



MONTHLY MEANDERS

MARCH, 2005

PREZ SEZ

Greetings fellow club members.

I'm sitting here drawing a blank.

We are in our "tweener" season. The snow is gone so we can't X-country ski. The temperature is still cold enough to keep all but the heartiest souls indoors, Saturday February 5th being an exception when 20 riders met at the Deerfield Bakery for a show and go ride.

I suppose I can talk about the last club meeting and the presentation by Two Bicycles and a Map. How Eric and Kathy lead tours in France, Italy, and Wisconsin. How these tours focus on cycling, sight seeing and food. Or perhaps mention that the next club meeting will feature our own Frank Illy and Brian Hale and their trip to Colorado. Did you know that the April meeting will be the last till August? Here's some scoop: The April club meeting is going to be a pizza party with cake to celebrate the club's 35th anniversary. Don't miss this one.

Maybe you'd like to read about the police bike we

recently donated to the Buffalo Grove Police Department. How we attended a Village Board meeting and presented the bike to the Chief of Police. I even had to give a little speech on the local cable access channel. Hello Hollywood!

Let's see what else is going on. Oh yeah! The St Pats ride is just around the bend. We need additional volunteers. Fire up the oven, grease up the cookie sheets and get busy. Tom and Deb Wilson need dozens of cookies or other tasty snacks. No dough, no oven, no problem. We can use you for parking or sag support.

Should I tell you about the great turnout for the January ethnic dinner in Cicero? Many thanks to the Schneider's for hosting a Bohemian feast. Next stop is Lebanese. Will "That Girl's" father make his presence felt? I'll explain later if you have no idea what I'm talking about.

Perhaps I should mention the club "spin" class we have scheduled for March. Revolution is a new cycling center in St Charles. They

offer classes for up to 30 people, where you use your own bike on their trainers. These are not rollers where you have to be concerned with staying upright. Your bike is clamped via the rear hub with the rear wheel resting on a spring tensioned roller. The roller provides resistance which increases as you shift to larger gears. This is a very stable system that does a pretty good job of mimicking road conditions. We have reserved a 1 1/2 hour time slot from 3:30-5:00pm Saturday March 5. This is a ride at your own pace class. There will be a class leader and music to take us through a routine. Bring a towel and toiletries to shower after class. Join us for a bite to eat at a local restaurant.

Ok, so I did have a few things to talk about.

I'm on a deadline so I'll try and come up with something a little more amusing next month.

See you on the road.

Rich Drapeau

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WELCOME NEW MEMBERS:

Rich and Pia Gordon
Round Lake Beach

Peter B. Mead, Round Lake Beach



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
<u>Chairmen</u>	
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.



TIP OF THE MONTH:

Nibble solid food almost continuously during long rides. Don't wait until you start feeling hungry, because by then it's too late for food to digest in time to replenish energy

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 Stream 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 through March 6

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.

MARCH CLUB MEETING

The meeting will be on Thursday, March 3, 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.

We will discuss final plans for the St. Patrick's Day Ride and recruit volunteers.

The after meeting program will be by club members Brian Hale & Frank Illy. They will be showing the video of their "Tour of Colorado Bike Trip." It was a Team FLASH trip including Louis, Chris, Luise, Bob Illy and Dave Smith from Omaha. This is a 7 day Trip starting and ending in Colorado Springs. Beautiful scenery, awesome climbing of 5 mountain passes. Don't miss this great presentation.

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

Board Meeting

The next board meeting will be held on Wednesday, March 9, 7:00 p.m. at the home of Rich & Mary Kay Drapeau.

All board members are requested to attend. Please give Rich and Mary Kay a call at (847)808-1476 and let them know if you will be attending.

ETHNIC DINNER

**MARCH 20th
6:00 P.M.**

TASTE OF PERU

6545 N. Clark St.

Chicago, IL

773 381-4540



Just a few minutes south of Evanston in Rogers Park is Taste of Peru. It's location perhaps defines the "hole-in-the-wall" ethnic eatery, but if you're not a stickler for ambience, you will not leave this place hungry. The appetizers, like the palta rellena (stuffed avocado) or papas a la huancaína (potatoes in a spicy cream sauce) can each be a meal in itself. For entrees there are several seafood dishes, as well as the classic lomo saltado (sautéed beef with tomatoes and potatoes) and the highly recommended aji de gallina (chicken in a spicy yellow sauce), which is served with rice and potatoes. The chicken with peanut sauce with a side order of plantains is excellent. The alfajores (cookies with dulce de leche sandwiched between them) are the best dessert by far.

This is a BYOB, so bring your own wine or beer.

Please RSVP by March 14th to Al or Fran at 847 541-9248 or by email to a_berman@sbcglobal.net.



ST. PATRICK'S DAY RIDE

Sign Up for the St. Patrick's Day Ride

On Sunday, March 13, is the first invitational ride of the season! This year's St. Patrick's Day ride will leave from Wauconda High School at 555 N. Main St. in Wauconda. We will need your help to host this spectacular early season ride. Just think by signing up for one of the jobs below you can say that you worked the first invitational ride of the season in the greater Chicago land area!!

Road Marking: We are using signs again this year. The roads need to be marked the day before or the morning of the ride.

Registration: We need people to start setting up about 7:30 am

Parking: Attendants should be on duty at 7:30 am

Food: Service will be open from 8:00 am to 1:00 pm. We will have an early shift from 8:00 am to 11:00 am and a late shift from 11:00 am to 1:00 pm. Typically the heavy crowds are from 10:00 am to 12:00 pm.

Cookies: We need about eight to ten people to supply 8 dozen cookies each.

Join the fun, sign up for a job! Contact Tom or Deb Wilson at 847-632-1412 or email us at tomwilson@wideopenwest.com

March 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
Sat 3/12	10:00	St. Patrick's Day Members Ride	Wauconda H.S.	RT 12/59 to Old Rand Road, then 2 mile N.W. to school	16/20/36	Art Cunningham 963-8746
Sun 3/13	8:00 - 10:30	St. Patrick's Day Ride	EVERYONE WORKS	See above		Tom & Deb Wilson, Chairmen
Sat. 3/19	10:00	3 Options Ride	Fox River F.P	NW on Rt. 14 , R on Kelsey, L on River, L on Roberts for 1 mi.	21/31/52	Rich Drapeau 808-1476
Sun. 3/20	10:00	Lou's Commute	Lakewood F.P.	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on the right.	41	Al Berman 541-9248
Sat. 3/26	10:00	Apple Cider	Kildeer School	Old McHenry Road, north of Long Grove Shopping District	36	Betsy Burtelow & Jim Boyer 541-1325
Sun 3/27	9:30	Honey Lake Loop	Willow Stream Park Buffalo Grove	On Old Checker Road just west of Buffalo Grove Road north of Lake-Cook	32/40	Ella Shields 773/594-1755

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

Get Ready for the 2005 Bike Season

Join the Wheeling Wheelmen at Revolutions Training Center

A members only event has been organized for Saturday March 5th at this new St Charles cycling facility. It will be a 1.5 hour "on your bike" training session covering a "basic club ride" including hill climbing, endurance and sprints. Like our club rides, this is a go at your own pace class. The goal is to get in a good workout. Jam with the "hammerheads" or cruise with "geezers".

Class size is limited to 30 riders. You **MUST** bring your own bike to participate in the class.

The group will be going out for dinner at a local restaurant (TBA) after the class, so please plan on joining us.

RSVP: Space is limited to 30 people. Participation in this event is on a first come first served basis.

RSVP to Sheri Rosenbaum at Luv2Bike80@hotmail.com or by phone 847-465-3700 x5695 or 847-821-7622

Date: Saturday, March 5, 2005

Time: Class starts promptly at 3:30pm and is over at 5pm.

Please arrive around 3pm to set up your bike

Location: Revolutions

1400 Foundry Street

St. Charles, IL 60174

630-524-9413

Check out their web site for more information about the center

http://www.headcoachpartners.com/training_centers.php?page=revolution

Cost: If we fill all 30 spots it is \$5 per rider. If we don't, the flat fee of \$150 will be divided by the number of riders.

Cost of dinner is not included in the price

What Do I need to bring:

Your bike

Bike clothes

A towel for class and a towel and toiletries to shower with afterwards

Heart rate monitor (only if you want)

Money for dinner and the event

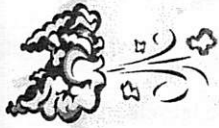
That great Wheeling Wheelmen attitude

For Sale

Specialized Allez Pro, 56cm, Black/Titanium. '01 Frameset, not built up until October of '03. Campy 9spd Chorus/Daytona mix, Dia Compe BRS SL calipers (these parts 2-3 years old). Ritchey Pro bars & stem, Thomson seat post, and San Marco Aspide saddle (these parts 4-6 months old). **Two** set of wheels w/tires, **three** (maybe four) sets of cogs, existing chain, and **one brand new chain**. This bike is in great condition, ask anyone - I take excellent care of my stuff. A dream to climb and sprint! \$1075 firm!

Specialized S-Works CX (cyclocross), 54cm White/Red. '02 Frameset built-up with Campy Chorus 9spd shifters and derailleurs, Ultegra crank w/Salsa rings. Ritchey BioMax bars, Salsa stem, "Paul's style" cross brake levers, Thomson seat post, and Selle San Marco saddle. **Two** sets of wheels w/tires, **two** (maybe three) sets of cogs, existing chain, and **one brand new chain**. This bike is also in great condition. \$1200 firm!

Call Robert Kron 847-718-0063 or e-mail at vo2-max@sbcglobal.net

**WIND TIPS**

The invisible force will be with us for the next few months. Time to offer up a few tips for dealing with -- and benefiting from -- serious airflow.

---First, always remember: A headwind is your friend! You can't do anything about it till the road turns, so welcome the wind as an aid to becoming a better rider. If you adopt this attitude, the stronger the wind blows, the better you'll like it. (Well, at least you won't hate it as much.)

---Don't fight to keep your speed. To maintain 18 mph into a 10-mph headwind you need about twice the effort as when riding 18 on a calm day. Instead of beating yourself up, gear down and work on a fluid spin. When with a group, you can practice a smoothly rotating pace line technique in slower motion.

---Hone your riding position. When boring into a headwind, watch your cycle computer and notice how small postural changes affect your speed. Bend your elbows more to see what happens. Hold them in line with your body instead of splayed outward. When you find your most efficient position, it'll give you greater speed with less effort in calm air, too.

Other windy tips:

---Start rides into the wind. Do battle while you're fresh, then let the gale blow you home. Wind is usually lighter in the morning. If you start your ride early, the headwind could be relatively tame before you're treated to a roaring tailwind on the return trip.

---Beware of a left crosswind. Especially on roads with truck traffic. When you're leaning left to maintain a straight line and a passing vehicle momentarily blocks the wind, you might veer into the lane. Fight the tendency by keeping your elbows loose and upper body relaxed.

---Spin with a tailwind. Instead of shifting to bigger gears and smoking down the highway, stay in a gear that you can almost spin out. It's a great way to develop rapid, smooth pedaling action.

---Mash with a tailwind. Occasionally, give that 53x11 a workout by seeing how quickly you can turn it. It's fun to feel such power and speed. (When you get to 33 mph, remember that's how fast top time trialists go in calm air.) Flex your muscles this way and you'll be faster when the wind isn't helping.

MS RIDE

Three of your fellow members, Dan Wiessner, Cynthia Brown and Phil Castle have again accepted a challenge on behalf of our 18,000 friends in Illinois who live with the daily challenges of multiple sclerosis. On Saturday, June 25 and Sunday, June 26, 2005, we will be joining 1,600 cyclists and hundreds of volunteers in the MS 150 Tour de Farms. We are part of the Bike Psychos team and wish to invite all of you to join us on this year's ride. For more information, please check the web site at www.msillinois.org or call Dan at 847-540-9118 (or email him at damaw6@sbcglobal.net).

Cross railroad tracks the safe way

Although they're not as common as they once were, railroad tracks pose a substantial cycling hazard. Last week we mentioned a friend falling on them and fracturing his pelvis.

Tracks are metal so they are very slippery when wet. They may be higher than the road surface, posing a risk of pinch flats or dinged rims. The pavement surrounding them may have hazardous cracks or gaps.

Let's see how to get across without squaring up your wheels or falling over.

---Approach at a right angle. If the tracks slant across the road, check behind for traffic and adjust your position in the lane to cross as close to 90 degrees as you can.

---Ride like a jockey. Slow down, coast, level the crankarms and support your weight on your hands and feet over the center of the bike. Raise your butt an inch above the saddle. If the tracks are flush with the road surface, glide right over.

---Levitate over tall rails. Just before your front wheel contacts a rail protruding from the road surface, shift your weight back a bit and pull up lightly on the handlebar. Do it again for the second rail. Then move forward to lighten the hit on the rear wheel as it rolls over. Do not exaggerate these movements; small weight shifts are enough to reduce the impacts to a safe level at low speed.

What about bunny hopping the tracks? Skilled riders can do it, but we don't recommend it. Bunny hopping two rails requires high speed at lift-off. A miscalculation will bang the rear wheel into the second rail, causing a near-certain pinch flat, dinged rim or even a crash.

2005 Chicago Bike Show!

Fun and Fitness for the whole family!

April 1, 2, and 3, 2005 at Navy Pier for the LARGEST Bicycle show in the Country. Over 150 exhibitors lining 90,000 square feet featuring the latest and greatest the bicycle industry has to offer!

Hours: April 1: 3-8, April 2: 10-7, April 3: 10-5

SHOW HOTLINE: 847-675-0200 x.201

Discount coupons available at:
www.chicagobikeshow.com

LIB Extra - News from the League of Illinois Bicyclists

Bikes on Metra Petition

How does bike access on Metra sound to you? You can help make it happen by signing an on-line petition at www.bikesonmetra.com

On January 13, Lt. Governor Pat Quinn held a press conference kicking off the petition drive. An administrative request signed by Quinn, LIB, CBF, and others asked for bike access during off-peak hours and weekends. Quinn is also leading a legislative effort to get bikes on Metra.

The vast majority of rail transit systems around the country offer at least this level of service, and many allow bikes throughout the day. The number of people biking to Metra stations has doubled in five years - the demand for bike access on the other end of the train trip has risen, too.

IDOT State Bike Plan - Input Needed

The Illinois Department of Transportation has begun its state-wide bike plan focusing on improving two areas:

- Prioritizing which of IDOT's upcoming road projects most need bikeways - and what type?
- Prioritizing trail projects potentially using Transportation Enhancements grants.

Specific criteria for prioritization and bikeway type selection will be applied to a large state database of existing bikeways, bike plans, destinations, and census data. A set of January meetings provided a project overview. The next meetings will gather input for determining criteria. More information is available from www.dot.state.il.us/bikemap/bikehome.htm or Robin Martel at (312) 261-5725.

LIB has been heavily involved in providing suggestions and expressing concerns about the project. We would like to help gather public input for the plan, especially for those unable to attend IDOT's daytime meetings. To submit your ideas, visit www.bikelib.org/political_state/idotplan.htm

The First 30 Years of Bicycling in Chicago (1869-99)

Mar 10, 2005 12:15 pm

The Chicago region has a long history with the bicycle. The period of 1869-99 is particularly noteworthy, starting with the development of the first "velocipede" (an early bicycle) in 1869 and continuing through the rest of the 19th century with the growth of regional cycling clubs, the sport of competitive racing, and bicycle advocacy. Join Carey Williams, captain of the Illinois Wheelmen (a group dedicated to the research, restoration, and riding of bicycles built before 1918), for a slide presentation on the history of the bicycle in Chicago. Sponsored by the Chicagoland Bicycle Federation. Location: Chicago Cultural Center, 77 E. Randolph St. Claudia Cassidy Theater

The Chicagoland Bicycle Federation presents lively discussions on bicycling as part of the Chicago Cultural Center's "Creative Living in the City" lecture series, which focuses on issues and initiatives affecting the quality of life in Chicago such as innovative design, urban development and conservation. Admission is free.

Brake Cable Recall

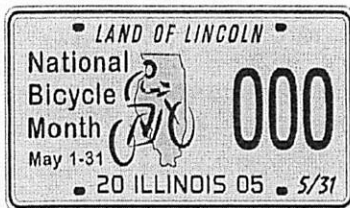
Shimano road brake cables manufactured between April '03 and March '04 can come apart during braking with predictably painful results.

The recall includes road-specific brake cables and dual-end cables made for use with road levers or MTB levers.

Apparently, the faulty cables were aftermarket items only. That is, they were not installed at factories on new bikes. And the recall affects only cables sold in North America.

If you have these faulty cables on your bike or your spare-parts shelf, visit the shop where you bought them. If in doubt, it's smart to replace brake cables once a year anyway.

May is National Bicycle Month



Attention all bicycle enthusiast! Celebrate national bicycle month with a limited edition license plate set. The plates are approved by the Secretary of State's office and you may display them instead of your regular plates during the months of April and May 2005. A sample of the plate is pictured in black and white, the colors are a light blue background with black and yellow print. A color picture can be seen on the League of Illinois Bicyclists web site at www.bikelib.org. The cost of each plate set is \$25.00. You can find a copy of the order form on the web site or call 630-462-5427.



Tandem Team at the Saloon

A tandem team rode into town and stopped at a saloon for a cold drink. Unfortunately, the locals always had a habit of picking on strangers, which they were. When they finished their drinks, they found their steed had been stolen.

They go back into the bar, the captain handily flips his gun into the air, catches it above his head without even looking and fires a shot into the ceiling.

"WHICH ONE OF YOU SIDEWINDERS STOLE OUR STEED?" he yelled with surprising forcefulness.

No one answered.

"ALL RIGHT WE'RE GONNA HAVE ANOTHA COLD DRINK, AND IF OUR STEED AIN'T BACK OUTSIDE BY THE TIME WE FINISH, WE'RE GONNA DO WHAT WE DUN IN TEXAS! AND WE DON'T LIKE TO HAVE TO DO WHAT WE DUN IN TEXAS!"

Some of the locals shifted restlessly.

They had another cold drink, walked outside, and the tandem is back! They mount up and start to ride out of town.

The bartender wanders out of the bar and asks, "Say partner, before you go... what did happen in Texas?"

The captain turned back and said, "We had to walk home."



Invitational's

April 3, 5th Annual Spring Forward Ride. Union, IL. 7:00 a.m. 18, 31, or 62 miles, SAG support, rest stop with food and hot chocolate, \$12 early registration, \$17 after March 11. Schaumburg Bicycle Club

630/668-5204 www.schaumburgbicycleclub.org

April 18, 23rd Annual Folk's on Spokes Easter Ride. University Park, IL. Governor's State University. 28, 38,50,68 miles. Registration 7:30—10. Cost: \$15, \$20 after 4/1. www.folksonspokes.com

April 24, Silver Springs 60, Yorkville, IL. 25/45/62 miles, \$18, 11-16 \$5, \$23 day of, Byron Burns 630/584-7353 www.fvbsc.org, silver60@fvbsc.org

April 24, Ironman Ride, Lakeville H.S., Lakeville, MN 30/62/100 miles www.ironmanbikeride.org

May 29, Bike The Drive, Grant Park, Chicago, Registration 5:30 am-9:00 a.m. 15 & 30 mile options. A ride on Chicago's Lake Shore Drive—CAR FREE, for more info 312-427-3325 www.bikethedrive.org

June 11-12 TOMRV, Bettendorf, Iowa, Saturday 106 or 65 miles, Sunday 86 or 41 miles. Quad Cities Bicycle Club, Linda Barchman 563-388-8043 www.qcbc.org/tomrv/index

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**

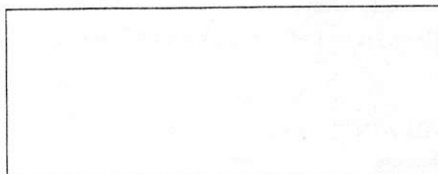
P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Club Meeting
March 3

Celebrating 35 Years!
1970-2005



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

**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

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
- * 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