



MONTHLY MEANDERS

MAY, 2004

PREZ SEZ

Greetings fellow club members.

The 2004 season is underway. We had a typical St Pats ride this year. About 140 avid bicyclists came out to Wauconda High School to participate in this year's ride. The weather was cool and windy. In fact wind gusts knocked a power line down forcing us to redirect several riders. This year we used signs to mark the route instead of the usual painted arrows. A special thanks to Len Geis for the huge effort he put into making these signs. Thank you to Tom and Deb Wilson for chairing the St Pats again this year. Thanks also to all the volunteers for getting everyone registered, fed, parked and safely back.

We have some gaps in the ride schedule for ride hosts. Please contact Len Geis or any board member to sign up to host a ride. It's a nice way to give something back to the club and requires very little additional effort if you're planning on doing the ride that day anyway. If you have a favorite route to share with the members please add it to the schedule.

Our third and final ethnic dinner was held at "The India House" in Buffalo Grove. We had 16 members turn out for an excellent meal. Thanks to Jim and Betsy for coordinating. Our April Club meeting

was set up by Sheri Rosenbaum at the Highland Park Hospital Health and Fitness Center. The focus was on stretching and training exercises specific to cycling. Julie Polovick from HPHHFC demonstrated and had us perform 10 different routines over the course of about an hour. I highly recommend you try some of these between bike rides, especially the stretches after riding. Let me know if you would like a copy. I'll bring extras along to the rides.

We are starting to really feel the effects of not having Bob Savio with us. I miss him on the rides and I think I can speak for all the board members when I say that he was the guiding hand at our board meetings. We had no idea how much he did until we started going through all the records he kept. If any of our members has a financial or accounting background and would like to help us keep the finances of the club in order please let me know. We can use whatever help you can give us.

I came across an old article about raising public awareness for bicycling. This was originally published in 1999 and is still very much germane today. We see the effects of growth on almost every ride. Every time we ride on Gilmer Rd the traffic increases and a dozen new houses are con-

structed. It's important that we support the issues that affect our ability to share the roads

- 30,000 people die each year from respiratory illness stemming from auto-related airborne toxins
- The average American family spends 1/5 of its annual budget on transportation.
- Total federal and local expenditures on highways and major roads are \$185 million/day.
- Cost to build a highway-\$3,500/inch...22 ft would buy all our members a very nice new bike.

Space requires to park one car-25 meters or the same for 25 bikes.

Let me leave you with a happier thought.

Bicycling

Riding my bike,
I break restraints
of mind and space.
One spin of the pedals,
the driveway gives way.
I'm breaking free
down a tree-lined street.
On a grade,
falling-
standing-
I face into
the quickening breeze.
As I coast,

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WELCOME NEW MEMBERS:

Gayle Gautreaux, Lindenhurst

Brian Blome, Palatine

Pat Calabrese, Chicago

Jeff Taggart, Buffalo Grove

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
Publicity Chair	
<i>Sheri Rosenbaum</i>	(847)821-7622
<i>luv2bike80@hotmail.com</i>	
Appointed Officers	
Harmon	
<i>Mary Kay Drapeau</i>	(847)808-1476
Newsletter	
<i>Ella Shields</i>	(773)594-1755
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	(847)632-1412
Chairmen	
Banquet	
<i>Kris Woodcock</i>	(847)520-6932
Harmon Data Base	
<i>Jennie Pfeifer</i>	(847)342-8823
LAB	
<i>Phyllis Harmon</i>	
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
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 May board meeting TBA

TOP 20 MILEAGE

Through April 8
17 rides by 64 Members, totaling 7607 miles.
627 maximum miles possible per rider.

MEN:

1	Leonard	Geis	453
2	Joe	Irons	347
3	Louis H.	Greene	290
4	Kurt	Schoenhoff	262
5	Jim	Boyer	250
6	Richard	Drapeau	250
7	Terry	Engelstad	236
8	Bob	Dominski	234
9	Art	Cunningham	221
10	Kilian	Emanuel	193
11	Alan	Berman	141
12	Steven	Holland	140
13	Daniel	Wiessner	139
14	Phil	Castle	137
15	Ulfert	Broochmann	129
16	Earle	Horwitz	125
17	Frank	Illy	122
18	Dick	Vichotka	120
19	Chip	Kyle	118
20	Robert	Pletch	116

WOMEN:

1	Reinhilde	Geis	288
2	Marianne	Kron	228
3	Betsy	Burtelow	193
4	Kris	Woodcock	163
5	Ella	Shields	163
6	Pam	Burke	163
7	Mary	Mysliss	156
8	Mary Kay	Drapeau	151
9	Debbie	Wilson	145
10	Nancy	Beck	128
11	Cindy	Trent	106
12	Chris	Wager	65
13	Nancy	Carrizales	60
14	Fran	Green	50
15	Geri	McPherson	46
16	Cindy	Schneider	40
17	Sheri	Koenig	40
18	Suzan	Reed	40
19	Sheri	Rosenbaum	36
20	Meg	Ewen	30

WEEKDAY RIDES

TUESDAY / THURSDAY DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Willow Stream Park, promptly at 9:00 A.M. These rides are normally show and go with cue sheets provided if requested. Willow Creek 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 Art Cunningham at 963-8746 or Earle Horwitz 374-1129 for more information.

TUESDAY EVENING WORKING STIFF RIDES

Rides of 20-27 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 pm. Cue sheets are provided. To reach the forest preserve go west on Central rd., off Roselle Rd, just north of I-90. Go approximately 1 1/2 miles and turn right into the parking lot. Call Frank or Pat Illy at 923-5910 for further details. A blinker taillight is highly recommended.

ELGIN WEDNESDAY TWILIGHT RIDES

Rides of 20-40 miles as light conditions allow are scheduled to leave the Target Store parking lot near Elgin promptly at 5:30 pm. 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 Rd just south of US 20. Phone Al & Cindy Schneider at 696-2356 for further information

MONTHLY MEANDERS

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 *carry a cell phone		
Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Every Saturday	8:00	Honey Do Ride	Grassy Meadow Douglas Forest Preserve	On Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	30/50	Brian Hale 426-3290 & Frank & Pat Illy 923-5910
Sat. 5/1	9:00	Ice Cream Social	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot	52	Chip Kyle 382-7278
Sun. 5/2	9:00	Nifty 50	Target Store, Elgin	Randall Rd. just south of US-20. Park on SE corner of lot.	51	Pam Burke 630-872-9238
Sat. 5/8	9:00	Apple Cider	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	36	Kris Woodcock 253-9288
Sun. 5-9	9:00	Lou's Commute	Lakewood Forest Preserve	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on right	41	Joel Nelson 540-7648
	9:00	Ride to Big Rock	Rutland Forest Preserve	I-90 W, exit Rt. 47 South, to Big Timber Rd. turn left to F. P.	67/93	Al & Cindy Schneider 696-2356
Sat. 5/15	9:00	Paris School Ride	Paris, WI	I-94W, exit WI 142 W to County D, turn left to school.	39/55	Al Berman 541-9248
Sun. 5/16	9:00	Antioch Twin Lakes	Antioch Upper Grade School	I-94 to IL. 173 west just past IL. 59, turn right on Tiffany left at sign for school	63/82	Mary Myslis 816-1640
	9:00	Trail Ride to Sycamore	S. Elgin Tail Access	S. on Rte. 31 to W. State St., turn left (E), then right just before the bridge to parking.	61	Art Cunningham 963-8746
Sat. 5/22	9:00	LaGrange/Rome Pond	General Store, LaGrange, WI.	US 12 West past Elkhorn to County H	70/101	Art Cunningham 963-8746
	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	Pam Burke 630/872-9238
Sun. 5/23	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	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	Virginia Savio 438-8066
Sat. 5/29	9:00	Ella's Escapade	Glacial Hills Park, Ritchfield, WI	I-94 West to 894 bypass becomes US. 45 Exit WI. 167 W to Fries Lake Road (in Washington Co.), Left to Park	70/105	Mary Myslis 816-1640
Sun. 5/30	9:00	Bill & Mike's Adventure	Glacial Hills Park, Ritchfield, WI	See above	77	Art Cunningham 963-8746
	9:00	St. Pat's Loops	Wauconda High School	Rt. 12/59 to Old Rand Rd. in Wauconda, & 2 mi. NW to school	16/20/36	Bob Pletch 253-8633

ALWAYS CALL 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 Cunningham

May Wednesday Chicago Area Bike Path/Trail Rides

Date	Time	Miles	Path/Trail	Start	Directions	Comments
5/5	9:00	46	Long Prairie Trail to Rockton	East Trail Head, near Chemung, IL	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 ***
5/12	9:00	50/30 loops	Medley of Trails – Deer Grove Woods to Lake Arlington	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 **
5/19	9:00	42 partial loop	Great Western - Prairie Path Loop	Kline Farm, Winfield	From North Ave, left. (s) at Country Farm Rd., 3/4 mi., lot on right	Packed crushed stone, some paved ***
5/26	9:00	32/54	Chicago to Lake Bluff Ride	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. ***

Many Hands Make Light the Work



This is especially true for the St. Patty's Day Ride. We would like to thank everyone for donating their time marking roads, directing parking, registering riders, buying supplies, setting up, tearing

down, baking cookies, and those who lent their expertise. All of this collective effort made for a smooth running St. Patty's Day ride. Also, special thanks to Len, who made all the signage. The signs were well received by the riders.

Again, many thanks to all of you.

Sincerely,
Tom and Deb Wilson

[T]he bicycle is the most efficient machine ever created: Converting calories into gas, a bicycle gets the equivalent of three thousand miles per gallon. ~Bill Strickland, *The Quotable Cyclist*

ASK DEE RAILLEUR OR DR. S.P.OKES

DEAR DEE:

After a ride, what should I do to my road bike?
Mr. Clean

The Post Ride, 2-Minute, You'll-Really-Do-It Checklist

Wipe down the frame

Lube the chain

Inspect the tire sidewalls for tears

Spin the wheels, examining the rims for true

Check the brake pads. Be sure there's at least 2 mm of pad left--any less, and make a note to replace them before the next ride. If there's uneven wear, either sand them flat or make a note to do it before you ride again.

DEAR DR. S.P. OKES:

How do I clean my clipless pedals?

Mrs. Clean

A toothbrush is the ideal tool for cleaning clip less pedals. Mix some degreaser and water, dip the brush and scrub. After cleaning, you should lube the pedal.

Put a drop of dry lube on:

1. Anything that pivots.
2. Springs.
3. Anywhere the pedal engages the cleat.

If you have a bicycling related question for Dee Railleur or Dr. S.P. Okes e-mail the editor at Shields-bike@aol.com and it will be answered in a future column



(Continued from page 1)

lulled by the humming
of tires and road,
I see drifting above me
the billowy tops of trees.
Wheels-a-whirl,
I round the turns
that lead to savannahs
of land and sky-
the open countryside.
While climbing high hills,
bathed in the sun's
warm tingling rays,
I hear the chirps and trills
of birds, on the wing or perched.
I feel a special Presence.
I thrill in the harmony
of the natural world.
At the edge of tall inclines
I drop like an eagle
swooping on prey.
Quickly I'm swallowed
by onrushing slopes.
Exhilarated,
I ride the crest
of gathered force
from one hill
into the adjoining other.
In the buffeting wind
I glimpse racing by me
fields-
some green, others tawny brown.
On even terrain,
homeward bound,
I rest my eyes skyward
on towering cumuli
rising and traversing the blue.
My heart is at rest.
I am refreshed.
My being is full!

-By Virgil Gelormino, June 1996

See you on the road.

Rich Drapeau

LaGRANGE WEEKEND

Now that the season has started, I keep looking around for Bob. I think I'll always remember the experiences, I just wish that I could have them again.

Saying there's "Bob and Virginia's van!"

Jokes about waking Bob up for the start of the ride. Then realizing that we actually did have to wake him up.

Double checking routes in his car prior to the rides.

Bob's map collection.

Realizing that Bob and I had the two cell phones when we got separated from Cindy and Bob Walkowicz on a long ride.

One less Bob.

Enjoyment of riding with Bob over rolling farm areas with no traffic except for the occasional cow. Watching Bob climb those hills so easily.

Companionship

Talking about other riders not paying attention to traffic.

Consoling me over the idiots not paying attention to road markings on the Harmon.

Talking about politics, the economy, bureaucracy.

Talking about family and pets.

Talking about life.

Humility

Humanity

Clicking of freewheel

Bob's chortle (hard to explain) a-ha,ha,ha,ha-ha

Suspenders

Yellow jersey

Laugh

Smile

I asked Virginia, what were Bob's favorite rides. She said he liked them all, but indicated a real fondness of the LaGrange rides. If you have the time join us in July for either LaGrange-Concord on July 24th: 40,75,100 miles or Rural Wisconsin on July 25th: from Eagle: 65,95 miles. Bring your yellow jersey, smile and kindness.

Motels are filling up fast. We're staying in Fort Atkinson. There is a good inexpensive Italian Restaurant there.

Al Schneider, 847/696-2356

VOLUNTEERS NEEDED

BUFFALO GROVE BIKE RODEO

May 8 (Rain date May 15)

11:-00 am—3:00 pm

We will be helping children ages 5-12 with helmet fit and inflating tires.

The rodeo will be held at the Busch Grove Skate Park, 1000 Buffalo Grove Road, (corner of Buffalo Grove Rd and Deerfield Pkwy) Enter parking lot off Buffalo Grove Rd.

Contact Sheri Rosenbaum at 847-821-7622 to volunteer.

Visit their website at www.vbg.org.

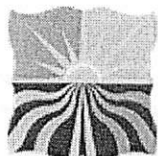
Join the fun . . .

The excitement . . .

The challenge . . .

Of an outstanding two days on wheels

Saturday, June 12 and Sunday, June 13, 2004



TOMRV, the Tour of the Mississippi River Valley, means a Saturday of joining with 1,500 bicyclists on a scenic 106 mile journey from Bettendorf, Iowa, across the Mississippi River into Illinois, Wisconsin and then back into Iowa for an overnight at Clarke and Loras Colleges.

On Sunday, riders take a different 86 mile route along the Mississippi River on the Iowa side. They pass through Iowa's famous Grant Wood scenery back to the start at Scott Community College in Bettendorf, Iowa. On both days, shorter routes are available.

TOMRV also means a colorful t-shirt, the spectacular TOMRV banquet at Clarke College, refreshment stops every 10 – 15 miles, a beautiful and challenging route and the ambience of sharing an early June bicycling weekend with fellow cyclists from all over the Midwest.

For further information and/or an application:

Visit our club web site at: www.qcbc.org/tomrv

You may also register online at: www.active.com

Or contact Linda Barchman at: lindabarchman@hotmail.com or 563-388-8043

Bike Chicago 2004 Plans 150 Events May, June, July 2004

Bike Chicago celebrates its 14th year with more than 150 events held to promote the health, economic and environmental benefits of bicycling. Experience three months of bike fun, including the Bike to Work Day Rally (June 18), Bike The Drive, The L.A.T.E. Ride, sporting events, exhibitions, a commuter challenge, parades and educational workshops. Bike Chicago is presented by the Mayor's Office of Special Events and Bank One.

Join local celebrities and the City of Chicago at the Bike to Work Day Rally/Breakfast and Commuter Challenge will be held from 7:30 a.m. to 9:00 a.m. Friday, June 18 at Daley Plaza. Celebrate the halfway mark of Bike Chicago with a couple of hundred cyclists and local media celebs, participants will receive a continental breakfast. For more information on this event, call the Mayor's Office of Special Events, 312-744-3315.

Chicago has been recognized by the League of American Bicyclists for having Best Bicycling Month in the Nation. Bicycling Magazine also picked Chicago as the Best 'Big' Cycling City in the United States. The City of Chicago boasts more than 125 miles of new or improved bikeways, 9,400 bike racks with 15 miles of new bike lanes to be installed in 2004.

ILLINOIS STATUTES: Sec. 11-1503. Riding on bicycles.

(a) A person propelling a bicycle shall not ride other than upon or astride a permanent and regular seat attached thereto. (b) No bicycle shall be used to carry more persons at one time than the number for which it is designed and equipped, except that an adult rider may carry a child securely attached to his person in a back pack or sling.

Excursion Ride

MEMORIAL DAY WEEKEND

The Glacial Hills Park Memorial Day Weekend Excursion Rides are scheduled for Saturday, May 29 and Sunday May 30. The traditional rides, Ella's Escapade (70/105) and Mike & Bill's Adventure (70) are exceptional rides in Wisconsin's Northern Kettle Moraine area. The scenery is tops and the challenging topography will prepare you for the June tours on your schedule. For Saturday evening stay-over we recommend the Germantown Super 8 ((800)-800-8000) where we usually stay. There are plenty of other motels along US 41 in the Germantown area. We plan to meet in the evening at a local restaurant. Please contact hosts Mary Myslis, 847/816-1640 or Art Cunningham, 847/963-8746 if you plan to attend one or both of the days



For Sale

White Cannondale Tandem, \$1,000.00. Call Kurt 847-634-2634



Waterford 1200 Road Bike 56 CM full Dura Ace 9 speed Mavic Ceramic rims. Excellent condition. \$1,200.00. Call Mike @ 773-594-1755



Specialized Crossroads Model, Woman's Hybrid, for 5' 7" rider, straight bars, ratchet shift, Schrader valves. Used less than 100 miles. Bike attached pump and lock, foot pressure pump included. \$85

Performance Trainer Rollers \$20

Both items for \$80 Howard Bronson, (847) 475-1198 or howard.bronson@gte.net

Use the "What hill?" test.

Are you ready to ride hard today? It can be tough to tell. You need a high energy level to ensure that a strenuous workout will improve fitness. Do intervals or climbing when your body isn't up to the effort and you'll get fried instead of fit.

It's better to ride hard when you feel good, not force yourself to do it on a rigid schedule. But your body isn't always going to let you know. Some days you drag yourself onto the bike, pedal easy, wallow in self-pity -- but feel great as the ride ends. Darn! Coulda gone harder!

Try this simple gauge of readiness. Route your ride so your warm-up of about 15 minutes takes you to a short hill -- a small rise of perhaps 50 yards with moderate steepness. If you were in a car, you'd say, "What hill?"

Don't think about climbing the hill in any special way. Just do it. Then analyze how you felt.

Some days you reach for lower gears, your legs burn and the molehill feels like a mountain.

On other rides, you sail up the gradient without noticing it. You don't feel the pedals. Your legs are loaded for bear.

What hill?

On those blessed days, let 'er rip. Ride with spirit. Do intervals. Pick a hilly loop rather than the flats. Seek out a fast group.

But if the hill makes your legs feel like road kill, spin easy. Better days are coming, and the hill will reveal them.

From www.RoadBikeRider.com

Invitational's

May 16, Chocolate City Bike Ride, Burlington, WI. 19/33/62 \$16 before 5/9 \$20 after Bob Koldeway Paul Mueller, 262-763-7794, paul@focus-realty.com

May 28-30, Horsey Hundred, Georgetown, KY. 30-100, \$25 after 4/30 \$35 Bill Daniels 859-271-6001 horsey@bgcycling.org

June 6, Udder Century, Union, IL 31/50/62/100\$20 before 5/28 \$25 after kids 6-12 \$8McHenry County Bicycle Club 815-477-6858 mcbinfo@comcast.net

June 11-13, Lake Tour Bike Trek, Crystal Lake 100/150 \$60 George Schabow 630-260-9600 GSchabow@Lungil.org

June 12-19, GITAP Grand Illinois Trail and Parks DeKalb 450 \$310Chuck Oestreich 309-788-1845 oestreich@qconline.com

June 13, BCLC Ramble, Wilmot, WI . 30/50/70/100 \$12 by 6/1 \$17 after Cynthia Simmons 847-604-0520 smithia_simmons@hotmail.com

June 20, Windy 60, DeKalb, 20/40/63\$13 by 6/1 \$16 after Char Riefler 815-758-1562 dekalbwindy60@yahoo.com

June 27, Swedish Days Ride, Burlington, IL. 25/45/62/75/100 \$14 before 6/21 \$20 after \$30 family 630-978-2263 swedishdays@fvbsc.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

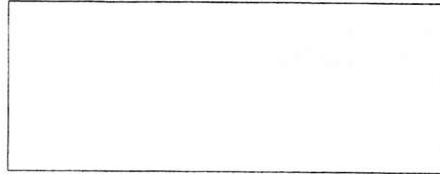


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Next Club Meeting
August 5



September 12

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
- *Bicycle Federation of Wisconsin

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