



Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

May, 2003

PREZ SEZ

Our April Club meeting was held on Thursday the 3rd. This will be our last club meeting until August. Check future newsletters and the web site or hotline for more details. Jon Saunders shared some of his knowledge and experience on bike tune-ups to help get us ready for the season. We learned that all tune-ups are not equal. Make sure you know what your local shop does and does not do to your bike. Do they replace all the cables? Remove, clean and lube all moving parts? Replace bearings, brake pads, and chain? Make sure everything is properly tightened? There are specific torque settings for every bolt, so make sure your local shop uses a torque wrench. Doing this at the start of the year will help insure a safe summer and a long life for your bike.

Good news from the Illinois State Senate. The Senate bill 275 which recognizes bicycles as intended users of the road and hopefully, will help local communities designate additional bike routes, passed the Senate on 4/3...It was sent to the House 4/4 and has been assigned to the Civil Law Committee. There is a similar bill 1248 pending in the House. Please call your state senator and thank him/her for supporting 275. Please call you State Rep and ask for their support. This is a very important issue for bicyclists. Today if you are driving your car and hit a pot-hole resulting in damage to your car or your person, the government body responsible for maintaining that road can be

held liable. If you are on your bicycle they are not. This bill will change that.

Want to become an automobile/bicycle advocate? Take the Chicagoland Bicycle Federations Drivers Pledge. All you have to do is promise to adhere to 5 components.

- 1) I will drive less, putting less traffic on the roads.
- 2) I will drive the speed limit.
- 3) I will stop at stop signs, never in the crosswalk.
- 4) I will treat bike riders and other road users with courtesy and respect.
- 5) I will treat drivers and other road users with courtesy and respect while I'm riding my bike.

Go to <http://www.biketraffic.org/>, take the pledge and get a window sticker.

One additional and important issue is in the works. Each year a "Transportation Improvement Plan" is reviewed by 10 Illinois urban areas. These regions, including the Chicago area, define the roadwork and other transportation issues for the next 3-5 years. There is a required section on bicycling. Why is this important to us? This plan helps determine bicycling conditions on future road improvements. We can help our own need for safer roads by contacting the Chicago Area Transportation Plan and let them know our concern for bike issues. Ask to be put on the mailing list for the TIP...contact Gin Kilgore at 312-793-0451.

If you are into mountain biking you should check out the Illinois Mountain Bicyclists Coalition. They are coordinating a state-

wide effort to improve trails, collect information and generally improve conditions for off road riders. Contact Shawn Mckinney at 217-523-0049.

The riding season is off and running for the Wheeling Wheelmen. After a brutal start to April, the second weekend had two rides out of Kildeer School as well as the Saturday Honey-Do ride. I rode both Kildeer rides along with 30-40 other members. Everyone was cordial, courteous to autos, and rode safely, pointing out road hazards, riding single file and generally experiencing what we are all about as a bike club. The weekday evening rides are also off and running.

Here are a few of my favorites from Steven Wright.

We know the speed of light. We know our speed on a bike. What's the speed of dark?

Depression is merely anger without enthusiasm.

Hard work pays off in the future, laziness pays off now.

Everyone has a photographic memory, some don't have film.

When everything is coming your way, you're in the wrong lane.

What happens if you get scared half to death twice?

The sooner you fall behind, the more time you'll have to catch up.

I plan on living forever, so far so good.

See you on the road.

Rich Drapeau



WELCOME NEW MEMBERS



- Charles & Deborah O'Leary, Lake Zurich
- Bob & Marilyn Duncan, Naperville
- Doug, Janice, Aaron, and Natalie Berman, Buffalo Grove
- Sean and Allison Ebert, Roselle
- Doris Floore, Huntley



JERSEYS

We still have a few club jerseys and shorts available:

Men's Jerseys:

- Large short sleeve \$68.50
- Men's XL Short \$54.54

Women's Jerseys

- Medium Long Sleeve \$73.50
- XL Short Sleeve \$68.50



We also have 2002 Harmon tee shirts for sale. Contact Rich or Mary Kay Drapeau (847)808-1476

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 TBA.

MEANDER STATS—TOP 20

Mileage thru April 10
12 rides by 57 Riders totaling
4,133 miles
443 maximum miles possible
per rider.

1	KILIAN EMANUEL	410
2	JOE IRONS	243
3	ART CUNNINGHAM	220
4	KURT SCHOENHOFF	196
5	BOB DOMINSKI	166
6	BOB PLETCH	161
7	BOB SAVIO	135
8	LOUIS LAMBROS	123
9	EARLE HORWITZ	119
10	JIM BOYER	117
11	VERNE AEBLI	117
12	TOM WILSON	114
13	DAN WIESSNER	107
14	ULFERT BROOCHMANN	86
15	RICH DRAPEAU	81
16	AARON SCHINDLER	72
17	DENNIS BERG	67
18	LOUIS GREENE	47
19	JOE LIPPERE	41
20	AL SCHNEIDER	41

1	ELLA SHIELDS	135
2	MARIANNE KRON	92
3	VIRGINIA SAVIO	88
4	SUZAN REED	72
5	PAM BURKE	62
6	KRIS WOODCOCK	58
7	MARY MYSLIS	47
8	CINDY SCHNEIDER	41
9	BETSY BURTELOW	41
10	MARY KAY DRAPEAU	41
11	BARB SWASAS	40
12	ANNE JOHNSON	40
13	REINHILDE GEIS	37
14	DEBBIE WILSON	32
15	JUDY HATTENDORF	26
16	GERI MCPHERON	26
17	CAROLE COHEN	26
18	CATHY BENNETT	26
19	CINDY TRENT	26
20	PATRICIA DANIEL	26

CLUB MEETINGS

There will be no club meetings in May, June & July.

WEEKDAY 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 WORKING STIFF RIDES

Starting May 6

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

Started April 9

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

Starting May 14

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 p.m. 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.

Monthly Meanders of the Wheeling Wheelmen

MAY RIDE SCHEDULE		All Riders Should:		*wear a helmet *bring water *bring a pump	*have a bike in good condition *bring a spare tube and patch kit *arrive early...15-30 minutes	*bring an ID card *bring cell phone
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. 5-3	9:00	Ice Cream Social	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	53	Len Geis 679-0279
Sun. 5-4	9:00	Nifty 50	Target Store, Elgin	Randall Rd. just south of US-20. Park on SE corner of lot.	50	Al & Cindy Schneider 696-2356
Sat. 5-10	9:00	Apple Cider	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	35	Greg Iverson 670-0083
Sun. 5-11	9:00	Lou's Commute	Lakewood Forest Preserve	West on IL 176 to Fairfield left to Ivanhoe, right to parking on the right.	42	Lou Lambros 815-455-9428
Sat. 5-17	9:00	Paris School	Paris School Paris, WI.	I-94W, exit WI 142 W to County D, turn left to school.	39/55	Kurt Schoenhoff 634-2634
Sun. 5-18	9:00	Antioch-Fontana	Antioch Upper School	I-94 to IL. 173 west just past IL. 59, turn right on Tiffany left at sign for school	103/68	Art Cunningham 963-8746
	9:00	Some Hills Of Barrington	Kildeer School	Old McHenry Road, just north of Long Grove Shopping	38	Bob Pletch 253-8633
Sat. 5-24	9:00	Ella's Escapade	Glacial Hills Park	North on I-94; I-894 bypass becomes US-45. Exit WI-167W to Fries Lake Rd (in Washington Co.), left to park.	70/ 105	Paul Koenig 630-690-9546
	9:00	Palmyra/Rome Pond	General Store, LaGrange, WI	US 12 West past Elkhorn to County H	70/100	Art Cunningham 963-8746
Sun. 5-25	9:00	Bill & Mike's Adventure	Glacial Hills Park	See above	70	Paul Koenig 630-690-9546
	9:00	St. Pat's Loops	Foglia YMCA	Take Old McHenry Rd. NW of IL22 past Midlothian. Entrance to Y is to the right at Fairfield traffic light.	21/27/48	Len Geis 679-0279
Mon. 5-26	9:00	West Bend-Elkhart Lake	Barton Elementary School, West Bend	North on I-94; I-894 around Milw; north on 41/45 to West Bend; exit right on D, 1.2 mi. to Roosevelt; straight on School Place to school on left.	52/102	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	Kilian Emanuel 296-7874
Sat. 5-31	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.	68/109	Al & Cindy Schneider 696-2356

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

RIDES OF A DIFFERENT FLAVOR

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

Art Cuningham

May - Wednesday Chicago Area Bike Path / Trail Rides

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
5/7	9:00	46	Long Prairie Trail (Boone Co.)	East Trail Head, near Chemung	North on Rt. 14 to Rt. 173, left. 4 1/2 -mi to County Line Rd., rt. 1/4 mi. to parking lot on the left.	Paved, packed crushed stone ***
5/14	9:00	50/30 Loops	Medley of Trails – Deer Grove Woods to Arlington Lake	Nichols Hill Golf Course	From Dundee Rd. turn north on Kennicott to end, 1 st lot on left, bottom of hill.	Packed crushed stone and paved paths, short unimproved trail / roads **
5/21	9:00	42 Partial Loop	E. Great Western Tr./E. .Prairie Path	Kline Farm, Winfield	From North Ave, left. (s) at Country Farm Rd., 3/4 mi., lot on right	Packed crushed stone, some paved ***
5/28	9:00	32/54	North Channel/ Green Bay/N. Shore Paths	Turnbull Woods Forest Preserve	Lake Cook Rd., turn rt. on Green Bay Rd., 0.2 mi. to lot on left.	Paved, some packed crushed stone. ***

ASK DEE RAILLEUR OR DR. S.P.OKES



Dear Dee Railleur:
Is there any advantage to wearing a cycling jersey versus a cotton T-shirt?

D. Karan

Cycling-specific jerseys offer several advantages over casual wear such as t-shirts:

- ◆ Technical fabrics provide moisture-wicking properties. They remove the sweat from your skin and bring it to the surface where it rapidly evaporates. This increases your comfort while riding and keeps you from becoming cold and damp when you come to a stop after a period of heavy exertion.
- ◆ Back pockets provide a convenient place to store a wallet, gloves, energy bars, or even a lightweight jacket.
- ◆ Long front zippers allow you to adjust the ventilation while riding and regulate your temperature.
- ◆ Extended tails cover your backside when you are bent over in a "tucked" cycling position.
- ◆ Snug fitting jerseys absorb and evaporate sweat faster, don't flap in the wind, and won't snag on obstacles as easily as loose-cut garments.
- ◆ Bright colors & reflective piping make you more visible to other vehicles on the road.

Dear Dr. S.P.OKES:
How often should I put air in my tires?
 C. Contie

Pump them up often. Bicycle tires lose air slowly. It's just their nature. Because they don't hold a lot of volume of air and because that air seeps out over a relatively short period of time (a week for a road bike tire and about two weeks for an MTB knobby), there's a risk if you just ride without checking the tire pressure. If you bike on soft tires and you hit a pothole, rock or other obstacle, it's possible to damage or ruin, the tire, tube and worst of all, the rim. A too-soft tire also means that you're working a lot harder and on a mountain bike, it can make for a wobbly, hard-to-handle ride. So, be smart and check your tire pressure regularly: every week during the season for mountain bikes and before every ride for roadsters.

The right pressure makes a big difference. Most people put too little pressure in road tires and too much pressure in off-road rubber. Road tires usually take from 95 to 125 pounds per square inch (psi). If you weigh less than 150 pounds, go toward the lower end and vice versa. For mountain tires intended for off-road use, a good range is from 35 to 45 pounds. Use the same rule for weight.

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

Loops of McHenry Ride – 3/22/03

Ah, nature's deceit! After a gorgeous weekend for the St. Pat's ride, the following Saturday was gray, windy, and 40ish. I guess that's why only six riders showed up at McHenry Jr. College. One of them was the leader, Bob Walkowicz, who immediately asked me in the parking lot if I was the one who wrote the haiku that had used his name (March issue of Monthly Meanders). Yes, Bob, it was me. It turns out that Bob's embarrassment was not so much the poem's reference to his speed as a rider, but the fact that he hasn't ridden for four months due to leg problems. Ok, Bob, so when you were riding with only one good leg, that's why I was able to keep up with you. . .

Anyway, the ride was great despite the day – it's always a treat for me when I can escape the gridlock of Palatine for some farm roads. And the ride through pale, empty fields, still deadened by winter's long siege, led us to Union, IL – a quaint crossroads (literally) of 650 people. A glance up and down the one-block main street reveals a series of antiquated buildings like something out of "The Road to Perdition" – you almost expect a vintage Ford will pull up any moment. And then you go into the little quick-mart (really an old-fashioned general store) for a snack, and there are several farmers sitting around a table, sipping coffee and discussing cow milking. It's light-years from urban commotion – and that's why I ride.

- Jeff Kressmann

PEDAL POWER—MAY 7

Good Shepherd Hospital Health and Fitness Center invites you to a special presentation on cycling. On Wednesday, May 7, Robbie Ventura, a member of the U.S. Postal Cycling Team, will be onsite to share his training expertise, as well as, some of his racing experiences. Robbie will also offer some post-cycling stretching techniques.

Following Robbie's presentation, Norm Hansen from Barrington Bicycle Company will offer tips for bike safety and maintenance.

Good Shepherd's own Carol Curtis, an outstanding cyclist, will conclude the evening with a discussion of area bike clubs and what they have to offer.

All participants will be invited to try samples from Red Bull, a proud sponsor of Robbie Ventura.

The presentations will begin at 7:30 p.m. Space for this event is limited. Please call the Service Desk at 847.620.4500.

CYCLING HISTORY

In recognition of National Bike Month; Short bios about two champions that have left their mark on the sport of cycling.



Arthur Augustus Zimmerman was born on June 11, 1869 in Camden New Jersey. His family moved to Manasquan, New Jersey. As a boy, Arthur was schooled in nearby Freehold. Between 1888 and 1889 he became recognized as an accomplished jumper; and at one time held the championship for the standing broad jump.

During October 1889 Arthur won his first novice cycling race in Long Island, New York. One year later national recognition came when Arthur defeated Willie Windle. By the end of 1890 Arthur had earned 45 first prizes.

During 1891, Zimmerman crossed the line first on both ordinary and safety bicycles, demonstrating that the secrets of power and speed are within the man and not strictly the machine. By the close of 1891 another 52 victories had been awarded to Arthur.

Zimmerman began dominating the United Kingdom in 1892, beating the best they had to offer. After winning the 50-mile championship, Arthur returned to America and continued until his 1892 winnings totaled 75 firsts. In 1893, the World Champion gathered 101 first place honors in 111 races he entered. During 1894, Zimmerman participated in and dominated bicycle races in France, Italy, England, Switzerland and Belgium. The French press touted "Zim" as "un tres gentil garcon" – the possessor of a fine pair of legs.

Between 1895 and 1900 Arthur manufactured a bicycle named the "Zimmy." By 1896, Zimmerman's racing form and results began to wane. Zimmerman continued to race and

perform in cycling expositions until his retirement in 1905.

Marshall Walter Taylor was born on November 26, 1878 near Indianapolis, Indiana. From his start as a black farm boy, Marshall taught himself trick riding and at the age of thirteen and gained employment exhibiting his riding skills and teaching bicycle riding for Indianapolis bike shops. He earned the nickname "Major" by performing his trick riding while wearing a soldier's uniform.

At thirteen years old Major also won his first cycling race and he began a journey to becoming the first black world champion bicycle racer. Under the tutelage of former racer Louis "Birdie" Munger and inspired in 1894 by a meeting with the legendary Arthur Zimmerman, Major Taylor trained and raced his way up through amateur rankings.

By 1895, Munger and Taylor had moved to Worcester, MA. But it was not until December 1896 when Major Taylor turned professional for a six-day race at New York's Madison Square Garden. As a professional he secured the national sprint championship in 1898, 1899 and 1900. In August of 1899, Taylor won the 1-mile and 2-mile world championship titles.

The mild-mannered champion's modesty and integrity were constant throughout and beyond his racing career. Between 1901 and 1903 Major Taylor, a strict Baptist, respectfully declined participation in the world championships as they were held on Sunday.

After a racing hiatus through 1905 and 1906, a comeback was mounted in 1907. By the end of 1907, Taylor had returned to his fine form and consistently won over the wheels of international champions such as Ellegaard and Friol. During the summer of 1910 Major Taylor retired from professional bicycle racing at the age of thirty-two.

SAFETY GUY





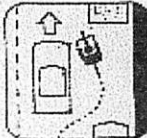


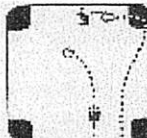


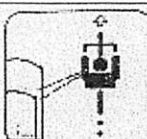
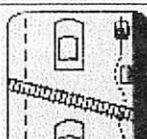




Andrei Kivilev, died last week after a crash during the Paris-Nice stage race. Kivilev and two of his Cofidis teammates fell as riders jostled for better position nearing a climb. The 29-year-old Kazakh cyclist suffered a fractured skull and lapsed into a coma. He died the next morning.

He was not wearing a helmet.

"The injury Andrei sustained on his skull is located at a point that would have been protected by a helmet," said the Cofidis team physician. Kivilev was best known for his fourth-place finish in the 2001 Tour de France, behind Lance Armstrong, Jan Ullrich and Joseba Biloki. He was a good guy by all accounts, a talented climber who was liked for his soft-spoken good nature.

Please, wear a helmet every time you ride and observe the following tips. Be careful out there!

Bicycle Safety Tips

	OBEY TRAFFIC SIGNS AND SIGNALS - Bicycles must drive like other vehicles if they are to be taken seriously by motorists.		NEVER RIDE WITH HEADPHONES; WEAR A HELMET - Always wear a helmet. Never wear a headphone while riding a bike.
	NEVER RIDE AGAINST TRAFFIC - Motorists aren't looking for bicyclists riding on the wrong side of the road. State law and common sense require that bicyclists drive like other vehicles.		HAND SIGNALS - Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection.
	DON'T WEAVE BETWEEN PARKED CARS - Don't ride out to the curb between parked cars unless they are far apart. Motorists may not see you when you try to move back into traffic.		RIDE IN MIDDLE OF LANE IN SLOW TRAFFIC - Get in the middle of the lane at busy intersections and whenever you are moving at the same speed as traffic.
	FOLLOW LANE MARKINGS - Don't turn left from the right lane. Don't go straight in a lane marked "right-turn only."		CHOOSE THE BEST WAY TO TURN LEFT - 2 Choices: (1) Like an auto: signal move into the left turn lane and turn left. (2) Like a pedestrian: ride straight to the far side crosswalk. Walk your bike across.
	DON'T PASS ON THE RIGHT - Motorists may not look for or see a bicycle passing on the right. Learn to scan the road behind you while riding. Look back over your shoulder without swerving, & use a rear-view mirror.		MAKE EYE CONTACT WITH DRIVERS - Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver which might pose a threat to your safety.
	SCAN THE ROAD BEHIND - Learn to look back over your shoulder without losing your balance or swerving. Use rear-view mirrors.		AVOID ROAD HAZARDS - Watch out for parallel-slat sewer grates, gravel, ice, or debris. Cross railroad tracks at right angles.
	KEEP BOTH HANDS READY TO BRAKE - You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since breaks are less efficient when wet.		USE LIGHTS AT NIGHT - The law requires a white headlight (visible from at least 500 feet ahead) and a rear reflector or taillight (visible up to 300 feet from behind).
	DRESS APPROPRIATELY - In rain wear a pancho or waterproof suit. Dress in layers so, you can adjust to temperature changes. Wear a sturdy helmet to protect your head. Wear bright colored clothing.		KEEP BIKE IN GOOD REPAIR - Adjust your bike to fit you and keep it working properly. Check brakes and tires regularly. Routine maintenance is simple and you can learn to do it yourself.

**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 _____

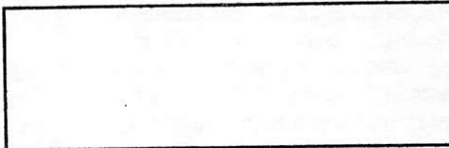
Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



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

Next Club Meeting
August 7, 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



Sign up for the Harmon Hundred



In This Issue...

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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