



MONTHLY MEANDERS

DEC. 2004 / JAN. 2005

PREZ SEZ

Greetings fellow club members.

What a blast we all had at the annual banquet! This year Kris Woodcock was our chairperson and she did a marvelous job on everything from taking reservations to coming up with hilarious gag gifts. This year's event was held at Tuscany in Wheeling. A record 66 members and guests feasted on bruschetta and pizza appetizers, salad, pasta, vegetable and ice cream. Great job Kris....Thank you...

Several awards were presented including trophies to the top ten mileages both male and female. Killian Emanuel-6,197miles and Cindy Schneider-3,765 were the top guns for male and female respectively. I'd like to recognize a couple of other riders who didn't make the top ten but in my book deserve a big "WOW" from the crowd. Bob Pletch had surgery on both of his knees late last year and could barely walk at this time last year. He logged over 1,200 miles this year. What makes this even more remarkable is Bob is on the far side of his 70's. The other rider is Richard Carr. Richard rode over 1,400 miles on a specially built recumbent. It's specially built to carry his crutches which he needs for walking. Congratulations to both of these outstanding members. You are an inspiration to all of us.

There were 287 scheduled rides this year and only 17 of these were cancelled due to weather. 3,236 riders participated in 270 rides logging a total of 136,145 miles. 28 of our members did at

least one century ride. The most popular rides were the Tuesday and Thursday bakery rides. Since these are held during the day the majority of riders are retirees or "geezers" as they are affectionately known. Although senior in age they certainly don't act their age on a bike. The following story illustrates my point.

The banker saw his old friend Tom, an eighty-year old rancher, in town. Tom had lost his wife a year or so before and rumor had it that he was marrying a "mail order" bride. Being a good friend, the banker asked Tom if the rumor was true. Tom assured him that it was. The banker then asked Tom the age of his new bride to be. Tom proudly said, "She'll be twenty-one in November." Now the banker, being the wise man that he was, could see that the sexual appetite of a young woman could not be satisfied by an eighty-year-old man. Wanting his old friend's remaining years to be happy the banker tactfully suggested that Tom should consider getting a hired hand to help him out on the ranch, knowing nature would take its own course. Tom thought this was a good idea and said he would look for one that afternoon. About four months later, the banker ran into Tom in town again. "How's the new wife?" asked the banker. Tom proudly said, "Oh, she's pregnant." The banker, happy that his sage advice had worked out, continued, "And how's the hired hand?" Without hesitating, Tom said, "She's pregnant too." Don't ever

underestimate us old geezers.

Don't forget the Holiday party on December 19th at Frank and Pat Illy's. Show and go rides continue as long as people show up. Tuesday, Thursday, Saturday and Sunday 10:00 Deerfield Bakery. Check the newsletter, web site and ride line for other events including Hikes, X-Country skiing, Mountain biking, trail riding and any other outdoor event you think the members would enjoy.

The Ethnic Dinners begin in January with the Schneider's hosting at a Bohemian restaurant in Berwyn. Lebanese and Peruvian follow in February and March. The club meetings start again in January with a presentation by Chip Kyle on an Adventure Cycling trip.

I'm happy to announce that we will contribute \$1,000 each to the League of Illinois Bicyclists and the Chicagoland Bicycle Federation, \$500 to the League of American Bicyclists, and a new bike to the Buffalo Grove Police Department. We are exploring other local bicycle related options as well for additional donations. We will continue to retain enough in our account to fund our invitationals for at least 2 years. Your input on where we can make donations is always welcome.

Congratulations to the 2005 chair people and board members. I look forward to another year working with you.

See you on the road.

Rich Drapeau

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The bicycle is a curious vehicle. Its passenger is its engine. ~John Howard



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 & Mailing

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

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.

FINAL 2004 TOP 20 MILEAGE

270 rides by 148 Members totaling
136,145 miles. 8807 maximum miles
possible per rider

Men:

1	Kilian	Emanuel	6197
2	Art	Cunningham	4756
3	Leonard	Geis	4255
4	Frank	Illy	4225
5	Kurt	Schoenhoff	4055
6	Al	Schneider	3965
7	Daniel	Wiessner	3591
8	Jim	Boyer	3404
9	Richard	Drapeau	3232
10	Joe	Irons	3186
11	Tom	Wilson	2901
12	Louis H.	Greene	2560
13	Kevin A.	Moore	2415
14	Alan	Berman	2292
15	Bob	Dominski	2172
16	Dennis	Creaney	2058
17	C. Brian	Hale	2020
18	Phil	Castle	1951
19	Earle	Horwitz	1811
20	Richard	Carr	1424

Women:

1	Cindy	Schneider	3765
2	Reinhilde	Geis	3358
3	Mary	Mylis	2768
4	Pam	Burke	2734
5	Ella	Shields	2570
6	Mary Kay	Drapeau	2436
7	Cindy	Trent	2243
8	Debbie	Wilson	2205
9	Betsy	Burtelow	2073
10	Chris	Wager	2050
11	Meg	Ewen	2038
12	Kris	Woodcock	2017
13	Marianne	Kron	1757
14	Pat	Illy	1408
15	Sheri	Rosenbaum	1226
16	Pat	Calabrese	1053
17	Fran	Green	1042
18	Patricia	Gill	921
19	Barb	(Swasas) Barr	896
20	Cynthia	Brown	864

TUESDAY / THURSDAY DEERFIELD BAKERY RIDES

Rides with 25/45 mile routes leave the Willow Stream Park, promptly at 10:00 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.

SATURDAY & SUNDAY

Show-and-Go rides start at 10:00 a.m. from Willow Stream Park (see location above). The rides may or may not have cue sheets. The mileage, destination and speed are determined by the weather and riders.

JANUARY CLUB MEETING

The club meeting will be on Thursday, January 6, 2005, 7:00 p.m. at Wheeling High School in room 102. The high school is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling.

The after meeting presentation will be a slide show by club member Chip Kyle. It will be on his week-long ride along the Columbia River Gorge with Adventure Cycling last summer. You don't want to miss this excellent show.

Board Meeting

The next board meeting will be held on Wednesday January 26, 7:00 p.m. at the home of Tom & Deb Wilson .

All board members are requested to attend. Please give Tom & Deb a call at (847)632-1412 and let them know if you will be attending.

Cross Country Skiing

When we get snow be sure and check the ride line for outings. We have several members that will plan some local ski days. It's great exercise and fun when you can't get out on the bikes.



Holiday Party

Come and enjoy the fun

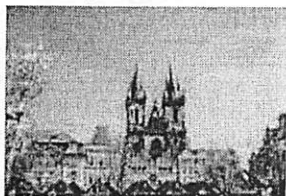
Sunday, December 19,
3:00-8:00 p.m.

Hosted by: Pat & Frank Illy
846 Beacon Drive, Schaumburg
Call Pat @ 847/359-9085 (days)
or 847/923-5910 (evenings)

to see what you can bring to the party.

Please RSVP by December 13

January Ethnic Dinner



Come join the Wheeling Wheelman for a Czech-Bohemian eating experience on Sunday, January 23, 2005 at 5:00 pm. Klas Restaurant is located at 5734 West Cermak Road in Cicero, Illinois.

The building dates back to the 1920's, has been a road house in the prohibition era and has served as a Slovakian restaurant and beer hall since the 1930's. The decor is sort of hunting lodge with large windows opening onto a summer beer garden. There is parking west of the restaurant and in a municipal lot behind the building.

The ethnic food is eastern European and German. Liver dumpling soup, fruit dumplings, fish, pork, ham, duck, smoked sausage, svitchkova and goulashes are available. Entrees are accompanied by bread or potato dumplings and a choice of sauerkraut, sweet and sour cabbage or red cabbage. Desserts include kolachki and strudel. The last time that we were there, five imported beers were on tap.

The cost is usually about \$10.00 for soup, salad, breads, entree and dessert.

Call Al or Cindy at 847-698-4438 to RSVP by January 18th.

2005 MEMBERSHIP RENEWALS

Watch for your renewal forms in the mail. Please send it back as soon as possible so you don't miss a single issue of the Monthly Meanders or the 2005 ride schedule. Due date for renewals is February 1 (expiration will be March 2006). Membership cards will be mailed out with the March newsletter

If you have any questions contact Jim & Betsy at 847/541-1325

TAKE A HIKE

When: Sunday, December 5

Time: 10:00 a.m.

Where: Des Plaines River Trail – enter from Milwaukee Ave., ½ mile North of Route 22. Go into 1st parking lot.

Hike will be followed by lunch at the Half Day Inn – Lake County's oldest standing structure.

Al Berman
847 541-9248

Follow up to November Charity Ride Article

A number of members read my article and asked for more information on the two rides mentioned. Here they are if anyone would like more details.

Tour of the North Shore, American Cancer Society Ride, May 15, 2005
<http://www.bikenorthshore.com/>

Scenic Shore 150, Leukemia and Lymphoma Society, July 23-24, 2005
http://www.leukemia-lymphoma.org/all_page.adp?item_id=57271

Sheri

CHECK THE RIDE LINE FOR WINTER ACTIVITIES 847/520-5010.

Winter Weight Loss

So you had that 3rd piece of pumpkin pie at Thanksgiving dinner, after you stuffed yourself with turkey, dressing, and sweet potatoes. So, maybe you felt a little guilty. And, sure you probably shouldn't have eaten that whole box of chocolates you got for a holiday present. But, you did. And, still, the bad eating habits haven't stopped, have they?

Maybe you're like so many other cyclists, who ate non-stop during the cycling season. After all, what's a few thousand calories a day when you're riding a few hundred miles a week? Even though your friends and loved ones were horrified and mystified by how much you ate this summer, you still lost weight. But, guess what? Summer is over, and it's time to slow down. In fact, it might have been time to slow down months ago.

Well, don't panic too much if the sight of your rear in Lycra scares the you-know-what out of the neighbor's dog. You can get back in shape, keep extra weight off, and feel great -- even in the dead of winter.

First of all, your eating habits need to be in sync with your activity level. You can't eat 4,000 calories a day if you're spending all of your spare time watching television. On the other hand, **don't** starve yourself, either, as you'll lose the muscle you worked so hard all season long to attain. As with everything else in life, moderation is the key. Do eat a healthy variety of foods. Don't completely deny yourself goodies. Just use common sense.

Exercise is important, too. You could ride an indoor trainer if you have one. You could find a spinning class at a local gym or health club. You could cross country ski. You could ride a mountain bike if you have lots of cold weather gear. Weight training is great, too -- just be kind to your knees, don't bulk up your upper body too much, and don't forget to do something aerobic. Just find something that you like and that you will do several times a week.

And, finally, if you still need help dieting or losing weight, you should check out Weight Loss and Nutrition from About.com. Happy riding, and don't make New Year's resolutions you can't keep!
From: <http://bicycling.about.com/>

YOU KNOW YOU ARE ADDICTED TO CYCLING WHEN

- #10 - Your surgeon tells you you need a heart valve replacement and you ask if you have a choice between presta and schraeder.
- #9 - A measurement of 44-36-40 doesn't refer to the latest Playboy centerfold, but to a gear ratio you want.
- #8 - A Power Bar starts tasting better than a Snickers.
- #7 - The bra your significant other finds in your glove compartment belongs to your Trek and not the cute waitress at Denny's.
- #6 - You wear your heart monitor to bed to make sure you stay within your target zone during any extracurricular activities.
- #5 - You ask the funeral director if you can ride your Cannondale in a funeral procession.
- #4 - You experience an unreasonable envy over someone who has bar end extenders longer than yours.
- #3 - You're too tired for hanky-panky on a Friday night but pump out a five-hour century on Saturday.
- #2 - Your wife tells you the only way she'll let you ride across the country is over her dead body and you tell her "If that's the case, you'll be my first speed bump."
- AND the number one reason you know you're addicted to bicycling is
- #1 - You no longer require a hankie to blow your nose!

WINTER RIDING TIPS



Ride with a friend or group. Sharing conversation as well as a draft helps the miles go by. But group rides must be cohesive. Don't let them degenerate into hammer fests. You shouldn't do any hard, fast riding when the temperature is below 50F degrees

(10C). Instead, use winter to accumulate base miles.

Head into the wind to start each ride. Get it out of the way early when you're still fresh. If you work up a sweat, having a tailwind on the return trip will decrease the chill.

If you feel warm as you start out then you're probably overdressed for any ride longer than a half hour.

It's easy to get dehydrated in the winter. Exercising outdoors makes it even easier. Dehydration causes decreased blood volume which makes us more susceptible to hypothermia and frostbite. It's important to drink water frequently if you're riding for more than one hour. Some people use insulated water bottles but the most popular

and generally successful system is the Camelbak, usually worn under the outer layer of clothes.

Below zero, cycling speeds generate enough wind chills to freeze exposed skin quickly. If parts of your face feel cold or numb, stop and warm them before they get frostbitten.

Be careful with glasses, watches, jewelry and zipper pulls. Small metal and plastic objects can get cold enough to cause frostbite.

Carry two tubes. Patching a tube with freezing fingers isn't easy, should a second flat occur.

Don't stop for long, if at all. Resumption of the wind-chill will make you cold, and you may be unable to shake the shivers for the rest of the ride.

Manhole covers, leaves and metal bridges are particularly slick and dangerous when wet. Be wary of shaded corners, which may hide ice



Two local bike shops have joined with the U.S. Marines Corps Reserve's Toys For Tots Foundation to help provide toys for needy children

Amling's Cycle 2nd Annual Holiday Toy Ride

We're hoping to get a bunch of riders to join us at the shop early the morning of December 17th.

Each rider should bring a new, unwrapped toy suitable for a child between the ages of 2 -12. We are then going to take the toys the riders bring, and other toys that we have collected, and ride them to a drop off point on the north side.

Mystic Celt is about 2 miles from our drop off point and the owner has volunteered to hold a breakfast for us.

We're planning on having the ride leave the store at about 6:30am, 8140 N. Milwaukee Ave, Niles, that gets us to our drop off before 9:00 and over to Mystic in a timely manner.

It's going to be a blast, I hope that we can get a lot of participation from the Wheelmen. BTW, if anyone doesn't want to ride, but wants to donate a toy, that's great too. It's all about getting enough toys for the kids for Christmas.

Questions? 847692-4240 or visit their website: www.Amlingscycle.com

6th Annual Reindeer Ride - Toys For Tots & Warren H.S. Athletic Boosters

Mike's Bikes of Gurnee, Inc. is having a group ride on Saturday, December 4 at 9:00 a.m.

The Ride will take place on local trail ways to raise awareness of the foundation. The ride will be a nine mile course, one mile for each reindeer, starting at Mike's Bikes in Gurnee, 4129 Old Grand Avenue

Participants are required to bring a new toy, unwrapped and valued at \$10 and a \$9.00 entry fee.

Riders will receive a gift commemorating the event and a goody bag. Coffee and bagels will help us knock off the chill before the ride. Door prizes will be offered after the ride at Mike's Bikes in Gurnee. There will also be a bike decorating contest, so get those bikes decorated with a Christmas theme.

After riding, a pancake breakfast will be provided by the Warren Twp. High School Athletic Booster Club.

Questions? (847)662-8482, www.mikesbikesgurnee.com.



SPRING TRIPS

Bike Florida 2005: March 19th - March 25th
Red Hills to the Sea (featuring Worm Gruntin' and Oyster Shuckin') is a 7-day fully-supported bicycle and tent camping tour, \$180.00, pedal between 315-385 miles among the rolling hills and along the beautiful Gulf Coast of the Florida Panhandle. Tour is leisurely-paced, but challenging and is designed to be a fun and relaxing vacation for cyclists of all ages. We will use local park facilities and school grounds for tent camping. Limited indoor camping will be available. March in north Florida can be chilly, with average highs around 70-75 and lows in the 50's. P.O. Box 5295 Gainesville, FL 352-376-6044, <http://www.bikeflorida.org>
Info@bikeflorida.org

CYCLE ZYDECO March 31-April 3 The 4th annual Cycle Zydeco, Louisiana's premier Cajun/Creole Food and Cycling Festival, is a 200 mile 4-day bike tour featuring the spicy food and Zydeco music of the Creoles and Cajuns in South Louisiana. The cost includes 3 breakfasts, 2 dinners and one lunch at post-ride party, indoor and outdoor camping facilities for three nights, portable toilets and hot showers, baggage transportation, live Zydeco and Cajun bands nightly, evening receptions with cold beer, sag and mechanic support, maps and cue sheets and more. PO Box 52066, Lafayette, LA 70505 (337) 232-3737 cyclezydeco@lafayettetravel.com <http://www.cyclezydeco.com>

And the winner is.....

We held a raffle at the Chicago Velosawp for a club jersey and the winner of the jersey was:

Steve Overton, Batavia, IL

Product Recalls!

---Cannondale is recalling about 2,600 quick-release handlebar bags branded "Crossroads" and "Perimeter." The plastic bags can fall off the handlebar while the bike is being ridden. One serious injury has been reported.

The recall involves bags that U.S. retailers sold from September 2003 through August 2004. For more information check with your Cannondale dealer or contact the company at (800) BIKE-USA or <http://www.cannondale.com/>

---Quality Bicycle Products (QBP) is recalling about 500 road forks that came on its Salsa Campeon framesets. The carbon fiber/aluminum fork's steering tube can crack or break. There have been two reports of this happening.

The recall involves forks spec'd on Salsa model F-01 Campeon framesets in both white/black and red/black color combos. The bad forks have a code of CK, DA, or DB and a serial number from 03400 to 04600. This info can be found at the base of the steerer tube near the fork crown. The suspect framesets were sold nationwide from April through June 2004.

LIB NEWS

LIB Bike Safety Sheets for Kids

The League of Illinois Bicyclists has released our new bike safety sheets focusing on safe riding techniques. The single-page format can easily be reprinted in school newsletters, copied for bike rodeos, and distributed through other organizations and bike retailers.

There are two versions: one for younger elementary school kids, one for older elementary and pre-teens. Each addresses skills and issues appropriate for that age group. The back of each sheet has further details for parents. The information was developed by an LIB board committee led by nationally-certified bicycle safety instructors.

The sheets are available as PDF files at www.bikelib.org/education/kidsheets.htm

LIB has copies for interested groups. We are seeking partnerships to expand distribution. Contact LIB (630-978-0583) if your club would like to print copies for your own purposes (with your own logo added), or sponsor LIB's general distribution program.

Metra Bike Parking Report Released – Bike-to-Train Counts Double!

Do Chicagoland's commuter rail stations have enough quality bike racks and lockers? Where are more needed to satisfy demand? Are more people biking to Metra than five years ago?

These questions were investigated in September 2003, when the League of Illinois Bicyclists collaborated with Metra and the Chicagoland Bicycle Federation on a look at over 200 stations around the area. Metra has released its "2003 System-Wide Bicycle Parking Inventory Report" with the results.

Commuters biking to Metra have doubled in just five years! Single-day counts have risen from 1026 to 2107, a larger increase than predicted when LIB proposed this project. 25 stations had 26 or more bikes parked, and most of these needed more capacity. Many top stations (led by Naperville-104, LaGrange Road-94, Arlington Heights-84, Downers Grove Main-72, and Oak Park-59) have invested in new bike parking in that time, and some have improved bike routes to their stations. Still, it's been hard to keep comfortably ahead of the new demand.

The report also addresses issues including capacity by station, recommended bike parking types, bike lockers, abandoned bikes, and downtown Chicago station parking.

Where to go from here? According to LIB's Ed Barsotti: "We want to work with individual towns where more quality bike parking or better routes are needed. We'd like to work on encouragement system-wide. It's clear that biking to Metra can be part of many solutions."

Want to help in your town? Contact LIB.

GITAP-05***Grand Trail, Grand Parks, Grand Time***

The third Grand Illinois Trail and Parks (GITAP) ride is set to roll in mid-June of 2005. Make plans to be a participant. With new routes, parks, plans, and events, the ride will offer unique explorations of northern Illinois. But the basics of the ride remain the same:

- A mid-June week-long supported bicycle tour using much of the Grand Illinois Trail and many of the state parks along the trail.
- Sponsored by the League of Illinois Bicyclists with support from the Illinois Department of Natural Resources.
- Tent camping in state parks, with a motel package available at an additional cost. Showers and luggage transportation provided.
- Breakfasts and dinners included – and, of course, a T-shirt, and optional jersey for sale.
- Nightly meetings featuring ride info, occasional entertainment, and door prizes.

Alternative on-pavement routes when soft trails are used.

Here's the tentative route:

- Sunday, 6-12 – Kankakee River State Park – 45 or 70 miles
- Monday, 6-13 – Starved Rock State Park – 70 miles
- Tuesday, 6-14 – White Pines Forest State Park – 75 miles
- Wednesday, 6-15 – White Pines Forest State Park – Take a day off or bike 25, 75, or 100 miles with cue sheets.
- Thursday, 6-16 – Rock Cut State Park – 60 miles
- Friday, 6-17 – Shabbona State Park – 65 miles
- Saturday, 6-18 – Joliet – 60 miles

Registration is first-come, first-served with a limit of 160 riders. The base price for the ride will be \$320.

Any questions: email Chuck Oestreich oestreich@qconline.com or 309-788-1845. www.bikelib.org/gitap/2005/

LEADING A RIDE

We have had several members ask what it entails to lead a ride so we thought it would be helpful to give some of the basics. It is fun and easy to lead a ride and everyone really appreciates it (plus you get a thank you gift at the banquet).

1. Contact the ride chair about leading a ride and he will add it to the schedule.
2. If you see that our ride schedule doesn't have a ride leader, call the ride chair to volunteer...it's fun and helps you get to meet other club members.
3. Or you can select a route from our extensive club library or create your own route. If you have the time try and go over the route you plan to use preferably within a week or two before the ride to check for detours, obstacles, etc. We will send you a cue sheet, map and sign up sheet prior to the ride.

4. All rides leave at the designated time. It is the ride leader's responsibility to be there early (about 1/2 hour). Bring plenty of cue sheets and maps (20-25 copies) and have all members' and guests sign in before the ride.
5. Ask if there are any new members and introduce them to the group.
6. This is the day you have given to the club so remember you are responsible for the riders, especially new members. Be sure all the riders have made it back before you leave. You can always backtrack in your car to be sure they are ok or if they need a lift.
7. After the ride send sign in sheet to mileage statistician for club records.

Sign up starts at the holiday party on December 19



Border Crossing

A man on a bike, carrying two sacks on his shoulders, was stopped by a guard while crossing the US-Mexican border.

"What's in the bags?" asked the guard.

"Sand," the cyclist replied.

"Get them off. We need to take a look."

The guard emptied the bags and found out they contained nothing

but sand. The man reloaded his bags and continued across the border. A week later, the same man was crossing again with two more bags. The guard demanded to see them, and again they contained nothing but sand. This continued every week for six months, until one day the cyclist failed to appear. A few days later, that same guard ran into the cyclist in the city.

"Hey, where have you been?" the guard asked. "You sure had us wondering! We knew you were smuggling something across the border. So tell me and I won't say a word. What was it?"

The man smiled and told him the truth. "Bicycles!"

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

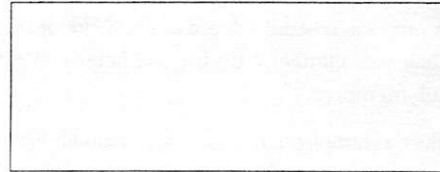
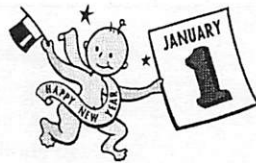


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Next Club Meeting
January 6, 2005



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.

ALBERTO'S CYCLES
1770 First St. Highland Park
847/446-2042

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

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

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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
- * Adventure Cycling

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