



MONTHLY MEANDERS

PREZ SEZ

The typical Wheeling Wheelmen ride can be an intimidating experience for the uninitiated. I always promote our rides as “ride at your own pace”. Usually you will find someone at your level to ride with. There are other clubs that ride together as a group with the slowest rider in the group setting the tempo and I’ve steered newbie’s to those clubs as an alternative to our usual “take no prisoners” approach.

We are now in early season form and this is a time to meet new friends, do conditioning miles and test our fitness on the hills. There’s just one catch: To enjoy a group ride you have to stay with the group. It’s no fun for to hang on and get shelled on the first hill or dropped at a stop light. It’s also no fun for the stronger riders to hold back just to keep the group together. There are ways to keep it a fun and challenging ride for everyone.

Find the right group. Ideally the group should be no more than 15% too fast or too slow for your fitness level.

Follow the leader. Every group needs a leader who sets the rules and sees that they are followed. “No one will be dropped except on hills, and then ride easy until everyone is back on.”

Designate the tow trucks. The strongest riders should pull the group together if it splits. If some riders are dangling off the back one or two strong riders drop back to pull them up to the group. If a rider(s) are consistently dropping off the back then they are not at a fitness level needed to stay with the group, or just having a bad day and should let the group know to go on without them.

Do more work. If your one of the stronger riders in the group, get you workout by riding up front or out of the draft.

I’m not suggesting that every ride be a group ride. Our weeknight rides and the honey do tend to be “every man for himself” and there are usually opportunities to get back on the train if you get dropped. These routes tend to be shorter in

length so you’re not likely to end up riding 50 miles by yourself. It’s also a great incentive to improve your fitness level. We do have a number of longer weekend rides where the above would make sense, especially on routes that are up north or out west.

Keep an eye out for a survey asking your opinion on a variety of club issues. You board meets on a regular basis to take care of club business and tries to come up with ways to make the Wheelmen a “better” club. The key challenge is what makes a good club. With 300 members there are a lot of different opinions on this. Some do not want any changes, others want major changes and some don’t care one way or the other. Whatever your preference please take the time to fill out the survey. We appreciate your input.

Adios for now,

Rich Drapeau

May, 2008

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WELCOME NEW MEMBERS

Laura Mazzenga, Chicago
 Nick Nowicki, Arlington Heights
 Nancy Skinner, Elk Grove Village

Club Officials

Elected Officers

President	
<i>Rich Drapeau</i>	847/808-1476
V.P./Ride Chair	
<i>Brian Blome</i>	847/358-4807
<i>& Pat Calabrese</i>	
Treasurer	
<i>Johannes Smits</i>	630/893-2835
Secretary	
<i>Kevin Moore</i>	847/577-8490
Membership	
<i>Meg Ewen</i>	630/540-1704
Publicity Chair	
<i>Sheri Rosenbaum</i>	847/368-1762
<i>luv2bike80@hotmail.com</i>	
<u>Appointed Officers</u>	
Harmon	
Open	
Newsletter	
<i>Ella Shields</i>	773/594-1755
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	847/632-1412
<u>Chairmen</u>	
Banquet	
<i>Kris Woodcock</i>	847/520-6932
Harmon Data Base	
<i>Mary Kay Drapaeu</i>	847/808-1476
Mileage Statistician	
<i>Joe Irons</i>	847/359-0551
Newsletter Mailing	
<i>Jeff Biedka</i>	847/534-9003
Picnic	
<i>Al & Cindy Schneider</i>	847/696-2356
Refreshments	
Open	
Ride Line	
<i>Frank Bing</i>	847/634-1439
Web Page	
<i>Jim Boyer</i>	847/541-1325

Newsletter Policy

We can always use information for the newsletter. I'd love to hear from you. Send or e-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month

Ella Shields
7516 W. Devon Ave.
Chicago, IL. 60631
eshieldsbike@yahoo.com

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



Don't miss an issue of Monthly Meanders!! Call Meg Ewen with all name, address and phone number changes at 630/540-1704

Board Meeting

The next board meeting is Wednesday, May 21, 7:00 p.m. at the home of Tom & Deb Wilson.

All Board members are requested to attend.

TOP 20 MILES

Through April 9

17 rides by 49 Members totaling 6897 miles
390 maximum miles possible per rider

MEN

1	Art	Cunningham	273
2	Bob	Dominski	247
3	Kevin A.	Moore	245
4	Paul	LeFevre	236
5	Jim	Boyer	232
6	Dennis	Creaney	228
7	Richard	Drapeau	195
8	Joe	Irons	193
9	Thomas	Kress	177
10	C. Brian	Hale	150
11	Brian	Blome	148
12	David	Naigles	143
13	Joe	Beemster	139
14	Tom	Wilson	125
15	Kilian	Emanuel	109
16	Earle	Horwitz	91
17	Frank	Bing	90
18	Richard	Arnopolin	79
19	David	Waycie	77
20	Larry	Frank	75

WOMEN

1	Kris	Woodcock	228
2	Betsy	Burtelow	190
3	Mary Kay	Drapeau	165
4	Peggy	Reins	149
5	Meg	Ewen	142
6	Ella	Shields	117
7	Mary	Myslis	114
8	Sheri	Rosenbaum	113
9	Pam	Burke	101
10	Virginia	Savio	94
11	Pat	Calabrese	69
12	Reinhilde	Geis	67
13	Chris	Wager	64
14	Barbara	Barr	44
15	Donna	Ponte	26
16	Cindy	Trent	24

THANKS: We would like to give a big thank you to Jim Boyer & Betsy Burtelow for many wonderful years being our membership chairmen. We really appreciate all your time, effort and hard work. Jim will remain as web master.

We welcome Meg Ewen to the Board as the new membership chair.

Check out this web site: *The Bicycle Site*, resources for cyclists of all levels, they have e bike cards and more,,,,, thebicyclesite.com/

VOLUNTEERS NEEDED FOR BIKE RODEO

Every year the Wheelmen help the Buffalo Grove Police dept with their Bike Rodeo. This event is geared towards kids to teach them bike safety as well as to promote cycling. Once the kids sign up at the registration desk, they come to our station where we make sure their helmets are fitted properly. Sometimes the parent's helmets need adjustments, too. From there the kids get their bikes checked out by a local bike shop and then on to a host of obstacle courses.

I need volunteers to help out with this event. It's great fun interacting with the kids, parents and police. And you know how often I seem to interact with our men in blue.

The Bike Rodeo is Saturday May 10th (rain date May 17th). We need two shifts of two people each. First shift 11am-1pm and second shift 1pm-3pm (so you still can get a morning ride in). A pizza lunch is provided and usually served out of their SWAT van.

Contact Sheri Rosenbaum at Luv2Bike80@hotmail.com or 847-368-1762 to volunteer your time.

Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
May 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		
Sat. 5/3	9:00	Walworth Flats	McHenry County College	Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot	58	Art Cunningham 847/963-8746
Sun. 5/4	9:00	Retro Harmon Hundred	Wauconda H.S	Rt. 12/59 to Old Rand Rd. in Wauconda, then 2 mi. NW to school.	30/60/ 100	Paul LeFevre 847/670-3501
	9:00	Chocolate Fest	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	Approx 43 miles	Len & Reinhilde Geis 847/679-0279
Sat. 5/10	9:00	Harmon Half Century	Wilmot H.S. Wilmot, WI.	Take I-94 West into Wis. To Exit 345. West on HWY C into Wilmot. Right on HWY W Left into the school entrance.	51	Neal Barg 847/940-0606
Sun. 5/11	9:00	Nifty 50	Target Store, Elgin	Randall Rd. just south of US-20 Park on SE corner of lot	51	Al & Cindy Schneider 847/696-2356
	9:00	Kildeer Short Ride	Kildeer School	See above	Approx 43 miles	Kevin Moore 847/577-8490
Sat. 5/17	9:00	Wauconda/Bull Valley	Lakewood F.P.	West on Il 176 to Fairfield, left to Ivanhoe, right to parking on right	37/49	Len & Reinhilde Geis 847/679-0279
Sun. 5/18	9:00	Arlington 500	Barrington H.S.	On Main St. (Lake Cook Rd.) West of Rt. 59. North on Hart Road. Use west lot	30/44/ 55/68	Invitational look for sign up sheet at registration
	9:00	Kildeer Short Ride	Kildeer School	See above	Approx 43 miles	Kris Woodcock 847/520-6932
Sat. 5/24	9:00	LaGrange/Concord	LaGrange General Store, WI	US 12 west past Elkhorn to County H	65/102	Al & Cindy Schneider 847/696-2356
	9:00	Root Beer Social	McHenry County College	Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot	58/82	Virginia Savio 847/438-8066
Sun. 5/25	9:00	Kildeer Short Ride	Kildeer School	See above	Approx 43 miles	Brian Hale 847/426-3290
	9:00	Rural Wisconsin	Eagle, WI	US 12 west past Elkhorn to WI 67 north to Eagle. Park on street.	67/93	Al & Cindy Schneider 847/696-2356
Mon. 5/26	9:00	Hills & Horses	Rose School	I-90 to Rt. 59 north, turn right on Penny Rd. to the school just past Bartlett Rd.	39	Meg Ewen 630/540-1704
	9:00	Triple L	Lyons, WI	I-94 north, Exit Hwy 50 west go north on South Rd. to Lyons.	77	Al & Cindy Schneider 847/696-2356
Sat. 5/31	9:00	Binnie Woods Ride	Binnie Woods F.P.	I-90 west to Randall Rd., north to Binnie Rd. west to Forest Preserve	67/109	Dave Waycie 847/577-6307

ALWAYS CALL THE RIDE LINE FOR ANY LAST MINUTE CHANGES 847/520-5010

WEEKLY RIDES					
Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday	8:00 am new time	Honey Do Ride	30-58	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Brian Hale 847/426-3290
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	25-45	Willow Stream Park - The park is 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	Art Cunningham 847/ 963-8746 Earle Horwitz 847/374-1129
Tuesday	6:00 pm	Working Stiff's Ride	18-27	Archer Parking Lot, behind Enzo & Lucia Ristorante, 343 Old McHenry Road, Long Grove	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday	6:00 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Brian Hale 847/426-3290 Cindy Trent 847/392-6750
Wednesday	5:30 pm start May 7	Elgin Twilight Rides <i>Flashing taillights recommended</i>	20-40	Target Store On Randall Road just south of US 20. Park in SE corner of lot.	Al & Cindy Schneider 847/696-2356
Thursday	6:00 pm	Thursday Night Ride	30	Kildeer School Old McHenry Road, just north of Long Grove Shopping District	Brian Blome 847/358-4807 Rich Drapeau 847/808-1476

MEMORIAL DAY WEEKEND RIDE

May 24, 25 & 26

LAGRANGE AND LYONS, WI

Great practice for TOMRV. We are staying at the Super 8 in Whitewater. There are other motels and B&B's nearby. There is a great inexpensive Italian restaurant in Fort Atkinson called Salamone's and a brew pub right next to the motel in Whitewater. Custard shops are also nearby.

The Saturday ride has a 65 mile route through the Kettle Moraine and farmlands to the north. The ride features big rolling hills and stops in Palmyra, Concord and Sullivan before returning to LaGrange. You can then decide if you want to add 35 miles for the Century which meanders through the Kettle Moraine south of LaGrange, visits a natural well and Whitewater.

The Sunday ride starts in Eagle (not Eagle Lake Park), visits Green Lake and Whitewater Lake, the pine forests surrounding Hi-Lo and Easterly Roads and the farm lands north of Whitewater before discovering the rollercoaster's on Nature Road. 67 and 93 mile options are offered. Many selections of beer await after the ride at the old road house in Eagle.

The Monday ride out of Lyons offers 50 and 77 mile options. The ride visits East Troy with its quaint town square, LaGrange for lunch and Delavan for ice cream. Terrain features the climbs out of Lyons and Hargraves; the tree covered route on Bluff; summer cottages on Lake Delavan and the rollers on Hospital.

Questions? Call Al & Cindy Schneider 847/696-2356



ST. PAT'S RIDE SUCCESSFUL

It was a brisk, sunny St. Patrick's ride, but the energy and excitement of the first official ride of the Chicago land area was quite heart warming. We wish to take this opportunity to thank all of you who made cookies, marked roads, sagged, worked registration, helped with decorating the room, kept the cookie plates full, or cleaned up on Sunday after the ride. It was wonderful to have so many people volunteer their time and energy for the St. Pat's Day ride. The revues from the 233 riders were excellent; some even took the time to email their appreciation after the ride. The club netted about \$2000 from the event. We look forward to working with everyone in the future.

Many, many thanks,

Tom and Deb Wilson

RIDES OF A DIFFERENT FLAVOR

The bike paths/trails on the May Schedule include some with packed crushed limestone surfaces. I generally use my hybrid bike on these trails but many are smooth, hard and well maintained and suitable for narrow tired road or touring bikes. At worst one may have to dismount and walk across an area where there has been water erosion or the surface isn't packed because of fresh repairs. These are rated ***, **approved for narrow tires** although narrow tires lose the advantage that they have on smooth pavement. Other trails where rougher, less packed surfaces are more likely to be encountered are rated **, **wide tires recommended**. The less developed trails or those where the condition is not known are rated *, **wide tires required**. Let me emphasize that all trails are well developed, no off road conditions. Of course road bikes are well suited for paved trails.

Phone Art Cunningham at 847-963-8746 for more information or on my cell phone, 630-329-4802 on the morning of the ride.

MAY WEDNESDAY TRAIL RIDES

Date	Time	Ride	Miles	Start/Directions	Ride Host
5/7	9:00	North Branch/Botanic Garden	32	<i>Lake Street parking, Harms Woods Forest Preserve</i> East on Lake St., past I-294 and Waukegan Rd. to the Chicago River. Parking on the right just past the bike path overpass	Paved Path, Len & Reinhilda Leaders ***
5/14	9:00	Medley of Trails – Deer Grove Woods to Arlington Lake	50/30 loops	<i>Nichols Hill Golf Course</i> From Dundee Rd. turn north on Kennicott to end, 1 st lot on left, bottom of hill	Packed crushed stone and paved paths, short unimproved trail / roads **
5/21	9:00	E. Great Western Tr./E. Prairie Path	42 partial loop	<i>Kline Farm, Winfield</i> From North Ave, left. (s) at Country Farm Rd., ¼ mi., lot on right	Packed crushed stone, some paved ***
5/28	9:00	Long Prairie Trail Ride	60	<i>County Rd. Trail Access</i> Take US-14 to Harvard, go left on IL-173 to County Line Rd, rt 0.2 miles to parking on the left.	Mostly paved, crushed stone sections ***

BOARD MEETING March 26, 2008

Present: Rich Drapeau, Mary Kay Drapeau, Deb Wilson, Ella Shields, Sheri Rosenbaum, Betsy Burtelow, Brian Blome, Kevin Moore

The meeting was called to order at 7:05 p.m.

St. Pat's Ride: Deb wilson reported that the St. Pat's ride was a great success. There were 233 registered riders, and 47 T-shirts were sold. the financial picture was:

Revenues:	Registrations \$	2330.00
	T- Shirts	704.00
	Total Receipts\$	3034.00
Less :	Expenses	1032.00
	Profit	\$ 2002.00

16 direction signs were taken and discovered the day before the ride. Discussed re-ordering t-shirts for next year, with a possible new design and different shade of green

for the shirt.

President's report : Rich reported that the mailing of the newsletters would be handled by Jeff Biedka, taking over from Ella Shields; and Meg Ewen would take over as Membership Chair from Jim Boyer and Betsy Burtelow.

There was \$ 10,906.00 in the checking account and \$8,792.00 in a CD, for a total balance of \$19, 698.00 in the bank.

Rich shared a notice from the L.I.B. that many non-profit organizations, such as our club, would have to begin reporting to the IRS because of new requirements enacted as part of the Pension Reform Act. He indicated he would forward the information to Johannes.

Discussed the unhealthy competition for the top ten mileage ranking from last year.

Unanimously decided to stop posting the running results on the website and in the newsletter, but to announce the ranking at the club picnic and final results at the club

banquet. Rich said he would contact Joe to ask him to continue keeping the records, but not to send email updates as in the past. He would also tell Jim not to post the info on the website, and Ella would not include the info in the newsletter.

Ride Chair: Brian reported that most of the rides had leaders signed-up. He said he was still looking for someone to help Brian Hale lead the Honey-Do and Hill 'n' Dale Rides from the Paul Douglas Preserve. He said he would discuss this with Paul LeFevre and Cindy Trent.

Harmon: Deb displayed a new logo for new, red t-shirts. Discussed the logo and decided on some changes. Received contracts from the ride venues and sent checks for the use of the facilities. Reported there would be a meeting in April for the various chairmen.

The next meeting was scheduled for May 21, 2008 at 7:00 p.m. at the Wilson's.

The meeting was adjourned at 8:10 p.m.

HOW TO RIDE IN A PACE LINE

Solo rides are a great part of the cycling experience. Nothing beats cruising along and looking at the scenery, or attacking a climb at your own pace and intensity.

But riding with a small group can be even more fun. You cover ground faster, meet people, and experience the thrill of shared effort.

Pace line riding isn't difficult to learn. Here are the basic skills:

1. Riding a Straight Line

Start by learning to ride like you're on a rail. Practice by holding your line during solo rides. Put your wheel on the road's white edge line and keep it there. Relax your upper body, keep a light grip on the handlebar, and fix your peripheral vision on the line. Keep your actual focus 20 or 30 feet in front of the bike. Remember, the bike will go where your eyes go.

2. Following a Wheel

Drafting another rider saves you at least 15 percent in energy output. It's foolish to be bucking the wind all the time when you're with other riders. Share the work by drafting them and letting them draft you.

Position your front wheel 1 to 3 feet behind the rear wheel you're following. The closer the better, in terms of the draft, but closer also requires a lot more attention. When necessary, turn the cranks without putting pressure on the pedals ("soft pedal") to maintain correct spacing.

Use the brakes sparingly. Jerky braking creates chain reaction problems for riders behind you. If you need to brake, feather the levers lightly instead of clutching at them.

If a gap opens, don't make things worse by accelerating too hard, overrunning the wheel in front, then grabbing the brakes. Instead, ease back up to the rider in front. If you don't become proficient at following a wheel, you can waste more energy than you save by constant yo-yoing.

Look past the rider directly in front. Don't stare down at his rear wheel or you won't see things that may cause him to brake or swerve.

3. Pace line Pointers

First rule: Be predictable. Close riding demands that everyone be on the same wavelength. There must be a basic understanding of what is and is not expected behavior in a given circumstance. Experience helps.

Don't accelerate when it's your turn at the front. Note your cycle computer's mph and maintain the group's speed when the lead rider pulls off.

After your own bout against the wind, pull off to the side agreed upon and stay close to the others as you soft pedal and slide back to the rear of the pace line. This enhances the drafting effect for the whole group. It also keeps everyone as far out of the traffic flow as possible, making pace line riding possible even on busier roads.

As you come abreast of the last rider in the line, pick up speed and then slide over behind his wheel as he comes past. When done correctly you won't need an energy-wasting acceleration in order to latch back on. Once in the caboose position you can take a drink or stand to stretch without disrupting the pace line's smoothness.

Protect your front wheel. If your rear wheel is struck a fall is unlikely because it has nothing to do with steering the bike. However, if your front wheel is contacted it will often be twisted off line faster than you can react. You'll almost certainly go down. Help prevent this by never overlapping someone's rear wheel. From www.RoadBikeRider.com

INVITATIONAL'S

May 4, Quadrupedal Century, Dodgeville, WI 30/40/75/100 miles, \$45/\$55, Stewart Schilling 608-935-6424 ichs@mhtc.net

May 14, 7:00 PM. Ride of Silence – Arlington Heights 10 miles.
www.cyclearlington.com rideofsilence@cyclearlington.com

May 17, Rock 50/50 Bike Tour, Janesville, WI, 22/37/60 miles Dean Paynter 608-756-1832 dpaynter2002@yahoo.com

May 18, Arlington 500, Barrington, 30/44/54/68 miles, \$10 by 5/10, \$15 after www.cyclearlington.com 500@cyclearlington.com

May 18, Chocolate City Bike Ride, Burlington, WI. 19/33/62 \$16/20, Paul Mueller 262-763-7794 paulmueller@remax.net

May 23—25, Horsey Hundred , Georgetown, KY, Saturday 35/55/75/ 100. Sunday: 37/52/70 miles www.bgcycling.org

May 24 & 25, Blackhawk Country Roads, Rockton, IL 10/30/45/60 miles, \$16, after 5/16 \$21 815/988-6943 blackhawkbicycleclub.org

May 25, Bike the Drive, Chicago, Ride on Lake Shore Drive, 15/30 miles, \$40. 312-427-3325 www.bikethedrive.org
btd07registration@biketraffic.org

June 7-8. TOMRV, Tour of the Mississippi River Valley, Saturday from Bettendorf, Iowa (106 miles) or from Preston, Iowa (67 miles) Sunday: Bettendorf (88 miles) or to Preston (44 miles). qcbc.org/tomrv

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 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: <http://groups.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? _____ 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



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

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

We are on the web
wheelmen.com

Next Club Meeting
August 7



MAY IS NATIONAL BIKE MONTH

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
1770 First St., Highland Park 847/446-2042

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

BOB'S BIKE SHOP
141 S. Vine St., Park Ridge

874/825-4438
CAMPBELL STREET BIKES 13 W. Campbell St. Arlington Hts. 847/222-7887

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

MIKES BIKES GURNEE
4129 Old Grand Avenue Gurnee, 847/662-8482

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, 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 CYCLES/SPORT
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
- *Thunderhead Alliance
- *Trips for Kids-Fox Valley Chapter

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