



MONTHLY MEANDERS

AUGUST, 2003

PREZ SEZ

About 15 years ago I was downsized from a company I had been with since graduating from college. Not an uncommon occurrence these last few years, but back then it was a new trend. Rather than jump back into another corporate setting I decided to start a new venture. I began a new business in October of 1988 and the following spring decided to take advantage of my flexible schedule and get in a couple of weekday rides. I usually started out late morning and rode through the lunch hour. It was unusual to come across other riders, so when I did I tried to chase them down and lose them after I caught them. One of those testosterone things we men are blessed or cursed with, depending on your point of view. One day I saw a rider up ahead of me on Long Grove road and after some serious pedaling finally caught and passed him. I was surprised when I stopped at the next light to see him right behind me. That rider turned out to be Kurt Schoenhoff. He was nearly 20 years my senior and had already put in close to 70 miles on his way to a century. Kurt used to do a lot of "bonus" miles back then. He would ride to the Bakery, do the Bakery ride twice then ride home. After exchanging greetings, we realized that we knew each other from Wednesday evening club rides that started from Kurt's house in Highland Woods. It had been several

years since I participated in those rides but Kurt remembered me. After learning that I rode a couple of times during the week I was invited to join the "geezer" on the Tuesday/Thursday Bakery rides. That is how I was reintroduced to the Wheeling Wheelmen.

Kurt was out on a ride July 9th and went down hard while being chased by a dog. He suffered a broken neck. Thankfully he is expected to recover fully. We seem to have had a run of bad luck this year. Several members have taken spills and suffered injuries. Let's all be aware of our surroundings and be safe the remainder of the riding season.

Last year my frequent riding partner, Jim Boyer, was given an award for being directionally challenged. Would it surprise anyone to learn that we got lost driving to the "Swedish Days" ride. Somehow we missed our exit and ended up on the outskirts of Rockford. Can't put all the blame on Jim though. The directions on the flyer were wrong. We decided to do this ride to see how other clubs conduct their invitational. Our goal was to pick up ways to improve the Harmon Hundred. We learned that our parking, registration, food stops are all first rate. We are looking at using more signs to mark the route. We both felt that the route was very flat and somewhat monotonous. In fairness to the Fox Valley Bike

Club, there isn't much you can do about the terrain where you live. It made me appreciate the Harmon route.

Speaking of the Harmon Hundred, your board is well into the planning stages for this years ride. We will need a lot of volunteers. Contact Marykay Drapeau at 847/808-1476 or rkdrapeau@juno.com. If you've pitched in before expect a call from your captain. If not expect a call anyway. This is the bread and butter ride for our club. The proceeds cover club costs for the year and are used to help support organizations including the Illinois Bicycling Association. We also need fresh input for the newsletter. Come on; share some stories from your bike trips.

Thank you ride hosts. These are the folks that volunteer to get everyone signed up and provided with a cue sheet at the beginning of each ride. If you haven't hosted a ride yet, please do. It's pretty easy and a good way to meet club members. If you have a favorite route to add to our ride schedule contact Len Geis or any of the board members.

Don't forget the next club meeting in August. We'll be discussing all the details for this years Harmon. Hope to see you there. See you on the road.

Rich Drapeau

INSIDE THIS ISSUE:

TOP 20	2
WEEKDAY RIDES	2
RIDE SCHEDULE	3
TRAIL RIDES	4
ASK DEE	4
SAFETY GUY	5
CLUB MEETING	6
BAD DOGS	6
HARMON	7

WELCOME NEW MEMBERS

Tom Sidor, Schaumburg

Ronald Dillow, Gilberts

Cathy Gries, Chicago

Steven Smason, Buffalo Grove

Cynthia Brown, Chicago

Mike Pusatera, Northbrook

Meg Ewen, Streamwood

Joel & Carla Nelson, Lake Zurich

Alan Lisse, Buffalo Grove

Suzy Tash, Highland Park

Club Officials

Elected Officers

President	
<i>Rich Drapeau</i>	(847)808-1476
V.P./Ride Chair	
<i>Len Geis</i>	(847)679-0279
Treasurer	
<i>Al Berman</i>	(847)541-9248
Secretary	
<i>Kris Woodcock</i>	(847)520-6932
Membership	
<i>Betsy Burtelow & Jim Boyer</i>	(847)541-1325
Safety	
<i>Barry Cohen</i>	(847)459-7640
<u>Appointed Officers</u>	
Newsletter	
<i>Ella Shields</i>	(773)594-1755
Harmon	
<i>Mary Kay Drapeau</i>	(847)808-1476
Chairmen	
Banquet	
<i>Ella Shields</i>	(773)594-1755
Harmon Data Base	
<i>Jennie Pfeifer</i>	(847)342-8823
LAB	
<i>Phyllis Harmon</i>	(847)537-1268
Mileage Statistician	
<i>Joe Irons</i>	(847)359-0551
Newsletter Mailings	
<i>Ella Shields</i>	(773)594-1755
Picnic	
<i>Al & Cindy Schneider</i>	(847)696-2356
Refreshments	
<i>Frank & Pat Illy</i>	(847)923-5910
Ride Line	
<i>Art Cunningham</i>	(847)963-8746
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	(847)632-1412
Web Page	
<i>Jim Boyer</i>	(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

Through July 8

105 rides by 127 members totaling 51586 miles. 3677 maximum miles possible per rider

1	MARY KAY DRAPEAU	1149
2	CINDY SCHNEIDER	1029
3	MARIANNE KRON	862
4	CHRIS WAGER	856
5	BETSY BURTELOW	850
6	KRIS WOODCOCK	843
7	PAM BURKE	840
8	ELLA SHIELDS	785
9	MARY MYSLIS	769
10	FRAN GREEN	612
11	REINHILDE GEIS	603
12	VIRGINIA SAVIO	592
13	PAT ILLY	481
14	CINDY TRENT	438
15	ALLISON EBERT	438
16	DANI KNUTH PETERSON	317
17	DEBBIE WILSON	311
18	ANNE JOHNSON	267
19	MEG RYAN	256
20	JENNIE PFEIFER	227
1	KILIAN EMANUEL	2942
2	KURT SCHOENHOFF	2049
3	ART CUNNINGHAM	1901
4	JOE IRONS	1795
5	DAN WIESSNER	1327
6	BOB SAVIO	1286
7	BOB DOMINSKI	1269
8	RICH DRAPEAU	1205
9	LEN GEIS	1162
10	JIM BOYER	1162
11	LOUIS GREENE	1056
12	LOUIS LAMBROS	909
13	TOM WILSON	862
14	AL SCHNEIDER	846
15	BRIAN HALE	831
16	FRANK ILLY	792
17	DENNIS BERG	779
18	EARLE HORWITZ	736
19	PETER GUZIK	732
20	BOB PLETCH	727

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.

AUGUST 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	

DATE	TIME	Ride Name	STARTING LOCATION	DIRECTIONS	Miles	Host Phone #
Every Sat.	8:00	Honey-Do Ride	Grassy Meadow, Douglas F. P.	On Central Rd. 1 1/2 mi west of Roselle Rd just north of I-90	30/40 50	Frank Illy 923-5910 & Brian Hale
Sat. 8-2	9:00	McHenry/Fontana	McHenry Co. College	Rt. 14 one mi. past Rt. 176 in Crystal Lake. Meet in the north parking lot.	71	Dennis Berg 296-4971
Sun. 8-3	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	Kilian Emanuel 296-7874
	9:00	Covered Bridges	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	43	Bob Walkowicz 657-8905
Sat. 8-9	8:30	Wauconda Twin Lakes	Lakewood Forest Preserve	West on IL 176 to Fairfield; L to Ivanhoe; R (W) to parking lot on the R.	60/77	Barney Barber 262-930-1260
Sun. 8-10	98 mi. 8:00 50 mi. 10:00	Lake Geneva Century	Kildeer School for 98 mi.ride; Vet.Mem.Park for 50 mi. ride	98 mi: Old McHenry Road, just north of Long Grove Shopping District; 50 mi: West on 120; R on Park St. after crossing the Fox River	50/98	Steven Flack 255-1125
	9:00	Wauconda/Bull Valley	Lakewood Forest Preserve	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on the right	38/50	Sheri Rosenbaum 821-7622
Sat. 8-16	9:00	Waterford Ride	Waterford Factory, WI	I-94 North. Hwy 20 west. Turn L on Jefferson after the bridge in Waterford. After 3/4 mi., R on Bakke to 816 W. Bakke.	50/60	Ella Shields 773-594-1755
Sun. 8-17	9:00	Bill & Mike's Adventure	Glacial Hills Park, WI	I-94 West to 894 bypass becomes US. 45 Exit WI. 167 W to Fries Lake Road (in Washington Co.) Left to Park	78	Al & Cindy Schneider 696-2356
	9:00	Back Roads of Barrington	Rose School	I-90 to Rt.59 North, turn right on Penney road to the school just past Bartlett Rd.	40	Brian Hale 426-3290
Sat. 8-23	9:00	Ride to Big Rock	Rutland Forest Preserve	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	65/90	Art Cunningham 963-8746
Sun. 8-24	9:00	Club Members: Harmon Pre-Ride	Wilmot Mt. Bike & Skate Park	Take I-94 West across the WI. state line to Exit 345 (Hwy C). West on Hwy C to the town of Wilmot. Left on Hwy W. Go 1/2 mile to Park, entrance on left side.	25/50 75/ 100	
Sat. 8-30	9:00	Root Beer Social	McHenry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	60/80	Dennis Stodola 587-2769
Sun. 8-31	9:00	Loops of Burlington	Eagle Lake Park, WI	I-294 North, exit Hwy 11 West, to Hwy 75 right to Church street, left to park	64/ 100	Al & Cindy Schneider 696-2356
	9:00	Lou's Commute	Lakewood Forest Preserve	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on the right	40	Bob Walkowicz 657-8905

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

RIDES OF A DIFFERENT FLAVOR
August Wednesday Chicago Area Bike Path / Trail Rides

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
8/6	9:00	57	M & I Path -- West section Morris to Lockport	Channahon access	I-55 south to US-6; left on Canal St. to parking on the right	Paved crushed stone, connecting streets ***
8/13	8:00	54	Fox River Path south-Virgil Gilman Path	Bennet Park, Geneva	North Ave (IL 64) to St. Charles, south on IL 25 to park on rt. just past Geneva town line.	Paved, packed crushed stone***
8/20	9:00	60	Old School Forest Preserve to Kenosha	Parking Lot D, Old School Forest Preserve	IL 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D lot.	Packed crushed stone, paved ***
8/27	9:00	57	Plank Road Path	Frankfort, IL	I-294 south to I-80 west; US 45 south to Frankfort; turn left at sign to Historic Frankfort; parking in town on trail on N White St.	Paved path

*** approved for narrow tires ** wide tires recommended * wide tires required

Bring snacks and plenty of water to drink

Call Art Cunningham at 963-8747 for details

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



Dee Dee:

Why do you "bonk" during a ride?

Worried

You bonk because the glycogen levels in your liver are depleted. The way to prevent that is to have something every 15 minutes when you're riding. Fruit juice, Gatorade, dried bananas, dried fruit, figs, all in addition to water.

Dear Dr. S.P.Okes:

My knee hurts when I'm riding, any suggestions?

Need Help

Knee pain in cyclists is very common. It can be from many causes including: training errors, bad technique and poor bike fit. Be sure to use gearing that allows you to keep the resistance low and the cadence at 80-90 rpm. Increase the duration and intensity of your rides gradually not more than 10% per week. This will allow your body to adapt to the increasing stress. The cleat adjustment and saddle height are also very important. The seat should be adjusted so you have 145 to 150 degrees of leg extension at the bottom of the pedal stroke. For the cleat adjustment have a bike shop perform a Fit Kit RAD adjustment. This will locate your foot's most natural position on the pedal, so it's not being forced in or out. Even with floating cleats this adjustment is important to get the full benefit of the float.

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

Waterford Ride

On Saturday, August 16, we will have a ride starting from the Waterford Bicycle Factory in Waterford WI. There will be 2 options; 40-50 miles or 60-65 miles and will start at 9:00 am. We have also been invited by Richard Schwinn to tour the factory before the ride. The tours will take 10 to 15 minutes and start at 8:30 a.m.

Take I-94 North to Wisconsin. Take Wisconsin Hwy 20 exit west to Waterford. After crossing the river in Waterford, turn left (south) on Jefferson. After 3/4 mile turn right on Bakke and factory is on your right. Waterford Precision Cycles, 816 West Bakke, Waterford, WI.

If you have any questions please give me a call at 773-594-1755 or e-mail at Shieldsbike@aol.com.

Ella



MT. BIKE RIDES

If you would like to lead a Mt. bike ride please contact Len Geis, ride chair, at (847)679-0279 and he will put it on the schedule.



The basics of Safe Road Cycling can be summed up as follows:

- Be extra conservative in your decision making
or
If you're not absolutely sure you can make it, DON'T TRY!
- Whenever reasonably possible, *Act Like A Motor Vehicle*
- Be Visible
- Act Predictably
- Wear a helmet and keep your bike in good working order
- *Be Aware* of your surroundings, i.e. traffic, hazards, other cyclists, etc.

Don't initiate a maneuver you're not absolutely sure you can complete safely. If you're relying on a driver avoiding you, you're pushing the safety envelope.

Illinois Traffic Law mandates that Bicyclists are to act as vehicle drivers. Drivers are supposed to respect your rights as a vehicle on the road. Acting like a vehicle increases the likelihood that *drivers will see you* - you'll be where they are looking for other cars - and they are more likely to treat you as they would another car.

Riding Predictably encourages predictable, safe behavior by those drivers (and other bicyclists) around you. Even the most courteous, considerate drivers will not be watching a nearby bicyclist constantly. If you make your path predictable, you make it easier for those drivers to know where you are, even when they are not looking at you.

An equipment failure in tight quarters can induce sudden, surprise bike movements that can lead to a fall or collision.

There is no substitute for a constant awareness of what's going on in *front of you, behind you and the conditions of the roadway*. You need to use your eyes and ears to "scan" the area every 10 - 15 seconds to avoid dangerous surprises. A mirror is an indispensable help here-I can't imagine cycling without one.

Be safe and have fun out there!

Barry

Arlington Classic Criterium

The speed, agility and power of professional and citizen class cyclists will reverberate through the vibrant Arlington Heights central business district during the second annual Arlington Classic Criterium Saturday, Aug. 2, 2003.

More than 400 cyclists will compete in the event which features one of the largest cash purses for amateur riders in the Midwest. And, approximately 3,500 spectators are expected to cheer on cyclists as they navigate a short, technical course, punctuated by tight turns and along finish line sprint where riders will hit speeds greater than 35 m.p.h.

Fast and technically demanding course with tight turns and an exciting finish-line sprint U.S.C.F. and Citizen Class Events, Men's, Women's, Master's and Junior's Race Categories and we have more than \$20,000 in cash and prizes to award.

The race will be held in downtown Arlington Park. The start and finish is located in North School Park, which is on the west side of Arlington Heights Road and just North of the Metra line on Northwest Highway. Racing begins at 7 a.m. and will run through around 5 p.m.

Here's the schedule:

7 a.m. Cit Men / Cat 5

7:40 a.m. Juniors 17 & Under

8:30 a.m. Cit Women / Cat 4

9:10 a.m. Men's Cat 4

10:10 a.m. Men's Cat 3

11:15 a.m. Master's 40 & Over

12:30 p.m. Women's Cat 1/2/3

1:30 p.m. Men's Pro / Cat 1/2

2:45 p.m. Kid's Races (by age group starting at 5 and going to 12)

4 p.m. HPVA North American Recumbent Crit Championship

For more information, please contact Karen Stoychoff Inman 847/392-9545 or klsi1003@attbi.com

*out there - roads and fields
in here - me and my bike
spinning together*

Jeff Kressman

AUGUST CLUB MEETING

The meeting will be Thursday, August 7, at 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.



We will discuss the Harmon 100 and recruit volunteers. The after meeting presentation will be "Cruising the Cape"--From Lighthouses to Lobsters, join Ella, Kris and Pam as they share their experiences on their recent cycling trip to Cape Cod.

Interesting Web Sites:

www.rodeid.com - specializing in custom ID tags, if you enter coupon number "ARID2314" you get a \$2 discount...

www.Americabikes.org

www.Pedaling.com



"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking."

-- Arthur Conan Doyle - 1896

How to Deal With Bad Dogs

By Fred Matheny and Ed Pavelka of www.RoadBikeRider.com

Dog attacks are high on the list of cycling fears. Maybe you can't stop Fang from giving chase, but you can outsmart him if you know how dogs think—assuming that stinkin' mutt even has a brain!

Know dog psychology. The majority of dogs who chase cyclists are merely defending their territory. When you pedal off the section of road that they consider their turf, you no longer pose a threat to their ancestral instincts and they lose interest.

Know dog tactics. Dogs want to attack from the rear, coming up from the hindquarter. Even one who sits up in his yard ahead of you may wait till you pass before giving chase. You can use this to your advantage in the next tip because it gives you a head start.

Sprint! You often can out sprint Fido when he's more interested in fooling around than in actually attacking. You can tell his intent by how hard he's running and his expression. An easy gait with woofing and ears and tail up, no problem. A full-out sprint with ears back, tail down and teeth out, problem. Still, the territorial gene can save you. If the road is flat or downhill, stand up and sprint to get past the dog's invisible boundary.

Guard your front wheel. When a dog sees you coming, he might make a beeline for your bike, and then attempt to turn up beside you. The danger here is that his poor little paws will skid on the pavement and he'll plow into your wheels. If he hits the front one, you'll crash. Sprint so that you move forward faster than he expects, and give him a margin for error by steering farther into the road—if traffic permits!

SCREAM! Most dogs know what happens when a human is angry with them. A sudden shout of "No!" or "Git!" or "Stay!" will surprise Fluffy and probably make him hesitate

for just the second you need to take the advantage. If he's hard of hearing, raise your hand threateningly as if it contains a rock. Outlaw mutts usually have had experience with bad things flying at them when a human makes a throwing gesture.

Play douse the Doberman. If you see big, fast Prince up ahead and know that he sees you, sprinting might not work. Especially if the road is tilting up. Take out your water bottle. Just having it in your hand may make him stay away. If he does come near you, give him a faceful and a loud yell. This distraction will slow him down, though he may come back for more. Just don't distract yourself and ride off the road.

Some riders swear by Halt pepper spray that they clip to their handlebar. This stuff works great—if you hit your target. That's a big if when you and Spot are going different speeds, the air is moving, and you're trying to stay on the road. Pepper spray stings a dog's eyes, nose and mouth, but it doesn't cause lasting damage. It also works on human attackers, but that's a different story.

Give up and get off. If nothing works and Toodles has the upper hand, dismount quickly and hold your bike between you and those sharp teeth. Swing it like a weapon if necessary, and start calling for help. Someone may eventually come out of a house and yell, "Oh, he won't hurt you!"

Call the cops. If you are attacked and bitten, report it to the county sheriff or other authority immediately. Include the location, a description of the dog and the owner's name and address if you know them. Get medical attention without delay. If the dog was rabid, you are at risk of serious illness or even death. Demand proof of rabies vaccination or insist to authorities that the dog be quarantined.

If the same dog accosts you every time you ride the road, report this to the authorities, too. You have a right to use public roadways free from fear for your life, liberty and pursuit of cycling happiness. Keep following up with calls to make sure steps are taken to put PupPup on a rope.



The Harmon will be on Sunday, September 7, at Wilmot Bike & Skate Park, Wilmot WI.

If you would like to volunteer to work, please contact Mary Kay Drapeau at (847)808-1476.

You can sign up for the ride on line at



CLUB JERSEYS

We have the following jerseys and shorts available:

Men's: XXL Long sleeve \$73.50
 L Short sleeve \$68.50
 XL Short \$54.54

Women's: Medium Short Sleeve \$68.50
 XL Short Sleeve \$68.50

Contact Rich Drapeau (847)808-1476

THANK YOU

Thanks to Al & Cindy Schneider for the great job hosting the annual club picnic on July 13. Great food, great rides and a great turnout.

Invitationals

Aug. 3, Rotary Ride, Naperville, Il., 10/25/50/75 miles, events@rotaryride.com

Aug. 9-11, CowaLUNGa, Il., Gurnee, Il., 180 miles in 3 days, Niki Bartosiak, 312-243-2000 x212, niki@alamc.org

Aug. 10, Tour de Chippewa, Wi., 32/60/100 miles, 715-723-8006

Aug. 17, Melon Metric, Plano, Il., 15 miles family, 32/65/100 miles, www.napervillebikeclub.com

Aug. 17, NAMI Ride, Gurnee, Il., 100 miles, Peter Paetsch, 312-560-3174, paetsch@attglobal.net

Aug. 17, Tour de Fort, Fort Atkinson, Wi., 16/33/61 miles, contact Phyllis at 920-563-5279, or Tim 920-563-9231 www.fortschools.org/tourdefort/century_ride.htm

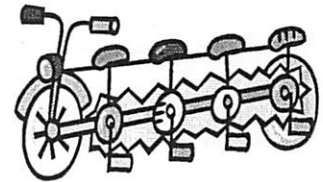
Aug. 23, Red Cross Ride & Stride, Bloomington, Il., 10/30/65 miles, \$20 before 8/1, \$25 after, plus pledges, Scott V ogel, 309-662-0500 x25, scott@arcmclean.org

Aug. 24, Old Mill Century, Oregon, Il., 10/25/50/75/100 miles, \$20, \$25 after 8/10, Greg Frantz, 815-732-7154, gbfrantz@inwave.com

Aug. 24, Bike Psychos Century, Coal City, Il., 35/50/70/100/125 miles, \$13 by 8/18, Dave Fox, 708-802-1804, Century@BikePsychos.org

Aug. 31, Tour of Hog Heaven, Kewanee, Il., 5/28/53/64 miles, \$18 by 8/23, \$20 day of, Jill Milroy, 309-853-4431

Oct. 17-19, Hilly Hundred, Ellettsville, In., Sat 40-50 miles, Sun 40-50 miles, \$30, \$40 after 9/1, Skip Higgins, skiphiggins@comcast.net www.hillyhundred.org



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

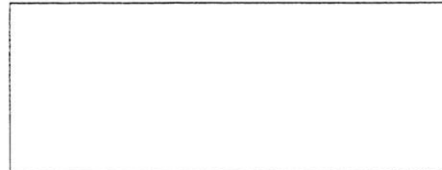


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

Phone: 847-520-5010
Email: wheeling@wheelmen.com

We are on the web
wheelmen.com

Club meeting
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
- *Buffalo Grove Bike Rodeo

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