



# MONTHLY MEANDERS

## *I see you, but I don't see you....*

As an avid bicyclist I learned at an early age how to keep safe while riding my bike on the roadway. You keep to the right; obey all the rules of the road, wear bright cloths, use a flashing rear reflector light and a front headlight in low light conditions.

One of the most important rules I learned was to make eye contact with the driver of a car and to make sure the driver made eye contact with me. There is a lot of communication that goes on with a pair of eyes. When we acknowledge each others presence on the roadway it leads to safer situations for everyone.

Over the past few years the U.S. Department of Transportation has begun addressing the dangerous practice of distracted driving on our nation's roadways. Distracted driving is a serious, life-threatening practice. U.S. Transportation Secretary Ray LaHood has made the elimination of distracted driving a national priority.

Research on distracted driving reveals some surprising facts: 20 percent of injury crashes in 2009 involved reports of distracted driving. (NHTSA). Of those killed

in distracted-driving-related crashes, 995 involved reports of a cell phone as a distraction (18% of fatalities in distraction-related crashes). (NHTSA)

In 2009, 5,474 people were killed in U.S. roadways and an estimated additional 448,000 were injured in motor vehicle crashes that were reported to have involved distracted driving. (FARS and GES)

In 2009, in Illinois 3,123 bicyclist were injured and 20 were killed in motor vehicle crashes.

Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves. (Source: Insurance Institute for Highway Safety)

Using a cell phone while driving, whether **it's hand-held or hands-free**, delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent. (Source: University of Utah)

Distracted driving is a real concern for bicyclists. We simply have more at stake. Bicycle riders are much

more susceptible to being seriously injured when they are involved in a crash with a motor vehicle.

### *So why is distracted driving more dangerous?*

Talking on a cell phone or using an electronic device causes an effect known as inattentive blindness. Inattentive blindness, also known as perceptual blindness, is the phenomenon of not being able to perceive things that are in plain sight. It is caused by an absence of attention to the unseen object and is clear evidence of the importance of attention for perceiving. Without attention we are as if functionally blind! (Source: Simons, D. J. i-Perception, 1, 3 - 6.) (2010).

This becomes extremely important to bicyclists as we have always made the assumption that when we make eye contact with a motorist there is an implied acknowledgement of each other. With the increased prevalence of distracted driving this may not be the case any longer.

As a bike rider we need to take extra steps to ensure that a motorist actually sees

*(Continued on page 4)*

NOV. 2011

### INSIDE THIS ISSUE:

TOP 20	2
BOARD MEETING	2
BANQUET	2
HOLIDAY PARTY	2
WEEKLY RIDES	3
TRAIL RIDES	3
BIKE STORAGE	3
MINUTES	4
BRAT	5
VISION QUEST	6
MOVIE NIGHT	7
YAHOO GROUP	7



Sunday, November 6

## 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.

## FINAL TOP 20 MILES

Come to the banquet and find out the top mileage.



### REMINDER

The annual banquet is Sunday November 13 at Chandlers at the Schaumburg

Golf Club 12 pm- 4:30 pm

If you have not signed up there is still time. Please contact Meg Ewen, 630/540-1704 or e mail her at [ibagoalie@comcast.net](mailto:ibagoalie@comcast.net)

## BOARD MEETING

The next board meeting is Monday, November 7, 7:00 p.m. at the home of Dave Waycie.

All Board members are requested to attend.



Bill Benson

Cindy Benson

Mason Benson

Dan Romanoff

Gerry Huebner

## Holiday Party

Sunday  
December 11

3:00 pm –8:00 pm

L'Olivo Pizzeria & Cafe  
823 E. Algonquin Rd  
Schaumburg

(Located at the corner of Algonquin Road and Hammond Dr.  
That's 1.2 miles from IL-53 or 3 blocks east of Quentin)

Please RSVP to Pam Burke by Dec. 2

The club will be providing dinner.  
Please see Pam at the banquet to sign up to bring appetizers, dessert or drinks.  
Otherwise e-mail Pam at [pamelaburke2000@yahoo.com](mailto:pamelaburke2000@yahoo.com).

L'Olivo is BYOB  
[lolivo.net](http://lolivo.net)

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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**WEEKLY RIDES**

Day	Time	Ride/Start	Miles	Directions	Ride Host
Saturday	10:00	Show N Go Rides	25 +	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	n/a
Sunday	10:00	Cuba Marsh Show N Go Rides	25 +	Cuba Marsh is West on US12 to Ela Rd, south to Cuba Rd. West to parking lot on left	n/a
Tuesday & Thursday	10:00	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	n/a

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

**Trail rides** I would like to suggest and lead for November are Saturday Nov. 5, Des Plaines River trail Southbound. 10: 00 AM start leaving from the parking lot on Dundee EAST of the river and South of Dundee. Ride South about an hour and end up if desired at Bucca Di Beppo's for lunch.

Sunday Nov 20, same time and starting location but ride North. Lunch to be decided.

Saturday Nov 26, ride Waterfall Glen Forest Preserve in Lemont one lap and then slip out the back of the park and ride to Lockport and return. Lunch in historic downtown Lemont. For Wheelmen not familiar with this park or area you will be in for a real treat. The parking area we will use is on Lemont Road South of I-55. This is close to I-355. This ride will also start at 10:00AM.

These rides will be more of a relaxed group ride than are usual breakneck pace. The paths range from unimproved to paved, almost any utility bike will do. I have ridden all these paths on my Schwinn with road tires and made it thru. For question or more info please e-mail [rrkite99@aol.com](mailto:rrkite99@aol.com). I do ride in light rain and if conditions are really horrible often will hike instead of riding.  
Thanks Mitch



**TIPS FOR STORING YOUR BIKE FOR THE WINTER**

When it comes to bike maintenance, there are two kinds of cyclists—those intimately acquainted with their bikes, who lovingly wash, lubricate and maintain their trusty steed throughout the cycling season—and the rest of us: cyclists who could change a flat tire in a pinch, but mostly consult a bike mechanic when our bike doesn't look, sound or feel right.

The first kind already knows how to store their bikes for the winter. For the rest of us, I picked up some storage tips from Duncan Beard, a bike-fitter and mechanic at Fresh Air Experience in Ottawa.

**Do you need to lubricate the cables or chain before storing the bike?**

If you store your bike in an unheated garage, or outbuilding, then it's a good idea to lubricate the cables and chain. But if your bike is snug for the winter months in a heated area then it isn't necessary.

*(Continued on page 4)*

(Continued from page 1)

us. This can be in the form of a nod, hand wave or other signal that will confirm the mutual acknowledgement.

Inattentive blindness is not exclusive to motor vehicle drivers. As bicyclists we need to understand this phenomenon can affect us as well. Bicyclists also need to stay off the cell phone while riding.

Biking is a great activity to enjoy. Whether riding with the

family, commuting to work or participating in a club event, it is important to make sure that we are actually seen by the motoring public. Understanding that even though we are being looked at that we may not be seen, wearing a properly adjusted bike helmet, and obeying all traffic laws will significantly increase our safety.

The message is simple – Be aware and Put it down!

*By Sergeant Bruce Montgomery of the Buffalo Grove Police Department*

### Wheeling Wheelmen Board Meeting September 19, 2011

**Present:** Joe Beemster, Todd Berlin, Meg Ewen, Ella Shields, Johannes Smits, Dave Waycie

The meeting was called to order at 7:20 pm.

**Harmon:** Reviewed Harmon results. Not all bills are in, but financially it looks very good. We had a 30% increase in riders and nearly tripled our first-time riders over last year. Will do the LIB mailing again next year - it could be largely responsible for the increase in first-time riders. Open discussion of ideas for next year.

**Banquet:** Scheduled for November 13 at Chandler's in

Schaumburg. Meg will do the Evite again.

**Holiday Party:** December 11 at L'Olivio.

**Donations:** A proposed donation to the Wisconsin Bicycle Federation was deferred earlier in the year pending Harmon results. Voted to donate \$500 to the Federation. This will also give us a listing for the Harmon in their publications.

**Next Board Meeting:** November 7 and Dave Waycie's.

The meeting was adjourned at 8:35.

Dave Waycie  
Secretary

(Continued from page 3)

If you live in an apartment and store your bike on the balcony, make sure you lubricate the chain, turn the bike upside down and put a tarp over it to protect it from the elements.

#### Should the tires be inflated or deflated?

They should be inflated. They will deflate over the winter months. If you store your bike in an unheated garage you can take the tires off and bring them inside to a heated area. This will protect the rubber on the tires.

#### Should I hang the bike up?

You can hang your bike on a wall or ceiling, or just turn it upside down so there's no weight on the tires.

#### Will direct sunlight harm the bike?

Don't store your bike in direct sunlight. Unless your windows are new and UV protected, sunlight can dry and split the side walls of the tires.

#### Do steel-frame bikes need any special attention in the winter months?

If steel-frame bicycles are left in an unheated garage the metal can get cold enough for condensation to build up inside the tubing. This causes rusting. It's best to store these bikes in a heated area, or pre-treat the steel frame with rust-proofing oil.

#### Keep It Simple

Duncan recommends keeping winter storage simple, "Bring your bike in for a tune-up at the end of the season rather than in the spring" he says, "Then all you have to do is turn your bike upside down in a warm place for the winter." Next March, when you're ready to ride outside, your bike is ready too. Just pump up the tires and go. Another bonus? you'll avoid the spring tune-up queue

Edited article by *Laurel-Lea Shannon* from [www.womenscycling.ca](http://www.womenscycling.ca)

## Being a BRAT

When Joe mentioned the BRAT ride (Bicycle Ride Across Tennessee) I was so excited. However, when I went on line and saw the details I became a bit apprehensive. BRAT is a 7 day event (key word here is event because you might not 'ride' the entire time...the main goal is to get to the end point any way possible) and distances range between 55-85 miles a day. Oh yeah, and it is hilly...VERY hilly. Add some wind and possible rain and you have "the perfect storm". BUT since I am a sucker for pain and adventure I knew I could not pass up this opportunity. Besides, I wanted a t-shirt that said BRAT on it (unfortunately they do not offer jerseys for sale). I'll tell you this ride did not meet my expectations, it EXCEEDED them.

Our adventure began when we attempted to stuff 4 adults (Greg, Arleen, Joe and Eva), 4 bikes and gear for 7 days into one car...and were successful! Even though we were packed like sardines we were able to enjoy each other's company for the 9-10 hour drive. There was much to talk about. I'd say we were a very compatible group AND we still liked each other on the trip home, too!

Did I mention it was hilly? The 'hills' we ride here are more like false flats compared to Tennessee. When I spoke to another rider he mentioned that this was the flattest course they have ever had at BRAT. I soon found out folks in Tennessee have a sense of humor they choose to share often...we'd start our day with a hill, end our day with a hill, with nothing but hills in between (so much so my brain began to sing "Here a hill, there a hill everywhere a hill, hill...eieio). They name their hills, too. One I remember in particular was called Walker Hill (walk 'er hill, get it?). It was long and it was STEEP. By the time I got to the top I was so jubilant (this was only day 3 so my legs were still a bit fresh), I yelled out "Death where is thy sting!" Worn to the core however by day 6, I found myself whining, begging and pleading "Please NO MORE HILLS" (but I loved the challenge). The cue sheets were great and very informative. Every now and then the cue sheets communicated "Climbing" sections. Really??!! Don't be fooled it was ALL climbing. What they should have done was made note of the flat areas...Oh that's right THERE WEREN'T ANY!

The food and entertainment were great as well. They served breakfast and dinner every night except for day 6. On day 6 we were in the college town of Clarksville (yes, there is a train station and if you wish you can take the last train to Clarksville), they bused us into the town to fend for ourselves. We found a great restaurant called The Black Horse (sorry no horse on the menu but they have delicious pizza!). For lunch every day we would find a local diner or café. I highly recommend doing this. The food is excellent, inexpensive and at-

mosphere has a local flair ya'll.

There was entertainment every night from singing groups, canoe/hiking trip, and interpretive programs (Did you know that Birds of Prey is not a band?).

Sleeping quarters was your tent although some of the national parks have lodges you can stay in for an extra fee. The camping, or rather putting up and taking down my tent, was the least favorite task of the trip. Although one night a storm was heading our way and the park rangers let us move into cabins free of charge. The first few days were a bit scary. I thought I kept hearing bears all night. Every evening when the sun went down the bears seemed to come out of the woods. Also, they seemed to be following us because it sounded like the same bears every night. Well, I'm happy to say I lived to tell about it...it was only snoring.

Being on a bike for hours on end has its advantages. Never had to worry about technology, work, and chores and it gives you time to examine what is going on in your life and seek answers to questions such as "who am I?" and "What is my purpose?" For example, I found out I am a goat whisperer. No kidding (pun intended)! Just ask Joe. Every time we rode past animals I would try to talk to them in their native language. None of them answered me except the goats. Not only did they answer me but they started running in our direction talking all the way. Not sure what I said to them but they liked it. I hope it wasn't a promise to set them free...

There are interesting things to see along the way so maintain an observant eye. We had an Elvis sighting as we pulled into Montgomery Bell State Park. He was hiking and just coming off the trail (Yes, yes...I'm sure it was him. It had to be.). I noticed my ride number matched my weight (coincidence or orchestrated by some great cosmos?). There was kudzu growing almost everywhere like one big giant weed (oh wait, kudzu is a weed and I hear it grows a foot a week...no wonder it is everywhere!). The swimming pool in Clarksville was loaded with tadpoles...hundreds *maybe thousands* of them. Also, we came across some turkey vultures eating their prey. They refused to move even when Joe yelled at them! (Trust me you need to keep your mind entertained to keep your body off the pain climbing ALL THOSE HILLS. Did I mention it was hilly?)

I give this trip a 9.638! Next year they are riding in the Cumberland Gap area. Date: September 8-15. Would I do it again? YES! Would I recommend it to all my friends? YES. Would I laugh at you as you struggle up a monster hill? Only to your face!

I always wanted to be a brat...and now I am one.

Eva Larson

## COMPU TRAINER SESSIONS

Vision Quest Coaching has a couple of options for the Wheeling Wheelmen, and would like to see who wants to take part.

We have 2 options:

### Option #1

#### *The Weds and Fri Wheeling wheelman indoor ride-*

This ride would consist of only Wheeling wheelman members, getting full access to the Vision Quest Facility in Highland Park on **Weds and Fri from 930am until 12pm**. Each week, there will be a video from Robbie Ventura himself explaining what the week's workout will entail, and the goal behind each workout (talk about a personal touch). This is great for all that want to know the workout before hand and also, a better idea of the Vision Quest Philosophy. Fri will be more of an endurance ride where an athlete can work on any limiting factors such as cadence work, interval training, hill work, or getting some miles in over the winter.

For two days a week of indoor riding on weds and fri from 930am to 11ams is a \$100 a month. That's \$12.50 a workout. We will give you a baseline test, and we will waive the initial Performance baseline assessment with Robbie. However, if you are interested in the Baseline assessment with Robbie, Vision Quest will offer a 20% discount from now until Dec 1st. The cost is \$300, and will be discounted to \$240.

We will start the program as of **Dec 1st** (or sooner) and can cancel at anytime. There will be a min of 8 people for this program needed to kick it off.

### Option #2:

#### *The Taste of VQ for Wheeling Wheelman*

Come train with your fellow Wheeling Wheelman crew exclusively. Vision Quest will set a agreed upon day and time that works best for the club weather weekend, weekday, AM or PM.

#### How it Works:

For 8 consecutive weeks one time per week, the Wheeling Wheelmen cyclists will come in with their bike and workout gear and kick off with a baseline assessment. This is to get a reference point on where your fitness is currently at, so whether you are just beginning, or have been riding since sliced bread, this will give you the correct power zones and training zones you will need to start training properly.

### Why:

How great is it to ride with your fellow teammates.

At times; you may not be able to ride with outdoors since both or all may be at different abilities. This is where you get your cake and eat it too. You can get a individualized workout, in a group setting. So everyone walks out with the same feeling. "Phew, that was hard"

### What you get:

Each week you will bring in your own bike, cycling shoes, a water bottle, and a great attitude. You will get a weekly email sent to you by email that will give you that week's workout, from Robbie's mouth himself. This will allow you not coming to a workout blind.

### The Details:

The cost of an 8 week training session at vision quest is \$165 for an 8 week program; we will offer the 8 week class for \$135, with a min of 12 participants for the class. We will offer those that would like to try it out, a free use of the facility at another time that we agree upon to give you a "taste, of, well, the taste"

### Where:

All the workouts will be held at Vision Quest Coaching, Highland Park (1923 Skokie Valley road, Highland Park, IL) plenty of parking and showers.

The deadline for this offer will be Nov 15th, 2011.

Tell your friend, and get ready for a great ride and workout here at Vision Quest.

Please use the link below if you are interested.

<https://docs.google.com/a/visionquestcoaching.com/spreadsheet/viewform?formkey=dGtOYXhpb1BCc1QtbWdnVk5la1phLVE6MQ&ndplr=1>

Adios,  
Dave Noda  
Director of Good News  
Vision Quest Coaching  
[www.visionquestcoaching.com](http://www.visionquestcoaching.com)  
Main: (877) 851-8787 Ext 707  
Fax: (312) 283-0572  
Cell: (312) 659-0500



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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](mailto:wheelingwheelmen-subscribe@yahogroups.com)

To Unsubscribe send an email message to:  
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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)



## MOVIE NIGHT

Emmett's, 100 N. Brockway, Palatine

Thursday, November 17

Time: 7:00 PM

Movie: TBD

Hosted by: Mikes Bike Shop

Join the friends of Mikes Bike Shop, Palatine Bicycle Task Force, local commuters, bike club members and other cyclists for a fun evening of bicycle camaraderie

Mikes Bike Shop will be welcoming all customers for a Customer Appreciation Night on December 1, 2011 from 5-8PM. More details will be forthcoming.

If you have any questions, please email [wmikes@yahoo.com](mailto:wmikes@yahoo.com) Or call 847-358-0948



**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



Next club meeting  
TBA



### CLUB DISCOUNTS

The following local shops offer a 10% discount on parts and accessories to all Wheeling Wheelmen with a valid membership card shown at time of purchase.

**Alberto's Cycles**  
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  
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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