



# MONTHLY MEANDERS

## AS THE MILES TURN....

The official WW ride schedule is well on its way. It is a very extensive schedule with some new rides and many of our old favorites. I thought I'd highlight what you can expect for the season.

- The majority of the summer we offer rides every day of the week. Some days both morning and evening.
- Regular weekly rides include:
  - ◇ Saturday Honey Do – Douglas FP
  - ◇ Sunday Long Grove Short Ride – Long Grove Commons
  - ◇ Monday night casual ride – Busse Woods
  - ◇ Tues/Thurs Bakery rides – Willow Stream Park
  - ◇ Tuesday night ride – downtown Long Grove
  - ◇ Wednesday trail ride – Blue Star Memorial Woods
  - ◇ Wednesday night ride – Douglas FP
  - ◇ Thursday night rides – Heron Creek
  - ◇ Friday picnic ride – Willow Stream Park
- We've added 4 new rides to the Sunday Short Ride rotation. As you ride these routes, let us know your thoughts. Very easy to make adjustments if necessary. No whiners please!

- Mon. May 28<sup>th</sup> (Memorial Day), Mitch's Muse leaves from Penny Rd Pub. After the ride hang out on the patio for some food, drink and story swapping (members responsible for their own drink and food).
- Sat. June 23<sup>rd</sup>, Mitch Rosset has decided to celebrate the longest day of the year with a double century. This will be the Harmon Hundred route TWICE. But you can choose to do any combination of miles.
- Sun. July 1<sup>st</sup> we are offering the Darwin Ride. This is out of Long Grove and 70 miles. It may be longer miles than you are used to but the route is very doable. We still need a ride host so if you are interested, let me know.
- Sat. July 28<sup>th</sup> is Loops of Lakewood. This is the Arlington 500 route but leaving from Lakewood FP instead of Barrington H.S. There are 3 distances being offered so something for everyone. We still need a ride host for this ride, too.
- **NOTE:** Rides starting from Lakewood FP now meets on the EAST side of Fairfield Rd. There's plenty of parking, water

and a convenient wash-room. So don't accidentally go to the other parking lot on the west side.

- We recently started to use MapMyRide for mapping the routes. It will take time but the plan is to have maps available for every ride. If you sign up at MapMyRide.com you can "friend" Sheri Rosenbaum and have access to the maps. Only active Wheelmen members will be friended.

There are still a few slots for ride hosts. Please take a moment to look at the web site and consider volunteering for any open slots. We provide you with the sign-up and cue sheets. You just make copies and show up to the ride. Can't make it any easier than that! Oh, it is the ride hosts responsibility to arrange for perfect weather.

[We will be using the Yahoo group and Facebook for any last minute changes. If you are not on either one of these lists, I highly recommend you sign up. You don't want to be left out of the loop.](#)

May the sun be on your face and wind at your back. Ride safe.

Sheri Rosenbaum & Pat Calabrese

May, 2012

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We will once again be doing a slide show at the annual club banquet (November 11) and are asking for contributions this season. So be sure and take your camera out to rides and events this year and share your pictures with the club. Send your pics by October 31 to Dave Waycie at [dwaycie@wowway.com](mailto:dwaycie@wowway.com).

## 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](mailto:wheeling@wheelmen.com).

## TOP 20 MILES

through April 10

18 rides by 88 members

745 max miles

#### Men:

1	Mitch	Rosset	557
2	Kilian	Emanuel	551
3	Kevin	Moore	472
4	David	Waycie	424
5	Anthony	Vercillo	381
6	Peter	Guzik	357
7	David	Naigles	351
8	Paul	LeFevre	342
9	C. Brian	Hale	283
10	Frank	Bing	281
11	Alex	Halamaaj	276
12	Leo	Rhee	249
13	Earle	Horwitz	236
14	John	Korb	228
15	Joe	Beemster	216
16	Jeff	Magnani	206
17	Jim	Boyer	199
18	Jim	Flehsig	196
19	JV (Juan)	Villadolid	189
20	Dennis	Ellertson	187

#### Women:

1	Sheri	Rosenbaum	382
2	Betsy	Burtelow	270
3	Emily	Qualich	261
4	Ella	Shields	146
5	Reinhilde	Geis	145
6	Virginia	Savio	139
7	Pat	Calabrese	129
8	Pam	Kaloustian	125
9	Cindy	Trent	120
10	Eva	Larson	110
11	Tricia	Croft	100
12	Deb	Wilson	97
13	Mary Kay	Drapeau	86
14	Pam	Burke	66
15	Kae	Takeshita	55
16	Laura	Randazzo	44
17	Lynne	Lutman	44
18	Ellen	Heineman	36
19	Meg	Ewen	30
20	Anna	Swietczak	29

## BOARD MEETING

The next board meeting is Monday, May 7, 7:00 p.m. at the home of Johannes Smits.

All Board members are requested to attend

## WELCOME NEW MEMBERS

Bill Powell  
Terri Cenar  
Alex Powell  
Paige Powell  
Lori Swalla  
David Neuman  
Lynne Lutman  
William Lutman  
John Lichtenauer  
Cindy Langlas  
Ashley Oliver



**WEDNESDAY,  
MAY 16**

In remembrance of cyclists who have been killed or injured while bicycling on public roadways, to encourage bicycle safety, and to raise awareness of cyclists' right to share the road.

### Arlington Heights Bicycle Club,

7:00-9:00 pm, Recreation Park  
500 E Miner St., Arlington Heights,  
[www.cyclearlington.com](http://www.cyclearlington.com)

Gary Gilbert @ (847) 577-4275  
[gary.bicycles@comcast.net](mailto:gary.bicycles@comcast.net)

**Chicago:** Gather at Daley Plaza's Eternal Flame beginning at 6pm; ride departs at 7pm. Ride in silent procession past several area Ghost Bikes. For more info: [www.rideofsilence.org/chicago](http://www.rideofsilence.org/chicago)

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 *bring money for lunch/snacks	
Date	Time	Ride Name	Directions/Notes	Miles	Host
Sat 5/5	9:00 AM	Antioch Classic	Antioch Upper School 1-94 to IL173 west just past IL59, turn right on Tiffany, left at sign for school	58/80	Dan Wiessner (847) 877-8459
Sun 5/6	9:00 AM	Sunday Short Ride	Long Grove Commons shopping Center at Rt22 and Old McHenry Road. Park in lot north of the PNC Bank.	~31/55	Ella Shields (773) 407-4712
Sat 5/12	8:00 AM	Ride to Big Rock	Rutland F.P I-90 west, Exit Rout 47 south to Big Timber Rd., Left to Rutland F.P.	55/70/ 93/100	Dave Waycie (847) 845-9663
Sun 5/13	9:00 AM	Sunday Short Ride	See above	~31/55	Johannes Smits (630) 893-2835
Sat 5/19	8:00 AM 9:00 AM	Binnie Woods	Binnie F.P. I-90 west, Exit Randall Rd North to Binnie Rd, Turn west (left) to Forest Preserve (on right-hand side)	67/109	Paul LeFevre (847) 670-3501 Dave Waycie (847) 845-9663
Sun 5/20	~~	Arlington 500 Presented by Arlington Heights Bicycle Club	Barrington High School West Parking Lot 616 W. Main (Main St & Hart Rd) Barrington	28/42/ 54/69	Invitational
	9:00 AM	Sunday Short Ride	See above	~31/55	Jim Boyer 847/541-1325
Sat & Sun May 26/27		HorseY Hundred Weekend	Georgetown, KY. Weekend ride hosted by the Bluegrass Cycling Club. <a href="http://www.bgcycling.org/index.php/rides-mainmenu-95/horsey-hundred-mainmenu-71">www.bgcycling.org/index.php/rides-mainmenu-95/horsey-hundred-mainmenu-71</a>	Sat:26-100 Sun: 30-75	Invitational
Sun 5/27	9:00 AM	Sunday Short Ride	See above	~31/55	David Naigles (630) 532-7068
Mon 5/28	9:00 AM	Mitch's Muse	Penny Rd Pub Penny Rd and Old Sutton Rd 28w705 Penny Rd, South Barrington, IL	40/45	Mitch Rosset (847) 376-8152

**Call the Ride Line 847/520-5010 and be sure to be on the Yahoo group and/or Facebook for last minute changes**

WEEKLY RIDES					
Day	Time	Ride	Start/Directions	Miles	Ride Host
Saturday	<b>8:00 am</b> <b>new</b> <b>start</b> <b>time</b>	Honey Do Ride	Grassy Meadow Forest Preserve - The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	30-58	Brian Hale 847/804-1561
Monday  Starts May 14  (No ride May 28)	6:00 pm	Casual Monday Ride	Bussee North Woods Parking Lot. Located on Golf Road just east of Rte 53. Turn on Ring Road into the preserve. (across from the Atrium Complex). Turn left at the first parking lot	10-15	Virginia Savio 847/438-8066
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	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	25-45	Kilian Emanuel 847/296-7874  Len & Reinilde Geis 847/679-0279
Tuesday	6:00 pm	Working Stiff's Ride	Stempel Parking Lot On the west side of Old McHenry Road, behind the Read Oaks Store. West of IL 53, Long Grove, IL	18-27	Jim Boyer 847/541-1325  Tom Wilson 847-632-1412
Wednesday	10:00 am	North Branch/ Botanic Gardens Trail Rides Paved Path  Lunch stop: Botanic Gardens or Super Dawg	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	16-32	Kilian Emanuel 847/296-7874
Wednesday	5:30 pm	Hill and Dale Ride	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	25-35	Rotation: Joe Beemster Anna Swietczak Nancy Beck
Thursday	6:00 pm	Thursday Night Ride	Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road, park at shelter B.	30	Paul Lefevre 847/670-3501



## 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.

## WHEELING WHEELMEN BOARD MEETING APRIL 2, 2012

**Present:** Joe Beemster, Todd Berlin, Pat Calabrese, Sheri Rosenbaum, Ella Shields, Johannes Smits, Anna Swietczak, Dave Waycie

The meeting was called to order at 7:20 pm.

**IRS Status:** 503-c.7 application and fees have been submitted and are being reviewed by the IRS.

**Treasurer's Report:** Finances are in good shape. St. Pat's ride was financially successful. Considering voluntary assistance to villages to advise signage and bike plans.

**St. Pat's Ride:** 550 riders participated. Anna will coordinate the ride again next year. Tee shirts will have to be ordered for next year's ride.

**Harmon:** Bassett and Eagle Lake Park have been reserved. The early registration incentive has been implemented in order to encourage pre-registrations, allowing for better food planning. Exploring allowing the route to be downloaded to GPS (at least for pre-registered riders).

### Member Meetings:

April 5 – Meeting will be at the Trek store in Highland Park. Subject is bike fit.

**Picnic** is July 8, at the large shelter at Heron Creek.

**Ride Chair:** Approved adding Horsey Hundred to the ride list. Testing out Map

My Ride for producing ride maps. Approved \$100/year expense, Approved starting the Friday "Lunch Rides" earlier this year.

**Ride Line/Ride Cancellation:** Ride hosts for outlying rides (starts in Union, Antioch, McHenry County College, etc.) can use the Yahoo group to handle cancellations due to weather. Dave Waycie will provide a notice for the newsletter. Ride Line status undecided.

**Newsletter Article:** June – Dave Waycie.

**Next Board Meeting:** Monday, May 7, 7:00 pm, at Johannes Smits.

The meeting was adjourned at 8:20. Dave Waycie, Secretary

## PROCEDURE: NOTIFICATION OF CLUB BIKE RIDES

**Background:** In the past, communications on whether a scheduled ride would be held or not, was handled by calling the ride host. While the Ride Line has been used for several years, it has never been practical to use it to announce last-minute changes. The result has been that ride hosts have often driven several miles to sit in the rain, "just in case," and at times, ride participants have driven to a ride to find it cancelled due to weather.

Notification is particularly important for rides scheduled out of our normal area where some driving is required. Generally the members have a good idea if the weekly rides, Bakery, Honey Do, Sunday Short Ride and evening rides etc., will be held by checking the local weather forecasts or driving over. However a member driving to an

"outlying" ride that is cancelled is inconvenienced. The following procedure will serve as a communication device to hopefully avoid this situation.

### Process: In Questionable Weather Situations

If the ride host considers the weather forecast to be severe enough to cancel the ride, he/she should post a message on the Wheeling Wheelmen Yahoo Group ([wheelingwheelmen@yahoo.com](mailto:wheelingwheelmen@yahoo.com)). These conditions can include very high chance of rain or snow, severe winds, or other unsafe conditions.

- If the ride host decides to cancel the ride, he/she should post a message to the Yahoo group no later than 2 hours before the scheduled ride start time.
- Of course, the host may post the message earlier, like the night before, if

there is really no question that the ride will be cancelled. Or, if the host wants to decide in the morning, he or she can post a notice to watch for an update in the morning. Generally, more communication is better than less.

- Riders are encouraged to use the Yahoo group, but if a rider cannot access the Yahoo group, the host can be contacted at the phone number listed on the ride schedule.

Every member should consider subscribing to the Yahoo group especially if they are planning on doing rides starting in the outlying areas. Instructions for subscribing to our Yahoo Group are listed in the newsletter (on page 7). We also encourage people to join the Wheeling Wheelmen Facebook page and ride information is posted there, too.



## HOW RIDING YOUR BIKE IS GOOD FOR YOUR BRAIN

By Clair Cafaro  
(from [www.womenscycling.ca](http://www.womenscycling.ca))

It's obvious how fantastic you feel after a long ride or a tough race, quads throbbing as you challenge friends to the top of a climb or sprint against rivals to the finish line. What you may not be aware of is that while your legs and lungs are getting a great workout, your brain is actually growing fitter too!

We're all familiar with the "feel good hormones" endorphins and dopamine that are secreted by the brain during exercise. These neurotransmitters are responsible for the euphoria we feel whenever we ride our bikes. But riding our bikes affects our brain on a much deeper, much broader scale.

In his book "The Brain That Changes Itself" Norman Doidge, M.D., describes the brain as a "*plastic, living organ that can actually change its own structure and function, even into old age. Arguably the most important breakthrough in neuroscience since scientists first sketched out the brain's basic anatomy, this revolutionary discovery, called neuroplasticity, promises to overthrow the centuries-old notion that the brain is fixed and unchanging. The brain is not, as was thought, like a machine, or "hardwired" like a computer. Neuroplasticity not only gives hope to those with mental limitations, or what was thought to be incurable brain damage, but expands our understanding of the healthy brain and the resilience of human nature.*"

Scientists have found that exercise is one of the few ways to enhance neuroplasticity. Much of the research done in this area has focused on running, but *all* types of aerobic exercise provide benefits.

*Neurogenesis* is the creation of new nerve cells (or neurons), which until the last 20 years were thought to be fixed. Scientists have only recently discovered that our brains are actually *plastic* and have the amazing ability to grow through the generation of new neurons and the creation of new connections between neurons (synapses). Good news, since we begin to lose nerve tissue at about age 30. Regular aerobic exercise is proven to stave off diseases such as Alzheimer's and Parkinson's by increasing the number of dendrites (tree-like fibers branching out from the nerve cell responsible for receiving information) which create a denser neural network better at processing and storing information. Alzheimer's is caused due to a loss of neurons.

## A Healthier Brain

Studies by scientists from the Department of Experimental Psychology at the University of Cambridge and researchers at the National Institute on Aging in Baltimore, found that mice who exercised regularly performed better on memory tests. These mice also grew twice as many new brain cells in the hippocampus (the part of the brain linked to memory and learning) than the mice who didn't exercise. Early studies in humans clearly established a link between exercise and older adults between the ages of 55 and 80. Brain scans showed that participants who engaged in regular aerobic exercise (3 hours per week for 6 months) increased brain volume in the frontal and temporal areas which are involved in executive control and memory processes. In another study presented by Annie D. Cohen, a doctoral student in the department of neurology and Center for Neuroscience at the University of Pittsburgh School of Medicine, researchers examined the brains of rats that had been forced to exercise for seven days before receiving a toxin that normally induces Parkinson's disease. They found that, compared to rats that had not been exercised, significantly *fewer* dopamine-containing neurons died.

## How Does Exercise Induce Neurogenesis?

While theories abound as to what is happening at the cellular level to induce neurogenesis during exercise, one of the prevailing theories is that the stress of exercise promotes the release of a gene named BDNF (Brain-Derived Neurotrophic Factor). BDNF is expressed to protect us from exercise stress by generating new neurons, strengthening and protecting existing neural connections (or synapses) as well as repairing injured neurons.

## All Ages

Kids of all ages benefit from bike riding too. Many scientific studies prove that kids who exercise have quicker response times, better working memory and superior cognitive abilities than their sedentary peers.

As if you needed another reason to ride your bike. *Yes* riding your bike does make you smarter



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1313 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650  
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](mailto:wheeling@wheelmen.com)

To Subscribe send an email message to:  
[wheelingwheelmen-subscribe@yahoogroups.com](mailto:wheelingwheelmen-subscribe@yahoogroups.com)

To Unsubscribe send an email message to:  
[wheelingwheelmen-unsubscribe@yahoogroups.com](mailto:wheelingwheelmen-unsubscribe@yahoogroups.com)

To post a message send your message in an email to:  
[wheelingwheelmen@yahoogroups.com](mailto:wheelingwheelmen@yahoogroups.com)

The group name is: **wheelingwheelmen** and is available at: [pgroups.yahoo.com/group/wheelingwheelmen](http://pgroups.yahoo.com/group/wheelingwheelmen)



## PHONE APP OF THE MONTH

Cyclometer is iPhone-centric and a complete solution for tracking your rides. It can also be used for running, walking, skiing and more. Some of the key features include:

- Automatic stop detection removes stopped time from your statistics.
- Remote control using your earphone remote keeps you from fumbling with your iPhone at the start and finish.
- All of your workouts may be viewed by route or on a calendar, and summarized by day, week, month, year, and overall.
- Import, allows you to preload routes, or import other people's workouts to compete against.
- Export allows you to save detail and summary information in CSV, GPX, and KML formats.
- Ghost racing lets you compete against your best, median, and worst workouts, or against imported competitors.
- Twitter, Facebook, dailymile, and email updates enable your friends to view your progress.
- Google Maps are updated every few minutes to keep your friends and family informed of your location.

For more information go to [www.abvio.com/cyclometer](http://www.abvio.com/cyclometer)



**Just a reminder**, after fixing a flat please do not leave your used tubes, CO2 cartridges, etc on the road. Also don't leave energy drink bottles or food wrappers on the ground. Stick the stuff in your jersey pocket until you can find a garbage can. These items are not biodegradable and it is said, it takes about 100 years for the plastic compounds in a water bottle to biodegrade. Thanks.



**Wheeling  
Wheelmen**

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

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

Join us on



**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](http://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](mailto:BikeLeague@aol.com)  
Web Site: [www.bikeleague.org](http://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