



MONTHLY MEANDERS

JULY, 2004

PREZ SEZ

Greetings fellow club members.

I've been riding with this club for many years and cannot recall two more miserable weekends than the last two in May. Just about every ride was cancelled because of rain, wind, lightning, hail or some combination of these.

The Honey-Do ride on Saturday the 22nd was rained out so a group of us headed to the IHOP instead. The next day was cold, windy and a few sprinkles so the five of us who were foolish enough to show up decided to keep the bikes on the racks and head to the gym instead.

Jim Boyer, Betsy Burtelow, Marykay and I drove up to Germantown, WI Memorial Day weekend. We were joined Saturday morning by Art Cunningham, Mary Myslis and Vince Steidl. The forecast looked promising, mixed clouds for Saturday and a chance of rain Sunday. Well it started raining at 8:00 Saturday morning and never stopped. We opted to wallow in misery over coffee and cinnamon buns the size truck tires. 10,000 calories consumed, 0 burned. Lance would be proud of us I'm sure. Art, Vince and Mary headed home while the rest of us visited a Winery.

Sunday looked promising. The rain was in the Quad Cities and heading our way but not till early afternoon. We had a choice of a 9:00 ride from Wauconda or 8:00 from Elgin. We picked the earlier start just in case the rain came a little earlier. Well the first crack of thunder put an end to the day after 16 miles. But hey, we still had one more day.

Monday's ride was out of Rose School in Barrington, a nice 40 mile loop with a few hills to make it interesting. About 20 members showed up for what looked like a decent day. And indeed it was...for the first 10 miles. First it started sprinkling, then raining, then raining hard, then thunder and finally hail. Most made it to the shelter at Presidents Park and waited it out. A few others, including myself, circled back to the start and caught the brunt of it. So out of 5 possible ride days and 302 miles, we rode twice for 38 miles. But what the heck...it still beats work.

Did you know that we have a patron saint of bicyclists? It's true, check it out.

Madonna del Ghisallo

Also known as

Our Lady of Ghisallo;
Madonna of Ghisallo

Profile

Medieval legend says that Count Ghisallo was traveling near the village of Magreglio when he was attacked by highway bandits. Spotting a image of the Virgin Mary in a roadside shrine, he broke away from his attackers and ran to it. There he took refuge, pled for Our Lady's protection - and was miraculously saved from the robbers.

As the story spread, the *Madonna del Ghisallo* became known as patroness of local

travelers. In more recent times, cyclists would often stop to rest and pray at the chapel, which is a local landmark, and is at the top of a steep hill. After World War II, Father Ermelindo Vigano, pastor at the shrine, proposed Ghisallo as the site of an Italian shrine for bicyclists, and she was given as patroness of cyclists on 13 October 1949 by Pope Pius XII. The chapel has become equal part religious shrine, part cycling museum, with artifacts and photos from the sport. There is an eternal flame that burns there in memory of the cyclists of whom are no longer with us, and services each Christmas Eve and the Feast of All Souls commemorate them.

Patronage

Bicycle riders, bicyclists, cyclists,

Here are the items covered at the last board meeting:

❖ Jeff Biedka has volunteered to help us out with the finances. Jeff is a finance guy by trade and has agreed to fill in for Bob.

❖ Our liability insurance is due for renewal. This is a big expense for the club. Nearly \$2,000 base premium plus a per rider fee for the St Pats and Harmon that adds another \$500-600. I will contact our insurance company as well as others to make sure we are getting a competitive rate.

❖ Our membership stands at 258

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WELCOME NEW MEMBERS:

Carrie Matczynski, Hawthorn Woods

David and Jill Hidding, Deer Park

Dennis and Mireya Sandquist
Prairie View

Pam Kaloustian, Arlington Heights

Michiko Perry, Oak Park

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 June 8

85 rides by 110 members totaling
36902 miles.

2586 maximum miles possible
per rider

MEN:

1	Art	Cunningham	1787
2	Leonard	Geis	1472
3	Kilian	Emanuel	1393
4	Frank	Illy	1246
5	Richard	Drapeau	1070
6	Bob	Dominski	1031
7	Joe	Irons	1001
8	Jim	Boyer	907
9	Phil	Castle	756
10	Tom	Wilson	742
11	Earle	Horwitz	723
12	Daniel	Wiessner	692
13	Kurt	Schoenhoff	676
14	Louis H.	Greene	670
15	Al	Schneider	645
16	Kevin A.	Moore	625
17	Alan	Berman	615
18	Dennis	Creaney	561
19	C. Brian	Hale	547
20	Chip	Kyle	489

WOMEN:

1	Mary	Myslis	956
2	Pam	Burke	915
3	Reinhilde	Geis	905
4	Marianne	Kron	832
5	Ella	Shields	825
6	Cindy	Trent	680
7	Mary Kay	Drapeau	665
8	Cindy	Schneider	643
9	Kris	Woodcock	638
10	Betsy	Burtelow	634
11	Meg	Ewen	567
12	Debbie	Wilson	553
13	Chris	Wager	467
14	Barb	Swasas	300
15	Fran	Green	269
16	Rebecca	Nudelman	255
17	Pat	Illy	219
18	Nancy	Carrizales	218
19	Cynthia	Brown	166
20	Sheri	Rosenbaum	161

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

July 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	30/40	Brian Hale 426-3290 & Frank & Pat Illy 923-5910
Sat. 7-3	9:00	Root Beer Social	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	58/82	Brian Hale 426-3290
Sun. 7-4	9:00	Mystery Miles	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	35	Kris Woodcock 253-9288
		Wall to Wall	Fellows Park, Genoa City	Rt. 12 N to County H, follow County H east (veer Left) into Genoa City, left on Fellows Rd and to the park	80/107	Al & Cindy Schneider 696-2356
Mon. 7-5	9:00	Wholly Rollers	Great Western Trail Head	Randall Road South to St. Charles, west on Dean St 0.3 mile on south side	61	John Loesch 630/833-6214
	9:00	Lou's Commute	Lakewood Forest Preserve	West on IL 176, south on Fairfield, west on Ivanhoe to parking lot on the right	40	Mary Kay Drapeau 808-1476
Sat. 7-10	9:00	Ride to McHenry	Barrington High School	Main Street (Lake-Cook Road), West of RT. 59	65	Kurt Schoenhoff 634-2634
Sun. 7-11	10:00	Club Picnic	Old School Forest Preserve	IL 176 to St Mary's Rd.; south to Forest Park entrance; use parking lot for shelter D	33 or trail ride	Kurt Schoenhoff 634-2634
Sat. 7-17	9:00	Bastille Day	Paris School, WI	I-94 W, exit WI 142 W to County D, turn left to school	59/74	Al & Cindy Schneider 696-2356
Sun. 7-18	9:00	McHenry/Fontana	McHenry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	71	Ella Shields 773-594-1755
	9:00	BDSR	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	40	Betsy Burtelow 541-1325
Sat. 7-24	9:00	La Grange--Sullivan	La Grange General Store	Take US 12: 29 miles past WI border. Stop at County Rte.H	70/101	Al & Cindy Schneider 696-2356
Sun. 7-25	9:00	Rural Wisconsin	Eagle, WI	US 12 W past Elkhorn to WI. 67 North to Eagle. Park on the street	59/94	Al & Cindy Schneider 696-2356
	9:00	EFHOB	Rose School	Old McHenry Road, just north of Long Grove Shopping District	50	Meg Ewen 630-540-1371
Sat. 7-31	9:00	Beloit Express	McHenry College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	73/120	tba

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

TRAIL NEWS

All of the ten trail rides scheduled for April and May were successfully completed totaling 480 miles thanks to merciful weather. These rides were all on routes established in previous years except for minor changes. For example, there was a different starting point for the North Branch Path to Botanical Gardens ride. There was a different route between the Silver Glen Spur Trail and the Great Western Trail plus the addition of the Otter Creek Path to the Great Western to Sycamore ride – both resulting from new, recently completed trails. A planned optional side trip on Churchill F. P. trails on the Great Western – Prairie Path Loop ride was dropped because of probable muddy conditions from recent rains. This will be introduced when conditions are favorable. The elevator ride to Columbus Drive from the Michigan Ave. Spur on the Chicago Lakefront ride was accomplished with Tom Drabant's guidance, but a planned ride to Buckingham Fountain and tour of Grant Park & Millennium Park was defeated by a closed sidewalk beneath the new Caltrava footbridge over Columbus Drive at Millennium Park. The new bicycle terminal in Millennium Park is evidence that bicycles are welcome at that level so another attempt to add this to the ride will be made. Finally, a new trail going directly to the Herrick Lake F. P. from the Prairie Path at the Butterfield Rd. underpass eliminated the old route on Wheaton streets.

The trails to date have all been in excellent shape with many minor improvements from last year. Most notable is a new under-

pass on the busy crossing in Legion Park near the southern end of the Chicago to Lake Bluff ride and a number of underpasses under Lakeshore Blvd. around Jackson Park and the Science & Industry Museum. The latter included underpasses at Marquette Drive and 57th where the route leaves and reenters the Lakefront Path for the Jackson Park – Midway Plaisance /Chicago University side trip. Road work on Elm Street (IL-120) in McHenry presents an obstacle on the Ride to Ringwood and Work at McCormack & Golf in Skokie an obstacle on the Chicago to Lake Bluff ride. These are not serious. The Evanston trail on the east side of the North Shore Channel is also undergoing improvements which close it at the north end and past Golf on the south end. This trail should be much improved when the work is completed.

During June and July two new rides are being introduced in the tour. In June, Salt Creek to Waterfall Glen will incorporate the old Salt Creek and I & M Canal F. P. a 40 mile ride on paved trails and connecting streets with a 14 mile ride on the Waterfall Glen F. P. crushed stone loop trail, wide tires recommended. The option is for the 40 mi. for roadies or the 54. for the dirt dogs. In July the Moraine Hills to Hebron ride will cover the Moraine Hills State Park and via a new section of the Great Illinois Trail connect with the McHenry Prairie Trail to Richmond and on to the Hebron trail completed last year.

Check out these trail rides for a different experience

Art Cunningham

July Wednesday Chicago Area Bike Path/Trail Rides

Date	Time	Miles	Path/Trail	Start	Directions	Comments
7/7	9:00	65	I&M Trail – Morris to Lockport	Channahon access	I-55 south to US-6; exit west to Canal (just before bridge over canal); left to parking on the right.	Packed stone, city streets through Joliet
7/14	8:00	80	Super Dog Ride	Half Day Woods F. P.	Go north on Milwaukee (US-45)/IL-21 to Half Day; Strait on IL-21 1.7 mi. to entrance on right	Packed stone, paved trails, connecting streets
7/21	9:00	55	Ride to Illinois Beach	Millennium Trail access	East of Fairfield Rd. opposite Ivanhoe Rd. just south of IL 176	Packed stone paved.
7/28	9:00	57	Great Western Ride to Sycamore	South Elgin trail access	South on Rte 31 to W State St., turn left. (east) then rt. just before the bridge to parking.	Paved, packed crushed stone *** Bob Hinkle 259-1423

***approved for narrow tires
Bring snacks and plenty of water

**wide tires recommended
Check with Art Cunningham—968-9746 for details

*wide tires required



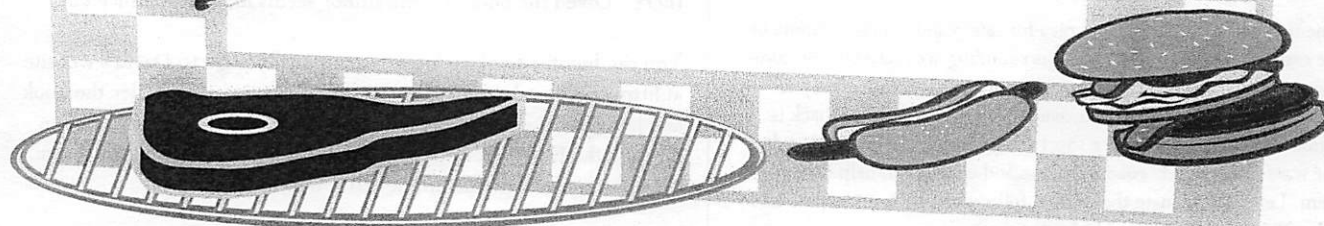
ANNUAL PICNIC SUNDAY, JULY 11

Rides will start at 10:00 am
33 mile road ride/25 mile trail ride

Food will be served afterward, about noon

Old School Forest Preserve, Shelter D,
I-94N, exit IL 60W to St. Mary's Rd,
turn right to the forest preserve

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



Tales of Ironmen

Recently, I had the pleasure of being on the island of Hawaii for a time, which is where the famous Ironman triathlon is held each October. I rented a bike in the town of Kailua-Kona, took it back to our hotel on the Kohala Coast (the northwest side of the island) and did some interesting rides. On the very afternoon I picked up the bike, I rode north from the hotel 10 miles to a town called Kawaihae, and then headed inland toward a town called Waimea. The owner of the bike shop had warned me that this was a challenging climb. A major understatement. After two miles of steep, continuous climb, I abandoned my effort and cruised back down. The next day I drove this same road to Waimea and clocked seven miles of continuous uphill ascent. I'm not sure of the grade, but I don't think Alp'd Huez is too much worse.

The next day I rode north on the Ironman route for a 41-mile round trip. The hills are not quite as challenging as the Waimea road, but there is one climb coming south out of Kawaihae that has 1.5 miles of continuous ascent. Even Signal Hill doesn't prepare you for that!

At the hotel, I met a bellman named Tim who has done the Ironman five times. He told me his best time was 12 hours, 6 minutes. He said that he really wanted to break 12 hours, but at the end of the running marathon, his legs turned to concrete. By the way, Tim's

training schedule includes 400 miles per week of riding and 60 miles of running. (He didn't mention swimming.)

I looked up some of the Ironman times on the Web. Last year's winner of the event -- a guy from Canada named Peter Reid -- completed the 2.4 mile swim in just over 50 minutes; the 112-mile bike race in 4 hours 40 minutes for an average speed of 23.9 mph; and ran the 26-mile marathon in 2 hours, 47 minutes. Total time: 8 hours, 22 minutes. There -- now we all have something to shoot for.

Casting for Lance

Now that Lance Armstrong is nearing the end of his career, I'm sure they'll be making a movie bio one of these days. I don't know if you enjoy playing casting director as much as I do, but the question is, who would play him? (No, I don't think his buddy Robin Williams is a good choice). I have a suggestion: What about Woody Harrelson? He looks a bit like Lance; he showed some athletic prowess in *White Men Can't Jump*, he's a little bit crazy like Lance, and he's even from Texas. Anybody agree?

Jeff Kressmann

(Continued from page 1)

❖ We are going to contact all the appropriate publications to alert them that the starting point for the Harmon is Wilmot High School. We are also trying to get the Harmon and Bakery rides mentioned in Bicycle magazine.

❖ We are looking into obtaining some type of storage locker for all the club supplies. Right now they are scattered among several members' homes.

❖ We are making progress on the Harmon. We have our rest stops and starting location pretty much nailed down. There will only be minor changes to the routes to accommodate the new location.

One final note. I understand there was some discussion within the Arlington Heights Bicycle Association regarding our member's lack of participation in the Arlington 500. We have always encouraged our membership to participate in other clubs invitationals. We do not have a system in place to credit our members for the mileage they do on these invitationals, so very few participate. The AHBA is, more than any other club, considered our brother club. We will revisit this at our next board meeting and see if we can establish a method to credit our members who participate in other club's invitationals.

One more final note. This is a plea for safety and courtesy. Some of the residents of Long Grove and surrounding areas are voicing complaints about bicyclists riding 2 and 3 abreast. The easiest way to address this is for all of us to move to the right when a car back is announced. I know there are short tempered PO'd drivers that do not want us on "their" roads. A wave and a smile can help disarm them. Let's not alienate the normal folks who just want to pass on by doing the speed limit. Thanks for listening.

See you on the road.

Rich Drapeau

Book Review "The Race" by David Shields

As many of you know I will be going to France this summer to watch the tour so when I found a book about the tour I just had to read it. "The Race" is a fictional story about Ben Barnes, a bike racer from the US, who gets the opportunity to ride as a domestique for a European team. As Ben in going through various stages in the tour his mind wanders and recalls parts of his cycling past from races to getting his first bike and his first crash. It's really great story telling. I couldn't put it down.

After a Wednesday ride with Wheeling I managed to stay up until nearly midnight to finish the book.

As a side note, I ordered the book before it was officially released online through the author's website. I had to pay for it using PayPal and for some reason it wasn't working so I wrote to the listed email for help. The author, David, wrote me back personally. Nearly a month later, after having received and read the book, I received a second email from David. He was cleaning out emails and found my original email and just wanted to see if I actually got the book. I then received a third email to let me know that he would be at the Quad Cities Crit over Memorial Day Weekend in case I was heading out there. Loved the book and the author seems like a really nice guy.

You can buy the book at Amazon.com or if you go to David's website at <http://www.daveshields.com/dp-laf.html> you can order the book and he will make a \$5 donation to the Lance Armstrong Foundation through the DailyPeloton.com. Additionally, for \$4 David will sign the book and donate that money to LAF as well.

Enjoy.

Cindy Trent



Bike Illinois / GITAP Ride Jersey

The Bike Illinois / GITAP Jersey is now available. Help show your support for Illinois and your favorite Illinois touring ride GITAP. All Jerseys are the looser fitting club style.

Jersey cost \$59.00 (LIB Members \$55.00) (Plus \$4.95 Shipping and Handling per jersey)

Sizes available M, L, XL, XXL

Check out the website for order form and additional information <http://www.bikelib.org>



FOR SALE:

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

2002 Trek 1200, 56cm, Excellent condition, Black, \$400 Contact Donna Ofenloch 847-692-5138

Board Meeting

The next board meeting will be held on Wednesday July 14, 7:00 p.m. at the home of Sheri Rosenbaum.

All board members are requested to attend. Please give Sheri a call at (847)821-7622 and let her know if you will be attending.

All bicycles weigh fifty pounds. A thirty-pound bicycle needs a twenty-pound lock. A forty-pound bicycle needs a ten-pound lock. A fifty-pound bicycle doesn't need a lock. ~Author Unknown

Movie Review: The Triplets of Belleville

The Triplets of Belleville won't be coming soon to an octaplex near you, but if it's playing at your local art house, check it out.

This Oscar-nominated, animated feature film tells the story of a Tour de France rider who gets kidnapped mid-race and has to be rescued by his elevated-shoe-wearing grandma, his plump dog Bruno and three washed-up jazz singers with a taste for frogs.

It's funny and imaginative and gets the cycling just right.

--I loved how Triplets captures the tortured dance riders perform with their machines as they struggle up a relentless mountain pass.

--I loved the chirp of French police sirens as the racers sweep past families picnicking by the roadside.

--I loved the rainy training ride, the late-night wheel-truing session, and the post-ride collapse into bed.

Even when Triplets careens into utter fantasy, you can tell its creators know and love the sport.

Picture our hero getting a massage featuring a vacuum cleaner, a push lawn mower and an eggbeater. All the riders sport tree-trunk legs and stick torsos.

Edited article from RoadBikeRider.com

**Watch the Tour de France
July 3rd -25th**

Invitational's

July 4, 4th of July Metric, Plainfield, 30, 45, 62, \$15, Brenda Alberico, 815/467-5748, alberico@cbcast.com

July 10, Tour de Donut, Staunton, IL 20/50 \$15, Beth Greg, 314-837-8576 or 636-940-8985

July 10, RAIN, Ride Across Indiana, Terra Haute, IN, 158 miles \$45, Joe Anderson 812/332-6028, rain@rainride.org

July 11, The LATE Ride, Chicago, 25 miles, Nancy Minster Swabb, lateride@hotmail.com <http://www.lateride.org/>

July 11, Heatstroke 100, Burlington, WI., 18/43/74/100, Scott Hoffman, 262-763-0219, shoffman@basd.k12.wi.us

July 18, Biking with Beanie, DeKalb, IL 23/43/63/83/103 \$15 before 7/10 after \$20, Toney 815/758-3742 beanzieride@yahoo.com

July 18, Ultimate Neighborhood Ride, Chicago, 10/20/30/40 \$18 by 7/2 Rob Sindelar, 773/509-8093 unr@chicagocyclingclub.org

July 25, Metro Metric, Hampshire, 25/62/75/100, \$15 by 7/9 \$20 after 630-415-2453 metrometric@hotmail.com

Aug. 1, Chase the Moon, Aurora, 5-25 miles, Midnight, \$35 until 7/3, \$40 after, Cheryl Perez, 630-299-1103, cperez@adsalarm.com

Aug. 1, Rotary Ride, Naperville, 10/25/50/75 events@rotaryride.com

Wheeling Wheelmen Membership Application

Name: _____ Spouse's Name: _____
Address: _____ Children's Names: _____ Age: _____
City, State, Zip: _____ Age: _____
Phone #: _____ E-mail: _____

New Member? _____ Renewal? _____ L.A.B. Member? _____ Family dues: \$20 Individual dues: \$15

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

Applicant's Signature (parent's signature if a minor) Spouse's Signature

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



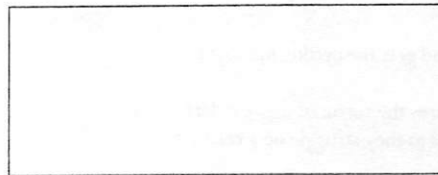
**Wheeling
Wheelmen**

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

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

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

Next Club Meeting
August 5



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
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
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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