



# MONTHLY MEANDERS

AUGUST 2006

## PREZ SEZ

by Rich Drapeau

### Greetings

“Ask not what your bike club can do for you, but what you can do for your bike club”. This is a famous quote from John F Kennedy’s inaugural address. He may have substituted country for bike club, but I’m sure he was talking about the Wheeling Wheelmen. It’s time to step up and serve your club. Most of the board members have put in 5 years or more and could use a break. Don’t be shy about taking a turn on a committee or serving on the board. It’s really not that much work and everyone pitches in where needed. The board meets once per month for a couple of hours in one of the board member’s homes. It’s a relaxed informal process to get an update on where we’re at with the Harmon, St Pats, ride schedule etc. Thanks for helping.

August is packed with bicycling related activities. Here is just a sample.

Aug 3- Club Meeting-photo’s, music and knee slapping anecdotes from

### “Ride the Rockies”

Aug 05, 2006- The Ditty Bops at Old Town School of Folk Music  
This duo is riding by bicycle across country to promote and perform their new album. Check out [www.thedittybops.com](http://www.thedittybops.com)

Aug 5- Waterford factory ride. This is a great ride hosted by Richard Schwinn. Come early and take a tour of the factory.

Aug 12-13- Bike races in Elk Grove Village. New this year and with serious prize money should attract some of the best pros and amateurs in the country including Floyd Landis. [www.tourofelkgrove.com](http://www.tourofelkgrove.com)

Aug 19-20- National criterium championship in Downers Grove. [www.dgnationalchampionship.com](http://www.dgnationalchampionship.com)

Aug 27- Harmon pre ride for WW members.

Our club meetings will begin in August. If you were on a bike trip this year and have photo’s, video etc that you can share with us let me know.

We recently donated \$500

to the “Trips for Kids Fox Valley” This is a non profit organization that provides mountain bike outings for kids who do not have the resources for these types of trips. It’s a great way to introduce 10-17 year olds to the joy of bike riding in a rural setting. I hope to have the local director at a future club meeting. Look for details in a future newsletter.

We bid farewell to Phil Castle, who left us to move to California. Phil was the Lance Armstrong of the WW when it came to “best dressed” cyclist. We’ll miss his Scottish humor.

Finally the club is in good financial shape. We can finance the next two years invitational rides as well as contribute to worthy causes. We are always looking for new bicycle related organizations and causes to support. Let me know if you know of any that need our help.

See you on the road

### INSIDE THIS ISSUE:

TOP 20	2
RIDE SCHEDULE	3
TRAIL RIDES	4
BAKERY RIDE	4
PHIL LIGGETT’S BOOK	5
RECALLS	5
ADVERTISING	5
RIDING TIPS	6
WEEKEND EXCURSIONS	7

### Welcome New Members

Brendan & Jody Stafford  
Deer Park

Jeff Rossi  
Algonquin

Elyse Sawka  
Buffalo Grove

Randy & Ilene Lanin-Kettering  
Palatine

Russ & Christina Hoefler  
Northbrook

Pete Nanni  
Algonquin

Jim Banzen  
Inverness

John Canger  
Lake Zurich

## 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

Pat Gill (773)774-4132

#### Membership

Betsy Burtelow & (847)541-1325

Jim Boyer

#### Publicity Chair

Sheri Rosenbaum (847)368-1762

luv2bike80@hotmail.com

### Appointed Officers

#### Harmon

Mary Kay Drapeau (847)808-1476

#### Newsletter & Mailing

Jennie Pfeifer (847)342-8823

#### 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

#### Ride Line

Art Cunningham (847)520-5010

### 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. Cindy Schneider	1603
2. Pat Calabrese	1579
3. Betsy Burtelow	1320
4. Mary Kay Drapeau	1281
5. Reinhilde Geis	1238
6. Debbie Wilson	1128
7. Pat Illy	998
8. Meg Ewen	956
9. Ella Shields	932
10. Kris Woodcock	905
11. Chris Wager	881
12. Sheri Rosenbaum	864
13. Barbara Barr	860
14. Marianne Kron	810
15. Cindy Trent	794
16. Pam Burke	787
17. Mary Myslis	614
18. Virginia Savio	499
19. Cynthia Brown	445
20. Nancy Beck	393

#### Men

1. Kilian Emanuel	2467
2. Paul LeFevre	2182
3. Frank Illy	1906
4. Dennis Creaney	1820
5. Brian Blome	1725
6. Leonard Geis	1688
7. Al Schneider	1639
8. Art Cunningham	1636
9. Kevin A. Moore	1467
10. Daniel Wiessner	1425
11. Kurt Schoenhoff	1415
12. Jim Boyer	1375
13. Richard Drapeau	1348
14. C. Brian Hale	1277
15. Frank Bing	1134
16. Tom Wilson	1063
17. Len Fiocca	1014
18. Joe Irons	997
19. Louis H. Greene	982
20. Earle Horwitz	861

### 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
---------------	-------------------	---	--	--

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 8/5	9:00	Waterford Ride	Waterford Factory, Waterford, WI	I-94 North. Hwy 20 west. Turn left on Jefferson after the bridge in Waterford. After 3/4 mile right on Bakke to 816 W. Bakke.	44/70	Sheri Rosenbaum 368-1762
Sun 8/6	9:00	Loops of Burlington	Eagle Lake Park, WI	I-294 North, exit Hwy 11 west to Hwy 75 right to Church St., left to park	56/97	Al & Cindy Schneider 696-2356
Sun 8/6	9:00 & 10:30	3 Option Ride	Fox River Forest Preserve	NW on Rt. 14, right on Kelsey, left on River, left on Roberts for 1 mile	21/31/52	Brian Hale 426-3290
Sat 8/12	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 Rd (4 miles) turn right and go to park on right	60/70/ 100	Al & Cindy Schneider 696-2356
Sun 8/13	9:00	Cedarburg/West Bend	Covered Bridge Park	See above	45/70/80	Al & Cindy Schneider
Sun 8/13	9:00	Roads of Back Barrington	Rose School	I-90 to Rt. 59 North, turn right on Penny Rd to the school just past Bartlett Rd.	39	Meg Ewen 630-540-1371
Sat 8/19	9:00	Lake Geneva Century	Kildeer School Long Grove	Old McHenry Rd, just north of Long Grove shopping district	50/98	David Naigles 630-924-0980
Sun 8/20	9:00	Walworth Flat	McHenry Co. College	Rt. 14 one mile past Rt 176 in Crystal Lake. Meet in the north parking lot.	58	Al Berman & Fran Green 541-9248
Sun 8/20	9:00	Honey Lake Loop	Kildeer School Long Grove	See above 8/19	35	Louis Greene 925-0629
Sat 8/26	9:00	McHenry/ Fontana Ride	McHenry Co. College	See above 8/20	71	Al Berman & Fran Green 541-9248
Sun 8/27	9:00	Club Members: Harmon Pre-ride	Wilmot High School 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



**RIDES OF A DIFFERENT FLAVOR** The bike paths/trails on the May 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
8/9	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 Frank Bing 814-9925
8/16	9:00	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 town line.	Paved, packed crushed stone ***
8/30	9:00	54	Ride to Illinois Beach	Lakewood Forest Pre- serve Millennium Trail Access	East of Fairfield Rd. opposite Ivanhoe Rd just south of IL 176	Packed stone and paved.

**THE BAKERY RIDE—By Kris Woodcock**

Thursday morning dawned sunny and warm—as I hit the “snooze” button on the alarm, I suddenly remembered with great delight, I didn’t have to get up early today—I was bikin’ with the geezers!

For those of you “youngsters” who have not tried it, riding with the retired folks in the club who we affectionately call the “geezers”, is an opportunity not to be missed! As I pull into the Willow Stream parking lot at 8:20, a crowd had already assembled and I was warmly welcomed with “Hey, you playing hooky today?!” A heated discussion then ensued about start time---a burning issue that rears its ugly head every week from what I can tell! Earl wants to leave early--says he’s losing his edge waiting around; Art wants to wait since he’s the ride leader and wants to be there for the folks who show up at regular time--If Kurt is around, he takes charge and gets the pack off early since he always has ants in his pants. Art settles it once and for all with “I’m the President of the Bakery Ride and I say we wait!” (Boy, am I going to have fun with that at the banquet!)



After settling on the 40 mile route, it was off we go at 9:00 sharp—with the wind at our backs and the sun in our faces, we sailed through the first 20 miles. Let’s get the picture right, guys—they were sailing and I was straggling behind panting to keep up with folks 15-20 years older than myself! What freedom, what a delight--all the more sweeter for me since on a normal Thursday in June, I’d be sitting in a meeting all day looking longingly out the window! Then, the initial pangs of hunger and fatigue start to set in—I’m thinking. . . when’s the rest-stop? Hey—we don’t need no stinkin’ rest stop! Suck in your stomach and hold onto your bladder--the only sustenance I was getting on **this** ride was a bug that flew into my mouth about mile 22!

They make up for it at the finish though, as loads of delectable apple crisps and cinnamon crumbles fill the community table back at the bakery and everyone digs in and tells their biking stories and laughs galore! And that, fellow members, is the best part of the bakery ride--the folks and jokes, the fellowship and fun! Everyone should play “hooky” one day and Bike with the Geezers!

### Cycling Read of the Month

Are you a Phil Liggett fan? Phil's been narrating the drama of the Tour de France since 1977 with enthusiasm and heart-felt affection. "Dancing on pedals," is how he described Dag Otto Lauritzen as he climbed in the 1989 Tour. The book, *Dancing on the Pedals*, is a tribute to every rider who ever rode in this great race. Edited by Doug Donaldson, this book is subtitled, *The Found Poetry of Phil Liggett, The Voice of Cycling*. It's full of Phil's apt and beautiful descriptions of the tense moments in the mountains, and of locked wheels, and roaring crowds. It's a must for lovers of the greatest bike race of all. Just in time for the 2006 Tour, treat yourself to some history. Perhaps you'll remember some of Phil Liggett's commentary yourself. You'll certainly hear his British accent come right off the pages.

#### Wheeling Wheelmen Marketing Opportunities

##### Wheeling Wheelmen Monthly Newsletter - Monthly Meanders

##### **Circulation:**

Circulation includes 300 Wheelmen members as well as local bike clubs and bike shops. Breakdown of members includes 67 different towns in IL, as well as, WI, IN, and FL. A sampling of member circulation: Buffalo Grove - 13% , Hoffman Estates- 3%, Arlington Heights - 9% , Schaumburg- 3%, Palatine - 9% , Glenview- 3%, Chicago - 5% , Long Grove- 3% , Barrington- 3%, Mt. Prospect- 3% , Lake Zurich- 3% , Mundelein- 3% , Deerfield - 3%, Wheeling - 2%

##### **Advertising Pricing:**

¼ page ad	½ page ad
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:**

March - additional distribution at annual St. Pat's Bike Ride invitational with approx 250 riders.

September - additional distribution at annual Harmon Hundred invitational with approx 1000 riders

##### **Ad Requirements:**

B/W camera ready artwork provided electronically by the 15<sup>th</sup> of the prior month.

Dimensions for ½ page ad - 5x8"

Dimensions for ¼ page ad - 5x4"

No bleeds

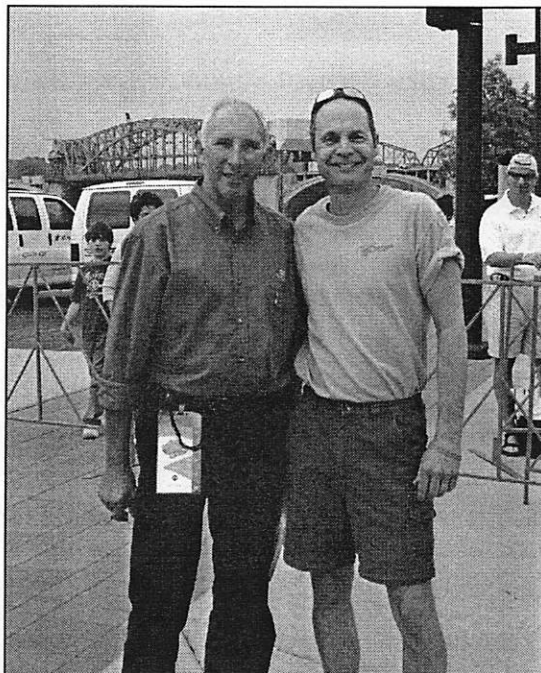
##### **Harmon Hundred Invitational**

The Wheeling Wheelmen host an annual invitational the 2<sup>nd</sup> Sunday in September. In 2006, we will be celebrating our 36<sup>th</sup> annual Harmon. The ride attracts close to 1000 riders. This is a perfect opportunity to promote your shop and/or products to a very targeted audience.

Harmon Marketing Package includes:

1. ¼ page ad in September issue of the Wheeling Wheelmen *Monthly Meanders* newsletter with extra distribution at the Harmon
2. Logo on the Harmon flyers for pre-registration
3. Logo on all cue sheet routes (25, 50, 75, 100 mile routes)
4. Ad on the Wheelmen website ([www.wheelmen.com](http://www.wheelmen.com)) for the month of September

**Rate:** \$80 for complete package



A Wheeling Wheelman with Phil Liggett at the Tour de Georgia!

## RECALLS!

---A recall has been issued for about 2,700 **Specialized carbon road stems fitted with a magnesium faceplate**. The faceplates can crack and allow the handlebar to break free from the stem, causing the rider to lose control. The stem in question is called the SW Carbon Stem with Magnesium Faceplate. The plate is black with the words "S-Works" and "Magnesium Faceplate" printed on it. The stem was original equipment on these 2006 Specialized bikes: S-Works Tarmac, Tarmac Pro, S-Works Roubaix, Roubaix Pro, Allez Pro and S-Works Transition. It was also sold through April of 2006 as a \$160 aftermarket item called the S-Works Advanced Composite Mag Road Stem. If you have a bike with this recalled stem, don't ride it again before visiting a Specialized retailer for a free replacement faceplate. For additional information, call Specialized at 877-808-8154 or visit the company's web site at <http://www.specialized.com>

### Shimano Recalls Quick-Releases

Shimano recently announced a voluntary recall of some of its **front quick-releases**. If you purchased or received a bike after November 1, 2005, that has a silver-colored Shimano QR skewer, visit [bike.shimano.com](http://bike.shimano.com) to see if your model is affected.

**Try This on Your Next Ride** o^o o^o o^o o^o o^o o^o

### Climb like Bernard Hinault.

You see France's five-time Tour winner on the award podium after every stage, zipping the back of the yellow jersey presented to the race leader. Hinault, 51, still looks nearly as fit as when he was dominating road racing in the early 1980s.

In the English-language edition of his book, *Road Racing Technique and Training*, published in 1989 but now out of print, Hinault describes his approach to standing on climbs. It's easy to understand and worth trying on your next ride.

"There are two ways to climb out of the saddle. You can move your upper body from one side of the bike to the other. Or you can move the bike itself, leaning it from side to side and keeping your body stable, so that the descending pedal almost comes under the center of gravity twice per revolution.

"We prefer the second method, which is more economical in terms of muscle energy.

"A simple alternating arm movement is enough to tilt the bicycle. Your hands hold the brake hoods between the thumb and the two adjacent fingers in a relaxed way. While your hand opposite the descending pedal pushes on the bars, the other pulls on the brake hood.

"Don't let your body rest on the handlebars, because your weight should be transmitted as directly as possible to the cranks in the zone of power. This series of motions quickly becomes natural once you are aware of it."

**Best of Coach Fred** o^o o^o o^o o^o o^o o^o

### How Should I Train for Short, Steep Hills?

**Question:** I'm a 44-year-old recreational rider who also does a couple of citizen races each year. I can keep up on the flats and even long climbs, but I get dropped on short, steep hills. To me, this says that I need to work on my power at lactate threshold so I can hang on without going anaerobic. So what training should I be doing? -- Dave M.

**Coach Fred Matheny replies:** I think your situation is pretty common. Most riders get dropped when the pace gets really hard. It's not as common to just trail off the back of the bunch when the pace is steady on the flats or even on long, moderate climbs. Surging pace changes usually happen on short, steep hills.

You definitely could benefit from higher power at lactate threshold (LT). This would mean you're using a lower percentage of your absolute power on each climb. You'll last for more climbs.

But top-end anaerobic power is important, too, because that's what's called for on the "sprinter's hills" you describe. Even with a high power output at LT, you'll need more watts than your LT wattage to stick with the group when it's sprinting up a 45-second hill.

That's a good thing because it's usually agreed by sports scientists that training at a high intensity is the best way to improve your power output and performance at all speeds below that intensity.

But remember that any training technique isn't done in a vacuum. Your workouts must also include endurance, sprint work and recovery rides. I attempt to make sense of it all in my eBook, *Basic Training for Roadies*.

(Coach Fred Matheny is the author of 7 "how to" eBooks for road cycling improvement. )

Both these tips are from RBR Publishing Co. [www.roadbikerider.com](http://www.roadbikerider.com)



# Weekend Excursion Rides!

## August 5,6 SCHWINN - LOOPS

These two rides start about five miles apart.

We are staying at the AmericInn in Burlington. There are other motels and B&B's nearby. There is a good old fashioned burger place called Fred's as well as Italian restaurants in town.

Most of you have done the Schwinn ride. Rich Schwinn offers a tour of the plant and great sag. The route visits Lyons, Lake Geneva, Williams Bay, Fontana, Walworth, and Elk Horn. Lots of golf courses, lakes, big houses, curving roads antique markets and farmlands.

Loops of Burlington starts at Eagle Lake Park and goes southwest to Lyons. Leaving Lyons the 63 mile route climbs some big roller coasters and returns thru Rochester. The Century works its way through Alpine Valley to Bluff Road and into LaGrange. The route returns through Honey Creek and Rochester to the Park. Most of the riding is on quiet country roads with lots of cows, trees and overviews.



## August 12,13 CEDARBURG

Yes there is an authentic covered bridge at Covered Bridge Park.

We are staying at the Super 8 in Saux Village per Art's recommendation. There are other motels and B&B's in Cedarburg, West Bend and Germantown. There are good inexpensive pizza - pasta restaurants nearby. Januli's in West Bend and Pepino's in Germantown.

The Cedarburg - Campbellsport ride on Saturday offers 60,70 and Century options. The is really out in the country with the lunch stop at an old traders cabin. The ride features big rolling hills with great over views, tiny towns (Fredonia) and goes through the north east Kettle Moraine forests.

The Cedarburg - West Bend Ride is 45, 60 or 80 miles. The first section of the ride is south east of West Bend with curving farm roads. The second segment climbs through the north east Kettle Moraine and visits high land farms before returning to the north west side of West Bend. The next portion of the ride loops out west into rolling farm lands. After a stop at Dairy Queen you return, hopefully with a west wind, past tree lined roads, farms, dairies, churches and an old stage-coach stop to the park.

Many of the roads are aptly named Scenic and Paradise.

## Labor Day Weekend September 2,3,4 Ellas, Mike & Bills, & Pretzel Rides

We are staying at the Super 8 in Germantown. There are many motels in Germantown. Ella found a great inexpensive Italian Restaurant in Menomine Falls called Pepino's, I think we have been there at least ten times.

We are only offering the 71 mile Ella's Escapade which is a combination of steep short and long flat riding. The ride climbs out of the park and you pedal between the many lakes around Delafield. You then ride through the old Pabst farms and skirt Oconomowoc on the way to Lake La Belle. After riding through lightly rolling farmland and a Gallic township lunch at the Pleasant Hill Tap awaits. The ride back to the park is highlighted by the hills around Monches.

Mike and Bill's 78 mile Adventure is a rolling ride through farmland and the northwest Kettle Moraine. Rest stops are at small towns like Hustiford, Mayfield and Allentown. Along the route are numerous cows, quaint churches and great overviews.

On Labor Day the Pretzel Ride leaves West Bend, about fifteen miles from Germantown. This 51 and 73 mile ride visits the northeast Kettle Moraine and the area north of Dundee. The ride features climbs and descents through the forests and scenic overviews in the farmlands.

### 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](mailto:wheeling@wheelmen.com)

**We are on the web**  
**[wheelmen.com](http://wheelmen.com)**

Club Meeting  
August 3  
Wheeling High School



PALATINE IL 600

26 JUL 2005 PM 3 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](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