



MONTHLY MEANDERS

AUGUST, 2004

PREZ SEZ

Greetings fellow club members.

The bicycling season is in full swing. We just had our annual club picnic at the Old School Forest Preserve. About 50 members and family attended on a nice warm July afternoon. Many of the members did a trail ride led by Kurt while others opted for a route out to Wauconda and back led by Len Geis. Both parties worked up an appetite for the food and drink provided by Al and Cindy Schneider. There is a lot of work involved putting this together. Al and Cindy are very generous with their time and I want them to know it is very much appreciated.

A few other housekeeping items. The Harmon Hundred is our next big club function. We have a new starting point this year as well as a change in route markings. We will need additional volunteers for parking and route marking. I know Marykay has approached quite a few of you to help out. If you have not been contacted please let her know at 847/808-1476 or rkdrapcau@copper.net. The route marking will need to be done Saturday September 11th before the Harmon. We will need at least 4 teams of 2. We are using signs this year, two before each turn and one after the turn. If one person drives while the other places the signs in the ground it goes quickly. The parking is going to require several people since we will be using several lots and will probably need some people on the main street to direct riders to the High School....All help is much appreciated....Remember this is everyone's club...the money we make from the Harmon is used to sup-

port many bicycle related events and bicycling organizations. This benefits all of us.

Also coming up is the start of our club meetings starting in August. We plan to meet at the Wheeling High School the first Thursday of the month as in years past. Check the newsletter, ride line and web site for specific topics that will be covered. I do know that August, September and October will have presentations on various trips that some of our members were on both here and abroad. Stay tuned for more details.

I had the pleasure of representing our club at a roundtable discussion organized by the Chicagoland Bicycle Federation. The purpose was to bring together different bicycling organizations including city and suburban clubs as well as various committee chairs from CBF. It was a good initial meeting. The purpose was to introduce everyone, tell a little about our clubs and discuss various issues that may be germane to at least the majority of attendees. The group agreed to meet quarterly. I'll keep you posted as we get into specific topics next October.

I read an article recently about what makes a good bike club. Here are some of the key points:

- Good clubs offer a full schedule of weekend rides both long and short.
- Good clubs grade their rides so new riders know what to expect.
- Good clubs have social gatherings to bring people together off the bike.
- Good clubs are active in poli-

tics and support advocacy groups.

- Good clubs sponsor a major yearly event.
- Good clubs publish a newsletter.

I am pretty confident that we meet all of these criteria. Some we excel at and others we can improve upon.

So what makes bicycling better than roller blading...well since you asked I'll tell you.

- We can sit down and ride.
- We never need to buy 8 new wheels.
- We can change gears.
- We can stop.
- Nothing special about blading "no hands".
- Nobody ever rode a bike to disco music.
- The Tour de France

- Ever see a car with a roller blade rack.
- Ever see a roller blade tandem.
- Water bottle cages.
- Ever see a biker riding backward looking over his shoulder to see.
- You can lock a bike.
- Can't blade on crushed gravel.
- Titanium, aluminum, carbon fiber blades? Name a famous blader.
- Knee/elbow pads. Oh yeah it's a BICYCLE helmet.
- Lance Armstrong/Greg LeMond. Case closed.

You've been a great audience. Thanks for listening.

See you on the road.

Rich Drapeau

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WELCOME NEW MEMBERS:

Patricia Gill Chicago

Donald Johnson, Palatine

Dean Schott, Glenview

Barbara Hackel and Steve Hadden, Mt. Prospect

John and Debbie Huddleston Palatine

Nicole Mazur, Glenview

Taka Yoshizawa, Cary

Mark Zorko, Hawthorn Woods

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>	
<u>Appointed Officers</u>	
Harmon	
<i>Mary Kay Drapeau</i>	(847)808-1476
Newsletter & Mailing	
<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
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.

TOP 20 MILEAGE

thru July 7

132 rides by 121 Members totaling 61393 miles. 3978 maximum miles possible per rider

WOMEN:

1	Cindy	Schneider	1454
2	Pam	Burke	1357
3	Reinhilde	Geis	1321
4	Ella	Shields	1261
5	Mary	Myslis	1233
6	Kris	Woodcock	1185
7	Marianne	Kron	1121
8	Betsy	Burtelow	1086
9	Cindy	Trent	1067
10	Mary Kay	Drapeau	1036
11	Debbie	Wilson	923
12	Meg	Ewen	849
13	Chris	Wager	827
14	Sheri	Rosenbaum	645
15	Pat	Illy	478
16	Cynthia	Brown	451
17	Barb	Swasas	415
18	Nancy	Carrizales	346
19	Rebecca	Nudelman	335
20	Nancy	Beck	323

MEN:

1	Kilian	Emanuel	2453
2	Art	Cunningham	2046
3	Frank	Illy	1917
4	Leonard	Geis	1895
5	Jim	Boyer	1698
6	Richard	Drapeau	1666
7	Kurt	Schoenhoff	1520
8	Tom	Wilson	1507
9	Joe	Irons	1463
10	Al	Schneider	1496
11	Bob	Dominski	1322
12	Daniel	Wiessner	1280
13	Louis H.	Greene	1147
14	Kevin A.	Moore	1061
15	Phil	Castle	1055
16	Earle	Horwitz	914
17	Dennis	Creaney	907
18	C. Brian	Hale	772
19	Robert	Pletch	675
20	Peter	Guzik	632

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

Aug. 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	30/58	Brian Hale 426-3290 & Frank & Pat Illy 923-5910
Sun. 8-1	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.	70/110	Dan Wiessner 540-9118
	9:00	Covered Bridges	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	43	Earle Horwitz 374-1129
Sat. 8-7	8:30	Ogle Odyssey	Meridian Jr. H.S., Stillman Valley, IL	West on I-90 then South on I-39 to IL 72. Turn right to the town of Stillman Valley. School a block to the right on the west side of town.	81/96	Dan Wiessner 540-9118
Sun. 8-8	8:00	Lake Geneva Century	Kildeer School, Long Grove	Old McHenry Road, just north of Long Grove Shopping District	98	Tom & Deb Wilson 632-1412
	10:00	Lake Geneva Half-Century	Veterans Memorial Park, McHenry	Take Rte. 12 or 59 north. Turn left onto IL-120 till you cross Fox River. Turn right onto Park St. for one block.	50	Tom & Deb Wilson 632-1412
	9 and 10:30	3 Options Ride	Fox River Forest Preserve	NW on Rt. 14, R on Kelsey, L on River, L on Roberts for 1 mi.	21/31/52	Al Berman 541-9248
Sat. 8-14	9:00	Cedarburg	Covered Bridge Park	I-94 N through Milwaukee turns into 43. Go north on 43 to 60 (Grafton). Go west on 60 to Covered Bridge Road (4 miles) turn right and go to park, on right	40/60/ 80	Al & Cindy Schneider 696-2356
Sun. 8-15	9:00	Cedarburg	Covered Bridge Park	see above	60/100	See above
	9:00	Back Roads of Barrington	Rose School	I-90 to Rt. 59 North, turn right on Penny Road to the school just past Bartlett Rd.	40	Chris Wager 397-7217
Sat. 8-21	9:00	Waterford Ride	Waterford Factory, WI	I-94 North. Hwy 20 west. Turn L on Jefferson after the bridge in Waterford. After ¼ mi., R on Bakke to 816 W. Bakke.	43/ 71	Ella Shields 773/594-1755
Sun. 8-22	9:00	Loops of Burlington	Eagle Lake Park, WI	I-294 North, exit Hwy 11 West, to Hwy 75 right to Church street, left to park	64/ 100	Al & Cindy Schneider 696-2356
	9:00	Lou's Commute	Lakewood Forest Preserve	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on the right	41	Lou Lambros 815-455-9428
Sun. 8-29	9:00	Club Members: Harmon Pre-Ride	Wilmot Union H.S. Wilmot, WI	Take I-94 West across the WI. State line to Exit 345 (Hwy C). West on Hwy C to the town of Wilmot. R on Hwy W. School entrance on left side.	25/ 50 75/ 100	Rich Drapeau 808-1476

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



The Harmon will be on Sunday, Sept. 12, at our new location, Wilmot Union H.S. in Wilmot, WI.

If you would like to volunteer, please contact Mary Kay Drapeau at (847) 808-1476 or attend the August club meeting..

Board Meeting

The next board meeting will be held on Wednesday, August 18 , 7:00 p.m. at the home of Jim Boyer & Betsy Burtelow.

All board members are requested to attend. Please give Jim & Betsy a call at (847)541-1325 and let them know if you will be attending.

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 underpass on the a busy cross-

ing 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

August Wednesday Chicago Area Bike Path/Trail Rides

Date	Time	Miles	Path/Trail	Start	Directions	Comments
8/4	9:00	77	I & M Trail Morris to La Salle	Gebhard Woods St. Park, Morris	Exit I-80 S IL-47; R on US 6 ; follow signs to park.	Packed stone, some paved***
8/11	8:00	54	Fox River / Virgil Gilman to Oswego	Bennet Park, Geneva	North Ave (IL 64) to St. Charles, south on IL 25 to park on rt. just past Geneva town line.	Paved, packed crushed stone***
8/18	9:00	64	Glacial Drumlin Trail to Jefferson Junction	Fox River Sanctuary, Waukesha, WI	I-94 west of Milwaukee exit at WI 164 south to Waukesha, rt. on St. Paul Ave., lft. on Prairie to College, rt. to the Fox River Sanctuary parking	Packed, crushed limestone , 14 mi. paved***
8/25	9:00	57	Plank Road Ride	Frankfort, IL	I-294 south to I-80 west; US 45 south to Frankfort; turn left at sign to Historic Frankfort; parking in town on trail on N White St.	Paved path

***approved for narrow tires

Bring snacks and plenty of water

**wide tires recommended

Check with Art Cunningham—968-9746 for details

*wide tires required

GITAP 2004

Many of us travel to "far off" places like Iowa, Florida, Virginia, Colorado, Wisconsin, Ohio, Oregon, etc., to participate in week long, cross-state or loop rides. Generally, the rides are 400 - 500 miles, with each day being 50 to 70 miles. Some rides offer an optional century loop. Day to day, the routes can vary greatly, from easy (no hills) to extremely challenging. The rides vary in the number of cyclists, anywhere from less than 200 riders to over 8,000. The weather, well, you get what you get, and have to "deal with it."

Last year the League of Illinois Bicyclists and the Illinois Department of Natural Resources announced that they would sponsor a ride, called GITAP, the Grand Illinois Trail and Parks ride. At the time, the word "Trail" turned me off. I was not about to bike upwards of 500 miles on trails. I did not look any further into GITAP, 2003. I think Art Cunningham was the only Wheeling Wheelmen member to participate in GITAP, 2003.

I talked to Art after he returned from GITAP, 2003. He described the ride as small in numbers, maybe 120 cyclists. More importantly, he said the route followed mainly roads with some trails. When trails were offered there were generally road options. There were hard days and easy days, a good mix for cycling. A motel option was offered. Generally, he felt GITAP was a reasonably well organized ride. He made it sound interesting.

GITAP, 2004, was announced in the February newsletter. I again talked with Art about the ride. I communicated with the sponsors via email, to get a good understanding of what the ride had to offer. I wanted to be sure that I understood the route. Feeling confident that a significant portion of the ride would be on roads; and, that GITAP was similar to other cross-state or loop rides that I have been on, I mailed in my \$300 registration fee. Included in the fee were detailed cue sheets and maps, a well marked route, camping at state parks, breakfast and dinner for 7 days, baggage transfer, a tee shirt and other "stuff" normally associated with these types of rides. A motel option was again being offered. On GITAP, 2004, 40 cyclists of the 140 cyclists opted to stay at motels. As it turned out only Art and myself were the only cyclists that represented the Wheeling Wheelmen.

GITAP, 2004, for the Chicago area cyclist was a gem. The route was a loop, starting and ending in DeKalb; close, only 65 miles from Wheeling. GITAP was during mid-June when the day light hours were at a maximum. The route was generally well marked, mainly followed good, low volume traffic roads with minimal trails and passing through several small towns in Northwestern Illinois. Although there were some parts of the route that contained very few towns. (You know, a town without a bar is not really a town.) There were challenging days, particularly those going into and out of Galena. The route had its easy days with rolling hills, flat terrain and some beautiful vistas. There was a good mix of riding.

Camping and the shower facilities at the state parks were very good. There was plenty of room and lots of grass for putting up your tent. Finding space for your tent was not a problem. There were very minimal lines. In fact, I do not remember actually being in a line. The catered dinners were particularly good. There was plenty of food. Many cyclists went back for seconds. Breakfast was pretty much the same.

When you arrived at the campsite, your luggage was off the truck and arranged very neatly on the ground waiting to be picked up. The support staff was excellent. With only 100 campers, finding your luggage was relatively easy. (Of course, if you were one of the early arrivals at the campsite, it was, well, "expected" that you help unload the luggage from the truck.)

Bike mechanics and a massage service were available at the campsite. Along the route, SAG service was provided. In the event of a mechanical breakdown, the SAG would take you and your bike to a local bike shop, or to the campsite.

Sunday morning (6/13), I left Wheeling at 5:30am. I drove to the start of the GITAP ride, the DeKalb High School, a distance of 65 miles, arriving around 6:45am. I parked my Jeep in the designated parking lot, checked in, picked up my ride packet, tee sheet, goodie bag, unloaded the bike and was ready to bike in about 1/2 hour. Registration, from 6:00am to 9:00am, went very quickly. Camping was provided Saturday night for those traveling longer distances. I think there was also a motel option for Saturday night.

GITAP, 2004, left DeKalb, Sunday morning, heading south into a very strong head wind for 62

miles to Starved Rock State Park. Then, on Monday, we biked 69 miles west to Johnson-Sauk State Park. There were more head winds, and a late morning thunderstorm that forced most cyclists to stop and seek shelter. The storm passed, and by the time we reached the Park, the sun was out and the roads were dry. On Tuesday it was 60 miles north to Morrison-Rockwood State Park where free beer and entertainment were provided - quite a night. Wednesday, we biked a challenging 65 miles north into Galena where we camped at a water park. After dinner, a thunderstorm, accompanied by very strong winds, hit the Galena campsite, lasting, maybe 45 minutes. Lots of water in a relatively short period of time. Most tents handled the wind and rain reasonably well. Galena is a town with lots of local character, a fun town.

Thursday was another challenging day. Leaving Galena, we biked 49 miles east to Lake La-Aqua-Na State Park. The route took us up a monster hill, affectionately known as "The Wall". A more challenging hill I do not think I have ever experienced. Friday, it was 61 miles south to White Pines Forest State Park. We had a great dinner at a log cabin style lodge at the Park. Then, on Saturday, and all too soon, we biked the final 57 miles back to DeKalb. For the week, most participants biked 430 - 450 miles.

The route passed through several small Northwestern Illinois towns. For me, much of the enjoyment of these rides is stopping, having breakfast or lunch, or both at a local restaurant. I enjoy meeting and talking with the "locals". The food was very good and relatively inexpensive. The service was excellent. Of course, it is tradition to "hit" the local bars as the ride wears on. In fact, some say, "why wait". Earlier I said I experienced essentially no lines while on GITAP. Well, not true. I did have to wait, "on line", in at least 1 bar, for those "barley pop-sicles".

Without a doubt, GITAP is a fun ride. It offers a good mix for cycling, easy days to challenging ones. The route has its fair share of small towns, each offering a certain flavor to the ride. GITAP can only get better for 2005. I have already marked my calendar for next year's ride. Maybe, for GITAP, 2005, more than Art and I will represent the Wheeling Wheelmen. I would certainly recommend the GITAP Ride.

Bob Dominski



**NATIONAL CRITERIUM CHAMPIONSHIPS
AUGUST 21st & 22nd**

Nation's Best Cyclists and Inline Skaters to compete for 7 National Titles, held in Downer's Grove.

Aug. 21: races start at noon until 6:00

Aug. 22: races start at 8 am to *3:45 p.m.

*United States Postal Service USPRO National Crit Championship race

For a complete schedule and more info: www.sportsgrandprix.com



AUGUST CLUB MEETING

The club meeting will be on Thursday, August 5, 7:00 p.m. at Wheeling High School. The high school is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling.

We will discuss details of the Harmon 100 and recruit volunteers for the event.

aller à vélo en France

The after meeting presentation will be a slide show by Al & Cindy Schneider on their recent cycling trip in France. You don't want to miss this excellent show.

GRABAAWR 2004

1) A fabulous ride. This one is a true sleeper. The roads were great and after BTC we rode hills not mountains. When we listened to the bitching, moaning, complaining and general negative waves in regard to the "HILLS" we just looked at each other, smiled, cranked it up, and simply rode up those "HILLS" and kept on going, and never looked back.

2) The group is laid back and the Scenery was awesome. With all the rains, the area along the Wisconsin river is a dark green that takes your breath away. We saw the Wisconsin river headwaters. It is literally a small little dam maybe 6 to 8 feet across coming out of the main upper lake north of Eagle river maybe 20 miles. A Lot of French influence and names of cities and lakes. The French settled and named many of our early areas long long ago.

3) Since there are only maybe 800 to 1000 riders it is not a total mob scene at each location. The pace is fairly moderate and the roads are not busy at all. We forget how wonderful our country really is until we visit these natural wonders. We visited some Indian sites, and found that just going a mile or two of the route you can find natural wonders that were awesome. The smells of our northern forests keep lingering in my head, and the myriad of sights and sounds will be with you forever. Cindy Trent saw a bear coming down on Military road!!!

4) The group average age is 54 so you do not have tons of crank-heads and jammers, although we did some serious pacelines. The riders are seasoned and professional and it makes for a great time.

5) We had great weather the whole way. whatever rain that was forecast never showed up. a few sprinkles here and there. Most of the time it was welcome just to cool us down.

6) The stops along the way were never mobbed or crowded and we had a most wonderful time enjoying the points not fighting to see them. We rode the Ferry across the river in Prairie Du Sak. NEAT!!

7) In Merrill Chris and I were bored out of our minds, walked over to the Chrysler dealer, and test drove a Chrysler Crossfire! More on that later!!!

8) Chris test rode a Trek 5200 and I got to test a MADONE!!! The Trek guy's "Allen" and "Ed" did a wonderful job sagging and demonstrating the TREK and LEMOND bikes. Thank you TREK!! The latest is The Lemond Spine and the Madone is being modified to 55 Grams of Carbon for the U.S. Postal team. P.S. Trek is hiring for ride demonstrator guys!!!

9) Food was great! I do not care what they say about Wisconsin Cheese! It is good and welcome on a sag stop during a ride!! My favorite was the String cheese. The Beer in Stevens Point was very good. We found out that Point Beer is now BREWING ROOT BEER and to their astonishment are finding it increasing in sales greater the real beer. YES IT IS BREWED JUST LIKE BEER!!! however without the Fermenting Phase. Yes, it is very good!!! You can visit <http://www.pointbeer.com/> and order all you want!

10) **Would I do this ride again?? You bet I would! It is a fun ride!** To much to tell here. We should get together and Discuss. IN COLORADO??? HOW ABOUT CANCUN??

11) We took a lot of photos and if interested will forward to any and all who would like to view.

May your travels always be downhill with the winds at your back
C. Brian Hale

A Bicycle Zen Proverb

A Zen teacher saw five of his students returning from the market, riding their bicycles. When they arrived at the monastery and had dismounted, the teacher asked the students, "Why are you riding your bicycles?"

The first student replied, "The bicycle is carrying the sack of potatoes. I am glad that I do not have to carry them on my back!" The teacher praised the first student, "You are a smart boy! When you grow old, you will not walk hunched over like I do."

The second student replied, "I love to watch the trees and fields pass by as I roll down the path!" The teacher commended the second student,

"Your eyes are open, and you see the world."

The third student replied, "When I ride my bicycle, I am content to chant nam myoho rengo kyo." The teacher gave praise to the third student, "Your mind will roll with the ease of a newly trued wheel."

The fourth student replied, "Riding my bicycle, I live in harmony with all sentient beings." The teacher was pleased, and said to the fourth student, "You are riding on the golden path of non-harming."

The fifth student replied, "I ride my bicycle to ride my bicycle." The teacher sat at the feet of the fifth student and said, "Ahh.... I am your student!"

**Indiana Bike Fest 2004
The National Rally of Cyclists
September 3-6, Jasper, Indiana**

Join the Indiana Bicycle Coalition and the League of American Bicyclists for a fun-filled long weekend of cycling in scenic southern Indiana. Based in gorgeous DuBois County, this weekend event will include both road and mountain biking options through the rural roads and trails of one of the most beautiful and unique areas of the state. More than a ride, the Indiana BikeFest is an event for everyone with nightly entertainment, daily workshops and exciting touring opportunities to attractions ranging from a winery to the French Lick scenic railway.

Registration fees for the weekend start at \$60 and include entry to BikeFest activities, lunch on Saturday and Sunday, Breakfast and Monday, an ice cream social and well-marked routes with maps and cues for starters.

Come join your bicycling friends and make new ones in Jasper, Indiana! For more information or to request a brochure today call the Indiana Bicycle Coalition today at (800) BIKE 110 or log onto www.bicycleindiana.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

It would not be at all strange if history came to the conclusion that the perfection of the bicycle was the greatest incident of the nineteenth century. ~Author Unknown

Invitational's

Aug. 6-8 Amishland & Lakes ride, Howe, IN., 25-67 miles, \$30, 574-271-0011, clark4896@sbcglobal.net, www.members.aol.com/recla/mba/amish.htm

Aug. 15, Melon Metric, Plano 15/32/63 \$20 self, \$30 family Susan Munsterman630-499-7507 munssn@aol.com

Aug. 15, Tour de Fort, Fort Atkinson, WI 16/32/64, Dean Hanke or Eric Rueth, 920-674-4071 dhanke@ticon.net

Aug. 22, Old Mill Century, Oregon, IL, up to 100 miles, Greg Frantz, 815-732-7154 gbrantz@inwave.com

Aug. 29, Bike Psychos Century, Coal City, IL 35/50/70/100, \$14 before 8/23, \$19 day of, Ray Hodson 708-802-1804 Century@BikePsychos.org

Aug. 29, Cream City Century, Waterford, WI. 35/62/100, Rebecca Yakes, 414-299-9398 ryakes@exccpc.com

Sept. 5, Wright Stuff Century, Mt. Horeb, WI. 30/60/100 \$25 before 8/8 \$30 after Mike Dutton century@bombaybicycle.org

Sept. 26, Apple Cider Century, Three Oaks, MI. 25/50/75/100 \$35 888-877-2068, bryan@applecidercentury.com
www.applecidercentury.com

October 16 & 17, Hilly Hundred, Ellettsville, Indiana, 50 miles a day, \$35/\$45 after 9/1, www.hillyhundred.org, 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



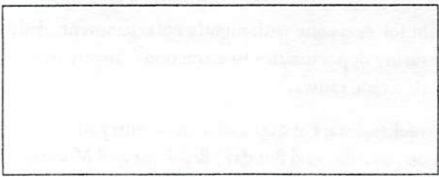
Wheeling Wheelmen

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
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
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