



# MONTHLY MEANDERS

SEPT. 2011

## Buggies, Blueberries and Bicycles

The first weekend in August is the Michiana Bicycle Association's annual Amishland and Lakes Tour. This was my second time going and highly recommend it. I'm amazed that more people from our club don't venture across the border to enjoy this ride. It is only a little over a 3 hour drive and is one of the most affordable cycling weekends you can find.

The ride is based in Howe, Indiana and for only \$40 you get well marked quiet scenic country roads (you basically only unclip at SAG stops), extremely well stocked SAG stops, SAG support, ice cream social, and three days of riding. You can stay at Howe Military School's dormitory, camp on the campus property or choose from numerous hotels, motels and B&Bs in the area. Most of the hotels are within a mile of the start so you can ride to the ride.

They usually attract between 900-1000 riders. And since they never seem to fill up, you can register on-site. That way if the weather looks bad you only need to cancel a hotel reservation and not be out your registration fee.

If you arrive early afternoon on Friday, there's a short well

marked ride you can do as a tune-up for the weekend. There are 14 and 32 mile routes. In the evening there's a spaghetti dinner offered at the school for a nominal fee.

Saturday is the Amishland portion of the ride. There is a distance for everyone (23, 36, 50, 64, or 100). This day



is fairly flat, VERY quiet roads and be sure to bring lots of singles. No silly, there aren't any strip clubs but something better. Many of the Amish families set up stands in their front yards and sell amazing bake goods, fresh lemonade, root beer floats and pies. Rarely do they put a price on the goodies, just a box for "donations." The SAG stops are also well stocked with Michigan blueberries, cantaloupe, plums, watermelon, peaches, cookies, and the basic SAG grub. As you navigate the route, seldom do

you see a car, but you do hear the clip clop of horse and buggy.

After your ride on Saturday, you can head to the ride's ice cream social or to the town of Shipshewana about 9 miles away. It's kinda like Long Grove on steroids. There are specialty shops, bakeries, restaurants, handcrafted items, flea market, an antique market and buggy rides.

On Sunday the tour heads north into the lake country of southwestern Michigan. Here the route winds along quiet, gently rolling wooded hills dotted with lakes. There is a choice of a nearly hill-free 21 mile route and three more "hillier" routes (34, 47 and 63 miles). On the 63 miler there are only a couple steep hills, one at an 11% grade, but otherwise just rollers, nothing major.

You'll end your weekend relaxed, well fed and ready to start work on Monday. Well maybe.

To read more about the ride, go to [amishlandandlakes.com](http://amishlandandlakes.com) or find them on Facebook. It definitely is a weekend excursion ride to consider for next year. *Sheri Rosenbaum*

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### 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 pics with the club. Send your pictures by October 31 to Dave Waycie at [dwaycie@wowway.com](mailto:dwaycie@wowway.com)

## 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 through August 11

### Men

1	Paul	Lefevre	3357
2	Mitch	Rosset	2956
3	Kilian	Emanuel	2631
4	Joe	Beemster	2452
5	Len	Geis	2195
6	Tony	Vercillo	1999
7	Peter	Guzik	1867
8	Dave	Waycie	1839
9	Jim	Boyer	1835
10	Kevin	Moore	1774
11	Frank	Bing	1686
12	Dave	Naigles	1622
13	Leo	Rhee	1588
14	Jeff	Magnani	1535
15	Rich	Drapeau	1475
16	Brian	Blome	1473
17	Alex	Halamaj	1404
18	Tom	Wilson	1272
19	Jim	Flechsing	1242
20	Earle	Horwitz	1208

### Women

1	Sheri	Rosenbaum	2230
2	Reinhilde	Geis	2184
3	Pat	Calabrese	1722
4	Emily	Qualich	1544
5	Betsy	Burtelow	1317
6	Cindy	Schneider	1220
7	Marianne	Kron	1206
8	Virginia	Savio	1175
9	Deb	Wilson	1119
10	Mary Kay	Drapeau	1107
11	Barb	Barr	1014
12	Ella	Shields	912
13	Pam	Burke	904
14	Laura	Randazzo	834
15	Cindy	Kessler	720
16	Anna	Swietezak	672
17	Pam	Kaloustian	622
18	Eva	Larson	609
19	Kae	Takeshita	600
20	Cindy	Trent	555

## BOARD MEETING

The next board meeting is Monday, September 19, 7:00 p.m. at the home of Joe Beemster.

All Board members are requested to attend.



Harmon volunteers still needed for Sunday, Sept. 11, please contact Todd Berlin @ todd.berlin@rrd.com.

## Welcome New members

Allison Hayes  
Bryan Froehlicher

## Invitational's

**Sept 4, Wright Stuff Century** Tyrol Basin, Mt. Horeb, WI. 30/64/100  
wrightstuffcentury.com

**Sept 18, Pedal the Kettle**, Waukesha, WI. 30/64/100 262-607-2722  
springcityspinners.org

**Sept 18 Cranberry Century Bike Tour**, Marshfield, WI. 20/40/64/100,  
[rmhc-marshfield@charter.net](mailto:rmhc-marshfield@charter.net)

**Sept 18, North Shore Century**, Evanston, 25/50/62/70/100  
[evanstonbikeclub.org](http://evanstonbikeclub.org)

**Sept 24, Potosi Brewery Bicycle Tour**, Potosi WI. 24/45/65/100  
potosibrewery.com

**Sept 24, Ride like an Egyptian**, DeKalb, 25/50/75/100, 815-895-4279  
[egyptianride@aol.com](mailto:egyptianride@aol.com)

**Sept 25, Apple Cider Century**, Three Oaks, MI. 25/50/62/75/100  
applecidercentury.com

**Oct 14-16, Hilly 100**, Ellettsville, IN 50/50, [www.hillyhundred.org](http://www.hillyhundred.org)

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. 9/3	9:00	Ella's Escapade	Glacier Hills Park, WI.	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. 9/4	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
	9:00	Sunday Short Ride	Long Grove Commons	RT. 22 & Old McHenry Roads Park north of the PNC Bank	32 to 47	Pam Kaloustian (847) 394-2918
	9:00	Bill & Mike's Adventure	Glacier Hills Park, WI.	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. 9/5	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	Virginia Savio (847) 537-0039
	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. 9/10	9:00	Wauconda/ Twin Lakes	Lakewood F.P.	West on Il 176 to Fairfield, left to Ivanhoe, right to parking on right.	61 78	Dave Waycie (847) 577-6307
Sun. 9/11		<b>Harmon Hundred</b>	Wilmot H.S. WI.	Take I-94 West into WI. To Exit 345. West on HWY C into Wilmot. Right On HWY W. Left into the school entrance.		<b>Everyone Works</b>
Sat. 9/17	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	
Sun. 9/18	9:00	Sunday Short Ride	Long Grove Commons	RT. 22 & Old McHenry Roads Park north of the PNC Bank	32 to 47	Frank Bing (847) 634-1439
	9:00	Triple Deerpass	Evergreen School	I-90 west to US 20 to Coral. Turn R to Northrop. Turn L to Washington. Turn R to school.	66	Cindy & Al Schneider (847) 696-2356

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

Continued on page 4

## September Ride Schedule (cont'd)

Date	Time	Ride Name	Starting Location	Directions	Miles	Host Phone #
Sat. 9/24	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 (847) 426-3290
Sun. 9/25	9:00	Sunday Short Ride	Long Grove Commons	RT. 22 & Old McHenry Roads Park north of the PNC Bank	32 to 47	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	Cindy & Al Schneider (847) 696-2356
		Apple Cider Century	Three Oaks, MI	<a href="http://www.applecidercentury.com">www.applecidercentury.com</a>	25/37 50/62 75/100	Ella Shields (773) 594-1755

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. 1 1/2 mi. west of Ro- selle Rd, just north of I-90	Brian Hale 847/426-3290
Monday through 9/19	6:00 pm	Casual Monday Ride NO RIDE 9/5	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	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 through 9/20	6:00 pm	Working Stiff's Ride	18-27	Stempel Parking Lot On the west side of Old McHenry Road, behind the Red Oaks store. West of IL53, Long Grove, IL	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday through 9/21	5:00 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Brian Hale 847/426-3290
Wednesday through 9/14	5:00pm	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 through 9/22	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	Miles	Start/Directions	Info
9/7	9:00	Elgin / Geneva Prairie Path Loop	45	<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.	Paved trails. Going south along the Fox River
9/21	9:00	North Branch	32	<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	Paved trails. Direction north or south by consent.

**Wheelmen After the Ride Party.** The Wheelmen would like to extend an invitation to enjoy good food and drinks (your expense) at the Penny Road Pub **Saturday September 3.** The pub has both inside and outside tables with lots of parking. The Manager says any time after 10:30 AM is OK so you can decide whether you want to stop along the way on the ride or go there after.

The pub which we have been passing for years was originally built in 1853 when the train tracks were thought to have been located there instead of being built later along Northwest Highway. The

station was to be called Sutton Station.

This is a chance to meet a larger group of Wheelmen than just the few who you normally ride with. We can talk with out having to gasp and yell car UP !!

I hope you decide to come on out !!!

Mitch R Membership chair

Penny Road Pub is at 545 Penny Rd at the corner of Penny Rd and Sutton in Barrington



**September Club meeting**

The meeting will be on Thursday, September 15, 7:00 p.m. at McArthur Middle School, 700 Schoenbeck Road, Prospect Heights, meet in the cafeteria.

We will have the Harmon Appreciation pizza party for all the volunteers, recap the Harmon, and take nominations for Board positions for next year.

Please join us for the last club meeting of the year.

**Wheeling Wheelmen Board Meeting  
July 18, 2011**

**Present:** Joe Beemster, Pat Calabrese, Johannes Smits, Ella Shields and Al Schneider

The meeting was called to order at 7:13 p.m.

**Treasurer's Report** – Johannes reported we are solvent. He has received some membership dues and Harmon registrations.

**Membership** – we are currently at 240 members.

**Harmon** – We had a conference call with Todd. He stated he is working on all the details. We need to get more volunteers, he currently has 40. We need someone to head parking and especially need SAG drivers and parking people. He will call a meeting with various committee chairs in the next couple of weeks. Tee shirts have been ordered, Johannes will follow up on the insurance, and we will contact bike shops to be at the rest stops. Al Schneider has a new 25 mile route they will use this year.

**Picnic** – The Schneider's did a great job. We will plan to have

the picnic at Heron Creek again next year but will request Shelter B for more space.

**Newsletter** – need Sept article.

**Banquet** – will be on Sunday, November 13 at Chandlers At the Schaumburg Golf Club on Roselle Road, info will be in October newsletter.

**Club meeting** – the next club meeting is tentatively set for Thursday, Sept 15; we will be taking nominations for board positions. Details will be in Sept newsletter.

**Weeknight Rides** – Most of the rides will end the 3<sup>rd</sup> week in September.

**Open discussion:** Joe has spoken with the rep for the Unity Ride on promoting their ride and they will promote the Harmon next year for us.

**Next board meeting** – August 15 at Johannes's

The meeting adjourned at 8:15 p.m.

Ella Shields

## SADDLE SORES

### Dealing with Saddle Sores,

Saddle soreness can be downright miserable, and a nasty boil can make riding impossible. The tiniest zit soon feels like Mount St. Helens erupting. Nearly as painful are abrasions in the crotch area from shorts with an irritating seam or from rain- or sweat-soaked fabric rubbing your inner thighs. Even the pros, hardened by thousands of miles in the saddle, fall victim to what cycling physician **Arnie Baker, M.D.**, calls crotchitis. Fabled tough guys like **Eddy Merckx** and **Sean Kelly** have dropped out of races when the pain became too great. Three-time world road champion **Oscar Freire** lost most of the 2005 season when a persistent saddle sore made it impossible to ride.

Most medical experts agree that the pimple or boil that marks the typical saddle sore results from skin bacteria that invade tiny surface abrasions or irritations. Remedies have come a long way since riders would put a slab of raw steak in their shorts to cushion the abraded area. Of course, avoiding saddle sores is better than curing them.

### Here's Help

--- **Check bike fit.** If your saddle is too high, your hips will rock and you'll strum your soft tissue across the saddle on each pedal stroke. The result is irritated skin and a greater chance of infection. If your saddle is too far to the rear, you'll slide forward onto the narrow nose, again irritating the skin. If you suffer from chronic saddle sores, have your position checked by a certified coach or fit expert.

--- **Reduce saddle pressure.** Move around on the saddle and stand frequently to take pressure off your crotch. Sit in the middle area of the saddle for most riding but move to the rear on climbs. Stand for 10 seconds every couple of minutes. In fact, use any opportunity to get off the saddle for a short time. Stand on small hills, while accelerating away from stop signs and at the back of a paceline. If the saddle isn't in contact with your crotch, it can't irritate it.

--- **Choose shorts with a well-designed liner.** Modern synthetic "chamois" are less apt to cause problems than the real leather liners of yore. Look for chamois without prominent seams and edges. You may need

to experiment with different shapes and materials to find one compatible with your anatomy. Females often do better with specific women's shorts containing a liner sewn with a curved "baseball" pattern rather than one with a center seam.

--- **Find a comfortable saddle.** Saddle shape is crucial. Excessively wide saddles rub on your inner thighs as you pedal. Narrow saddles don't provide enough support for your sit bones -- most weight is borne by soft tissue that can quickly become irritated. Saddles with cutouts are comfortable for some riders, agony for others. The "best" saddle is highly individual, but buying different models can quickly become expensive. Look for a bike shop that has a selection of loaner saddles that you can use to find the model that works best. Or, perhaps you can team with other riders to trade saddles so everyone can try different models. It's not unusual for riders to have several rejected saddles gathering dust. Another rider's discard might work well for you. --- **Use a lube.** To prevent the chamois from abrading your skin, apply a lubricant before each ride. Try a commercial preparation such as Chamois BUTT'r or Assos. Some riders swear by a light coating of petroleum jelly, though it's more difficult to wash off (which is actually a benefit during a rainy ride). Apply a quarter-size dollop to your crotch and to the key area of the chamois. Still others prefer a less liquid option, like Body Glide, which resembles a deodorant stick and is applied in the same manner.

--- **Come clean.** Always wear a clean pair of shorts for each ride. Some riders find that washing their crotch area lightly with mild soap or even a surgical scrub before lubing helps avoid problems. Dermatologist and cyclist **Bernie Burton, M.D.**, claims that if you smear a thick coat of petroleum jelly on your chamois each day, you can wear the same pair of shorts a week without laundering them. This is, however, a minority opinion.

--- **Be a quick-change artist.** After a ride, never lounge around in damp, sweaty shorts. Such conditions breed bacteria and encourage them to enter abraded skin. As soon as possible, slip off your riding shorts, shower or clean up with soap and water, and put on light, well-ventilated clothing. Men: Try boxer shorts instead of briefs to avoid leg bands cutting across the junction of your

glutes and hamstrings, right where many saddle sores form. Women: Consider thong underwear or not wearing anything under your skirt or sarong.

--- **Take your medicine.** Ask your physician for a prescription for a 2% topical gel called erythromycin (one brand name is Emgel). This is an antibiotic principally used to treat acne. After all, most saddle sores begin as a pimple. I learned about erythromycin before a trans-U.S. ride covering 3,400 miles in 24 days. I rode the whole distance without a single saddle sore simply by applying the gel to any "hot spot" that began to develop.

### How to Continue Riding

Sometimes, despite your best preventive efforts, you'll get a saddle sore. Take some time off the bike to let it heal. Otherwise, there is risk of it becoming much worse and even forming a cyst that requires surgery to remove. You don't want that.

But what if you're on a multi-day tour and must continue riding? Try these solutions:

--- **Change your shorts or saddle.** Your problems are probably isolated in one small area -- a boil or an abrasion -- so changing your saddle or shorts can re-distribute the load. Some people on multiday tours take a spare saddle -- mounted on a seat post to make the change easier -- and switch every couple of days to change pressure points. Even easier is packing 2 or 3 brands of shorts, each with a slightly different chamois.

--- **Use a heavier lubricant.** If you're getting irritated, try a more viscous lube. One favorite is Bag Balm, designed for sore cow udders but available in most pharmacies. Aquaphor ointment is another good choice. Petroleum jelly can also be used.

--- **Protect the sore spot.** Buy a tube of Preparation H ointment and apply a dab to the saddle sore before and after riding. Prep H contains an anesthetic that dulls pain. While at the drug store, look in the foot-care section for a package of foam "donuts" made for protecting corns and calluses. Place one so the sore is in the center to stave off direct pressure. The adhesive on the back will hold the donut in place, and you could even fill the center with Preparation H.

Edited article from roadbikerider.com

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

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

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

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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? \_\_\_\_\_ 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



**Wheeling  
Wheelmen**

P. O. Box 7304  
Buffalo Grove, Il. 60089-7304  
847-520-5010  
wheeling@wheelmen.com



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

Join us on



**SAVE THE DATES**

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, Arlington Hts., 847/670-9255

**SPOKES**  
69 Danada Square E,  
Wheaton 630/690-2050  
1807 S. Washington, #112  
Naperville, 630/961-8222

**Trek Bicycle Store – Highland Park**  
1925 Skokie Hwy  
Highland Park, IL  
[trekhp.com](http://trekhp.com) 847-433-8735

**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:

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Washington, DC 20006  
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E-mail: [BikeLeague@aol.com](mailto:BikeLeague@aol.com)  
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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