



MONTHLY MEANDERS

OCTOBER, 2003

PREZ SEZ

August brought great weather for club rides and our membership took full advantage of the sunshine racking up some impressive miles. I stand corrected on my previous column declaring the Harmon in the books. It is indeed now officially over. More on that later.

MaryKay, Jim, Betsy and yours truly attended two bicycling related events in August. The first was a public relations function at the Botanic Garden to acknowledge a donation by area clubs toward the maintenance of the future bike path linking the North Shore and Green Bay trails. This event was significant because it generated a lot of good publicity for bicycling and demonstrated to several attending local and state elected officials, the support we are willing to give to these projects. Our thanks to Ed Barsotti for mentioning the Wheeling Wheelmen during the official presentation and introducing us to some public officials. From there we headed over to the velodrome to see some of the top track racers in the world compete for local bragging rights. Unfortunately a mid race rain brought a halt to the race with about 10 laps to go. We could not stay for the restart. The track is in need of resurfacing at a cost of about \$350,000, so future racing is in doubt unless the money can be raised somehow.

The second event attended by

the above four took place a few days later in Wheeling. This was a priorities setting meeting coordinated by Steve Boime of the Chicagoland Bicycle Federation. Attendees included bike clubs, elected officials and concerned citizens. The purpose was to allow each of the attendees to express bike related issues that affect the areas where we live and bicycle. These ran the gamut from better bike paths to marketing and educational programs. Steve will be at our October meeting to tell us more about this program. I encourage you to attend and share with him changes you would like to see both short term and 5-10 years from now. In addition to Steve we will have pictures from this years Harmon. We had each of the rest stops take pictures with disposable cameras. We'll put them on slides and hopefully capture the day's events.

Don't forget to mark your calendar for the November 6 club meeting at Wheeling High School. Our guest speaker is Dave Cushwa. Dave and his 9 year old son Will, rode a tandem from California to Florida earlier this year. Dave will share some of the highlights of this remarkable adventure.

Good news from Washington. The \$250million funding for the Safe Routes to School projects has been reinstated in an upcoming bill. Goes to show that our elected officials do

listen when we contact them about supporting these programs.

Could the weather have been any better for the Harmon this year? Looks like we had about 780 riders this year, down slightly from last year's 800. Special thanks to Marykay for chairing the ride. You would not believe how much effort goes into making the ride run as smooth as it does. She does a fantastic job keeping everyone on track. Thanks to all of the volunteers. It was not easy working the food stops with all the bees this year. I heard

very positive comments about the road markings, variety of food, sag support, and general friendliness of all the workers. You really set us apart from other club rides.

I leave you today with a few quips from George Carlin.

- Throw out all non essential numbers, including age, weight and height. Let the doctor worry about them, that's why we pay him.
- Keep your cheerful friends. Grouches pull you down
- Laugh often, long and hard.
- Don't take guilt trips. Take a bike trip.

See you on the road.

Rich Drapeau

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WELCOME NEW MEMBERS

Roberto Levinson, Chicago

David and Jeri Johnson, Buffalo Grove

Chip and Jackie Kyle, Barrington

Ray and Joanne McCollim Mt. Prospect

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 will be Wednesday, October 8, 7:00 p.m. at the home of Leonard Geis.

All board members are requested to attend. Please give Len a call at (847)679-0279 and let him know if you will be attending.

MEANDER STATS — TOP 20 Through Sept. 12

194 rides by 143 Members totaling 100028 miles. 6725 maximum miles possible per rider.

1	KILIAN EMANUEL	5503
2	ART CUNNINGHAM	3883
3	JOE IRONS	3090
4	LEN GEIS	2756
5	RICH DRAPEAU	2697
6	DAN WIESSNER	2621
7	AL SCHNEIDER	2490
8	JIM BOYER	2370
9	KURT SCHOENHOFF	2242
10	BOB SAVIO	2154
11	BOB DOMINSKI	2099
12	TOM WILSON	1834
13	LOUIS LAMBROS	1747
14	LOUIS GREENE	1688
15	DENNIS BERG	1566
16	AL BERMAN	1510
17	BRIAN HALE	1431
18	FRANK ILLY	1335
19	BOB WALKOWICZ	1263
20	EARLE HORWITZ	1249
1	CINDY SCHNEIDER	2659
2	MARY KAY DRAPEAU	2224
3	PAM BURKE	1853
4	MARY MYSLIS	1732
5	CHRIS WAGER	1726
6	BETSY BURTELOW	1629
7	KRIS WOODCOCK	1609
8	ELLA SHIELDS	1578
9	REINHILDE GEIS	1543
10	MARIANNE KRON	1357
11	FRAN GREEN	1349
12	CINDY TRENT	1110
13	VIRGINIA SAVIO	1043
14	DEBBIE WILSON	1032
15	PAT ILLY	919
16	ALLISON EBERT	914
17	MEG EWEN	554
18	NANCY BECK	449
19	CHRIS SCHROEDER	428
20	GERI MCPHERON	397

WEEKDAY RIDES

TUESDAY / THURSDAY

DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Willow Stream Park, **PLEASE NOTE NEW LOCATION**, promptly at 9:00 A.M. These rides are normally show and go with cue sheets provided if requested. Willow Stream Park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking on the right. Phone Bob Savio at 438-8066 or Art Cunningham at 963-8746 for more information.

I thought of that while riding my bike.

-Albert Einstein, on the theory of relativity

Annual Banquet

Don't miss the social event of the season. Mark your calendar for Sunday, November 9 for fun, delicious food and lots of great awards. (See flyer on page 7)

This is our chance to celebrate a great season of cycling, make plans for winter rides, cross country skiing and our ethnic dinner outings. If you haven't ridden much this year it's a great time to see everyone and catch up and if you are new to the club a wonderful way to meet new people.

If you are in the top ten mileage be sure to attend to receive your trophy and if you have led a ride we have a nice thank you gift for a job well done.

Don't delay, sign up right away

See at the banquet!

Ella

OCT. 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. 1½ mi. west of Roselle Rd, just north of I-90	30/40	Frank Illy 923-5910 & Brian Hale
Sat. 10-4	9:00	Broken Oar	Kildeer School	Old McHenry Road, north of Long Grove Shopping District	33/44	Bob Walkowicz 658-8905
	9:00	Triple L	Lyons, WI	I-94 North, Exit HWY 50 West, go North on South Road to Lyons	77	Barney Barber 262-930-1260
Sun. 10-5	9:00	New Glarus/Monroe	Chalet Landhaus New Glarus, WI	I-90 to Rockford; US20 to Freeport; IL-26/WI-69 to New Glarus; Chalet Landhaus to left south of town.	104/70 50/44	Mary Myslis 816-1640
	9:00	EFHOB	Rose School	I-90 to Rt.59 North, turn right on Penny Road to the school just past Bartlett Rd.	50	Al & Cindy Schneider 696-2356
Sat. 10-11	9:00	Spring into Wisconsin	David Park, Zion	I-94 north to Rt. 173 (Rosencrantz Rd) go east to Kenosha Rd, turn right to 21 st street, turn left to park, past school (left).	48/62	Dan Wiessner 540-9118
	9:00	47 West of 47	Marengo High School	I-90 West to US 20 West, north to Marengo. Corner of Prospect & US 20	50	Bob Savio 438-8066
Sun. 10-12	9:00	Honey Lake Loop	Kildeer School	Old McHenry Road, north of Long Grove Shopping District	35	Joe Irons 359-0551
Sat. 10-18	9:00	Ride to Fontana	McHenry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	71	Art Cunningham 963-8746
	9:00	Who Let the Dogs Out?	Evergreen School, Union	I-90 West to US20 to Coral. Turn right to Northrup. Turn left to Washington. Turn right to school.	48	Len Geis 679-0279
Sun. 10-19	9:00	B.D.S.R.	Kildeer School	Old McHenry Road, north of Long Grove Shopping District	40	Al Berman 541-9248
Sat. 10-25	9:00	Bull Valley	Lakewood Forest	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on the right.	37/49	Earle Horwitz 632-1112
Sun. 10-26	9:00	Apple Cider Ride	Kildeer School	Old McHenry Road, north of Long Grove Shopping District	36	Virginia Savio 438-8066

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

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

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
10-1	9:00	55 loop	Medley of Trails – Poplar Creek to Ned Brown	Ned Brown F. P., Golf Road Parking Lot	South of Golf Rd. just East of I-290	Paved with connecting roads Joe Irons, Host 359-0551
10-8	9:00	60	Dundee to Richmond	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved and packed crushed stone paths *** Kilian Emanuel 296-7874
10-15	9:00	42	Tinley Creek F. P. District Paths	Community Park, Palos Hts.	So. I-294, E. I-55, So. US 45, E. IL 83 past IL 7, rt. 76 th , park at pool lot on rt.	Paved path and connecting roads
10-22	9:00	50	Des Plaines/McClory Lake County Loop	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 ***
10-29	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 **

*** 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

HARMON RECAP

What a day! Wish you all could have been there to experience the rush of seeing all the cars coming into Wilmot at 5:30 a.m. on Sunday, September 7, 2003. We had 781 cyclist that registered to ride the Harmon, with 525 day of registers, most of them registering before 8:00 a.m.



The weather, food, road markings, rest stops, and people were wonderful. The only down side were the bees! We had people stopping us at the Wilmot stop just say thanks for a great ride, unbelievable food, and the wonderful support.

I want to especially thank all the chairs, Reinhilde and Len Geis, Betsy Burtelow, Jim Boyer, Art Cunningham, Deb and Tom Wilson, Frank Illy, Brian Hale, Christine Schroeder, Bob and Virginia Savio, Al Berman, and Rich Drapeau, for all your hard work and dedication to make sure your tasks ran smoothly. I also want to thank all the volunteers who took time out of their day(s) to not only support the club but make sure that all the cyclist had a wonderful time. Thanks to all of you!

Nancy Beck
 Jeff Biedka
 Pam Burke

Dennis Berg
 Cynthia Brown
 Brad Cofoid

Barry Cohen
 Bob Dominski
 Sean Ebert
 Terry Engelstad
 Fran Green
 Linda Hale
 Pat Illy
 Marianne Kron
 Mary Myslis
 Joel Nelson
 Jennie Pfeifer
 Ron Pontecore
 Sheri Rosenbaum
 Cindy Schneider
 Chris Wager
 Dave Waycie
 Kris Woodcock

Carol Cohen
 Allison Ebert
 Killian Emanuel
 Meg Ewen
 Louis Greene
 Earle Horwitz
 Joe Irons
 Lory Merritt
 Carla Nelson
 Mike Ortmanns
 John Pfeifer
 Emily Qualich
 Al Schneider
 Ella Shields
 Bob Walkowicz
 Dan Weisner

Also, a big thank you to the guys from McHenry County Wireless Association for SAG support, Jon Saunders of Shamrock Cyclery and Vince Boyer from Village Cycle-sport for their help at the rest stops.

Thanks again!

Your Harmon Hundred Chairperson
 Mary Kay

Three Essential Techniques for Roadies

By Fred Matheny of www.RoadBikeRider.com

Pro athletes develop simple techniques that become automatic. A three-point shooter's follow through or a golfer's silky strokes are techniques they've honed until they no longer think about them.

Pro cyclists, too, develop characteristics that separate how they look on a bike from the rest of us. It's not simply a matter of appearance. Unlike golf, when you're riding, you can get scuffed up out there. Looking like a pro means safety as well as style.

Want the look? Master these three techniques and you'll be on your way.

1. Relax. Great athletes in any sport let it flow, making impossible moves and extreme effort look easy. Here's how to be loose as a goose on the bike:

Face Off. If your facial muscles are tight, your whole body follows. Consciously relax your face and neck. Loosen your jaw muscles. Don't clench your teeth in grim-faced determination.

No Turtles. Tense riders hunch their shoulders until their ears disappear. Drop your shoulders and relax the muscles that run from the top of the shoulder to your neck. Don't look like a turtle hiding from danger.

Get a (Light) Grip. Bend your elbows slightly and relax your forearms and hands. If you hit a bump or get bumped, loose arms absorb the blow without affecting the front wheel. You keep your line and stay in control.

2. Pedal Smoothly. It's easy to spot the smooth pedal stroke of a pro compared to a novice's lumpy plodding. Here's how to get supple stroke:

Practice Slowly. A rapid cadence of 90 to 110 revolutions per minute is efficient and stylish. But it's hard for

your brain to keep up with your feet going that fast. Practice at a slower rpm of 60 to 70 so you can concentrate on your stroke all the way around.

Remember Mud. Three-time Tour de France winner Greg LeMond first gave us this tip in 1985, and it's just as helpful today: When you pull your foot through the bottom of the stroke, imagine you're scraping mud off your shoe. This will help you pull your foot through smoothly with added power. Try it and see how well it works.

Knee the Bar. As your foot comes up and over the top, pull your knee forward like you want it to touch the handlebar. This adds power to the weakest part of the stroke.

3. Recover Fast. Pro riders can do a three-week race and go just as hard on Day 20 as in the prologue time trial. Here's how to recover like a stage racer:

Pump Fluids. The loss of as little as one percent of body weight as sweat can compromise your performance. So drink at least one bottle of sports drink each hour you're on the bike. After the ride, drink more until your weight is back to normal. If you aren't getting up twice each night to urinate, you aren't sufficiently hydrated.

Replenish Glycogen Supplies. A 150-pound cyclist needs 80 to 100 grams of carbohydrate in the two hours immediately after riding. An energy bar contains about 40 grams of carbo, a bagel and banana about 60.

Rest. Pros sleep nine or ten hours a night and often take an afternoon nap after training. We can't do that because we have real jobs and the boss would frown. But because sufficient rest is crucial to recovery, try to fit in at least eight restful hours of sleep each night and catch a 15-minute "power nap" in the afternoon.

Interesting Websites



qbike.com: QBike is the most comprehensive online bike equipment search engine. Find road bike, mountain bike, and part and accessory prices from all your favorite online biking retailers

biketour-reviews.com: Reviews of Bike Tour Companies, Help with Planning Your Cycling Vacation in Europe, and Price Comparisons of Bicycle Tour Operators

ecyclingstore.com: bicycle clothing and accessories at the best

prices anywhere. We scour the planet to find the best deals on cycling apparel and accessories and pass the savings onto you

bicyclinglife.com: the promotion of cycling as a means of transportation for every day travel needs as well as recreation and healthy exercise.

girlbike.com: for women cyclists, reviews, deals, resources, how-to, and more.

biketiresdirect.com: Looking for the best bicycle tires at the best prices? Browse our extensive selection of Continental, Michelin, Vredestein, Hutchinson, Ritchey and Kenda.

You are cordially invited to the Wheeling Wheelmen Banquet

Sunday, November 9

1:00—4:00 p.m.

Enzo & Lucia Ristorante Italiano

343 Old McHenry Road*

Long Grove, Il.

\$20.00 per person

(Salad, bread, pasta, chicken vesuvio, soda, coffee, tea & ice cream.
Cash bar)

Please R.S.V.P by November 2

Questions?

Call Ella at 773/594-1755

or e-mail Shieldsbike@aol.com

**(Located in the Long Grove shopping district, parking behind the restaurant
in the municipal parking lot)*



Name(s): _____

Attending: _____

Amount Enclosed: \$ _____

Please make checks payable to WHEELING WHEELMEN

Due by November 2

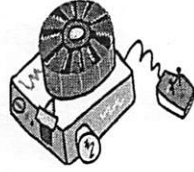
Mail to:

Ella Shields

7516 W. Devon Ave., Chicago, IL. 60631

Club Meetings

Meetings are held on the 1st Thursday of the month (usually Jan-April & Aug-Nov) at Wheeling High School at 7:00 p.m. The high school is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling.



October 2: We will feature a slide show of this year's Harmon Hundred. Most of you are working at specific areas and don't get to experience the whole event. Do you have a pet peeve about a favorite bike route, or trail? Do you want to see more bike lanes? How about a safe way to cross Milwaukee Avenue? Come to this meeting. We will have a representative from the Chicagoland Bicycle Federation, Steve Boime, on hand to gather your input for changes in the next 12 month, 5 year and 10 year periods. He will share what other clubs have suggested.

November 6: Don't miss this presentation. The story of a 9-year-old boy and his dad as they cross the USA by bicycle. Dave and Will Cushwa of Barrington will do a presentation on their 3,500-mile transcontinental bike trip. The journey began in Los Angeles on March 3 and they reached their final destination, Jacksonville, Fla., May 12.

Our next meeting will be in January, 2004.

Invitationals

Oct. 3-5, Amish Country, Arcola, Il., 40 miles daily, \$260, Amy Schmidt, 314-739-5180, tctours@touringcyclist.com



Oct. 4, Pedal to the Kettle Road Ride Whitewater, WI "30, 50 mi" Randy UW-Whitewater/Community Optimist Club 262-473-2488 cullerful@yahoo.com

Oct. 4, Apple Affair Bike Tour. Galesville, WI "20, 40, 60 mi" Bill 608-582-2444 ahwantonie@msn.com

Oct. 4, Tyranena Octoberfest Bike Ride, Lake Mills, WI "46, 66 mi" Mick 920-674-6425 info@tourdehope.org www.tourdehope.org

Oct. 5, Pumpkin Pedal Bike Tour, Elgin, Il., 10/25/45/62 miles, \$25 w/shirt, \$25 day of no shirt, Sandy Hutchins, 630-377-7250, shutchins@soill.org

Oct. 5, Pumpkin Pie Ride, Ottawa, Il., Road 25/50/75/100 miles, I&M Trail 15/20/30/45 miles, \$15 by 9/22, \$20 after, Under 12 \$5, Brian Eastman, 815-433-5035, bikegod@ivnet.com

Oct. 11, Possum Trot Bicycle Boogie, 12, 24, 36, and 51 miles Columbus, Indiana 8:00 am <http://www.possumtrotbb.com> info@possumtrotbb.com Info: Possum Trot Bicycle Boogie, P.O. Box 115, Hope, IN 47246 Phone: 765-525-7226

Oct. 18 & 19, Hilly Hundred, Ellettsville, Indiana 40/50 mile on Saturday and 30/50 miles on Sunday, skiphiggins@comcast.net

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

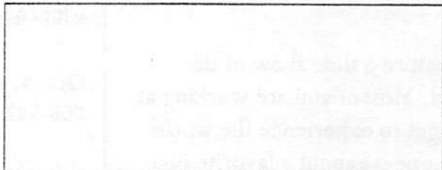
Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



**Wheeling
Wheelmen**

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

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



**We are on the web
wheelmen.com**

Club Meeting
October 2



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