



MONTHLY MEANDERS

JUNE, 2005

PREZ SEZ

Greetings fellow club members.

As of this writing the Illinois House passed a compromise bill to reinstate bicycles as intended users of the roads. We're hopeful the Senate will also pass this bill. LIB did a good job of getting the word out to contact the senators for support.

This is the 35th anniversary year for the Wheeling Wheelmen and also the 125th anniversary of the League of American Bicyclists. A key figure in both these organizations is Phyllis Harmon. She founded our club and kept the LAB going during a period when there wasn't much interest in cycling. The LAB is putting together a list of major players in the bicycling community and I believe Phyllis should be included on this honor roll. You can find a link to the LAB on our web site. Take a look and see what you can do to promote Phyllis for this honor. (see page 5)

Our rides have been very well attended despite less than ideal weather. I see a lot of new faces each week. If you are hosting a ride please make sure to introduce these new people. If you are new to the club we can always use additional help with ride hosts and other club activities. We are always looking for new routes, or variations on existing ones. Take a current route sheet and alter it with different mileage and rest stops, then give it to Len Geis.

Are you taking a bicycle related trip this year? Don't forget to take lots of pictures and keep a travelogue to share with the members at a club meeting this

fall.

Our June club miles invitational is the Udder Century. Look for the sign up sheet at the registration area.

Hills or wind. It's a never ending debate as to which is tougher. Well for you vertically challenged cyclists I found the following aids.

Inventions to deal with the task of climbing a hill

JATO (Jet Assisted Take Off) is famous for getting airplanes off of carriers. The much smaller BATO unit is designed to boost a bicycle over the next or any hill. It's important, however, for the user to match the solid fuel booster unit purchased to the grade and length of the hill; otherwise, it's possible to become airborne upon reaching the top. The BATO unit does come with a lifetime warranty; however, the buyer should read the fine print: the lifetime for the largest of these units is less than twenty seconds, and the warranty is good for the original purchaser only (doesn't transmit to the heirs and assigns). However, twenty seconds is still enough time to climb a good mile of steep mountain road. We did not personally test this invention.

The Bike Motor was a device that we considered less than completely satisfactory. This invention employs a chain saw motor to power the bicycle. We had problems with excessive frame vibration (and teeth vibration -- our teeth, not the teeth on the sprockets and cogs), rapidly wearing tires (the bike would

leave skid marks whenever the Bike Motor was started), blue smoke (and excessive coughing -- on the part of the engine, but we coughed a lot too), and ear-deafening sound (air plugs are not adequate). In addition, the Bike Motor was heavy enough to take all the joy out of cycling on the flat.

The Accordion RSX, unlike the other inventions in this report, is no longer in production. It was designed and built during that cycling period when drilling was frequently employed to remove excess metal. In the case of the Accordion, every part of the bike that could be lightened in this fashion received this treatment, including the frame, so the bike was fully 50% as light as a stock bike with the same frame and components. Unfortunately, the Accordion was not a complete success due to two minor problems: 1) It was oversensitive to rust (with all the holes in the frame), and 2) it could not survive a crash. However, considering the lightness of the bike and the additional protection that its collapsing structure offers during a crash, we think that the Accordion should go back into production.

Helios, Inc. has created another method for climbing a hill. This company's invention employs a large balloon (filled with helium at the bottom of the hill) to lighten the bike for the trip to the top. We discovered several caveats: 1) Do not use this solution on a windy day, 2) do not use this solution if you will be passing under any power lines, and 3) be

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WELCOME NEW MEMBERS:

James & Audrey Flechsig,
Schaumburg
Neil & Mary Wells, Mt.
Prospect
Cameron Pease, Chicago
Jen Luckenbaugh Palatine
Donna Nitz, Island Lake
Travis Shive, Palatine
David Stahl, Arlington Heights
Bill Webb, Schaumburg
John Weizmann, Elk Grove
Village
Martin Lindsay, Arlington
Heights

(Continued on page 6)

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 TBA

TOP 20 MILEAGE

Through May 4

45 rides by 96 Members totaling 20153 miles. 1255 maximum miles possible per rider.

1	Mary Kay	Drapeau	525
2	Reinhilde	Geis	493
3	Marianne	Kron	438
4	Cindy	Trent	406
5	Ella	Shields	394
6	Betsy	Burtelow	394
7	Chriss	Wager	385
8	Debbie	Wilson	385
9	Pam	Burke	354
10	Sheri	Rosenbaum	341
11	Mary	Myslis	336
12	Meg	Ewen	333
13	Virginia	Savio	283
14	Kris	Woodcock	222
15	Pat	Illy	222
16	Cindy	Schneider	181
17	Cathy	Bennett	104
18	Meg	Ryan	76
19	Debbie	Beller	72
20	Christine	Schroeder	47
1	Kilian	Emanuel	1081
2	Art	Cunningham	849
3	Joe	Irons	699
4	Richard	Drapeau	676
5	Bob	Dominski	668
6	Frank	Illy	650
7	Leonard	Geis	628
8	Jim	Boyer	627
9	Daniel	Wiessner	541
10	Tom	Wilson	508
11	Louis H.	Greene	423
12	Kevin A.	Moore	393
13	C. Brian	Hale	288
14	Peter	Guzik	275
15	Dennis	Ellertson	262
16	Dennis	Creaney	258
17	Len	Fiocca	251
18	Richard	Carr	224
19	Al	Schneider	217
20	Harlen	McDaniel	213

WEEKDAY RIDES

TUESDAY / THURSDAY

DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Willow Stream Park, promptly at 9:00 A.M. These rides are normally show and go with cue sheets provided if requested. Willow Creek Park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking on the right. Phone Art Cunningham at 963-8746 or Earle Horwitz 374-1129 for more information.

TUESDAY EVENING

WORKING STIFF RIDES

Rides of 20-27 miles will leave from Shamrock Cyclery at 6 pm. The shop is located at 344 McHenry Road, just south of the 4 way stop sign in Long Grove. Park in the lot behind Red Oak Antiques in the Stemple Municipal Lot. Call Rich Drapeau 808-1476 or Jim Boyer 541-1325 for additional information.

THE HILL AND DALE

WEDNESDAY EVENING RIDES

Rides of 25 to 32 miles are scheduled to leave the Grassy Meadow parking lot in the Paul Douglas Forest Preserve at 5:30 pm. Cue sheets are provided. To reach the forest preserve go west on Central rd., off Roselle Rd, just north of I-90. Go approximately 1 1/2 miles and turn right into the parking lot. Call Frank or Pat Illy at 923-5910 for further details. A blinker taillight is highly recommended.

ELGIN WEDNESDAY

TWILIGHT RIDES

Rides of 20-40 miles as light conditions allow are scheduled to leave the Target Store parking lot near Elgin promptly at 5:30 pm. Parking is at the SE corner of the lot. These rides are normally show and go with a goal of maintaining 14-15 mph with cue sheet options. Every attempt is made to return before darkness but blinking taillights are highly recommended. The Target Store is on Randall Rd just south of US 20. Phone Al & Cindy Schneider at 696-2356 for further information

MONTHLY MEANDERS

Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
June 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		
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	Frank & Pat Illy 923-5910 Brian Hale 426-3290
Sat. 6-4	9:00	Rock Cut State Park	Evergreen School, Union	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	58/90	Art Cunningham 963-8746
Sun. 6-5	9:00	New Wauconda Bull Valley	Lakewood Forest Preserve	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on the right.	37/49	Brian Hale 426-3290
	6:30 to 10 AM	Udder Century Invitational	Donley's Wild West Town, Union, IL	I-90 West to US 20. Turn right onto S.Union for 0.1 mile. Cost: \$25 (\$20 prior to May 28 th).	31/50/62/100	Invitational : 815-477-6858 or use Internet
Sat. 6-11	9:00	Triple L	Lyons, WI	I-94 North, Exit HWY 50 West, go North on South Road to Lyons	77	Phil Castle 368-1266
Sun. 6-12	9:00	City of the O's	General Store, LaGrange, WI	US 12 West, past Elkhorn to County H	53/88	Dan Wiessner 540-9118
	9:00	Hills of Barrington	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	38/50	Kris Woodcock 253-9288
Sat. 6-18	9:00	Triple Deerpass	Evergreen School, Union	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	65	Ella Shields 773-594-1755
Sun. 6-19	9:00	Wauconda- Twin Lakes	Lakewood F. P., Wauconda	West on IL 176; south on Fairfield; west on Ivanhoe; parking on the right	60/77	Joe Irons 359-0551
		Apple Cider	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	36	Louis Greene 925-0629
Sat. 6-25	8:00	Sycamore Scamper	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	81	Art Cunningham 963-8746
Sun. 6-26	9:00	Tour of McHenry County	Evergreen School, Union, IL	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	46/62	Len Geis 679-0279
	9:00	Covered Bridge (Strawberry Fest)	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	43	Kris Woodcock 253-9288

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

June Wednesday Chicago Area Bike Path/Trail Rides

Date	Time	Miles	Path/Trail	Start	Directions	Comments
6/1	9:00	40/62 partial loops	Prairie Path Aurora Branch Loops	Roy C. Blackwell F. P., Warrenville	Go east on I-90 to IL-59; go south to Mack Rd.; go left. 1/2 mi to parking on the left.	Packed crushed stone, some paved ***
6/8	9:00	40/52	Salt Creek to Waterfall Glen	Willow Springs Access I&M Canal F. P.	Go south on I-294 to I-55; go east to Lagrange (US-45); go south to Archer (IL-171); go west to Colone just past Wil- low Spring bridge, park in lot under bridge	Paved with connect- ing roads
6/15	9:00	55 loop	Medley of Trails – Pop- lar Creek to Ned Brown	Ned Brown F. P., Golf Road Parking Lot	South of Golf Rd. just East of I-290	Paved with connect- ing roads Bob Hinkle, 259-1423
6/22	9:00	46	North Portion Lake Co. Des Plaines Riv. 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 ***
6/29	9:00	73	Milwaukesha Loop	Fox River Sanctuary	Go north on I-94 or US 45 to WI-20; go left to WI-36; go right to WI-164; go right to WI 59; go str. across WI-59 to N East; go R on College to the Fox River Sanctuary on the right	Paved, crushed stone, connecting roads and streets

***approved for narrow tires
Bring snacks and plenty of water

**wide tires recommended *wide tires required
Check with Art Cunningham – 963-8746 for details

ANNUAL PICNIC

**SUNDAY,
JULY 10**

Rides will start at
10:00 am
33 mile road ride
25 mile trail ride



Food will be served afterward,
about noon

Old School Forest Preserve, Shelter D,
I-94N, exit IL 60W to St. Mary's Rd,
turn right to the forest preserve

Please RSVP to Al & Cindy Schneider
at 847/696-2356

WEEKEND RIDES:

LaGrange and Rural Wisconsin; 7-23 to 7-24 at the Super 8, 920-563-8444, in Fort Atkinson

Combine the Schwinn ride and Loops of Burlington; 8-6 to 8-7 at the AmericInn, 262-534-2125, in Burlington

Cedarburg; 8-13 to 8-14 at the Super 8, 262-335-6788, in West Bend

All the routes are very scenic and have little traffic. The restaurants available for dinner (Salmona's in Fort Atkinson, Fred's or Napoli's in Burlington) and Januli's in West Bend) are inexpensive with good food.

Any questions call Al or Cindy Schneider @ 847/696-2356

Fall Foliage Ride: October 1 & 2

This ride is done in conjunction with the QCBC. The rides start and end in Mt Horeb, WI which is about 20 miles west of Madison. Cue sheets are provided both days. These are challenging rides of 50-60 miles with over 4,000 feet of climbing each day. There are several alternative "short cuts" that cut a lot of the hills out....we stayed at the Karakahl Inn which is about 1/2 mile from the start point so we rode over both days...there is a group dinner Saturday night...There is also an art fair in town that weekend and a wine festival at a nearby town...I'll have to get details on costs for the hotel and dinner. This will count for club miles. Call Rich or Mary Kay Drapeau (847)808-1476 for more info.



WHEELING WHEELMEN YAHOO GROUP

The Wheeling Wheelmen Bicycle Club now has an active Yahoo group available on the Internet. The group works like a bulletin board and allows us to exchange email with other club members without having to know everyone's individual email address. You can subscribe to the

group and post messages to other group members by sending an email to the address below.

You must subscribe to the group before you can send a message. Follow the instructions provided by Yahoo to complete

your registration.

The group name is wheelingwheelmen and is available at: <http://groups.yahoo.com/group/wheelingwheelmen>

To Subscribe send an email message to: wheelingwheelmen-subscribe@yahoogroups.com

To post a message send your message in an email to: wheelingwheelmen@yahoogroups.com

To Unsubscribe send an email message to: wheelingwheelmen-unsubscribe@yahoogroups.com

125th Anniversary of the League of American Bicyclists

125 People with the Greatest Influence on 125 years of Bicycling in America

President George W. Bush, Major Taylor, Lance Armstrong, E.T., Phyllis Harmon, Paul Dudley White, Georgina Terry, Dan Burden, Colonel Albert Pope, John Forester and Madonna have probably not appeared together in the same sentence before. Yet each has had a profound (and generally beneficial!) impact on bicycling in the United States over the past 125 years.

Who would make your list of the people who have wielded the most influence over bicycling in the United States in the past 125 years? Would it be the organizational builders such as Harmon and Burden, or industry leaders like Pope and Terry? Is it high profile stars such as Madonna and E.T. or racing stars like Lemond, Armstrong and Taylor? What about the pioneers of mountain bicycling? Perhaps Messrs. Shimano, Colnago or Campagnolo should be on the list?

We want to hear from you.

Your nominees can be alive or not, foreign or US (but their impact must be on US bicycling), well known or obscure, on-road or off. You can send us just one name or the whole 125! Send us your nominees by June 15th. Please provide a sentence or two of explanation, particularly if you don't think we'll know who the person(s) is or what they've contributed.

We will compile the list of nominees and present them to a 12-person jury of experts to determine their place on a final list of the 125 People with the Greatest Influence on 125 Years of Bicycling in America. The list will be announced at the 125th Anniversary Gala Dinner in Las Vegas, September 28, 2005. A special commemorative Fall edition of the League's magazine will memorialize the list.

To help get you started, think of the most influential people in the following categories:

- Industry pioneer
- Elected official
- Celebrity
- Competitive rider
- Advocate
- Fictional character
- Planner/engineer
- Event promoter
- Educator
- Author/journalist
- Organization builder
- Trendsetter

Please keep the names coming. If you submit a list and then want to add someone, please do. We'd prefer you not send in the same name(s) multiple times as the total number of nominations won't be the only criteria used by the panel of judges to determine who makes the list and who doesn't.

Visit: www.bikeleague.org/events/125People/page1.cfm to make a nomination

(Continued from page 1)

very careful about overhanging tree limbs. Actually, unless the hill to be climbed is very high, more time will be lost in fooling with the balloon than will be gained.

One of the simplest hill-climbing devices was invented by a touring cyclist who got one of his bungee cords caught in the bed of a passing truck. Needless to say, he made it to the top of the hill in record time. The Bungee Hook consists of a small grappling hook, a length of cord, an elastic bungee cord, and an emergency release (something sorely missed on that first trip). Using the device is simple. As you travel up the hill, swing the grappling hook so that it catches on the bumper of a slowly moving car or truck. Be sure to stay next to the vehicle that's pulling you up the mountain as having another motor vehicle pass between the two of you can create some unexpected difficulties.

See you on the road.

Rich Drapeau



Bicycle Humor

A tired cyclist stuck his thumb out for a lift: After 3 hours, hadn't got anyone to stop. Finally, a guy in a sports car pulled over and offered him a ride. But the bike wouldn't fit in the car. The driver got some rope out of the trunk and tied it to his bumper. He tied the other end to the bike and told the rider: "*If I go too fast, ring your bell and I'll slow down.*" Everything went well until another sports car blew past them. The driver forgot all about the cyclist and put his foot down. A short distance down the road, they hammered through a speed trap. The cop with the radar gun and radioed ahead that he had 2 sports cars heading his way at over 150 mph. He then relayed, "*and you're not going to believe this, but there's a cyclist behind them ringing his bell to pass!*".

Bond with Your Bike

Few sports so closely link human and machine as the sport of cycling. When a cyclist and bicycle form a biomechanical bond, the result is pure grace and beauty. An ill fit however, causes inefficient riding and may lead to injury.

The most common bicycling related injuries, referred to as overuse injuries, can also be thought of as misuse injuries. These injuries, resulting from ill fit, often manifest themselves as knee, hip, back or neck pain. Various techniques can decrease pain, but without identifying the root cause, relief may only be temporary.

Square Pegs, Round Holes

For years the bicycle industry has turned to assembly line production (like automobiles) to meet demands. The industry realizes that people are not "one size fits all", so they offer numerous frame sizes. The problem is that the "geometry," or proportions of the frame do not change with the size. Most frame sizes offered do not accommodate shorter or taller riders. Also, mass produced bikes do not take into account the tremendous variation in body segment length. For instance, if ten cyclists are all 5 feet, eight inches tall, the length of the legs, torso and arms will dictate a different bicycle fit for each cyclist. These individuals settle for the "closest fit" and then attempt to modify the fit by changing component such as stems and seat posts.

News Flash: Men & Women are Built Differently

There are gender "trends" in segment length. On the average, a female tends to have a shorter torso than men, while a female's legs are generally longer than a man's. In general, the top tube length on standard production bikes is longer for a generic "male" proportioned body. The result for most women is being overstretched horizontally between the handlebars and the seat (even if the bike is sized right for leg length). This is why a number of women complain of back and neck pain.

How is this problem resolved? Ultimately, the answer involves ensuring proper cyclist-machine fit. This is best achieved through consultation with an experienced fitting expert. It is extremely difficult to perform a self-fit and you may be settling for adequate rather than

optimal conditions. At the very least, ask a friend who can view you from the side and front and make appropriate suggestions.

Dr, Dr!! It Hurts When I Go Like This!

Unless you have drastically changed your duration of riding or fit (via adjusting your current bike or purchasing a new bike), back or neck pain typically comes on slowly with increased weekly mileage. First, transient soreness is experienced 24-48 hours after rides, then progressing to pain during rides. If pain continues, the cyclist may quit riding altogether. Thankfully, there are steps you can take to prevent this unfortunate situation.

Ice is Nice!

First, ice the painful area quickly and leave the ice pack on for 20 minutes intervals. Let your skin return to room temperature and....ICE AGAIN! Initially, the ice may make your muscles feel tighter but, it can actually relieve muscle spasms.

Second, gently stretch the offending muscles. Choose stretches that affect the painful area, but don't stretch until it hurts. You should feel gentle "tugging" or "pulling". Hold each stretch for 30 seconds each and repeat throughout the day.

Third, correct your bicycle fit problem before you plan any further trips or training rides. Now that the pain has started, you may find that it reappears sooner in your rides! Finally, once the pain is down to a dull roar it is time to strengthen the stabilizing muscles in your back. After injury, the injured muscle is weakened so you may experience fatigue sooner in your rides. For a healthy back, exercise your abdomen (crunches), large extensor muscles (prone extensions), trapezius and rhomboids (rowing motion) and latissimus dorsi (lat pull downs).

You Don't Have To Take It!

If pain persists, seek medical attention. A detailed medical evaluation can often pinpoint the exact problem and offer specific instructions for rehabilitation or pain relieving exercises. Remember, cycling is supposed to be a pain free activity.

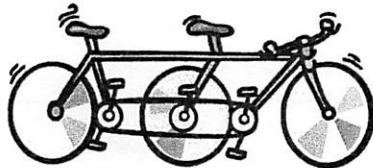
by Pamela S. Barrett, PT, ATC for the Bicycle Federation of Wisconsin

GITAP, Great Illinois Trails and Parks offers a great five day local tour June 12 to 18. The 400 mile loop starting and ending at Joliet includes camping at four state parks, 2-meals a day starting and ending at Joliet. Check bikeleague.org for details. Join Bob Dominski (215-4840) or Art Cunningham (963-8746) on a great ride. Give us a call if you can join us.

Art Cunningham

FOR SALE

Burley Duet Tandem Bike



Seat post lengths 23" and 20.5". Tire size 700—28c, Comfort saddles.

\$690.00

Howard Paul, Des Plaines, 847-824-2941

"CYCLING is not just a sport, it's an adventure of life and a choice of freedom.

The bicycle is an instrument of Fantasy, Health, Learning and Friendship."

BICI Club Italiano, Rome

Invitational's

June 5, Udder Century Union, 31/50/62/100 \$20 by 5/29 \$25 after 815-477-6858 bikemcbc@comcast.com

June 12, BCLC Ramble Wilmot, WI/IL 30/50/70/100, \$15 Cynthia Simmons 847-604-0520 smithia_simmons@hotmail.com

June 12-18 GITAP Joliet, 370 to 500+ \$320 Chuck Oestreich 309-788-1845 oestreich@qconline.com

June 18 Horribly Hilly Hundreds Mount Horeb, WI \$50 608-437-4878 info@horriblyhilly.com

June 19 Swedish Day Ride Burlington 25/45/62/75/100 \$20 \$40 family 630-584-7353 swedishdays@fvbnc.org

June 19 Windy 60, DeKalb 20/43/63, \$13.50 by 6/1 \$17 day of Char Riefler 815-758-1562 dekalbwindy60@yahoo.com

July 4, 4th of July Metric, Plainfield 30/45/60+ bike67@juno.com jmlh@speakeasy.net

July 10, The LATE Ride, Chicago, 25 miles, \$35 Nancy Minster Swabb, 773-918-RIDE lateride@hotmail.com

July 10, Heatstroke 100 Burlington WI 18/43/74/100 \$20 pre, \$25 day of, Scott Hoffman 262-763-7794 shoffiman@basd.k12.wi.us

July 30, Tour de Villes, Janesville WI. 30/50/70/100 \$30 by 4/21 \$35 after Todd McLaughlin 608-882-2411 info@tourdevilles.com clim-hon@uwalumni.com

July 31, Metro Metric, Hampshire, 25/62/75/100 Joanne DeZur 630-415-2453 metrometric@hotmail.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



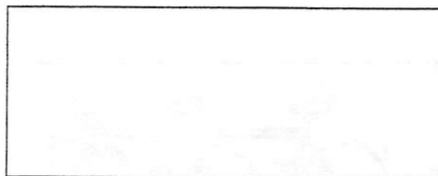
P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Next Club Meeting
August 4

Celebrating 35 years
1970-2005



Sept. 11

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

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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