



# MONTHLY MEANDERS

JUNE, 2003

## PREZ SEZ

Its mother's day and I'm writing this as the wind is howling outside. After an overcast but otherwise wonderful 50 mile club ride yesterday I could not drag myself out to fight 40 mile an hour gusts. If anyone rode today I salute you. The season is in full swing. It's great to see both familiar and new faces on the week-ends and Tuesday night rides. If you're looking for a Memorial Day getaway ride join Paul Koenig and several members up in Germantown. Another day to keep open is August 16. Ella Shields is arranging a tour of the Waterford Bicycle factory followed by a 60 mile ride, details to follow. The Chicagoland Bicycle Federation's "bike the drive" is on June 15. This is the ride that blocks off Lakeshore Drive for a few hours just for bicycles. Several thousand riders participate followed by a party in Grant Park.

Did you know that May is "bike to work" month? I live in Buffalo Grove and work in Glenview and dismissed the idea of riding my bike to work using all the usual excuses, too far, no easy way to cross Milwaukee Ave, no shower at work, blah, blah, blah. The other

day I ran into two women at a bike shop who live in Buffalo Grove and commute by bike to downtown Chicago. All of a sudden my feeble excuses seem a bit trite. I'll figure out a way and do it. Give it a try if you can.

Thursday May 29 kicks off a new season of racing at the Northbrook Velodrome. Races are on Thursday and Monday nights through August 28 starting at 7:30pm. It's a great way to spend a summer evening. You can even participate if you're feeling brave. The Velodrome is in Northbrook just south of Dundee Rd (rte 22) on Waukegan Rd. Turn west on Maple off Waukegan.

On the legislative front, Illinois senate bill SB0275 is in the house for a second reading. A vote is expected on 5/16. Please call or email your representative and ask for their support of the bill. This bill was passed by the senate and needs to be passed by the house and signed by the Governor to become law. Essentially it recognizes bicycle riders as intended users of roads. A similar bill HB1248 was referred back to committee in the house.

I've been following the Cushwa family as they ride across the southern half of the USA from Los Angeles to Jacksonville, FL Dave and his 9 years old son Will have kept an online journal of this adventure. I've kept in contact with them through email and they will share their story with us at a club meeting this fall. You can learn more about them at [www.cushwafamily.com](http://www.cushwafamily.com). Part of their training last year was the Harmon Hundred. Their picture is on our web site.

Do you have friends and family who don't understand you're dedication to bicycling? It's hard to explain the elated feeling after a long ride. Perhaps, like me, the following essay will help put it into perspective.

### Life Cycle by Geoff Maxted

Surely one of life's greater pleasures is spinning the wheels out over our glorious countryside, drinking it in as tracks and lanes meander before us across billowing fields and hills, flecked with sheep and bathed in dappled sunlight. Well, it would be if only it stopped

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### WELCOME NEW MEMBERS

Nancy Goldman, Buffalo Grove  
 Gary and Michele Lehman, Lake Forest  
 Mickey Young, Palatine  
 Roy & Nancy Carrizales, Mundelein  
 Phil Castle, Arlington Heights  
 Eric Goodwin, Chicago  
 Sharon & Richard Koenig, Long Grove  
 Sheila Tanner, Wheeling

## 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

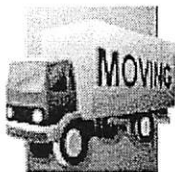
**Web Page**  
Jim Boyer (847)541-1325

### 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)



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 May 8

39 rides by 98 Riders totaling 17429 miles

#### MEN:

1	KILIAN EMANUEL	1096
2	ART CUNNINGHAM	846
3	KURT SCHOENHOFF	709
4	JOE IRONS	670
5	BOB DOMINSKI	529
6	LEN GEIS	516
7	RICH DRAPEAU	469
8	JIM BOYER	427
9	BOB SAVIO	360
10	DENNIS BERG	335
11	BOB PLETCH	320
12	LOUIS LAMBROS	311
13	DAN WIESSNER	307
14	PETER GUZIK	302
15	EARLE HORWITZ	297
16	TOM WILSON	295
17	LOUIS GREENE	293
18	AL SCHNEIDER	289
19	AARON SCHINDLER	282
20	BRIAN HALE	257

#### WOMEN:

1	MARIANNE KRON	398
2	BETSY BURTELOW	385
3	MARY KAY DRAPEAU	373
4	PAM BURKE	349
5	ELLA SHIELDS	331
6	MARY MYSLIS	295
7	CINDY SCHNEIDER	289
8	CHRIS WAGER	265
9	KRIS WOODCOCK	251
10	REINHILDE GEIS	242
11	VIRGINIA SAVIO	207
12	COLLEEN DEMETRE	161
13	FRAN GREEN	153
14	DEBBIE WILSON	128
15	MINDY SORANNO	101
16	PAT ILLY	98
17	JUDY HATTENDORF	94
18	VELDA KNORR	73
19	ANNE JOHNSON	73
20	SUZAN REED	72

## 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

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 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.

<b>JUNE RIDE SCHEDULE</b>	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	

DATE	TIME	Ride	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	30/50	Frank Ily 923-5910 & Brian Hale
Sun. 6-1	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	Alan Berman 541-9248
		Hills & Horses	Rose School	I-90 to RT. 59 North, turn right on Penney road to the school just past Bartlett Rd.	40	Bob Dominski 215-4840
Sat. 6-7	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	tba
Sun. 6-8	9:00	New Wauconda Bull Valley	Lakewood Forest Preserve	West on IL 176 to Fairfield left to Ivanhoe, right to parking on the right.	49	Joe Irons 359-0551
*Sat. 6-14	9:00	Columbia Co. Meander	Lakeview Park, Middleton, WI	From northbound I-90 turn left on US 12 around Madison, rt. on University Ave into Middleton; left on Mendota, to Park on left.	90	Mary Myslis 816-1640
Sun. 6-15	9:00	City of the O's	General Store, LaGrange, WI	US 12 West past Elkhorn to County H	70/85	Paul Koenig 630-690-9546
	9:00	Hills of Barrington	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	38	Louis Greene 925-0629
Sat. 6-21	9:00	Tour of McHenry Co.	Evergreen School, 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
Sun. 6-22	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	Ella Shields 773-594-1755
		Apple Cider	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	35	Brian Hale 426-3290
	8:00	Swedish Days Ride Invitational	Central H. S. Burlington, IL	Take I-90 to the Rt. 47 south exit. Follow Rt. 47 south for about 8 miles. Plato Rd. is about 4-1/4 miles south of the Rt. 72 junction for Hampshire. Turn right (west) and head 1 mile to Central HS	25/45/ 62/75/ 100	Rich Drapeau 808-1476
Sat. 6-28	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. 6-29	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	Rich Drapeau 808-1476
		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	tba

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

\* Anyone interested in doing the June 14th Middleton ride, (Columbia County Meander—90 Miles) please **“pre-register”** by calling the ride leader Mary Myslis at 847/816-1640 (sorry no e-mail). The ride starts at 9:00 a.m. from Lakeview Park in Middleton, WI., a northwest suburb of Madison.

RIDES OF A DIFFERENT FLAVOR

June Wednesday Chicago Area Bike Path / Trail Rides

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
6/4	9:00	40/62 partial loops	Prairie Path Aurora Branch Loops	Roy C. Blackwell F. P., Warren- ville	South on Rt. 59 to Butterfield Rd., left. on Butterfield Rd. ½ MI to entrance on left. Park in 1 <sup>st</sup> lot to rt.	Packed crushed stone, some paved ***
6/11	9:00	55 loop	Medley of Trails – Poplar Creek to Ned Brown	Ned Brown F. P., Golf Road Park- ing Lot	South of Golf Rd. just East of I-290	Paved with connect- ing roads
6/18	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 Joe Irons, Host – 359-0551
6/25	9:00	40 partial loop	North Portion Lake Co. Des Plaines Riv. 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 – Check with Art Cunningham – 963-8746 for details



One of the sure signs of an inexperienced Roadie is weaving. This habit is inherently dangerous, making you unpredictable to passing traffic and other roadies riding with you. Here are some good tips from RoadBiker.com regarding

**Riding in a Straight Line**

---Relax. You need a loose, supple upper body. Be aware of tension in your neck, jaw and shoulders. If you're rigid, the bike will move in jerks and twitches.

---Flex your elbows. By keeping them slightly bent and loose, upper-body movements won't automatically be transferred to the handlebar. The road's bumps and jolts will be absorbed, helping the bike float over irregularities rather than flinch and dart.

Of course, staying relaxed is easy to say and hard to do -- like when you're riding between traffic and a ragged road edge. Concentrate on steady breathing to reduce the upper-body

tension that pins your shoulders to your ears. By staying aware, you can make relaxation a habit

---Look up the road. Staring at the pavement ahead of your front wheel guarantees you'll ride like a drunk taking a sobriety test. The farther up the road you look, the steadier your bike will be.

You'll soon learn the technique of "split vision." This allows your lower peripheral vision to monitor things like potholes and cracks as you pass them, while you focus on a swath 30 to 100 feet ahead.

Watch the line you want your bike to take and your wheels will go there almost magically. Look directly at bad things and you're likely to hit them.

---Practice. Try these techniques by riding long the white line that separates the traffic lane from the shoulder. Relax, keep your eyes up, and see how long you can stay on that thin stripe.

Be Careful Out There!  
Barry

**RIDE TO THE CITY OF O'S**

LaGrange to Oconomowoc

Ride a flat course through the Kettle Moraine on Sunday, June 15. There will be an 85 mile option leaving from the LaGrange General Store at 9 AM. For those riders who want a shorter mileage option of 70 miles (or who just want a little extra sleep) we will stop at the Citgo Mini-Mart in Palmyra at approximately 9:30 AM to pick up any members who may wish to start from there. It's a scenic route that passes plenty of lakes and goes down a few new roads in the area. If you have any questions please call Paul Koenig at (630) 690-9546

**SELF SUPPORTED TOUR**

Mary Myslis and friend (Joe Beloian) are doing a self supported tour of the Canadian side of beautiful Lake Huron. Camping, restaurants and the occasional motel, 7 days, 12 mph average speed, 70-90 miles a day. Leaving JUNE 23rd. We have lots of fun and tend to stop for the hot afternoon lake dip. We are looking for 1 or 2 people to join us. Call Mary at 847/816-1640 if you are interested.

## LIB NEWS

LIB Seeks Congressional Help for Grand Illinois Trail Gaps

The Grand Illinois Trail has seen lots of momentum lately, including this year's grand opening of the 70-mile Hennepin Canal Trail from the Quad Cities area to the Illinois River. But the momentum to "complete" the GIT is at risk, due to the drying of the federal TEA-21 Enhancements funding well in 2000.

From its inception, plans for the 500+ mile GIT have included a collection of off-road trails and on-road connecting routes. Several important gaps remain in the off-road trail plans, and improvements to on-road sections are needed. The GIT Executive Committee, headed by the Illinois Department of Natural Resources, is a coalition of government agencies and citizen groups working to close the major gaps.

This year's federal transportation bill ("T-3") presented an opportunity to seek extra funds outside the Enhancements category that – if re-authorized in T-3 – will be severely oversubscribed with requests. Each member of the US Congress will receive a pot of money in T-3 for "High Priority Projects" (HPP) within his or her district, to be spent on projects selected by the Representative. HPP funding covers 80% of the project costs, with a 20% local match. While most of this is spent on road projects, bikeway projects are eligible. Led by LIB, the GIT Committee decided to seek funding for several key gaps.

During January and February, LIB met with four Congressional district offices to request HPP dollars for five projects encompassing eight gaps. IDNR supplied technical assistance in scoping and estimating the project costs. LIB gathered support from local partnering agencies and others. The project requests include:

- Alliance Trail, 15 miles of off-road trail and on-road improvements, between the I&M Canal Trail in LaSalle and the Hennepin Canal Trail in Bureau Junction, \$3.975M. Congressmen Weller (11<sup>th</sup> district) and LaHood (18<sup>th</sup>).
- GIT Chicago Southland project, 10 miles of off-road trail in 4 segments including the Burnham Greenway Gap, the Lan-Oak Trail, and the Thorn Creek Connector Trails, between the Burnham Greenway and the Old Plank Road Trail, \$6M. Congressman Jackson, Jr. (2<sup>nd</sup>)
- Mississippi River Trail/GIT Savanna-Galena-E. Dubuque segment, 52.5 miles of mostly on-road improvements and some off-road trails, \$3M. Congressman Manzullo (16<sup>th</sup>).
- Willow Creek Trail Extension, 8 miles of mostly off-road trail, between Rock Cut State Park in Rockford to the Long Prairie Trail in Caledonia, \$2.25M. Congressman Manzullo (16<sup>th</sup>).
- Green Bay Trail – North Branch Trail Connection, 1.5 miles of off-road trail, between the two trail systems in Glencoe and Highland Park, \$2M. Congressman Kirk (10<sup>th</sup>).

The meetings went well, and we are optimistic that most of the projects will receive at least some funding. Rep. Jerry Weller began our meeting telling about his Bianchi bike that he rides around Washington. He also

wanted to learn about other bikeways needing funding in his district – including the Wauponsee Glacial Trail in Will County. Based on his own bicycling, Rep. Mark Kirk's Washington aide told district staff that the Green Bay-North Branch gap would be a great project. Rep. Jesse Jackson, Jr. already got \$100K approved in this year's Appropriations bill. Rep. Don Manzullo has shown interest in helping the Willow Creek Trail project.

Securing HPP funds is a slow process. By mid-March, members of Congress were required to submit their HPP lists to the House Transportation & Infrastructure Committee. When the level of HPP funding becomes known (probably later this year), projects from these lists are selected for inclusion in the House version of the T-3 bill. Illinois' delegation on the T&I Committee (Reps. Lipinski, Johnson, and Costello) and Illinois' Senators have been informed about these bikeway projects. Hopefully the efforts will pay off with continued Grand Illinois Trail momentum in the coming years!

**Boub Legislation Advances in Springfield**

Together with the Chicagoland Bicycle Federation, LIB is working to pass a state bill that affects bicycling conditions throughout Illinois. House Bill 1248 and Senate Bill 275 would correct the negative impacts of the 1998 Illinois Supreme Court Boub vs. Wayne decision, which has been a disaster for on-road cycling in the state. Until the bill gets passed:

- Towns that want to improve on-road bike safety through signage or bike lanes incur liability, towns that do nothing get immunity;
- Bicyclists do not have any on-road liability protection from road defects, as other Illinois road users and other states' bicyclists do, and Illinois cyclists did before 1998;
- MANY local bike planning efforts are being stalled;
- We're the only state with this bizarre and powerful disincentive for improving bike safety.

On Feb. 20, our House bill won a 13-4-1 victory in the House Judiciary Committee. Many thanks go to the cyclists and bike shops in key districts where phone calls and faxes swung a number of the votes.

On March 4, our Senate bill did NOT pass through the Senate Judiciary Committee, being held by a 4 "Yes", 1 "No", 4 Present vote. Several Senators wanted to see compromise language worked out with local government groups.

Afterwards, the bill was amended by the sponsor, Sen. Cullerton, with language suggested at a negotiation meeting. The new wording still provides some liability protection (although lower than the original text) on all roads, and it removes the liability disincentive. The amended bill passed the Senate Committee unanimously on March 11. SB275 then passed 47-10 in the full Senate.

As of April 18, both bills are in the House, where we'll need the help of cyclists in all the state's districts. Find your legislators' phone numbers and keep up to date on the bills' progress at [bikelib.org](http://bikelib.org) and [biketrafic.org](http://biketrafic.org).

**RAAM—Race Across America 2003**

17 solo men and one woman will tackle the 21st Race Across America. Departing San Diego, CA on Sunday, June 15th at

7:00 a.m. PDT the racers will ride a new route, covering 2,922 miles. For more information and daily standings, go to [www.raceacrossamerica.org](http://www.raceacrossamerica.org).

(Continued from page 1)

raining. Yet despite the national pastime of agonising about the weather there must be other reasons why only 2% of journeys in this country are made by bike. More than 10% of trips in Sweden - hardly balmy itself in the weather stakes -- and Germany are on two wheels. The Danish, who know their bacon, manage 18%, and the Dutch are off the scale in their pancake flat lands.

Sport may be one reason. Cycling and cycle racing have been popular in Europe since the nineteenth century. It's a well known fact, for example, that in France baguettes are made long and thin for ease of tying to the top tube when shopping. In Italy, when the football season ends, the tifosi turn their attention to the road. But in the UK mountain biking is perceived as a pastime for jobs, and road racing is considered an oddity; a strange string of lean men on skinny bikes flashing by, if you'll excuse the expression. Yet, in that typically perverse British way, over two million people lined the roadside to watch the spectacle of the Tour de France when it last visited our shores. You figure it out.

Then there's the 'not on my land, you don't' syndrome. I don't want to get into it here; there has already been enough tired bickering on the subject, and matters do seem to be moving forward. But allow me one example: At a water sports centre in the South West, when I enquired about facilities for a family cycling day around the lake as recently as May this year, I was told that bikes were banned 'because they cause erosion'. I

mean, if you followed that line of reasoning you'd never leave home, would you? Let's face it, every time we take a step we presumably crush a micro-biosphere.

The American trail organization IMBA has the right answer: "The bottom line is that a well maintained trail will stand up to heavy use." IMBA's study of trail sediment yield (directly related to erosion) showed that bikers and hikers caused very little damage in any conditions, yet still this old specious chestnut is trotted out as an excuse -- and by a centre for sporting pleasures. Sustrans, Forest Enterprise and the sterling efforts of equestrian Mary Towneley on the Pennine Bridleway, for example, show how it can be done. I can't really see that bikes could possibly be responsible for a poxed and toxic future.

I think the answer lies within ourselves. Actor and mountaineer Brian Blessed recently quoted: "The world is there to be explored and adventure is the key, because without adventure we die..", and I think that's it. A ride around an unknown lake may not seem like much of an adventure to you, but to a five year old on a tag-along, it's an exciting experience.

And what about you? Yes, you there, glued to the screen. How much time do you put into savoring your existence when the mortal tumult of life and work gives you a break?

With all the media hype and flickering inducements to try and buy a manufactured way of life perhaps it's time to get your priorities in order before living becomes just a suburban hell.

What trails have you ridden this month? Cycling allows you to discover again that certain freedom, whether it's across the Pennine Bridleway or a quick trip to the supermarket. The weather doesn't matter. You reach a point when you can't get any wetter and then you get dry again. The 'land use' priorities will get sorted out if we keep our voices heard.

The truth is out there on shifting single-track deep in green forests; on shardy granite tracks across our remaining primordial places and on the rural lanes and byways waiting patiently to be discovered. Trail biking isn't just the preserve of lycra clad youth like some sort of anti-culture, it's something the whole family can enjoy for little expense. We may be seduced by shiny, fully sprung aluminum harlots beckoning to us from bike shop windows, but the fact is there's nothing inherently wrong with a triangular steel bike frame and a rigid fork.

Biking is about seeing the world from a different perspective; an escape from grey government and boring business; from the shop floor and the high rise. It's about pitting yourself against yourself and winning; forgetting, for a while, the hassles of modern life. Bills are for tomorrow. If you're not already addicted it may be, that after the first few turns of the cranks, you will hear the call and, converted, at the end of your ride the sound you'll hear is your own elemental heart applauding.

See you on the road.

*Rich Drapeau*

### **Bike One Chicago Summer Rides**

What better way to see the city than on two wheels? Each Saturday morning May 31 through August 2, 2003, Bank One will lead complimentary guided bike rides around Chicago and select suburban neighborhoods, including Lincoln Park, Old Town, Little Italy, Pilsen, Heart of Chicago, Near West Side, Ukrainian Village, Nobel Square, Wicker Park, Chinatown, Greektown, Bronzeville, East Village, West Town, West Loop, South Loop, Riverside, Oak Park, Evanston and Wilmette. These weekly neighborhood tours, led by experienced cyclists, will leave from Bank One Plaza and select suburban banking centers and take participants past local landmarks, historic sites and other points of interest. The rides will last approximately two hours and are limited to 15 people each. Helmets are required.

<http://www.bikeonechicago.com/>



**FUN & GREAT FOOD**

The club picnic will be held on Sunday July 13 at \*Old School Forest Preserve, Shelter D.

We will have a ride at 10:00 am and food will be served after the ride, about noon.

Please call Al & Cindy Schneider at 847/696-2356 to RSVP.

\*Take I-94N, exit IL60W to St. Mary's Rd., and turn right to the forest preserve.

**For Sale  
Yakima Roof Rack**

3 years old. Great condition. Needs only two new Q towers.

Mounts for three bikes without removing tires

- Two mounts are LockJaw style (attaches to the bike's down tube)
- One mount Anklebiter Deuce style (attaches to the bikes crank shaft)

- Universal key and locks for all 3 bikes and rack
- Winddamn for noise reduction and aerodynamics
- Can retrofit rack for van/SUV cargo racks. Or add accessories for ski rack, canoe or luggage carrier.

Check out the features at [www.Yakima.com](http://www.Yakima.com)

Asking \$250. Valued at \$650.

Contact: Sheri Rosenbaum

(H) 847-821-7622

(W) 847-465-3700 x5695

**Invitationals**

**June 1, The Udder Century**, Union, Donley's Wild West Town, 6:30 - 10:00 31/50/62/100 Miles, McHenry County Bicycle Club (815)477-6858 [mcbinfo@attbi.com](mailto:mcbinfo@attbi.com)  
[www.mchenrybicycleclub.org](http://www.mchenrybicycleclub.org)

**June 8, BCLC Ramble**, Wilmot, WI. 6-10, Kenosha County Fairgrounds, 30, 50, 70, 100 miles. Bicycle Club of Lake County, Cynthia Simmons, 847-604-0520 [ramble@bikebclc.com](mailto:ramble@bikebclc.com),  
[www.bikebclc.com](http://www.bikebclc.com)

**June 13 The Bike to Work Day Rally/Breakfast and Commuter Challenge** 7:30 - 9:00 a.m. on Daley Plaza. Celebrate the halfway mark of Bike Chicago with a hundreds of cyclists and local celebrities. For more information on this event, Mayor's Office of Special Events, 312-744-3315.

**June 15, Bike The Drive**, Grant Park, 5 a.m. 15 and 30 mile routes. All proceeds benefit CBF. Chicagoland Bicycle Federation Cathy Haibach, 312.427.3325 x23 Email: [cathy@biketraffic.org](mailto:cathy@biketraffic.org), [www.biketraffic.org](http://www.biketraffic.org)

**June 21, Major Taylor Ride to Remember**, Matteson, 26, 63 miles, . Folks On Spokes Bicycle Club. Denise Graham-Zahn, 708-748-4661, [dgzahn@hotmail.com](mailto:dgzahn@hotmail.com) [www.folksonspokes.com](http://www.folksonspokes.com)

**June 22, Swedish Days Bicycle Ride, Central H.S. Burlington**, 25/45/62/75/100 miles, 6:30-9:30 a.m. \$14 by 6/8, \$20 after 6/8, Gary Honeyman, 630-879-8888, [GCHoneyman@cs.com](mailto:GCHoneyman@cs.com)  
<http://www.fvbsc.org/>

**July 4, Fourth of July Ride**, Plainfield, Il., 30/45/60 miles, \$10 by 6/25, \$15 after, Brenda Alberico, 815-467-5748, [alberico@cbcast.com](mailto:alberico@cbcast.com)

**Wheeling Wheelmen Membership Application**

Name: \_\_\_\_\_

Spouse's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Children's Names: \_\_\_\_\_ Age: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Age: \_\_\_\_\_

Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

New Member? \_\_\_\_\_ Renewal? \_\_\_\_\_ L.A.B. Member? \_\_\_\_\_

Family dues: \$20 Individual dues: \$15

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

\_\_\_\_\_  
Applicant's Signature (parent's signature if a minor)

\_\_\_\_\_  
Spouse's Signature

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



P. O. Box 7304  
Buffalo Grove, Il. 60089-7304

Phone: 847-520-5010  
Email: [wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)

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**We are on the web**  
**[wheelmen.com](http://wheelmen.com)**

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The next club meeting will  
be August 7

#### 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

**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

**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  
1313 N. Rand Rd, Arlington Hts. 847/398-1650

We support :

- \*The League of American Bicyclists
- \*The League of Illinois Bicyclists
- \*The Chicagoland Bicycle Federation

#### 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](mailto:BikeLeague@aol.com)  
Web Site: [www.bikeleague.org](http://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