



MONTHLY MEANDERS

PREZ SEZ

Greetings fellow club members.

First the answer to the connection between "That Girl" and the Lebanese ethnic dinner. "That Girl" was a TV sitcom back in the 70's, maybe a little earlier or later. Anyway the star was Marlo Thomas, whose claim to fame besides being married to Phil Donahue, is she is the daughter of Danny Thomas a famous Lebanese comedian who starred in a sitcom of his own called "Make Room for Daddy". None of which is relevant to anything. The food here was only surpassed by the company.

Next stop Peru....since this will be out after we've sampled some South American cuisine I hope you were able to join us.

Don't miss the next club meeting. We are going to celebrate our 35th year as a club with pizza and cake. All members are welcome. There is no formal agenda, just a social gathering to catch up with old and new friends.

There are several legislative issues that need our attention. On the state level, House Bill 467 would allow Metra riders to bring a bike

on the train. This is a great way to get too many of the bike paths, museums, parks etc that we normally drive to. Second is House Bill 239 that would recognize bikes as intended users of the road, also known as the Boub Bill. Finally Senate Bill 508 which directs IDOT to better accommodate bicyclists and pedestrians on roadway designs is also working its way through the system. All of these are important issues for us. Please contact your representatives and thank them for supporting these bills.

On the national level both the Senate and House have passed Transportation spending Bills. They now need to iron out the differences. Bicycle issues fared pretty well thanks to the efforts of the LAB, LIB and other bicycle advocates. A simple thank you to your senator and representative goes a long way.

The Chicago Bike Show is the first week in April at Navy Pier. The Chicagoland Bicycle Federation is this year's sponsor. They will have a conference titled "Healthy Streets" during the show.

Welcome to all new members of the Wheeling Wheelmen. I hope to see you at some of the rides and of course our social functions. A note to all the ride hosts....don't forget to seek out and introduce new riders.

Our St Pats ride is in the books. We had just over 70 riders on a very cold but sunny day. It was 14 degrees at the 8:00 start and did not hit 30 degrees all day. I measure the success of this ride not by the number of riders but by the participation of our members. We are blessed with a wonderful crew. Thanks to everyone. You are great ambassadors for our club.

Your club is in very good financial shape. We have enough in the bank to cover two years of invitational rides and I encourage you to come up with additional ways to donate our resources to worthy bike related causes.

See you on the road.

Rich Drapeau

APRIL, 2005

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WELCOME NEW MEMBERS:

Kimberly Russell, Libertyville
 Shelley Keller, Schaumburg
 Richard Austin, Palatine
 Paul LeFevre, Mount Prospect
 Linda Kleiss, Lake Zurich
 Tom Paulauski, Bartlett
 Richard Creeon, Hoffman Estates
 Barbara Anderson, Hawthorn Woods

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.

Board Meeting

The next board meeting will be held on Wednesday, April 20, 7:00 p.m. at the home of Kris Woodcock.

All board members are requested to attend. Please give Kris a call at (847)520-6932 and let her know if you will be attending.

REVOLUTION RECAP

On Saturday, March 5th there were 20 Wheeling Wheelmen members who packed up their bikes and headed out to Revolution Cycling Center in St Charles. There, we were treated to a one and a half hour kick butt cycle class. Kinda spin class on steroids. Randy, our instructor took us through a warm up which included drills for cadence, single leg peddling and even had us throwing a medicine ball around while pedaling. Don't try this out on the road. After our "warm up" we did a variety of sprints, climbs and endurance training techniques while concentrating on visualization, breathing and fitness. By the end of the class we were energized yet had one heck of a workout. Enough to justify a drink or two.

Revolution offers regularly-scheduled classes every day of the week, taught by professional cyclists and licensed and credentialed instructors. Indoor and outdoor one-day clinics round out the training with lecture material on specific topics and hands-on road work. Multi-week group programs offer training for a specific skill set such as endurance, hill climbing or speed development.

They also offer top-shelf body/bicycle fitting to help improve performance and comfort. In addition, there's Elite Performance Testing by Robbie Ventura. There's something new every day at Revolution. So check out their web site and be sure to sign up for their monthly e-mail newsletter at www.revolutioncenters.com or call 630-524-9413.

Watch the Wheelmen web site and the newsletter for information about future outings to Revolution. We'll set something up in the off season again. For now, lets head outside and put to practice what we learned.

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.

APRIL CLUB MEETING

The meeting will be on Thursday, April 7, 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.

Everyone is invited to come out and help us celebrate the club's 35th anniversary with pizza, cake and soda.



Devout Cyclist

A devout cyclist dies and goes to heaven. Saint Peter meets him at the gate.

Cyclist asks if there are bicycles in heaven. Peter says "Sure, let me show you," and leads the guy into the finest Velodrome you can imagine.

"This is great," the cyclist says. "You will love it here" says Peter. "You will be fitted a custom track bike, the mechanics will glue on fresh silks each night, and your personal masseuse is always available." As they speak a blur fly's by them on the boards riding a gold plated Cinelli and the cyclist says "Wow he was fast, that must be Eddy Merckx!"

"No," says Peter, "that was God, he only thinks he's Eddy".

MONTHLY MEANDERS

April 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	30/40/50	Brian Hale 426-3290 & Frank & Pat Illy 923-5910
Sat. 4-2	9:00	Loops of McHenry	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	36/49	Peter Guzik 255-2021
Sun. 4-3	9:00	Lake of the Coves	Willow Stream Park, Buffalo Grove	First light north of Lake/Cook Rd. & Buffalo Grove Rd., left onto Checker Rd. for ½ mile	50	Mary Myslis 816-1640
	7:00 to 11:30 AM	Spring Forward Invitational (cost is \$17)	American Legion Hall, Union, IL	I-90 West to US 20 to Coral. Turn right on Coral, left on Northrop/Main. Legion Hall is at Washington.	18/31/62	Schaumburg Bike Club ridecoordinator@schaumburgbicycclub.org or call 630-668-5204
Sat. 4-9	9:00	Who Let the Dogs Out	Evergreen School, Union, IL	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	48	Pam Burke 630-872-9238
Sun. 4-10	9:00	Lake County Ride	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	36	Kris Woodcock 253-9288
Sat. 4-16	9:00	Lou's Commute	Lakewood Forest Preserve	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on the right.	41	Art Cunningham 963-8746
Sun. 4-17	9:00	Back Roads of Barrington	Rose School	I-90 to IL 59 North, turn right onto Penney road to the school just past Bartlett Rd.	40	Mary Kay Drapeau 808-1476
Sat. 4-23	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	Kevin Moore 577-8490
Sun. 4-24	9:00	Honey Lake Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	35	Sheri Rosenbaum 821-7622
	9:00	Paved Trail Ride (Ringwood)	East Dundee Depot	West on Dundee (Rte 68), past Rte.25, bear right at Barrington Ave. Turn left at River St., look for depot.	47	Art Cunningham 963-8746
Sat. 4-30	9:00	Ice Cream Social	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	52	Ella Shields 773-594-1755

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

RIDES OF A DIFFERENT FLAVOR

The fifth annual tour of local bike paths and touring trails kicks off on the first Wednesday of April. A unique ride features a different trail or combination of trails every week. All roadies are welcome to join in a Ride of a Different Flavor featuring scenery unmatched in our usual highway and byway rides. All April rides are on paved paths.

Art Cunningham

April Wednesday Chicago Area Bike Path/Trail Rides						
Date	Time	Miles	Path/Trail	Start	Directions	Comments
4/6	10:00	32	North Branch/ Botanic Garden	Lake Street parking, Harms Woods Forest Preserve	East on Lake St., past I-294 and Waukegan to the Chicago River. Turn left just past the bike path overpass	Paved Path, Lunch at the Botanic Garden optional (bring a bike lock)
4/13	9:00	46	Fox River/ McHenry Prairie Trail to Ring- wood	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path
4/20	10:30	42	Chicago Lake Front Path	Foster Ave Beach	East on Peterson off Edens, rt. on Ridge, bear rt. on Broadway to Foster, left. under Lake Shore to 1 st park- ing lot on left.	Paved path lunch at Navy Pier
4/27	10:00	42	Tinley Creek F. P. District Paths	Lake Katherine Park., Palos Hts.	So. I-294, to 95 th , go east to Harlem, go right at Kathe- rine Dr. and park near the nature center	Paved path and con- necting roads
Bring snacks and plenty of water			Check with Art Cunningham – 963-8746 for details			

Try This After Your Next Ride

Here's a corny treatment for injuries.

Spring often brings its share of tendonitis and other aches. Athletic trainers use ice to cool inflammation. You've probably seen pro athletes with their knees, elbows or shoulders swaddled in a big bag of crushed ice. It works to reduce swelling and ease pain.

But maybe you don't have a crushed ice dispenser. And ice cubes are too big to mold around the contours of a sore joint.

Go to the supermarket and buy a cheap generic brand of frozen veggies. Corn is a favorite because the kernels are tough enough to withstand numerous thaw/freeze cycles. They don't break down and get mushy like peas or carrots.

Tip! Put the bag of corn inside a zip-lock baggie. This will prevent problems if the original bag springs a leak. The double-bagged corn will also remind people not to eat your cold therapy.

To protect your skin, always place a thin layer of cloth between the cold bag and the injured area. Corn yourself for 15-20 minutes, two or three times a day. After each session, stick the bag back in the freezer. It'll be ready for the next session.

Tip! We've been told that freezing one part rubbing alcohol with two parts water in a large zip-lock bag makes a slightly slushy liquid that's ideal for placing around joints. It's very cold, so put a towel between the bag and your skin. This mix can be used many times to spare the world's corn supply.

From roadbikerider.com

Seat post Recall –

Cannondale wants back 1,480 improperly manufactured 1-X suspension seat posts that it put on various 2005 road bikes. The posts can crack, though no rider injuries have been reported.

The suspect posts have "1-X" etched on them. They came with a black-yellow-and-red instruction booklet.

If this seat post is on your bike, you're urged to contact a Cannondale dealer for a free replacement. For info, call Cannondale at 800/245-3872.

[From Bicycle Retailer & Industry News]



April 3
SPRING
FORWARD



ST. Pat's Ride

Many thanks to all those who baked cookies, worked the event, parked cars, marked roads or helped with any of the myriad of details that made the St. Pat's Day ride a success. While the day was cold, the atmosphere of the event was warm and lively. Again, many thanks for all your efforts.

Tom & Deb Wilson, St. Pat's Chairmen

Simple Bike Care Tips

Apart from the few minutes required, no great effort or mechanical expertise is needed to keep a bike in great shape. And there are big payoffs. A well-maintained bike rides better and is safer and more reliable. It will last longer and then have greater resale value. When you learn how your bike works and how to keep it adjusted, you ride with greater confidence. If there should be a problem during a ride, you'll probably know how to make an emergency repair.

All of these benefits arise from simply attending to your bike's mechanical needs about once a week or month (depending on how frequently you ride and the weather conditions). It will still need a professional overhaul occasionally--every bike does--but the shop mechanics will love working on your clean machine. And your bill may be less because it saves them time.

Sold? Okay, here are eight home-maintenance recommendations designed to keep your bike running as good as new.

1. Store it. Parking your bike inside is the easiest way to keep it working and looking like new. Nothing is worse for a bike than constant exposure to the elements.

In coastal areas, the air is so caustic that it will actually eat the metal and rubber. If you're strapped for room, buy a plastic-coated bike hook at any shop and screw it into a ceiling stud in a corner. Then the bike can hang vertically. Or you can suspend it upside down by the wheels from two hooks in the ceiling. Be creative, or even decorative. Maybe there's enough space in a closet, over a stairwell, or over your bed. If you can't put hooks in your ceiling or walls, consider a free-standing rack that will hold your bike up and out of the way.

2. Inflate it. Most tubes are made of butyl rubber, a porous material that allows gradual loss of air. If you ride on soft tires, you risk damage to both them and the rims should you hit a pothole or rock. Mushy tires also make it harder to pedal. Buy a floor pump with a built-in gauge and check tire pressure at least once per week. Keep it in the recommended range that's listed on the tire sidewall or label. In addition, buy a pump to carry on your bike. You'll need it to fix a flat or keep you rolling on a slow leak until you get home.

3. Clean it. All it takes is dishwashing detergent, warm water, and a couple of sponges and brushes. Wash the entire bike from top to bottom, including the tires and rims. If the chain is grimy, clean it by brushing it with a biodegradable solvent, wiping it with a rag, then washing it with

4. Lube it. A bike will corrode and work poorly if not lubricated. After washing and drying, use a bike-specific drip or spray lube on the chain, derailleur and brake pivots, and places where cables enter or exit housings. Wipe off any overspray or excess. If the cable stops on your frame are slotted, you can also lube the gear and brake cables. Do this to the former by shifting onto the largest cog, then moving the lever back to its starting position without pedaling. This creates cable slack, allowing you to pull the housing from the cable stops and slide it to expose and lube the hidden sections. For brakes, open the quick-release to create cable slack, then follow the same procedure. To minimize dirt's adherence to the

frame, use a bike-specific wax. Unlike most car waxes, it won't cause a chalky buildup in tight areas.

5. Inspect it. A bike lasts longest if you keep an eye on the components and replace things before they become too worn. Start with the frame. Look for rippled paint or bulges near the tube intersections. These are signs of damage or impending failure, usually caused by rough treatment. Such signs should be checked professionally. Check the tire treads and brake pads for wear. If pads are worn to the point that their grooves are gone, replace them. Check the handlebar tape or grips for slipping, cracking, or peeling. Study the cable housing for damage where it enters the brakes, derailleurs, levers, and guides on the frame. Squeeze and hold the brake levers to see if the cables are rusted or frayed anywhere along their run. Measure the chain. A new one is exactly 12 inches from the center of any pin to the center of another. If the second pin exceeds the 12-inch mark by 1/8 inch or more, the chain is worn and should be replaced.

6. Tighten it. Components may loosen with use, which can lead to premature wear or even an accident. Every month, check the tightness of the pedals (the left one has backward threads, so it tightens counterclockwise), crank arm bolts, chain ring bolts, stem and handlebar binder bolts, seat and seat post binder bolts, suspension bolts, derailleur and brake-cable anchor bolts, and accessory mounting bolts. If a bolt is snug, stop. Over tightening a bike's small bolts can cause them to strip or break.

7. Adjust it. Most bikes rely on cable-operated brakes and gears. In time, these cables stretch, reducing responsiveness and precision. Fortunately, most brake and derailleur systems have barrel adjusters so you can retension cables without tools. You can find these barrels where the cables enter the component or the lever. Simply turn the barrels counterclockwise to remove slack. On a rear derailleur, the barrel is found where the cable enters at the rear. Adjust in half-turn increments until shifts are quick and quiet again. A front derailleur may not have a barrel. For brakes, turn the barrels to compensate for cable stretch or pad wear, or to get the lever action that you like. The barrels on most mountain bike levers have separate lock rings that you can screw down to retain the adjustment.

8. Baby it. Like all machines, a bicycle will work best and last a long time if it's used with some respect. Sure, a mountain bike is built for hard riding, but this doesn't mean it's okay to thrash it. With practice, you'll learn to "ride light," getting off the saddle in rough terrain to let your knees and elbows absorb the beating that otherwise would be concentrated on the wheels and frame. When it's necessary to jump obstacles, make the landing soft by again absorbing the blow with bent legs and arms. Don't run head on into curbs, logs, or rocks until you develop the ability to lift the front wheel first, then shift your weight forward to lighten rear impact. Make gear changes only when you have light or moderate pressure on the pedals, thereby reducing the chance of drive train damage or excessive wear. Prevent skids so you save the wheels and tires (as well as the environment when riding off-road). And try to avoid crashing. It's not only hard on your body, it's tough on your wheels and frame.

BY JIM LANGLEY from www.mothernature.com/Library/Bookshelf/Books/51/16.cfm

PEDALING

One of the most critical skills you can learn in order to cycle well is pedaling technique. The problem with pedaling technique is that what feels natural is inefficient. Spending time practicing proper pedaling technique and the drills I describe will reward you with faster cycling and less effort cycling.

By using an easier gear and increasing your cadence (revolutions per minute of your pedals / rpm) you will improve your cycling. A higher cadence uses more cardiovascular fitness than muscular strength. This is achieved by using the mechanical advantage of the gears instead of pure muscular power.

Most beginning cyclists will pedal at 50 to 70 rpm. A good cyclist will pedal at 90 to 100 rpm. If the two cyclist are going at the same speed the cyclist that is at a higher cadence will be using less energy.

To start, shift to an easier gear and increase your cadence. Spin as fast as you can. But, keep your upper body still. If you start bouncing, reduce your cadence by 5 rpm or until you stop bouncing. With practice you'll be able to spin at a higher cadence without bouncing. Practice spinning on a flat or downhill section of road.

The key to increasing your cadence is pedaling in circles. Instead of just pushing down on the pedals, apply pressure throughout the pedal circle. Starting with your pedal at 12 o'clock push down on the pedal. As the pedal reaches the bottom of the circle (6 o'clock) push your foot backward – like scraping dirt off your shoe. Then pull up as the pedal goes from 6 o'clock to 9 o'clock (you need clip less pedals or toe clips for this to work!). When the pedal is approaching the top of the circle, begin pushing the pedal forward as it passes 12 o'clock again.

Be sure not to point your toes during the circle. Think – "Heel down pedal round" to help you keep your feet in the proper position.

Some drills you can use to improve your pedaling technique –

One Foot Pedaling – on a flat un-crowded roadway, un-clip one foot and pedal with the other foot. Pedal with one foot for 100 meters, switch feet and repeat with the other foot. You should do this drill on a weekly basis. When your pedal technique is good, you only need to do this drill early in the season to polish up your technique.

Small Gear Spinning – on a flat un-crowded roadway, shift to an easier gear and increase your cadence until you start bouncing. Slow your cadence down by 5 rpm or until you stop bouncing. Pedal at that cadence until you can no longer keep your upper body still. You can also do this drill on a downhill – instead of using a harder gear on the downhill, use an easier gear and increase your cadence to 110 to 120 rpm.

Saddle position – alternate your position on the saddle. This will switch muscles you use to pedal. By moving forward you use more hamstring and gluteus. By moving backward you use more quadriceps. By switching positions and using different muscles you relieve muscle fatigue and train the different muscle groups for a high cadence.

From: SLB-Coaching.com

Ride easy in comfort.

Ever notice how a slow recovery ride is harder on your rear end than a hammer fest?

When you're forcefully pushing down on the pedals, your body is pushed up. During hard riding you actually sit lighter on the saddle, reducing pressure on your soft tissue.

Not so when you're spinning along at a low heart rate, checking the scenery. Now all your weight is right where you don't want it.

Recovery rides are important. So are social rides where you chat with friends. Here's the bottom line for helping your tush enjoy these easy outings.

—**Use a cushier seat.** On their easy days, some roadies use a "slow ride" bike with a softer and/or wider saddle. This could be your commuting bike or winter bike.

—**Wear softer shorts.** You can find cycling shorts with liners containing thicker padding or gel inserts. These may be unnecessary for comfort on regular training rides, but perfect for easy ones.

—**Stand frequently.** Don't let a stop sign, short hill or headwind section go by without getting out of the saddle to relieve pressure and stretch your legs. This doesn't mean to accelerate and drop slower companions. Simply shift to a bigger gear, stand and "walk" the bike for a minute or more at their speed.

—**Ride like a jockey.** On descents, level the pedals and crouch with an inch between your seat and the bike seat. This is a good tactic on any ride when you're not pedaling down a hill.

(from roadbikerider.com)

Dear Wheelmen,

I'm writing you from Switzerland. I found your email through your club's website.



I'm organizing an 11-day "Tour of Switzerland" this summer and I'm hoping that you can present the tour to your club. Or possibly help me to get the word out to other cyclists in Illinois that you know. We'd love to show them Switzerland in a different way.

We're a small group of educators trying to promote Swiss bike tourism and cultural exchange. Our tour last year was so successful that we're now organizing three for this summer. We cross Switzerland west to east, averaging around 50 - 60 miles a day.

The itinerary is designed for two levels of riding, so both less-experienced and more-experienced riders would be comfortable with our riding schedule. We organize events with our Swiss friends, first-class hotels, gourmet meals, van support, train travel and even new bicycles.

If you've ever thought of Switzerland, you've got to experience it with us. I feel comfortable in promising you a trip of a lifetime.

Take a look at our site and brochure below. If you're interested, we could discuss the trip and how to best inform your members.

John Klemme, From USA: 011-41-22-342-3857

<http://www.bikeswitzerland.com/>

Link to our brochure http://www.bikeswitzerland.com/pages/documents/BikeUS215.9x279.4_000.pdf

2005 Chicago Bike Show
Navy Pier, Chicago
April 1, 2, 3

Fun and Fitness for the whole family!

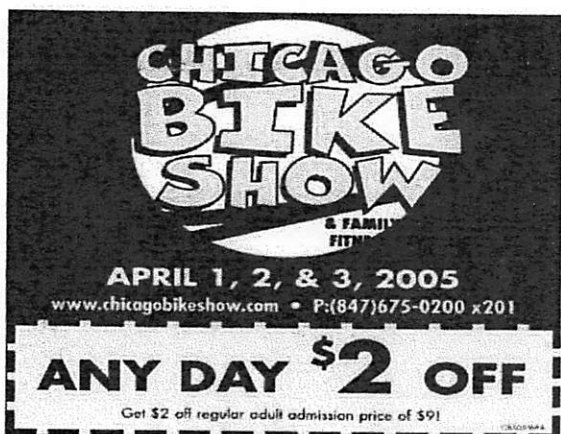
The LARGEST Bicycle show in the Country. Over 150 exhibitors lining 90,000 square feet featuring the latest and greatest the bicycle industry has to offer!

Hours:

April 1: 3 pm-8 pm
 April 2: 10 am -7 pm
 April 3: 10 am-5 pm

SHOW HOTLINE: 847-675-0200 x.201

www.chicagobikeshow.com



Invitational's

May 1, Sudden Century, Joliet, 30/45/60/80/100, \$15, Dale Bormet
 815-478-5165 bormetdw@aol.com www.jolietbicycleclub.org/

May 7, Tour de Stooges, Leabon, IL. 13-63 miles, \$15, Roger Kramer,
 618-236-2793 tourdestooges@rogerkramercycling.org
stooges.rogerkramercycling.org/

May 7, Ride the Ups and Downs, Elizabeth, IL, 25/31/48/56 Jerry
 Bausman, 815-275-0041 bausmana@juno.com www.elizabeth-il.com/Ride.html

May 7, Trek Spring Into Wisconsin, Sheehan Park Sun Prairie,
 15/30/65, 10:30 a.m., Proceeds benefit LAF. Todd McLaughlin 608
 882-2411 tdvs@tourdevilles.com www.springintowisconsin.com

May 15, Tour of the North Shore, Skokie, 3/10/30/50, Greg Eklund,
 847-328-5147

May 22, Arlington 500, Barrington H.S. 30/44/54/68 \$10/\$15 day of
 ride, 7 a.m registration Information: E-mail to konie@mindspring.com or leave
 a message at 847-255-3468 500@cyclearlington.com www.cyclearlington.com

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

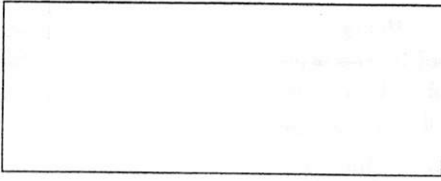
Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



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

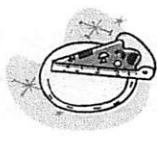
Phone: 847-520-5010
Email: wheeling@wheelmen.com

**Celebrating 35 years
1970-2005**



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

Club Meeting
April 7



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
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111 Waukegan Rd., Northbrook
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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