



# MONTHLY MEANDERS

JULY, 2005

## PREZ SEZ

Greetings fellow club members.

4:30...time to start wrapping up for the day and get things in order for Wednesday. Today is Tuesday and that means I need to be out of here by 5:00 to get to Long Grove for the "working stiff's" ride. Make sure to fill up the water bottle...suppose to be hot and humid out there...no time to change, I'll do that in the parking lot behind Shamrock Cycle....The cooler is loaded with liquid refreshments and the ice I packed it in at lunch time should have everything ice cold by now...most will agree the best part of this evening is re-hydrating with a long neck, reliving every glorious mile.

5:00...all systems are shut down. Head out to the parking lot for the short but heavy traffic commute from Schaumburg to Long Grove....not too bad today on 53 north....head east on Lake/Cook Rd, then north on Hicks cutting through a neighborhood to old 53 then east to Long Grove....pull into the parking lot at

5:30....plenty of time to change, pump up the tires, sign in and check out who's here

5:45....parking lot is starting to fill up....going to be a quad burning night....several youngsters on sub 18lb rocket

ships....can my tired old body on a 23lb 18 year old steel Paramount keep up? Time will tell....

6:00...time to roll....looks like about 27 in the main pack tonight plus another 6-8 in a second group....6 are first time guests....where do they all come from? How and when did our after work club ride turn into a hammer fest? When we first started this ride 4-5 years ago we'd get 8-10 people and the fast group would average 18mph for 27 miles....the only hill we did was south on Old Barrington Rd just past rte 22....that all changed a few years ago....Jon at Shamrock has a deserved reputation as a great wrench....he attracts a lot of racers and tri-athletes and always mentions our ride as a good workout...It didn't take long for the word to get out that a fast paced ride was taking place on Tuesday nights... Thursday night a group of racers does the same route... Jon tell me that the line has blurred between the two rides as far as caliber of riders and the speed.

We head left out of the parking lot onto Old McHenry....getting through the 4 way stop is always a challenge but not near as tough as our first turn left onto Cuba Rd....once we negotiate this the pace starts to pick up....c'mon people

keep a single line...let the traffic by....everyone is a little twitchy tonight...with this many riders its like a wave at the back or the pack... every move on the front is exaggerated in the back, so you are constantly hitting the brakes or speeding up...once we cross rte 12 the fun begins....dig in going up the slight rise then the speed picks up to 23-25 all the way to Old Barrington Rd....now the traffic has thinned out and we have a gradual downhill until we reach rte 22....we're doing 25-30 in this section....regroup to cross rte 22 and here I try and edge up toward the front cuz the pack is fully warmed up and the juices are flowing...some of the strong boys up front are hitting on all cylinders....we're just shy of 32mph during a few spurts before turning onto Miller....here's where we separate the men from the boys....a series of rolling hills especially after rte 59 coupled with a blistering pace usually separates the pack into 2-3 groups....I feel pretty good tonight and stay with the leaders....we all regroup at the light on rte 12....now our speed rarely dips below 20 as about a half dozen of us trade off the lead...We keep this up on Old McHenry and north on Fairfield....the pack starts to split up here and now the

(Continued on page 7)

### INSIDE THIS ISSUE:

WEEKDAY RIDES	2
TOP 20	2
RIDE SCHEDULE	3
TRAIL RIDES	4
WEEKEND RIDES	4
STOP SAFELY	4
PICNIC	5
HONEY DO	6
CYCLE-ISMS	6
YAHOO GROUP	7

### WELCOME NEW MEMBERS:

Eva Larson, Lake Zurich

Ryan Birch, Chicago

Lee Pfefferman, Glen Ellyn

Will Thompson, Evanston

Mickey Power, Barrington

Mary Drwila, Elk Grove Village

Regina Brown, Lake Barrington

## Club Officials

### Elected Officers

<b>President</b>	
<i>Rich Drapeau</i>	(847)808-1476
<b>V.P./Ride Chair</b>	
<i>Len Geis</i>	(847)679-0279
<b>Treasurer</b>	
<i>Al Berman</i>	(847)541-9248
<b>Secretary</b>	
<i>Kris Woodcock</i>	(847)520-6932
<b>Membership</b>	
<i>Betsy Burtelow &amp; Jim Boyer</i>	(847)541-1325
<b>Publicity Chair</b>	
<i>Sheri Rosenbaum</i>	(847)821-7622
<i>luv2bike80@hotmail.com</i>	
<b>Appointed Officers</b>	
<b>Harmon</b>	
<i>Mary Kay Drapeau</i>	(847)808-1476
<b>Newsletter &amp; Mailing</b>	
<i>Ella Shields</i>	(773)594-1755
<b>St. Pat's Ride</b>	
<i>Tom &amp; Deb Wilson</i>	(847)632-1412
<b>Chairmen</b>	
<b>Banquet</b>	
<i>Kris Woodcock</i>	(847)520-6932
<b>Harmon Data Base</b>	
<i>Jennie Pfeifer</i>	(847)342-8823
<b>LAB</b>	
<i>Phyllis Harmon</i>	
<b>Mileage Statistician</b>	
<i>Joe Irons</i>	(847)359-0551
<b>Picnic</b>	
<i>Al &amp; Cindy Schneider</i>	(847)696-2356
<b>Refreshments</b>	
<i>Frank &amp; Pat Illy</i>	(847)923-5910
<b>Ride Line</b>	
<i>Art Cunningham</i>	(847)963-8746
<b>Web Page</b>	
<i>Jim Boyer</i>	(847)541-1325

### Newsletter Policy

We can always use information for the newsletter. I'd love to hear from you. Send or e-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month

Ella Shields  
7516 W. Devon Ave.  
Chicago, IL. 60631  
Shieldsbike@aol.com

(Please include your name and phone number in case I have any questions)



Don't miss an issue of Monthly Meanders!! Call Betsy or Jim with all name, address and phone number changes at (847)541-1325.

## Board Meeting

The next board meeting TBA

### TOP 20 MILEAGE

through June 7

95 rides by 131 Members totaling 49050 miles.  
2723 maximum miles possible per rider

#### MEN:

1	Art	Cunningham	2130
2	Kilian	Emanuel	1828
3	Leonard	Geis	1640
4	Frank	Illy	1533
5	Richard	Drapeau	1374
6	Joe	Irons	1355
7	Jim	Boyer	1217
8	Daniel	Wiessner	1117
9	Bob	Dominski	1066
10	Tom	Wilson	1060
11	Al	Schneider	985
12	Dennis	Creaney	966
13	Louis H.	Greene	941
14	Len	Fiocca	784
15	Kevin A.	Moore	777
16	C. Brian	Hale	705
17	Tom	Paulauski	687
18	Jim	Flechsigg	644
19	Dennis	Ellertson	563
20	Peter	Guzik	549

#### WOMEN:

1	Reinhilde	Geis	1407
2	Mary Kay	Drapeau	1145
3	Cindy	Schneider	949
4	Debbie	Wilson	906
5	Sheri	Rosenbaum	876
6	Mary	Mylis	820
7	Pam	Burke	764
8	Betsy	Burtelow	764
9	Cindy	Trent	740
10	Virginia	Savio	736
11	Ella	Shields	705
12	Meg	Ewen	635
13	Marianne	Kron	583
14	Kris	Woodcock	566
15	Pat	Illy	496
16	Chriss	Wager	420
17	Barbara	Barr	300
18	Pat	Calabrese	286
19	Cynthia	Brown	284
20	Meg	Ryan	203

## 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
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. 7-2	9:00	Root Beer Social	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	58/82	Kilian Emanuel 296-7874
Sun. 7-3	9:00	Mystery Miles	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	37	Peter Guzik 255-2021
	9:00	Wall to Wall	Fellows Park, Genoa City	Rt. 12 N to County H, follow County H east (veer Left) into Genoa City, left on Fellows Rd and to the park	68/104	Al & Cindy Schneider 696-2356
Mon. 7-4	9:00	Sycamore Scamper	McHenry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	81	Art Cunningham 963-8746
	9:00	Lou's Commute	Lakewood Forest Preserve	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on the right.	42	Brian Hale 426-3290
Sat. 7-9	9:00	McHenry/ Fontana	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake (in the N. parking lot)	71	Ella Shields 773-594-1755
Sun. 7-10	10:00	Club Picnic	Old School Forest Preserve	IL 176 to St Mary's Rd.; south to Forest Park entrance; use parking lot for shelter D	33 or trail ride	Art Cunningham & Kurt Schoenhoff
Sat. 7-16	9:00	Bastille Day	Paris School, WI	I-94 W, exit WI 142 W to County D, turn left to school	59/74	Al & Cindy Schneider 696-2356
Sun. 7-17	9:00	Binnie Woods	Binnie Woods	I-90 West to Randall Road, North to Binnie Road, West to Forest Preserve	67/100	Chris Schroeder 359-5624
	9:00	BDSR	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	40	Louis Greene 925-0629
Sat. 7-23	9:00	La Grange-Concord	La Grange General Store	Take US 12: 29 miles past WI border. Stop at County Rte.H	70/101	Al & Cindy Schneider 696-2356
Sun. 7-24	9:00	Rural Wisconsin	Eagle, WI	US 12 W past Elkhorn to WI. 67 North to Eagle. Park on the street	67/93	Al & Cindy Schneider 696-2356
	9:00	EFHOB	Rose School	I-90 to RT. 59 North, turn right on Penny road to the school just past Bartlett Rd.	44	Meg Ewen 630-540-1371
Sat. 7-30	9:00	Beloit Express	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	73/120	Christine Schroeder 359-5624
Sun. 7-31	9:00	Another Day Another Way	Evergreen School, Union, IL	I-90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	70/110	Dan Wiessner 540-9118
	9:00	Honey Lake Hawley Path	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	38	Joe Irons 359-0551
	6:00 till 10:30	Metro Metric: \$15	Hampshire High School in Hampshire, IL	Located in Kane County at 560 State St. Go west of Rte. 47 on Route 72 for 5 miles to State St. MetroMetric@hotmail.com	33/49/ 65/100	Invitational

July Wednesday Chicago Area Bike Path/Trail Rides

Date	Time	Miles	Path/Trail	Start	Directions	Comments
7/6	9:00	57	Great Western Ride to Sycamore	South Elgin trail access	South on Rte 31 to W State St., turn left. (east) then rt. just before the bridge to parking.	Paved, packed crushed stone ***
7/13	9:00	65	M&I Path – Morris to Lockport	Channahon access	I-55 south to US-6; left on Canal St. to parking on the right	Packed stone, city streets through Joliet
7/20	9:00	55	Ride to Illinois Beach	Lakewood Forest Preserve Millennium Trail access	East of Fairfield Rd. opposite Ivanhoe Rd. just south of IL 176	Packed stone and paved
7/27	9:00	52 partial loop	Fox Riv. / St. Charles & Elgin Prairie Path	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved and packed crushed stone paths *** Joe Irons, 359-0551

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

\*\*wide tires recommended

\*wide tires required

Check with Art Cunningham – 963-8746 for details

**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.

**Stop Quickly and Safely**

**Practice Makes Perfect**

Just like you practice other skills, you should practice braking, too. For example, you might pretend a car has suddenly pulled out in front of you and execute a panic stop, throwing your weight rearward as you forcefully apply the brakes. If you can train your body to react like this it's more likely to do so in a real emergency.

**Brake Tuning**

As you ride and use your brakes, the brake pads wear slightly. You feel this as more travel in the levers and you need to adjust the additional travel out before it gets to the point of jeopardizing your braking. Fortunately, there's an easy way to do this on almost all modern bicycles. Look for knurled adjusting barrels on the levers (on most off-road bikes) or on the brake calipers (most road bikes). By turning these barrels, it's possible to make up for the worn pads and improve braking.

**Check Pad Wear**

Don't forget to check the pad wear from time to time though. Because, if you just keep tightening brake adjustment with the barrels, you'll eventually find that the pads have worn out. To check, look at the pad surfaces. When new, most pads have grooves in them. When these grooves start to disappear, it's a sign to replace the pads. Depending on the design some are easily replaced, others require tools and know-how. We're happy to advise if you have questions.

**Brake Safely**

Remember that different weather conditions and riding surfaces affect braking performance. When it's raining, it's important to anticipate stops and brake early, pumping the levers to allow the pads to wipe water off the rims so they can grab and slow the bike. And, when you're riding on slippery surfaces such as sand and mud, reckless braking can cause the wheels to lock, which may throw the bike into a dangerous slide

From wheelandsprocket.com



**PLEASE JOIN US FOR THE  
ANNUAL WHEELING  
WHEELMEN 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

*Behold the Cycling Renaissance --*  
excerpt from Graeme Street, Cyclo-Core

As I sit here and write to you on this beautiful Sunday Morning, cyclists of all ages, fitness levels and personal Motives are periodically cycling by my morning window With smiles on their faces and anticipation in their breath.

Some focused and in aerodynamic postures as they drive towards this years goals and objectives. Others relaxed, laughing and getting on with others in the group.

Friends. Fathers. Racers. Children. Mothers. Old couples out to enjoy the sun filtered day. All races. All genders. All skill levels. All together enjoying life on a bike.

I am witness to a Cycling Renaissance in the making.

No longer do you have to be Lance Armstrong or a gritty crit rider to be serious about riding a bike. No longer do we have to feel separated from society as just 'roadies' or

'triathletes' or 'mountain bikers'.

We are all 'doers'! We are all cyclists!

With each pedal stroke more and more people are getting turned back to being a kid again. To experience the freedom of a bike. To experience the wind as it brushes past. To feel the fear and excitement build as you watch the hill ascend off in the distance that will help you grow as a person. The experience of completing a personal journey each and every time we get on the bike.

Make no mistake. We all share the same blood in our veins. We all strive for something more from ourselves. Power. Speed. Status. Ego. Fitness. Peace. Exhilaration. Freedom. Life!

Make each ride, each revolution, each killer climb, each race, each group ride count my friend. Most people who 'don't get it' would kill for just 5 minutes of how you and I feel on most rides. Cherish it.

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

## HONEY-DO HISTORY

C. BRIAN HALE #1007

In regularly hearing positive comments about "our ride" such as "great route", "good hills", "excellent flats for speed work", I thought it would be fun to broaden you on one of MY FAVORITE rides on the Wheelmen ride schedule.

**ORIGIN:** Our HONEY-DO originated from the Harper training rides used by the REDLINE racing and VILLAGE CYCLE SPORT. They left at 7:00AM as we did as well. It was a short 36 miles and they ran FAST!!!

**UPDATE AND REFINEMENT:** Frank and Louis rode with them however wanted to lengthen and add some hills so they took the old ALGONQUIN EXPRESS and added it on to form what is now our HONEY-DO ROUTE. I joined them in 1997 and we were the **Three Musketeers** every Saturday at 7:00AM. We moved the route to the forest preserve and added Cardinal and the Signal hill loop for added challenge. Many times Louis would prompt us to do Huntington TWICE!!! (**HAVE YOU??**) The scenery and the river were an excellent backdrop for a scenic challenging ride.

**TODAY:** In 2001 we added this route to our club schedule for your enjoyment. (**The truth is we wanted the miles!!!**) We did concede to an 8:00AM start. We are regularly hosting 20 plus riders, and have some interesting guests join us from time to time. We even had one of the Postal riders ride with us last year.

**STATISTICS: Maximum mileage 54.**

**Hills:** Meadow hill, Blackhawk, Huntington, Cardinal, Triple Decker (Plum Tree), Rainbow, & Signal hill.

**SAGS:** Mobil station Rt 31 (Used to be At the Shell)

**ROUTE:** Generally northwest and always the same (To help those directionally challenged among us)

**NAME:** Given by Joe Irons (**IRONMAN**) ( It was the only Saturday ride his wife would let him do!!)

**SUMMARY:** Your HONEY-DO would not be what it is today without the hard work and diligence of FRANK ILLY (**THE WRENCH**). Frank has refined the route several times. It has morphed into one of the best Training rides (I think) in our area. The response to this ride has been to say the least overwhelming. I have had many participants thank me for such a great ride with such variation in miles and as much challenge as you want. Frank works long and hard to make sure that each and every one of you has a good time. When we have newcomers he makes sure that they are introduced and properly taken care of. Route sheets are clear and always available.

**POST SCRIPT:** When he blows the whistle, its time to go. Next time you ride, pull up to Frank and let him know how much you appreciate the ride!

**MAY YOUR JOURNEY BE ALWAYS DOWNHILL WITH THE WIND AT YOUR BACK!**



## Cyclists, what they really mean...

Cyclists are the biggest sandbaggers and secret trainers around. They'll say anything to soften you up for the kill. Don't let this happen to you. Study this handy rider's phrasebook to find out what they really

mean when they say:

"I'm out of shape"

Translation: I ride 400 miles a week and haven't missed a day since the Ford administration. I replace my 11-tooth cog more often than you wash your shorts. My body fat percentage is lower than your mortgage rate.

"I'm not into competition. I'm just riding to stay in shape"

Translation: I will attack until you collapse in the gutter, babbling and whimpering. I will win the line sprint if I have to force you into oncoming traffic. I will crest this hill first if I have to grab your seat post and spray energy drink in your eyes.

"I'm on my beater bike"

Translation: I had this baby custom-made in Tuscany using Titanium blessed by the Pope. I took it to a wind tunnel and it disappeared. It weighs less than a fart and costs more than a divorce.

"It's not that hilly"

Translation: This climb lasts longer than a presidential campaign. Be careful on the steep sections or you'll fall over -- backward. You have a 39x23 low gear? Here's the name of my knee surgeon.

"You're doing great, honey"

Translation: Yo, lard @\$\$, I'd like to get home before midnight. This is what you get for spending the winter decorating and eating chocolate. I shoulda married that cute Cat 1 racer when I had the chance.

"This is a no-drop ride"

Translation: I'll need an article of your clothing for the search-and-rescue dogs.

"It's not that far"

Translation: Bring your passport.



## Criterium's

## Arlington Classic Criterium.

Professional and amateur bike racing  
Saturday, July 30,  
Arlington Heights  
klsi1003@comcast.net  
www.arlingtonbikerace.com

## Wood Dale Criterium

ABR Illinois Criterium Championship / TOI/WI,  
July 31, Wood Dale, IL Rich Delgado 847-490-9813  
[www.redlinracingltd.com](http://www.redlinracingltd.com)

**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](mailto:wheelingwheelmen-subscribe@yahoogroups.com)

To post a message send your message in an email to:  
[wheelingwheelmen@yahoogroups.com](mailto:wheelingwheelmen@yahoogroups.com)

To Unsubscribe send an email message to:  
[wheelingwheelmen-unsubscribe@yahoogroups.com](mailto:wheelingwheelmen-unsubscribe@yahoogroups.com)

*(Continued from page 1)*

lead group is about 10 strong... everyone is working hard just stay on the wheel in front of them... usually we head back to Old McHenry via Darlington but construction here forces us to reroute a little further south... no slowing down of the pace through the neighborhood leading to Old McHenry... left for the final stretch home... the jockeying for the final sprint begins in earnest as we crest the last hill leading into Long Grove... the neon green school sign is the unofficial finish line... everyone is in head down, leg churning, heart pounding, flat out all you got, leave it all on the road sprint... well what do you know, I think I may have timed it just right and actually crossed the line first... time for a nice little cool down and rehash of the ride before heading back to the parking lot for a cold one ( or two)...

Keep in mind that even though there is an express group, this is still a club ride which means ride at your own pace. There are lots of members out riding at different speeds and plenty of shorter route options if you don't want to do the full 30 miles. Hope to see you there...

See you on the road.

*Rich Drapeau*

**92nd TOUR DE FRANCE July 2-24**

"Bicycle riding as little as three miles a day will improve your sex life."  
 - Dr. Franco Antonini

**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



Celebrating 35 years  
1970-2005

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



### 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