

## THE RIDE CHAIR MAY

**CLUB RIDES** I am taking the liberty of assigning a starting time for weekend rides on the monthly ride schedule. Starting times will be assigned taking into account driving time to the starting point and length of ride. Of course, ride hosts can give me a call if they want a certain starting time and I will put it on the ride schedule or ride line as timing permits.

A few words as to what rides can be counted for club miles. In addition to the basic weekend rides selected from the Ride Schedule which as it were are our "core business"; we have been counting the regularly scheduled Tuesday / Thursday Bakery rides, the several regularly scheduled twilight rides and the new Wednesday trail/path rides. We discussed alternate weekend rides, which will be added at the Ride Chair's discretion as discussed in last month's newsletter. I propose that for the core rides, the ride host be given credit for his ride just for showing up at the starting point. Otherwise, rides will count as long as they were announced to the membership at least on the ride line and two or more members (not from the same family) participate. We have also included what I will call "Adventure Rides", rides of two or more days

at locations at distances requiring overnight accommodations. The same rules have applied to these rides. Being discussed is counting local club invitational rides worthy of our support. These might be counted if a member wishes to host such a ride, it is pre-announced and, say, five or more members participate. I would welcome any comments or discussion on any of the above.

**PAST RIDES** After the wet, raw, windy St. Pat's ride in which only 3 members participated, we have had a couple of weekends with reasonable if seasonal conditions having very good turnouts. I was encouraged by the numerous new and returning members and guests and hope that these are faces we will see more of this year. The first of the new, experimental Wednesday Touring Trail rides is also history. I rode the Salt Creek Trail, a little gem of a trail, alone. I passed up visiting the lions tigers and bears however, and drove on to Romeoville to explore the Centennial Trail to Joliet. This 9 1/2 mile crushed stone trail is very interesting but still has a 4 mile gap north of Lockport.

Citations for past rides:  
Border Collie of the Month - Bob Savio for repeatedly running down wayward sheep losing their way along the ride route.

Ride Hosts of the Month - Bob Pletch & Lou Lambros for riding sweep on their well-attended rides.

New Ride Route of the Month - Lou Lambros for adding an interesting new stretch to our old 35 mile Harmon route. This ride should henceforth be known as "Lou's Commute".

Bonus Miles of the Month - Bob Walkowitz & Lou Lambros for turning the 45 mile Bull Valley route into 106 miles. If you have any citations for past rides send them to me or to Bill Bergeron for inclusion in the newsletter.

**FUTURE RIDES** Hosts are still needed for several June rides:

Saturday, June 10 - Antioch - Twin Lakes 60/80

Saturday, June 17 - Rock Cut State Park 90

Sunday, June 18 - Tour of McHenry 64

Check your calendar and host one of these or your favorite ride on one of these open dates. Remember it is first come first serve, so get your date reserved early.

Art Cunningham

## Club Officials

### Elected Officers

<b>President</b>	
<i>Al Berman</i>	(847)541-9248
<b>V.P./Ride Chair</b>	
<i>Art Cunningham</i>	(847)963-8746
<b>Treasurer</b>	
<i>Bob Savio</i>	(847)438-8066
<b>Secretary</b>	
<i>Verne Aebli</i>	(847)934-3809
<b>Membership</b>	
<i>Pam Burke</i>	(630)872-9238
<b>Safety</b>	
<i>John VonLackum</i>	(847)670-9796

### Appointed Officers

<b>Newsletter</b>	
<i>Bill Bergeron</i>	(847)382-4704
E-mail:	
<i>Bergeron000@hotmail.com</i>	

### Chairmen

<b>Mileage Statistician</b>	
<i>Art Cunningham</i>	(847)963-8746
<b>P.O. Box</b>	
<i>Phyllis Harmon</i>	(847)537-1268
<b>Web Page</b>	
<i>Bill Bergeron</i>	(847)382-4704
<b>Social</b>	
<i>Pam Burke</i>	(630)872-9238
<b>LAB</b>	
<i>Phyllis Harmon</i>	(847)537-1268
<b>Banquet</b>	
<i>Pam Zaverdas</i>	(847)359-5970
<b>Government Relations</b>	
<i>Al Berman</i>	(847)541-9248
<b>Club Meeting Refreshments</b>	
<i>Betsy Burtelow &amp; Kris Woodcock</i>	

### Newsletter Contributions

Hey, out there, I'd love to hear from you! E-mail your ride notes, stories or articles for the newsletter to me by the 10<sup>th</sup> of each month to and be immortalized in the next issue of Monthly Meanders!

Bill Bergeron

E-mail your submissions to:  
**Bergeron000@hotmail.com**

(Please include your name and phone number in case I have a question)

### Moving?



Don't miss an issue of Monthly Meanders!! Call Pam Burke with all name, address and phone number changes at (630)872-9238.

## Board Meeting

The next board meeting will be on Thursday May 13th at Pam Burke's house.

All board members are requested to attend. Please let us know if you will be there.

### Safety

#### John von Lackum

Principal One. When in doubt, don't do it! From last month's Safety installment that was our first memorable learning. Club members will be heartened to know that my injured shoulder is mostly healed. From a shoulder MRI and conversations with an orthopedic surgeon to 10 mile runs and 1 1/2 miles in the water in 2 months. Sometimes we pay the price, sometimes we dodge the bullet.

Principal Two. Always wear your bicycling helmet (especially when riding your bicycle). In truth, there are no "risk free" rides.

My first introduction to the need for the protection provided by a bicycle helmet came during my very first organized club bicycle ride. About 1970. With the Richmond (Virginia) Area Bicycling Association. Met a fellow rider with jawbone connected to the head bone by means of a collection of visible and external pieces of wire. Quick stop. Over the handlebars. No helmet. Broken jaw. Our skulls are so thin! Doesn't take much to do them in. So I'm tempted to suggest that first thing upon arising we affix our trusted brain buckets, and that we not budge out from their valued protection until retiring for the day. Sometimes we think: "Well, I'm not going more than a couple of hundred feet." Or, "I'm just going to loop around the parking lot." Or, "What can happen at this speed?" On my 11/28/99 shoulder bashing adventure, I was still in the parking lot and moving along at 1 or 2 miles per hour. The spill crashed my head onto the pavement and my helmet saved my head. Broke the helmet on the left side.

A good word for Giro helmets here. They will give you a 20% discount on a new Giro helmet if you phone them and return the damaged Giro helmet to them. Pretty good deal, if you ask me. So, don't if you shouldn't and never be found biking without a properly affixed helmet. Please phone me with ideas about my next Safety article. Until then, may all your velopedic journeys be safe ones!

John "The Hat Man" von Lackum

### Welcome New Members!



Ellen Whiteside  
Wheeling

Debbie Vrabec  
Arlington Heights

Eileen Fagan  
Chicago

Casey Kremer  
Chicago

Laura & Rochelle Paul  
Glenview

John & Gail McLinn  
Hoffman Estates

Dan & Laura Fallon  
Chicago

Peter Barron  
Lake Forest

**Monthly Meanders of the Wheeling Wheelmen**

**Ride Schedule  
Date**

All  
Riders  
Should:

\*wear a helmet  
\*bring water  
\*bring snacks

\*have a bike in good condition  
\*bring a spare tube and patch kit  
\*bring a bike pump

\*bring an ID card  
\*bring \$\$ for food and phone  
\*arrive early...15-30 minutes

Date	Time	Ride Name	Starting	Directions	Miles	Leader/ Phone
Wed.	9:00	N. Des Plaines R. Tr.	Gurnee	I 94 north to Grand (Rt. 123), east to 1 <sup>st</sup> rt. turn past the river, then	29	Art Cunningham 963-8746
Sat.	9:00	Honey Lk. Loop	Deerfield	Buffalo Grove Rd. & Old	40	Frank Illy 923-5910
Sun. 5-7	9:00 AM	Spring into Wisconsin	David Park, Zion	I-94 north to Rt. 173 (Rosencrantz Rd) go east to Kenosha Rd, turn right to 21 <sup>st</sup> street, turn left to park, past school	48/62	Ron & Judy Hattendorf 362-5997
Sun.	1:00	Welcome Ride	Killdeer	Old McHenry Road, just	12/25	Al Berman 541-9248
Wed.	9:00	Great Western / Prairie Path	Prairie Path County Farm	County Farm Rd. at Geneva	46	Art Cunningham
Sat. 5-13	9:00 AM	Run from the Dogs	McHenry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	35/48	Ron Teeple 428-0420
Sun.	9:00	Tour of Kettle Moraine	La Grange	US 12 West past Elkhorn to County H	30/60	Ella Shields 773-594-1755
Sun.	10:00	Welcome Ride	Killdeer	Old McHenry Road, just	12/25	Jim Edmiston 815-899-1503
Wed. 5-17	9:00 AM	N Channel/ Green Bay/ N Shore Path	Trumble Woods F.	1 1/2 mi. east of Rt. 41 on Lake Cook Rd., right on Green Bay	46	Art Cunningham 963-8746
Sat.	9:00	Wheeled Wonderlust	McNair Jr.	I-90 West to I-39/US 20 to Winnebago (Amoco on Corner) turn left to	80	Art Cunningham 963-8746
Sun	8:00	Ogle Odyssey	Meridian	I-90 west to I-39 south to Rt. 72, right 8 1/2 mi. to Stillman Valley, school 1	85/98	Jim Edmiston 815-899-1503
Sun.	1:00	Welcome Ride	Killdeer	Old McHenry Road, just	12/25	Verne Aebli 934-3809



Please call the Ride Hotline (847)520-5010 for any last minute changes!

**WEDNESDAY TOUR OF CHICAGOLAND BICYCLE TRAILS & PATHS**

For you aficionados of touring trail rides wherever you are, we are offering a schedule for another month of interesting Wednesday rides. Call Art Cunningham at 847-963-8746 for more information.

**MAY SCHEDULE**

**May 3: North Portion of the Lake Co. Des Plaines River Trail – 29 mi.**

Start: 9:00 AM at the Gurnee Pool parking lot.

To reach the Gurnee Pool, take I 94 north to Grand Ave. (Rt. 132), turn right (east) and go past Rt. 21 and the Des Plaines River and turn right at the first turn and immediately turn right on McClure to the parking lot.

Description: The trail traverses a prairie, marshland and forest wilderness area to Van Patton Woods where a trail circles Silver Lake. Surface is crushed limestone, wide tires recommended.

**May 10: East Branch of the Great Western Path / East Segment of the Prairie Path – 46 mi.**

Start: 9:00 AM at the County Farm Rd. PP Parking Lot in Winfield. The parking lot is on County Farm Rd. about 1 mile south of North Ave (Rt. 64) on the intersection with Geneva Rd.

Description: We head east on the Prairie Path through Wheaton, Glen Ellen, Lombard, Villa Park, Berkeley and Maywood to 1<sup>st</sup> St. We return west via the same route to Villa Park where we shift to the Great Western Trail at Villa Park Ave. We then go west to

the end of the trail at the intersection with the Prairie Path and turn east to the starting point. The western part traverses forests and the town centers of western suburban towns. The eastern end is a Grabowski kind of area through industrial Maywood. The Cook Co. portion is paved, the Du Page Co. portion is crushed limestone. Wide tires are preferred.

**May 17: North Channel / Green Bay / North Shore Paths – 54 mi.**

Start: 9:00 AM at Turnbull Woods Forest Preserve, Glencoe To reach the parking lot, go 1 ½ miles east of Rt. 41 on Lake Cook Rd. to Green Bay Rd. and turn right for 0.2 miles to the parking lot on the left.

Description: We head south on the North Shore Path through Glen-coe, Winnetka, Kenilworth, Wilmette, through the Evanston Arboretum and the Skokie Statue Park into Chicago to Lawrence Ave. Returning by the same route, we continue north through Highland Park, Highwood and Lake Forest to Lake Bluff ending at a great view of Lake Michigan before returning by the same route. The route is mostly paved with some crushed stone stretches. Road bikes are acceptable but wider tires are preferred.

**May 24: Fox River / St. Charles & Elgin Segments of the Prairie Path – 52 mi.**

Start: 9:00 AM at the West Dundee Depot (trail headquarters) To get to the depot take either Higgins (Rt. 72) or Dundee to East Dundee. Heading west on Higgins, turn right on 4<sup>th</sup> St. 2 blocks to the depot. Heading west On Dundee, bear right at the first intersection past Rt. 25 (Barrington Ave.) to 4<sup>th</sup> St. and the depot.

Description: We head south on the Fox River Trail taking the Tylor Cr. Spur before returning to the Fox River Trail through Elgin & So. Elgin to St. Charles where we take well marked city streets before rejoining the trail at Main St. After touring an adjoining trail through St. Charles parks, we proceed to Templer Park just north of Geneva where turn east on the Geneva Branch of the Prairie Path passing through West Chicago re-joining the Elgin Branch of the Prairie Path in Winfield. We take this NW to Elgin and return to the starting point via the Fox River Trail. The Fox River Trail is paved and the Prairie Path is packed crushed limestone. Wide tires are preferred.

**May 31: Boon & Winnibego County Long Prairie Trail –46 mi.**

Start: 9:00 AM at the east trailhead parking lot.

The trailhead parking lot is on County Line Rd. 0.4 miles north of Rt. 173. Turn west onto Rt. 173 off Rt.14 in Harvard and go 4 ½ mile to a right turn on County Line Rd.

Description: Excellent paved trail through Boone Co., Winnibego Co. portion crushed limestone not too well packed. We bike a paved spur along the Rock River to Rockton. Trail passes through forests & prairie farmland of northern Illinois. Wide tires recommended.

## Wheelmen Volunteers Conquer Rain and Snow

As anyone knows, "it takes a village" to put on a really good bike ride and the Wheeling Wheelmen are no exception. Over 35 volunteers baked, route marked, served, signed-up, served-up, and cleaned-up after a few hardy cyclists who showed up for our annual St. Pat's ride on 19 March. This annual kick-off for our cycling season is always handicapped by the prevailing weather and this year's ride was no different.

On Saturday, the 16<sup>th</sup>, a few hardy souls showed up to pre-ride the routes and check out the route markings placed by our marking team. The day was blustery, but the camaraderie warmed things up and the routes were checked and pronounced ready-to-ride. Art Cunningham showed up with his Trek instead of his new titanium Airbourne, but that is another story.

However, on Sunday, the day dawned with a cold rain mixed with snow, and 50 intrepid cyclists ventured out onto the wet pavement. To say the least, we were prepared for as many as 300-400 riders, but we were not prepared for the weather. If you go to our web site, we have posted a few pictures of the ensuing party. While the weather was terrible outside, the folks inside were having a great time with all the baked goods donated by many Wheelmen. Hot cider, hot coffee and water kept many warm, and resuscitated the few who dared to ride even one of the 17 mile loops. One gentleman even rode from Chicago to the orchard and waited out the rain to start his ride home. The Chicago Bike Club was well represented and encamped in one

corner of the orchard store and had their own party. Another lady cyclist from Wisconsin arrived late, still rode the 1<sup>st</sup> route with a Gore-Tex jacket donated to her by a club member, finished in great style, and after getting warm, retired to a local pub with a few new friends from the Chicago club. One lady had to be carried out to a waiting truck to have her feet thawed out (never let it be said that a Wheelman has cold feet!). We even have a few tandems, and one young boy was "hitched" to the back of his dad's bike.

While it was a wonderful club party, I would like to especially thank a few folks for their invaluable help. Vince Boyer, of Village CycleSport, as always, showed up and did a brisk trade in pumping up tires and selling gloves, shoe covers and tights. Thanks for your support, Vince!

Many thanks to the McHenry County Wireless Association, who besides helping in reducing the amount of cookies we had, patrolled the wet roads to ensure that everyone who started the ride, finished.

Rick Breeden, of the Wauconda Apple Orchard, has always trusted us to use his store and kitchen facilities. Hopefully we have not outstayed our welcome and have left his store as clean or cleaner than we got it. Plus he makes the best cider in town! Thanks again, Rick!

But most of all, I would like to thank Bob Savio and Art Cunningham who provided wise counsel to this first time event planner. Also, thanks to the many whose arms I twisted to help out. Maybe I can plan it, but if there are no volunteers to help out, it won't be a success. While the weather may have triumphed outside, the atmosphere inside the orchard store was warm and inviting. A great

time was had by all! See you at the Harmon or next year's St. Pat's ride!

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## PREZ SEZ

It's been quite a spring. Some really nice days followed by snow, rain or a little of both. It's not supposed to snow in April, but here in the Midwest we know anything can happen.

A couple of early season injuries should be a wake up call to all of us that riding a bike requires constant vigilance. Sometimes when we are riding with friends or just letting our minds wander because of fatigue, we forget to watch the road ahead of us for foreign objects, ruts in the road or a poor shoulder. Riding in a group requires even more care, because we don't want to be responsible for injuries to another rider by following too close, or stopping suddenly without giving verbal warnings or using appropriate hand signals. My spies out there have indicated several instances where experienced riders have blown through stop signs or ignored red lights. One word of caution involves approaching railroad tracks.

( continued on page 6 )

Some tracks cross the road at a severe angle, requiring us to turn into the traffic lanes in order to cross them at a 90 degree angle. Don't allow mental lapses to cause you to forget to check for following or approaching traffic. While on the subject of safety, I want to say that John VonLackum, our very short term safety chairman, who is moving to Indiana, will be missed. He was always a pleasure to ride with and a good addition to the Board.

I hope that with all the efforts put forth by Art Cunningham, our ride chairman, in promoting the welcome rides starting on April 30, we get a decent response. Every board member is going all out to promote this by volunteering to lead one of the rides. But the future success of this program depends on member participation. Long time members of the club who have been showing up for club rides on a fairly regular basis, pretty much know on any given ride the capabilities of most of the other riders. This is an opportunity for new members, or inactive members who want to ride with a group without fear of being left in somebodies dust, to get out there and enjoy themselves.

I'd like to see another good turnout for the next meeting on Thursday May 4. Al & Cindy Schneider always do a great job with their presentations on one of their many bike trips to

Europe. I know they will have many interesting stories to tell in regard to their most recent trip to Spain.

Al Berman

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**You Know you are a Cyclist When.....**

1. Any one of your bikes is worth more than your car.
2. You choose an apartment solely on the basis of whether or not it is flat enough to ride into and how close the good roads/trails are.
3. Your bike rack is worth more than your car.
4. Your legs are tan only to mid-thigh.
5. The first thing you ask when you regain consciousness is "How's my bike?"
6. You actually move farther from work so your bike commute will be longer.
7. You mentally log every meal as "good fuel" or "bad fuel".
8. You learn you have money left over after paying bills and the first thing you do is reach for the nearest bike mail-order catalog.
9. 75% of the tools you own are from Park or Campagnolo.
10. You dream of winning the lottery, and the first thing you think of is "how many bikes and which bikes can that money buy?"

11. You can tell your significant other with a straight face that it's too hot to mow the lawn, then take off and ride a century.

12. Someone in a car asks for directions and you accidentally give them a route that includes motor vehicle barriers or a route that bypasses all freeways/busy roads (or is very scenic.)

13. You buy a car based on whether or not a bike will fit in the trunk/backseat.

14. You pull up hard on the steering wheel trying to jump your car over a pothole.

15. You know the distance of every point of interest within 20 miles of your house as well as the location of every pothole along the way.

16. You refuse to buy a couch because that patch of wall space is taken up by your bikes.

17. You store your bike(s) in the Living room

18. You store your bike(s) in the Bedroom

19. You store your bike(s) in the Dining Room

Original Author Unknown

**TUESDAY / THURSDAY  
DEERFIELD BAKERY RIDES**

Rides with 25 / 45 mile routes leave the Deerfield Bakery promptly at 9:00 PM beginning May 1. These rides are normally show and go with cue sheets provided if requested. The Deerfield Bakery is on Buffalo Grove Road & Old Checker Rd. just north of Lake Cook Rd.; parking at the rear of the Grove Memorial Chapel. Phone Bob Savio at 438-8066 or Art Cunningham at 963-8746 for more information.

**THE HILL AND DALE  
WEDNESDAY EVENING  
RIDES**

Rides of 25 to 35 miles are scheduled to leave the Paul Douglas Forest Preserve at 5:30 P. M. Wednesday evenings. Cue sheets are provided. To reach the Paul Douglas Forest Preserve, go east on Central Rd. off Roselle Rd. just north of I-90. Go approximately 1 1/2 mile and turn right into the parking lot. Phone Frank or Pat Illy at 932-5910 for further details. A blinker taillight is highly recommended.

**ELGIN WEDNESDAY  
TWILIGHT RIDES**

Rides of 20 to 40 miles as light conditions allow are scheduled to leave the Target Store parking lot near Elgin promptly at 6:00 PM. These rides are normally show and go with a goal of maintaining 14.5 – 15 mph with cue sheet options. Every attempt is made to return before darkness but blinking taillights are highly recommended. The Target store is on Randel Road just south of US 20. Phone Al & Cindy Schneider for further information.

**MEANDER STATS**

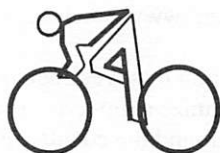
Through April 6 there has been a maximum of 312 miles achievable on club rides. 53 members have participated on one or more of the club rides. The TOP 10 Meander Maniacs are listed below. Check the web site for frequent updates of the TOP 10.

**Women**

1	ELLA SHIELDS	145
2	PAM BURKE	75
3	BETSIE BURTILOW	75
4	DEBBIE BRAUN	75
5	CAROLE COHEN	75
6	KRIS WOODCOCK	75
7	CINDY SCHNEIDER	70
8	MARY KAY DRAPEAU	40
9	SUE LIPPERE	40
10	CRISTINE SCHROEDER	40
11	JUDY HATTENDORF	35

**Men**

1	ART CUNNINGHAM	277
2	BOB SAVIO	221
3	BOB PLETCH	207
4	LOUIS LAMBROS	172
5	BOB WALKOWITZ	155
6	DENNIS BERG	145
7	DAVID LACHMAN	139
8	LELAND YEE	115
9	EARL HORWITZ	89
10	JIM EDMISTON	83
11	BARRY COHEN	75



**Men's Mountain Bike  
For Sale**

17 inch Trek Mountain Bike  
(Antelope 800)  
white w/ black splattered paint  
\*21 Speed  
\*Gel Seat  
\*Bars  
\*Two sets of tires

In Great Condition,  
only used one season.

Asking \$250.00  
If interested contact:

(847) 272-3065

**NEW ZEALAND  
Three Week Bicycle Tour  
January 20 to February 10, 2001**

Whale watching, swim with the dolphins, enjoy Dunedin and dinner at a Scottish Castle and see an Albatross colony, Enjoy a farmstay and marvel at the beauty of the Catlins, see dolphins and seals. Enjoy Invercargill at southern tip of the South Island, optional plane ride to Stewart Island, enjoy world-famous Milford Sound, pedal along the shores of Lake Wakatipu, parallel to the Remarkables.

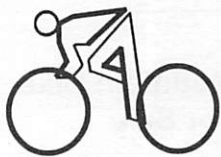
Throw snowballs on a glacier on Mt. Cook, beauty of Lake Tekapa and route back to Christchurch.

Want to go to Australia? Only \$99.00 additional fare Christchurch—Sydney—Los Angles.

Motel overnights, dinner and breakfast. 23 passenger bus for us and our bicycles so bus is always available.

\$500.00 deposit due now.

Phyllis W. Harmon  
356 Robert Avenue  
Wheeling, IL 60090  
Phone: 847-537-1268



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

**Next Club Meeting:**

**August 3rd , 7:00pm**  
Wheeling High School  
Rt 83 and Hintz Road

We support:

- \*The League of American Bicyclists
- \*The Chicagoland Bicycle Federation

**In This Issue...**

Mailing  
Address  
Goes  
Here

**Club Discounts!**

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

**AMLINGS CYCLE & FITNESS**

8140 N Milwaukee Ave., Niles  
(847)692-4240

**ARLINGTON BICYCLE COMPANY**

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

**BICYCLE CONNECTION OF SCHAUMBURG**

1226 N Roselle Rd., Schaumburg  
(847)882-7728

**BIKES PLUS**

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

**BUFFALO GROVE CYCLING AND FITNESS**

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

**FS CYCLES**

20556 N. Milwaukee Ave., Deerfield  
(847)537-2453

**MIKES BIKES**

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

**SPOKES**

223 Rice Square at Danada, Wheaton  
(630)690-2050

1807 S. Washington, Naperville  
(630)961-8222

**VILLAGE CYCLESPORT**

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

215 W Golf Rd., 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 D.C. A yearly membership is \$30 for individuals, \$35 for families 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.

Check out our Website!



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

E-mail:  
[wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)

Club Hotline  
(847)520-5010



Ride and Club Information