



MONTHLY MEANDERS

BOARD BANTER

The Good, the Bad and the Unexpected

This article will relate some of what I have experienced in packing and shipping a bike for airplane travel. It seems that whatever you expect, it will go differently.

I will start with last year's trip out to Sacramento, CA. I rented a case for \$75, which seemed a little high but that included the shop breaking down and packing the bike. This was my first mistake, as I didn't watch the process and had to figure out reassembly on arrival to Sacramento the night before the first ride. Secondly, the bike arrived broke as they didn't take off the derailleur and the tensioning cable bolt snapped. Luckily a mechanic at a local bike shop saw the problem and replaced the bolt for just \$10. He said he always takes the derailleur off and places it between the frame, lesson learned.

Lastly, I left my credit card number with the store back home to pay for UPS shipping charges. Big mistake as I was whacked for \$252. So on the return flight I took the bike on the plane with me for only \$100 and all went well.

Lessons learned: learn how

to pack your bike or get a local club member to show you. Also, check with your airline as each has different pricing for bikes. So was it worth it having my own bike to ride while on vacation? Yes, yes, yes.

Well now we will move on to this year's trip to Sacramento. I bought a used case from a bike shop. For a little more than double the rental charge I now have my own bike travel case, which is a good thing. The morning of the flight the taxi mini van pulls up and the driver puts the case on top of the folded down seats. This puts the case about 4 feet off the ground. I turn around to get my other bags and what do I hear? The case falling out and bouncing on the ground... bad. I get to the airport for their usual long lines. I am greeted by the attendant directing me to another line for people with oversize luggage. Well the other line had no one waiting...good. At the counter the guy says how about \$60 to fly both bags. Well it should have cost me \$125 for both, so I wasn't about to argue... good, good, good.

Landed in Sacramento to find my bike was in San Francisco...bad. (TSA inspected

the bike case and it missed the flight). The airline knew where the bike was and when it would arrive. They said they would be happy to deliver it by 11pm, but that isn't going to work. I said call me the minute it arrives and I will pick it up. They called and everything worked out all right...good.

Coming back there was the usual \$100 charge, but as of yet I haven't seen it on my credit card bill. Did I just ship my bike to the coast and back for \$35? Great.

To sum up, since I was riding with a highly competitive group over some mountainous terrain I feel having my own bike was the only option. Learn how to pack it your self, as your fear factor when it arrives will be greatly reduced. Go on your selected airline's website to learn about their policy regarding traveling with your bike. And finally, be ready for anything as anything can and will happen. It will be all worth it when you're on your own bike in some exotic new location.

Mitch Rosset

April 2012

INSIDE THIS ISSUE:

INVITATIONALS	2
CLUB MEETING	2
BIKE SWAP	2
APRIL RIDES	3
WEEKDAY RIDES	4
ST PAT'S RECAP	5
PHONE APP'S	5
RED LIGHT LAW	5
MEETING RECAP	6
BIKE RODEO	6
ROAD HAZARDS	6
YAHOO GROUP	7



Club Officials

Elected Officers

President

Joe Beemster 847/215-2314

V.P./Ride Chair*

Pat Calabrese 847/358-4807

Treasurer

Johannes Smits 630/893-2835

Secretary

Dave Waycie 847/577-6307

Membership

Mitch Rosset 847/376-8152

Publicity Chair

Barb Barr 224-578-0624

Powerbarb53@gmail.com

Appointed Officers

Harmon Chairman

Todd Berlin todd.berlin@rrd.com

Newsletter

Ella Shields 773/407-4712

St. Pat's Ride

Janice Gries 847-275-7443

Anna Swietczak 312-969-1010

Chairmen

Banquet

Meg Ewen 630/540-1704

Harmon Data Base

Emily Qualich 847/ 821-1009

Mileage Statistician

Emily Qualich 847/ 821-1009

Newsletter Mailings

Joe Beemster 847/215-2314

Picnic

Al & Cindy Schneider 847/696-2356

Refreshments

Open

*Ride Coordinator

Sheri Rosenbaum 847-971-4573

luv2bike80@hotmail.com

Ride Line

Frank Bing 847/634-1439

Web Page

Jim Boyer 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 Mitch Rosset with your new address or e mail address at 847/376-8152 or e mail him at wheeling@wheelmen.com.

WELCOME NEW MEMBERS

Gerry Huebner
Francis Bourque
Terri & Robert Schroeder
Rebecca Kron
Martin Conlon
Tracy Sefcik Hall
Ricardo Moncayo
Scott & Andrea Stegert
Fred Voras
Brendan Stafford
Nancy & James Bayus
Brenda Korneder
Roger Hitchings

INVITATIONAL'S

April 29, Folks on Spokes Easter Ride, Park Forest, IL.
18/26/36/50/62 miles,
www.folksonspokes.com

May 5, Tour de Stooges, Highland, IL, 17/22/31/46/64 miles.
618-236-2793
tourdestooges@rogerkramercycling.org

May 6, QuadruPedal Century, 30/50/75/100 miles, Dodgeville, WI.
608-935-6424, ichs.net/quadrupedal.html

May 19, KR Bike Club Annual Ride, Waterford High School, WI
5/44/63/100 miles
krbikeclub@hotmail.com

May 20, Arlington 500, Barrington High School, 31/44/55/69 miles,
500@cyclearlington.com
www.cyclearlington.com

May 26 & 27, Blackhawk Country Roads, Rockton, IL., 10/30/45/60 miles, 815-399-1404 or 815-871-6379
rplantz@aol.com
www.blackhawkbicycleclub.org

May 26-27 Horsey 100, Georgetown KY. Sat. 26/35/53/75/100, Sun. 30/50/75, www.bgcycling.org

May 27, Bike the Drive, Chicago, 15/30 miles., 312-427-3325 x 251,
btd10info@activetrans.org

BOARD MEETING

The next board meeting is Monday, April 2, 7:00 p.m. at the home of Joe Beemster.

All Board members are requested to attend.

APRIL CLUB MEETING

The club meeting will be on Thursday, April 5, 7:00 p.m. at the [Trek Bicycle Store – 1925 Skokie Hwy, Highland Park, IL](http://TrekBicycleStore.com) trekhp.com

Robbie Ventura, owner of Vision Quest Coaching and former professional cyclist with his last 4 years as a member of the U.S. Postal Service Cycling Team, will discuss proper bike fit and early season training—how to get started and back in shape for the season.

A meeting only special: The store is offering a 15% discount on everything in the store except bikes, bikes will be 10% off.

THE ARLINGTON BIKE SWAP

Saturday, April 28

The Arlington Heights Bike Swap is an annual community event featuring hundreds of bicycles.

The swap is held at Centennial Park, 1209 Burr Oak Drive, Arlington Heights. Centennial Park is located adjacent to Riley School.

The Arlington Heights Bike swap allows everyone to sell or purchase bicycles and bicycle related items. The Arlington Heights Bicycle Club runs the event like a garage sale. Sellers set their own prices. The swap is ideal for anyone who has out grown their bicycle; has bicycles they no longer use; or want to upgrade their bicycle.

For info see cyclearlington.com or email swap@cyclearlington.com

April 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			
Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Sun. 4/1	9:00	Sunday Short Ride	Long Grove Commons	Rt. 22 and Old McHenry Road. Park in lot north of the PNC Bank	31-55	Len & Reinhilde Geis 847/679-0279
	9:00	Who Let the Dogs Out	Evergreen School, Union	I-90 west to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	48	Dave Waycie 847/577-6307
Sat. 4/7	9:00	Lou's Commute	Lakewood F.P.	West on IL 176 to Fairfield, left to Ivanhoe, left to parking on left	41	Dan Wiessner 847/838-9448
Sun 4/8	9:00	(Easter) Sunday Short Ride	Long Grove Commons	See above	31-55	Frank Bing 847/634-1439
Sat. 4/14	9:00	Honey Lake Loop	Willow Stream Park	On Old Checker Rd. just west of Buffalo Grove Road north of Lake Cook in Buffalo Grove.	40	Pam Kaloustian 847/394-2918
Sun 4/15	9:00	Sunday Short Ride	Long Grove Commons	See above	31-55	David Naigles 630/532-7068
	9:00	Harmon Half Century	Wilmot H.S. Wilmot WI	Take I-94 West across the Wisconsin state line to Exit 345 (Hwy C). Go West on Hwy C to the town of Wilmot. Turn right on Hwy W. in Wilmot. Continue to High School entrance on the left side of the road.	51	Anna & George Swietczak 312/969-1010
Sat 4/21	9:00	Loops of McHenry	McHenry County College	Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot.	36/49	Larry Koch 312/656-8374
Sun 4/22	9:00	Sunday Short Ride	Long Grove Commons	See above	31-55	Pam Burke 312/615-3407
Sat 4/28	9:00	Walworth Flats	McHenry County College	See above	58	Ella Shields 773/407-4712
Sun. 4/29	9:00	Sunday Short Ride	Long Grove Commons	See above	31-55	Kilian Emanuel 847/296-7874

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

WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday	9:00 am	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 847/804-1561
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	25-45	Willow Stream Park - On Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking on the right	Kilian Emanuel 847/296-7874 Len & Reinhilde Geis 847/679-0279
Tuesday	6:00 pm	Working Stiff's Ride	18-27	Stempel Parking Lot On the west side of Old McHenry Road, behind the Read Oaks Store. West of IL 53, Long Grove, IL	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday	10:00 am	North Branch/ Botanic Gardens Trail Rides Lunch stop: Botanic Gardens or Super Dawg	16-32 Paved Path	Blue Star Memorial Woods. East Lake Avenue, Glenview. East of Waukegan Road, between Wagner and Harms near overhead trail bridge. Parking Lot on South Side of East Lake Avenue	Kilian Emanuel 847/296-7874
Wednesday	5:30 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Rotation: Joe Beemster 847/ 215-2314 Anna Swietczak 312/ 969-1010 Nancy Beck 630/ 837-2195
Thursday Starts April 12	6:00 pm	Thursday Night Ride	30	Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road, park at shelter B.	Paul Lefevre 847/670-3501

CHICAGO, ILL. MAJOR WINNER IN TIGER III GRANTS

Illinois received \$44.2 million and is the largest recipient in the nation -- 8% of total funds -- in the latest round of U.S. Department of Transportation's Transportation Investment Generating Economic Recovery (TIGER) grants. The third round of TIGER funds doles out \$527 million, with 828 applications from all 50 states for a total of \$14.1 billion in projects, Illinois' awarded projects included \$20 million for Chicago Transit Authority (CTA) Blue Line and Chicago Bike Share Program. The grant will jump start Chicago's first large scale bike sharing program. The program plans to launch in Spring 2012 with 3,000 bikes at 300 solar powered stations located in high density areas citywide. An additional 2,000 bikes and 200 stations will be added through 2014. Source: metroplanning.org



ST. PATRICK'S DAY RIDE-WOW!

In one of our better invitational rides, some 550 cyclists attended our event on Sunday, March 18th. The weather was undoubtedly the biggest factor for this turn out. We spoke to numerous riders who were very complimentary of the way the Wheelmen ran this ride and the route marking. Many of them indicated they are looking forward to riding the Harmon 100 in September. We also sold a lot of tee shirts and picked up several new members.

The Wheelmen volunteers continue to step up to the plate in sponsoring this event. Anna Swietczak did a great job in organizing the ride and coordinating all of the volunteers. She was ably assisted by her co-chair, Janice Gries. Anna's husband George set up the water station so no maneuvering of contain-

ers was required. We also want to recognize Tom and Deb Wilson for guiding Anna in making this a very successful event.

Other volunteers rose to the occasion by supplying delicious home baked cookies and treats (we didn't run out). Thanks to Deerfield Bakery for their contribution, Wheel Werks in Crystal Lake for providing mechanical support and all the Wheelmen volunteers for handling registration and shirt sales, route marking, SAG, advertising, and the arrangement and cleanup of the refreshment area. Lastly, the parking crew really had their work cut out for them in directing the numerous vehicle drivers to any open spots they could find. As a result no off-site parking was required.

I continue to be impressed with the number of member volunteers who are responsible for making the Wheeling Wheelmen such a terrific organization.

Joe Beemster

PHONE APP OF THE MONTH

So have any of my previous App suggestions motivated you to go out and upgrade your phone? I see that we gained a few new members to the Wheeling Wheelmen group on Strava.com. It's been fun to follow other WW riders. You can see when they ride, if they improved their KOM standings and send Kudos.

So are you considering buying a new bike or wanting to check the fit of your current ride? We all know that the perfect fitting bike increases performance, improves comfort and prevents pain/injury. Check your fit using **Size My Bike** app (sizemybike.com). This is the first iPhone bike fitting app. Just define your anatomy with 6 body measurements and SizeMy-

Bike will compute the optimal geometry of your road bike or mountain bike. This app is only for the iPhone and currently sells for \$5.

If you are still trying to lose some of that winter plumage prior to bike season, check out **Lose It** (LoseIt.com). This app makes it easy for you to calculate calories in/calories out.

Track food using their easy diary and the track your exercise to see calories burned. Link up with friends and help each other stay motivated. This app is free.

Have a favorite bike, nutritional or fitness app you want to share, drop me a note?

Sheri Rosenbaum



Effective January 1, 2012, Illinois law provides that a motorcycle or bicycle that arrives at a red traffic control light "which fails to change to a green light within a reasonable period of time because of a signal malfunction or because the signal has failed to detect the arrival of the motorcycle or bicycle due to the vehicle's size or

weight, shall have the right to proceed, after yielding the right of way to oncoming traffic facing a green signal..." This law does not take effect in municipalities of greater than 2,000,000 population (read: Chicago).

This law amends the Illinois Traffic Code (625 ILCS 5/11-306). It was proposed by Rep. Daniel V. Beiser of Alton as HB2860. It originally pertained only to motorcycles, and no exemption for its effect in Chicago was included. This act was passed by both houses of the Illinois Legislature and sent to Gov. Quinn for his signature. The governor exercised his amendatory veto power to include bicycles within the sweep of the law, and excluded Chicago from its ambit. Another change

the governor included was to specify the waiting period as at least 120 seconds. When the amended bill was returned to the legislature, they overrode the governor's changes to exclude the specific waiting period, but let stand the exclusion of Chicago and inclusion of bicycles in the scope of the law. With this act the bill became law on January 1, 2012 as Public Act 097-0627.

I'm sure many of you have been frustrated with traffic light that don't recognize the presence of bicycles (and in my case, motorcycles), and welcome the change. The law does not permit a turn on red where a "right turn on red" is otherwise prohibited at the corner. The law also requires the rider to yield the right of way to all cross traffic. Also the "reasonable" waiting time is not specifically defined. It presumably would require a wait of some period of time, and not immediately proceeding after a perfunctory stop. Although you may fine such a wait "reasonable" an observing police officer might not agree. And then to prevail you might need to tell it to a judge.

Kevin Moore

GREAT MEMBER MEETING

At our last member meeting on March 1st, Doctors Katie and Quentin Sleigh did an excellent presentation on avoiding sprain and strain injuries associated with riding a bike. They demonstrated various stretching exercises to relieve the tightness in your body which can help to reduce low back problems along with neck and leg strains. They stressed that doing these, immediately following a long bike ride, will help avoid the stiffness and soreness commonly occurring with most cyclists. These types of stretches should be done daily to avoid stiffness and increase flexibility. These involve stretches for: low back, hamstring, torso, hip flexor, knee to chest, neck flexing and rotation and core muscle strengthening. Written directions with associated photos were given to each attendee.

The Doctors manage the Sleigh Family Chiropractic at 3285 N Arlington Heights Rd. Anyone can arrange for an evaluation at www.Sleighfamily-chiropractic.com or by calling (847) 788-0880.



Club Member Dave Naigles assisting Dr. Katie with her presentation



Dr. Katie demonstrating a stretch



HELP NEEDED FOR BIKE RODEO

Every year the Wheelmen help the Buffalo Grove Police Department with their Bike Rodeo. This event is geared towards teaching kids bike safety, as well as promoting cycling. Once the kids sign up at the registration desk, they come to our station where we make sure their helmets are fitted properly.

The event is Saturday, May 19, (rain date is Saturday, June 2).

Barb Barr needs volunteers to help out with the Rodeo. She needs two shifts of two people each. First shift is 11 am-1pm and 2nd shift is 1pm-3 pm. A pizza lunch is provided.

Please contact Barb at 224/578-0624 to volunteer and to get more details.

ROAD HAZARDS FOR CYCLISTS

By Laurel-Lea Shannon

Being a skilled rider involves practicing safe cycling techniques on highways, following the rules of the road and watching out for motor traffic—all while keeping an eye out for road hazards such as gravel, debris, potholes and broken pavement. Add chatting with your cycling buddies to that list, and you begin to realize just how busy you are on the bike. To stay safe you need to stay focused. Here's a heads up about what to watch out for on the roads this cycling season.

Potholes and broken pavement: It's best to avoid potholes and broken pavement but often that's not possible. There may be too much traffic, preventing you from taking the lane, or another cyclist could be riding beside you, making it impossible to swing around the pothole.

That's when it's good to know how to bunny-hop. Here's how you do it:

- 1) As you approach a pothole or broken pavement, level the pedal cranks and lift your bum off the saddle. This provides a more stable platform.
- 2) Place your hands on the hoods of the handlebar and shift your weight backward.
- 3) As you approach the pothole, spring your body and feet upward. A light pull on the handlebars will raise the front of the bike higher than the back. But do this with a light touch. You don't need to go very high to clear a pothole.
- 4) Once you've cleared the obstacle, focus on keeping control of the bike as you land.

Puddles: If you can avoid them, don't ride through puddles on the

(Continued on page 7)

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

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

(Continued from page 6)

road. They often conceal huge holes.

Rain: The roads are most slippery when it first starts raining. That's when oil and dust float to the surface of the road, reducing traction.

When it's raining, allow more time to brake. Wet tire rims affect the time it takes for brakes to engage and once the brakes do engage, they can grab. If that happens, be prepared to ease off the brake levers, or you could skid on the road.

Painted lines and steel surfaces: When the painted lines on roads are wet they become slippery. This includes manhole covers, bridges, railway tracks and sewer grates. Ride with caution whenever you encounter these.

Leaves: This is more of a hazard in the autumn. Leaves are slippery when wet, and, like puddles, they can conceal large holes.

Railway tracks: Cross them at the side of the road where the tracks are less worn. Always cross them with your wheels perpendicular to the tracks. Cross with caution or walk your bike when they are wet.

Sand and gravel: In the early spring, sand and gravel can make

the roads treacherous. If you're cycling through a gravel-strewn corner, straighten the bike and gently lean your body into the corner. Don't make any sudden moves. Don't jam on the brakes. If you need to slow down, feather the brakes before you enter the corner.

Dogs: As a kid I had a near-fatal accident when I was attacked by a dog while on my bicycle. The dog knocked me off my bike and I came within a hair's breadth of getting run over by a pickup truck. It was an early lesson in how dangerous dogs can be for cyclists. Decades later, when I started road cycling, I spent a lot of my time on the bike watching out for dogs. Even hearing a dog bark would send my heart pounding and my adrenaline was sky-rocketing.

A couple of years ago, while riding with a woman who owns several large dogs, a furry beast chased us. Unlike me, my friend wasn't afraid. She just yelled several times in a very loud, firm voice, "GO HOME!". That's doggie speak. Dogs are used to their owners barking orders at them. Do that and they'll think you're their owner—a plain "NO" may work too.

from www.womenscycling.ca



P. O. Box 7304
 Buffalo Grove, Il. 60089-7304
 847-520-5010
 wheeling@wheelmen.com

We are on the web
wheelmen.com



SAVE THE DATES

Picnic - Sunday, July 8
 Harmon Hundred - Sunday, Sept. 9
 Banquet - Sunday, November 11



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

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 E,
 Wheaton 630/690-2050
 1807 S. Washington, #112
 Naperville, 630/961-8222

Trek Bicycle Store – Highland Park
 1925 Skokie Hwy
 Highland Park, IL
trekhp.com 847-433-8735

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

TURIN BICYCLE
 1027 Davis Street
 Evanston
 847/864-7660

VILLAGE CYCLESPORT
 45 Arlington Hts Rd
 Elk Grove Village
 847/439-3340
 1313 N. Rand Rd.
 Arlington Hts.
 847/398-1650
 203 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