



MONTHLY MEANDERS

DECEMBER 2005

January 2006

PREZ SEZ

Greetings fellow club members.

Now that the official ride season has come to a close it's time to start planning for next season. Before we do that lets take a look back at 2005.

Once again we had dry enough weather to start the year off with a bike ride on New Years day. As I recall we had about a dozen people out for a 25-30 mile adventure. Let's hope we can keep the string alive in 2006. There was not a lot of snow through the first few months of the year so we only organized a couple of cross country ski outings. Trail hiking was added as an alternative to weekend rides. We will continue to schedule the hikes starting this month. Check the newsletter, web site and ride line for details. We gathered for an ethnic dinner in January, February and March of this year. We look for unusual restaurants with entrées in the \$8-12 range. By unusual I mean not the typical Italian or American fare. If you haven't made it one of these, or if you have a favorite out of the ordinary spot for us to try, please try and join us

next year. Our first culinary adventure will be at La Tasca in downtown Arlington Heights.

The official season began with the St Pats ride on a frigid, windy cold March day. I will not forget having to use a drill to break the frozen ground in order to put the road marking signs up. As usual we had just enough riders to break even for the day. This is not a money maker for us and that's OK. The St Pats kicks off the riding season for the Chicagoland area and I'm sure there are a lot of cabin fevered cyclists who really appreciate our efforts. We thank the 120-150 hard core riders out there who show up even on the coldest and wettest March day. Special thanks to Tom and Deb Wilson for chairing the ride again this year.

We had another very successful Harmon Hundred. Nearly 800 participants were hosted by 60 Wheeling members on a hot and humid September day. Special thanks to Village Cycle, Amlings Cycle and Shamrock Cycle. All of this is coordinated by Marykay Drapeau, the ride chair extraordinaire.

In an effort to support our sister clubs in the area we designated an invitational each month to count as official club mileage. This proved to be a rousing success, with 20-30 Wheelmen participating in each of these rides. We will continue this new feature for 2006 adding different clubs invitational throughout the season. Speaking of club miles, for those who could not attend the club banquet this year, here are some of the 2005 stats compiled by Joe Irons.

We had 294 rides scheduled and completed or at least started 279 of them with 15 rainouts. That's a little better than last year with 287 scheduled and 17 rainouts and way up from 2003 with 283 and 32. The most popular ride based on average number of riders was the Honey-do with 23.7 followed by the short Sunday option with 21.1 and the Tuesday Night Working Stiffs with 17.1. In 2003 148 different members tallied 123,311 miles, last year the same number of riders combined for 136,145 and this year 20 additional riders

(Continued on page 5)

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January Meeting

Our guests will be representatives from LIB and CBF to accept donations from the WW and we will talk about what their organizations have done in 2005 and their plans for 2006

Welcome New Members

Greg Marsh
Palatine, IL

Kara Schrader,
Palatine, IL

Club Officials

Elected Officers

President

Rich Drapeau (847)808-1476

V.P./Ride Chair

Len Geis (847)679-0279

Treasurer

Al Berman (847)541-9248

Secretary

Kris Woodcock (847)520-6932

Membership

Betsy Burtelow & Jim Boyer (847)541-1325

Publicity Chair

Sheri Rosenbaum (847)821-7622

luv2bike80@hotmail.com

Appointed Officers

Harmon

Mary Kay Drapeau (847)808-1476

Newsletter & Mailing

Jennie Pfeifer (847)342-8823

St. Pat's Ride

Tom & Deb Wilson (847)632-1412

Chairmen

Banquet

Kris Woodcock (847)520-6932

Harmon Data Base

Jennie Pfeifer (847)342-8823

LAB

Phyllis Harmon

Mileage Statistician

Joe Irons (847)359-0551

Picnic

Al & Cindy Schneider (847)696-2356

Refreshments

Frank & Pat Illy (847)923-5910

Ride Line

Art Cunningham (847)963-8746

Web Page

Jim Boyer (847)541-1325

Ride Line (847)520-5010

Art Cunningham

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

Jennie Pfeifer
1417 E Fleming Dr N
Arlington Hts IL 60004
jenniepfei@aol.com

(Please include your name and phone number in case I have any questions)



Don't miss an issue of Monthly Meanders!! Call Betsy or Jim with all name, address and phone number changes at (847)541-1325.

Board Meeting

No Dec board meeting. January board meeting will be at Al Berman's on the 18th.

TOP 20 MILEAGE

179 rides by 168 members totaling 158,596 miles. 8819 maximum miles possible per rider.

Women

1. Reinhilde Geis	4631
2. Cindy Schneider	3168
3. Cindy Trent	3079
4. Mary Kay Drapeau	2959
5. Debbie Wilson	2666
6. Meg Ewen	2486
7. Ella Shields	2470
8. Sheri Rosenbaum	2380
9. Betsy Burtelow	2193
10. Pam Burke	2122
11. Chriss Wager	1991
12. Virginia Savio	1979
13. Kris Woodcock	1975
14. Pat Calabrese	1898
15. Mary Myslis	1825
16. Marianne Kron	1679
17. Cynthia Brown	1382
18. Pat Illy	1372
19. Barbara Barr	1157
20. Fran Green	921

Men

1. Killian Emanuel	7149
2. Leonard Geis	4872
3. Art Cunningham	4797
4. Joe Irons	4342
5. Frank Illy	4020
6. Richard Drapeau	3935
7. Daniel Wiessner	3824
8. Dennis Creaney	3597
9. Kevin A. Moore	3511
10. Al Schneider	3317
11. Jim Boyer	3307
12. Tom Wilson	2853
13. C. Brian Hale	2284
14. Dave Slocum	2117
15. Brian Blome	2096
16. Bob Dominski	2075
17. Louis H. Greene	2071
18. Jim Flechsig	1935
19. Peter Guzik	1908
20. Jeff Biedka	1903



The all new club jersey-design is available in a variety of styles from Voler:

Jerseys	
<ul style="list-style-type: none"> Short sleeve Sleeveless in club cut (fuller), race cut (closer) men's and women's lengths all with 20 inch zip-	\$67.50
Wind Vest	\$68.50
Thermal Vest	\$84.50

We need a minimum order of 25 units to place the order. There will be sample sizes to try on at the holiday party, or at Tom Wilson's, or you can find any other jerseys by Voler you may already own or at a shop to get an idea of fit.

- Payment in full must be made by February 2nd.
- No refunds, exchanges or returns.

Please visit the club website for a full-color picture of the jersey! You are going to want one!

Tips you can use!

From:

RBR Publishing Company

RBRPublishing@roadbikerider.com

Best of Coach Fred o^o o^o o^o o^o o^o

How Can I Stay Sane on a Trainer?

Question: Now that it's dark after work and I can no longer ride outside on weekdays, I'm setting up an indoor cycling program. I plan to pedal for at least an hour, four days a week. I've read the workout advice in your eBook, *Off-Season Training for Roadies*, but I'm still concerned about trainer boredom. Do you have any additional sanity-saving ideas to get me through a winter of grinding away in the basement? -- Bill B.

Coach Fred Matheny Replies: Several months on a trainer would drive a medieval monk, accustomed to the severest discipline of a monastery, to blasphemy and despair.

So, if the standard methods of boredom relief aren't enough, try my "last resort" technique. It won't save your soul but it might rescue your sanity.

Simply set a lower deadline on the time you ride the trainer. Make it about half your usual session. In your case, cut it to 30 minutes. Then write out a minute-by-minute schedule for the half hour. Put it where you can read it. Get on the devil machine and follow the schedule exactly. The time will fly. Well, maybe not fly, but at least it will go faster than "standard trainer time."

Why does this work? It takes advantage of a nifty psychological trick that I employed when I taught writing in high school.

Teachers know the first question they'll receive when they assign a paper: a plaintive "How long does it have to be?" My answer: "It can't be any longer than one page. I won't read anything after that."

Students loved this answer at first. They thought it meant less work for them. In fact, as any writer knows, it's much harder to cram your thesis, evidence and transitions into a limited space. You have to eliminate excess words and include only what's important.

The same is true of a trainer workout. If you hop on the bike with an open-ended plan to spin along until you get bored or tired, the minutes will crawl. The workout will be tedious -- like a 10-page paper that says nothing.

But if you only have 30 minutes to train and a specific schedule that forces you to fit as much work as possible into that fleeting half hour, the time will zip by as you race to get it all done. If you've ever squeezed a ride into the only free 30-minute slot you had all day, you'll recognize the feeling.

Will the abbreviated workout result in less fitness? Probably just the opposite. You'll work harder in 30 minutes -- and get more benefit -- than you will slogging for an hour and hating every second. And you'll be less likely to dread the next session, too.

If you can handle 30 minutes, consider increasing to 45 and keep it as tightly organized. But never, ever go over 45 minutes. That way madness lies.

Frame Flex on Trainers

As bikes get mounted on indoor trainers at this time of year, riders become concerned about the frame flex they see while pedaling. Experts say there's no reason to worry. In fact, frames flex on the road, too, but because they're free to pivot on the wheels it's not noticeable. Frames are designed to be resilient. They can endure a lot more weight and movement than they'll ever see on a trainer. So don't worry about breaking your frame as you ride inside and instead concern yourself with more crucial issues, like why the hands on the clock have stopped moving.



Calves Are Bull

Some riders have calves like melons, some riders have calves like pitted prunes. It's a hereditary thing. Does calf shape or strength make a difference to cycling ability? Not really. It's well established that calves serve only one function in cycling: They "wire" the quadriceps to the foot and pedal. They don't help you pedal better no matter how impressive they look. What this means is that you're smart *not* to spend time and energy on calf exercises in your winter training program. You might marginally improve their strength and even their appearance, but it won't help your riding. Instead, work on your power-generating quads and glutes and, for balance, your hamstrings.

Convenient Recovery Drink

We all know the importance of replenishing muscle fuel (glycogen) as soon as possible after a long or strenuous ride. Most experts agree that the ideal post-ride snack is something high in carbohydrate with a bit of protein. A liquid may be better than solid food because it's fast and easy to get down and it digests quicker. You can invest in a commercial recovery drink that does the job or you can enjoy a glass of chocolate milk. Eight ounces of the 1% variant contain 170 calories with 26 grams of carbohydrate, 9 grams of protein and 3 grams of fat. Plus it has calcium and electrolytes (sodium, potassium, phosphorus). The carb total is not quite enough for bigger riders, but that's easy to fix. Drink two glasses. Enjoy some chocolate milk after an event while driving home. Every convenience store sells it!



Frozen Feet

Being the farthest parts from your internal furnace, feet can be hard to keep warm on cold-weather rides. Here are two simple things you can do on any ride to keep your pups thawed. First, consciously pull up on the pedals. Doing so also lifts your feet inside your shoes, relieving pressure on the soles to let warm blood circulate. Just a few strokes this way can make an improvement. Second, if feet really start suffering, get off and walk your bike for a minute. Works wonders.

Don't Be Snotty

In newsletter No. 219 we mentioned *vasomotor rhinitis*, a condition in which cold air makes one's nose flow like a faulty faucet. RBR roadie **Keith D.** is a victim that now gets a one-month **Premium Site** membership for sending us this tip to share with fellow sufferers: "I get vasomotor rhinitis bad! Especially in the winter. Atrovent (ipratropium bromide) Nasal Spray 0.06% works like a dream. I use it for riding, skiing or even just walking outside when it is cold and/or windy. It's only available by prescription. And no, I do not work for the manufacturer!"

Holiday Party



Come and enjoy
the fun on
Sunday,
December 11th
3:00 — 8:00 p.m.

Hosted by

Pat & Frank Illy

846 Beacon Drive

Schaumburg, IL

Call Pat @ (847) 359-
9085 (days) or (847)
923-5910 (evenings)

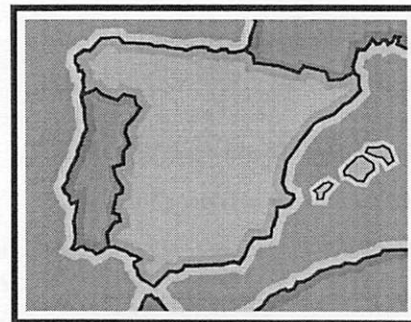


Winter Activities

Although the weather outside might be frightful, it's always delightful to get together with your fellow Wheelmen!

Please check the website:
www.wheelmen.com and the rideline: (847)
520-5010 frequently for new activities such as
social dinners, hikes, and cross-country skiing!

Join the Wheeling Wheelmen for a
Spanish Tapas Dinner

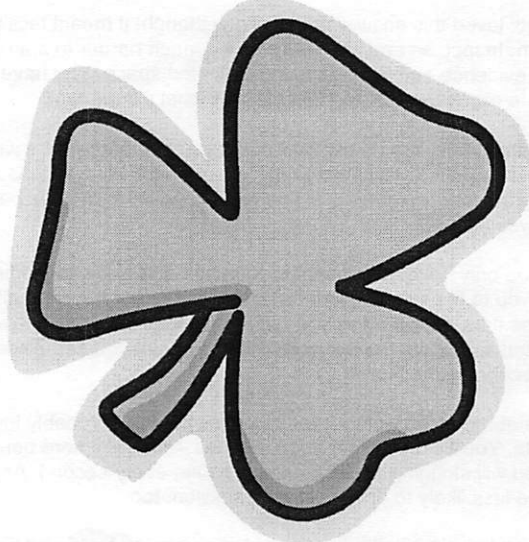


on
January 15th
at
6:00

La Tasca
25 W. Davis
Downtown Arlington Heights

To reserve your seat, e-mail
Kris Woodcock
by January 11th
at

kwoodcock@wickesfurniture.com



Answers to the Bike Quiz

1. T, 2. F, 3. T, 4. (b), 5. (a), 6. (d), 7. (d), 8.
(a), 9. F, 10. F

The Perils of Pedaling

If you get all your exercise from biking, beware: It may lead to brittle bones in old age

By MARILYN CHASE

Staff Reporter of THE WALL STREET JOURNAL

October 10, 2005; Page R7

Bicycling, spurred by icons like Tour de France winner Lance Armstrong, is a hugely popular adult sport, drawing 85.7 million Americans over age 16 to ride for fun and fitness. But cyclists who get all their exercise on two wheels may face a hidden health hazard: fragile bones.

Once seen mainly as a risk to women, weak bones afflict men, too -- even elite athletes. What people do in their 20s, 30s and 40s can shore up a strong skeleton or start a silent erosion, leading to brittle bones that can shatter in old age.

"Osteoporosis is still thought of as a disease of little old ladies. It's a misconception," says Jeanne Nichols, professor of exercise and nutrition science at San Diego State University. She studies the health of athletes and has found that men are also vulnerable to imbalances in exercise and nutrition that can undermine skeletal health.

In her research, Dr. Nichols found that male master cyclists -- ultrafit senior athletes who rode for an average of 20 years -- suffer surprisingly high rates of a precursor to osteoporosis, the thin and porous bones that are prone to fractures. While more research is needed, she says that training exclusively on the bike, excluding weight-bearing exercise, undermines bone strength.

Beneficial Pressure

Healthy bone cells undergo constant turnover in a process of breakdown and replacement. Building new bone requires the pressure of body weight and impact on the skeleton to add new cells. Running and jumping provide such stimuli. But as joints get injured, people turn to low-impact sports. While this avoids pain, it also deprives bones of a growth trigger.

Bicycling is a non-weight-bearing exercise that spares the joints but softens the impact that sparks growth. In addition, cyclists sweat a lot, losing calcium in the process. Some elite cyclists also

strive to be very lean for speed. Thin builds are a risk factor for osteoporosis, along with female sex, and Caucasian or Asian ethnicity. Smoking, alcohol and drugs such as the anti-inflammatory prednisone can add to risks.

Sound nutrition, with adequate calcium and vitamin D, is essential. But many adults are calcium-deficient because they don't like milk, want to avoid calories, or are lactose-intolerant. Cyclists who ride extreme events like centuries, or 100-mile races, can depress the hormones testosterone and estrogen, further weakening bones. Men on antihormonal treatment for prostate cancer also are at risk.

Slow Decline

People build strong bones from childhood, reaching maximum bone density by their mid-20s. After that, says San Francisco orthopedic surgeon Christopher Cox, "it's a slow degradation. Women lose

bone rapidly around menopause, but even men lose bone. If you have only so much, and if you do a high-risk sport, you may find that out in your 60s when you can't do much about it." The wake-up call may be a broken hip, or a stress fracture of the vertebrae.

Building Bone Strength

- Good overall nutrition (with plenty of calcium and vitamin D)
 - Maintain sensible weight
 - Alternate cycling with sports that involve running or jumping
 - Weight training
 - If osteoporosis is present, consider medicines like Fosamax
- Source: WSJ reporting

Dr. Nichols's findings are preliminary and should be interpreted with caution, some experts say. Others think the evidence is compelling enough to shape their regimen.

Orthopedic surgeon Eric Heiden, an Olympic gold medalist in speed skating in 1980 who later took up pro cycling, follows a regimen that includes lots of milk and twice-weekly sessions that alternate the bike with weights. His medical rounds at the University of California at Davis also keep him on his feet. "I'm 47," says Dr. Heiden, "so a guy like me better keep walking."



(Prez Sez continued from page 1)

amassed an incredible 158,596 miles. Remember our official ride schedule does not begin until the St Pats ride and ends the end of October. I'm sure if we included miles from January through December and every mile ridden by every member, as a lot of clubs do, we would be over 200,000.

Don't forget the Holiday party on December 11th at the Illy's. We have 2 hour training sessions reserved at Vision Quest in December, January and February. New club jerseys are in the final design stages and sample sizes will be available at the Holiday party for fittings. We'll put the design on the web site. Tired of biking? How about going for a hike. We have a variety scheduled this year.

Congratulations to Killian Emanuel and Reinhilde Geis the top mileage members this year. Most improved for 2005 are Phil Castle and Sheri Rosenbaum. The Broken Helmet Award goes to Tom Wilson for his spectacular forward summersault with a half twist while going UP Signal Hill. And finally to Joe Irons, this years recipient of the Bob Savio Good Samaritan Award.

Thank you Kris Woodcock for chairing the Banquet and Meg Ewing and Ella Shields for all you did as well.

Our next club meeting will be Thursday January 5th. Guests will be The Chicagoland Bicycle Federation and League of Illinois Bicyclists. We will present a donation to each and get an update on what each organization is doing on our behalf. We will also have sample jerseys available for sizing.

See you on the road.

Rich Drapeau



Start the New Year off Right Volunteer to be a Ride Host

Q: *Hey, what the heck is a ride host?*

A: Wow, being a Ride Host is FUN and EASY. First, you pick one of the many rides on our calendar. Then contact Len Geis the ride chair or any one of the board members. Len will provide you with a copy of the cue sheet and map for the ride. All you have to do is make copies of the cue sheets, show up for the ride, hand out the maps, get people to sign in, introduce any new riders, and go for a fun ride. Within a day or two following the ride, mail the sign up sheet to Joe Irons. It is that simple.

Q: *Do I have to do my own cue sheets and maps?*

A: No silly, we provide all of that. However, if you want to be adventurous, we are always looking for new rides. You can create your own. Just work with Len on the particulars.

Q: *I'm nervous about doing it alone my first time. Can I "buddy up" with someone?*

A: Certainly. If you want to host a ride with a friend, partner, lover or even a board member, feel free. It's fun in pairs.

Q: *What do I get out of hosting a ride?*

A: First of all it is fun. Second, the club will only survive if the members volunteer. This is an easy way for you to keep the club going. In addition, we have a new ride host incentive program. Your name will be entered into a drawing for as many times as you have volunteered to lead a Saturday/Sunday ride. The drawing will be at the end of the season at our annual banquet.

Bike Quiz – Test Yourself

By Joe Huebner,
Assistant Service Manager at Turin.

1. In most cases, chains are replaced more often than chainrings. (T or F)
2. There is no difference between brake and shift housing. (T or F)
3. Both PSI and TPI refer to tires. (T or F)
4. Fork rake is a term sometimes used in place of fork offset, which is:
 - a) the distance between the front axle and the center of the handlebar.
 - b) the distance between the front axle and the steering axis.
 - c) the distance between the steering axis and the rear axle.
 - d) the distance between the rear axle and the front axle.
5. Cutting fluid is not used:
 - a) When chasing bottom bracket threads.
 - b) When facing head tubes.
 - c) When cutting steerer tubes to length.
 - d) When tapping derailleur hangers.
6. The difference between Shimano and Campagnolo shift cables is:
 - a) Campagnolo heads are smaller.
 - b) Shimano cables are stainless steel.
 - c) They are wound in opposite directions.
 - d) Both a) and c).
7. 170 mm, 172.5 mm, and 175 mm are numbers that refer to:
 - a) Chainring diameter
 - b) Stem length
 - c) Handlebar width
 - d) Crank length
8. Three ways, pokie spokes, chain whips, and third hands are:
 - a) tools
 - b) torture devices
 - c) spoke lacing patterns
 - d) bicycle stunts
9. Drive side spoke tension is the same as non-drive side spoke tension on most road racing rear wheels. (T or F)
10. Titanium is used in place of aluminum for frame building, because it is lighter. (T or F).

Look for the answers to this quiz on another page!

**WHEELING WHEELMEN****YAHOO GROUP**

The Wheeling Wheelmen Bicycle Club now has an active Yahoo group available on the Internet. The group works like a bulletin board and allows us to exchange e-mail with other club members without having to know everyone's individual e-mail address. You can subscribe to the group and post messages to other group members by sending an e-mail to the address below. You must subscribe to the group before you can send a message. Follow the instructions provided by Yahoo to complete your registration.

The group name is **wheelingwheelmen** and is available at: <http://groups.yahoo.com/group/wheelingwheelmen>

To Subscribe send an e-mail message to:

wheelingwheelmen-subscribe@yahoogroups.com

To post a message send your message in an e-mail to:

wheelingwheelmen@yahoogroups.com

To Unsubscribe send an e-mail message to:

wheelingwheelmen-unsubscribe@yahoogroups.com

Stay in shape over the winter as well as improve your cycling skills. Join the Wheelmen at **Robbie Ventura's Vision Quest** facility in Lake Bluff.

Utilizing a **CompuTrainer** and **your own bike** you'll be hooked up to a centralized computer where you'll know exactly how you do on this simulated ride. The computer will record watts, distance, average speed and more. In addition, see where you are compared to the rest of the pack via the big screen.

The first 16 members to register and submit their deposit will secure a CompuTrainer during this two hour "spin" class. The remaining 14 openings will be on a standard trainer with your bike.

Cost for the event is \$20 per person per session PLUS cost to use the facility (the \$100 fee will be split by the # of riders present).

Event is from 2-4pm on the following dates:

Sunday, Nov. 20

Sunday, Dec. 18

Sunday, Jan 22

Sunday, Feb 19

To register for the event, you **MUST** submit a non-refundable deposit for each class.

E-mail Sheri Rosenbaum at Luv2Bike80@hotmail.com to RSVP or for any questions. Follow up with a check to secure your spot. Sheri will send you an e-mail with details where to send the check.

More about Vision Quest go to
www.visionquestcoaching.com

**Wheeling Wheelmen Membership Application**

Name: _____

Spouse's Name: _____

Address: _____

Children's Names: _____ Age: _____

City, State, Zip: _____

_____ Age: _____

Phone #: _____

E-mail: _____

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

Family dues: \$20 Individual dues: \$15

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



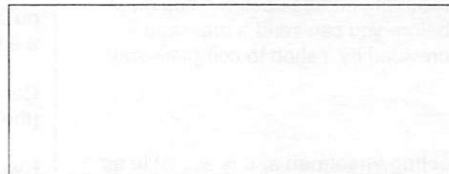
P. O. Box 7304
Buffalo Grove, Il. 60089-7304

Phone: 847-520-5010
Email: wheeling@wheelmen.com

We are on the web
wheelmen.com

Club Meeting
No December meeting

Next meeting will be
Thursday, January 5, 2006



CLUB DISCOUNTS

The following local bike 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

1770 First St. Highland Park
847/446-2042

AMLINGS CYCLE & FITNESS

8140 N Milwaukee Ave., Niles
847/692-4240

BICYCLE CONNECTION OF

SCHAUMBURG 1226 N Roselle Rd.
Schaumburg, 847/882-7728

GEORGE GARNER CYCLERY

111 Waukegan Rd., Northbrook
847/272-2100

LIBERTYVILLE CYCLERY

800 N. Milwaukee Ave, Libertyville
847/362-6030

MIKES BIKES

155 N Northwest Hwy, Palatine,
847/358-0948

RUNNER'S HIGH

7 S. Dunton, Arlington Hts. 847/670-9255

SHAMROCK CYCLERY

344 Old McHenry Rd, Long Grove
847/913-9767

SPOKES, 223 Rice Square at Danada

Wheaton 630/690-2050
1807 S. Washington, Naperville
630/961-8222

THE CYCLERY

575 Ela Road, Lake Zurich,
847/438-9600

TURIN BICYCLE

1027 Davis Street, Evanston
847/864-7660

VILLAGE CYCLESPORT

63 Park & Shop, Elk Grove Village
847/439-3340
1313 N. Rand Rd, Arlington Hts.
847/398-1650

We support:

- *The League of American Bicyclists
- *The League of Illinois Bicyclists
- *The Chicagoland Bicycle Federation
- *Buffalo Grove Bike Rodeo
- *Bicycle Federation of Wisconsin
- * Adventure Cycling

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 \$30 for individuals, \$35 for families 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