



MONTHLY MEANDERS

JUNE 2006

PREZ SEZ

by Rich Drapeau

So I'm going through my mail a few weeks ago and notice an envelope from Our Lady of Hope School in Springfield, MA. This is the school run by the good sisters of St Joseph who taught me how to read, write and stand in a straight line. Ah the good old days of 60 kids in a class, desks with ink-wells, everyone in a uniform, corporal punishment and a local parish priest who would visit your class twice each semester for the sole purpose of totally humiliating you in front of your classmates. This was accomplished when report cards came out. Father John called each student up to the front of the class and read your grades out loud to the entire class while you stood there at attention. If you were lucky he then handed you the report card which had to be brought home and signed by one of your parents. If you were not so lucky Father John set your report card aside and requested that your parents come and visit him to discuss your less than stellar performance. It's amazing how the sheer terror of this possibly happening made me keep my grades just above the water line. I figured father John would set aside 10 reports cards max, so all I had to do was beat out 10 other jamokes and I was home free. I made it through all 8 grades without getting the

P's called in for jury duty.

The best part about grade school is recess. In those days the favorite school yard game was shooting marbles. You scratched a circle in the dirt and anyone who wanted to play put 3-4 marbles in the "pot". You the lagged to a line about 10 feet away to determine the order of the shooters. The object was to knock the marbles out of the pot with your shooter, without your shooter leaving the inside of the pot. You had to put a lot of English on your shooter so it didn't fly out of the pot with the target marble. Much like a pool shot. I got to be pretty good at this game and usually went home with my pockets filled with marbles. There was only one kid who could beat me, Jimmy Donahue. Jimmy was a tall skinny red head with real long fingers. Shooting marbles was a big deal in the northeast. The local paper held a contest every year and the winner won a trip to the national tournament in Wildwood NJ. Jimmy won this tournament when we were in 6th grade and finished in the top ten at the national tournament. We both entered when we were in 7th grade and we beat the pants off everyone else in the tournament setting up a big showdown between Jimmy and me. He won the first match, I took the second and he took the rubber game by a single marble. Jimmy went on to win the national

title that year. He received a full scholarship to college and appeared on the Tonight show with Johnny Carson.

Now back then we rode big balloon tired single speed bikes with coaster brakes. It was not uncommon to give a buddy a ride to the park, home from school etc. Your buddy would sit side saddle on the top bar between the handle bar and the seat. One day I was giving a kid a ride home from school and we were speeding down a hill when he relaxed his leg enough for his heel to fall into the spokes of the front wheel, sending us both over the handle bar and into the street. He put a nice gash in his head and I did a facial taking the skin off about half my face. I looked like the phantom of the opera without the mask. So who was this kid who caused me so much pain...why none other than Jimmy Donahue.

The letter was to inform me that my grade school alma mater was going to be torn down and would I like to buy a brick as a souvenir. Yeah, I sure would. And I'm going to use it to bash Jimmy over the head.

See you on the road

INSIDE THIS ISSUE:

TOP 20	2
WEEKDAY RIDES	2
RIDE SCHEDULE	3
TRAIL RIDES	4
LIB EXTRA	4
BIKE SURVEYS	5
BOOK REVIEW	6
BIKE RODEO	6
CLUB JERSEYS	6
INVITATIONALS	7

Welcome New Members

Chris Barnes
Arlington Hts, IL

Kevin & Krista Kehoe
Hawthorn Woods, IL

Jonathan Hirsch
Barrington, IL

Kathleen Corbett
Glenview, IL

Amy & Jeff Taylor-Haas
Buffalo Grove, IL

Jonathan Hirsch
Barrington, IL

Club Officials

Elected Officers

President	
<i>Rich Drapeau</i>	(847)808-1476
V.P./Ride Chair	
<i>Len Geis</i>	(847)679-0279
Treasurer	
<i>Al Berman</i>	(847)541-9248
Secretary	
<i>Pat Gill</i>	(773)774-4132
Membership	
<i>Betsy Burtelow & Jim Boyer</i>	(847)541-1325
Publicity Chair	
<i>Sheri Rosenbaum</i>	(847)368-1762
<i>luv2bike80@hotmail.com</i>	
<u>Appointed Officers</u>	
Harmon	
<i>Mary Kay Drapeau</i>	(847)808-1476
Newsletter & Mailing	
<i>Jennie Pfeifer</i>	(847)342-8823
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	(847)632-1412
<u>Chairmen</u>	
Banquet	
<i>Kris Woodcock</i>	(847)520-6932
Harmon Data Base	
<i>Jennie Pfeifer</i>	(847)342-8823
LAB	
<i>Phyllis Harmon</i>	
Mileage Statistician	
<i>Joe Irons</i>	(847)359-0551
Picnic	
<i>Al & Cindy Schneider</i>	(847)696-2356
Refreshments	
<i>Frank & Pat Illy</i>	(847)923-5910
Ride Line	
<i>Art Cunningham</i>	(847)963-8746
Web Page	
<i>Jim Boyer</i>	(847)541-1325
Ride Line	(847)520-5010
<i>Art Cunningham</i>	

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

Jennie Pfeifer
1417 E Fleming Dr N
Arlington Hts IL 60004
jenniepfei@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

Women		
1.	Mary Kay Drapeau	748
2.	Betsy Burtelow	722
3.	Pat Calabrese	671
4.	Debbie Wilson	616
5.	Chris Wagner	533
6.	Ella Shields	436
7.	Marianne Kron	418
8.	Pat Illy	397
9.	Meg Ewen	364
10.	Reinhilde Geis	362
11.	Mary Myslis	344
12.	Pam Burke	301
13.	Kris Woodcock	286
14.	Cindy Schneider	266
15.	Sheri Rosenbaum	243
16.	Virginia Savio	191
17.	Cindy Trent	181
18.	Michele Dziaba	156
19.	Lorie Hastings	134
20.	Susan Fink	132
Men		
1.	Killian Emanuel	1493
2.	Paul LeFevre	947
3.	Dennis Creaney	824
4.	Joe Irons	819
5.	Frank Illy	796
6.	Brian Blome	795
7.	Jim Boyer	792
8.	Richard Drapeau	753
9.	Kevin A. Moore	736
10.	Len Fiocca	732
11.	Art Cunningham	714
12.	Kurt Schoenhoff	696
13.	Daniel Wiessner	675
14.	Leonard Geis	632
15.	Tom Wilson	576
16.	David Naigles	569
17.	Frank Bing	518
18.	Ulfert Broochmann	505
19.	C. Brian Hale	464
20.	Peter Guzik	462

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 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.

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

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 F.P.	On Central Rd. 1 1/2 miles west of Roselle Rd just north of I-90	30/38/54	Frank Illy 923-5910 & Brian Hale
Sat 6/3	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 6/4	9:00	Run from the Dogs	McHenry Co. College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	35/70	Killian Emanuel 296-7874
Sun 6/4	9:00	Hills of Barrington	Kildeer School	Old McHenry Rd, just north of Long Grove shopping district.	38/42/52	Earle Horwitz 374-1129
Sun 6/11	9:00	BCLC Ramble	Kenosha County Fairgrounds, Wilmot, WI	Take I-94/I-294 north to exit 345 (County Rd C), turn left at the end of the ramp onto CR C west for 12.2 miles, then turn right onto CR W north for 0.25 miles, then turn left into the fairground entrance.	30/50/70 /100	Vince Steidl 530-7905 Or 604-0520
Sun 6/11	9:00	Back Roads of Barrington	Rose School	I-90 to Rt. 59 north, turn right on Penny Rd to the school just past Bartlett Rd.	40	Meg Ewen 630-540-1371
Sat 6/17	9:00	Triple Deerpass	Evergreen School Union	See above on June 3rd ride	65	Lou Lambros 815-455-9428
Sun 6/18	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	Len Geis 679-0279
Sun 6/18	9:00	Apple Cider	Kildeer School	See above on June 4th ride	36	Chuck Friedrich 773-631-7714
Sat 6/24	8:00	Sycamore Scamper	McHenry Co. College	See above on June 4th ride	81	Art Cunningham 963-8746
Sun 6/25	9:00	Tour of McHenry County	Evergreen School Union	See above on June 3rd ride	46/62	Ella Shields 773-594-1755
Sun 6/25	9:00	Covered Bridge (Strawberry Fest)	Kildeer School	See above on June 4th ride	43	Virginia Savio 438-8066

Always call the ride line for any last minute changes 847/520-5010

RIDES OF A DIFFERENT FLAVOR—The bike paths/trails on the schedule include some with packed crushed limestone surfaces. I generally use my hybrid bike on these trails but many are smooth, hard and well maintained and suitable for narrow tired road or touring bikes. At worst one may have to dismount and walk across an area where there has been water erosion or the surface isn't packed because of fresh repairs. These are rated ***, **approved for narrow tires** although narrow tires lose the advantage that they have on smooth pavement. Other trails where rougher, less packed surfaces are more likely to be encountered are rated **, **wide tires recommended**. The less developed trails or those where the condition is not known are rated *, **wide tires required**. Let me emphasize that all trails are well developed, no off road conditions. Of course road bikes are well suited for paved trails.

Wednesday Chicago Area Bike Path/Trail Rides						
Date	Time	Miles	Path/Trail	Start	Directions	Comments
6/7	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 mile to parking on the left	Packed crushed stone, some paved ***
6/28	9:00	46	North Portion Lake Co. Des Plaines River Trail	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 ***

Bring snacks and plenty of water to drink. Check with Art Cunningham (847)963-8746 for details.

LIB Extra – from the League of Illinois Bicyclists

**Illinois Bikeway, Trail Money Preserved
IDOT's April Cuts More Fair For Cyclists**

Thanks to those who helped LIB's grassroots and media campaign to stop IDOT's disproportionate raids of federal bike trail funding. It worked!

Over the past two fiscal years, IDOT was forced to return some of the nearly \$1 Billion it receives annually in federal transportation dollars. Instead of "sharing the pain" with proportional cuts across all categories, IDOT opted to return bike and trail funds in an overwhelming way.

An example is the Enhancements program, the source for many new Illinois trails in the past decade (www.enhancements.org). Last year alone, **46%** of these dollars (nearly \$12M) were sent back, while only **4.5%** of all other non-bike funding was returned. The "rescission" criteria used by IDOT doomed our bike funding programs because of how they are structured.

After this came to our attention in March, LIB, CBF, and others worked for fair cuts in IDOT's April rescission. Enhancements and other bike funds did get cut, but at a level proportionate with other transportation spending. This approach better meets both the intent of Congress and public demand. In future years, we will continue to push for fairness, including "making up for" past disproportionate cuts.

For more details on this issue, see www.bikelib.org

**Bike Safety Instructor Course Rescheduled
League-Certified Instructor (LCI) Training**

Become a bike safety instructor this year through a League of American Bicyclists seminar in Wheaton. Previously scheduled for May, the class has been pushed back to later this summer, likely in early August. After attaining League Certified Instructor (LCI) certification, you may then teach the LAB's Road I, Road II, Kids I and Kids II curricula.

For more info, contact Nicole Kemerer at nicole@bikelib.org or 312-342-6338.

Route 66 Guidebook Completed

Explore Americana and the "Mother Road" between Chicago and St. Louis using LIB's new "Route 66 Trail User's Guide". Information for self-guided touring includes cue sheets, maps, food, lodging, bike repair, and Route 66 attractions. "With Amtrak stops along the way, you can bike all or part of the route and then take the train back," said LIB's Ed Barsotti.

The Illinois Department of Natural Resources sponsored the project to establish a mostly on-road, "interim" route that can be used to explore Route 66 today. Over time, the IDNR and local agencies along the way will refine parts of the route through roadway improvements and off-road trails.

The guide is available for download at www.bikelib.org/route66 with printed copies from IDNR at 217-782-3715. Similar guides for the Grand Illinois Trail (www.bikelib.org/trails/git) and Illinois' Mississippi River Trail (www.bikelib.org/mrt, on-line only) are also available.

Support LIB's advocacy efforts to improve Illinois bicycling: www.bikelib.org/join

Bike Surveys

Rider: Jeff Weiss

1) My first adult bike. When purchased? Cost? Reason for purchase?

A Sear's 10 speed, purchased in 1963 when I was 12 years old and just got my paper route and some spending money. It cost the princely sum of \$51. I loved to tour with two of my friends. We would often ride from our homes in suburban Milwaukee to lakes in Waukesha county for a day of fishing. Once we rode to a Boy Scout campout in Waupaca, and camped along the way, a ride of 150 miles.

2) My next bike and all bikes leading up to current ride(s). When purchased? Cost? Reason for Purchase?

Next was a Schwinn LeTour, purchased in 1971 or 72. My then-girlfriend and now wife of 32 years and I bought matching bikes. Cost \$150 each. On our first ride, I went through one of those old grates with bars that run parallel to the road and bent the wheel. Martha hardly rode her bike over the years, so I used hers as a source for parts and finally replaced both of them about 5 years ago.

Used Kabuki, 1002, \$40 at the Arlington Swap Meet. Something to keep me on wheels. After 30 years on my LeTour, I was frankly too timid to go into a bike shop and ask a bunch of stupid questions about bikes that I could see cost more than \$1000.

3) My current bikes. When, reason & cost.

Trek mountain bike – 2004, \$250, purchased when BG Schwinn was going out of business.
Specialized Sequoia – 2004, \$700, purchased when BG Schwinn was going out of business

4) My dream bike

To me, it's about the ride, not the equipment.

5) Favorite Wheeling Wheelmen ride.

Harmon 100. I take a group of Boy Scouts and leaders every year, and have yet to pull any of them over the 100 mile course with me.

6) Favorite rest stop.

Independence Grove, Russell Road, along the Des Plaines River Trail.

7) Favorite energy food.

Any kind of trail mix, pulled from my pocket, hopefully not too much chocolate.

8) Favorite pigout food after hard ride.

Lasagna

9) Most miles rode in a single day.

Harmon – is it really only 100 miles?

10) Favorite club invitational or charity ride other than Wheeling Wheelmen.

Midnight ride in St. Louis.

11) Favorite bike vacation.

The childhood campout at Waupaca.

Elroy Sparta trail with my son last year.

The one I'm planning to take near Kracow, Poland in two weeks.

12) Favorite Bike Shop.

Shamrock. It's always a kick to talk to John Saunders.

Rider: Jim Lewandowski

1) My first adult bike. When purchased? Cost? Reason for purchase?
Puch Pathfinder. Cobalt blue. 31 lbs. All steel except for alloy crank. 40/52 chainrings, 14-17-21-16-32 rear cluster. Cracked up in 1985 ending my riding for almost 20 years.

2) My next bike and all bikes leading up to current ride(s). When purchased? Cost? Reason for Purchase?

Fuji Sagres in the mid/late 80's to replace the Puch. About \$200. Rode very little and hated this bike.
Trek 300 in the late 80's. Rode this very little also. About \$400.

3) My current bikes. When, reason & cost.

2002 Specialized Allez Sport. Get back into shape and lose 10 lbs. \$800.

4) My dream bike

Specialized Tarmac w/ Dura-Ace componentry and Nimble (custom) wheelset.

5) Favorite Wheeling Wheelmen ride.

6) Favorite rest stop.

7) Favorite energy food.

Peak Bars - chocolate chip, peanut butter chocolate chunk, oatmeal raisin.

8) Favorite pigout food after hard ride.

I never pigout after a hard ride. Seriously. Chocolate milk for recovery drink. Various snacks like Pringles or Doritos.

9) Most miles rode in a single day.

103 at 2005 Harmon Hundred.

10) Favorite club invitational or charity ride other than Wheeling Wheelmen.

N/A

11) Favorite bike vacation.

N/A

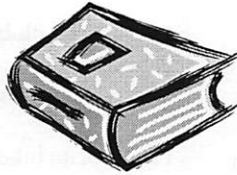
12) Favorite Bike Shop.

SpinDoctor CycleWerks.

Book Review

by Lou Lambros

There are not many books that feature bicycle safety. So, when I read The Art of Urban Cycling by Robert Hurst, I thought I would write about it. The bible of bicycle safety is John Forrester's Effective Cycling. Forrester, a transportation engineer, argued that we ride safely when we ride in traffic as vehicles. Drivers will then notice us and be able to predict our movements because we behave like cars. This means that much of our safety as cyclists is depends on the at-



tention and judgment of car drivers.

Hurst argues that we should go a step further. We can take actions that will make us safer even if we are not noticed and drivers take actions that might endanger us. We should ride as if invisible even as we try to make sure we are noticed in traffic. This is a lot like the defensive driving we were taught in driver's education.

Hurst goes a little further.

There are times when it makes sense to acknowledge we are different than cars. When we ride in the center of the lane, cars cannot pass us. This is a good idea when entering an intersection, when we don't want a car to make a right turn in front of us. However, exiting the intersection, we might want to move to the right to allow traffic to pass.

This book is fast and easy read. I recommend it for the new and experienced cyclists. It also has a great forward by Marla Streb, the mountain bike champion.



Club Jerseys still available!

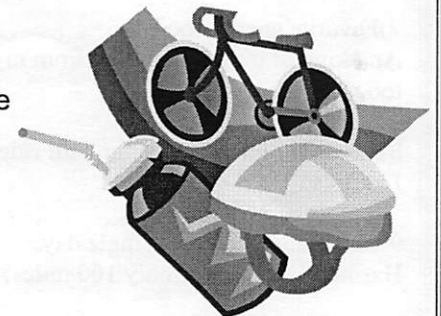
Contact Tom or Deb Wilson if you are interested and for more information.

847-632-1412 or e-mail at tomwilson@wideopenwest.com

BIKE RODEO

On Saturday, May 20th several Wheeling Wheelmen members volunteered at the Buffalo Grove Police Department's annual Bike Rodeo. This event is designed to teach kids about bike safety as well as proper bike handling and maneuvering. Each year the event attracts between 100-200 kids. After the registration table, the first stop is the Wheelmen station. There we showed both kids and parents proper helmet fit. It's amazing how many helmets are not adjusted correctly or do not even fit the child.

Thanks so much to Linda Heeter, Phil Castle, Emily Qualich, Pat Calabrese and Sheri Rosenbaum for volunteering their time. The Wheeling Wheelmen take pride in giving back to the community we live and ride in. If you are interested in volunteering in this event or for other Wheelmen events, please contact a board member."



**Wheeling Wheelmen
Marketing Opportunities
We want your ads!**

Promote your shop and/or products to a very targeted audience. We have 300 club members as well as distribution to local bike clubs and bike shops in IL, WI, and IN.

Advertising Pricing:

<u>¼ page ad</u>	<u>½ page ad</u>
1x rate - \$40/ad	1x rate - \$75/ad
3x rate - \$35/ad	3x rate - \$70/ad
6x rate - \$30/ad	6x rate - \$65/ad

Special issues and ad packages available.

Contact Sheri Rosenbaum to place your ad and for more information. (847)368-1762

June Invitationals

June 4: Udder Century—Union, IL (815)477-6858

June 4: Flat as a Pancake Century Ride—New Baden, IL (314)291-7860

June 11: BCLC Ramble—Wilmot, IL (847)604-0520

June 11: Tour de Cure—Wheaton, IL (312)346-1805

June 11-17: GITAP Grand Illinois Trail and Parks—Rochelle, IL (309)788-1845

June 18: Windy 60—DeKalb, IL (815)758-1562

June 18: Swedish Days Ride—Burlington, IL (630)584-7353

June 23-24: Le Tour de Shore—Chicago, IL (708)865-0301



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

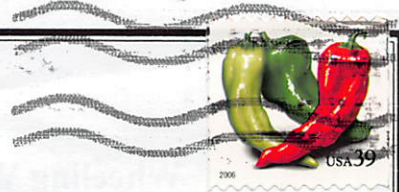
Phone: 847-520-5010
Email: wheeling@wheelmen.com

We are on the web
wheelmen.com

Club Meeting
Not this month!



MAY 2006 PM 6 T



Ella Shields #125
7516 W. Devon
Chicago, IL 60631

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