

THE RIDE CHAIR

After a winter that never seemed to end, the riding season is now under way. We had a real break with the weather on St. Pat's Ride Sunday and had a great turnout of registered guests. As usual, Jim rounded up a bunch of willing workers to make the ride a success. Many brought their bikes and earned the first club miles for the year taking on the St. Pat's loops. Since a majority of spaces on the signup for miles were blank, each got club credit for the full 36 miles. They earned it. The unfortunate thing is that this will be our last St. Pat's ride out of the Wauconda Orchard. We owe Rick Breeden at the Orchard a big thanks for making this facility available to us through the years. The Board is looking for a new venue for the ride. If anyone has any brilliant ideas for a place to hold the St. Pat's sound off and let one of the Board members or Jim Edmiston in on it. We will be hard put to find a location with all the assets we had at the Orchard.

In the few weeks that have elapsed since St. Pat's at this writing we have had good turnouts for rides that the weather permitted and it was fairly permissive if a bit chilly. Check the Top Ten for the folks who have ridden in spite of the chill of these early season mornings. The days are sure to get milder dur-

ing the coming weeks and many of you weather wimps will have joined us by the time this newsletter is delivered. Last Sunday Frank Illy Hosted the Hills & Horses ride through Barrington Hills. Some strange and inexplicable phenomenon has occurred. The hills seemed steeper and longer than they were last year. I hope that whatever it was that caused it reverses itself and these hills become shorter and flatter as the year progresses. Even more challenging rides are in the schedule for May. Note that in May we are scheduling two core rides every weekend and holiday; either a nearby, shorter half day or a more distant, longer full day ride. I hope members can find more rides to fit into their schedule and thus enjoy riding more frequently.

The weekday schedule is also expanded in May with Frank Illy's Wednesday evening Hill & Dale rides starting the first Wednesday and Cindy and Al's Tuesday/Thursday Elgin Twilight Rides starting in mid-May. The popular Tuesday /Thursday morning Deerfield Bakery Rides will continue jointly with the Arlington Heights Bicycle Association with a time change to 9:00 AM. Rides of a Different Flavor, the Wednesday tour of area bike path/trails will also continue jointly with the AHBA. Check elsewhere in the news-

letter for the details on the weekday rides.

Finally, the first excursion rides will be over Memorial Day weekend. Three rides out of the Germantown/ Monomenee area north of Milwaukee are on the schedule. Staying over in a local Motel makes for a great outing. If you can't make it for the full series you may be able to come up for any one of the rides. In addition to the other upcoming excursion rides listed in the 2001 Ride Schedule, Al Schneider has pointed out that the two back to back rides scheduled in the Kettle Moraine area on the weekend of September 15 also qualify as excursion rides. Al and Cindy stay either at Whitewater or Fort Atkinson on the Saturday of this weekend. If you make arrangements to attend the full excursion let the ride hosts know. In addition Joe Lipere may host rides on Labor Day weekend for the Janesville rides.

We are very fortunate to have so many people willing to host this impressive schedule of rides. I hope attendance at these rides can encourage them to continue to make the effort in the future to sustain a program like this.

Art Cunningham



Club Officials

Elected Officers

President	
<i>Baby New Year</i>	(800)-Prezent
V.P./Ride Chair	
<i>Art Cunningham</i>	(847)963-8746
Treasurer	
<i>Al Berman</i>	(847)4541-9248
Secretary	
<i>Kris Woodcock</i>	(847)520-6932
Membership	
<i>Betsy Burtelow & Jim Boyer</i>	(847)541-1325
Safety	
<i>Barry Cohen</i>	(847)459-7640

Appointed Officers

Newsletter	
<i>Emily Qualich</i>	(847)821-1009
E-mail:	E_fuentes@msn.com

Harmon

<i>Rich & Mary Kay Drapeau</i>	(847)808-1476
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Chairmen

Banquet	
<i>Pam Zaverdas</i>	(847)359-5970
Harmon Data Base	
<i>Jennie Pfeifer</i>	(847)342-8823

LAB

<i>Phyllis Harmon</i>	(847)537-1268
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Mileage Statistician

<i>Art Cunningham</i>	(847)963-8746
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Newsletter Mailings

<i>Jennie Pfeifer</i>	(847)342-8823
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Picnic

<i>Al & Cindy Schneider</i>	(847)696-2356
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Refreshments

<i>Frank & Pat Illy</i>	(847)923-5910
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St. Pat's Ride

<i>Jim Edmiston</i>	(815)899-1503
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Web Page

<i>Bill Bergeron</i>	(847)382-4704
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Newsletter Policy

The deadline for articles is the 10th of the preceding month. You can mail or e-mail articles to:

Emily Qualich,
2260 Apple Hill Ct. So
Buffalo Grove, IL. 60089

or

Email: e_fuentes@msn.com

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

NEXT Club Meeting August 2, 2001

Moving?



Don't miss an issue of Monthly Meanders!! Call Betsy or Jim with all name, address and phone number changes at (847)541-1325.

Board Meeting

The next board meeting will be held on Mar 29, 7:00 p.m. at the home of Rich & Mary Kay Drapeau's. All board members are requested to attend.

MEANDER STATS—2001

Men:

1. Bob Savio	160
2. Joe Irons	160
3. Bob Pletch	149
4. Art Cunnungham	130
5. Verne Aebli	108
6. Bob Walkowicz	103
7. Earl Horwitz	91
8. Dave Waycie	73
9. Rick Arnopolin	73
10. Ralph Salle	72

Women:

1. Virginia Savio	135
2. Ella Shields	73
3. Kris Woodcock	73
4. Judy Hattendorf	61
5. Betsie Burtilow	37
6. Emily Qualich	37
7. Pam Burke	36
8. Marianne Kron	36
9. Geri McPheron	25
10. -	

Welcome New Members



Richard Carr, Mount Prospect-
Mitchell Cohn, Buffalo Grove
George Deese, Arlington Heights
Roho Llerandi, Schaumburg
John and Kitty Lathrop, Wheeling
Robin M. Ruybal, Wheeling

WEEKDAY RIDES

TUESDAY / THURSDAY DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Deerfield Bakery promptly at 9:00 AM 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 west 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 923-5910 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 5:30 PM starting May 15. Parking is at the SE corner of the lot. These rides are normally show and go with a goal of maintaining 14 - 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 at 696-2356 for further information.

MIDDLETON WEEKEND

June 23-24

Reserve time for the Middleton Weekend Excursion, June 23-24, featuring two rides leaving from Lakeview Park in Middleton, WI. Middleton is located at the western tip of Lake Mendota next to Madison. Two Rides are featured. The first ride, the Columbia County Meander, a 100 mile ride, heads through rolling countryside to Columbus, WI. There is a 65 mile version also. The second ride is the Devils Lake Dive, a 90 mile ride that heads north to the Merrimac Ferry, crosses Wisconsin Lake then loops around Devils Lake in the Barraboo Hills. This ride is rolling to hilly. There is a 70 mile version the misses the worst hills. Accommodations may be made the Colonial Motel in Middleton, a short drive from Lakeview Park: telephone 800-821-5994. Make arrangements early as it appears to be a busy time in the Madison area.

For information call Art Cunningham, 874-963-8746.

MEMORIAL DAY WEEKEND

HOLY HILL

May 26-28

We are planning a holiday weekend to Ritchfield and Cedarburg, Wisconsin. It will be three *challenging* days with beautiful scenery and lots of "*formidable*" hills, Saturday is Ella's Escapade, which is a 70-mile ride, and Sunday is Bill & Mike's Excellent Adventure a 75-mile ride. After 2 long days we decided Monday would be a short ride. Thus the Memorial Day Meander will be about 40-miles. If you can't make it for the whole weekend come on up for a day.

All rides will start at 9:00 a.m. Saturday and Sunday leaving from Glacial Hills County Park. Directions: I-94 to 894 bypass, becomes US 45, exit WI 167 W to Fries Lake Road (in Washington Co.) left to park. Monday's ride will leave from Fireman's Park in Germantown; we will give directions out at the hotel that morning.

We will be staying Saturday and Sunday night at the Super 8 in Germantown, WI. 262/255-0880. We will have a group dinner Saturday and Sunday if anyone is interested. Please let us know if you will be joining us for the weekend and also so we can make dinner reservations.

Hope you can join us!

Mike Ortmanns & Ella Shields

773/594-1755

Shieldsbike@aol.com



It seems that everything I read about safe road biking gets back to a few very basic concepts. My favorites are:

- Be extra conservative in your decision making
or
"If you're not absolutely sure you can make it, DON'T TRY!"
- Whenever reasonably possible, *Act Like A Motor Vehicle.*
- *Be Visible*
- *Act Predictably*

You have less margin for error on a bike than in a car. The consequences of error are also likely to be greater. Generally, this means that you should not initiate a maneuver you're not absolutely sure you can complete safely. If you're relying on a driver avoiding you, you're pushing the safety envelope.

Illinois Traffic Law mandates that Bicyclists are to act as vehicle drivers. You are responsible for compliance with all traffic rules, including executing turns, right of way, lane position, observance of stop/yield signs and signals, etc. Drivers are supposed to respect your rights as a vehicle on the road.

There's more to this than being a good, law-abiding citizen of the highways. Observation of those laws increases the likelihood that *drivers will see you* - you'll be where they are looking for other cars - and they are more likely to treat you as they would another car.

Of course, this also helps you to *Be Visible*. So does wearing the insanely vivid colors so popular with devoted road bikers. In the evenings or other poor visibility conditions, a rear strobe light and front lamp tell the drivers of the world SEE ME!

Riding Predictably encourages predictable, safe behavior by those drivers (and other bicyclists) around you. Safe auto operation involves dealing with a constantly changing road environment, including vehicular traffic, checking traffic behind you, signs, pedestrians, parked cars and other obstructions. Cell phones and other distractions only complicate matters. Even the safest drivers will not be following a nearby bicyclist constantly. If you make your path predictable, you make it easier for those drivers to know where you are, even when they are not looking at you.

None of this is tricky. Do it a while and it becomes second nature; something you'll never forget.

Like riding a bike.

St. Pat's A Blast!

Sunday, March 18th dawned clear and mild. By the time the Wheelmen showed up at 7:45AM to start opening up the Wauconda Orchards for registration, there were already 15 or 20 hardy cyclists ready to start the annual Wheeling Wheelmen St. Patrick's Day ride. It didn't matter that the ride didn't officially start until 8:30; they just wanted to take advantage of the perfect riding weather and get their legs and wheels going.

Blessed by fair weather and warm breezes, 279 people registered and rode the routes around Wauconda and surrounding areas. Some riders took advantage of the great weather and rode both the 17 and 18 mile loops before coming into the Orchard "cafeteria" to sample the

delicious cookies, brownies, cakes and other treats donated by club members. The apple cider, both hot and cold, was a big success as well as the water, coffee and gator aide. Groups posed for digital pics and chatted inside and out, a definite contrast to last years' ride, which was raw and rainy and only attracted some 53 hardy riders, most of whom did not even complete one route.

As with any ride of this type, it was successful due to the efforts of the many club members who donated their time and energy, not to mention tasty treats, who make this ride fun no matter what the weather. I would like to especially thank Rick Breeden who has always allowed us use of the Orchard facilities, Vince Boyer of Village Cyclesport who can still wrench with the best, and the McHenry County Wireless Assn who provide continuous radio and SAG support every year. Check out

some of the pictures on our web site (www.wheelmen.com), even the tykes in the Burley had a great time!

Unfortunately, this will be the last year for the Wauconda Orchard. As I'm sure many of you know, Rick has sold the Orchard to developers, due to encroaching housing developments and is moving into the production side of the business and will sell cider and apple butter and other products thru other retail outlets. So we will have to come up with another starting site that can accommodate several hundred riders if this tradition is to continue. If you have any ideas, please email me at jedmis1@attglobal.net.

Thanks again to all who made the ride a success. We even made some money for the club's coffers! Now it's time to start planning the Harmon Hundred!

Monthly Meanders of the Wheeling Wheelmen

Ride Schedule

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 Point	Directions	Miles	Leader Phone #
Every Sat.	8:00 AM	Honey-Do Ride	Green Meadow, Douglas F. P.	On Central Rd. 1 1/2 mi west of Roselle Rd just north of I-90	28/40	Frank Illy 923-5910
Sat. 5-5	9:00 AM	Ice Cream Social	Mc Henry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	53	Rick Arnopolin 520-3136
Sun. 5-6	9:00 AM	Nifty 50	Target Store, Elgin	Randel Road just south of US 20. Park on SE corner of the lot	50	A & C. Schneider 634-2634
	9:00 AM	Apple Cider	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	35	B. & V. Savio 438-8066
Sat. 5-12	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	Pam Burke 630-872-9238
Sun. 5-13	9:00 AM	Tour of Kettle Moraine	La Grange General Store, WI	US 12 West past Elkhorn to County H	30/60	Al Berman 541-9248
	9:00 AM	Lou's Commute	Wauconda Orchard	Gossell Road, 1/2 mile off Fairfield, north of RT. 176	40	Joe Irons 359-0551
Sat. 5/19	9:00	Paris School Ride	Paris, WI	I-94 W, exit WI 142 W to County D, turn left to school	37/54	R. & J. Hattendorf 362-5997
Sun. 5/20	9:00	Wall to Wall	Fellows Park, Gonoa City, WI	Rt. 12 N to County H, follow County H east (veer Left) into Genoa City, left on Fellows Rd and to the park	80/110	A. & C. Schneider 634-2634
	9:00	Some Hills of Barrington	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	38	Rich & Mary Kay Drapeau 808-1476
Sat. 5/26	9:00	Ella's Escape	Glacial Hills Park	I-94 West to 894 bypass becomes US. 45 Exit WI. 167 W to Fries Lake Road (in Washington Co.) Left to Park	70	Ella Shields 773-594-1755
Sun. 5-27	9:00	Bill & Mike's Adventure	Glacial Hills Park	I-94 West to 894 bypass becomes US. 45 Exit WI. 167 W to Fries Lake Road (in Washington Co.) Left to Park	70	Mike Ortmanns 773-594-1755
	9:00	Barrington Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	40	Bob Pletch 253-8633
Mon. 5-28	9:00	Memorial Day Meander	Fireman's Park, Gernatown, WI	Check with Ella	40-50	Ella Shields 773-594-1755
	9:00	Hills & Horses	Penny Rd. Forest Preserve	I-90 to RT. 59 North, turn left on Penney road to forest preserve	36	Kris Woodstock 520-6932

RIDES OF A DIFFERENT FLAVOR

The bike paths/trails on the May Schedule include some with packed crushed limestone surfaces. I generally use my cross bike on these trails but many are smooth, hard and well maintained and suitable for narrow tired road or touring bikes. At worst one may have to dismount and walk across an area where there has been water erosion or the surface isn't packed because of fresh repairs. These are rated ***, **approved for narrow tires**. Other trails where rougher, less packed surfaces are more likely to be encountered are rated **, **wide tires recommended**. The less developed trails or those where the condition is not known are rated *, **wide tires required**. Let me emphasize that all trails are well developed, no off road conditions.

These rides are slow paced show and go. Rest stops are catch as catch can, may be forest preserve or park facilities. Although we will try to have stops where food is available, it is recommended that you bring snacks and plenty of fluid.

Art Cuningham

Ride Schedule April Chicago Area Bike Path / Trail Rides

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
5/2	9:00	30 partial loop	North Portion Lake Co. Des Plaines Riv. Tr.	Gurnee Pool Park- ing Lot	I-94 to Grand, rt. (e) to O'Plaine 1 st rt past river., 1 st rt. on McClure to end. Lot on lft.	Packed crushed stone ***
5/9	9:00	50/30 loops	Medley of Trails – Cuba Marsh to Ar- lington Lake	Nichols Hill Golf Course	From Dundee Rd. turn north on Kennicott to end, 1 st lot on left, bottom of hill.	Packed crushed stone and paved paths, short unimproved trail / roads **
5/16	9:00	42 partial loop	E. Great Western Tr./E. .Prairie Path	Klein Farm, Winfield	From North Ave, lft. (s) at Country Farm Rd., ¼ mi., lot on right	Packed crushed stone, some paved ***
5/23	9:00	32/54	North Channel/ Green Bay/N. Shore Paths	Turnbull Woods Forest Preserve	Lake Cook Rd., turn rt. on Green Bay Rd., 0.2 mi. to lot on lft.	Paved, some packed crushed stone. ***
5/30	9:00	52 partial loop	Fox Riv. / St. Charles & Elgin Prairie Path	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved and packed crushed stone paths ***

EXCURSION RIDES FOR 2001

- ◆ **Glacial Hills Rides.** Saturday, Sunday & Monday May 26,27&28. Accommodations at the Super 8 Motel in Germantown, WI (northwest of Milwaukee). Phone 800-800-8000 or 414-255-0880.
- ◆ **Middleton Rides.** Saturday & Sunday June 23 & 24. Accommodations at the Colonial Motel, Middleton, WI (west of Madison). Phone 800-821-5994.
- ◆ **Cedarburg Rides.** Saturday & Sunday July 21 & 22. Accommodations at the Super 8 Motel in Saukville/Port Washington, WI (north of Milwaukee). Phone 800-800-8000 or 414-284-9399.
- ◆ **Rockford Area Rides.** Saturday & Sunday August 18 & 19. Accommodations at the Super 8 Motel, Rockford, IL. Phone 800-800-8000 or 815-229-5547.
- ◆ **Kettle Moraine Rides.** Saturday & Sunday September 15 & 16. Motel accomodations at either Whitewater or Fort Atkinson. Phone Al or Cindy Schneider at 696-2356 for suggestions.
- ◆ **Montello Rides.** Saturday & Sunday October 13&14. Accommodations at the Hilltop Motel, Montello, WI (Green Lake County north of Portage, WI). Phone 800-560-9960.

WE GET MAIL

ANNOUNCING THE "PRICES YOU NEVER THOUGHT YOU'D SEE THIS TIME OF YEAR" SALE!!!

On Sunday, May 13th, **Arlington Bicycle Company**, 45 S Dunton, downtown Arlington Hts (2blks W of Arlington Hts Rd & 1blk S of NW Hwy); **Amling's Cycle & Fitness**, 8140 N Milwaukee, Niles (between Oakton & Dempster); and **Bob's Bike Shop** at 41 S Vine, downtown Park Ridge (2blks S of Touhy & NW Hwy), will be holding a combined sale. This sale will feature merchandise at unheard of savings (10% to 100%-**that's right-there's FREE stuff scattered throughout the stores-come join the scavenger hunt!**) and include bicycles, clothing, parts & accessories, tires, tubes, helmets if it's in the store, it's on sale!!! The sale will start at 11am and end at 4pm (or when everything in the stores is sold!). There will also be a raffle conducted for those who visit all 3 stores that day with prizes including gift certificates and other cool stuff!! On top of all this, 1% of the day's proceeds will be donated to the Chicagoland Bicycle Federation. So come on out and spend, spend, spend and do your part to further the cause of cyclists in the Chicago area!!

Don't miss this one!!!!!!!!!!!!!! For information on Arlington Bicycle Company, see arlingtonbicycle.com and for Amling's Cycle & Fitness, see amlingscycle.com.

JOIN THE HEALTH CLUB OF YOUR DREAMS

- No initiation fees.
- Cheap yearly rates.
- No crazy diets.
- Friendly, free, personal trainers (ride hosts), who present routines with an 'exercise at your own pace' format.
- No sweat-drenched workouts (thanks to lycra, coolmax and wind).

So, get the beautiful body you want... strong legs and biker buns. Join the **Wheeling Wheelmen** and join the health club without walls, where the scenery is always changing. Why exercise with sweaty strangers when you can workout with fellow club members sharing cue sheets, directions and tales of the road.

I am looking for anyone interested in accompanying me on a self-contained (loaded) bicycle tour. I prefer traveling in the Midwest; dates and length of tour is flexible. Camping and/or motels

Call David at (847) 623-6746

Wheeling Wheelmen Membership Application

Name: _____ Spouse's Name: _____

Address: _____ Children's Names: _____ Age: _____

City, State, Zip: _____ Age: _____

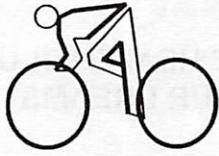
Phone #: _____ E-mail: _____

New Member? _____ Renewal? _____ L.A.B. Member? _____ Family dues: \$20 Individual dues: \$15

Membership Pledge: I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to observe all the rules of the road, and conduct myself in a manner that will be complimentary to the sport. I release and waive all claims for negligence against the WHEELING WHEELMEN, its officers and members for all damages incurred at or associated with any WHEELING WHEELMEN activity for myself, my heirs and executors.

Applicant's Signature (parent's signature if a minor) _____ Spouse's Signature _____

Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



Wheeling Wheelmen
P.O. Box 7304
Buffalo Grove, IL
60089-7304

Next Club Meeting will
be April 5, 2001
at
Wheeling High School
Rt 83 and Hintz Rd

We support:
*The League of American
Bicyclists
*The Chicagoland Bicycle
Federation



849

Pam Burke
265 Green Knoll Lane
Streamwood, IL 60107

In This Issue 4010771981

Ride Chair, April Ride Schedule, Safety, Guy

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 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

BIKE PROS

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

20556 N. Milwaukee Ave., Deerfield

(847)537-2453

GEORGE GARNER CYCLERY

111 Waukegan Rd., Northbrook, IL 60047

LIBERTYVILLE CYCLERY

800 N. Milwaukee Ave, Libertyville, IL

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

The Cyclery

575 Ela Road, Lake Zurich

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
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.

Check out our Website!



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

E-mail:
wheeling@wheelmen.com

Club Hotline
(847)520-5010



Ride and Club Information