



MONTHLY MEANDERS

SEPTEMBER, 2004

PREZ SEZ

Greetings fellow club members.

It's time to get serious about this year's Harmon Hundred. The pre registrations are coming in at an accelerated rate. We have the rest stops and registration areas pretty well manned and still need some help with parking and road marking. Contact Marykay Drapeau at 847/808-1476 to lend a hand. Other than that think positive thoughts for good weather.

Kudos' to Sheri Rosenbaum for getting the Harmon Hundred in the September issue of Bicycle Magazine. Check it out on page 28. We expect to see the Bakery ride listed in a future issue as well. The Wheeling Wheelmen are getting a lot of great exposure thanks to Sheri. Sheri has also arranged for a couple of energy bar companies to supply their products at the Harmon. Pearl Izumi will also be at the Harmon with discount coupons for their outlet store. Thanks to Pam Burke for contacting them.

There are two bills that passed in the Senate and House which address funding for bike/pedestrian improvements over the next 6 years. Thanks to the efforts of LAB, LIB and other similar organizations both of these bills

fared pretty well as far as bike provisions. The next step is a conference committee to iron out the differences in the two versions. Expect a vote on the new bill sometime after the November elections.

Several club members just returned from France. The tales of riding some of the Tour de France route, watching the race and sightseeing stir the imagination. We will have a detailed presentation at a future club meeting. Also on tap will be a presentation by some of our members who did RAGBRAI this year. You won't want to miss these.

Here are some tips from Roadbikerider.com that may be common knowledge to some and hopefully useful to revisit.

❖ Clean and lube your chain every 300 miles. Start by wiping the chain with a rag. Then drip on cleaner/lube while turning the chain forward. Run through all the gears front and back. Wipe the chain, cogs, and chainrings with a clean rag. Repeat if the chain is still dirty. If you have a quick release link use that as the start point so you hit each link. If not mark a link with a

magic marker.

❖ If your cleats are squeaking drip some molten candle wax around the cleats. It will not attract dirt and fill the voids.

❖ Put wet cycling shoes on top of a water heater or in front of the air exchange of a refrigerator to dry out. Remove the insole and stuff with newspaper.

❖ You can make up dog tags for ID's at major pet stores. They have machines that will punch them up for you. Don't forget medical information as well.

❖ Keep an old rag tied in a knot in your pocket. If a dog is chasing you toss the rag on the ground. The dog will usually stop to sniff the rag giving you time to get out of his territory.

Hope everyone has a great month of riding. See you all at the Harmon.

Oh yeah, almost forgot. Congratulations to Pat and Brian who announced their engagement after returning from France.

See you on the road.

Rich Drapeau

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WELCOME NEW MEMBERS:

James Daley, Arlington Heights

"Life is like a ten-speed bicycle. Most of us have gears we never use."

Charles M. Schulz

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.

Board Meeting

The next board meeting TBA

TOP 20 MILEAGE through August 3

167 rides by 131 Members totaling 82570 miles. 5128 maximum miles possible per rider

MEN:

1	Kilian	Emanuel	3252
2	Leonard	Geis	2599
3	Kurt	Schoenhoff	2446
4	Frank	Illy	2372
5	Art	Cunningham	2349
6	Al	Schneider	2235
7	Joe	Irons	2165
8	Jim	Boyer	2023
9	Richard	Drapeau	1966
10	Daniel	Wiessner	1839
11	Tom	Wilson	1781
12	Louis H.	Greene	1616
13	Bob	Dominski	1532
14	Kevin A.	Moore	1450
15	Dennis	Creaney	1293
16	Phil	Castle	1199
17	Earle	Horwitz	1182
18	Alan	Berman	1170
19	C. Brian	Hale	1031
20	Robert	Pletch	881

WOMEN:

1	Cindy	Schneider	2072
2	Reinhilde	Geis	1940
3	Pam	Burke	1860
4	Ella	Shields	1690
5	Kris	Woodcock	1476
6	Mary	Mylis	1433
7	Marianne	Kron	1361
8	Meg	Ewen	1337
9	Betsy	Burtelow	1330
10	Cindy	Trent	1330
11	Mary Kay	Drapeau	1323
12	Debbie	Wilson	1187
13	Chris	Wager	1115
14	Sheri	Rosenbaum	914
15	Pat	Illy	687
16	Cynthia	Brown	552
17	Fran	Green	499
18	Barb	Swasas	495
19	Patricia	Gill	493
20	Danielle	Peterson	409

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 LAST RIDE WILL BE 9/15

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

Sept.. 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	30-58	Brian Hale 426-3290 & Frank & Pat Illy 923-5910
Sat. 9-4	9:00	Binnie Woods	Binnie Woods	I-90 West to Randall Road, North to Binnie Road, West to Forest Preserve	66/100	Kurt Schoenhoff 634-2634
Sun. 9-5	9:00	Wall to Wall	Fellows Park, Genoa City, WI	Rt. 12 N to County H, follow County H east (veer Left) into Genoa City, left on Fellows Rd and to the park.	68/104	Al & Cindy Schneider 696-2356
	9:00	Vern's PITA	Cuba Marsh	Turn west from US-12 onto Cuba Rd; parking on the left just past Ela Rd.	39/61	Joe Irons 359-0551
Mon. 9-6	9:00	Rock Cut	Evergreen School, Union, IL	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	58/90	Len Geis 679-0279
	9:00	Island Lake Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	45	Chris Wager 397-7217
Sat. 9-11	9:00	Antioch/Lyons/Delavan	Antioch Middle School	I-94 to IL 173 W just past IL59, turn right on Tiffany left at sign for school	63/101	Al Berman 541-9248

SUNDAY 9/12 HARMON 100 INVITATIONAL EVERYONE WORKS

Sat. 9-18	9:00	Another Day/ Another Way	Evergreen School, Union, IL	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
Sun. 9-19	9:00	Fontana Ride	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	71	Al Berman 541-9248
	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	Louis Greene 925-0629
Sat 9-25	9:00	Winnebago Wonderlust	McNair Jr. High School, Winnebago, IL	I-90 West to I-39/US 20 to Winnebago (Amoco on Corner) turn left to McNair ½ mile down the road (left turn)	79	Art Cunningham 963-8746
Sun. 9-26	9:00	Monroe/ New Glarus	Monroe, WI	I-90 to Rockford; US-20 West. IL-26 North (WI-69). Left on 8 th St. in Monroe. Left on 4 th Ave. Honey Creek Park is on the right.	66/101	Art Cunningham 963-8746
	9:00	Honey Lake Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	35	Kilian Emanuel 296-7874

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

September Wednesday Chicago Area Bike Path/Trail Rides

Date	Time	Miles	Path/Trail	Start	Directions	Comments
9/1	9:00	46 partial loop	North Portion Lake Co. Des Plaines River Tr.	Parking Lot D, Old School Forest Preserve	IL 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D lot.	Packed crushed stone ***
9/8	9:00	40	Des Plaines River Trail into Cook County	Willow Stream Park	Lake-Cook Rd. to Buffalo Grove Rd.; go north to Old Checker; go left to parking on the right	Packed stone, dirt, some paved**
9/15	9:00	70	Milwaukisha Loop	Fox River Sanctuary, Waukesha, WI	I-94 west of Milwaukee exit at WI 164 south to Waukesha, rt. on St. Paul Ave., left. on Prai- rie to College, rt. to the Fox River Sanctuary parking	Packed crushed lime- stone, paved, con- necting roads***
9/22	9:00	55	Wouponsee Glacial to Manhattan	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, crushed stone path, connecting roads ***
9/29	9:00	52	Fox River - Illinois Prai- rie Path Loop	Dundee Depot	Dundee /IL-68 west to Bar- rington Ave. (past IL-25); left to N River: park on street near depot	Crushed stone, paved ***

***approved for narrow tires

Bring snacks and plenty of water

**wide tires recommended

Check with Art Cunningham—968-9746 for details

*wide tires required

TRAIL NEWS - SEPTEMBER 2004

The writer biked the Waterfall Glen F. P. ten mile trail for the first time in six or seven years. What was formerly a rough grass trail is now a first rate packed crushed stone trail equal to the other Du Page County Forest Preserve trails; the eight mile Blackwell F. P. Trail and the twelve mile Lake Herrick/ Danada F. P. Trail. Members of the June 9th tour handled the trail quite well on road bikes. The Waterfall Glenn trail is separated from the I & M Canal F. P. Trail by a 0.1 mile ride on busy IL 83 and a 0.6 mile ride on the bikable Bluff Road. The Salt Creek to Waterfall Glen ride features the Salt Creek F. P. Trail along with these.

A 14 mile length of the Wouponsee Glacial Trail was dedicated in May. The completed section goes from the SW side of Joliet to Manhattan in Will County. Another 14 mile section is scheduled for completion to the Kankakee County line in the next couple of years. Dick Wesfall of the IDNA tells me that the trail right-away is within 5 miles of Kankakee State Park which now features 15 miles of trail along the Kankakee River. Further in the future these trails are planned to network with 48 miles of trail in the Midwin National Tallgrass Prairie. The Plank Road Trail now part of the Ride of a Different Flavor tour is within less than a 4 mile road ride of the Waupensee Glacial which makes a ride to Manhattan a near future proposed addition to the tour. Further in the future are a lot more trail tour possibilities in this network.

Another interesting trail development is out Rockford to Freeport way. I had the pleasure of riding about 7 miles of the Jane Adams Trail on the GITAP tour. This first rate crushed stone trail goes north from Freeport to the Wisconsin border. Over 10 miles of this 13 mile trail is now complete. The trail continues into Wisconsin as the Badger Trail. The right-way all the way to Madison has been acquired and construction to Monroe is planned to start soon. Tutty's Crossing trailhead in Freemont has been constructed to serve the Jane Adams Trail to the north and the planned Pecatonica Prairie Trail to the east. The 23 mile Pecatonica Prairie Trail goes to Rockford. Construction of a bicycle bridge over the Pecatonica River is scheduled for this year and construction of a segment at the Rockford end is scheduled for next year with completion of the project in 2006.

Closer to home, construction has started on the Millennium Trail out of Lakewood Forest Preserve. This heads northwest to a completed (but not yet opened) segment north of Gilmer Rd. that goes north to Marl Flat F. P. near Fish Lake. A sizable parking lot complete with toilet facilities is finished at the Gilmer/Fish Lake intersection trail access. Signs indicate completion of the 7 mile section under construction in the summer of 2004. I am not that optimistic. Perhaps this will be available in 2005 for the tour.

Art Cunningham

Aerodynamics

Every bicyclist has to overcome wind resistance. Most recreational bicycles in which the rider sits up have very poor aerodynamics. While newer bicycles are being designed with better aerodynamics in mind, the human body is simply not well designed to slice through the air. Bicycle racers are aware of the problem of wind resistance and over the years have developed techniques for reducing it. Bicycle designers and inventors have experimented in developing alternative bicycle designs and HPVs (human-powered vehicles) with an emphasis on better aerodynamic performance

Wind Resistance

Every cyclist who has ever pedaled into a stiff headwind knows about wind resistance. It's exhausting! In order to move forward, the cyclist must push through the mass of air in front of her. This takes energy. Aerodynamic efficiency--a streamlined shape that cuts through the air more smoothly--enables a cyclist to travel much faster, with less effort. But the faster the cyclist goes, the more wind resistance he experiences, and the more energy he must exert to overcome it. When racing cyclists aim to reach high speeds, they focus not only on greater power, which has its human limitations, but also on greater aerodynamic efficiency.

Aerodynamic drag consists of two forces: air pressure drag and direct friction (also known as surface friction or skin friction). A blunt, irregular object disturbs the air flowing around it, forcing the air to separate from the object's surface. Low pressure regions from behind the object result in a pressure drag against the object. With high pressure in the front, and low pressure behind, the cyclist is literally being pulled backwards. Streamlined designs help the air close more smoothly around these bodies and reduce pressure drag. Direct friction occurs when wind comes into contact with the outer surface of the rider and the bicycle. Racing cyclists often wear "skin suits" in order to reduce direct friction. Direct friction is less of a factor than air pressure drag.

On a flat road, aerodynamic drag is by far the greatest barrier to a cyclist's speed, accounting for 70 to 90 percent of the resistance felt when pedaling. The only greater obstacle is climbing up a hill: the effort needed to pedal a bike uphill against the force of gravity far outweighs the effect of wind resistance.

Reducing resistance

Frame builders and designers have been working on creating more aerodynamically efficient designs. Some recent designs have concentrated on shifting from round tubes to oval or tear-shaped tubes. There is a delicate balancing act between maintaining a good strength-to-weight ratio while improving aerodynamic efficiency. Improvements to wheels have made perhaps the biggest impact. A standard spoked wheel has been described as an "egg beater," creating many small eddies as the tire rotates--creating drag. Disc wheels, while generally heavier than their spoked counterparts, produce less wind drag and turbulence when they spin.

While improvements to frames and components have improved aerodynamic performance, the cyclist is the largest obstacle to dramatic improvement. The human body is not very streamlined. Body positioning is important; road cyclists use "drop bars" to allow themselves to reduce their frontal area, which helps reduce the amount of resis-

tance they must overcome. Reducing the frontal area helps riders increase their speed and their efficiency over time. In addition to positioning, small details like clothing can also make a big difference in reducing "skin friction." Tight-fitting synthetic clothing is worn by almost every professional rider, both road and mountain. Many recreational riders are also wearing bicycle clothes for the improvement in aerodynamics as well as comfort.

Drafting

Drafting is an important technique in road racing. Exploratorium Senior Scientist Paul Doherty explained, "The bicyclist, as he moves through the air, produces a turbulent wake behind himself. It makes vortices. The vortices actually make a low pressure area behind the bicyclist and an area of wind that moves along with the bicyclist. If you're a following a bicyclist and can move into the wind behind the front bicyclist, you can gain an advantage. The low pressure moves you forward and the eddies push you forward."

Surprisingly drafting not only helps the bicyclist following the leader, but the lead cyclist gains an advantage as well. Paul explained, "The interesting thing is by filling in her eddy you improve the front person's performance as well. So two people who are drafting can put out less energy than two individuals (who are not drafting) would covering the same distance in the same time." While the lead cyclist gains some advantage in this situation she still needs to expend much more energy than the cyclist who is following.

In road racing, bicyclists group together in a pack known as the "peloton" or a pace line called an "echelon." Cyclists who are part of the group can save up to 40 percent in energy expenditures over a cyclist who is not drafting with the group. To be effective drafting, a cyclist needs to be as close as possible to the bicycle in front of him. Many professional cyclists get within inches of the bicycle in front of them. The shorter the distance the larger the decrease in wind resistance.

Recumbents

Drafting is not always an option and its benefits are somewhat limited. The easiest way to overcome wind resistance and reduce drag is to become more streamlined. In recumbent design, the cyclist pedals from a seated position, which gives the bicycle a lower profile and makes it aerodynamically more efficient. Recumbent bicycles have been around for over 100 years, although they have never enjoyed the popularity of the upright safety bicycle, which remains the design people associate with bicycles.

Recumbents hold many speed and endurance records and are quite comfortable to ride. Recumbents are so efficient that many races do not allow recumbents to enter for fear that the cyclists on the traditional safety design will be at a disadvantage. There are a few disadvantages to the recumbent design. One is the cost; recumbents are not mass-produced and cost more than safety bicycles. In addition, recumbents are harder to see on the road--most use an orange safety flag so automobile drivers can more easily avoid them.

You can calculate the Aerodynamic Drag and Propulsive Power of a Bicyclist on their website
www.exploratorium.edu/cycling/aerodynamics1.html

!!SAVE THE DATE!!

WHEELING WHEELMEN
BANQUET

Sunday, November 14

1:00-5:00



Tuscany

550 S. Milwaukee Avenue
Wheeling, IL. 60090

FUN-FOOD- FRIENDS-
PRIZES!

\$20.00 PER PERSON

Name(s) _____

Number attending: _____

Amount Enclosed: \$ _____

Please make checks payable to:
Wheeling Wheelmen

Send reservation and check to:
Kris Woodcock
103 E. Olive Street
Prospect Heights, IL. 60070

News of Upcoming Events, from the League of
Illinois Bicyclists...

IDNR Fall Workshops for Local Officials and
Bicyclists

Bicyclists: come on out this fall to learn about
trails issues - and bring your town's elected officials and
staff while you're at it! The Illinois Department of Natu-
ral Resources and the Illinois Greenways, and Trails
Council are holding three educational workshops in the
Northern

(Oct 15, Malta), Central (Oct 29, Springfield), and
Southern (Nov 12, Grafton) parts of the state. Practical
advice on issues from planning to funding to bike-
friendly towns will be presented for planners, engi-
neers, administrators, and interested citizens.

The League of Illinois Bicyclists encourages
bike club members to personally invite your local offi-
cials - your request means a lot! See [http://
dnr.state.il.us/orep/planning](http://dnr.state.il.us/orep/planning) for topics, agendas, and
registration forms.

Become a Bike Safety Instructor

(From Keith Holt, Chicagoland Bicycle Federation)

The League of American Bicyclists will be con-
ducting a League Cycling Instructor (LCI) training semi-
nar September 24-27, 2004 in Chicago. LCI instructors
teach bicycle courses for adults, children, commuters
and motorists through the League's BikeEd pro-
gram. BikeEd is the only bicycle education program
with nationally certified instructors.

The cost of the seminar is \$175.00, which
includes an instructor's manual, the book *Effective Cy-
cling* by John Forester, and the video by the same name.

The BikeEd Road 1 course is a prerequisite for
the seminar but it may be completed before the seminar
if necessary. *

There are still several steps that need to be completed
before the training, so please don't wait! Registration
Deadline is Monday August 23rd.

Complete Road 1, if you haven't already.

Submit registration to League of American Bicyclists
and pay fee (www.bikeleague.org)

Study the video and book that will be sent to you, and
take a qualification test.

For more information, see the League's Website,
www.bikeleague.org or contact Keith Holt of the Chi-
cagoland Bicycle Federation at 312-427-3325..

SEPTEMBER CLUB MEETING

The meeting will be on Thursday, September 2, 7:00 p.m. at Wheeling H.S. Look for the WW signs pointing to the room location. The high school is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling.



We will finalize the Harmon 100 and recruit volunteers.

The after meeting program will be a slide presentation by club member, Meg Ewen, on her recent cycling trip to Historic Quebec with Pam Burke, Ella Shields and Kris Woodcock. See what mischief the girls got into this year.

Wheelmen get national press coverage

Be sure to check out the September issue of Bicycling Magazine. Our very own Harmon 100 will be featured in the "Go" section (on the Hubbub Page). Then we've been told that either the October or November issue will feature the Tues/Thurs Bakery Ride in the "Bikes on the Loose" section.

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



Invitational's

Sept 18, Ride for the Arts, Janesville, WI, 16, 34, 67 mi, Tour, Paul Braun, Janesville Velo Club, 608-756-9155, info@janesvillebikerides.com, www.janesvillebikerides.com

Sept. 19, North Shore Century, Evanston, 8/25/50/62/100 \$20 Ben Shapiro 847-866-7743 evbike@evanstonbikeclub

Sept 19, Gear'N Up Gourmet Bike Tour, Neenah, WI, 17, 40, 60, 75 mi, Tour, Patti Houlihan, Best Friends of Neenah/Menasha, 920-729-5600, patti@bestfriendsnm.org, www.bestfriendsnm.org

Oct 2, Tyranena Octoberfest Bike Ride, Lake Mills, WI, 25, 45, 64 mi, Mick Nelson, Tomorrow's Hope, 920-674-6425, info@oktoberfestbikeride.com, www.oktoberfestbikeride.com

Oct. 3, Pumpkin Pie Ride Ottawa 25/50/75/100 \$15 by 9/20 \$20 after, **Brian Eastman** 815-433-5035 bikegod@ivnet.com

Oct. 3, Pumpkin Pedal, Maple Park, IL, 25/42/62 \$28 by 9/23 \$28 day of, Sandy Hutchins, 630-377-7250 shutchins@soill.org

Oct. 16, Leaf-Peeper's Tour, Elizabeth, IL, 22/31/46/60 \$15 before 10/11, \$20 day of Gerald Bausman 815-858-2002 bausmana@juno.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

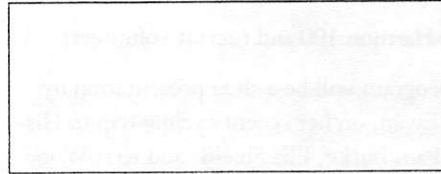
Phone: 847-520-5010
Email: wheeling@wheelmen.com

We are on the web
wheelmen.com

Club Meeting
September 2



2004
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
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