



# MONTHLY MEANDERS

AUGUST, 2005

## PREZ SEZ

Greetings fellow club members.

Well, here we are again in late July baking in the summer heat. Someone told me that the way for a bicyclist to beat the heat is to ride faster and create more breeze. I'm sure there is some logic to that but it escapes me at the moment. Did you make it to the club picnic this year? You missed a good one. Just ask anyone who attended. Hats off to Al and Cindy Schneider for all the hard work they put in to feed and entertain all the hungry riders coming off a 33 mile road or trail ride. I get thirsty just thinking about Al grilling over those hot coals on a 90 degree day. Cindy, the salads were perfect for the weather. Thanks again to both of you.

A big thank you to Len Geis for all his work on the ride schedule this year. We have a wide variety of distances, routes and starting points to satisfy just about everyone. Also thanks to Joe Irons for keeping all the mileage stats. The board has come up with some incentives to attract new ride hosts. Keep an eye on the newsletters and web site for details.

Don't forget the next club meeting August 4. Ella and Meg have some Greek mythology to share with everyone. Something about a shipping tycoon, bottle of ouzo and a bicycle...I'll let them explain...don't miss it...This is also Harmon planning time...volunteers are always needed...

So are you ready for a little poetry slam!!!! Here goes anyway...

*We have a Berman named Al*

*Two big dogs are his best pal*

*He's had a few wrecks*

*And writes all our checks*

*Lucky him, he's got Fran as his gal*

*We all know a rider named Illy*

*Some think his whistle is silly*

*But when he lets go*

*With that high pitched blow*

*We're off on a ride that's quite hilly*

*Then there's our PR person*

*Sheri*

*Her bike is bright red, not cherry*

*She's single and free*

*Full of fun and glee*

*But not for any Tom, Dick or Harry*

*Have you met our board member Ella?*

*AKA our newsletter Bella*

*She's quick with a smile*

*And racks up the miles*

*In a group or Acapella*

*Have you met my main man Wilson?*

*A cyclist and very fine person*

*He never seems slowed*

*By legs that are bowed*

*In fact you might say he is awesome.*

Hey it's not easy coming up with something original every month. Do I hear the bohemian readers snapping their fingers in appreciation? That's the spirit.

See you on the road.

Rich Drapeau

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### WELCOME NEW MEMBERS:

Scott & Kari Vanderveen, Arlington Heights

Jacqui Brojan, Villa Park

Reggie and Lorie Hastings Palatine

Barry Chessick, Northbrook

Bob Hopkins, St. Charles, MO

## 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 July 8

133 rides by 151 Members totaling 72488 miles  
4087 maximum miles possible per rider.

#### Women:

1	Reinhilde Geis	2192
2	Cindy Schneider	1458
3	Mary Kay Drapeau	1453
4	Sheri Rosenbaum	1206
5	Pam Burke	1181
6	Ella Shields	1139
7	Marianne Kron	1108
8	Cindy Trent	1095
9	Virginia Savio	1068
10	Mary Myslis	1049
11	Debbie Wilson	1028
12	Meg Ewen	1011
13	Betsy Burtelow	942
14	Kris Woodcock	932
15	Pat Illy	620
16	Barbara Barr	603
17	Pat Calabrese	531
18	Chriss Wager	526
19	Cynthia Brown	524
20	Meg Ryan	373

#### Men:

1	Kilian Emanuel	3028
2	Art Cunningham	2810
3	Leonard Geis	2451
4	Joe Irons	1982
5	Frank Illy	1812
6	Richard Drapeau	1684
7	Dennis Creaney	1619
8	Daniel Wiessner	1546
9	Jim Boyer	1534
10	Al Schneider	1444
11	Bob Dominski	1336
12	Tom Wilson	1252
13	Louis H. Greene	1233
14	Kevin A. Moore	1157
15	Len Fiocca	1135
16	Jim Flechsig	1059
17	C. Brian Hale	972
18	Tom Paulauski	877
19	Phil Castle	863
20	Richard Carr	860

## 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

August 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
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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. 8-6	9:00	Waterford Ride	Waterford Factory, Waterford, WI	I-94 North. Hwy 20 west. Turn L on Jefferson after the bridge in Waterford. After ¾ mi., R on Bakke to 816 W. Bakke.	44/70	Ella Shields 773/594-1755
Sun. 8-7	9:00	Loops of Burlington	Eagle Lake Park, WI	I-294 North, exit Hwy 11 West, to Hwy 75 right to Church street, left to park	57/96	Tom & Debbie Wilson 632-1412
	9 and 10:30	3 Options Ride	Fox River Forest Preserve	NW on Rt. 14, R on Kelsey, L on River, L on Roberts for 1 mi.	21/31/52	Earle Horwitz 374-1129
Sat. 8-13	9:00	Cedarburg/ Campbellsport	Covered Bridge Park	I-94 N through Milwaukee turns into 43. Go north on 43 to 60 (Grafton). Go west on 60 to Covered Bridge Road (4 miles) turn right and go to park, on right	70/ 100	Al & Cindy Schneider 696-2356
Sun. 8-14	9:00	Cedarburg/ West Bend	Covered Bridge Park	see above	45/70/100	See above
	9:00	Back Roads of Barrington	Rose School	I-90 to Rt.59 North, turn right on Penny Road to the school just past Bartlett Rd.	39	Brian Hale 426-3290
Sat. 8-20	9:00	Lake Geneva Century	Kildeer School, Long Grove	Old McHenry Road, just north of Long Grove Shopping District;	50/98	Tom & Debbie Wilson 632-1412
Sun. 8-21	9:00	Ogle Odyssey	Meridian Jr. H.S., Stillman Valley, IL	West on I-90 then South on I-39 to IL 72. Turn right to the town of Stillman Valley. School a block to the right on the west side of town.	81/96	tba
	9:00	Honey Lake Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping	35	MaryKay Drapeau 808-1476
Sat. 8-27	9:00	Walworth Flat	McHenry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	58	Barbara Barr 630/628-6267
Sun. 8-28	9:00	Club Members: Harmon Pre-Ride	Wilmot Union High School, Wilmot WI	Take I-94 West across the WI state line to Exit 345 (Hwy C). West on Hwy C to the town of Wilmot. Right on Hwy W. Left into the school entrance.	25/50 75/100	Rich Drapeau 808-1476

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

August Wednesday Chicago Area Bike Path/Trail Rides

Date	Time	Miles	Path/Trail	Start	Directions	Comments
8/3	9:00	77	I & M Trail Morris to La Salle	Gebhard Woods St. Park, Morris	Exit I-80 S; R on US 6; follow signs to park.	Packed stone, some paved***
8/10	8:00	54	Fox River Path south-Virgil Gilman Path	Bennet Park, Geneva	North Ave (IL 64) to St. Charles, south on IL 25 to park on rt. just past Geneva	Paved, packed crushed stone***
8/17	9:00	60	Old School Forest Preserve to Kenosha	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, paved *** Joe Irons, 359-0551
8/24	9:00	57	Plank Road Path	Frankfort, IL	I-294 south to I-80 west; US 45 south to Frankfort; turn left at sign to Historic Frankfort; parking in town on trail on N White St.	Paved path Kilian Emanuel, 296-7874
8/31	9:00	65	Moraine Hills to Hebron	Moraine Hills State Park	Go north on Rand (US12) to W Liberty (IL176); go left to River Rd.; go to the park entrance on the right; park in the 1 <sup>st</sup> lot to the right	Packed crushed stone, paved and connecting roads

\*\*\*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:**

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.

*Life is like riding a bicycle. To keep your balance you must keep moving.*

**Labor Day Outing – Grease up those Granny Gears**

This Labor Day weekend, why not plan on spending it with your fellow Wheelmen members as we head north. On Saturday, September 3<sup>rd</sup> join Art Cunningham for his famous Devil's Dive ride. Choose from 60 or 90 mile routes along scenic back roads and yeah hills. The ride departs Lakewood Park, Middleton, WI at 9:00. Art has a room at the Clarion on Rimrock Rd. in Madison - rooms still available as of now (phone - 608-284-1234).

If you didn't get enough hills on Saturday, then why not stay for Sunday's Wright Stuff invitational. The Bombay Bicycle Club puts on a great ride through some very hilly but scenic roads (NOTE: ride starts from the Tyrol Basin Ski Lodge...hmmm think there are hills there?). Sheri Rosenbaum will be at the registration desk with a Wheelmen sign up sheet. Yep you get club miles for this invitational. This will be Sheri's third year in a row doing the 60 mile route, but you hammerheads can go for the century.

Check out their web site for registration, ride details and area attractions. Don't miss the famous Mustard Museum in Mt. Horeb. Go to [www.bombaybicycle.org/wrightstuff.htm](http://www.bombaybicycle.org/wrightstuff.htm) or link from the [www.wheelmen.com](http://www.wheelmen.com)



**For Sale**

Brand new Bottecchia Italian made bicycle. 54cm (21") frame equipped with Campy Chorus 10 speed components, aluminum alloy 7000 frame with lots of carbon features including Carbon chain stays and seat stays, FSA Carbon Pro crank, FSA Carbon Pro fork, plus lots more.. It's a beautiful bike ready to race or keeping up with the "fast group". I bought the bike but it is the wrong size for me.

Asking \$2,900 but might consider a reasonable offer.  
Earle Horwitz (847)444-0445. Easyrider729@aol.com



## GITAP -2005

GITAP 2005, the 3<sup>rd</sup> year of Great Illinois Trails and Parks seven day bike ride took off from Joliet Jr. College June 12. In addition to me, Art Cunningham, three associated with the Wheeling Wheelmen took part in the ride sponsored by the League of Illinois Bikers & Illinois Department of Natural Resources – Bob Dominski, Chip Kyle and Mike Lynch. We all camped at the five State Park camp grounds where we had night-over stops. 337 registered bikers took part in the ride. In addition a number of people associated with the League of Illinois Bikers rode when they weren't busy making things comfortable for the rest of us.

This year's ride route was concentrated in the eastern part of the "Great Illinois Trail". Leaving the Joliet Jr. College the 62 mile route (there was a 37 mile short cut) took us through Joliet paved trails and streets to the 14 miles of the Old Plank road trail (paved). The rest of the route was on the less traveled roads to Kankakee River State Park. This park had a grassy campground to pitch our tents, convenient toilet facilities and a near-by building with showers and hot water sinks to take care of our sanitary need. Very few lines! Kankakee Park had a neat 10 1/2 –mile paved bike trail along the forested bank of the river. Concessionaires provided hardy dinners and breakfasts at nearby shelters. This applied to all our State Park stops.

The fun part of the tour was the camp life. After the duffel was picked up and the tents were pitched, there was plenty of time to meet many of the neighbors. Almost every afternoon and evening a group of fine people would get there camp chairs and gather around to yak about the days events and many common interests. Many new friends were made. 40 folks chose the motel/lodge option. Although at times I envied them the real bed and comforts, they missed a great deal.

Day 2 was a hot 75-mile day with a late head wind going west to Starved Rock State Park. Homer Keller, my riding companion I met last year suffered from the heat. Unfortunately he had to leave the tour and we missed him for the rest of the ride. That night was stormy. The manager of the lodge in an after-dinner talk informed us that the beautiful great room of the lodge would be available to us if we had to be evacuated from the camp ground. With that tidbit I settled into my sleeping bag wondering if my tent swaying wildly in the wind would stay attached to the ground. A brief thunder shower accented the night, but I never got air borne.

On day 3 we followed 76-mile along a most scenic stretch of less traveled roads well marked with I-dots on the pavement and maps & cue sheets provided to White Pines State Park for a two-night stay. This is definitely a 4-star State Park with its old pine forest, swift flowing Rock Creek and the friendliest lodge with the best food imaginable. Dinner and breakfast were served at the lodge which was a goodly walk or bike ride from the camp. Many of us gathered there hours before dinner to enjoy good company and legal booze served up by Rose from the bar.

An optional century to the Mississippi River was scheduled on day-4, an option nobody took with a 25 to 35 mile wind directly out of the west. A group of five of us challenged the wind for 20-miles for a ride to the little town of Milledgeville in Carroll County where we had lunch in the Bluebird Café. On the return trip we stopped at a bar on Main Street, Polo which was obstructed by a carnival and closed to traffic. That night after the usual cocktail hour and dinner, the White Pine Lodge offered Guys & Dolls to a full house. I must admit that I snuck out at intermission unable to keep my eyes opened after an active day and many toasts to my 76<sup>th</sup> birthday.

There followed a 65-mile ride to Rock Cut State Park on day-5 and a 60-mile ride to Shabona State Park on day-6 before retuning to our cars parked at Joliet on day-7. Each day a core group of us rode together joined for lunch in such towns as Dixon, DeKalb or in the case of Sandwich on the final day for breakfast. Being a 3-year veteran of GITAP I have camped at nine state parks. Each offers its own unique attraction. I highly recommend GITAP 2006 for a well organized local ride to see some of the sites in Illinois. LIB says RIDE ILLINOIS.

## Incentives, Incentives, Incentives

In an effort to get more membership participation, the board has created two incentive programs:

Ride host - in appreciation for being a ride host we will give a monetary gift card at the annual banquet. Eligibility for this raffle will be those members who have signed up as Ride Hosts. Your name will be entered as many times as you have volunteered for a Saturday/Sunday ride. So join the fun and sign up early and often as a ride host. If you want to sign up for a ride, please contact Len Geis at 847/679-0279

Ride Reporters: We would like to get more articles from members for the newsletters. You can write a recap of your bike vacation, a report of a club ride you lead or any cycling related stories you think would be of interest. At the banquet we will have a raffle for the authors and award a "gift certificate" for the best story.



## Save yourself from a lightning strike.

Did you know that 22 million lightning bolts hit the Earth each year?

On average, 73 Americans are killed by lightning annually and hundreds more suffer debilitating injuries. About 10% of lightning victims die, while 70% suffer serious long-term effects that can include brain damage, personality changes, sleep disorders, numbness, dizziness and weakness.

That's all nasty news. And yet as bike riders in the summer thunderstorm season -- perched on a mostly metal object out in the open -- we're susceptible to becoming a lightning statistic.

Here are 5 ways to reduce the risk.

## ---Obey the National Weather Service's "30/30" rule.

When lightning is seen, count the time until thunder is heard. If it's 30 seconds or less, seek shelter immediately. Storms can move at 50 mph. Stay protected for 30 minutes after the last rumble of thunder because lightning can occur 10 miles from the storm center.

---Get inside. The safest places are a substantial building or a car with a metal roof.

---Get down. If you're caught in the open, get into a ravine or ditch. If there are none, make yourself small by squatting on the balls of your feet or kneeling with your toes touching the ground. Experts say this posture may prevent lightning from passing through your heart. Get down *right now* if a thunderstorm is near and you feel your hair stand on end.

---Avoid lone trees and isolated stands of trees. Low bushes are safer shelter.

---Avoid metal objects. This includes fences, guardrails and especially anything tall such as flagpoles and power stanchions. It also includes your bike.

The odds of becoming a lightning victim in the U.S. in any year are 1 in 700,000. The odds of being struck in your lifetime are 1 in 3,000. Improve your safety by doing smart things when bolts are flashing.  
from roadbikerider.com

**National Championships of Cycling & Inline Skating**

More than 1,000 professional and amateur cyclists and in-line skaters will be in Downers Grove on Saturday and Sunday August 20 & 21, for the National Championships. All races begin and end at the intersection of Main and Grove streets in downtown Downers Grove. This is the only Olympic sanctioned event in Illinois and draws athletes from all over the country and internationally, from as far away as France, Germany and Italy.

On Saturday, the professional races kickoff at Noon with the last race of the day at 6:15 p.m. Sunday's races begin at 8 a.m. with the event's last and largest race, the ProCriterium beginning at 3:34 p.m. For further bike race information please call Chicago Special Events Management @ 773-868-3010

**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)

**Invitational's**

**Aug. 5-7 Amishland & Lakes Tour** Howe, In. 25-65 \$35.00 Dec Clark 574-271-0011 [clark4896@sbcglobal.net](mailto:clark4896@sbcglobal.net)

**Aug. 7, Rotary Ride**, Naperville, 10/25/50/75 [events@rotaryride.com](mailto:events@rotaryride.com)

**Aug 13-14, Interplanetary Bike Ride** 12/17/32/41/50 70/90/100 Peoria, IL. Sheldon Schaffer 309-686-7000 [sschafer@lakeview-museum.org](mailto:sschafer@lakeview-museum.org)

**Aug 21, Dog Daze Ride** Oak Park, 10/25/50/62 \$15 Under 12 free Gail Moran 708-383-1244 [gail\\_moran@sbcglobal.net](mailto:gail_moran@sbcglobal.net)

**Aug. 14, Edward Brophy Memorial Ride For Life**, Woodstock, at Emricson Park, Reg 8:00 AM and 10:00 AM. 6, 12, 18 or 30-miles *No ride day registration will be allowed.* Dr. James M. Kearns Jr. D.N. E- [Dr.Kearns@Painfree101.com](mailto:Dr.Kearns@Painfree101.com) Phone:815-337-7109 [www.memorialride.org](http://www.memorialride.org)

**Aug. 20, Round'da Manure Bicycle Tour** Sharon, WI 22/44/64 \$25 262-736-6246 [sharonmainst@elknet.net](mailto:sharonmainst@elknet.net)

**Aug. 27, Beer and Brat 5 Star Century** Millstadt, Il 62/100 \$30 Dave Reiter/Juanita Haley [davereiter1@earthlink.net](mailto:davereiter1@earthlink.net) [jm\\_haley@sbcglobal.net](mailto:jm_haley@sbcglobal.net)

**Aug 28, Old Mill Century** Oregon, IL 12/25/50/75/100 \$20 by 8/20 \$25 day of, Greg Frantz, 815-732-7154 [frantzfamily@inwave1.com](mailto:frantzfamily@inwave1.com)

**Aug 28, Bike Psychos Century**, Coal City, Il 35/50/70/100/124 \$14 by 8/22 \$19 day of, Chuck Nelson 708-802-1804 [century@bikepsychos.org](mailto:century@bikepsychos.org)

**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

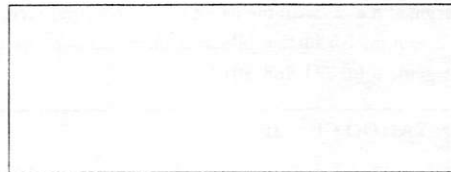


**Wheeling  
Wheelmen**

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

Phone: 847-520-5010  
Email: [wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)

*Celebrating 35 years  
1970-2005*



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

Club Meeting  
August 4



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**

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We support:

- \*The League of American Bicyclists
- \*The League of Illinois Bicyclists
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**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](mailto:BikeLeague@aol.com)  
Web Site: [www.bikeleague.org](http://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