



MONTHLY MEANDERS

CLUB RIDE SAFETY

June, 2012

PACELINE TECHNIQUE

As the ride leader for the "HONEY-DO" I have seen some serious SAFETY issues lately due to either riders not understanding how to ride in a group or "IGNORING" safety issues that can, and will, literally endanger your fellow cyclists.

Keeping in mind our primary focus of "FUN" and "SAFETY", I thought it may be wise to present a brief tutorial on "PACE LINING" and technique.

I have included a YOU TUBE clip I insist that you watch at the end so you can understand what this is all about.

NOTE: There will be a "POP QUIZ" at one of the "HONEY-DO" rides with a prize!!!!

Paceline - A group of riders drafting off of each other.

Riding in a smooth rolling and coordinated paceline is one of the great joys of cycling. It becomes an important skill to have as the distance, speed and wind conditions of your ride become more challenging. When you draft behind another rider it saves you about 30%

of the effort compared to riding at the same speed on your own. When it is your turn to pull, you get a great workout and a sense of accomplishment from helping your paceline. Riding in a paceline can help cover distances quickly, so that means less saddle soreness and more time for fun and camaraderie off the bike. Staying with a group also improves your safety and fun on the road. Riding safely in a paceline is an acquired skill. It is important to have some basic knowledge about riding in groups as you begin to acquire this skill.

Drafting - Riding closely behind another rider to cut down on wind resistance.

Draft behind cyclists whose riding style and experience you trust. Try to keep your front wheel within between 6 and 18 inches of the wheel in front of you. Don't overlap your front wheel with the back wheel of the bike in front of you. Overlapping wheels is the most common reason for falls within a paceline. If you join another cyclist or paceline on the road, always announce yourself by telling the rider in front of you that you are on their wheel. It is polite to

ask if you can draft.

Leading a paceline: The leader of the paceline sets the pace. The lead rider should keep a steady pace without too much slowing or speeding up. Also, the current leader should maintain a speed within the agreed range unless circumstances call for changes (dogs, wind, stop signs, mechanical problems, etc.).

The leader watches out for obstacles and hazards, communicates about them to the rest of the paceline and steers smoothly around them. The leader also announces stops and turns.

The leader is also said to "Pull" the paceline because the rest of the riders draft behind him or her.

Rotation: All riders in a paceline take a turn leading or riding in front of the line. This is called **taking a pull**. When the leader is ready to move from the front of the paceline to draft, the leader checks traffic, moves to the left and slows down while patting their right thigh. This signals that the second rider is now the leader and will be pulling the rest of the group. The length of time a rider stays at the front of the

(Continued on page 6)

INSIDE THIS ISSUE:

TOP 20	2
INVITATIONALS	2
RIDE SCHEDULE	3
WEEKDAY RIDES	4
PICNIC	5
MEETING RECAP	5
MINUTES	5
RIDE LINE	6
BIKE EXHIBIT	6
YAHOO GROUP	7

WELCOME NEW MEMBERS

Cindy Langlois

Bruce Truhlar

Alison & Patrick Mogge

Roger Decker

Jay & Susan Adler

Evelyn Phelps

Mary Vance

Club Officials

Elected Officers

President	
<i>Joe Beemster</i>	847/215-2314
V.P./Ride Chair*	
<i>Pat Calabrese</i>	847/358-4807
Treasurer	
<i>Johannes Smits</i>	630/893-2835
Secretary	
<i>Dave Waycie</i>	847/577-6307
Membership	
<i>Mitch Rosset</i>	847/376-8152
Publicity Chair	
<i>Barb Barr</i>	224-578-0624
	Powerbarb53@gmail.com

Appointed Officers

Harmon Chairman	
<i>Todd Berlin</i>	todd.berlin@rrd.com
Newsletter	
<i>Ella Shields</i>	773/407-4712
St. Pat's Ride	
<i>Janice Gries</i>	847-275-7443
<i>Anna Swietczak</i>	312-969-1010
Chairmen	
Banquet	
<i>Meg Ewen</i>	630/540-1704
Harmon Data Base	
<i>Emily Qualich</i>	847/ 821-1009
Mileage Statistician	
<i>Emily Qualich</i>	847/ 821-1009
Newsletter Mailings	
<i>Joe Beemster</i>	847/215-2314
Picnic	
<i>Al & Cindy Schneider</i>	847/696-2356
Refreshments	Open
*Ride Coordinator	
<i>Sheri Rosenbaum</i>	847-971-4573
	luv2bike80@hotmail.com
Ride Line	
<i>Frank Bing</i>	847/634-1439
Web Page	
<i>Jim Boyer</i>	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 May 10
54 rides by 93 members
1916 maximum miles

Women:

1	Sheri	Rosenbaum	960
2	Emily	Qualich	868
3	Betsy	Burtelow	560
4	Reinhilde	Geis	470
5	Pam	Kaloustian	441
6	Eva	Larson	422
7	Deb	Wilson	395
8	Mary Kay	Drapeau	393
9	Pat	Calabrese	384
10	Marianne	Kron	338
11	Virginia	Savio	327
12	Tricia	Croft	325
13	Ella	Shields	242
14	Pam	Burke	219
15	Cindy	Kessler	209
16	Cindy	Trent	204
17	Barbara	Barr	187
18	Anna	Swietczak	174
19	Laura	Randazzo	171
20	Lynne	Lutman	133

Men:

1	Mitch	Rosset	1255
2	Paul	LeFevre	1208
3	Kilian	Emanuel	1183
4	David	Waycie	947
5	Kevin	Moore	872
6	Peter	Guzik	809
7	David	Naigles	790
8	Jim	Boyer	707
9	Joe	Beemster	685
10	Leo	Rhee	684
11	Brian	Hale	641
12	Anthony	Vercillo	640
13	Alex	Halamaj	628
14	Frank	Bing	570
15	Tom	Wilson	560
16	Earle	Horwitz	556
17	Dennis	Ellertson	495
18	Bob	Dominski	459
19	Rich	Drapeau	453
20	Jim	Flechsig	450



BANQUET PICS

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

(November 11) and

are asking for contributions this season. So be sure and take your camera out to rides and events this year and share your pictures with the club. Send your pics by October 31 to Dave Waycie at dwaycie@wowway.com.

INVITATIONAL'S

June 3, Udder Century, Donley's Wild West Town, Union, IL
31/50/62/ 75/100 miles,
udder@charter.net
mchenrybicycleclub.org

June 3, UPAF'S Ride for the Arts, Milwaukee, WI. 5/12/25/50/75 miles
events.upaf.org/ride/

June 9/10 TOMRV, Bettendorf, IA.
Saturday:115 (69)/ Sunday:96 (46)
miles. tomrv_dt@msn.com
qcbc.org/tomrv

June 10, BCLC Ramble, Wilmot, WI. 12/30/50/70/100 miles
bikebclc.com/ramble

June 16, 12th Annual Rotary Pie Ride, Janesville WI. 31/62/100 miles, all riders get a free pie
www.pieride.org

June 17, Ride for Life, Elgin 15/25/60, cityofelgin.org/bikes
847/931-6126, corn_v@cityofelgin.org

June 24 Swedish Days Ride, Burlington ,IL. 25/45/62/75/100/124 miles 630-776-4054
www.fvbsc.org/swededays.html

June 24, Menominee River Century, Menominee, WI. 15K, 40K, 80K, 120K, www.mrcride.com

June 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
Date	Time	Ride Name	Starting Location/ Directions	Miles	Ride Host			
Sat. 6-2	9:00	ROOT BEER SOCIAL	McHenry County College Rt. 14 one mile past IL 176 in Crystal Lake. Meet in north parking lot.	58/82	NEED RIDE HOST OR RIDE IS CANCELLED			
Sun. 6-3	9:00	Sunday Short Ride	Long Grove Commons Shopping Center RT. 22 and Old McHenry Rd. Park in lot north of the PNC Bank.	Approx. 31-55	Emily Qualich (847) 821-1009			
		Udder Century McHenry County Bike Club	Donley's Wild West Town 8512 South Union Road Union, IL See http://www.mchenrybicycleclub.org	31/50/ 62/100	Invitational			
Sat. 6-9	9:00	TOMRV Overnight Excursion	Bettendorf/Preston, Iowa See www.qcbc.org	65/106	Rich & Mary Kay Drapeau			
Sun. 6-10	9:00	Sunday Short Ride	See above	Approx. 31-55	Tony Vercillo (847) 691-7049			
	9:00	TOMRV Overnight Excursion	Dubuque, Iowa See www.qcbc.org	41/86	Rich & Mary Kay Drapeau			
	9:00	Boone County Ride	Evergreen School, Union I-90 west to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	65	Dave Waycie (847) 845-9663			
Sat. 6-16	9:00	City of the O's	LaGrange General Store IL Route 12 to WI. to County H in LaGrange, WI. General Store on corner.	50/88	Dave Waycie (847) 845-9663			
Sun. 6-17	9:00	(Father's Day) Sunday Short Ride	See above	Approx 31-55	Len & Reinilde Geis (847) 679-0279			
Sat. 6-23	6:00/ 8:00	Longest Day of the Year Double Century Challenge	Wilmot H.S., WI Take I-94 West across the WI state line to Exit 345 (Hwy C). Go West on Hwy C to the town of Wilmot. Turn right on Hwy W. in Wilmot. Continue to High School entrance on the left side of the road.	50/75/ 100/150 175/200	Mitch Rosset (847) 814-3107			
Sun. 6-24	9:00	Sunday Short Ride	See above	Approx 31-55	Emily Qualich (847) 821-1009			
	8:00	FONTANA RIDE	McHenry County College Rt. 14 one mile past IL 176 in Crystal Lake. Meet in north parking lot.	71	NEED RIDE HOST OR RIDE IS CANCELLED			
Sat. 6-30	9:00	Another Day/ Another Way	Evergreen School, Union I-90 west to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	70/110	Ellen Heineman (630) 624-3246			

WEEKLY RIDES					
Day	Time	Ride	Start/Directions	Miles	Ride Host
Saturday	8:00 am	Honey Do Ride	Grassy Meadow Forest Preserve - The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	30-58	Brian Hale 847/804-1561
Monday	6:00 pm	Casual Monday Ride	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	10-15	Virginia Savio 847/438-8066
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	Willow Stream Park - 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	25-45	Kilian Emanuel 847/296-7874 Len & Reinhilde Geis 847/679-0279
Tuesday	6:00 pm	Working Stiff's Ride	Stempel Parking Lot On the west side of Old McHenry Road, behind the Read Oaks Store. West of IL 53, Long Grove, IL	18-27	Jim Boyer 847/541-1325 Tom Wilson 847-632-1412
Wednesday	10:00 am	North Branch/ Botanic Gardens Trail Rides Paved Path Lunch stop: Botanic Gardens or Super Dawg	Blue Star Memorial Woods. East Lake Avenue, Glenview. East of Waukegan Road, between Wagner and Harms near overhead trail bridge. Parking lot on South Side of East Lake Avenue	16/32	Kilian Emanuel 847/296-7874
Wednesday	5:30 pm	Hill and Dale Ride	Grassy Meadow Forest Preserve See above	25-35	Rotation: Anna Swietczak Joe Beemster Nancy Beck
Thursday	6:00 pm	Thursday Night Ride	Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road, park at shelter B.	30	Paul Lefevre 847/670-3501
Friday starts 6/8	10:00 a.m.	Friday Picnic Ride June 8 & 15 will be lunch at a designated restaurant in Libertyville. Food & music in the park starts June 22	Willow Stream Park See above	30	Frank Bing 847/814-9925

**The ride line has been discontinued.
Check the Yahoo group and/or Facebook for any last minute changes**

April Member Meeting— A Great Success

A good number of Wheelmen attended our member meeting on April 5th. This was held at the Trek Bicycle Shop in Highland Park.

Robbie Ventura, former professional cyclist, did a great presentation on bike riding techniques and their training programs at Vision Quest. He demonstrated the best methods in achieving the most enjoyment in individual and group riding. His paceline riding presentation was very helpful in describing the best gear efficiency, leader rotations, rider positioning and other techniques. These, not only pointed out the most efficient techniques, but also the safest procedures in avoiding accidents.

The Trek Store manager, **K.C. Speich** displayed their state of the art, bicycle fitting station. This is totally computerized and measures stresses from various body parts while riding. These are all processed and all bike fitting measurements are recorded for the best, most efficient and comfortable fit. Harmon leader Todd Berlin went through the fitting and was duly impressed with the results which he felt were very beneficial.

Lastly, K.C. offered all attendees a 20% discount on all bike accessories that night only.



**JOIN US FOR THE
ANNUAL
WHEELING
WHEELMEN PICNIC
SUNDAY, JULY 8**

Rides will start @ 9:00 and 10:00 a.m.

There are also hiking and biking trails

The club will supply food which will be served afterward, about noon

BYOB

We will have a communal ice chest if you want to share your beverages

**Heron Creek Forest Preserve
Shelter B**

Located on the southwest corner of Route 22 and Old McHenry Road

**Please RSVP to Al & Cindy Schneider
at 847/696-2356**

**Wheeling Wheelmen Board Meeting
May 7, 2012**

Present: Barb Barr, Joe Beemster, Pat Calabrese, Ella Shields, Johannes Smits, Dave Waycie

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

Treasurer's Report: Finances are in good shape. Approximately \$16,000 in the checking account, plus \$10,000 in a CD.

Membership: Renewals are at a normal pace.

Harmon: Will place the Wisconsin Bike Federation ad again this year. The brochure was included in the annual LIB mailing as well.

Buffalo Grove Bike Rodeo: Volunteers are in place.

Club Picnic: Date is July 8, at Heron Creek Forest Preserve. Al and Cindy Schneider have again agreed to coordinate (heck,

they do the whole thing) this year. Thanks Al and Cindy!

Constitution and Bylaws: Dave will provide a first draft by the next board meeting.

Newsletter Articles: July – Dave Waycie. August – Todd Berlin

Miscellaneous:

Five Wheeling Wheelmen members participated in planning meeting for Wheeling's bike/pedestrian plan. ATA is involved in the planning as well.

A member suggestion to add additional awards (revive Best Dressed, add Most Rides Ridden) was passed on to the banquet committee.

Next Board Meeting: Monday, July 9, 7:00 pm, at Brian and Pat's.

The meeting was adjourned at 8:10.

Dave Waycie
Secretary



RIDE LINE: Effective June 1st, the Wheelmen Ride line will be discontinued. This is due to the decreasing number of phone calls the line has received along with the associated cost.

As mentioned in last month's newsletter, a procedure has been incorporated to update members on ride cancellations

primarily due to weather. This mostly will affect rides out of our normal area where some driving is involved. The Ride Leader will contact club members through the Yahoo Web site the morning of the cancelled ride. See details in the May issue.

Regarding our weekly rides, such as the Honey Do, Sunday Short ride, Bakery and

four evening rides, etc., members should continue to use their best judgment whether to go to the ride or not if inclement weather is forecasted. Many times it's raining prior to a particular ride and later clears up. If you are unsure, call the Ride Host.

Our sincere thanks to Frank Bing for doing the Ride Line for our club.

(Continued from page 1)

paceline can vary depending on road and ride conditions, rider ability and other factors. It is good to decide an agreed period such as a number of pedal strokes, minutes or miles for each rider. This keeps everyone fresh and everyone is able to contribute according to their own abilities. It is normal and expected that within any group, some riders will naturally ride faster and others slower. Some will naturally pull longer and others will not pull as long. The riders who are riding slower shouldn't worry too much about that. The faster riders benefit greatly from being able to tuck in and draft for a while, even if the pace is slower. It is also natural for a fresh rider to want to speed up when they take their turn in the lead. Keep that adrenaline in check and keep the agreed pace as much as possible or you might **drop** (leave behind) the rider who just pulled for you.

Riding in a paceline: All riders should pay close attention to the riders in front and in back of them. Don't stare at the back wheel of the rider in front of you. This actually decreases reaction time because you are less aware of hazards and other riders. Be able to react quickly and safely as conditions change in the paceline. All riders should watch for hazards and call out to the rest of the group when helpful. The last rider in the pack watches out for traffic coming from behind and signals the paceline's intentions to following traffic. When you are first learning to ride in a paceline, it is o.k. to ride at the back and observe how it

works. It is not as difficult as it seems and your comfort level will increase quickly with practice. It may be best to learn your group riding skills with a group that rides slower than you are accustomed to.

Good communication greatly enhances safety and enjoyment while riding in groups. Communication in a paceline is done using hand signals and a unique cycling lingo.

Hand Signals:

RIGHT TURNS: point with your right hand, arm straight out. (The left arm up at a right angle was created for cars and is impractical for cyclists).

LEFT TURNS: Use your left hand, arm straight out.

SLOWING OR STOPPING: Hold your right or left arm straight down with your hand facing backwards.

HAZARDS: Point to hazards as well as calling them out.

Lingo:

- Common terms include **Slowing, Stopping, and Turning.**
- Call out hazards: Gravel, Bump, Pot Hole, Grate, Debris, Road Kill, Tracks (for rail road tracks), etc.
- If a rider falls, call out: **Rider Down.**
- For any hazard in front of the line use the word **UP** as in **Car UP**. Likewise, hazards in other directions may be identified as in **CAR BACK, LEFT,**

RIGHT, etc.

- To notify the paceline that an intersection is clear and to proceed on through, call out **CLEAR.**

- You can also combine terms. For instance, to let the line know it is safe to move left for a left hand turn, the last rider will call out **CLEAR BACK** while the leader may call out, **TURNING LEFT, CLEAR.**

When passing another rider - always do so on the left and call out **On your left.**

Intersections: The greatest numbers of bicycle/automobile accidents happen, at intersections where cars turn left into the path of an oncoming cyclist. Be extra careful at intersections. Also, the larger the paceline, the more difficult it is to manage intersections as a group. While it may be safe for the lead rider to go through an intersection, by the time the back of the group gets there, a car could be approaching. It is important to be aware of traffic at intersections wherever you ride in the pack. You are responsible for safe and courteous riding behavior even if others in your group don't always practice appropriate technique. Stop at stoplights. Don't cross an intersection unless you are sure it is clear and you have the right of way.

HERE IS THE YOUTUBE CLIP!!!

<http://www.youtube.com/watch?v=mh18gWurWNQ>

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C. Brian Hale

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203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200

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

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

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

To Unsubscribe send an email message to:
wheelingwheelmen-unsubscribe@yahoogroups.com

To post a message send your message in an email to:
wheelingwheelmen@yahoogroups.com

The group name is: **wheelingwheelmen** and is available at: pgroups.yahoo.com/group/wheelingwheelmen



CHECK OUT THIS APP FOR YOUR SMARTPHONE

USA Pro Cycling Challenge Phone App

For you racing geeks, check out this month's phone app. Follow the 2012 USA Pro Cycling Challenge with Radio Shack Tour Tracker, the official race app that gives you in-depth access and analysis of every aspect of the race from August 20-26, 2012. From Live streaming video to GPS tracking, you can be part of the race action no matter where you are.

App is free. The Route, Team and Results are currently from the 2011 race. 2012 route previews will be available soon.



"The Singer's 'Bright Green'"

BIKES! THE GREEN REVOLUTION

An exhibit at the Peggy Notebart Nature Museum in Lincoln Park, through – September 9, 2012

Hop on as the Nature Museum explores the world of the American bicycle. With an emphasis on Chicago's bike culture, this exhibit investigates bikes; from low riders and truck bikes to tall bikes and fixed gears, and the cultural phenomenon associated with them. Explore the roots of America's most democratic and sustainable form of transportation and consider why human-powered locomotion could be the way of the future for our rapidly evolving urban environment. For more info visit naturemuseum.org

OUTDOOR ADVENTURES CLOSE TO HOME

Tuesday, June 19, 7 - 8 p.m. Vernon Area Public Library, 300 Olde Half Day Road, Lincolnshire

Just in time for summer, Chicago Tribune Outdoors Adviser Barbara Brotman will discuss the surprising amount of protected wilderness in the Chicago area and share her favorite outings so that you, too, can get out and enjoy it. Hiking, biking, birding, canoeing and kayaking - she will talk about all sorts of adventures for all

ages and abilities, and show pictures by Tribune photographers to further entice you.

This event is free and open to all. Registration is required. Register online at bit.ly/JOnDV6, by telephone at [224-543-1485](tel:224-543-1485), or in person at any public service desk in the library.



**Wheeling
Wheelmen**

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



We are on the web
wheelmen.com

Join us on



SAVE THE DATES

Picnic - Sunday, July 8
Harmon Hundred - Sunday, Sept. 9
Banquet - Sunday, November 11

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

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 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:

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