



# MONTHLY MEANDERS

## BOARD BANTER

### So are you ready to roll?

I've truly enjoyed my "off season" getting in some hiking, x-country skiing, functional training, yoga and yes even some biking both road and trail. But now it is time to turn our focus to the 2015 cycling season. Drum roll please...

Each season, I try to keep a balance of the "tried and true" routes and mixing in some new rides since variety is the spice of life. This year is no different. Some of the highlights include:

- There will be at least one new Sunday short ride added to the mix. It's called "A Touch of Inverness." This route will take you on some roads you know and peppered with some nice neighborhood roads in Inverness you may not know. I'm sure you'll enjoy checking out a new area in Inverness offering quiet roads, nice homes, and a few challenging hills. Be sure to keep your cue sheets handy as there are a few twists and turns.

- In June we will be offering two invitationals that offer club mileage credit. As always the Udder Century, but we've added the BCLC Ramble to the calendar. These clubs have always supported the St Pat's and Harmon, so it is only right we support their invitationals. This also gives you a chance to ride some different roads plus have full SAG support.

- For July we've added a ride called Richmond Antioch Blend. Dan Wiessner and I worked together on this one to come up with a combination of some of the Antioch routes mixed with the Firefighters Fall Fifty ride out of Richmond. Here's an opportunity to try some parts of Steele and Knob that you haven't ridden before. Bring your climbing gears for this one. The route is still being tweaked but looks like it will be around 80 miles.

- Then in August there's

an addition to the Honey Do ride. For this one Saturday you will have the option to do the Honey Do, Extended Do or a Double Metric Century. The way you will get 124 miles is to do the Extended Do out to Veteran's Park in McHenry, then pick up the 50 mile route of the Geneva Lite ride. That will take you out to Lake Geneva and back to Veteran's Park. From there you'll continue on the Extended Do route. What's nice about this is that you can decide at Veteran's Park if you have the legs to make it to Lake Geneva and back or just finish the Extend Do route for just 72 miles.

- This year in September the Honey Do will start at 9am instead of 8am. With our unpredictable weather, an hour can mean temperatures several degrees warmer. Reminders will come out in late August so no worries.

(continued on page 8)

March 2015

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March 8

## Club Officials

### Elected Officers

#### President

Joe Beemster 847-215-2314

#### V.P.-Ride Chair

Sheri Rosenbaum 847-971-4573  
luv2bike80@hotmail.com

#### Treasurer

Johannes Smits 630-893-2835

#### Secretary

Dave Waycie 847-577-6307

#### Membership

Mitch Rosset rrkite99@aol.com

#### Publicity Chair

Pam Kaloustian 847-707-0203  
bubbath1@comcast.net

### 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  
annaswiet@yahoo.com

### Chairmen

#### Banquet

Terri Brei 630-606-4341

#### Harmon Data Base

Emily Qualich 847- 821-1009

#### Mileage Statistician

Emily Qualich 847- 821-1009  
e.qualich@comcast.net

#### Newsletter Mailings

Joe Beemster 847-215-2314

#### Picnic

Al & Cindy Schneider 847-696-2356

#### Web Page

Johannes Smits 630-893-2835

### 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!! Contact Mitch Rosset with your new address or e-mail address at rrkite99@aol.com

## 2015 MEMBERSHIP RENEWAL

**If you have not renewed this is your last newsletter.**

Please send your renewal form back now so you won't miss a single issue of the Monthly Meanders

If you misplaced your renewal form please use the membership form on page 9 or on the website.

If you have any questions contact Mitch Rosset rrkite99@aol.com.

## MARCH CLUB MEETING

The club meeting will be on Thursday, March 5, 7:00 p.m. at **Sullivan School**, 700 Schoenbeck Road, Prospect Heights, meet in the library. **The school is in the same complex as McArthur Middle school, Sullivan is the first building you see when you turn in off Schoenbeck Road.**

We will discuss the St Patrick's Day ride and recruit volunteers.

Mark Guth will speak about his yearly adventure with Rocky Mountain Cycle Tours and biking from Jasper to Banff over 6 days. With spectacular hikes to Parker Ridge to view the Saskatchewan Glacier, the Tea House at Lake Louise and to see the Edith Cavell glacier. Come to hear the details of this "trip of a lifetime" and see a spectacular photo show set to music. Mark will have the dates for this summer's tours and some info to share.

## 2015 RIDE SCHEDULE INFO

Saturday Honey-Do Rides start from the

Paul Douglas Forest Preserve on

April 5 at 9:00 am.

May 3 at 8:00 am

September 5 at 9:00 am

Wednesday Trail/Road rides will start April 8 at 10:00 am from

Blue Star Memorial Woods

Weeknight rides

Tuesday, 6:00 pm. Working Stiff's Ride, starts April 14

Wednesday, 5:30 pm., Hill and Dale Ride, starts April 22

Thursday, 6:00 pm., Thursday Night Ride, starts April 16

**Be sure to check the web site for most up to date schedule and directions**

March 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
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Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Sat. 3/14	10:00	Lakewood Loops	Lakewood Forest Preserve	West on IL 176, south on Fairfield to parking lot on left, east side of Fairfield	28/54/69	Bob Dominski 847-708-3441
Sun. 3/15	10:00	Sunday Short Ride	Long Grove Commons	RT. 22 & Old McHenry Roads Park north of the PNC Bank	Approx. 31-55	Larry Frank 847-832-0630
Sat. 3/21	10:00	St. Patrick's Day Pre-Ride	Wauconda H. S.	North on US 12 exit 176 and turn right (east). Left on Main St. School is on your left.	16/20/36	Anna & George Swietczak 312-969-1010
Sun. 3/22	8:00-10:30	<b>St. Patrick's Day Ride</b>	Wauconda H. S.	See above <b>Everyone Works</b>		Anna & George Swietczak 312-969-1010
Sat. 3/28	10:00	Lou's Commute	Lakewood Forest Preserve	See above	41	Bob Dominski 847-708-3441
Sunday 3/29	10:00	Sunday Short Ride	Long Grove Commons	See above	Approx. 31-55	Larry Frank 847-832-0630

**WEEKLY RIDES**

Day	Time	Ride	Miles	Start-Directions	Ride Host
Tuesday & Thursday	10:00 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	n/a As of 3/17 Kilian Emanuel 847-296-7874
Saturday ends March 7 & Sunday ends March 8	10:00 am	Show N Go Rides	25 +	<b>Willow Stream Park</b> See above	n/a

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

## 2015 RIDE SCHEDULE

Date	Time	Ride Name	Miles	Start	Ride Host
<b>APRIL</b>					
Sat. 4-4	9:00	Honey Do/Extended Do	30-72	Douglass F.P.	Pam Burke
Sun. 4-5	9:00	(Easter) Sunday Short Ride	Approx 31-55	Long Grove Commons	Larry Frank
Sat. 4-11	9:00	Honey Do/Extended Do	30-72	Douglass F.P.	Nancy Beck
Sun. 4-12	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Patty & Brian Blome
Sat. 4-18	9:00	Honey Do/Extended Do	30-72	Douglass F.P.	Terri Brei
Sun. 4-19	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Al Gibbs
Sat. 4-25	9:00	Honey Do	30-58	Douglass F.P.	Betsy Burtelow
	9:00	Walworth Flats	58	McHenry Co College	<b>Ride Host Needed</b>
Sun. 4-26	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Joe Beemster
<b>MAY</b>					
Sat. 5-2	8:00	Honey Do/Extended Do	30-72	Douglass F.P.	Pam Burke
Sun. 5-3	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Pam Kaloustian
Sat. 5-9	8:00	Honey Do	30-58	Douglass F.P.	Terri Brei
	9:00	Antioch Classic	58/80	Antioch Middle School	Dan Wiessner
Sun. 5-10	9:00	(Mother's Day) Sunday Short Ride	Approx 31-55	Long Grove Commons	Ella Shields
Sat. 5-16	8:00	Honey Do/Extended Do	30-72	Douglass F.P.	Brian Hale
Sun. 5-17	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Todd Berlin
	~	<b>Arlington 500 (Arlington Bicycle Club)</b>	31/44/55/69	Barrington H.S.	Invitational
Sat. 5-23	8:00	Honey Do	30-58	Douglass F.P.	Johannes Smits
	9:00	Twice Baked Bakery Ride	40/80	Willow Stream Park	Dave Waycie
	~~	<b>Horsey Hundred</b>	26/37/60/ 78/104	Georgetown, KY	Invitational
Sun. 5-24	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Joe Beemster
	~~	<b>Horsey Hundred</b>	34/51/75	Georgetown, KY	Invitational
Mon. 5-25	9:00	(Memorial Day) Mitch's Muse	38/46	Jerseys Grill	Mitch Rosset
Sat. 5-30	8:00	Honey Do	30-58	Douglass F.P.	<b>Ride Host Needed</b>
	8:00 & 9:00	Binnie Woods Ride	67/108	Binnie Woods F.P.	8:00 - 9:00-
Sun. 5-31	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Eva Larson

## JUNE

Sat. 6-6	8:00	Honey Do	30-58	Douglass F.P.	Todd Berlin
Sun. 6-7	~	<b>Udder Century (McHenry County Bike Club)</b>	32/50/62/ 75/100	Union, IL	Invitational
	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Jim Boyer
Fri. 6-12	10:00	Libertyville Picnic Ride	30	Willow Stream Park	Frank Bing
Sat. 6-13	8:00	Honey Do	30-58	Douglass F.P.	Cindy Kessler
	9:00	Root Beer Social	58/82	McHenry Co College	Emily Qualich
Sun. 6-14	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Louis Greene
	~	<b>BCLC Ramble (Bike Club of Lake County)</b>	30/50/75/ 100/124	Wilmot, WI	Invitational
Fri. 6-19	10:00	Libertyville Picnic Ride	30	Willow Stream Park	Frank Bing
Sat. 6-20	8:00	Honey Do	30-58	Douglass F.P.	Deb Wilson
	9:00	Boone County Ride	65	Evergreen School, Union	Dave Waycie
Sun. 6-21	9:00	(Father's Day) Sunday Short Ride	Approx 31-55	Long Grove Commons	Joe Beemster
Fri. 6-26	10:00	Libertyville Picnic Ride	30	Willow Stream Park	Frank Bing
Sat. 6-27	8:00	Honey Do	30-58	Douglass F.P.	Tony Vercillo
	9:00	City of O's	50/88	LaGrange General Store	Dave Waycie
Sun. 6-28	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Jorn Lim

## JULY

Fri. 7-3	10:00	Libertyville Picnic Ride	32	Willow Stream Park	Frank Bing
Sat. 7-4	8:00	(4th of July) Honey Do/ Extended Do	30-77	Douglass F.P.	Anna Swietczak
Sun. 7-5	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Reinhilde Geis
Fri. 7-10	10:00	Libertyville Picnic Ride	32	Willow Stream Park	Frank Bing
Sat. 7-11	8:00	Honey Do	30-58	Douglass F.P.	Barb Barr
	9:00	Bastille Day Ride	59/74/95	Paris, WI	Mitch Rosset
Sun. 7-12	9:00	WW Annual Picnic & Ride	Approx 31-55	Heron Creek F.P.	Kilian Emanuel
Fri. 7-17	10:00	Libertyville Picnic Ride	32	Willow Stream Park	Frank Bing
Sat. 7-18	8:00	Honey Do	30-58	Douglass F.P.	<b>Ride Host Needed</b>
	8:00	Retro Harmon	30/60/100	Wauconda H.S.	Paul LeFevre
Sun. 7-19	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Joe Beemster
Fri. 7-24	10:00	Libertyville Picnic Ride	32	Willow Stream Park	Frank Bing
Sat. 7-25	8:00	Honey Do	30-58	Douglass F.P.	Ella Shields
	9:00	Richmond Antioch Blend	83	Antioch Middle School	Dan Wiessner
Sun. 7-26	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Reinhilde Geis
	8:30	Darwin Ride	70	Long Grove Commons	Anna Swietczak
Fri. 7-31	10:00	Libertyville Picnic Ride	32	Willow Stream Park	Frank Bing

## AUGUST

Sat. 8-1	8:00	Honey Do	30-58	Douglass F.P.	Betsy Burtelow
	9:00	Loops of Lyons	50/71/100	Fellows Park, WI	Ride Host Needed
Sun. 8-2	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Johannes Smits
	8:00/ 10:00	Geneva Century/Geneva Lite	50/100	Heron Creek F.P. Veteran's Memorial Park McHenry	8:00 - Emily Qualich  10:00 - Larry Frank
Fri. 8-7	10:00	Libertyville Picnic Ride	32	Willow Stream Park	Frank Bing
Sat. 8-8	8:00	Honey Do	30-58	Douglass F.P.	Ride Host Needed
	9:00	Another Day Another Way	70/100	Evergreen School, Un- ion	Dave Waycie
Sat. 8-8 Sun. 8-9	~~	<b>Amishland &amp; Lakes Invitational</b>		Howe, IN	Invitational
Sun. 8-9	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Emily Qualich
	8:00	Paul's NE IL Century	100	Euclid Elementary School	Paul LeFevre
Fri. 8-14	10:00	Libertyville Picnic Ride	32	Willow Stream Park	Frank Bing
Sat. 8-15	8:00	Honey Do	30-58	Douglass F.P.	Ride Host Needed
	8:30	TINFU	50/75/100	Evergreen School, Union	Dave Waycie
Sun. 8-16	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Joe Beemster
Fri. 8-21	10:00	Libertyville Picnic Ride	32	Willow Stream Park	Emily Qualich
Sat. 8-22	8:00	Honey Do	30-58	Douglass F.P.	Tony Vercillo
	8:00/ Tour 8:30/ Ride	Waterford Factory Tour & Ride	27/41/68	Waterford, WI	Kevin Moore
Sun. 8-23	7-9am	<b>Club Member Harmon Pre Ride</b>	25/50/75/100	Wilmot H.S.	Roland Cooper
Fri. 8-28	10:00	Libertyville Picnic Ride	32	Willow Stream Park	Ride Host Needed
Sat. 8-29	8:00	Honey Do/Extended Do/ Double Metric Century	30-124	Douglass F.P.	Anna Swietczak
Sun. 8-30	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Emily Qualich
	8:30	Long Grove to Wilmot Ride	85	Long Grove Commons	Dave Waycie

## SEPTEMBER

Fri. 9-4	10:00	Lunch in Libertyville	30	Willow Stream Park	Emily Qualich
Sat. 9-5	9:00	Honey Do	30-58	Douglass F.P.	Ride Host Needed
	9:00	Wauconda/Twin Lakes	61/78	Lakewood F.P.	Ride Host Needed
Sun. 9-6	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Jim Boyer
Mon. 9-7	9:00	(Labor Day) Loops of Lakewood	28/34/40/69	Lakewood F.P.	Ride Host Needed
Fri. 9-11	10:00	Lunch in Libertyville	30	Willow Stream Park	Barb Barr
Sat. 9-12	9:00	Honey Do/Extended Do	30-77	Douglass F.P.	Ride Host Needed
Sun. 9-13	~	<b>HARMON HUNDRED</b>		<b>Wilmot H.S.</b>	<b>Everyone Works</b>
Fri. 9-18	10:00	Lunch in Libertyville	30	Willow Stream Park	Emily Qualich
Sat. 9-19	9:00	Honey Do	30-58	Douglass F.P.	Eva Larson
	9:00	Fontana Ride	71	McHenry Co College	Brian Hale
Sun. 9-20	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Patty & Brian Blome
	9:00	Triple Deerpas	66	Evergreen School, Union	Dave Waycie
Fri. 9-25	10:00	Lunch in Libertyville	30	Willow Stream Park	Emily Qualich
Sat. 9-26	9:00	Honey Do	30-58	Douglass F.P.	Ride Host Needed
	9:00	Vern's PITA Ride	39/61	Cuba Marsh	Ride Host Needed
Sun. 9-27	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Joe Beemster

## OCTOBER

Sat. 10-3	9:00	Honey Do	30-58	Douglass F.P.	Ride Host Needed
	8:00/ Tour 8:30/ Ride	Waterford Factory Tour & Ride	27/41/68	Waterford, WI	Kevin Moore
Sun. 10-4	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Todd Berlin
Sat. 10-10	9:00	Honey Do	30-58	Douglass F.P.	Ride Host Needed
	10:00	<b>Fox River/Great Western/ Prairie Path Trail ride</b>	approx 35	South Elgin	Mitch Rosset
Sun. 10-11	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Jorn Lim
Sat. 10-17	9:00	Honey Do/Extended Do	30-58	Douglass F.P.	Barb Barr
Sun. 10-18	9:00	Sunday Short Ride	Approx 31-55	Long Grove Commons	Joe Beemster
Sat. 10-24	9:00	Honey Do/Extended Do	30-58	Douglass F.P.	Ride Host Needed
Sun. 10-25	10:00	Chili Ride	30/39	David Newman's Home	David Newman
Sat. 10-31	9:00	Honey Do/Extended Do	30-58	Douglass F.P.	Ride Host Needed

If you wish to be a ride host for any of the available slots please contact Sheri Rosenbaum

[Luv2Bike80@hotmail.com](mailto:Luv2Bike80@hotmail.com)

Not sure what a ride host does? It's easy, read a quick FAQ at

[www.wheelmen.com/rides\\_host.asp](http://www.wheelmen.com/rides_host.asp)





### Dear Fellow Wheelmen,

Once again, we are all looking forward to Spring, good riding weather and the St. Patrick's Day Ride. The ride this year is on Sunday, **March 22**, starting from Wauconda High School.

We need your help again to host this spectacular early season ride. A special thanks goes to the club members who have already volunteered. We need additional help in all volunteer areas: road marking (day before), registration, parking, cookies, and serving food. There are 2 shifts, 7:00 – 9:30 am and 9:30 – 12.

Great live musical entertainment will be provided by Acoustic Soul Generation, a wonderful group that plays all over the Chicago area. They have graciously offered their talents for our special event, so don't miss it!

We are passing out hundreds of pamphlets and large posters advertising the ride. Contact me if you can help with the distribution in your area.

So come out and join the fun and see your cycling friends. Call 312-969-1010 or email [annaswiet@yahoo.com](mailto:annaswiet@yahoo.com) to secure your favorite volunteer spot.

I look forward to seeing everyone,

Anna Swietczak

## FEBRUARY 5 CLUB MEETING RECAP

Due to a couple of issues, lack of parking at the Prospect Heights School combined with the closing of the Pearlizumi store, the club got together at the Tavern 45 restaurant and bar. Some twenty plus Wheelmen members came by to enjoy the great food items and refreshments. It was a fun night seeing everyone again and enjoying the conversation.

Continued from page 1

- In October we'll offer a trail ride on the weekend. The fall colors should be at their peak and why not get off the road and enjoy a trail ride. In previous year's, this has been on the club's schedule in November and had good attendance. We thought that offering it when the fall colors are so nice and club miles even more folks would come out. The ride offers a potpourri of trails including the Fox River, Great Western and Prairie Paths.

Our regular weekly rides include:

- Saturday Honey Do – Douglas Forest Preserve
- Sunday Long Grove Short Ride – Long Grove Commons
- Tues/Thurs Bakery Rides – Willow Stream Park (lunch and day old cake at Deerfield Bakery post ride)
- Tuesday Night Ride – Downtown Long Grove

- Wednesday Trail/Road Ride – Blue Star Memorial Woods
- Wednesday Night Ride – Douglas Forest Preserve
- Thursday Night Ride – Heron Creek Forest Preserve
- Friday Picnic Ride – Willow Stream Park

I couldn't write an article about our ride schedule without including a blurb about needing ALL our members to step up and host a ride. We cannot maintain an extensive ride schedule, like the one you will find enclosed, without members volunteering. I will be on the hunt for those of you who ride regularly with the club but have yet to volunteer. Ask your fellow members about being a ride host. They'll tell you it is soooo easy, fun and very little effort. And who knows, you might get to meet a few more members.

Something new this year to give folks an

incentive to volunteer to host a ride as well as giving accolades to those that host. We will keep a tally of each member and how many rides they host during the season. This tally will be posted on our web site starting in April.

Thank you all for your kind words about my weekly emails covering rides, club news, tips/tricks, and even some gossip from time to time. These will continue during the year. So if you are not signed up for our Yahoo group, (see page 9) be sure to do so or you will miss out on key club information.

I hope after reading this article and reviewing the enclosed ride schedule, you are as excited about the 2015 season as I am. Now we only need Mother Nature to cooperate with fabulous weather and tail winds and we will be all set.

Be safe and enjoy the ride,

*Sheri Rosenbaum*  
VP and Ride Chair



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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)**

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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)

**Wheeling Wheelmen Membership Application**

Name: \_\_\_\_\_ Spouse's Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Children's Names: \_\_\_\_\_ Age: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_ Age: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 New Member?  Renewal?  Family dues:  \$25 Individual dues:  \$20

**Newsletters are sent via e-mail, but if you need a paper copy please indicate below:**

Send paper copy

**Membership Pledge:** I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to abide 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.

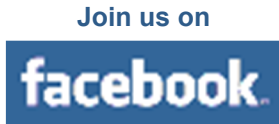
\_\_\_\_\_  
 Applicant's Signature (parent's signature if a minor) Spouse's Signature Date

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



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

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



**SAVE THE DATES**

Club Meeting - Thursday, March. 5  
 St Pat's Ride - Sunday, March 22  
 Club Picnic - Sunday, July 12  
 Harmon 100 - Sunday, Sept 13



**CLUB DISCOUNTS**

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

**ALBERTO'S CYCLES**  
 661 Central, Highland Park  
 847-432-0015

**AMLINGS CYCLE & FITNESS**  
 8140 N Milwaukee Ave.  
 Niles 847-692-4240

**B&G CYCLERY**  
 131 E. Rollins Rd,  
 Round Lake Beach,  
 847-740-0007

**BICYCLE CONNECTION OF SCHAUMBURG**  
 1226 N Roselle Rd.  
 Schaumburg  
 847-882-7728

**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

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The League of American Bicyclists promotes cycling through safety and represents us in the decision making process in Washington D.C. A yearly membership is \$35 and should be sent to:

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 Washington, DC 20006  
 Tel: 202-822-1333 Fax: 202/822-1334  
 E-mail: [BikeLeague@aol.com](mailto:BikeLeague@aol.com)  
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