



# MONTHLY MEANDERS

October, 2013

## In Memory of Rich Drapeau

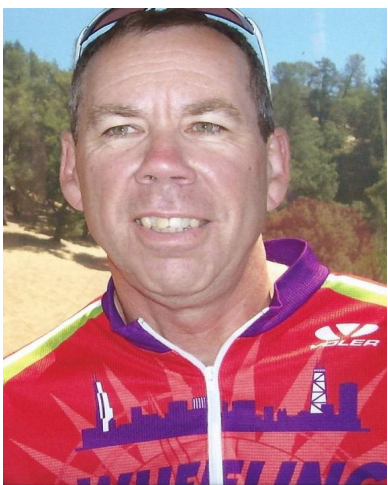
**As everyone knows, the Wheeling Wheelman lost a member of our family on Aug 16, 2013. Rich Drapeau, an avid cyclist and contributing member of the club for many years, lost his battle with cancer and passed at the age of 63. The below paragraphs are the eulogy delivered at Rich's service by Deb Wilson, Betsy Burtelow and Patty Blome. Our heart felt condolences to our friend and Rich's wife for 20 plus years....Mary Kay.**

### Rich's Eulogy:

For those of you who do not know us, I am Patty Blome, this is Betsy Burtelow and this is Deb Wilson. Together with our husbands Brian, Jim, and Tom we are longtime friends and bicycle buddies of Rich and Mary Kay. We all met Rich and Mary Kay through the Wheeling Wheelmen Bicycle Club. Rich served as club president for about 7 years and Mary Kay was chairman of our main annual fundraiser, the Harmon Hundred for about 10 years. Together they held the two most important jobs in the club and were very devoted

to the quality outcome of their endeavors related to club activities.

Rich loved riding, he was a strong rider, he loved riding with the fast group and he was always a steady wheel to follow. We all rode together with him 4 times a week.



After the rides we would enjoy a beer or lunch and solve our family problems, our work problems and, on a good day, the world's problems. We became a second family to each other, and because we worked out our frustrations on our bicycles we were better people at home, at work, and in the world in general.

Besides his commitments to the functioning of the club and a smooth pace line, Rich was also concerned about

the spiritual needs of the club. Some of you may not know this but he became a Christian minister, legitimately ordained via the internet for a \$5.00 fee. As a result we could proudly proclaim that every Sunday we attended the Church of the Wheeling Wheelmen, Reverend Drapeau presiding. Rich, the peloton won't be the same without you.

One of the characteristics I really appreciated about Rich was his desire to share his best experiences. If Rich had had a great time somewhere he wanted to take his friends there so they could have a great time too. Back in 2004 he convinced us to do RAGBRAI which is the Register's Great Bike Ride Across Iowa and is the Mecca for cyclists—10-15,000 wacky cyclists riding the entire width of Iowa in a weeklong cycling & camping party. He and Mary Kay had done it a many times and convinced us to try it with them. Being in the last week of July, Rich warned us about the heat so we didn't bother to bring sleeping bags. We pitched our tents the first night and froze our butts off all night

*(Continued on page 5)*

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### New members

- Doug & Karen Pogatetz, Arlington Heights
- Kris Roberts, Oak Park
- Scott Garske, Palatine
- Lena Chon, Barrington
- Kurt Pavil, Schaumburg
- Steve Charmota, Elgin
- Greg Brent, Streamwood
- David Grattan, Chicago

## 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

Roland Cooper 847-732-0432

rscooper3@gmail.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

e.qualich@comcast.net

##### 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 [wheelmen@wheelmen.com](mailto:wheelmen@wheelmen.com).

## TOP 20 MILES

through Sept 15

218 rides by 150 members

### Women:

1	Sheri	Rosenbaum	3614
2	Emily	Qualich	2976
3	Eva	Larson	2248
4	Pam	Kaloustian	2240
5	Pat	Calabrese	2178
6	Betsy	Burtelow	1852
7	Reinhilde	Geis	1832
8	Marianne	Kron	1598
9	Cindy	Trent	1472
10	Deb	Wilson	1373
11	Anna	Swietczak	1357
12	Terri	Brei	1269
13	Ella	Shields	1208
14	Laura	Randazzo	1105
15	Pam	Burke	1041
16	Ellen	Heineman	1017
17	Paula	Matzek	992
18	Barbara	Barr	951
19	Virginia	Savio	943
20	Lisa	Tracey	906

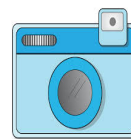
### Men:

1	Dennis	Ellertson	5729
2	Paul	LeFevre	4739
3	Kilian	Emanuel	3580
4	Mitch	Rosset	3358
5	Kevin	Moore	3052
6	Tony	Vercillo	2994
7	Joe	Beemster	2799
8	Brian	Hale	2738
9	Dave	Waycie	2599
10	David	Naigles	2561
11	Alex	Halamaj	2443
12	Jim	Boyer	2060
13	Dan	Wiessner	2007
14	Tom	Wilson	1968
15	Brian	Blome	1887
16	Peter	Guzik	1868
17	JV	Villadolid	1838
18	Jim	Flechsig	1836
19	Al	Gibbs	1822
20	Leonard	Geis	1787

## BOARD MEETING

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

All Board members are requested to attend.



## BANQUET PICTURES LAST CALL

Please send us your club ride pictures for the annual banquet, November 10, we will use them in our slide show.

**Send your pics by October 31 to Dave Waycie at [dwaycie@wowway.com](mailto:dwaycie@wowway.com)**

## INVITATIONAL'S

**Oct. 5, Tyranena Oktoberfest Bike Ride**, Lake Mills, WI., 25/50/75 miles  
[www.tyranena.com/bikeride](http://www.tyranena.com/bikeride)

**Oct 6, Ride 2 Recovery**, Barrington, 8:30 a.m. 30 miles  
[honorriderbarrington.com](http://honorriderbarrington.com)

**Oct 6, Pumpkin Pie Ride**, Ottawa 28/42/63/103 miles, \$25, 815-830-4291  
[www.starvedrockcycling.com](http://www.starvedrockcycling.com)

**Oct 6, Pumpkin Ride**, St. Charles, 10/20/28 trail, 40/62 road, 224-234-8635, [shutchins@soill.org](mailto:shutchins@soill.org)

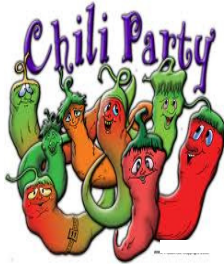
**Oct 13, Firefighters Fall Fifty**, Richmond, 20/26/36/50/62 miles, \$35, [afffbikeride.org](http://afffbikeride.org)

**Oct. 19 & 20, Hilly Hundred**, Ellettsville, IN 50/50 miles, [www.hillyhundred.org](http://www.hillyhundred.org)

**Oct. 26, Tour de Shawnee**, Olive Branch, IL., 15/30/45/62/100 miles  
[www.tourdeshawnee.org](http://www.tourdeshawnee.org)

Date	Time	Ride Name	Starting Location/ Directions	Miles	Ride Host	
Oct. 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		
Sat. 10/5	<b>9:00am</b>	Honey Do	<b>Grassy Meadow Forest Preserve</b> The F.P. is on Central Rd., 1 1/2 miles west of Roselle Rd, just north of I-90.	30-58	Alex Halamaj 312-304-5915	
	8:00 am Tour 9:00 am Ride	Waterford-Schwinn Factory Tour	<b>Waterford Precision Cycles</b> 816 W. Bakke, Waterford, WI I-94 to Hwy 20 west, take Hwy 20 for 14 miles. Turn left on Hwy D for 1.5 miles to Hwy W. Turn right (north) on Hwy W then 1 mile and left (west) onto Bakke Ave. They're the 4th building on the right.	42/60	Kevin Moore 847-373-7378	
Sun. 10/6	9:00 am	Sunday Short Ride	<b>Long Grove Commons</b> RT. 22 & Old McHenry Roads Park north of the PNC Bank <b>Come ride with the Strava Team. Truck arrives around 8am with a few loaner Garmin's to try on the ride. Then download your stats afterwards at their upload station</b>	30-58	Sheri Rosenbaum 847-971-4573	
Sat. 10/12	<b>9:00 am</b>	Honey Do	<b>Grassy Meadow Forest Preserve</b> See above	30-58	Ellen Heineman 630-624-3246	
Sat. 10/12 & Sun 10/13	8:00 am	Fall Foliage Ride Overnight Excursion	<b>Mt Horeb, WI</b> Quad City Bike Club Sponsored Ride Lodging is available at the Karakahl Country Inn Call 608-437-5545 to reserve your room.	50-60	TBD	
Sun. 10/13	9:00 am	Sunday Short Ride	<b>Long Grove Commons</b> See above	30-58	Jorn Lim 847-345-0704	
Sat. 10/19	<b>9:00am</b>	Honey Do	<b>Grassy Meadow Forest Preserve</b> See above.	30-58	JV Villadolid 224-875-0125	
Sun. 10/20	9:00 am	Sunday Short Ride	<b>Long Grove Commons</b> See above	30-58	Tony Vercillo 847-691-7049	
Sat. 10/26	<b>9:00am</b>	Honey Do	<b>Grassy Meadow Forest Preserve</b> See above	30-58	Tony Vercillo 847-691-7049	
Sun. 10/27	10:00 am	Chili Ride	<b>David Newman's Home</b> 797 Penny Lane Buffalo Grove, IL <b>Everyone is asked to bring something to eat. Contact Sheri at <a href="mailto:luv2bike80@hotmail.com">luv2bike80@hotmail.com</a> to RSVP and find out what to bring</b>	40	David Newman 224-650-9000	

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



**CHILI RIDE**

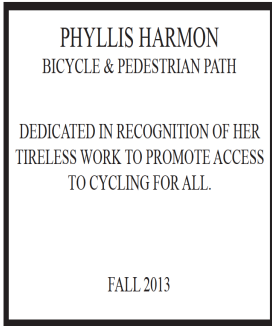
**New location and routes**

Join us for chili after the ride on Sunday, October 27 at David Newman's house (see ride details on page 3).

We will have chili rain or shine, if it rains chili will be @ 11:30 a.m.

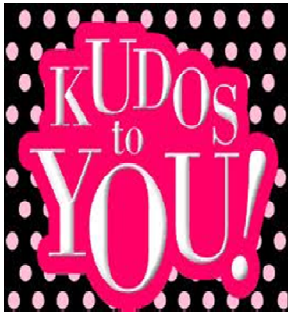
Everyone is asked to bring a dish to pass. Please RSVP to Sheri Rosenbaum at Luv2Bike80@hotmail.com if you plan to stay for chili and find out what to bring.

**Everyone is asked to bring something**



**HARMON BICYCLE PATH**

The dedication ceremony will be Friday, Oct. 11 at 10:30 am at the forest preserve pavilion at Potawatomi Woods Grove #1, just north of Dundee Rd. We will have a ride from Willow Stream Park to the ceremony. Start time and distance TBA. Check our website, Facebook and Yahoo group for details.



On September 8th several of our members couldn't volunteer for the Harmon because they were achieving amazing accomplishments of their own. Pam Kaloustian and David Heckelsmiller both finished Ironman Madison (2.4 mile swim, 112 mile bike and 26.2 mile run). ever. Major kudos to you all.

**WEEKLY RIDES**

Day	Time	Ride	Miles	Start-Directions	Ride Host
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	25-40	<b>Willow Stream Park</b> 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
Trail Rides Wednesday	10:00 am	North Branch-Botanic Gardens	16-32	<b>Blue Star Memorial Woods</b> East Lake Ave., Glenview. East of Waukegan Rd, between Wagner and Harms near overhead trail bridge. Parking lot on the south side of E. Lake Ave.	Dennis Ellertson 847-255-9323

**PROCEDURE PROCESS: IN QUESTIONABLE WEATHER SITUATIONS**

If the ride host considers the weather forecast to be severe enough to cancel the ride, he-she should post a message on the Wheeling Wheelmen Yahoo Group ([wheelingwheelmen@yahoo.com](mailto:wheelingwheelmen@yahoo.com)). These conditions can include very high chance of rain or snow, severe winds, or other unsafe conditions.

- Of course, the host may post the message earlier, like the night before, if there is really no question that the ride will be cancelled. Or, if the host wants to decide in the morning, he or she can post a notice to watch for an update in the morning. Generally, more communication is better than less.
- Riders are encouraged to use the Yahoo

ride, he-she should post a message to the Yahoo group no later than 2 hours before the scheduled ride start time.

group, but if a rider cannot access the Yahoo group, the host can be contacted at the phone number listed on the ride schedule.

Every member should consider subscribing to the Yahoo group especially if they are planning on doing rides starting in the outlying areas. Instructions for subscribing to our Yahoo Group are listed on page 7. We also encourage people to join the Wheeling Wheelmen Facebook page and ride information is posted there, too.

- If the ride host decides to cancel the

long in 40 degree temperatures. The next day we hit a second hand store in one of the towns we rode through and found flannel pajamas for the rest of the trip. But we had a great time--so much so that RAGBRAI became the start of an annual summer cycling trip for the next 10 years for Rich & Mary Kay, Jim & Betsy, Tom & me, sometimes Patty & Brian, when they could join us, and, more recently, Mary Kay's sister, Marianne. He suggested Maine one year because he and Mary Kay had done some riding there on their honeymoon and wanted us to experience it too—just the riding part. Over the years we've shared not only great rides but also the popovers on the lawn at Jordan Pond in Maine, the wines of the Russian River Valley in California and the sunsets of Traverse City, Michigan. Our 10<sup>th</sup> and most recent trip to Vermont was not the same without them.

And not only was Rich generous in sharing his experiences with us but also in sharing his friends. Scott Doup was the first person Rich met at college and he became a lifelong friend. He lived in Iowa near the start of the RAGBRAI trip and gladly put all of us up the night before the start of the trip at Rich's request. And later, when Rich introduced us and many others to the Tour of the Mississippi River Valley in Iowa, Scott and his wife, Gina, continued to open their home to increasingly larger groups of Wheelmen every year for that weekend trip.

But the thing I loved most about Rich was his clever wit. He just always managed to come up with the perfect zinger that would have us roaring. I remember one ride where one of our club members was riding along with a hole in the backside of

his bike shorts and he happened to be a little on the furry side. Rich did not think the ladies of the club should have to look at this as they were riding behind this guy. So he rode up next to this rider and informed him that he had a hole in his shorts to which the rider replied, "That's my air conditioning," to which Rich replied, "Yeah, well you're leaking Freon."

Even in the last few weeks Rich was still on his game. Brian and I visited Rich and were sharing some cycling stories from the Tuesday and Thursday night riding antics, exciting to us but mundane to others—flat tires, crazy drivers and a fast sprint in on McHenry Road. Rich listened and smiled and pointed to the wall and said, "Well, there was a spider on that wall the other day. That was pretty exciting."

Three days before he died Rich's strapping, young nephew, Steve, was there to help him down the stairs to go to what became his last doctor appointment. When he returned from the doctor Steve was not there but Mary Kay and Marianne managed to get him into the house from the car, and into a chair in the foyer to rest before going back upstairs. But Rich was too exhausted for the two of them to get him any further so he asked Mary Kay to call my husband Jim. Jim would not be home for about 45 minutes but I had just gotten in from work so I walked over to see if I could help. When Mary Kay told Rich I was coming instead of Jim he gave a roll of the eyes--those were his silent zingers. Unfortunately we were 3 short women trying to get a 6'2" man up the stairs. After brainstorming several options Mary Kay thought of using the dolly or hand cart. In hindsight 911 for para-

medic assistance would have been the best option and, as a nurse, should have been what I insisted on, but Rich was not my patient he was my friend. I could see how exhausted and distressed he was. He just wanted to get upstairs and lie down. So we got the dolly, padded it with a pillow, managed to stand Rich up and pivot him onto the dolly base. We tied him to it with a sheet and the 3 of us lugged him up the stairs. I don't even want to know what was going through Rich's head as we struggled to get him up, yelling at each other to move this way and that. Like a good husband, and a man alone in the company of women, he just kept quiet. But even though Rich was robbed of his favorite past time in the final months of his life we took comfort in knowing we managed to give him one last ride. It wasn't on a bicycle but it was on 2 wheels up a very steep hill and in spite of our bumbling, he made it to the top.

Rich, we know you have joined those Wheelmen who have gone before you and you all continue to explore new rides and develop new cue sheets. Our hope is, that when the time comes for each of us to join you, we will be able to slip right into your perfect pace line.

In closing we leave you with these thoughts:

- May the roads be smooth
- May the wind be always at your back.
- May the sun shine warm upon your face and
- May God hold you in the palm of his hand until we meet again.

We LOVE YOU Rich; you have enriched our lives and touched our hearts. God Bless!

*Thank You*

I wish to thank everyone for the beautiful flowers, kind words of support and wonderful cards of encouragement. Wheeling Wheelmen was a huge part of Rich's life and it will be difficult to move forward without him, but in time I will be back on the road remembering all the wonderful times with my cycling family. My family will be forever grateful for everything that you all have done for us. See you on the road...Mary Kay Drapeau



**Annual Banquet**  
**Sunday, November 10**  
**Fun, Food, Games, Prizes**

Join us for a great time;  
 a delicious meal, and  
 celebrate a fantastic cycling season

Noon - 1:00 pm, social hour  
 1:00—4:30 pm, lunch and awards

Chandler's at  
 The Schaumburg Golf Club  
 401 N. Roselle Road  
 Schaumburg

chandlerschophouse.com

\$25.00 per person  
 (cash bar)

Questions?

Call Meg Ewen at 630/540-1704  
 or e mail her at [ibagoalie@comcast.net](mailto:ibagoalie@comcast.net)

**Wheeling Wheelmen Banquet RSVP**

Name \_\_\_\_\_

Name \_\_\_\_\_  
 (Spouse/Guest)

Number attending: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

Make check payable to

**WHEELING WHEELMEN**

**Please RSVP (and send check)**  
**by October 31 to:**

Meg Ewen  
 44 Stonegate Lane  
 Streamwood, IL. 60107

**Wheeling Wheelmen Board Meeting**  
**August 26, 2013**

**Present:** Joe Beemster, Roland Cooper, Ella Shields, Johannes Smits, Dave Waycie

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

**Treasurer's Report:** Checking account balance \$13,578. Wauconda H.S. billed us for the St Pat's ride, and has been paid.

**Membership Report:** Membership hit 250.

**Harmon:** Reviewed status – all is in place for the Harmon on September 8. Reviewed food and supply purchases. 96 Pre-registered riders as of this date. We have had requests (again) for GPS route downloads and will seriously consider that for next year, as an encouragement to pre-register.

**September Club Meeting:** Harmon Appreciation Meeting – September 12 at MacArthur Junior High.

**Banquet and Holiday Party:** The Banquet is November 10, and the Holiday Party December 8. Both are at the same locations as last year.

**Jerseys:** Will do a survey at the Harmon Appreciation meeting.

**2014 Board:** Candidates (new and returning) to be announced at the September meeting.

**Phyllis Harmon Bike Trail:** Dedication tentatively scheduled for October 11. More information to follow. We would like to see a good club turnout for the event.

**Newsletter Front Page:** October – Colorado ride report. November – 2013 recap (Joe).

**Next Board Meeting:** Monday, October 7, 7:00. Dave Waycie to host.

The meeting was adjourned at 7:56 (a record!).

Dave Waycie, Secretary



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 Ask for your  
*Wheeling  
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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@yahoogroups.com](mailto:wheelingwheelmen-subscribe@yahoogroups.com)

To Unsubscribe send an email message to:  
[wheelingwheelmen-unsubscribe@yahoogroups.com](mailto:wheelingwheelmen-unsubscribe@yahoogroups.com)

To post a message send your message in an email to:  
[wheelingwheelmen@yahoogroups.com](mailto:wheelingwheelmen@yahoogroups.com)

The group name is: **wheelingwheelmen** and is available at: [pgroups.yahoo.com/group-wheelingwheelmen](http://pgroups.yahoo.com/group-wheelingwheelmen)

## WANT TO BE KOM OR QOM???

You probably have heard a number of our members talk about Strava.com or yell "this is a Strava segment!" and take off like lightning. So what's the big deal? Strava is an app you can use on your SmartPhone or upload your ride via a Garmin, then track and analyze your ride (or run). You can compare and compete your ride. Just ride a segment (specific section of the road) and compare your effort against past efforts, as well as other athletes who've ridden the same segment. See where you rank and start moving up the leader board. They also have special ride challenges, usually around some of the pro races or the Tour de France, to help you reach new goals and even win prizes.

I've been on Strava for about two years after buying my Garmin 800. Then in August they contacted me to apply to become one of their Midwest Cycling Ambassadors. There were a series of questions like, what kind of commu-

nity activities and volunteerism I do outside just riding. Also what I'd like to accomplish as an Ambassador. Well besides telling them I'd rock their orange bike kit, I did say one goal was to get more women cycling and using Strava. We have 32 Wheelmen members in our Strava Club Group, but only a handful are women. I'd love to have more. A QOM (Queen of the Mountain) means nothing if you are the only woman who rode that segment. With the exception of that 10 miles I got lost in Kentucky which was all uphill...got a well deserved QOM there.

There's a number of us that use Strava and we have been competing to come up with the best ride names. My personal favorite was the Mullet Ride...it was a Thursday night ride with a long pace line. Four of us did most of the pulling and the rest hung out in the back. So like a mullet, all business upfront, and party in the back.

If you have a SmartPhone or a Garmin, consider signing up. There's a basic membership which is free or the Premium with an annual

fee. As part of my Ambassadorship, I received a year of the Premium membership. It's got some cool features. Like a suffer score...yeah I suffer a lot on some of these hammer rides. And a new mapping program that is currently in beta. So get online and start following your friends or even the pros. It's like Facebook for cyclist but even more fun! You can give kudos or comment on a ride, too.

**On Sunday, October 6th the Strava Cycling team will be joining us for the Sunday Short Ride. Their truck will arrive about 8am and they'll have some loaner Garmins to try on the ride. They also have an Upload Station to upload your stats after the ride.**

If you have any questions about Strava or using your Garmin, ask me or any of the members that actively use this technology. The more the merrier. Or come out to the Oct. 6th ride and ask a Strava employee directly.

Sheri aka Midwest Strava Cycling Ambassador



**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**

Banquet - Sunday, Nov 10  
Holiday Party - Sunday, Dec 8

**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

**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 [trekhp.com](http://trekhp.com)  
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- \*The League of American Bicyclists
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**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