Wheeling Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

March 1999

WHEEL WORDS

By Wayne Segedie

Well, March is upon us and winter is almost done. March brings us lots of good things. The CABDA bicycle show at the Rosemont Convention Center, our annual St. Patrick's Day Invitational, and the start of our riding season. Speaking of which, as I write this month's article (Feb 15th) I only have 30 miles in for the year. This is not a good start for me or most of you out there, but let's get ready to roll, we have a new season just beginning.

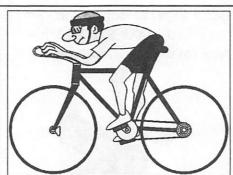
Speaking of the new season, come to this month's meeting for some help in getting your bicycle ready for the coming year. I will give a demonstration on fixing "on road" flats and other minor repairs. Bill Bergeron will give us a few pointers on actually getting our bikes ready for the road. So come on out and have your questions ready for Captain Bill.

I received an E-mail today from the Fox Valley Bicycle Club and I thought that I would pass on this information to you. The annual Silver Springs Sixty will <u>not</u> be held this year. They will resume it next year on April 30, 2000 so mark your calendars accordingly.

Some of you have commented that we did not receive recognition for our donations to LIB and CBF. The checks were mailed and we have received thank you letters back from both organizations. So, look for the recogni-

tion in future letters from both groups.

Our membership director informs me that we have 221 members signed up as of the beginning of February. Thank you for renewing your membership. If you have not renewed, please do so real soon, as this will be your last newsletter.



The ride schedule is done...
get ready to ride!

(Sob, Sob) Speaking of Pam, give her a call and wish her well. She just underwent surgery again on her right arm, and could really use some cheering up.

She will need lots of encouragement. Her words are "I really am looking forward to riding hard this year"

Our St Pat's ride is set to go on March 21st. This year's ride should be the best ever. We have the McHenry Co. Wireless Club offering radio support for us like they did on the Harmon. Village Cycle will be setting up shop at the Orchards for those last minute minor repairs, like air for the tires. And a big treat will be the homemade

cookies that we will be offering our riders. If you have not volunteered for anything, please contact Art Cunningham and bring some of your delicious cookies to the event. One thing that I mentioned in last month's article, we will not be riding as a group at 11:30 am. Instead, we will split up and ride during the ride with the other attendees. I am asking that some of you ride early and do only one loop, so that you can help with late registration, and closing up the orchards. We will also need volunteers for the support (cookies and water) at the Orchards when the riders finish the ride.

CABDA is all set and ready to go. Pam has a full schedule of volunteers, so I thank you all for volunteering. If you still would like to get in free (well nothing is free) and want to work a few hours, consider volunteering to work the Closeout Corner for CBF. You will get free admission, a T-shirt, first dibs on the merchandise before the show opens, and a 5% discount on the already clearance prices. What a deal! To volunteer, call Pamela (not our Pam) at CBF 312-427-3325. You need to be willing to put in about 3 hours, but then you are free to walk the show and dream about all the beautiful bikes you can't purchase.

We have had some discussion about our club library, and there does not seem to be much interest in continuing this program. So for the next few months we will not be displaying the library books at the club meetings. If anyone would like to take over this position and has some positive ideas as to how to make this extension of our club more interesting and worthwhile, please give me a call, I have run out of

(Continued on page 5)

Club Officials

(847)426-4376
(773)467-9387
(773)594-1755
(847)438-8066
(847)934-3809
(630)872-9238
(847)541-9248
(847)342-8823

CHAIRMEN	
St. Pat's Ride	
Art Cunningham	(847)963-8746
Mileage Statistician	
Art Cunningham	(847)963-8746
Newsletter Mailing	
Jennie Pfeifer	(847)342-8823
P.O. Box	
Phyllis Harmon	(847)537-1268
Refreshments	
Lou Lambros	
Web Page	
Bill Bergeron	(847)382-4704
Bike Books	
Social	
Pam Burke	(630)872-9238
CABDA Show	
Pam Burke	(630)872-9238
Barry Cohen	(847)459-7640
LAB	
Phyllis Harmon	(847)537-1268
Banquet	
Pam Zaverdas	(847)359-5970
Government Relations	

Board Meeting

The next board meeting will be held on March 17th at 7:00 PM at Wayne's house.

All board members are requested to attend. Give Wayne a call and let him know if you will be coming.

Membership

Membership renewals are past due! If you haven't sent in your check this will be your last newsletter!

Don't forget to stop by and visit the WHEELING WHEELMEN booth at the CABDA show!



Newsletter Contributions

(847)541-9248

(847)342-8823

Hey, out there, I'd love to hear from you!!

Your ideas, thoughts, recipies, tips, suggestions, ride notes and stories are welcome.

Send your neatly written or typed words by the 10th of each month to:

Jennie Pfeifer 1955 Silver Lake Rd. Arlington Hts, IL 60004

Al Berman

Jennie Pfeifer

Harmon Data Base

(Please include your name and phone number in case I have a question. I apologize in advance for any errors - typos happen!)

Moving?



Don't miss an issue of Monthly Meanders!!

Call Pam Burke with all name, address and phone number changes at (630)872-9238.

Welcome New Members!

Joseph & Catherine Irons Palatine Matthew Weston Arl Hts

RIDE SCHEDULE LEADING RIDES

We've diligently been working on the ride schedule, as you can see from the master schedule, and now it's time to recruit ride leaders for the upcoming season. If you see an opening on the schedule and you want to lead that ride or add a ride just give us a call or come to the monthly club meetings to sign up.

Also, we have had some members ask what it entails to lead a ride so we thought it would be helpful to give some of the basics. It is fun and easy to lead rides and everyone really appreciates you (plus you get a thank you gift at the banquet).

- 1 Contact us about leading a ride and we will add it to the schedule.
- You can create your own route or select a route from the club library. You should try and go over the route you plan to use preferable within a week or two before the ride to check for detours, obstacles, etc.
- 3 We will send you a cue sheet and sign up sheet prior to the ride.
- 4 All rides leave at the designated time. It is the ride leader's responsibility to be there early (about 1/2 hour). Bring plenty of cue sheets and have all members and guests sign in before the ride.
- 5 This is the day you have given to the club so remember you are responsible for the riders, especially new members. If possible, you should select a sweep for the ride and be sure all the riders have made it back before you leave. You can always backtrack in your car to be sure they are ok or if they need a lift.
- 6 After the ride send sign in sheet and cue sheet to ride chair for club records.

Thanks,

Mike Ortmanns Ella Shields Ride Chairmen

				Monthly Meand	lers of the Wheeling Wheelmen			
Wheel Ride S March	chedu	leelmen	All Riders Should:	*wear a helm *bring water *bring snacks	*bring a spare tu	be and patch kit	*bring II *bring \$ *arrive o	for food & phone
Date	Time	Ride	Name	Starting Point	Directions to Starting Location	Miles	Leader	Phone #
Sun Mar 21	9:30 or 11:30 am	St. Patrick'	s Day Ride	Wauconda Apple Orchard	Gossell Road, 1/2 mile off Fairfield, north of Rt. 176	17/35	Mike Ortmanns	773/467-9387
Sat Mar 27				Rt 14 one mile past Rt 176 in Crystal Lake Meet in the north parking lot.	35	Virginia Savio	847/438-8066	
Sun Mar 28	Wauconda Apple Orchard Orchard			see above	15/32	orbital	Mar agains	
Sat Apr 3			Daniel Wright School	Riverwoods Road 1.5 miles north of Rt 22	2 30		PE PERMIT	
Sun Apr 4	10:00 am	B.D.	S.R.	Kildeer School	Old McHenry Rd, just north of Long Grove shopping district.	40	Ella Shields	773/594-1755
Tuesday and Thursday morning show-and-go rides take place throughout the year with members of the Arlington Heights Bicycle Association and other local bicycling clubs. There are no cue sheets and a no-drop policy is followed. Starting time: 10:00 am thru 4/30 9:00 am beginning 5/1 Starting place: Deerfield's Bakery Buffalo Grove, IL Directions: Lake Cook Rd to Buffalo Grove Rd. North on Buffalo Grove Rd to the first Tuesday morning rides leave Deerfied Evening rides.				For further informated Rob Pletch Bob Savio Kurt Schoenhoff	Thursday ride There are seve Both rides are Hawthorn Wo ation call: (847) (847) (847)	are about 25 miles about 30 miles eral small hills of the Long Groods-No. Barring 1963-8746 19253-8633 19438-8066 19634-2634	n both rides.	
2.77		Call the	ride hotline	e at (847)520-501	0 for more information and cl	hanges to the	schedule!	tq bluode
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Name:_	ang blad.	in Victorial	Synthetic Manual		Spouse's Name:	ANS TO		da Havabira
Address	s:				Children's Names:		Age	<u></u>
City, St	ate, Zip:_	van is 165, 16	Marie de la companya		u na 180 5 and graphy is a little		A	ge:
Phone#		raje dije.		440	Family dues: \$15	Individual d		ge:
myself in	RSHIP PL a manner th	at will be compl	by agree to oper limentary to the	sport. I release and wa	?	he WHEELING		
The	S 11 198	his alonge			radirska, within the con-	_		
		(parent's signa with payment to		Spouse's Signa neelmen, P.O. Box 581-	ture -D, Wheeling, IL 60090-0581			

St. Pat's Ride - 1999

Only about a month now! March 21, the Sunday after Saint Patrick's Day, is the day of Chicago area's first invitational ride of the season, our

own St. Pat's ride. This is again scheduled for the Wauconda Apple Orchard with registration between 8:30 and 11:00. Like last year, the lunch

room will be closed, but it will be available to us for serving our usual homemade cookies along with hot coffee and cider.

We have had some early volunteers, but need help in a number of areas. Jobs to still be filled are:

Registration: Registrar's should plan on setting up the desk by 8:00 - riders arrive early, particularly if the day is mild. The desk closes at 11:00 and you should be able to do the ride at that time. Several more people are needed.

Parking: Barrieres should be set up by 8:00 and the attendants on duty. Plan to arrive a little before 8:00. The job should be over before 11:00. Still more help is needed.

SAG: A group from the McHenry County Wireless Association has volunteered to do the sag duty for us. They did a great job at last year's Harmon and we are indebted for their help.

Food: Service will be opened from 9:00 to 1:00. We will have an early shift from 9:00 to 11:00 and a late shift from 11:00 to 1:00.

The refreshment area was very popular as the social and warming area last year and quite crowded from 10:00 to 11:30. Two people are needed for each shift. We have one lonely volunteer so far so this is definitely a job we need help with.

Cookies: Donations of cookies - about 8 dozen each - are appreciated and go over really great. We ran out of them early last year. We need at least 8 donations. We have had a good response but more cookies are needed.

Please plan to offer your help and join the fun. Choose a job or better yet ask how you can help. Contact Art Cunningham by phone - (847)963-8746 or via e-mail at cunspoke@aol.com.

Quote of the Month:

When man invented the bicycle he reached the peak of his attainments. Here was a machine of precision and balance for the convenience of man. And (unlike subsequent inventions for man's convenience) the more he used it, the fitter his body became. Here, for once, was a product of man's brain that was entirely beneficial to those who used it, and of no harm or irritation to others. Progress should have stopped when man invented the bicycle."

Hovel in the Hills



Social ANTINATION Activities

Mark your calendar for a social outing with fellow cyclists:

Saturday, March 27 at 5:00 pm at Yu's Mandarin Restaurant in Schaumburg.

Cost of \$15.00 per person includes appetizers, soup, and choice of 6 entrees served family style. Drinks and tip extra.

There's plenty of time to ride that day to work up a hearty appetite for dinner!!!

Call Mare Wareham at (847)352-1231 by March 20.

1999 WHEELING WHEELMEN RIDE SCHEDULE

DAY/DATE	RIDE	MILES	START	LEADER
MARCH				
Sun. 3-21	St. Patrick's Day – member's ride	17/35	Wauconda Orchards	Mike Ortmanns
Sat. 3-27	Loops Through McHenry	35	McHenry County College	Virginia Savio
Sun. 3-28	Harmon Routes	15/32	Wauconda Orchards	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
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Sat. 4-3	Ride of 1000 Turns	30	Daniel Wright School	CONTRACT TO B
Sun. 4-4	B.D.S.R.	40	Kildeer School	Ella Shields
Sat. 4-10	Show & Go	35/49	McHenry County College	Art Cunningham
Sun. 4-11	Broken Oar	34	Kildeer School	Frank Illy
Sat. 4-17	Ice Cream Social	53	McHenry County College	Ron & Judy Hattendorf
Sun. 4-18	Hills & Horses	40	Kelsey & Rt. 59, Barrington	HARDER TO THE
Sat. 4-24	Apple Cider	37	Kideer School	Brian Hale
Sun. 4-25	Back Roads of Barrington	40	Kelsey & RT. 59, Barrington	Leland Yee
MAY	C Sills My TVV	Cilled Decision		SUBSTITUTE OF STATE OF
Sat. 5-1	Mystery Miles	35	Kildeer School	Ella Shields
Sun. 5-2	Tour of Kettle Moraine	30/60	LaGrange, WI.	Mike Ortmanns
Sat. 5-8	Run from the Dogs	35/48	McHenry County College	Art Cunningham
Sun. 5-9	Antioch-Twin Lakes	60/80	Antioch Middle School	i scratga - 10-6 mg
Sat. 5-15	Ella's Escapade	70	Glacial Hills Park, WI.	Ella Shields
Sun. 5-16	Bill & Mike's Adventure	76	Glacial Hills Park, WI.	Mike Ortmanns
Sun. 5-16	South Barrington Covered Bridges	47	Kildeer School	Howard Bronson
Sat. 5-22	47 West of 47	47	Marengo High School	Virginia Savio
Sun. 5-23	Binnie Woods	65	Binnie Woods	FINDS SE
Sat. 5-29	Loops of Burlington	60/80/100	Eagle Lake Park, WI.	Developa I Had to
Sun. 5-30	Winnebago Wheeled Wanderlust	80	McNair School, Winnebago, IL	Rick Arnopolin
Mon. 5-31	Silver Lake 60	60	David Park, Zion	V Salson Et ale in
JUNE				Colored Sp. N. No.
Sat. 6-5	Paris School	40/55	Paris, WI.	Ron & Judy Hattendorf
Sun. 6-6	Ride to McHenry	65	Barrington H.S.	Art Cunningham
Sat. 6-12	Spring into Wisconsin	48/62	David Park, Zion	MIN THAT THE
Sun. 6-13	Wauconda-Twin Lakes	55/72	Wauconda Orchards	Virginia Savio
Sat. 6-19	Wauconda Bull Valley	35/48	Wauconda Orchards	n el elle al l'entre ad
Sun. 6-20	Tour of McHenry	64	Evergreen School, Union	
Sat. 6-26	Crystal Lake Covered Bridges	52	Kildeer School	Howard Bronson
Sun. 6-27	Rural Wisconsin	60/94	Eagle, WI.	
JULY				
Sat. 7-3	Twisted 60	60	Antioch Middle School	
Sun. 7-4	B.D.S.R	40	Kildeer School	Brian Hale
Sat. 7-10	Ice Cream Social	53/76	McHenry County College	Virginia Savio
Sun. 7-11	McHenry Fontana	75	McHenry County College	Mike Ortmanns

1999 WHEELING WHEELMEN RIDE SCHEDULE

Sat. 7-17	LaGrange/ Palmayra/Rome Pond	46/75	LaGrange, WI.	Ron & Judy Hattendorf
Sun. 7-18	Picnic		Old School Forest Preserve	
Sat. 7-24	Mystery Miles	35	Kildeer School	Mike Ortmanns
Sun. 7-25	Tour of Cow Country	63/77	Sharon, WI.	
Sat. 7-31	Ride to Big Rock	65/90	Rutland Forest Preserve	MERCH TERM
AUG.		O Line Line	VIII TO SOUTH	
Sun. 8-1	Rock Cut State Park	90	Evergreen School, Union	Art Cunningham
Sat. 8-7	Killer Hill	68	Kildeer School	Frank Illy
Sun. 8-8	Union-Hebron	79	Evergreen School, Union	
Sat. 8-14	47 West of 47	47	Marengo High School	TO CONSTRUCT OF THE
Sun. 8-15	Ride to Big Rock	65/90	Rutland Forest Preserve	Art Cunningham
Sat. 8-21	Ella's Escapade	70	Glacial Hills Park, Wi	Ella Shields
Sun. 8-22	Bill & Mike's Adventure	75	Glacial Hills Park, WI.	Mike Ortmanns
Sun. 8-22	Root Beer Ride	76	McHenry County College	Leland Yee
Sat. 8-28	Rural Wisconsin	60/90	Eagle, WI.	Ron & Judy Hattendorf
Sun. 8-29	Cedarburg	85	Covered Bridge Park, WI.	Virginia Savio
SEPT.		Lare Frank		ASS CONTRACTOR
Sat. 9-4	Beloit Express	75/120	McHenry County College	Straight Tales
Sun. 9-5	Loops of Burlington	60/80/100	Eagle Lake Park, WI.	Mike Ortmanns
Mon. 9-6	Harmon Members Pre- Ride	15/35/65/ 100	Wauconda Orchards	C dools At 1945 to
Sat. 9-11	Binnie Woods	65	Binnie Woods	
Sun. 9-12	HARMON 100	7 KB	Everyone works	
Sat. 9-18	Tour of McHenry	64	Evergreen School, Union	Art Cunningham
Sun. 9-19	Tour of Kettle Moraine	30/60	LaGrange, WI.	BARRIER MARTINE
Sat. 9-25	Spring into WI.	48/62	David Park, Zion	A SECTION AS
Sun. 9-26	Antioch-Lyons	83	Antioch Middle School	
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Sat. 10-2	Bull Valley	35/48	Wauconda Orchards	Unicolation
Sun. 10-3	Mystery Miles	35	Kildeer School	Ella Shields
Sat. 10-9	Broken Oar	34	Kildeer School	
Sun. 10-10	Stars & Stripes	46	David Park, Zion	
Sat. 10-16	B.D.S.R.	40	Kildeer School	Constitution par mo
Sun. 10-17	Bull Valley	35/48	Wauconda Orchards	Marting Laborator
Sat. 10-23	Ride of 1000 Turns	30	Daniel Wright School	i prinsegnite di cie es
Sun. 10-24	Paris School	40/55	Paris, WI.	Virginia Savio
Sat. 10-30	St. Pat's Routes	17/35	Wauconda Orchards	
Sun. 10-31	Halloween Ride	35	Kildeer School	Kurt Schoenhoff

(Continued from page 1)

ideas. Thanks to Dennis Berg for all his efforts in keeping the library going the past few years.

By the way, some of you still have books checked out. We would like them back, so please return them at the next meeting. Next, month we will start publishing you names. If you can't make it to the meeting, please contact Dennis Berg at 847-296-4971 and let him know when you will return them. Thanks.

Believe it or not, we actually have the picnic set for July 18 at Old School forest Preserve. Thank to Cindy and Al for taking this on again this year. They have done such a good job in the past, you better mark your calendars now to reserve that date. You don't want to miss out on this fun event.

The most important task of our club is the ride schedule, and Mike and Ella have completed the schedule for 1999. They still need ride leaders to actually lead the rides, so give them a call. They have done what you all have wanted, with the early part of the year having only shorter rides. As the months progress, so does the length of the rides. If you have a particular ride that you like or want to lead, please give them a call so they can schedule you in.

Well, it's that time for me to close again. As usual, I am late with my article (It was due on the 10th). Hope to see you at the March meeting for our annual maintenance clinic, and at the CABDA Show and St. Pat's ride. Remember that we are all starting this year out late, and at the same point. In my case that is somewhere in the rear.

See you down the road. May the wind be always at your back

Wayne

The Travels of the Wheelmen

Wheeling Wheelmen members who are looking for a summer vacation which includes cycling might be interested in the tours offered by Cycletours Holland. They offer tours of Holland which involve riding in the dayand spending the nights on a



meets the group at the end of each leg. A typical day consists of breakfast on the barge, a ride of 35-60 km, dinner and sleep on the

Last summer my wife, Christine and I did one of their many offerings. The Northern Route. We used their bicycles which are heavy but serviceable hybrids. Since there is no climbing, weight is not an issue. The bikes are equipped with panniers so you can carry a lunch and do lots of shopping for gifts and cheese. Lunch fixings are put on the breakfast table so that you can make your own, or you can stop at a café. Since the rides are relatively short, there is plenty of time for sightseeing, shopping and eating.

The Northern Route was a seven day ride through mostly agricultural areas and small towns. One of the towns was Edam of cheese fame. The rides gave a very good picture of land reclaimed from the North Sea and how efficiently the Dutch make use of their resources. It was quite a sensation to be riding on a road on the top of a dike and note that the water level was much higher than the land. There were about two dozen people on our tour, representing six countries - a great opportunity to get tot know people from somewhere other than the United States. The accomodations on the boat are spartan and the food is utilitarian, but they do the job.

To find more about Cycltours you can visit their web site (www.cycletours.com), e-mail them (cyclefun@cycletours.com), telephone them (020-6 27 90 32, English spoken), or write (Keizersgracht 181, 1016 DR Amsterdam, The Netherlands).

I will be glad to talk to you further abbut our experiences. Call me at (847)615-4857 or email at lyee@lfa.lfc.edu.

Leland Yee



Meeting

Board Meeting Minutes - Februar

This month's meeting was held at Ella's home. In attendance were Bob Savio, Mike Ortmanns, Ella Shields, John and Jennie Pfeifer, Art Cunningham, Wayne Segedie and Verne

President's Report: (Wayne) Wayne was initially concerned that we had not yet received any recognition from LIB or CBF for our donations. Bob later confirmed that the checks had been received and provided copies of the acknowledgment letters from both of these groups.

Secretary's Report: (Verne) Minutes from previous meeting have been e-mailed and published.

The next club meeting will be on Thurs, March 4.

The next board meeting will be at Wayne's on Wed, 3/17.

Treasurer's Report: (Bob "I gotta get a new calendar" Savio) Provided a summary of Jan account activity. No major expenditures. Income consisted of membership dues. Bob distributed copies of letters from LIB and CBF re donations.

Membership: (Pam - absent) Wayne reported that there are 221 paid members. Wayne created a new membership letter for new member package

Safety Report: (Al Berman - absent) There was some discussion about doing an Effective Cycling presentation for the March or April club meeting.

Ride Report: (Mike and Ella) The '99 ride schedule is available and all club members are being encouraged to volunteer to lead rides. Ella is in the process of going through the cue sheet library, updating all of the cue sheets for accuracy and readability and foldability. Mike reported an interesting observation that many of the accidents that occurred on club rides in recent years have actually happened when riders strayed from the cue

Newsletter. (Jennie) The next newsletter issue will be the St. Pat's issue and will be distributed at CABDA.

St Pat's Report: (Art Cunningham) Art still needs more volunteers to bake cookies and work parking. We agreed that portapotties will be provided at the orchards. Arrangements have been made for McHenry Co. Wireless to work SAG and that Vince from VCS will provide mechanical assistance for riders. We have 500 club refrigerator magnets to distribute to St. Pat's riders at registration.

CABDA: Pam has informed Wayne that all preparations are complete.

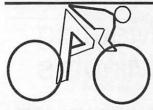
Brochures for the Harmon and St. Pat's still need to be printed. Bob and Jennie will coordinate this.

'99 Summer Picnic: scheduled for Sunday, 7/18 at Old School Forest Preserve. Cindy and Al Schneider will be coordinating the picnic.

Harmon: Bob reported he had park locations reserved for rest stops. We discussed pricing for this year's short-sleeved t-shirts. There was some discusstion about using wrist bands to discourage bandits. A decision has not been made

Club Meeting Programs: Wayne reviewd some of the types of programs presented by other area clubs. We are open to ideas.

Club Library: At issue is whether to continue to maintain the club library. There seems to be little interest by members in either using it or keeping it current. There was a suggestion to donate the contents to WHS. The issue is temporarily tabled.



Wheeling Wheelmen P.O. Box 581-D Wheeling, IL 60090

> Next Club Meeting March 4th 7:00 PM Wheeling High School Rt 83 and Hintz Rd

Mailing Address Goes Here





In This Issue...

1999 Ride Schedule...CABDA...St. Pat's Ride...Words of Wisdom from Wayne...Travel Notes!



Club Discounts!



The following local bike shops offer a 10% discount on parts and accessories to all Wheeling Wheelmen with a valid membership card shown at purchase.

AMLINGS CYCLE & FITNESS *8140 N. Milwaukee Ave., Niles (847)692-4240

ARLINGTON BICYCLE COMPANY

*45 S. Dunton, Arlington Hts (847)253-7700

BIKES PLUS

*1313 N Rand Rd, Arlington Hts (847)398-1650

BUFFALO GROVE CYCLING

AND FITNESS

*960 S. Buffalo Grove Rd., Buffalo Grove (847)541-4661

FS CYCLES

*20566 N. Milwaukee Ave., Deerfield (847)537-2453

MIKES BIKES

*155 N Northwest Hwy, Palatine (847)358-0948

VILLAGE CYCLESPORT

*63 Park & Shop, Elk Grove Village (847)439-3340

*215 W. Golf Road, Schaumburg (847)781-9960

JOIN THE LEAGUE!

The League of American Bicyclists promotes cycling through safety and represents us in the decision making process in Washington DC. A yearly membership is \$30 for individuals, \$35 for families and should be sent

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 rallys around the country. For info on these events call (800)288-BIKE

Check Out Our Website!



Web-page: http://www.wheelmen.com

E-mail: wheeling@wheelmen.com

Club Hotline (847)520-5010



Ride and Club Information