



MONTHLY MEANDERS

JUNE, 2004

PREZ SEZ

I find that as the weather warms up I define each week by the bike rides scheduled that week. Monday is usually a recovery day from two long weekend rides. For the working stiffs in the club it's by far the longest and most dreaded day of the week. There is a plus side because I usually put my bike and gear in the car Monday night for the working stiffs ride on Tuesday. Tuesday things start looking up. My primary focus throughout the day is checking the weather on the internet, plotting the best route from Glenview to Long Grove so I get to Shamrock Cycle in time to get everyone signed up and on the road by 6:00pm and of course 28 miles of hammering bliss topped off by a coldie pop at the local watering hole swapping slightly exaggerative cycling tales with fellow club members. Wednesday is the second worse day of the week. I cannot make it to the Wednesday night ride on time from where I work so I usually head to the gym for some weight work. Does anyone really like doing weights? I will start checking the Wheelmen web site to see what's on tap for the weekend, but all in all this days a bust. Thursday and the juices start flowing again. Weather permitting a few members will get together for a relaxed trail ride on the Des Plaines River Trail. These are usually 25-30 miles jaunts on our mountain bikes. If anyone would like to join us give me a call or email. We leave my house at 6:00pm. Friday is a rest day and time to finalize the weekend ride plans, check the weather every ½ hour, and get my game face on for the weekend. Saturday and Sunday seem to last

about 5 seconds each when you're a working stiff. I vaguely recall getting up, riding, chores, errands and getting up again on Monday. That's my week. Sound familiar? Most of you are thinking, geesh, get a life man. No offense taken. This is my life....and I like it.

The St Pats ride is behind us and we are now focusing our attention on the Harmon Hundred. This time of year we get the rest stops lined up and contracts and permits signed. Imagine our shock and surprise when Marykay called Wilmot Ski Resort to confirm the date and cost only to be told, sorry we have another function scheduled that day. Talk about a worse case scenario. The brochures were at the printer ready to go to press. Thanks to quick action by Marykay and Ella we were able to catch them just as they were setting up the press. We are now scrambling to come up with another venue. We have contacted the High School and Fairgrounds in Wilmot and hope to have one of those sites locked up by the time you get this. This will require only minor changes to the route. Special thanks to Tom and Deb Wilson for their help with this issue.

Hey new members! Welcome to the club. We'll probably put the squeeze on you to help out with the Harmon. Its a little work and a lot of fun. Speaking of a little work and lot of fun how about hosting a ride this year. All you have to do is pass around the sign up sheet, cue sheets and mail in the sign up sheet after the ride. Some hosts will check out the route in advance. It's a nice touch but not mandatory. Remember

to introduce any new members.

Going on a bicycle related vacation this year. How about taking all of us with you? If that's not possible send a note to Ella so we can read about your adventure in the newsletter. Better yet bring back some pictures and tell us all about it at a club meeting.

Here are a few highlights from the May board meeting. We covered the problem with Wilmot Mountain and the Harmon. Len Geis finished the metalwork for the route signs. Sheri Rosenbaum rescheduled volunteers for the Buffalo Grove Bike Rodeo due to a rainout. Sheri will also contact newspapers, magazines etc about the change of venue for the Harmon. Membership is up to 250 about the same as last year at this time. Jim Boyer is going to look into fine tuning the directions to ride start points on the web site. We agreed to have a Thursday cut off for any changes to the weekend rides so we can get it on the Friday ride line. The club is in good shape financially. We are renewing a CD that is expiring soon. Al Berman is going to coordinate changing who has signoff authority on the bank account. We can cover about 2 year's worth of expenses for the St Pats and Harmon. There was some discussion about how the Sycamore Scamper ride got its name and perhaps changing the focus of the ride, but in the end no action was taken. Thanks to Kris Woodcock for hosting the meeting.

See you on the road.

Rich Drapeau

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WELCOME NEW MEMBERS:

Sherry Foley-Haggard & Michael Haggard, Lake Zurich

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

Publicity Chair

Sheri Rosenbaum (847)821-7622

luv2bike80@hotmail.com

Appointed Officers

Harmon

Mary Kay Drapeau (847)808-1476

Newsletter

Ella Shields (773)594-1755

St. Pat's Ride

Tom & Deb Wilson (847)632-1412

Chairmen

Banquet

Kris Woodcock (847)520-6932

Harmon Data Base

Jennie Pfeifer (847)342-8823

LAB

Phyllis Harmon

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

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.

TOP 20 MILEAGE

Through May 8

53 rides by 84 members totaling 22803 miles.

1577 maximum miles possible per rider

Women:

1	Reinhilde	Geis	720
2	Mary	Mylis	576
3	Pam	Burke	557
4	Ella	Shields	533
5	Mary Kay	Drapeau	469
6	Marianne	Kron	438
7	Kris	Woodcock	413
8	Cindy	Trent	405
9	Cindy	Schneider	398
10	Betsy	Burtelow	393
11	Debbie	Wilson	345
12	Meg	Ewen	303
13	Barb	Swasas	186
14	Chris	Wager	170
15	Nancy	Carrizales	167
16	Nancy	Beck	160
17	Christine	Schroeder	140
18	Suzan	Reed	135
19	Fran	Green	133
20	Sheri	Koenig	122

Men:

1	Leonard	Geis	1206
2	Art	Cunningham	980
3	Kilian	Emanuel	938
4	Joe	Irons	706
5	Bob	Dominski	698
6	Richard	Drapeau	693
7	Frank	Illy	684
8	Jim	Boyer	546
9	Phil	Castle	509
10	Louis H.	Greene	500
11	Daniel	Wiessner	438
12	Al	Schneider	436
13	Kevin A.	Moore	425
14	Kurt	Schoenhoff	424
15	Earle	Horwitz	380
16	Chip	Kyle	380
17	Alan	Berman	373
18	Dennis	Creaney	345
19	Terry	Engelstad	343
20	C. Brian	Hale	322

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

June 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
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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. 6-5	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.	70/100	Art Cunningham 963-8746
Sun. 6-6	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	Peter Guzik 255-2021
Sat. 6-12	9:00	Triple L	Lyons, WI	I-94 North, Exit HWY 50 West, go North on South Road to Lyons	77	Al & Cindy Schneider 696-2356
Sun. 6-13	9:00	City of the O's	General Store, LaGrange, WI	US 12 West past Elkhorn to County H	46/86	Rich & Mary Kay Drapeau 808-1476
	9:00	Hills of Barrington	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	38	Brian Hale 426-3290
Sat. 6-19	9:00	Triple Deerpass	Evergreen School, Union	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	66	Ella Shields 773-594-1755
Sun. 6-20	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	Kilian Emanuel 296-7874
		Apple Cider	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	36	Louis Greene 925-0629
Sat. 6-26	8:00	Sycamore Scamper	McHenry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	82	Rich Drapeau 808-1476
Sun. 6-27	9:00	Twisted 60/82	Middle School, Antioch	I-94 to IL. 173 west just past IL. 59, turn right on Tiffany left at sign for school	60/82	Tom & Debbie Wilson 632-1412
		Hills of Barrington	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District (Strawberry Festival afterward)	38	Marianne Kron 259-1201

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

Board Meeting

The next board meeting will be held on Thursday, June 3, 7:00 p.m. at the home of Ella Shields.

All board members are requested to attend. Please give Ella a call at 773-594-1755 and let her know if you will be attending.

A bicycle does get you there and more.... And there is always the thin edge of danger to keep you alert and comfortably apprehensive. Dogs become dogs again and snap at your raincoat; potholes become personal. And getting there is all the fun. ~Bill Emerson, "On Bicycling," Saturday Evening Post, 29 July 1967

June Wednesday Chicago Area Bike Path/Trail Rides

Date	Time	Miles	Path/Trail	Start	Directions	Comments
6/2	9:00	40/62 partial loops	Loops of the Aurora Spur of the Prairie Path	Roy C. Blackwell F. P., Warrenville (Mack Rd. entrance)	Go east I-90; go south IL-59; go right Mack Rd. 1/2 mile; Forest preserve parking on the left.	Packed crushed stone, some paved ***
6/9	9:00	40/52	Salt Creek to Waterfall Glen	Willow Springs Access I&M Canal F. P.	Go south on I-294: go left (east) on I-55; go south on US-45: go rt. on Archer (IL-171); go rt. on Cliffside Dr. to parking under the Willow Springs (Wentworth) bridge past the tracks	40 miles paved trail & streets; 12 miles crushed stone in Waterfall Glen
6/16	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
6/23	9:00	46 partial loop	North Portion Lake Co. Des Plaines Riv. Tr.	Parking Lot D, Old School Forest Preserve	IL 176 to St. Mary's Rd.; south to Forest Preserve on the lft. Park in shelter D lot.	Packed crushed stone ***
6/30	9:00	55	Ride to Illinois Beach	Lakewood F. P. Millennium Trail access	East of Fairfield Rd. opposite Ivanhoe Rd. just south of IL 176	Packed stone paved. Short park loop, sandy.

***approved for narrow tires **wide tires recommended *wide tires required
 Bring snacks and plenty of water Check with Art Cunningham - 963-8746 for details

Excursion Ride

**SPRING GREEN RIDE
 LABOR DAY WEEK-END
 SEPTEMBER 4, 5 & 6**

Experience some of the most beautiful biking areas in the Midwest in Spring Green, Wisconsin. During the Ice Age, the glaciers by-passed this area creating lots of hills and beautiful vistas. When this ride was first created, we stayed at the Wildwood Lodge, a very rustic Lodge located in a very remote wooded area a few miles from the town of Spring Green. The Lodge eventually closed, but it now appears that it will be reopening after undergoing extensive renovations. The new owner plans to serve breakfast and dinner. I'm dedicating this ride to Bob Savio, as he and Virginia were on every one of the original Spring Green Rides, and Bob was going to help me with the routes this year. When I decided to resurrect this ride, naturally Bob had all of the old cue sheets in his files. Details as to price etc. are yet to be worked out, but if you're interested, put this ride on your calendar and I should have more details available for the next newsletter.

Al Berman

PICNIC

**MARK YOUR
 CALENDAR FOR
 SUNDAY, JULY
 11.**



**THE ANNUAL PICNIC WILL
 BE HELD AT OLD SCHOOL
 FOREST PRESERVE IN LIB-
 ERTYVILLE.**

**DETAILS WILL BE IN THE
 JULY NEWSLETTER.**

Test your bike knowledge.....

1. What year was the term "bicycle" coined?

- 1751
- 1794
- 1842
- 1869
- 1893
- 1904

2. Who declared the bicycle "has done more to emancipate women than anything else in the world?"

- Susan B. Anthony
- Elizabeth Cady Stanton
- Lucy Stone
- Sojourner Truth
- Matilda Joslyn Gage

3. When were kickstands added to bicycles?

- 1800's
- 1920's
- 1930's
- 1940's
- 1950's
- 1960's

4. Where was the first "mountain bike" created?

- California
- Texas
- New York
- France
- South Carolina
- Colorado

5. When did mountain bikes first compete in the Olympic Games?

- 1988
- 1992
- 1996
- 2000
- They haven't

6. Where were the first vehicles resembling bicycles developed?

- England
- France
- Germany
- Japan
- United States
- China

7. When were these vehicles (in #6) developed?

- 1500's
- 1600's
- 1700's
- 1800's
- 1900's
- B.C.

8. When were spoke wheels, hollow frames, and ball bearings added to the bicycle?

- 1850's
- 1870's
- 1890's
- 1910's
- 1920's

9. Who is given credit for inventing the "modern" bicycle?

- Leonardo Da Vinci
- Karl Von Drais
- Kirkpatrick Macmillan
- William Cornelius
- H.J. Lawson

10. When were cranks with pedals attached adding leg power to bicycles?

- 1830's
- 1850's
- 1870's
- 1890's
- 1910's

11. When was the derailleur added?

- 1878
- 1899
- 1904
- 1911
- 1938

12. When did the U.S. Army's 25th Infantry Bicycle Corps pedal 1900 miles averaging 52 miles per day?

- 1869
- 1897
- 1907
- 1914
- 1943

Answers:

- 1. 1869
- 2. Susan B. Anthony
- 3. 1940's
- 4. California
- 5. 1996
- 6. England
- 7. 1700's
- 8. 1870's
- 9. Karl Von Drais
- 10. 1830's
- 11. 1899
- 12. 1869

Training with Robbie Ventura

After the October AHBA meeting in which Robbie Ventura, member of USPS along with Lance Armstrong, I bravely made a phone call to his company, Vision Quest Coaching Services, and was nearly speechless (I know, hard for you guys to imagine) when Robbie answered the phone. I explained that I was a club rider looking to improve. Two days later I was in Lake Bluff for my performance testing.

As I finally pulled into the parking lot, not an easy place to find, I encountered several "real" riders with amazing bikes and legs. Wow!!! I felt like a huge dork, but I was there for here's what we did.

Baseline Physiological Measurements

- * Percentage Body Fat (UGH!! Scary for all, especially women)
- * Body Mass Index
- * Vertical Jump (really feeling like a dork now)
- * Blood Pressure (I'm good)
- * Resting Heart Rate (56 and that's will Robbie holding my wrist - feeling studly again)

Performance Assessment

- * Power Testing
- * Blood Lactate Threshold Test (Rode my bike on a trainer and he took blood from my finger every couple of minutes to determine my LT at 165)
- * Maximum Heart Rate Determination (I think I hit low 180's)
- * Spinscan Pedal Stroke Analysis (pathetic, little to no hamstring pull)

Post-Assessment Analysis

- * Heart Rate Training Zones
- * Prescribed Race/Workout Warm-up - Athlete and Sport Specific
- * Professional Bike Fit (This was awesome. Bike feels so good now.)
- * Athlete Specific Areas for Growth

So Robbie gave me some specific workouts and eating plans for the winter.

I'm proud to say that I've lost 15 pounds. Robbie wanted me to loose 15 pounds by February. I think considering I started this whole thing in November, I did pretty well. I followed his "simply diet".

1. Eat most carbs for lunch and then fats and proteins for dinner.
2. Don't eat 3 hours before you go to bed.
3. Cut back on simple sugars. (I made up my own rule that I would try not to eat candy after 2pm.)

For November and December I e-mailed a friend in Wisconsin who also wanted to loose weight so we would send our daily food diaries to each other. That really helped because I wouldn't want to admit eating a bag of M&M's or a Snickers Bar.

For weights I had a new leg workout that Robbie recommended. I would do 10 step-ups each leg with hand weights, 10 lunges each leg with hand weights and then 10 leg curls for the hamstrings each leg on machines. Then I would go and ride the bike at 40 rpms for 10 min-

utes. Then repeat the whole thing. The theory here is that by riding with the proper pedal stroke after doing weights, you "teach" your muscles what they are for. (2 times a week)

For bike training/cardio, I had two workouts. The first was for rpm improvement. I was to ride at 105, 110 and 115 rpms for 5 minutes and build up to 10 minutes with recovery time in between. The second was to work on my lactic acid threshold so I was to ride at a heart rate of 165 for 10 minutes (build up to 20 minute intervals) and recover for 10 minutes and repeat. This one really hurts. I'm usually dead after the two 20 minute sets. On some days it's really hard to get up to the 165 HR.

Since November I have done weights 3 times a week and ridden between 100-150 miles indoor a week. My longest indoor ride was 50 miles and some weekends I did up to 86 miles. I would try to do at least 20-25 miles a night. I had a few busy weeks and didn't quite maintain this level of intensity, but really I did to all this most other weeks.

On March 26th I rode outside for the first time. I went up for the bakery ride. It was in the 50's and very windy. I think I did great. I rode 33 miles with the group plus 8 miles up and 8 back home. I feel great and I think I rode really well for the first ride of the season. I would tell you my average, but the battery died on my odometer sometime over the winter. Overall, I'm very happy with my winter training and even happier to be back outdoors again. Perhaps the best part of the ride was the comments by several that my "butt was smaller" (thanks Pletch but many noticed the weight loss. Only cycling friends can make comments like that and have it be OK.

I spoke with Robbie again to check in and report my weight loss. He's very encouraging. In addition we discussed what I should be doing now that I'm riding outdoors. Basically it's the same. I should do a ride or two a week going HARD for threshold, keep working on cadence and to go easy once a week, heart rate under 140, for 1.5 - 3 hours. The easy ride lets my body recover but more importantly it burns fat.

The VQ Performance Testing cost \$270 (ouch), but with my spring ride results, I'd say it was well worth it. It kept me motivated all winter and Robbie is just great. Over the winter I called him a few times with questions and clarifications regarding the workouts. He was always friendly, encouraging and upbeat. I really look forward to the 2004 riding season. Just a side note, but Robbie is just about the nicest person and he truly loves cycling. He seems to really appreciate his position with the USPS team. If you check out the USPS cycling website, he is writing articles from their training camp in January through the 2004 racing season. In addition he writes training articles on the Vision Quest website too. In his writing you can see his enjoyment of cycling and appreciation of his amazing team and teammates.

Websites

usps cycling: www.uspsprocycling.com

Vision Quest: www.visionquestcycling.com

Cindy Trent

Early Spring Racing Fun

Parkside Training Crit #1, March 14. I won my class, (40 plus), but the win was meaningless as my competition was only the 'crazy lady'. She rides a hybrid and goes so slow that she gets lapped several times. It seems like she might have partied a little too much in the '70's. The real story that day was the wind. I think it was some of the hardest and most painful riding I have ever experienced. It was the St. Pat's Day Ride so you guys probably remember the riding conditions. As Phil Ligget would say, I was digging deep- I might have gone to China and back. My goal was to stay with the pack. Somehow they got away from me early- but I hauled myself back to them and stayed with them- though the pack got more and more strung out. Eventually it was me and this girl whose technique on the inclines in the tremendous headwind was to stand up and grind it out slow in a very high gear as if her quads needed an extra workout to make the race worthwhile. The race was 45 minutes plus 1 or 2 laps- I can't remember- but at 30 minutes I was quite ready to stop. The nameless girl and I were in the middle of the field, on the last lap she had enough to pull way ahead. I had enough to maintain my pace, do a cool down lap and unclick from my pedals without falling over.

Parkside Crit #3 Mar 28th: I won my age group again...but the competition was only one serious rider- Chris Hoff, & of course the 'crazy lady'. The 'thrill' of victory really came from being able to stay with the pack the entire race, -no catching up- and sprinting at the end- passing up 3 people and doing seventh overall. (they raced the women's open

and cat 4 with the 40, 50 and 60 plus).

Muskego Park Crit Apr 24th: BIG hill. Thank goodness the race was only 30 minutes plus 2 laps. USCF event & only women's' open category. I was dropped and caught back up 2 or 3 times, but on the last 2 laps they took off...But at least I came in only Next-to-last. It was like going up the Spring Creek Rd hill on the Tue Bakery ride 10 to 12 times-every 3 1/2 minutes or so.

Muskego Park Crit May 8th: BIG hill going the other way. Rainy. A Cat 4 event- no masters level. I came in 6th out of 10 riders and if I had used better strategy, I might have come in 4th or 5th. But I felt normal (except for totally numb wet feet) at the finish, - unlike the 1st Muskego Crit where I was so tired I had to take it easy the next day. The reason for my improved performance is due to the help I'm receiving from Dave Schneider. He is the coach of the Coyote racing team whose members have won numerous national championships over the years. At 13 years old his daughter has already won 4 Jr. National Championships. Ever since I bought my Trek 5200 from him, way back in Nov '02, he has been a terrific source of advice and knowledge for me.

Bong 40k time trial May 9th: I got 3rd in the 40 plus (out of 4, I think). And I was just happy to maintain 20 plus mph average and do better than my last 40k way last September. AND it was sunny and warm and not too windy!...As anyone who did the Ride to Big Rock that day will remember!

Mary Myslis



RACE RESULTS

Club members Mary Myslis and Garry McGovern trained hard this winter for the early season racing schedule. It paid off when Mary won gold for a 1st Place finish, and Garry, riding for Redline Racing Ltd., captured two silver medals and a bronze at the U. of W. Parkside March Critorium Races in Kenosha, WI.

This series of 3-races over 3-weekends on a 1 mile undulating, rectangular course is sanctioned by the national licensing body, American Bicycle Racing, and is part of their Wisconsin/Illinois racing points series.

It was typical March weather by lake Michigan, cold and blustery every weekend, with powerful wind gusts making for some tricky racing, particularly in crosswinds that tended to push your bike out from underneath you in the turns.

Congratulations to our riders for a job well done. Photos and details are on the web at ambikerace.com."

(If you have been racing please send your results to the editor and I will put them in the newsletter. Thanks.)

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

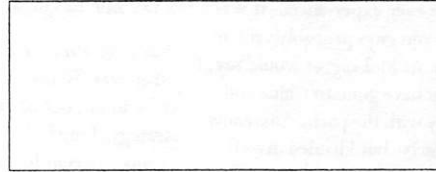


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Next Club Meeting
August 5



Sept. 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

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
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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