



Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

April, 2003

PREZ SEZ

Greetings fellow club members. Sunday March 9 and there is snow on the ground and our Canadian friends have sent us another blast of frigid arctic air, that just doesn't want to let go and allow us to slide into spring. The St Pat's ride is only a week away and I for one am very concerned that our season kick-off will once again be held hostage by Mother Nature. The week progresses and the forecast brightens. Well-well, perhaps we'll get up into the 40's and enough riders will come to break even this year. It's Friday and the forecast is now calling for temperatures in the mid to high 60's. Holy Greg Lemond Batman, the mad scramble begins. Where do we park all the cars? Will we have enough cookies? What about restrooms? Are the roads still marked? Do we have enough volunteers? Have the area police been informed? Have no fear Mr. Prez, the Wilson's are on the job. One of our most successful St Pats rides is now in the books. Somewhere around 500 people came out on a beautiful 65 degree day. Thank you Tom and Debbie Wilson for chairing this years ride. You did an outstanding job. Thank you to all the volunteers and Village Cycle and Shamrock Cyclery for their technical assistance. It was a new venue for us at the Foglia YMCA. I don't think they knew quite what to expect. We had to do a lot of improvising on the registration and parking. Everything worked out well. I heard a lot of positive comments from the riders. Congratulations everyone on a job well done.

The May and June ride schedule is filling out nicely. Contact Len Geis if you can host a ride. We still need a lot of volunteers for the remainder of the year. The host coordinates the signup sheet and cue sheets prior to the ride. Remember if you host a ride you get a very unique and treasured gift at the awards banquet.

Our third and final off-season ethnic dinner was hosted by Jim and Betsy Boyer. Nine of us enjoyed an Ethiopian dinner at the Ethio Café on North Clark Street. The food was unique, the conversation was lively. We start up again in November after the riding season. Notice I said Jim and Betsy Boyer. That's right folks, they went and got hitched. Congratulations!!!

I ran across some cycling tips, which I thought were worth passing along to everyone. Hope you find them useful. No poetry this month.

— To clean you're Camelback, put in two tablets of Efferdent and a little water. It will disinfect and clean out any accumulated goo.

— Keep a Popsicle stick in your seat bag. It's great for putting a chain back on without getting your hands all greasy.

—If you like sport drinks, here's an inexpensive alternative. 1-packet of unsweetened Kool-Aid (2 quart), 8 tablespoons sugar, 3/8 teaspoon salt, 1/8 teaspoon salt substitute that contains calcium chloride, 2 quarts water.

— Put new tubes in a bag of talc powder and shake. Then put in baggie till needed. They will not stick to inside of tire and are much easier to put on.

— Give a smile and wave to drivers that pass wide. The cars that follow are more likely to give you room and it helps give a little positive PR for bicycling.

One last thing. Many of our members take bicycle trips both here and overseas. Please keep a log or diary of your trip and share with us via the newsletter. I know other members that participate in challenging events like the iron man. We'd love to hear about your training regime and race day experiences. Thank you.

See you on the road.

Rich Drapeau

WELCOME NEW MEMBERS

<p>Thomas & Joann Kress, Lake Zurich Janice Gries-Griffin & Family, Barrington Chris Dombek, Elk Grove</p>	<p>Gary Jackson, Chicago Joe Zboralski Lake Zurich</p>	<p>George Herbold, Wheeling Ann Swiech, Lake Zurich</p>
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Club Officials

Elected Officers

President
Rich Drapeau (847)808-1476
V.P./Ride Chair
Len Geis (847)679-0279
Treasurer
Al Berman (847)541-9248
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
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
Joe Irons (847)359-0551
Newsletter Mailings
Ella Shields (773)594-1755
Picnic
Al & Cindy Schneider (847)696-2356
Refreshments
Frank & Pat Illy (847)923-5910
Ride Line
Art Cunningham (847)963-8746
St. Pat's Ride
Tom & Deb Wilson (847)632-1412
Web Page
Jim Boyer (847)541-1325

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 any questions)

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 Tuesday, April 15, 2003, 7:00 p.m. at the home of Kris Woodcock.

All board members are requested to attend. Please give Kris a call at 847/520-6932 and let her know if you will be attending

Watch for the Meander Stats Top 20 in the May Newsletter



HARMON HUNDRED

Mark your calendar for Sunday Sept. 7. You can register on line at:



VOLUNTEERS

Thanks to everyone that marked their renewal form to help the club with events this year. Your names have been forwarded to the people in charge of the events/activities you volunteered to work on.

If you don't get a call right away please don't hesitate to give the chairperson a call.

We appreciate your help.



Congratulations

Jim Boyer & Betsy Burtelow were married on February 26, 2003.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
★ TUESDAY / THURSDAY ★
★ DEERFIELD BAKERY ★
★ RIDES ★
★ Rides with 25 / 45 mile routes leave the Deerfield Bakery promptly at 9:00 A.M. — PLEASE NOTE ★
★ TIME CHANGE IS EFFEC- ★
★ TIVE APRIL 1. These ★
★ rides are normally show ★
★ and go with cue sheets ★
★ provided if requested. The ★
★ Deerfield Bakery is on Buf- ★
★ falo Grove Road & Old ★
★ Checker Rd. just north of ★
★ Lake Cook Rd.; parking at ★
★ the rear of the Jewish Fu- ★
★ neral Home just south of ★
★ the bakery. Phone Bob ★
★ Savio at 438-8066 or Art ★
★ Cunningham at 963-8746 ★
★ for more information. ★
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

APRIL CLUB MEETING

The next meeting will be Thursday, April 3, 7:00 p.m. at Wheeling H.S. Room C104*. The high school is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling.

Jon Saunders, from Shamrock Cyclery, will present a Spring Tune-Up Clinic

* To get to C104 go in the main front doors of the school on Rt. 83. This puts you in the large lobby. Turn right going down the hall lined with blue lockers and room C104 will be on your left. If you come in the back door near the cafeteria, (the door we usually use) go into the main hall that runs parallel to the cafeteria to get to the lobby in the front of the school. When in the lobby, turn left and go down the hall lined with blue lockers.

Spring Ahead April 6



Monthly Meanders of the Wheeling Wheelmen

APRIL RIDE SCHEDULE

All Riders Should: *wear a helmet *have a bike in good condition *bring an ID card
 *bring water *bring a spare tube and patch kit *bring cell phone
 *bring a pump *arrive early...15-30 minutes *be ready to socialize after ride

Date	Time	Ride Name	Starting Location	Directions	Miles	Leader Phone #
Every Sat.	8:00	Honey-Do Ride	Grassy Meadow, Douglas F. P.	On Central Rd. 1 ½ mi west of Roselle Rd just north of I-90	28/40	Brian Hale 847-426-3290 & Frank & Pat Illy 847-923-5910
Sat. 4-5	8:00	BDSR	Kildeer School	Old McHenry Road, just north of Long Grove Shopping	40	Art Cunningham 847-963-8746
Sun. 4-6	9:00	Show & Go	McHenry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	35/49	Rich Drapeau 847-808-1476
Sat. 4-12	9:00	Broken Oar	Kildeer School	Old McHenry Road, just north of Long Grove Shopping	34	Earle Horwitz 847-374-1129
Sun. 4-13	9:00	Honey Lake Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping	35	Pam Burke 630-872-9238
Sat. 4-19	9:00	Island Lake Meander	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	47	Art Cunningham 847-963-8746
Sun. 4-20	9:00	Lake Co. Ride	Kildeer School	Old McHenry Road, just north of Long Grove Shopping	36	Brian Hale 847-426-3290
Sat. 4-26	8:00 or 9:00	Vern's PITA	Cuba Marsh	Turn west from IL-12 onto Cuba Rd.; parking on the left just past Ela Rd.	60	Bob Savio 847-438-8066
Sun. 4-27	9:00	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

CHECK THE RIDE LINE FOR ANY LAST MINUTE CHANGES - 847/520-5010

June 15-21, GITAP Grand Illinois Trail and Parks

Have a grand biking tour, traveling along portions of one of America's best and longest trail systems, the Grand Illinois Trail. Discover northern Illinois - its towns, its terrain, its people and its parks. Enjoy an unhurried week-long trek, using many of the completed GIT trail segments (or close-by road alternatives). A special aspect of the ride is the use of Illinois State Parks (for the most part) for overnight camping stays. A joint undertaking by the League of Illinois Bicyclists and the Illinois Department of Natural Resources, GITAP promises in this, its inaugural tour, biking, culture, nature, fitness, outdoor living, good food, and great vistas. GITAP makes a clockwise circle of about 445 miles starting in the western Chicago

suburb of Oswego. From there it heads west, using the I & M and Hennepin Canal State Trails to the Quad Cities, where it turns north and follows the Great River Trail along the Mississippi River. Then heading northeast, it follows country roads to Rockford. Further east it uses the Long Prairie Trail before turning south at Richmond and heading back to the start, using the Prairie Trail and the Fox River Trail. The terrain utilized is, for the most part, relatively flat with some rolling hills. Riders will tent camp in five state parks and one high school along the route, although nearby motels are available. Showers and luggage transportation will be provided. Breakfasts and dinners are included in the tour fee. Cue sheets will identify possible food and drink locations along the route. The ride begins on Sunday, June 15, 2003 at Oswego's Fox Chase Elementary School.

Sunday, 6/15 - 65 miles to Starved Rock State Park Monday, 6/16 - 80 miles to Geneseo High School Tuesday, 6/17 - 70 miles to Morrison-Rockwood State Park Wednesday, 6/18 - 60 miles to White Pines State Park Thursday, 6/19 - 55 miles to Rock Cut State Park Friday, 6/20 - 50 miles to Chain O' Lakes State Park Saturday, 6/21 - 65 miles to Oswego Shorter routes will be available on some segments - along with on-road alternatives close to paths and trails. \$265 before May 1, 2003; \$315 after. Fees include camping sites, all breakfasts and dinners, t-shirt, cue sheets, marked route, luggage transportation, sag vehicles, parking for the week, bike repair available, evening meetings and programs. Questions? 309-788-1845 or e-mail to: oestreich@qconline.com

RIDES OF A DIFFERENT FLAVOR

The third annual tour of local bike paths and touring trails kicks off on the first Wednesday of April. A unique ride features a different trail or combination of trails every week. All roadies are welcome to join in a Ride of a Different Flavor featuring scenery unmatched in our usual highway and byway rides.

Art Cunningham

April - Wednesday Chicago Area Bike Path / Trail Rides

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
4/2	10:00	14/42	Salt Creek & M&I Canal Trails	Bemis Woods	South on I-294 to Ogden Ave. , left (east) on Ogden ¼ mi. to entrance on left	Paved path with connecting streets.
4/9	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
4/16	10:30	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
4/23	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)
4/30	9:00	42	Tinley Creek F. P. District Paths	Community Park, Palos Hts.	So. I-294, E. I-55, So. US 45, E. IL 83 past IL 7, rt. 76 th , park at pool lot on rt.	Paved path and connecting roads

How to Eat for Endurance

By Fred Matheny of www.RoadBikeRider.com

The key to riding long distances is food and drink.

Sure, training is important—but nutrition and hydration are even more vital. According to ultra marathon rider and coach John Hughes of Boulder, Colorado, "Nutrition, not necessarily training, is the limiting factor in endurance cycling."

The reason? Even the best-trained riders pack only enough muscle fuel (glycogen) for a couple of hours of hard cycling. Fluid stores vanish even faster.

For everything from century rides to multi-day tours, remember these time-tested tips:

- **Enjoy the Last Supper.** Eat aggressively the night before a long ride so your muscles are crammed with glycogen the next morning. Emphasize carbohydrates such as pasta, vegetables, bread, whole grains, and fruit. Don't forget dessert!
- **Don't Skip Breakfast.** Cycling's smooth pedaling motion means you can eat just before a long ride without risking stomach upset. You'll need a full tank. Cycling consumes about 40 calories per mile, or 4,000 calories in a century ride.

Three hours before the start, eat about 60 grams of carbohydrate if you're an average-sized woman, 80 to 100 if you're a man. (Cereal, skim milk, a banana, and a bagel with jam equals about 90 grams of carbo.) Many riders find that adding some protein and fat, like scrambled eggs or an omelet, keeps their stomach satisfied longer.

- **Prehydrate.** Fluids are as important as food. Drink at least eight big glasses of water the day before the ride. If you don't, your performance and comfort may plummet by mile 50. During the hour before the ride, sip 16 ounces of a sports drink.
- **Eat and Drink During the Ride.** Drink before you feel thirsty.

Your sensation of thirst lags behind your need for liquid, so grab your bottle every 15 minutes and take a couple of big swallows (about four ounces). About every 30 minutes, eat 20 grams of carbohydrate—the equivalent of half an energy bar, several fig bars or half a banana. Some riders prefer smaller portions more frequently.

On unsupported rides, use a backpack-style hydration system and carry food in your pockets. Stop at convenience stores along the way, if necessary. Most organized rides have aid stations every 20 miles or so, but always carry food and fluid just in case.

- **Hydrate After the Ride.** No matter how much you drink on a long ride you'll finish dehydrated. Weigh yourself before and after, then compare the figures. Lost weight means you've failed to replace the fluid you've sweated out. Drink 20 ounces of water or sports drink for each lost pound of bodyweight.

How do you know you've caught up? Your urine will be pale and plentiful, and your weight will be back to normal. Rehydrating is especially vital during multiday rides. If you get a little behind each day, by the end of the week you'll be severely dehydrated, feeling lousy, and riding poorly.

- **Eat for Tomorrow.** Muscles replace glycogen better if you consume carbohydrate immediately after riding. So within 15 minutes of getting off the bike, eat or drink 60 grams of carbohydrate (if you're an average-sized woman) or 80 to 100 grams if you're an average male.

The re-fueling process becomes progressively less efficient as time passes. Eat or drink a high-carbo snack while chewing the fat with your riding buddies.

ASK DEE RAILLEUR OR DR. S.P.OKES



Dear Dee Railleur:

When is the best time to consume a protein drink?
Betsy B

According to some studies, a recovery drink that contains 4 parts carbohydrate to one part protein produces the best glyco-gen resynthesis in the muscles. The drink should be taken in the 15-30 minutes post-ride. These studies have been criticized for various procedural errors however so you should experiment with these drinks to see if they aid your recovery.

Dear Dr. S.P.OKES:

What should I do to my bike before going out for a ride?
Mr. Goodwrench

A quick check of your bike before riding can help prevent those long walks home. It only takes about two minutes. Make it a habit and your chances of a breakdown are greatly reduced

1. **Check the quick release levers** -- Make sure that your quick release levers on your wheels are installed correctly and are properly tight. A runaway wheel is a nasty surprise.
2. **Bounce the Bike** -- Pick up your bike 4 or 5 inches off the ground and bounce it once or twice. Listen for unusual rattles, they can indicate loose parts about to fall off.
3. **Check the Brakes** -- Check the front and rear brakes separately. Give the levers a good squeeze to make sure they are tight and the cable is securely fastened.
4. **Spin the Wheels** -- Lift the front of the bike off the ground an inch or so and spin the front wheel. It should spin freely with no brake rub and should be relatively true. Listen for grinding sounds in the hub that indicate the need for maintenance. Do

the same for the rear wheel.

5. **Check the Cranks** -- Make sure that the crank bolts are tight and the chain rings are true and are not missing any teeth
6. **Check the Headset** -- Hold the front brake down and gently rock the bicycle forward and back. Loose or worn bearing will make a distinct click. Tighten or service if necessary.
7. **Check the chain** -- Examine your chain closely for side slop and stretch which are signs that your chain is wearing out. If your chain is worn it can prematurely wear on your cogs and rings.
8. **Check the Tires** -- Make sure your tires have the correct amount of air pressure and examine them for rips, tears or sharp objects stuck into the tread. Tires should be replaced after 2,000—3,000 miles. Check brake and derailleur cables for fraying.
9. **Check the Handlebars** -- Make sure the handlebars and stem are securely fastened. Visually examine the handlebars for bends or crack. If you find any, replace immediately

Dear Dee:

My neck and arms are sore after a ride, what can you suggest?
Need Help

Relax! One of the most common mistakes is riding while you're too tight in the upper body. If you are riding with locked shoulders and straight, stiff arms, you're probably going to have a sore neck and arms at the end of the ride and tiring out muscles for no good reason. Relax when you're riding. Keep nice, loose, bent arms. Drop your shoulders and get comfortable. Train yourself to relax by, every 15 minutes or so, shrugging your shoulders to get them to drop and relax. Bring your elbows down and closer together and shake your arms to relax them. Bend your elbows. Exhale. Think about letting all that tension leave your neck, shoulders and arms. You'll feel a whole lot better and have a lot more control of your bike if you can learn to ride comfortably like this.



BIKE THE DRIVE

Just imagine traveling down Lake Shore Drive while breathing in fresh air instead of exhaust, and being able to take your time soaking up the stunning views. Bike The Drive offers a unique opportunity to enjoy the Chicago skyline as Lake Shore Drive is completely closed to cars - and open only to bikes. Meet 18,000 of your closest friends for a 15- or 30-mile non-competitive tour. All ages and skill levels are welcome. Bike The Drive starts downtown at Chicago's Grant Park (exact start location to be determined). The layout will be similar to last year's event, with the north end of the route reaching Hollywood Ave. and the south end reaching 57th street. After the ride, join your friends and Chicagoland Bicycle Federation for a fantastic Festival with music, vendors, food and much more. 312/427-3325
www.chibikefed.org/bikethedrive

**Lake Tour Bike Trek
June 6, 7, 8**

2 or 3 Day Options
Lake Geneva, Wisconsin
Start: McHenry County College, 8-9:00 a.m.
Distances: 100 Miles (2 Day) or 150 Miles (3 Day)
\$40.00 Registration plus \$275 Two Day Ride & \$400 Three Day Ride pledge min.
Final Registration Deadline May 1
Features: Lodging at Four Star Abbey Resort on Lake Geneva - Scenic Safe Paved Roads - Exceptionally Light Traffic
American Lung Association of Illinois-Iowa
Geroge Schabow, (630) 260-9600, gschabow@lungil.org
www.lungil.org
Register-on-line: www.lungil.org

**Heart of America Ride for Aids
July 12 - 13**

Starved Rock State Park, IL
Start: Illinois Valley Community College, 6:30 AM
Day 1, 75 or 125 miles; day 2, 50-100 miles
Registration fee of \$85
Features: This ride is a fundraiser for AID-SCARE. All riders will receive a pre-ride t-shirt and another shirt at the end of the ride at base camp. There will be pit stops approx. every 20 miles during the ride. Food, showers, massages, tents, medical services will all be provided at the base camp. Route will be on road and crushed limestone trails.
We're also looking for pre-ride volunteers and crew for the ride days.
Heart of America Ride for AIDS
Teresa Nelson, 877 343 RIDE (7433)
Email: ter-@aidsride2003.org, www.aidsride2003.org
Register-on-line: <https://www.aidsride2003.com/register/rider/index.asp>



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.

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.

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.

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 Cohen

Invitationals

May 3, Tour de Stooges, Lebanon, Il., 13/19/30/42/63 miles, \$15, \$12 for HI-AZH members, \$7 for kids under 14, 314-644-4660, www.rogerkramercycling.org/stooges.htm

May 4, Prairie Pedal, Grayslake, 6:30 A.M. Prairie Crossing - Grayslake, 5, 8, 15, 35 & 55 miles, \$24 before 4-18-03 \$25 day of ride. \$9 for Family rides \$12 day of ride. Dundee Cardinal Bicycle Club and Liberty Prairie Conservancy, 847-622-4100

May 4, Sudden Century, Minooka, Il., Minooka High School. 30/45/60/80/100 mile options, \$10 individuals \$25 families on or before 4/24, \$15/\$40 after. Joliet Bicycle Club, Brenda Alberico, 815-467-5748, www.jolietbicycleclub.org

May 18, Arlington 500, Barrington, Il., Greg Konieczny, 847-255-3468, konie@mindspring.com

May 18, Sangamon River Bike Ride, Monticello, Registration 7:30 to 9:30 a.m. 16, 25 and 45 miles approximately, \$15 per rider, \$30 per immediate family. Monticello Lions Club, Alan Winder, 217-762-4751

May 18, Tour of the North Shore, Skokie, 3/10/30/50 miles, \$35 minimum in pledges, Dave Wampach, 847-328-5147, www.bikenorthshore.com/

May 24-25, Stateline 60, Roscoe, 15/35/65 miles, \$28 by 5/17, \$33 after, Dave Morgan, 815-874-6824, mbira46@earthlink.net, Blackhawk Bike & Ski Club

May 23-25 Horsey Hundred Lexington, Kentucky. <http://www.bgcycling.org/horsey/>

**MEMORIAL DAY WEEKEND (May 24-26)
GERMANTOWN-WEST BEND-
RANDOM LAKE**

The Wheeling Wheelmen are planning a three day holiday weekend to the Germantown/West Bend/Random Lake area of Wisconsin. This area of lakes and hills in the northern kettle moraine can provide a scenic adventure for those looking for that first weekend excursion or excellent preparation for those riders who are planning to ride multi-day events such as TOMRV, GRABAAWR, and RAGBRAI. There are mileage options to fit varying degrees of early season conditioning or training needs going forward. Several dining options have been arranged for group dinners on Saturday and Sunday nights or, as always, you can select your own preferences from a large number of restaurants in the area. Some effort has been made to offer different routes and select different dining places to avoid having participants repeat the same weekend in August.

Saturday will feature the 73 mile classic, and 84 mile new, versions of Ella's Escapade. This ride will start at 9:00 AM and leave from Glacier Hills County Park. Directions to the start are: I-94 north to Milwaukee; West (from left lanes) on 894 Bypass; 894 becomes US 41/45; West on WI 167 (do not take 167 East); Left on Friess Lake Road at the sign for Glacier Hills County Park; Left on Glacier Hills Park Road for 0.4 miles to the parking lot adjacent to the warming shelter.

Sunday will feature the Road America Rumble. There are 52, 80, and 102 mile options that run between West Bend and Elkhart Lake. The ride will start from Barton Elementary School in West Bend at 9:00 AM. Directions to the start are: I-94 north to Milwaukee; West (from the left lanes) on 894 Bypass; 894 becomes US 41/45; Right on US 45 at 41/45 split; at West Bend, Exit County D right for 1.2 miles; left on Roosevelt; Straight on School Place; Barton School is on the left.

Monday's ride will leave from Random Lake Park at 9:00 AM and feature mileage options of 50, 59, 80, and for you peo-

ple getting ready for that first long day of TOMRV, 106 and 114 miles. Directions to the start are: I-94 north into downtown Milwaukee; I-43 north (follow signs to Green Bay); Exit from left lanes onto WI 57 North; Left on County K; Right on Hickory; Left on Russell; Right into the parking lot at the lake.

Dinner on Saturday night is scheduled for Fishbones in Delafield. It's located right on Lake Nagawicka in Delafield and serves up Cajun entrees. The address is 1704 Milwaukee St. (Milwaukee and 3rd). More information is available at <http://www.foodspot.com/fishbones/index.html> <http://www.draegerunusualart.com/Murals/Commercial/Fishbones/fishbones.html> Dress for Fishbones is casual.

Dinner on Sunday night is scheduled for Maders German Restaurant in Milwaukee. While the coat and tie rule for the dining room has disappeared (how many times did I have to go to the cloak room to get a house coat and tie after Bucks basketball games?) you should bring dress slacks and shirt for the evening. In addition to a 100 year tradition of excellent dining they offer 220 varieties of Weiss beer. Not a place for the indecisive! In the spirit of John Candy I will also offer to buy the dinner of anyone who can drink the volume equivalent of the six foot stein that's on display (you must bring your medical plan card and a designated driver and complete Monday's long ride to qualify). They also have an area devoted to the sale of collectibles such as Hummel figurines which may be available for viewing.

Maders address is 1037 N. Old World Third St. (Old World Third and Highland). Information is available at <http://www.maders.com/restaurant.cfm>

Hotels in Germantown are Super 8 (262)-255-0880; Holiday Inn Express (262)-255-1100. Come for a day if you can't make it for the whole weekend. Please contact me at home to let me know if you are coming. Paul Koenig (630)-690-9546. For driving directions or assistance on Memorial Day weekend you may reach me at cellular (630)-209-1688.

Wheeling Wheelmen Membership Application

Name: _____ Spouse's Name: _____

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

City, State, Zip: _____ Age: _____

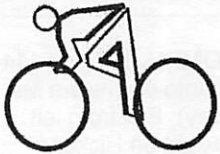
Phone #: _____ E-mail: _____

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

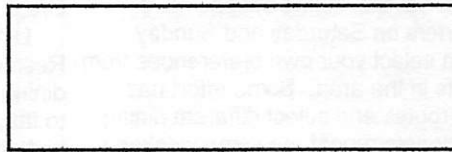
Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



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



Next Club Meeting
April 3, 2003
 Meetings are
 7:00 pm at
 Wheeling High School
 Rt. 83 and Hintz Rd.



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



In This Issue...

Prez Sez...Ride Schedule...GITAP...Ask Dee...Weekend Trip...Safety Guy...Trail Rides

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
- BARRINGTON BICYCLE CO.**
Barrington Market Center 200 N. Hough Street, #12
Barrington, 847/842-9798
- 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

Club Discounts!

- 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
- TURIN BICYCLE**
1027 Davis Street, Evanston, 847/864-7660
- VILLAGE CYCLESPORT**
63 Park & Shop, Elk Grove Village (847)439-3340

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:
www.wheelmen.com

E-mail:
wheeling@wheelmen.com

Club Hotline
 (847)520-5010



Ride and Club Information