 – Most of us lost sleep over this ride called the Geysers. It was a 63+ mile ride of rolling hills with one huge climb of 2700 ft. Most of us weren't worried about the climb since you could either get off and walk or take the SAG van... not that we wanted to do either. But the decent off the mountain scared us to death. As we headed out there was a 25+ mph headwind or crosswind for the first 27 miles. I got to try motor pacing with the motorcycle which was pretty cool. When we got to the base of the climb the SAG vans had snacks and fluids for us. As it turned out the climb and the decent was about 25% gravel road. So we were given the choice to do the climb or head back. Cindy, myself and several others decided to play it safe and head back. Later we found out a lot of campers opted to ride up and SAG down. Smart move. Our ride back was a nice tail wind so we practiced 2 by 2 pace lines and rotating in a circle. It was like herding cats at first but we got everyone in sync eventually. So this day we ended up with 61 miles.

We had just enough time to shower, eat lunch, get a massage and meet to head out to the movie theater. VQ rented out a theater for us to see *2010 Race Across the Sky* – Leadville 100 race with Levi. We were taking bets how many of us would be awake by the ending credits.

Day 4 – This was a 40 mile out and back recovery ride through wine country. The Gatorade over the past two days made me extremely sick so I only did 20 miles and then hung out with the SAG driver. That afternoon they offered an excursion to Kendall Jackson for wine tasting. Then in the evening we had team challenges similar to Minute to Win It.

Day 5 – This was my favorite ride as it went out to the Pacific Ocean and back for a total of 61 miles and 5000 ft of climb. The grade on this route maxed out at 19%. The weather was once again perfect, which I attribute to my vacation karma which is now 10 years running. Once again Robbie was in our group of 4. To have him on my back wheel coaching me on decent techniques was once again priceless. He also sung to me. Little known fact...

(Continued on page 6)

Wheeling Wheelmen Board Meeting
April 4, 2011

Present: Joe Beemster, Brian Blome, Pat Calabrese, Ella Shields, Deb Wilson, Dave Waycie

The meeting was called to order at 7:10 pm.

St. Pat's Ride: Profit from the ride is \$1047, less the cost of brochures, estimated at about \$160. About 1 in 5 riders purchased T-Shirts - a number we could use to better estimate T-Shirt purchases in the future. Tom and Deb, after having lead this ride for several years, are asking that we find a replacement(s) to chair the ride. They will offer their assistance in transition.

Financial: Current balance approximately \$21000. Joe asked that we consider a donation to the Bicycle Federation of Wisconsin. Decided to defer any consideration of donations until after the Harmon.

Village Cycle Tent Sale. Earle Horwitz is coordinating and will ask for volunteers at the club meeting on April 7. We purchased and received business cards showing club contact information (website, ride line, etc.) Cost about \$22.

Harmon: Brochures will go out in LIB's member mailing. Joe will get brochures to Wheel and Sprocket for their bike show in Milwaukee. Emily and Todd will follow up on setting up pre-registrations through Active.COM.

Facebook Wheelmen Page: Emily has requested 2 or 3 helpers who can help monitor the site. If you're not already spending too much time on Facebook, here's your chance to blow the rest of your day!

Ride Schedule: Brian has made some changes to the schedule suggested by Al Schneider. Kevin Moore added the Waterford ride on August 20.

We are looking for some additional alternative rides from Heron Creek (Sunday Short Rides). Currently we rotate four rides. New rides should be in the mid-30 to upper-40 mile range, ideally with two options.

Yahoo Group: At least one member has suggested that the default reply option be changed from "Reply to Group" to "Reply to Sender." There are good reasons for both options. Jim Boyer will send an explanatory message to the group and survey responses.

Buffalo Grove Bike Rodeo: May 14, Rain date May 21. Joe agreed to coordinate.

Membership: Renewals at about 175. Mitch asked when to cut off newsletters to non-renewing members -- now is the time.

Club Meetings: April 7 - Brian Dehmer from Higher Gear will demonstrate Emergency Bike Repair and Kevin Moore will give a presentation on Effective Use of Gears.

Annual Banquet: Deposit has been paid for the site of the banquet.

Picnic: Ella will ask Jim Boyer to reserve the location. Location has been changed to Heron Creek.

Newsletter: May - Using an article from the Joliet club. Being an Ambassador. June - Mitch Rosset

Next Board Meeting: Brian and Pat will host. Tentatively set for June 13.

The meeting was adjourned at 8:10.

Dave Waycie, Secretary

(Continued from page 5)

he's got a great voice. We got out to the ocean side rest stop. Unfortunately Robbie is the rest stop Nazi and gave us barely enough time to find a bush to pee. We rode along the coastline which was just breathtaking until we turned left and headed up the mountain. At one point I just couldn't push the pedals anymore and opted for some cross training. Walking my bike up the side of the mountain at a whopping 2.5 mph. No way was I going to hop in the SAG today. Eventually got to a point the grade was "easier" and finished the ride. Got back, enjoyed a massage and facial.

That night there was an awards dinner. My activity team won, receiving a magnum of wine (gone in 15 minutes) and \$50 credit to

HP Trek Store. Some of the campers were singled out for their accomplishments or something unique. Robbie also called out this woman Barb and myself...nicknamed us the Towers of Power. Barb and I are 6 ft tall with our last names just a few letters apart (Rosenbaum/Rosenthal). We worked well together all week, encouraging each other and drafting.

Day 6 – Headed home with a big smile on my face, a little tired, a little stronger, and a lot more confident. Spending a week at an all women's camp is a very unique experience. Everyone encouraged each other, shared the pulls and had such positive energy. The co-ed camp started the day after we left. Lots of testosterone and a very, very different vibe. *Sheri Rosenbaum*

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The **Wheeling Wheelmen Bicycle Club** has an active Yahoo Group available on the Internet. The group works like a bulletin board and allows us to exchange email with other club members without having to know everyone's individual email address. You must subscribe to the group before you can send a message. Follow the instructions required by Yahoo to complete your registration.

NOTE: Due to spam and email address hijacking concerns, subscription to the Yahoo Group is limited to current members of the Wheeling Wheelmen Bicycle Club only. If you have questions about club membership, rides or events, please send an email to: wheeling@wheelmen.com

To Subscribe send an email message to:
wheelingwheelmen-subscribe@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



A Wet St. Patrick's Day Ride Draws 131 Riders

The skies opened up and the rain came. Yet 131 hearty riders came to Wauconda High School on March 20th to support the Wheeling Wheelmen's St. Patrick's Day ride. The crowds were wet but the coffee was hot and the cookies were wonderful. Many people sat at the cafeteria tables and shared their wet experiences about the ride. Kudos and much appreciation to all of you who volunteered, from the outstanding marking crew, to the folks who handled parking, sag, or manned registration, to those who set up, cleaned up, or baked cookies.

It takes everyone pitching in to have such a wonderful event and many hands make the load light. The many compliments from the riders confirm the caliber of the event and the quality of our members. Tom and I appreciate everyone's service.

Sincerely,
Tom and Deb Wilson



Volunteers Needed for Bike Rodeo

Saturday, May 14
(rain date May 21)

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 shifts 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.



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

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

We are on the web
wheelmen.com

SAVE THE DATES

Picnic— Sunday, July 10
Harmon Hundred- Sunday, Sept 11
Annual banquet -Sunday, Nov 13



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
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