



MONTHLY MEANDERS

July, 2009

PREZ SEZ

As I write this I am still in shock. As most of you have heard by now, Art Cunningham died of a heart attack while leading a trail ride. I only did one trail ride with him, at the picnic a few years back and man, he could ride the trails at a pretty good clip. Recently, we had a lively discussion on the Yahoo group, while initially intense, ended up with some good natured ribbing. The old cliché is right, life is too short to waste it on stupid arguments, grudges and other types of negativity. You have to make the most of your time here on earth and don't be afraid to try new things, make new friends. Art certainly had a zest for life, because it showed in his always cheerful attitude. While I will miss him, it is comforting to know he was doing what he loved when his time came.

Let's all reflect on how lucky we are to have known Art and I know I will forever think of him when I hear the term "Willy Nilly". But it will be with a smile.

Ride Smart, Be Safe.

Meg Ewen

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IN MEMORIAM ART CUNNINGHAM 1929-2009

*May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face;
the rains fall soft upon your fields
and until we meet again,
may God hold you in the palm of His hand*

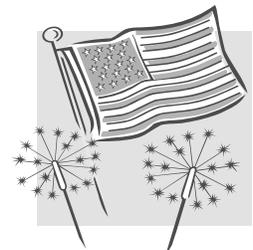
Art passed away on Wednesday, June 10 from a massive heart attack while riding his morning trail ride on the McClory/Green Bay Trail in Highland Park. He died doing what he loved.

Over many years as a club cyclist, Art contributed in many ways as a ride leader, board member, active volunteer and strong cyclist. He was always generous and cheerful. He was a great friend to many club members and he will be sorely missed. Our heartfelt thoughts and prayers go to his wife, Eleanor, and their family.

Art's passing reminds me of when we lost Bob Savio. Both men died on the bike, Bob at a spin class. Both were great encouragers for beginning riders and both helped me as I started riding with the club. Both helped the Wheeling Wheelmen become the great institution it is now. And most importantly, both were good friends and a pleasure to share a ride with.

Dave Waycie

(Continued on page 6)



Club Officials

Elected Officers

President <i>Meg Ewen</i>	630/540-1704
V.P./Ride Chair <i>Brian Blome & Pat Calabrese</i>	847/358-4807
Treasurer <i>Johannes Smits</i>	630/893-2835
Secretary <i>Kevin Moore</i>	847/577-8490
Membership <i>Rich Drapeau</i>	847/808-1476
Publicity Chair <i>Sheri Rosenbaum</i> luv2bike80@hotmail.com	847/368-1762

Appointed Officers

Harmon Chairman	Open
Newsletter <i>Ella Shields</i>	773/594-1755
St. Pat's Ride <i>Tom & Deb Wilson</i>	847/632-1412

Chairmen

Banquet	Open
Harmon Data Base <i>Mary Kay Drapeau</i>	847/808-1476
Mileage Statistician <i>Joe Irons</i>	847/359-0551
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 Rich Drapeau with your updated e mail address at 847/808-1476 or e mail him at wheeling@wheelmen.com.

TOP 20 MILES

Reported thru June 11
84 rides by 107 members

MEN:

1	Anthony	Vercillo	1797
2	Paul	LeFevre	1780
3	Kilian	Emanuel	1566
4	Art	Cunningham	1358
5	Leonard	Geis	1216
6	Dennis	Creaney	1186
7	Jim	Flechsing	1005
8	Brian	Blome	986
9	Richard	Drapeau	963
10	David	Waycie	938
11	Alan	Gibbs	920
12	Joe	Beemster	872
13	Frank	Bing	856
14	Jim	Boyer	815
15	Kevin A.	Moore	800
16	C. Brian	Hale	792
17	Peter	Guzik	781
18	Leo	Rhee	763
19	Louis H.	Greene	733
20	Earle	Horwitz	715

WOMEN:

1	Reinhilde	Geis	1206
2	Sheri	Rosenbaum	981
3	Pat	Calabrese	873
4	Mary Kay	Drapeau	657
5	Virginia	Savio	621
6	Pam	Kaloustian	617
7	Debbie	Wilson	557
8	Betsy	Burtelow	550
9	Ella	Shields	542
10	Barbara	Barr	486
11	Meg	Ewen	467
12	Pam	Burke	449
13	Emily	Qualich	433
14	Mary	Mylis	425
15	Marianne	Kron	378
16	Cindy	Schneider	265
17	Pat	Illy	263
18	Donna	Ponte	199
19	Peggy	Reins	166
20	Nancy	Beck	134

Board Meeting

The next board meeting is Monday July 13, 7:00 p.m. at the home of Jim Boyer & Betsy Burtelow.

All Board members are requested to attend.

HARMON UPDATE

The Harmon Hundred will be held on Sunday, August 30 at Matthews Middle School in Island Lake, IL.

SAVE THE DATE FRIDAY, AUGUST 7

Girls Night Out, in Buffalo Grove, watch for details in the August newsletter

CYCLING MAGAZINE: A second new cycling magazine for women is on the way. This one is called She Pedals: The Journal of Women in Cycling. Its debut issue is planned for September and will be free to those who register on the website, shepedalsmagazine.com. The quarterly magazine, published in California, will be written for "women of all ages, abilities and cycling interests to inspire them." Previously announced was Women's Cycling, a magazine covering women's racing, charity rides, commuting and cycling lifestyle themes. It plans to debut in late June with 3 issues for 2009. womenscyclingmag.com

PRODUCT RECALL: About 11,500 Dahon and REI Novara folding bicycles are being recalled because the "handlepost" hinge can crack. Bike affected were sold by Dahon California dealers and REI stores nationwide from March 2008 through April 2009 for between \$430 and \$1,300. The bikes were manufactured in Taiwan or China. If you have one, contact any Dahon California dealer or REI store for an inspection and free repair. Info is also available at dahon.com/recallinfo/safety.htm

Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
July 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. 7/4	9:00	Ride to McHenry	Barrington HS	On Main St. (Lake Cook Rd.) West of Rt. 59. North on Hart Road. Use west lot	65	Dave Waycie 847/577-6307
Sun. 7/5	9:00	Heron Creek Short Ride	Heron Creek F.P	0.2 miles south of Il 22on Old Mc Henry Road, shelter B parking lot	32-47	Bob Dominski 847/215-4840
	8:00 9:00	Geneva Century/ Geneva Lite	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	50 100	Tom Kress 847/540-8393
Sat. 7/11	9:00	Retro Harmon Hundred	Wauconda H.S.	Rt. 12/59 to Old Rand Road in Wauconda, then 2 mi. NW to school	30/60/ 100	Paul LeFevre 847/670-3501
Sun. 7/12	9:00 10:00	Art's Memorial Willy Nilly Ride Club Picnic (Road Ride)	Fox River Preserve and Marina	NW on Rt. 14 , R on Kelsey, L on River, L on Roberts for 1 mile	21/31/ 52	Killian Emanuel 847/296-7874
Sat. 7/18	9:00	Ice Cream Social	McHenry County College	Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot	52	Ella Shields 773/594-1755
Sun. 7/19	9:00	Bastille Day Ride	Paris School, WI.	I-94 W, exit WI 142 W to County D, turn left to school	59/74/ 95	Cindy & Al Schneider 847/696-2356
	9:00	Heron Creek Short Ride	Heron Creek F.P	0.2 miles south of Il 22on Old Mc Henry Road, shelter B parking lot	32-47	Reinhilde & Len Geis 847/679-0279
Sat. 7/25	9:00	Another Day/ Another Way	Evergreen School, Union	I-90 west to US 20 to Coral. Turn R to Northrop. Turn L to Washington. Turn R to school	70/110	Cindy & Al Schneider 847/696-2356
Sun. 7/26	9:00	FFF	Central H.S. Burlington, IL	Parking lot is at top of hill. At the intersection of Tower Rd. and Plato Rd	44/66	Johannes Smits 630/893-2835
	9:00	Heron Creek Short Ride	Heron Creek F.P	0.2 miles south of Il 22on Old Mc Henry Road, shelter B parking lot	32-47	

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

JULY WEEKLY RIDES					
Day	Time	Ride/Start	Miles	Directions	Ride Host
Saturday	8:00 am	Honey Do Ride Grassy Meadow Forest Preserve	30-58	The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Brian Hale 847/426-3290
Saturday July 25	8:00 am	Honey Do Ride Special start location TODAY only	30-58	COMMERCIAL RETAIL STORE PARKING LOT NE CORNER OF FREEMAN (HUNTINGTON BLVD) & ALGONQUINN (RT#62)	See above
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride Willow Stream Park	25-45	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	Earle Horwitz 847/444-0445
Tuesday	6:00 pm	Working Stiff's Ride Stempel Parking Lot	18-27	On the west side of Old McHenry Road, behind the old Shamrock Cyclery West of IL53, Long Grove, IL	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday	5:30 pm	Hill and Dale Ride Grassy Meadow Forest Preserve	25-35	The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Brian Hale 847/426-3290 Cindy Trent 847/392-6750
Wednesday	5:30 pm	Elgin Twilight Rides Target Store <i>Flashing taillights</i>	20-40	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 Heron Creek Forest Preserve	30 with alternates as daylight permits	Located on the SW Corner of RT 22 and Old McHenry Road.	Brian Blome 847/358-4807 Rich Drapeau 847/808-1476
Friday thru 8/21	10:00 am	Picnic Rides (to Libertyville) Willow Stream Park	27	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	Frank Bing 847/634-1439



**JOIN US FOR THE ANNUAL WHEELING
WHEELMEN PICNIC ON
SUNDAY, JULY 12**

Rides will start @ 9:00 and 10:00 am

Food will be served afterward, about noon

New this year: BYOB

(We will have a communal ice chest if you want to share your beverages)

Fox River Preserve & Marina Small Shelter

(Shelter to the left as you enter)

Located on Roberts Road, south of Rt. 176 and west of Rt. 59.

Please RSVP to Al & Cindy Schneider at 847/696-2356



WEDNESDAY JULY TRAIL RIDES

Date	Time	Ride/Start	Miles	Directions	Trail
7/1	9:00	<i>Fox River/ McHenry Prairie Trail to Ringwood</i> East Dundee Depot	46	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path
7/8	9:00	<i>Chicago Lake Front Path</i> Foster Ave Beach	32	East on Peterson off Eden's, rt. on Ridge, bear rt. on Broadway to Foster, left. under Lake Shore to 1 st parking lot on left.	Paved path, lunch at Navy Pier
7/15	9:00	<i>North Branch/Botanic Garden</i> Lake Street parking, Harms Woods Forest Preserve	32	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 Stop at Super Dawg for lunch
7/22	9:00	<i>North Branch/Botanic Garden</i> Lake Street parking, Harms Woods Forest Preserve	32	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 Lunch at Botanic Gardens
7/29	9:00	<i>North Portion Lake Co. Des Plaines River Trail</i> Parking Lot D, Old School Forest Preserve	40	IL 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D lot.	Packed crushed stone ***

Changes/Cancellations will be sent on the Yahoo Group distribution
 *** approved for narrow tires ** wide tires recommended * wide tires required.
 Bring snacks and plenty of water to drink.

LITTLE CITY FOUNDATION

As you may know, Little City Foundation has been in Palatine for almost 50 years. The mission of Little City Foundation is to provide services to help children and adults with developmental disabilities. At Little City we provide a variety of housing options with specialized "home environments" for children and adults, both on our 56-acre campus as well as at our 15 CILA homes for adults. On our campus we provide a number of recreation programs, including the opportunity to ride bicycles. We currently have 15 to 20 bicycles, 5 of which are adult tricycles that need some love and care. In addition, about 9 of those bikes are in need of repair in the following ways:

- Seat is broken off (adult tricycle). We have the seat.
- An adult tricycle and a regular bike have a broken chain.
- 6 Bikes are missing a wheel (I think we have the wheels, they need to be put back on).
- 1 Bike the chain is tangled.
- We are also concerned about the brakes working properly on all of our bikes.

We currently have about 4 to 5 helmets. However, it would be fantastic to have one helmet per bike.

Our Recreation Department is putting into place a "bike" procedure

so that all of the bikes stay in good condition and are now storing the bicycles so they are protected from the weather.

It is our hope that the Wheeling Wheelmen would be interested in helping Little City improve our bicycle program so that we can get all of our bicycles in good working order and the children and adults can enjoy them during the warmer months. Mike had suggested that your group might be able to lend either their time by visiting our campus to repair our bicycles or by providing us with the funds that are necessary to repair the bicycles and improve our bicycle program.

I would appreciate if the Wheeling Wheelmen would consider helping us in this effort. I have provided my contact information below and would truly appreciate hearing from you. You can also visit our website, which will provide you with more information about Little City Foundation www.littlecity.org.

In advance, thank you for your interest.

Respectfully,
 Sherry Krockey Wolf
 Director of Major Gifts
 Little City Foundation
 1760 West Algonquin Road, Palatine, IL 60067
 (847) 221-7880 (office) (773) 842-4587 (cellular)
 swolf@littlecity.org

(Continued from page 1)

Rides with Art.

Art a great friend and an inspiring biker will bike with us no more, but he left us with many great memories. Let me share just a few with you.



I was riding with Art for about nine years, Art always the leader and me on his tail. On his 75th Birthday we did a three option ride out of Rutland F.P. not too far into the ride Art missed a left turn, one of his very few misses ever. Calling out for him I stopped and waited for him. Art not being used to me being out in front of him ran with force in to me, he fell and received quite a few cuts and bruises. A cruising Police Officer helped us with first aid. We did not take the short way back but finished the Century. Art did not complain even though he was in pain and found out later that he also had two broken ribs.

As everyone knows Art was a very strong biker, on one of those rides up in Wisconsin we were coming to a stop. Art turns to me and asks me "How do you enjoy the scenery" me trying to catch my breath could only remark what scenery? I am to exhausted just trying to keep up with you.

Rain or shine Art always showed up for his rides, you could count on him. Only a short time ago after one of our trail rides me on my trail bike and Art on his road bike which was a killer for me. Afterwards I told Art I am looking forward to your 85th Birthday maybe then it will get easier for me keeping up with you. Art's Service to the Club was enormous, we all owe him our gratitude. Art my friend "Auf Wiedersehen" (Hope not too soon)!!!!.

Kilian

Art's last ride Wednesday started out like all the others. He was happy for good weather, discussing the route, where we were having lunch and other items. As always he was leading us on the trails and truly enjoying himself.

Art will be missed as a terrific guy who loved to kid with always a smile. I never got lost following him as he used to say that his bike knew the way.

Joe Beamster

One of my fondest memories of Art Cunningham was the following he had in 2002. That was the year he decided to ride 10,000 miles. When our biking season started in March, I think Art already had lots of miles under his belt. Every time I saw him he was very proud to share his progress on how many miles he had

completed. On Nov 19, 2002, Art achieved his goal about half way through a bakery ride. What an accomplishment for anyone - and Art was 73 years old!! To attain this goal in 323 days, he rode approximately 865 mi per month, or 215 mi per week, or 31 mi per day. I asked him what his goal was for 2003 - his answer was to stay home a little more.

Pam Burke

As read at Art's Funeral Service

The deep pain that is felt at the death of every friendly soul, arises from the feeling, that there is in every individual something which is inexpressible, peculiar to him alone, and is therefore, absolutely and irretrievably lost.

I can only speak to my own experiences and feelings for Art, but I'm sure I echo those of most you. To describe Art is to describe a man who always had a smile for you, cheery personality, the energy of a 20 year old. He looked lost without a bike and was more comfortable in a colorful jersey and spandex than a suit.

I met Art about ten years ago when I joined the Wheeling Wheelmen. From my first ride with him, I was taken aback by how strong of a rider he was. And that was when he was a spring chicken at 70 years old!

One memory I have of riding with Art was a number of years ago. He was hosting an excursion ride out near Mt Horeb, Wisconsin. I opted to meet up with him the second day at the Wright Stuff invitational. This is a 65 mile ride with 100s of feet of climb. Unfortunately, we missed each other at the start, since cell phone coverage was non-existent in the area. About 20 miles into the ride, I got a flat tire. And I never get a flat. Of course, there wasn't a rider or SAG support in sight. So I started fumbling with my wheel, cursing under my breath. Then in the distance I hear that familiar boisterous voice. No not the bike gods, but close. It was Art. He helped me with my tire and we were able to finish the ride together. He climbed the endless hills, passing me on the way up. But I always passed him on the way down as he was too skinny to get gravity to help.

I will truly miss showing up to the Bakery Rides to see his smiling face, being greeted with that boisterous voice teasing me that I was playing hooky from work, even if I had legitimate vacation. He always put me in a good mood.

I think we are all a little envious of Art. He got to bike almost every day until his passing. And if it is your time to go, it should be doing something you love with dear friends like Killian, Len, Reinilde, Joe Beamster and Al Gibbs surrounding you.

Art, may the wind always be at your back, the sun always shine on your face and the road flatten to meet you.

(Continued on page 7)



(Continued from page 6)

Please leave a cue sheet at heaven's gates so we can catch up to you and Bob Savio.

Art, you will be missed but we are all richer for having been your friend and riding partners.

Sheri Rosenbaum

 Basically, we had stopped for a break and were doing the usual; bathroom breaks, topping off water and Gatorade, just taking it easy for a few minutes. The gas station was busy and several cars were gassing up. An older woman and (her daughter?) a younger one had filled up at the pump but were either in a hurry or just not paying attention since they drove off with the pump nozzle still in their car's gas tank. Well, the pump hose broke off (as it is designed to do) at the top of the pump creating quite a bit of a stir and a small release of gasoline onto the pavement. The driver stopped quickly to see what had happened and both women leaped out of the car. Art, in his inimitable way, yelled loudly "OH MY GOD!", implying an imminent explosion or fire or something, I suspect. The assembled WW folks thought this was quite humorous; having by now realized that we were **not** going to be immolated in the resulting explosion and fire. Shaken, the women hurried into the station to report the loss but the younger one, very upset at Art's comment (and very stressed out by the whole thing) stopped briefly on her way into the station to loudly and crossly admonish Art to "ACT YOUR AGE!". This engendered **additional** gales of laughter from all in attendance including Art. Art, of course, was well into his 70's at the time!

Needless to say it was quite the memorable "rest" stop.....

Dan Wiessner

When I heard about Art's untimely death, I was in shock. I still am.

Untimely? For a man who passed away just days shy of his 80th birthday? Yes, because Art was one of the most energetic of the "geezerers." When he first joined the club, he was a regular on the long weekend rides. We all remember the year he posted 10,000 miles (!). When riding on weekends was not enough, he was one of those who started the "Bakery rides" and he also instituted the Wednesday trail rides. He simply loved to ride.

He was also a great person. Art earned my respect and affection during the summer of 2001. As most people in the club know, I generally ride with Al. However, that summer, Al developed some kind of muscle problem, and could not ride for the first part of the season. I thought I would be riding alone, but several members of the club stepped up (rode back) and stayed with me; Art was one of the members I rode with most often. At first, Art basically pulled me, but the effort paid off as I was able to stay with him and enjoy the ride. We had a lot of fun!

Art really showed his character once Al was able to ride again. On one of his first rides back, we went to a Thursday bakery ride. Since he had not been riding all summer, Al was naturally slower. I expected that I would stay with him, but Art insisted on riding with us both. This meant that Art stopped and waited at a number of intersections, and rode more slowly than usual. After we finished the ride, someone at the bakery had the nerve to tease Art about being the "red lantern." In my opinion, Art was Number One that day, and that whole summer.

There have to be bicycles in Heaven. I can visualize Bob Savio riding up to Art, showing him where to pick up his custom-fitted, perfect bike, and guiding him on the routes.

Cindy Schneider

ARLINGTON HEIGHTS CRITERIUM

The Village will be looking for volunteers to act as a Course Marshals to assist in the safe and orderly management of the race. Course marshals make a very important contribution to the races by ensuring the safety of both riders and spectators. Course Marshal duties are not difficult and are typically uneventful. Course marshals have a front-row seat for the race and help ensure the safety of riders and spectators. This is an easy but essential job and a great way for cycling clubs, Boy Scout troops, or other organizations to get involved! We will provide course marshal instructions to each of the volunteers

The Arlington Heights Criterium is scheduled for Tuesday, July 14, 2009 with races starting around 10:30 am and running into the early evening. The course marshals will start their duties approximately

30 minutes prior to the first race. We are looking for at least a dozen or more course marshals. The volunteers will be working in conjunction with Village departments including police, fire, public works, and planning. Please do not hesitate to contact me with any questions.

Kind regards,

John C. Melaniphy, III
 Business & Development Coordinator
 Village of Arlington Heights
 Department of Planning & Community Development
 (847) 368-5212
 (773) 220-4805 (c)
 Website: www.vah.com

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203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200

3 DAYS OF PRO/AM CYCLING AT ITS BEST!

Mark your calendars for the 4th annual Alexian Brothers Tour of Elk Grove!

Friday, July 31 | Saturday, August 1 | Sunday, August 2

15 Professional & Amateur Races! Non-Stop Excitement!

Nearly \$200,000 Total Prize Money!

(Including the richest 3-day, 3-stage men's pro cycling purse in the world!)

PLUS three community cycling events: Mayor's Challenge ... Village Trustees' Fun Ride ... and Children's Big Wheel Race

Friday: [Men's Pro Stage 1 TIME TRIAL!](#)

Friday: [Charity Time Trial Fundraising Ride](#)

Saturday: [Men's Pro Stage 2 ROAD RACE!](#)

Sat./Sun.: [Daily Cat. 1/2 Men's Elite Races!](#)

Sunday: [Men's Pro Stage 3 CRITERIUM!](#)

Saturday/Sunday: [Daily Category Races](#)

tourofelkgrove.com

TOUR DE FRANCE JULY 4-26

On Saturday the 4th of July 2009 Monaco will host the Tour de France for the sixth time.

This will be the 17th time, since 1954 in Amsterdam, that the race will be launched from outside France. There have not been many starts from the south: four in total, and only one from the south-east, from Nice, in the region bordering that of the Alpes-Maritimes, in 1981.

It was in 1939 that the Tour visited the Principality for the first time, during the 12th stage, Saint-Raphaël - Monaco, won by the French rider Maurice Archambaud. René Vietto wore the Yellow Jersey before losing it in the Alps to the future champion, the Belgian rider Sylvère Maes.

After the War, in 1946, Apo Lazaridès triumphed in a five stage race, Monaco-Paris, which heralded the revival of the Tour one year later.

In the 1950s finishes in Monaco crowned the Dutch riders Jan Nolten and Wim van Est and then Raphaël Gémiani. And in 1964 the finish of the 9th stage, Briançon-Monaco, was the backdrop to one of the epic Anquetil-Poulidor combats.

The 96th Tour de France will be made up of 21 stages and will cover a total distance of 3,500 kilometres.

These 21 stages have the following profiles:

10 flat stages,
7 mountain stages,
1 medium mountain stage,

2 individual time-trial stages,
1 team time-trial stage
Distinctive aspects of the race
3 mountain finishes,
2 rest days,
55 kilometres of individual time-trials,
20 Category 1, Category 2 and highest level passes will be climbed.

8 new stop-over towns
Brignoles, Gérone (Espagne), Issoudun, Martigny (Suisse), Saint-Fargeau, Tonnerre, vatan, Verbier (Suisse).

Mountains 24 hours before Paris
The Mont Ventoux on the day before the Champs-Élysées
Never in the history of the event has a mountain been on the programme the day before the finish in Paris. This will be the case this year with the Ventoux mountain finish on the 20th stage

INVITATIONALS

July 4, 4th of July Metric Century, Plainfield, 30/45/62 miles \$15 by 6/20 815-730-1883 jolietbicycleclub.org
Dianew3miles@sbcglobal.net

July 11/12, Late Ride, Chicago, 25 miles \$40. 773/918-7433
lateride@hotmail.com www.lateride.org

July 18, RAIN, Terre Haute, IN 160 miles, \$55 812/332-6028, bloomingtonbicycleclub.org/tours/rain/rain.html,
rain@rainride.org

July 19, Biking with Beanie, DeKalb \$20, 23/46/64/101 miles, 815/758-6873 kish-kiwanis.com/beanie.htm,
bikingwithbeanie@yahoo.com

July 19, Titledown Bike Tour, Green Bay, WI 15/35/55/80/100K titledownbiketour.com

July 26, Melon Metric, Plano, 15/32/62/100 miles \$18 by 7/10 \$25 day of, napervillebikeclub.com/melon/index.htm

The **Wheeling Wheelmen Bicycle Club** has an active Yahoo Group available on the Internet. The group works like a bulletin board and allows us to exchange email with other club members without having to know everyone's individual email address. You must subscribe to the group before you can send a message. Follow the instructions required by Yahoo to complete your registration.

NOTE: Due to spam and email address hijacking concerns, subscription to the Yahoo Group is limited to current members of the Wheeling Wheelmen Bicycle Club only. If you have questions about club membership, rides or events, please send an email to: wheeling@wheelmen.com

To Subscribe send an email message to:
wheelingwheelmen-subscribe@yahoogroups.com

To Unsubscribe send an email message to:
wheelingwheelmen-unsubscribe@yahoogroups.com

To post a message send your message in an email to:
wheelingwheelmen@yahoogroups.com

The group name is: **wheelingwheelmen** and is available at: pgroups.yahoo.com/group/wheelingwheelmen

CHICAGO CRITERIUM

SUNDAY JULY 26

The Chicago Criterium series of races will captivate spectators with its fast paced straight-aways and tight 90-degree turns in the heart of Grant Park. Starts and ends at Buckingham Fountain, Racing will begin at 7 am and continue through the day, Admission is Free. For additional information please visit, www.cityofchicago.org/specialevents

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 6



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 ST. 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

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 CYCLESPORT
63 Park & Shop
Elk Grove Village
847/439-3340
1313 N. Rand Rd,
Arlington Hts.
847/398-1650
205 W. Northwest Hwy
Barrington,
847/382-9200

We support:

- *The League of American Bicyclists
- *The League of Illinois Bicyclists
- *Active Transportation Alliance
- *Buffalo Grove Bike Rodeo
- *Bicycle Federation of Wisconsin

JOIN THE LEAGUE!

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

League of American Bicyclists,
1612 K Street, NW, Suite #401
Washington, DC 20006
Tel: (202)822-1333 Fax: (202)822-1334
E-mail: BikeLeague@aol.com
Web Site: www.bikeleague.org

In addition to government relations, they also organize many great cycling rides and rallies around the country. For information on these events call (800)288-BIKE