



## PREZ SEZ

Greetings fellow Wheelmen:

I'm looking out my window on a Saturday afternoon watching the rain pour down, supposed to be more of the same tomorrow. You would think that this weather would ruin the weekend for someone who looks forward to our club rides. While I'm disappointed about not riding the weekend was not a bust. Saturday Jim Boyer, Betsy Burtelow, Marykay and I drove down to the Chicago Temple and hooked up with about 80 other avid Bicyclists (some rode bikes) to discuss bicycling issues with several candidates running for various state offices in Illinois.

The Chicagoland Bicycle Federation organized the forum. CBF's goal is to have 15% of commuters walking or taking bikes to work. They cited a reduction of 22,500 out of the 190,000 cars that make up daily traffic on Lake Shore Drive alone. The benefits are obvious, fewer cars, so shorter commute, less pollution, less reliance on foreign oil etc.

Each of the candidates was given 5 minutes to express his thoughts then 5 minutes of question and answer. I think it's important to share what we learned, not so much from a political viewpoint but more to pass along some practical ideas.

Pat Quinn the democratic candidate for Lt. Governor led off. He cited the success of CUB (Citizens Utility Board), which he helped found, as a method of making our voice heard. Any grass root effort is going to be heard if the issues do not have a lot of downside. Bicycling does not. He said we are entitled to partake in mailings by local governments much like CUB does.

Next up was Lisa Madigan, democratic candidate for Attorney General. She supports abolishing a law that holds communities responsible for accidents in bike lanes they put in. This has long been an issue for us. It discourages towns from putting bike lanes in when they repave roads. She wants a crackdown on unlicensed drivers by impounding whatever vehicle they are driving, and enforcement of diesel fume laws. As a side note she didn't hesitate to criticize her boyfriend for not wearing a helmet.

The third candidate was Kris Cohn, Republican for Secretary of State. She wants to find out who the bicyclists are in the transposition department and elicit their help and ideas. These are the engineers that design the roads. She also wants to connect the path systems that are in place to shopping centers and places where people work. She is also proposing some type of tax credit for bike commuters.

As you can see not all the candidates felt it was important enough to show up. You can draw your own conclusion from that. The bottom line is we are part of a larger Bicycling community and have an opportunity and maybe even an obligation to support issues and candidates that will make bike riding safe and enjoyable.

On a lighter note, we began our Tuesday evening rides May 7. It was a chilly but sunny evening. We had about a dozen participants. Most met at the Village Tavern for a few cold ones and a really fun blues/jazz band after the ride. Come join us if you can. We have a 20 and 27-mile route.

Till next time,  
Rich Drapeau

## Club Officials

### Elected Officers

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

### Appointed Officers

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

## Board Meeting

The next board meeting will be held on Thursday, June 20, 7:00 pm at the home of Kris Woodcock.

All board members are requested to attend. Please give Kris a call at 520-6932 and let her know if you will be attending.

### MEANDER STATS—Through May 7

Maximum miles possible  
1,335 (per rider)  
Cumulative total miles ridden -  
15,074 (all riders)

#### MEN:

1	ART CUNNINGHAM	1151
2	KILIAN EMAMUEL	905
3	JOE IRONS	758
4	BOB WALKOWICZ	618
5	BOB PLETCH	512
6	BOB SAVIO	488
7	BOB DOMINSKI	481
8	TOM WILSON	431
9	EARL HORWITZ	420
10	LOUIS LAMBROS	414
11	ZOLTAN GONCZE	394
12	AL BERMAN	350
13	VERNE AEBLI	298
14	DENNIS BERG	254
15	RICH DRAPEAU	239
16	JIM BOYER	238
17	PETER GUZIC	204
18	AL SCHNEIDER	203
19	DAN WIESSNER	201
20	VINCENT STEIDL	200

#### WOMEN:

1	MARIANNE KRON	364
2	VIRGINIA SAVIO	273
3	MARY KAY DRAPEAU	239
4	BETSY BURTELOW	237
5	KRIS WOODCOCK	234
6	MONICA GONCZE	185
7	ELLA SHIELDS	182
8	NANCY BECK	173
9	GERI MCPHERON	171
10	CINDY SCHNEIDER	163
11	PAM BURKE	111
12	REBECCA NUDELMAN	98
13	EMILY QUALICH	92
14	VELDA KNORR	92
15	LOLA PROVENZOLA	92
16	REINHILDE GEIS	85
17	FRAN GREEN	71
18	SHERI ROSENBAUM	70
19	MARIE SASSAN	65
20	DEBBIE WILSON	53

### REGULARLY SCHEDULED RIDES

#### TUESDAY / THURSDAY DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Deerfield Bakery promptly at 9:00 A.M. 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 Jewish Funeral Home just south of the bakery. Phone Bob Savio at 438-8066 or Art Cunningham at 963-8746 for more information.

#### TUESDAY EVENING LONG GROVE RIDES

Rides of 20 to 27 miles will leave from Shamrock Cyclery at 6 pm. The shop is located at 344 McHenry Road, just south of the 4 way stop sign in Long Grove. Park in the lot behind Red Oak Antiques in the Stemple Municipal lot. Call Rich Drapeau 808-1476 or Jim Boyer 541-1325 for additional information

#### THE HILL AND DALE WEDNESDAY EVENING RIDES

Rides of 25 to 32 miles are scheduled to leave the Grassy Meadow parking lot in 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. 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 Randall Road just south of US 20. Phone Al & Cindy Schneider at 696-2356 for further information

### The Great "47 West of 47" Adventure

Undeterred by 24 continuous hours of rain and wind gusts of 30 mph, two indomitable club members showed up for the 47 West of 47 Ride on Sunday morning, April 28: trip leader Ella Shields, and me. Sitting in the parking lot of Marengo H.S., Ella and I debated our options. "Everyone else wimped out," we agreed. "But that doesn't mean we have to." And so, shrugging off the miserable conditions, the two of us decided to SHOW THE WORLD, by riding not a puny 47 miles, but 97 MILES in the wind and rain! With the wind hurling itself into our faces, we curled over our handlebars and struggled out into the northern Illinois countryside. The first 30 miles went slowly, but then we got into our rhythm and picked up speed for the second 30. The chilly blasts of rain dampened our bodies but not our spirits; in fact we were inspired to peddle more ferociously, just as though we were climbing Alp d' Huez. The final 37 miles were a bit of a struggle, but because we're incredibly tough, we. . . . ah, well. . .

Oh, all right, I suppose I should tell you the truth: the only place we rode that day was not on our bikes, it was to the local McDonald's in our cars, where we had coffee and tea and chatted for a half-hour. But we did TALK a lot about riding! And at least we showed up for the ride! So put us down on the mileage log for 47 miles of "best intentions."

Jeff Kressmann

### MARK YOUR CALENDAR

The annual club picnic will be on Sunday, July 14 at Old School Forest Preserve. Details will be in the July newsletter



### How to Hydrate for Better Performance

If it's the summer cycling season, it's probably hot where you live. Cyclists and other outdoor athletes are the first to notice rising temperatures. And the hotter it is, the faster you lose fluids when you ride.

Fluids are crucial to your performance and sense of well-being. We're really just big bags of fluid—our blood contains about 50 percent water. Because water helps keep us cool, a loss of only one percent of our bodyweight as sweat means a significant loss of speed and endurance.

I know you've heard it before—drink, drink, drink! But it's amazing how few cyclists heed this advice. They forget to drink because of the excitement of the ride, then they will be fore the end.

But proper hydration is easy. Here's how:

- **Ride Early or Late.** You'll need to replace fewer fluids if you ride when it's cooler. One approach: commute by bike so you ride early in the morning and again in the evening when temperatures have moderated.
- **Practice Drinking On the Bike.** If you aren't comfortable taking one hand off the bar to pull the bottle from the cage, practice while riding in an empty parking lot or lightly traveled road with a wide shoulder. Hold the bar with your other hand near the stem to limit swerving as you reach down.
- **Pre-hydrate.** Make sure you're well hydrated before the ride. Most people are chronically dehydrated because they simply don't drink enough water. Keep a bottle on your desk and sip frequently all day. For an energy as well as fluid bonus, down 16 ounces of a sports drink about an hour before the ride.
- **Drink During the Ride.** Because your body's sensation of thirst lags behind

its need for liquid, always sip from your bottle before you get thirsty. When you feel thirsty, it's already too late. Make it a habit to reach for your bottle every 15 minutes and slug down a couple of big swallows.

Most riders need one big bottle (about 28 ounces) per hour but it's highly variable depending on temperature, intensity of the ride, and other factors such as body size. Experience will help you judge your fluid needs.

- **Hydrate After the Ride.** No matter how much fluid you drink while riding, in hot weather you'll finish the ride depleted. Your stomach doesn't empty fast enough to keep up with the demand.

Weigh yourself before and after the ride. Compare the figures. If you've lost weight, drink 20 ounces of fluid for each pound of bodyweight you're down. Keep drinking until your weight has returned to normal and your urine is pale and plentiful.

- **Restore Sodium Levels.** Those white stains on your clothing and helmet straps after a hot ride come from the salt that you sweat out. It needs to be replaced. Low sodium levels are associated with increased incidence of cramps. Heavy sodium losses lead to *hyponatremia*, a potentially life-threatening condition.

Your sports drink should contain at least 100 mg of sodium per 8 ounces (check the label). It may also help to salt your food when you're riding frequently in hot weather.

(From [www.RoadBikeRider.com](http://www.RoadBikeRider.com))

**RIDES OF A DIFFERENT FLAVOR**

With fair mid-week weather all five trail rides to date have taken off as scheduled. Nine riders participated on the Lakefront Bike Path ride on an unusually summer-like day. This ride is always the high point of the early schedule. Every year, this is the 3<sup>rd</sup>, the route has differed in some detail. This year the south end of the ride was at 75<sup>th</sup> Street. We had a rest stop there in the clubhouse of the South Shore Country Club now run by the Chicago Park District. The splendor of by-gone days was reflected in the beautiful chandeliers of the great hall and the broad view of Lake Michigan through an expanse of glass in the huge dining room. This building which dates back to the late nineteenth century is still in good condition.

The June schedule features the Long Prairie ride on the bike trail traversing Boone County into Winnebago County northwest of the Chicago area. The north portion of the Lake Co. Des Plaines River trail has been rescheduled from May. This will enable us to ride the new four-mile trail just completed filling the gap between the north and south trails.  
 Art Cunningham

**JUNE Wednesday Chicago Area Bike Path/Trail Rides**

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
6/5	9:00	46	Long Prairie Trail (Boone Co.)	East Trail Head, near Chemung, IL	North on Rt. 14 to Rt. 173, right 4 1/2 mi. to County Line Rd., right. 1/4 mi. to parking lot on the left.	Paved, packed crushed stone ***
6/12	9:00	55 loop	Medley of Trails – Poplar Creek to Ned Brown	Harper College	Off I-90 north on Roselle Rd.; right. on Euclid, right into college to parking lot on left.	Paved with connecting roads
6/19	9:00	40/62 partial loops	Prairie Path Aurora Branch Loops	Roy C. Blackwell F. P., Warrenville	South on Rt. 59 to Butterfield Rd., left. on Butterfield Rd. 1/2 mile to entrance on left. Park in 1 <sup>st</sup> lot to right.	Packed crushed stone, some paved ***
6/26	9:00	40 partial loop	North Portion Lake Co. Des Plaines River Tr.	Independence Forest Preserve, Libertyville	Milwaukee Ave. (IL 21) north to Buckley (IL 137); east to River Rd.; north to F. P. entrance on left to 1 <sup>st</sup> parking lot on the left.	Packed crushed stone ***

\*\*\* approved for narrow tires \*\* wide tires recommended \* wide tires required  
 Bring snacks and plenty of water to drink

**WELCOME NEW MEMBERS**



James Sohn, Palatine  
 Lola & Thom Provenzola, Roselle  
 Jim & Pam Beck, Long Grove  
 Rich Gliniski, Arlington Heights  
 Harold Gatson-Bey, Wheeling

**NO CLUB MEETING THIS MONTH**

**EXCURSION RIDES — HOTELS**

**Galena-New Glarus-Galena:** June 22/23 - Galena: Stoney Creek Inn (800)-659-2220, **DU-BUQUE:** 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, Swiss-saire (800)-798-4391  
**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 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

**Monthly Meanders of the Wheeling Wheelmen**

**June  
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 Meadow, Douglas F. P.	On Central Rd. 1 1/2 mi west of Roselle Rd just north of I-90	28/50	Frank Illy 923-5910
Sat. 6-1	9:00	Another Day Another Way	Evergreen School Union	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	75/100	Al & Cindy Schneider 696-2356
Sun. 6-2	9:00	Harvard - Twin Lakes	Harvard High School	US14 west through town (cross IL-173); Rt. on E. McKinley; Left N Jefferson to High School	103/68	Paul Koenig 630-690-9546
	9:00	Hills & Horses	Rose School	I-90 to RT. 59 North, turn right on Penney road to the school just past Bartlett Rd.	40	Kurt Schoenhoff 696-2356
Sat. 6-8	9:00	Rock Cut State Park	Evergreen School Union	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	90	Kurt Schoenhoff 696-2356
Sun. 6-9	9:00	Antioch - Twin Lakes	Middle School Antioch	I-94 to IL. 173 west just past IL. 59, turn right on Tiffany left at sign for school	60/100	TBA
	9:00	Monroe- New Glarus	Honey Creek Park Monroe	I-90/US-20 west past Rockford; I-26/WI-69 north to Monroe; L on W. 8 <sup>th</sup> ; L at stop light on 4 <sup>th</sup> Ave; Honey Creel Park on left.	102/69/58	Paul Koenig 630-690-9546
	9:00	Wauconda Bull Valley	Lakewood F. P., Wauconda	West on IL 176; south on Fairfield; west on Ivanhoe; parking on the right	32/40	Kilian Emanuel 296-7874
Thurs. 6-13		Monroe/ Darlington	Honey Creek Park Monroe	Same as above	102/69/58	Paul Koenig 630-690-9546
Sat. 6-15	9:00	Columbia Co. Meander	Lakeview Park Middleton, WI	From northbound I-94 turn left on US 12 around Madison, left on University Ave into Middleton to left on Mendota. Park on left.	90	Art Cunningham 847-963-8746
Sun. 6-16	8:00	Devils Lake Dive	Lakeview Park, Middleton, WI	Same as above	70/88	Art Cunningham 963-8746
	9:00	Some Hills of Barrington	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	38	Jim Boyer 541-1325
Sat. 6-22	9:00	Tour of McHenry Co.	Evergreen Park Union	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	64	Lou Lambros 815-455-9428
	6:00 AM	Galena- New Glarus	Galena High School (Return Sunday)	I-90/US-20 west to Galena; R on Franklin (just past Triangle Motel sign); High School on right	113	Paul Koenig 630-690-9546
Sun. 6-23	7:30	New Glarus- Galena	To be announced		93	Paul Koenig 630-690-9546
	9:00	Wauconda- Twin Lakes	Lakewood F. P., Wauconda	West on IL 176; south on Fairfield; west on Ivanhoe; parking on the right	60/77	Dave Waycie 577-6307
	9:00	Apple Cider	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	38	TBA
Sat. 6-29	8:00	Sycamore Scamper	McHenry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	82	Art Cunningham 963-8746
Sun. 6-30	9:00	Twisted 60/80	Middle School Antioch	I-94 to IL. 173 west just past IL. 59, turn right on Tiffany left at sign for school	60/80	Dennis Berg 296-4917
	9:00	Dodgeville- Mazomanie	DNR Military Ridge Resource Center	I-90/WI 18 to Dodgeville; exit 142 L on 18/151; R on 18; R on 23; R on YZ to DNR	103/78/63	Paul Koenig 630-690-9546
	9:00	Back Roads of Barrington	Rose School	I-90 to RT. 59 North, turn right on Penney road to the school just past Bartlett Rd.	40	Sheri Rosenbaum 821-7622

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

**MIDDLETON WEEKEND**

Those planning to go on the Middleton Weekend Excursion, June 15-16 please give me a call so that I can get a count of those planning to participate. We can also arrange to meet for dinner. The rides leave 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 (1-800-228-2800) or the Comfort Suites Madison (1-800-517-4000), 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. Call Art Cunningham, 874-963-8746.

**GALENA-NEW GLARUS-GALENA  
JUNE 22-23**

Club members are invited to participate in a very challenging two-day ride through the scenic hills of southwestern Wisconsin. This weekend is ideal preparation for club members planning to ride GRABAAWR or RAGBRAI. We will leave from Galena High School on Saturday at 6:00 AM and ride 113 miles to New Glarus where we will stay overnight. On Sunday we will return to Galena by a different 93-mile route.

**PREPARATION:** These are very hilly courses. The longest climb is about a mile (up Franklin Street back to the high school at the end of the second day), but there are a lot of hills in the 0.2-0.5 range and some of them are steep. Riders should be comfortable with frequent changes of pace. It's recommended that participants should have completed a number of the early season centuries on the ride schedule that have some rollers; a weekend with back to back long rides (such as Germantown or Middleton) and a ride with more substantial hills (Monroe or Middleton).

**ACCOMMODATIONS:** Most Galena hotels require a two-night stay during the peak season, so I generally stay in Dubuque. I've listed hotels and contacts for both Galena and Dubuque (see page 4). Since

the number of rooms available in New Glarus is limited, particularly those riders who wish to stay at the Chalet Landhaus (which has added a new wing with an indoor pool) should make reservations immediately.

**DINNERS:** If riders arrive early enough on Friday evening a Galena pre-ride dinner can be arranged. Dinner in New Glarus will be at either the Chalet Landhaus or the Glarner Stube.

**POST RIDE SHOWERS:** Before leaving for home after returning to Galena, riders may wish to get a shower at the Alice T. Virtue Swimming Pool & Water Park. The cost for adult admission is \$3.75. The pool is located just outside the downtown area on Stagecoach Trail.

**HELP:** As with other club events, some help is required to bring this off specifically, transporting rider luggage. If there are members who would like to do the ride as a team, splitting the riding each day and driving a support vehicle, please contact me. Similarly, any rider whose spouse would be willing to drive a support vehicle should contact me.

Members interested in participating may contact me for more information at:  
Paul Koenig, (630)-690-9546  
kestrelkid@aol.com

**BIKE THE DRIVE**



On Sunday, June 9th, Mayor Daley will shut down 15 miles of Lake Shore Drive, from 57th St. in the south to Hollywood Ave. near the Evanston border, northbound and southbound lanes, from 5:30 AM to 9:30 AM. The Drive will be closed to cars. And open to bikes.

It certainly simplifies the route map: the 2002 Bike the Drive starts in Grant Park, heads north on LSD to Hollywood, then turns around and heads south. A 15-mile route stops at Grant Park, while a 30-mile route continues to 57th St., where it again turns north back to Grant Park. Twelve thousand cyclists are expected to make either trip. But don't worry about the crowd: you'll have up to eight lanes to choose from.

What else is new with this event (besides 30 miles of Lake Shore Drive, the start location, and no day of event registration)? In addition to your T-shirt, you'll get a goody bag when you pick up your packet, which you can get before June 9....

To get more information or to sign up for Bike The Drive, check on-line, or call 312/42-PEDAL (427-3325), ext. 51. The registration fee of \$35 (\$30 for members) includes ride entry, short-sleeved T-shirt, ride guide, ride support, food and drinks at rest stops, and the Bike The Drive Festival. The deadline for on-line registration is Thursday, June 6. **There is no day-of-event registration.**

**VOLUNTEERS NEEDED**

CBF needs volunteers for the ride. Help is needed in several areas before, during, and after the ride. Volunteers are needed to help in the following areas: Wednesday night registration parties, brochure distribution, event setup and teardown, packet pick up, rest stops, ride marshals, course marshals, SAG support and the post ride festival.

All volunteers will receive a T-shirt and goody bag as we well as an invitation to an exclusive volunteer only appreciation party.

Anyone interested in volunteering should contact Robb Zbierski at the Chicagoland Bicycle Federation either by phone 312/427-3325 x35 or e-mail robb@biketraffic.org.

**HOLY HILL  
August 19 & 20**

We are planning our annual weekend getaway to Ritchfield, Wisconsin. It will be two *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. If you can't make it for the whole weekend come on up for just the day.

Both rides will start at 9:00 a.m. 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.

We will be staying Saturday night at the Super 8 in Germantown, WI. 262/255-0880. We will have a group dinner Saturday night, at our favorite Italian restaurant, if anyone is interested. Please let us know Saturday morning if you will be joining us for dinner.

Hope you can join us!

Mike & Ella, 773/594-1755, Shieldsbike@aol.com

**INVITATIONAL'S**

**Sunday, June 23, Swedish Days Ride**  
 Central High School, Burlington, IL. 25, 45, 62.5, 75 & 100 miles. \$14/individual, \$30/family. Fox Valley Bicycle & Ski Club Hotline 630.584.7353 don@irdon.com; www.irdon.com/fvbsc

**Thurs, July 4—4th of July Metric Ride**  
 30/45/60M. \$8/\$13 after 6/29. 7 a.m. Plainfield H.S. Joliet Bicycle Club, Brenda Alberico, 815/675-0200 ext 207. www.jolietbicycleclub.org

**Sunday, July 14, L.A.T.E. Ride**, Buckingham Fountain, 25 Miles \$30 before 5/31, \$35 before 6/30, After 6/30 \$40.00. Friends of the Park, Nancy Minster Swabb, 773-918-7433, lateride@hotmail.com, www.lateride.org, Register-on-line: www.lateride.org

**Sunday, July 28, Wizard Ride Metro Metric XXII**, Yorkville, IL. Start: am, Beecher Center 25, 43, 65, 100 miles, Adult \$15 w/T-Shirt before 7/13. Petra Lynn Hofmann: 630.415.2543, WizardRide@hotmail.com www.elmhurstbicycling.org

**July 19 or 20th, 21st WAFAL XVIII Wisconsin Amish Farms & Lakes.**  
 Cycle onward to yesteryear as the Pardeeville Lions once again host this event.  
**July 20 or 22nd thru July 26, Heart of Wisconsin Five or seven day adventure.** Pedal Across Wisconsin, call Jerry 847/695-7964

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- \* Cheap yearly rates
- \* No crazy diets
- \* Free, friendly 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.



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



**Dear Dr. S.P.Okes:**

**Can you recommend a good work stand?**  
 A I B

Either the PARK PCS-4 or PARK PCS-1. None of the other brands seem sturdy enough. The Best is the Park Pro series ( PRS-30 ), but they start at \$350

**Dear Dee Railleur:**

**On the last few rides I kept hearing about "Rock Squirt". Can you please enlighten me to this new term?**  
 Jim

Sounded like a new drink. However, I consulted my very reliable sources and here is the scoop: *Rock Squirt* - when the high pressure tire of a bicycle squirts a rock on the ground into another bike, car, etc.

**Dear Dr. S.P.Okes:**

**When is that big ride you have that serves sushi' to the riders?**  
 Mrs. Paul

That's the very tasty Harmon Hundred, which will be Sunday September 8 at Wilmot Mt. In Wilmot Wi. Check out the website or call our ride line 847/520-5010, #3 for all the info.

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.

**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  
 TBA  
 Meetings are  
 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...Top 20...Hydrate...Weekend trips...Bike the Drive...Ask Dee...

**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
- SHAMROCK CYCLERY**  
344 Old McHenry Rd, Long Grove 847-913-9767
- SPOKES**  
223 Rice Square at Danada, Wheaton (630)690-2050  
1807 S. Washington, Naperville (630)961-8222

**Club Discounts!**

- 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  
 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](mailto:wheeling@wheelmen.com)

Club Hotline  
 (847)520-5010



Ride and Club Information