



MONTHLY MEANDERS

BOARD BANTER

Sept. 2012

Riding in a Pack

One of the fun things about being part of the Wheeling Wheelmen group is to be with others that share the same passion, cycling. It is a forum to enjoy the sport at any level & meet other cyclists developing friendships that will last thru the years. Pack riding also provides other benefits such as: improving average speed & fitness, being more visible to cars, help if a mechanical occurs, always having someone to ride with, etc.

However, when riding in a pack, there is personal accountability for your fellow riders. Your actions and decisions can impact the safety of the group leading to injury. Overall, the WW ride fairly safe, but lately we have experienced some accidents. This is intended as a gentle reminder that riding in a pack is a commitment to your fellow riders that you will do your best to be part of their team and keep the group safe. Here are some guidelines to remember:

-When riding in a peloton, ride single file staying to the right allowing cars to pass. Stay tight to the wheel in front of you, but avoid overlapping. There are times

your front wheel and the rider's back wheel may overlap, but you should adjust with subtle movements to avoid this. You do not need to ride so aggressively that there is constant overlap or no room for adjustment between wheels. This is dangerous for you and the riders in back of you.

-Pay attention to what is going on around you and who is around you.
 -Take your turn upfront, a short pull is OK.
 -When you are pulling the group, there is personal accountability when going thru an intersection. The group is entrusting their safety to you and assuming you will use appropriate judgment to keep them safe. If there is a large group, think about crossing the intersection with a long tail. Even if YOU can make it thru the intersection, 20 people may not be able to safely; SO STOP. Tell people you are stopping. When you yell 'clear', people will follow you, so ensure it is clear. Other cyclists approaching the intersections also have the right of way just like a car, so do not cut in front of approaching cyclists.
 -If the group does get split while crossing the intersection, soft pedal until we are together. It is unsportsmanlike to attack the group if

some people from the group are waiting for cars to pass.

-If you are the puller/leader, and want to pull off, signal the rider behind you. When the group is moving at high speed, do not stop peddling or slow down suddenly. Signal and pull off left.

There is an unsafe domino impact when you suddenly slow down without warning as the riders behind you are close to one another's wheels.

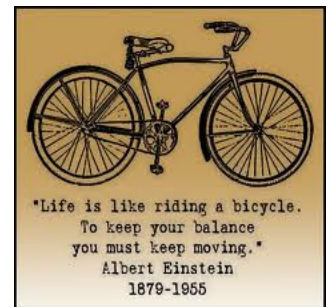
-Try not to make sudden moves or adjustments to speed while in a group. Do not slam on your brakes, others cannot react that fast. Be predictable. Yell 'Stopping' or 'Slowing' when approaching an intersection or something unanticipated occurs. Communicate to the riders in back of you what is going on.

-Point out obstacles or potholes on the road to those in back of you.

-If you are in the group and the riders in front of you accelerate and you cannot keep the pace, signal you are moving off to the left and wave the remaining riders in back of you thru. Be cognoscente of your own energy level. There may be riders in back of you that feel strong and would like a faster

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Club Officials

Elected Officers

President
Joe Beemster 847/215-2314

V.P./Ride Chair*
Pat Calabrese 847/358-4807

Treasurer
Johannes Smits 630/893-2835

Secretary
Dave Waycie 847/577-6307

Membership
Mitch Rosset 847/376-8152

Publicity Chair
Barb Barr 224/578-0624
Powerbarb53@gmail.com

Appointed Officers

Harmon Chairman
Todd Berlin todd.berlin@rrd.com

Newsletter
Ella Shields 773/407-4712

St. Pat's Ride
Anna & George Swietczak 312/969-1010

Chairmen

Banquet
Meg Ewen 630/540-1704

Harmon Data Base
Emily Qualich 847/ 821-1009

Mileage Statistician
Emily Qualich 847/ 821-1009

Newsletter Mailings
Joe Beemster 847/215-2314

Picnic
Al & Cindy Schneider 847/696-2356

Refreshments
Open

***Ride Coordinator**
Sheri Rosenbaum 847/971-4573
luv2bike80@hotmail.com

Web Page
Jim Boyer 847/541-1325

Newsletter Policy

We can always use information for the newsletter. I'd love to hear from you. E-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month
Ella Shields
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 8/9
182 rides by 158 members
Maximum miles 6,950

Men:

1	Paul	LeFevre	4316
2	Kilian	Emanuel	3745
3	Mitch	Rosset	3446
4	Tony	Vercillo	2994
5	David	Waycie	2787
6	David	Naigles	2679
7	Peter	Guzik	2284
8	Kevin	Moore	2246
9	Brian	Hale	2210
10	Jim	Boyer	2143
11	Joe	Beemster	2066
12	Leo	Rhee	2052
13	Frank	Bing	1876
14	Richard	Drapeau	1859
15	JV	Villadolid	1762
16	Tom	Wilson	1757
17	Earle	Horwitz	1572
18	Jeff	Magnani	1561
19	Jim	Flechsigg	1463
20	Dennis	Ellertson	1463

Women:

1	Sheri	Rosenbaum	3236
2	Emily	Qualich	2807
3	Pam	Kaloustian	1989
4	Betsy	Burtelow	1837
5	Pat	Calabrese	1773
6	Eva	Larson	1636
7	Marianne	Kron	1512
8	Cindy	Kessler	1448
9	Virginia	Savio	1414
10	Tricia	Croft	1411
11	Reinhilde	Geis	1246
12	Laura	Randazzo	1244
13	Anna	Swietczak	1162
14	Debbie	Wilson	1094
15	Mary Kay	Drapeau	1052
16	Cindy	Trent	946
17	Pam	Burke	863
18	Ella	Shields	756
19	Barbara	Barr	689
20	Ellen	Heineman	638

BOARD MEETING

The next board meeting is Monday, September 17, 7:00 p.m. at the home of Ella Shields.

All Board members are requested to attend.



PIZZA

SEPTEMBER CLUB MEETING

The meeting will be on Thursday, September 13, 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.



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.

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	Ride Host
Sat, Sept. 1	8:00	Roads You Don't Know	Cuba Marsh Turn west from US-12 (Rand Rd) onto Cuba Rd. Parking lot is on the left, just past Ela Rd.	85	Paul LeFevre 847-234-0615
Sun, Sept. 2	9:00	Root Beer Social	McHenry Co. College Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot.	58/82	Anna & George Swietczak 312-969-1010
	9:00	Sunday Short Ride	Long Grove Commons Shopping Center Rt22 and Old McHenry Road. Park in lot north of the PNC Bank.	31/47	Pam Kaloustian 847-707-0203
Mon. Sept 3	9:00	Lakewood Loops	Lakewood Forest Preserve West on IL 176, south on Fairfield (left), parking lot on the left (east)	28/54/69	Dave Waycie 847-845-9663
Sat. Sept. 8	9:00	Wauconda/Twin Lakes	Lakewood Forest Preserve See above	61/78	Dave Waycie 847-845-9663
Sun. Sept. 9	All Day	Harmon 100 Club Invitational	Wilmot High School Everyone works		
Sat. Sept.15	9:00	Antioch Twisted	Antioch Middle School I-94 north, Exit Rt 173 west, 1/4 mile past Rt 59, turn right on Tiffany, left on Highview at sign for school parking lot	63/84/100	Dan Wiessner 847-736-3484
Sun. Sept.16	9:00	Rock Cut State Park	Evergreen School, Union, IL I-90 west to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to School	58/90	Dave Waycie 847-845-9663
	9:00	Sunday Short Ride	See above	31/47	Johannes Smits 630-893-2835
Sat. Sept. 22	9:00	Vern's PITA Ride	Cuba Marsh Turn west from US-12 (Rand Rd) onto Cuba Rd. Parking lot is on the left, just past Ela Rd.	39/61	Emily Qualich 630-569-6910
Sun. Sept. 23	9:00	Sunday Short Ride	See above	31/47	Tony Vercillo 847-691-7049
		Apple Cider Century	Three Oaks, Michigan www.applecidercentury.com	25/37/50/ 62/75/100	Invitational
Sat. Sept. 29	9:00	Bakery Ride	Willow Stream Park On Old Checker Rd just west of Buffalo Grove Rd north of Lake-Cook in Buffalo Grove	40	Earle Horwitz 847-571-0021
Sun. Sept. 30	9:00	Triple Deerpass	Evergreen School, Union, IL I-90 west to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to School	66	Dave Waycie 847-845-9663
	9:00	Sunday Short Ride	See above	31/47	Tony Vercillo 847-691-7049

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
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	25-40	Kilian Emanuel 847/296-7874 Len & Reinhilde Geis 847/679-0279
Tuesday through Sept. 11	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 Garden 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 through Sept. 19	5:30 pm	Hill and Dale Ride	Grassy Meadow Forest Preserve See above	25-35	Rotation: Anna Swietczak Joe Beemster Nancy Beck
Thursday through Sept. 6	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

Be sure to be on the Yahoo group and/or Facebook for last minute changes

INVITATIONAL'S

Sept 2, Wright Stuff Century, Tyrol Basin, Mt. Horeb, WI. 30/64/100 wrightstuffcentury.com

Sept. 16, 4th Annual Bike Michiana for Hospice, South Bend, IN. 25/40/62/100/124 bikemichianaforhospice.org

Sept 16, Pedal the Kettle, Waukesha, WI. 30/64/100 262-607-2722 springcityspinners.org

Sept 16 Cranberry Century Bike Tour, Marshfield, WI. 20/40/64/100, rmhc-marshfield@charter.net

Sept 22, Barrington Honor Ride & Run, Barrington,

30 miles, \$50.00

www.ride2recovery.com/honor_ride/index.html

Sept 22, Potosi Brewery Bicycle Tour, Potosi WI. 24/45/65/100 potosibrewery.com

Sept 22, Ride Like An Egyptian, DeKalb, 25/50/75/100, 815-895-4279 egyptianride@aol.com

Sept 23, North Shore Century, Evanston, 25/50/62/70/100 evanstonbikeclub.org

Sept 30, Apple Cider Century, Three Oaks, MI. 25/50/62/75/100 applecidercentury.com

Wheeling Wheelmen Board Meeting August 13, 2012

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

The meeting was called to order at 7:00 pm.

Treasurer's report: Dues receipts are virtually level with last year. Harmon pre-registration receipts are up 3 times, due to the push to generate pre-registrations.

Harmon: Todd pointed out we don't yet know whether the higher pre-registration receipts represent additional riders, or just more of our regular riders pre-registering. However, pre-registrations does help quite a bit in planning for the ride.

The school and bike shops are all arranged. Volunteers are in good shape, but we still need a bit more help, particularly at the Bassett rest stop.

Insurance: Approved purchase of Directors and Officers

liability insurance.

Harmon Volunteer Party: The Volunteer Party/Meeting will again be at MacArthur Middle School – Thursday, September 13.

FYI – Wheeling Bike/Pedestrian Plan: A number of club members are involved with getting this plan put together and implemented. Joe gave a “thank you” to ATA for their excellent work in helping the village of Wheeling in this endeavor.

Annual Banquet: Meg Ewen will again coordinate the banquet. The restaurant has been reserved.

Newsletter Articles: October – Todd Berlin
November—Joe Beemster

Next Board Meeting: Monday, September 17, 7:00 pm. Ella will host.

The meeting was adjourned at 8:00.

Dave Waycie
Secretary

DEALING WITH A THROWN CHAIN

You're riding hard in the big chain ring toward a steep climb. You push to keep your momentum going as long as possible, but finally you're forced to shift to the small ring. Oops! The chain overshoots and falls onto the frame. You're dead in the water, wildly turning the cranks with no resistance.

Later, the opposite happens. You're spinning in the small chain ring and need a bigger gear. But your shift to the big ring sends the chain over the top. Now it's flopping around the crank arm.

Throwing a chain is usually the result of a badly adjusted front derailleur. That's the first thing to correct if it's happening frequently. But even properly adjusted equipment can goof if you're pedaling too hard or too fast while shifting.

The chain can skip off the inside ring or you can experience the opposite problem — it won't move off the big ring at all. That happens when there is so much tension on the chain that the derailleur can't pull it from the teeth. The solution is simple: Reduce pedal pressure a bit just as you make the shift.

WHAT TO DO IF YOU THROW A CHAIN

Shift the chain back on. Gently! No matter what causes the

chain to fall off, you may not have to stop and get your hands greasy putting it back on. While still rolling, turn the crank easily and shift the front derailleur in the appropriate direction. The chain ring teeth should catch the chain and set it back in place. Stop pedaling instantly, though, if the chain tangles or binds. Any force at this point can damage the chain, the chain rings or the derailleur. If you have enough momentum, you can backpedal to free the chain and then try shifting it again.

Set the chain back on. If nothing works, click out and stop before you teeter over. You'll have to re-rail the chain by hand. When it has fallen to the inside, sometimes you can do it by picking up the rear of the bike so that the chain drapes over the small ring. Then turn the crank by hand so it catches the teeth. Otherwise, look for a stick or piece of litter so you can pull the chain up and on without soiling your hands. Another trick is to use one of the tire levers you should be carrying in your seat bag.

Buy or Make a Chain Catcher. There are several commercially available chain catchers these days. They work by physically preventing the chain from falling off inside the small chain ring. In effect, they “redirect” the chain back onto the small ring. The K-Edge is one example of this type chain catcher, at \$39.95 on the company website.

From roadbikerider.com

10 THINGS TO DO AFTER A BICYCLE ACCIDENT

1. Wait for the Police to Arrive

You and the motorist involved in the accident are legally obligated to remain at the scene if there have been injuries or property damage. Even if you believe you have not been injured, wait for the police to arrive. You may not realize you've been injured until later. Once you have left the scene, it may be impossible to track down the motorist.

Police are required to generate an Illinois Motorist Report for any crash in which there is an injury, death or property damage in excess of \$500.00.

2. Never Negotiate with the Motorist

Don't negotiate with the driver even if he or she apologizes and accepts the blame. You may not be aware of the full extent of your injuries and damage to your bike, and the driver may change his or her mind later and deny the accident.

3. Obtain Driver Information

Exchange information with the motorist, including: name, address, phone number, driver's license number, license plate number, make of car and insurance policy number.

4. Obtain Witness Contact Information

Write down the names and phone numbers of witnesses.

5. Document What Happened

Remember every detail about the accident: when, where and how it happened; and road, traffic and weather conditions. As soon as possible, write everything down. Draw maps or diagrams showing the position and direction of everyone involved. You should include streets, signs and traffic lights. If you or a rider with you has a cell phone with a camera, use it to document the scene, injuries and the vehicle(s) involved.

6. Make Sure the Police Take Your Report

Police are sometimes more concerned with recording a motorist's version of events than a cyclist's. Make sure your statement

of what occurred is included in the report. Report any injury, no matter how minor it may seem (it may develop into something major later on). If you cannot get your statement included in the report at the scene, you can ask to have the report modified later. In any case, get the accident report number and write it down.

7. Seek Immediate Medical Attention and Document Your Injuries

Even if your injuries are minor, consult a doctor immediately and get a written evaluation. Have photos taken of injuries and record symptoms for several days.

8. Preserve Evidence

Keep any damaged clothing and don't wash it. Keep damaged bike parts and do not have your bike repaired. If it is absolutely necessary to have it repaired, take photos first and get a written document of the damages.

9. Never Negotiate with Insurance Companies

The driver's insurance company may call you and attempt to settle before you have all the information ready to support your claim. Don't negotiate directly with any insurance company.

10. Seek Advice from a Professional

Don't contact your insurance company before talking to a personal injury attorney experienced in bicycle accident cases. Insurance companies may use anything you say against you later. An attorney can negotiate with insurance companies on your behalf, hire a bicycle accident expert to investigate the accident, and represent you in a lawsuit if necessary.

Remember that as a bicyclist you have the same rights and responsibilities as the drivers of motor vehicles. Drivers need to respect the rights of bicyclists and be mindful of sharing the road and avoiding accidents, but it is also in your best interests to take the proper steps after an accident to make sure your rights are protected.

Edited article from:

www.geklaw.com/pi_bicycle_accident_10_things.htm

(Continued from page 1)

ride, so allow them that opportunity. Ride at the back of the pack if you are having trouble keeping pace so that you can drop off without interfering with other riders. Chances are if you are tired, you will have someone to ride with.

Group riding is all about being safe and predictable around others, while allowing everyone to enjoy their ride no matter their speed. None of us want to be injured or cause injury to others, so riding safely and consistently will improve everyone's odds

of avoiding accidents. The WW group wants to improve the reputation of cyclists, so being aware of cars, vehicles, traffic lights/signs, and our fellow cyclists improves bike advocacy. All of us need to be accountable, and by following a few simple guidelines we can improve both personally and as a group. Thanks...see you on the road.

Remember that this is in print b/c we luv our fellow club members and this sport; we want it to last forever.

Pat Calabrese

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1313 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650
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

Wheeling Wheelmen Membership Application

Name: _____

Spouse's Name: _____

Address: _____

Children's Names: _____ Age: _____

City, State, Zip: _____

_____ Age: _____

Phone #: _____

E-mail: _____

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

New Member? _____ Renewal? _____ L.A.B. Member? _____

Family dues: \$25 Individual dues: \$20

Membership Pledge: I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to observe all the rules of the road, and conduct myself in a manner that will be complimentary to the sport. I release and waive all claims for negligence against the WHEELING WHEELMEN, its officers and members for all damages incurred at or associated with any WHEELING WHEELMEN activity for myself, my heirs and executors.

Applicant's Signature (parent's signature if a minor)

Spouse's Signature

Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



**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

Harmon Hundred - Sunday, Sept. 9
Banquet - Sunday, November 11
Holiday Party -Sunday, December 9

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