



Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

April, 2002

PREZ SEZ

Talk about March Madness!! We've had it all this month and we're only a week into it as I write this. Jim Boyer, Betsy Burtelow, Marykay and I took advantage of perfect snow conditions and cross country skied through Deer Grove in Palatine. I expect other members were out that day as well. Please share your biking or skiing experiences with me. I'll be happy to include them in my column.

Our St Pats ride will be in the books by the time you get this. Let me thank Marykay and Ella for co-chairing this years ride. The response to a call for volunteers has been overwhelming. Thanks to all who baked cookies, marked roads, parked cars, served food, sagged and in any way helped make this a successful start to the season.

This months celebrity profile is Sheri Rosenbaum. Sheri is a newer member of the club. She began bike riding about 4 years ago riding long weekends in Wisconsin on the rails to trails system. One of her favorites is the Sparta-Elroy. Her first bike was a Giant hybrid which

soon gave way to a Cannondale Touring bike.

If I had to come up with a title for Sheri it would be "Miss Wild Adventure". She has scuba dived in the Cayman Islands, spent several weeks in England and went on an African Safari. This year its off to the Galapagos Islands. Last year she took a week long bicycle trip in the Canadian Rockies. One day included a 31 mile climb over 5 hours. Some of the highlights included an encounter with a bear in the middle of the road. Everyone in the group stopped and screamed as loud as possible but the bear kept coming at them. He finally gave up and wandered back into the woods. I'm thinking a dog ain't so tough after you've faced down a bear. Sheri got to stay in the Olympic village after forest fires took out their cabins.

Sheri works for a software solutions company. One of the perks is a 4 week sabbatical every 7 years, paid for by the company. She has been a ride host and a welcome addition to our club. A great tip from Sheri for anyone taking a bike trip where the touring company provides the bikes is to bring your own saddle and pedals.

Adios for now.
Rich Drapeau
rkdrapeau@attbi.com

RIDE CHAIR

It's hard to believe that the St. Pat's is only two weeks off as write this. Looking out of the window I see ten inches of fresh snow and remember the thermometer registering four below this morning. We are truly getting January in March to pay for that mild winter before. But can spring be far off? While I anxiously await the return of favorable riding conditions. As you read this you are looking back on the March rides and the St. Pat's is history. I can only hope that there is a memory of another great St. Pat's and that most of you have had a chance to get back on the saddle for these early season rides.

The April schedule features two rides each Saturday with Frank Illy's 8:00 Honey-Do taking off from the Douglas Forest Preserve and an assortment of short to medium rides from nearby venues starting at 9:00

for you late sleepers. The 9:00 Sunday rides also take off from nearby and feature routes that won't leave you worn out for the rest of the day. On the final weekend you can start to test you endurance with Verne on Saturday and Paul on Sunday. Paul's Great Western Trailhead ride meanders over the flat stretches of Kane County with routes of 52/77/100 to match your condition and schedule. Well, almost flat. There are the rollers on Burr Rd. and Paul introduces you to Compton Hill, the most challenging in the county. But as most of you know, Compton Hill only shows how flat the rest of the county is. Or you can join Ella on one of her favorite rides doing 47 West of 47.

The open road beckons. See you out there.
Art Cunningham

Club Officials

Elected Officers

President	
Rich Drapeau	(847)808-1476
V.P./Ride Chair	
Art Cunningham	(847)963-8746
Treasurer	
Al Berman	(847)4541-9248
Secretary	
Kris Woodcock	(847)520-6932
Membership	
Betsy Burtelow & Jim Boyer	(847)541-1325
Safety	
Barry Cohen	(847)459-7640

Appointed Officers

Newsletter	
Ella Shields	(773)594-1755
E-mail:	Shieldsbike@aol.com
Harmon	
Mary Kay Drapeau	(847)808-1476
Chairmen	
Banquet	
Ella Shields	(773)594-1755
Harmon Data Base	
Jennie Pfeifer	(847)342-8823
LAB	
Phyllis Harmon	(847)537-1268
Mileage Statistician	
Art Cunningham	(847)963-8746
Newsletter Mailings	
Ella Shields	(773)594-1755
Picnic	
Al & Cindy Schneider	(847)696-2356
Refreshments	
Frank & Pat Illy	(847)923-5910
St. Pat's Ride	
Mary Kay Drapeau	(847)808-1476
Web Page	
Bill Bergeron	(847)658-5159

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

Shieldsbike@aol.com

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

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.

INVITATIONAL'S

May 5, Prairie Pedal, Grayslake, IL
12, 35, 55, 4 & 7 mile family ride
Liberty Prairie Conservancy and Dundee
Cardunal Bike Club, Kathy Herman,
847/622-4100, kherman@bfusa.com
www.nsn.org/dukhome/DCBC/prairie.htm

May 18, Mayor Daley's Lakefront Ride,
Chicago, Il., 13.1 miles, free, Megan
McDonald, 312-744-1880, mmcdon-
ald@cityofchicago.org

May 19, Arlington 500, Barrington High
School, 7am to 10am 30, 44, 54 and 68
miles. Arlington Heights Bicycle Associa-
tion. Greg Konieczny, 847-255-3468,
konie@mindspring.com

**May 26, Leinenkugel's Chippewa Valley
Century Ride**, Chippewa Falls, Wi.,
35/50/75/100 miles, Pete Dawson, 715-723-
5557, pdawson@mbco.com

June 1, Rock 50/50 Bike Tour, Janesville,
Wi., 20/31/50/70 miles, Dean Paynter, 608-
756-1832, dpaynter@ticon.net

June 8 & 9 TOMRV
Scott Community College Bettendorf, Iowa
Quad Cities Bicycle Club 106 & 86 miles or
65 & 40 miles. Susie LaForce, 319-355-
5530. susielaforce@hotmail.com www.qcbc.
org/tomrv

June 9, BCLC Ramble, Wilmot, Wi.,
30/50/70/100, Cynthia Simmons, 847-604-
0520, Cynthia_Simmons@cch.com

WELCOME NEW MEMBERS



Sheila Marinangeli, Arlington Hts.
Bob Mark, Wauconda
Nancy & George Pepe, Arlington Hts.
Sherwin Rosenbloom, Buffalo Grove
Gary Diamond, Highland Park
Candy Sanders, Wheeling
Sue Smyczynski, Barrington

WEEKDAY RIDES

TUESDAY / THURSDAY DEERFIELD BAKERY RIDES

Rides with 30 / 40 mile routes leave the Deerfield Bakery promptly at **10:00 AM** weather permitting. 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 Chicago Jewish Funerals Chapel. Phone Bob Savio at 438-8066 or Art Cunningham at 963-8746 for more information.

Please note the rides will start at **9:00 a.m. in May**

CLUB MEETING

The meeting will be Thursday, April 4, 7:00 pm at Wheeling H.S. in our new location, **Room C104.**

We were still finalizing the after meeting presentation at press time, please check the ride line, 847-520-5010, #4, or the website for program information.

May 2002 National Bicycle Month

Attention all bicycle enthusiast. Help celebrate National Bicycle Month with a limited edition license plate for your car. The plates are approved by the Secretary of State's office and may be displayed instead of your regular plate during the months of April and May. The plates are numbered from 1 to 200 and issued on a first-come-first-served basis with priority given to those who ordered plates last year. The cost is \$25 and can be ordered through LIB. An order form can be obtained at the LIB web site www.bikelib.org/ or by e-mail from Laura Sanborn: lsanborn@attbi.com. For additional information you can contact Laura at the same e-mail address or 630-462-5427.



Safe Group Cycling

Club riding is probably safer than going it alone. Wheelmen rides will take you on the least traveled, safest routes and if you get into trouble, there will be someone around to help out.

On the other hand, the bike-to-bike collision is a very real hazard when many bikes ride close together. Also, your view of the road can be restricted. Besides the basic safe cycling tenets, you can contribute to safe Wheeling Wheelmen rides by:

Announcing Hazards -

When riding in a tight group, most of the cyclists do not have a good view of the road surface ahead, so it is important to announce holes, gravel, grates, and other hazards. Indicate road hazards by pointing down to the left or right, and by shouting "hole," "bump," etc., where required for safety. "Car up!", "car back", "dog up", etc., are pretty straightforward warnings to the group that are your important contribution.

Be Predictable - Group riding requires even more attention to predictability than riding alone. Other riders expect

you to ride straight, at a constant speed, unless you indicate differently.

Communicate - Use hand and verbal signals to communicate with members of the group and with other traffic.

Hand Signals - Basically, you point where you're going (just like a car). Hand down means your slowing or stopping.

Verbal Warnings - Along with hand signals, verbally warn cyclists behind you if you're stopping, turning, etc.

Change Position Correctly - Slower traffic stays right, so you should try to pass others on their left. Say "on your left" to warn the cyclist ahead that you are passing. If you need to pass someone on the right, say "on your right" clearly since this is an unusual maneuver.

Move Off the Road When You Stop - Don't interfere with traffic. The lead rider should pull forward in the stopping area so the other riders can pull in behind.

Safe "Drafting" - You're really testing your reaction times if you follow another cyclist closer than 2-3 feet. Even that distance requires extra attention. Personally, I'd rather keep a 10-foot gap and enjoy the scenery.

Ride One Or Two Across - as appropriate to the roadway and traffic conditions and

where allowed by law. Always single up when cars are trying to pass you if the lane is wide enough for them to safely do so.

Leave A Gap for Cars -

When you are impeding faster traffic, leave a gap for cars between every three or four bicycles. This way motorists can take advantage of shorter passing intervals and eventually move piecemeal around the entire group.

Watch Out At Intersections -

The lead rider should say "slowing" or "stopping" to alert those behind to the change in speed. While it is courteous to announce the condition of the intersection to following cyclists ("clear", "car right", etc.) each cyclist is responsible for verifying that the way is really clear before entering the intersection.

Teamwork - Give a helping hand, watch for other members' problems (loose straps, loose equipment, tire condition, etc.). It's what makes club riding special.

Barry

RIDES OF A DIFFERENT FLAVOR

For the second year Wednesday rides on Chicago and surrounding area bike paths and trails will be scheduled for those who enjoy rides of a different flavor. There are many great bike paths within driving distance passing through urban and rural areas with many scenic views and points of interest not duplicated by road. More trails are being added every year. A nine-mile loop was completed late last year in the Poplar Creek Forest Preserve. The Lake County Des Plaines River Trail was also completed from Lincolnshire a few miles south of IL-22 to Russell Road on the Wisconsin boarder. This 27 mile trail has an additional 8 miles of connected forest preserve trails including the Sterling Lake loop in Van Patten Woods at the north end and the Independence Lake loop in the brand new Forest Preserve mega park north of Libertyville.

This bike path tour will leave on Wednesday mornings from a site on or near the trail route scheduled. The first ride scheduled on April 3 offers two short trails with an approximate 15-minute drive between starting points. A different path/trail will be explored each Wednesday with distances from 14 to 80 miles. Surfaces range from paved to crushed stone or improved gravel/grass. Definitely no off road, single track types. Rides will be show and go at a leisurely pace. Join me and experience the flavor of the many trails available in this area. Call me at 874-963-8746 for more information.

Art Cunningham

April Wednesday Chicago Area Bike Path/Trail Rides

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
4/3	10:00	14/28	Salt Creek & M&I Canal Trails	<u>Bemis Woods</u> Western Springs Trail Head	South on I-294 to Ogden Ave., left (east) on Ogden ¼ mi. to entrance on left South on I-294; east on I-55 to La Grange Rd. (US-45); South to IL-172 (Archer); Rt. at Willow St. just past Willow Springs Rd. to parking under the bridge.	<ul style="list-style-type: none"> • Paved path, • Brookfield Zoo optional (Bring lock) • Extra paved path ride optional
4/10	9:00	46	Fox River/ McHenry Prairie Trail	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path
4/17	11:00	37	Chicago Lake Front Path	Foster Ave Beach	East on Peterson off Edens, rt. on Ridge, bear rt. on Broadway to Foster, left. Under Lake Shore to 1 st parking lot on left.	Paved path
4-24	10:00	32	North Branch/ Botanic Garden	Skokie Lagoon Forest Preserve	East on Willow Rd. just east of Edens. (no access going south on Edens to Willow) entrance to left	Paved Path Botanic Garden optional (bring a bike lock)

Monthly Meanders of the Wheeling Wheelmen

**April
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 Location	Directions	Miles	Leader Phone #
Every Sat.	8:00 AM	Honey-Do Ride	Grassy Meadows Douglas F. P.	West from Roselle Rd. just north of I-90 onto Central Rd.; 1 1/2 mi. to parking on the right.	28-40	Pat & Frank Illy 923-5910
Sat. 4-6	9:00 AM	BDSR	Kildeer School	Old McHenry Rd., just north of Long Grove	40	Betsy Burtelow & Jim Boyer 541-7325
Sun. 4-7	9:00 AM	Show & Go	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	35/49	Lou Lambros 815-455-9428
Sat. 4-13	9:00 AM	Broken Oar	Kildeer School	Old McHenry Rd., just north of Long Grove	34	Bob Pletch 253-8633
Sun. 4-14	9:00 AM	Honey Lake Loop	Kildeer School	Old McHenry Rd., just north of Long Grove	35	Al Berman 541-9248
Sat. 4-20	9:00 AM	Hills & Horses	Rose School	North on IL 59 to Penney Rd.; east 1/4 mi. to school on right.	36	Earl Horwitz 374-1129
Sun. 4-21	9:00 AM	Lake Co. Ride	Kildeer School	Old McHenry Rd., just north of Long Grove	35	Brian Hale 426-3290
Sat. 4-27	9:00 AM	Vern's PITA	Cuba Marsh	Turn west from IL 12 onto Cuba Rd.; Parking on the right just past Ela Rd.	60	Verne Aebli 934-3809
Sun. 4-28	9:00 AM	Great Western Trail Head	Great Western Trail Head	I-90 west to Randall Rd.; south to Dean St., St. Charles; west to parking area on left side.	100/77/ 52	Paul Koenig 630-690-9546
	9:00 AM	47 West of 47	Marengo High School	I-90 West to US 20 West, north to Marengo. Corner of Prospect & US 20	47	Ella Shields 773-594-1755

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

EXCURSION RIDES — HOTELS

- ◆ **Palmyra/Kettle Moraine:** May 11/12 - Whitewater or Fort Atkinson Super 8, (800)-800-8000, AmericInn: Elkhorn, WI (262)-723-7799, Best Western: Fort Atkinson, WI (800)-992-6789 OR (920)-563-6444 Holiday Inn Express: Fort Atkinson, WI (920)-563-3600
- ◆ **Memorial Day Weekend, GERMAN TOWN-WEST BEND, May 25-27, GERMANTOWN:** Super 8 (262)-255-0880, Holiday Inn Express (262)-255-1100, AmericInn (262)-505-9750. WEST BEND: Super 8 (262)-335-6788, AmericInn (262)-334-0307
- ◆ **Middleton:** June 15/16 - West Madison/Middleton Fairfield Inn, 800-228-2800, Comfort Suites Madison (800-517-4000)
- ◆ **Galena-New Glarus-Galena:** June 22/23 - Galena: Stoney Creek Inn (800)-659-2220, **DUBUQUE:** Best Western Midway (319)-557-8000, Best Western Dubuque Inn (319)-556-7760, Super 8 (563)-582-8898, Fairfield Inn (319)-588-2349, Comfort Inn (563)-556-3006, **NEW GLARUS:** Chalet Landhaus (800)-944-1716, Swissaire (800)-798-4391 (see March Newsletter)
- ◆ **Dodgeville-Spring Green-Mazomanie:** June 30/July 1(All in Dodgeville) Super 8: (608)-935-3888 House on the Rock Inn: (888)-935-3960 OR (608)-935-371, New Concord Inn: (800)-348-9310 OR (608)-935-3770, Best Western: (800)-528-1234 OR (608)-935-7739
- ◆ **Cedarburg:** July 27/28 Super 8 Motel, Saukville/Port Washington WI (north of Milwaukee) 800-800-8000 or 414-284-9399
- ◆ **Dodgeville-Yellowstone-Highland-Mazomanie:** Aug. 2/3/4 (See Dodgeville above)
- ◆ **Holy Hill:** Aug. 17/18 - Germantown, WI. Super 8 (262)-255-0880, Holiday Inn Express (262)-255-1100
- ◆ **Kettle Moraine:** Sept. 14/15 Whitewater or Fort Atkinson Super 8 (1-800-800-8000)
- ◆ **St. Germain:** Sept. 27/28/29/30 Whitetail Lodge, St. Germain
- ◆ **New Glarus:** Oct. 5/6, Chalet Landhaus (800)-944-1716 Swissaire (800)-798-4391

**ASK DEE
RAILLEUR
OR DR. S.P.
OKES**



**Dear Dee Railleur:
What are the top ten ways you
know you are a Wheeling Wheel-
men?**

D. Letterman

Some of the telltale signs:

10. You know what a cue sheet is
9. You know when Vern gets a new jersey
8. All your friends are cyclists
7. You know your membership number by heart
6. They know your name at the quick marts
5. You read your newsletter from front to back
4. Gatorade is your favorite drink
3. You know all the Bob's last names
2. The ride line is on your speed dial
1. Always have fun on your rides

**Dear Dr. S.P. Okes:
When should I replace my hel-
met?**

F. Flintstone

- Is it from the Stone Age?
- Did you crash it?
- Is the outside just foam or cloth instead of plastic?
- Does it lack a CPSC, ASTM or Snell sticker?
- Can you not adjust it to fit correctly?
- Do you hate it?

If you answered Yes to any of the above, it's time to REPLACE IT!

If you have a question for Dee Railleur or Dr. S. P. Okes, e-mail it to the editor and it will be answered in a future column.

**MEMORIAL DAY WEEKEND
(May 25-27)
GERMANTOWN-WEST BEND**

The Wheeling Wheelmen are planning a three-day holiday weekend to the Germantown/West Bend area of Wisconsin. This area of lakes and hills can provide excellent preparation for those who are planning to ride multi-day events such as TOMRV, GRABAAWR, and RAGBRAI. Saturday will be Ella's Escapade, which will have 73 and 105-mile options; Sunday will be Bill & Mike's Excellent Adventure, a 79-mile ride; and Monday will be the Road America Rumble (West Bend-Elkhart Lake) with 52 and 102 mile options.

Saturday and Sunday rides will start at 9:00 AM and leave from Glacier Hills County Park. Directions: I-94 north to Milwaukee; West (from left lanes) on 894 Bypass; 894 becomes US 41/45; West on Wisconsin 167; Left on Fries Lake Road at the sign for Glacier Hills County Park; Left on Glacier Hills Park Road for 0.4 mile to the parking lot adjacent to the warming house.

Monday's ride will start at 9:00 AM and leave from Barton Elementary School in West Bend. Directions: I-94 north to Milwaukee; West (from left lanes) on 894 Bypass; 894 becomes US 41/45; Right on US 45 at 41/45 split; at West Bend, Exit County N right for 1.2 miles; left on Roosevelt; straight on School Place; Barton School is on the left.

If you can't make it for the whole weekend come on up for a day. We will be staying at the Super 8 in Germantown, WI (262)-255-0880. We will have group dinners on Saturday and Sunday nights if people are interested. Please let me know if you will be joining us for the weekend so I can plan for cue sheets and dinner reservations. A list of area accommodations is provided below for your convenience. If you have questions or need more information you may contact me at:

Paul Koenig
(630)-690-9546
kestrelkid@aol.com

(Accommodations see page 5)

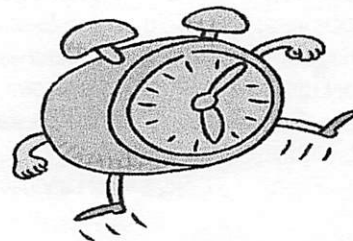
MIDDLETON WEEKEND

Reserve time for the Middleton Weekend Excursion, June 15-16, 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 Baraboo Hills. This ride is rolling to hilly. There is a 70-mile version that misses the worst hills.

Accommodations may be made the Fairfield Inn Madison West/Middleton (800-228-2800) or the Comfort Suites Madison (800-517-4000), a short drive from Lakeview Park. 94. If you can't get free for the whole weekend join us for one or the other ride.

For information call Art Cunningham, 874-963-8746

**SPRING FORWARD
DON'T FORGET
DAYLIGHT
SAVINGS TIME
APRIL 7**



CYBER CYCLING WEBSITE
C. BRIAN HALE #1007

It's that time of year, when we all begin to focus again to training, performance and efficiency. An excellent source of cycling training, chemistry, tips and nutrition can be found at <http://www.cptips.com/> this website is presented by Dr. Dick Rafoth MD and is created as a "cyber" book with many chapters outlining numerous cycling subjects. Hyperlinks to related topics and sources of incredible data. You can also buy a 3.5" disc by sending him \$10.00 and the stamps: "Info on the Site".

1.0 My favorite is the "Training Concepts". One area I found interesting was in regard to maximum heart rate (MHR). We should all mix "Hard Training" with easy pedaling "Recovery" rides. If we train hard most of the time, you never completely recover, and chronic fatigue will poison your performance.

1.1 Nutrition is a close 2nd. Nutrition plans for different types of riders are presented for your review. It is interesting that fluids and carbohydrates dominate these lists. Another interesting subject is about "creatine". By ingesting 3-5 grams per day improves performance in repetitive sprint events.

1.2 Excerpts from Performance Tips:

A.) Stay seated in climbs! Standing while climbing uses up 10% to 12% more energy as you work your arm and back muscles. Stay in the saddle spin at 80 to 85 RPM. You will burn less energy and work your gluteal (butt) and hip muscles to your advantage.

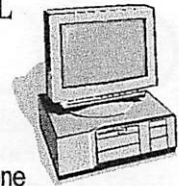
B.) Sit back in the saddle: You will gain leverage advantage on the pedals. Move forward for sprints and small rises.

C.) Group rides" for weaker riders": Prior to a climb, move up near the front of the group. As the climb continues allow others to pass. At the top, you still will be with the group, and won't get dropped and have to fight back to close with the group. Save a little, shift up, stand, and make up that last distance.

D.) Cramps "Hydrate or Die": Dehydration is the second most common cause behind exertion beyond training. It is imperative you replace your electrolytes. Summary: Training, fluids & carbs. will avoid cramps. A regular program of stretching before, during and after rides will also help avoid cramps.

'Til next time: "May your journey be always downhill with the wind at your back."

WE GET MAIL



Spring Event of the Chattanooga Bicycle Club: The 3-State 3-Mountain Challenge, one of the Southeast's most scenic and challenging centuries, will be held on May 4, 2002. The rigorous 100-mile option will take you through 3 states (Tennessee, Alabama, and Georgia) and across 3 mountains (Suck Creek, Sand, and Lookout). The moderate 62-mile option only crosses one mountain and the 25 mile option hits the hilly terrain of North Chattanooga. Hailed by cyclists as the most unique century they've ever ridden. The Chattanooga Bike Club has included many extras this year: Mayor Bob Corker of Chattanooga will be the Grand Marshall of the ride and lead everyone across town and over the Market Street Bridge; top quality event jersey by Louis Garneau; More detailed information and applications are available for on our website - <http://www.chattbike.com/> and online registration is available from our web site or from <http://www.active.com/>. Contact for the events is Daisy Blanton, 706/820-1157 or DaisyBRIder@cs.com.

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

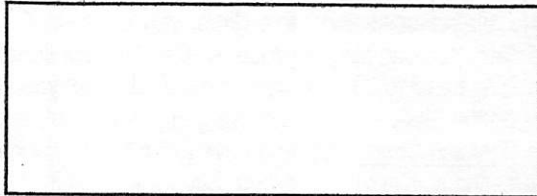
Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



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

Next Club Meeting will
be April 4, 2002
7:00 pm at
Wheeling High School
Rt 83 and Hintz Rd

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



In This Issue...

Prez Sez...Ride Chair..Safety Guy..Rides of a Different Flavor..Dee Railleur...

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, (847)272-2100

LIBERTYVILLE CYCLERY

800 N. Milwaukee Ave, Libertyville, (847)362-6030

MIKES BIKES

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

RUNNER'S HIGH

7 S. Dunton, Arlington Hts. 847-670-9255

SPOKES

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

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

THE CYCLERY

575 Ela Road, Lake Zurich, (847)438-9600

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
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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>

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Ride and Club Information