



# MONTHLY MEANDERS

## PREZ SEZ

By Rich Drapeau

I know that on our evening rides, and I suspect on the Bakery rides, we get new riders that hear about our club from word of mouth, the internet, bike shops etc. It's always nice to see new faces and I thank the ride hosts for welcoming the newbies and introducing them before the ride. I notice also that some of these new faces soon become familiar old faces which are also great, except when they don't actually join the club. The general rule is you get two rides as a guest and then we expect you to pony up the \$15 and become a member. What's the big deal, the roads are public and anyone can ride where they want. Well the big deal is that we are a totally volunteer non profit organization, and as such it is only due to the efforts of members, willing to devote the time, that we have these rides for everyone to enjoy. But perhaps more important is the advocacy work we do by contacting our lawmakers when bicycle related issues come up that affect us either now

or in the future. It's through the members' hard work at the Harmon and St Pats that we can support organizations like the LAB, LIB and CBF. Those of you who race in all the local criteriums, track and road races. Who do you think is lining the streets watching you and supporting your sponsors? So all of you "guests" who show up every week for our rides, your no longer a guest, you're a member, pay the \$15. For the record it costs us more than \$15 to support a member for the year. I want you to join so we can call on you to host a ride, or work the Harmon, or maybe just make a call to a legislator when needed.

Just when you think we're making progress, as in Colorado where the state police backed off limiting the number of bike riders on invitational rides, along come New York with a proposed law that would require any group with 20 or more riders to get a parade permit. Think about what that would mean for most of our club rides.

Here's a quote from a police officer after a bicyclist was hit by a truck in Texas. "Vehicles have the right of way over cyclists," Beaumont Police officer Crystal Holmes told Hometown News the day of the accident. "Witnesses say the two cyclists were on the roadway. If our investigation proves this to be true, then the truck driver will not face any charges." This is limited to Texas. There are plenty of anti bike cops in Illinois.

The bottom line is we need to be a friendly and non antagonistic as possible with the cars and trucks we share the roads with. We also need to keep the pressure on our local, state and US representatives to make sure we retain our rights as well.

Thanks for listening.  
See you on the road

### October Meeting!

Vince from Village Cycle Sport will be our featured speaker. The topic is winter riding. Don't miss it!

SEPTEMBER 2006

### INSIDE THIS ISSUE:

WEEKDAY RIDES	2
TOP 20	2
RIDE SCHEDULE	3
TRAIL RIDES	4
SAGBRAW	5
LABOR DAY WEEKEND	5
CYCLING READ	5
PROBLEMS/SOLUTIONS	6
LIB EXTRA	6
NEWS FROM CA	7
BOY SCOUTS	7
CLUB DISCOUNTS	8

### Welcome New

#### Members

Robert Brass  
Buffalo Grove

Dennis Clary  
Barrington

Ellen & Dennis Heineman  
Bartlett

## 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>Pat Gill</i>	(773)774-4132
<b>Membership</b>	
<i>Betsy Burtelow &amp; Jim Boyer</i>	(847)541-1325
<b>Publicity Chair</b>	
<i>Sheri Rosenbaum</i>	(847)368-1762
<i>luv2bike80@hotmail.com</i>	
<b><u>Appointed Officers</u></b>	
<b>Harmon</b>	
<i>Mary Kay Drapeau</i>	(847)808-1476
<b>Newsletter &amp; Mailing</b>	
<i>Jennie Pfeifer</i>	(847)342-8823
<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
<b>Ride Line</b>	
<i>Art Cunningham</i>	(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. Pat Calabrese	2214
2. Cindy Schneider	2079
3. Mary Kay Drapeau	1942
4. Reinhilde Geis	1696
5. Betsy Burtelow	1693
6. Debbie Wilson	1579
7. Barbara Barr	1494
8. Pat Illy	1425
9. Meg Ewen	1412
10. Cindy Trent	1286
11. Sheri Rosenbaum	1260
12. Kris Woodcock	1196
13. Chris Wager	1095
14. Pam Burke	1061
15. Marianne Kron	976
16. Ella Shields	932
17. Mary Myslis	814
18. Virginia Savio	735
19. Cynthia Brown	672
20. Nancy Beck	457

#### Men

1. Kilian Emanuel	3138
2. Paul LeFevre	3099
3. Frank Illy	2507
4. Dennis Creaney	2339
5. Brian Blome	2292
6. Kevin A. Moore	2187
7. Leonard Geis	2146
8. Al Schneider	2115
9. Richard Drapeau	2026
10. Jim Boyer	1946
11. Daniel Wiessner	1874
12. C. Brian Hale	1823
13. Art Cunningham	1814
14. Frank Bing	1503
15. Tom Wilson	1502
16. Kurt Schoenhoff	1456
17. Len Fiocca	1364
18. Joe Irons	1323
19. Louis H. Greene	1175
20. Peter Guzik	1128

### 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

MONTHLY MEANDERS

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 Sat	8:00 am	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 9/2	9:00	Ella's Escapade	Glacier Hills Park, WI	I-94 west to 894 bypass becomes US 45. Exit WI 167 W to Fries Lake Rd (in Washington Co.) Left to park.	71	Al & Cindy Schneider 696-2356
Sun 9/3	9:00	Bill & Mike's Adventure	Glacier Hills Park, WI	See above	78	Al & Cindy Schneider 696-2356
Sun 9/3	9:00	Vern's PITA	Cuba Marsh	Turn west from US 12 onto Cuba Rd; parking on the left just past Ela Rd	39/61	Kilian Emanuel 296-7874
Mon 9/4	9:00	West Bend Pretzel	Barton Elementary School West Bend, WI	I-94 North; I-894 around Milwaukee, North on 41/45, right to West Bend on 45 at 41/45 split, exit right on D for 1.2 miles, left on Roosevelt, straight on School Place; Barton School on left.	51/73	Al & Cindy Schneider 696-2356
Mon 9/4	9:00	Other Side of the Tracks	Bode Forest Preserve	Take Barrington Rd. one mile N of Schaumburg Rd; turn W onto Bode Rd. 0.2 mile to Bode East parking lot	41	Pam Burke 630-872-9238
Sat 9/9	9:00	Antioch Twisted	Antioch Middle School	I-94 to IL 173 W just past IL 59, turn right on Tiffany left at sign for school.	62/100	Al & Cindy Schneider 696-2356
Sun 9/10		Harmon Hundred!		EVERYONE WORKS! :)		
Sat 9/16	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.	70/101	Patricia Gill 773-774-4132
Sun 9/17	9:00	Fontana Ride	McHenry County College	Rt 14 one mile past Rt 176 in Crystal Lake. Meet in the north parking lot	71	Peter Guzik 387-7714
Sun 9/17	9:00	Hills & Horses	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 9/23	9:00	Rock Cut	Evergreen School Union	See 9/16 ride above	58/90	Al & Cindy Schneider 696-2356
Sun 9/24	9:00	Honey Lake Loop	Kildeer School	Old McHenry Rd, just north of Long Grove shopping district	35	Kurt Schoenhoff 634-2634
Sat 9/30	9:00	Wauconda/Twin Lakes	Lakewood Forest Preserve	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on the right	60/77	Brian Hale 426-3290

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
9/6	9:00	52	Des Plaines Ride to Old School	Half Day Forest Preserve	Off Milwaukee Ave. 1 1/2 miles north of IL-22—park at the 1st lot on the right	Crushed stone and paved paths
9/20	9:00	55 loop	Medley of Trails Poplar Creek to Ned Brown	Ned Brown Forest Preserve, Golf Rd Parking lot	South of Golf Rd just east of I-290	Paved with Connecting roads.

**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:**

<u>1/4 page ad</u>	<u>1/2 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:**

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 1/2 page ad – 5x8”  
 Dimensions for 1/4 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. 1/4 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



**CONTACT: Sheri Rosenbaum at [luv2bike80@hotmail.com](mailto:luv2bike80@hotmail.com) or (847)368-1762  
 if you have any questions or to place your ad today!**

## SAGBRAW XXIX

by Meg Ryan

Sprocket's Annual Great Bicycle Ride Across Wisconsin celebrated its 29th this year. It is Wisconsin's oldest cross-state bicycle tour, dating back to 1978. The ride covered 336.9 miles for an average of 56.2 miles per day. Options were added to increase mileage for the extreme rider :-). The ride began for Dani Peterson and I, on July 30th, in Marinette Wisconsin.

The ride started Monday as we left Marinette and headed to Green Bay. I don't think any of the 1,150 riders realized how hot or how few stops there were going to be. Most riders had an expectation that there would be a water stop every few miles. That was not the case. In the 105 degree heat, cyclists ran out of water and SAG which was dedicated to mechanical pickup only was overwhelmed with overheated riders. Dani and I stopped where ever we could find a hose and made it through the first day.

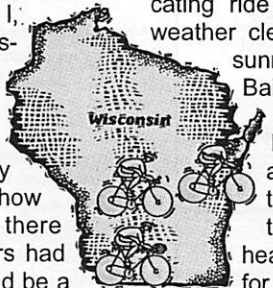
We wised up on day two as we headed towards Sturgeon Bay. We got up at 4:45am and were on our bikes by 5:30am. We now realized we needed to be prepared for a hot day without much support. Don't get me wrong there were towns but they could be 20 plus miles apart. There was a steady stream of SAG wagons but they did not carry food. In my mind it was no different than riding with the Wheelman on a long weekend ride. Sometimes we go for miles without a food stop and you have to be prepared. Dani and I rode 68 miles in about 4 hours. We averaged over 20 miles an hour for long stretches and had a blast! Were we happy to get out of the heat considering it was over 100 degrees at 10:00 am.

Day three brought the rain. The poor folks camping (we hoteled it) had a rough night as storms flooded tents. The Wednesday ride to Fish Creek was soggy but preferable to the heat. We stopped for lunch at the trendy town. Here is where the bright side of the trip kicked in. The food in Door County was fabulous. Options were endless. Instead of a banana with peanut butter, I had a Strawberry Walnut Spinach Salad topped off with

Blackened Salmon with Raspberry Vinaigrette dressing. Never found that entree on RAGBRAI :-). The miles were short on day three so we did an optional 30 mile loop which wined through the State Park. We ended day three with an overnight in Bailey's Harbor.

Day's four, five, and six were an intoxicating ride through Door County. The weather cleared and we were left with sunny 80 degree days. Out of Bailey's Harbor we took a little side trip (21 miles) to Sister Bay. Had Swedish pancakes at Al Johnson's and watched the baby goat's eat grass on the roof of the restaurant. We headed back to Sturgeon Bay for an overnight and finished day five in Manitowoc. Day six, our last day, we left Manitowoc to ride back to our cars in Port Washington.

My overall opinion of the ride.... The ride itself was not as challenging as you experience on a club ride. It was a relatively flat ride and a few of the day's had very low mileage. I really liked the options to add more. The route itself was breathtaking. 85% of the ride was along the lake front. If we were not on the lake front we were on some county road with vegetation all around. Not just on the right or left. But the vegetation was so thick it was above us. The countryside was covered with flowers from start to finish. The rides through the state parks gave us more to see and do... we climbed an eight story watchtower and took a one hour walk on the most beautiful beach I have ever seen. We got to see the Tall Ships in Sturgeon Bay. And some lunatics who call themselves the "Voyagers" were simulating the Northern Fur Trade route in a canoe. We would see them paddling along the shore at times. And last but not least what was the best part? The food. Door County brought Coffee Houses, Bistros, and Breweries. We had to ride a bit to get to a good restaurant, but once we got there it was worth every mile. We also give the hotel option the final thumbs up. It was wonderful to not have to put up a soggy tent and take one down. Our camping day's have come to an end. I give SAGBRAW a thumbs up and would do the Door County route again if it was offered.



### 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

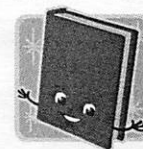
Restaurant in Menomine Falls called Pepino's, I think we have been there at least ten times.

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.

### Cycling Read of the Month



Andy Pruitt is an international expert in scientific bike fit, having helped professional riders, including Lance Armstrong. For those of us unable to make a personal appointment with him Andy Pruitt's Complete Medical Guide for Cyclists walks readers through a complete fit session with clear instructions and the logic behind each adjustment. His advice can help you ride more comfortably and with more power. If you're already suffering from an injury, you can pinpoint your symptoms, identify the cause, and find Andy's proven remedies to get you back on your bike. The book also covers training programs, health maintenance, aging, weight loss, stretching, and rehabilitation.

**Bike Problems and Solutions (from jimlangley.net)**

Philosopher Ivan Illich, in his essay **Energy and Equity**, wrote:  
*Man on a bicycle can go three or four times faster than the pedestrian, but uses five times less energy in the process. He carries one gram of his weight over a kilometer of flat road at an expense of only 0.15 calories. The bicycle is the perfect transducer to match man's metabolic energy to the impedance of locomotion Equipped with this tool; man outstrips the efficiency of not only all machines but all other animals as well.*

That's pretty remarkable. But what Ivan doesn't mention is that if this most-efficient machine isn't properly adjusted, you could suffer serious discomfort such as a numb bum, burning feet, stabbing knee or back pain, sore hands, achy shoulders and a stiff neck. Yikes! And with these afflictions, instead of zipping down roads and trails effortlessly, you may well wobble along like a top-heavy wheelbarrow.

Don't panic, though. Just check the handy-dandy troubleshooting chart for solutions to your bike-fit problems, dial in your ride and you'll be spinning along the way Ivan intended in no time.

Problem	Likely Cause	Solution
You're always scooting forward on the seat	Stem is too long so you pull yourself forward as you ride; saddle nose may be tipped down too much	Install a shorter stem; level saddle
Lower back hurts	Stem too low or too long; must strain back to reach bars; or seat may be too high causing rocking when pedaling.	Try raising the stem/handlebars; still hurts?; try shorter stem; check and adjust seat height.
Neck hurts	Stem too low; must crane neck to see	Raise the stem/bars.
Hands hurt	Stem too low; too much weight on hands.	Raise the stem/bars.
Front of knee hurts	Seat too low, straining knees.	Raise the seat.
Back of knee hurts	Seat too high, overextending legs.	Lower the seat.
Numb bum all the time.	Too much weight on the seat.	Try a lower handlebar position; check seat height as it may be too high.
Achilles tendon hurts	Pedaling too much on your toes; cleats too far forward on your shoes.	Keep the balls of your feet over the pedals when you're riding; move cleats back.

*LIB Extra – from the League of Illinois Bicyclists*

**IDOT Enhancements Grants Announced**

The Illinois Department of Transportation (IDOT) has announced over \$17 Million in grants for 35 trails and other bike/pedestrian projects. The federal funding was awarded under the Illinois Transportation Enhancements Program (ITEP). The program pays 80% of costs with the local sponsor picking up the rest.

Competition for funds was particularly intense, due to a growing local demand for bikeways and a lack of ITEP awards since 2001. A complete list of Enhancements winners is at [www.dot.state.il.us/opp/Webrep2.html](http://www.dot.state.il.us/opp/Webrep2.html).

"These grants mean more trails and bikeways in Illinois. Bicyclists around the state are very grateful," commented LIB's Ed Barsotti. For several years, Barsotti has joined other bike advocates and industry leaders in annual trips to Congress to support ITEP, which has been improving communities since 1991.

However, LIB and others are concerned about IDOT's administration of the program. "Bike trails have traditionally received half of the available Enhancement funding, both in Illinois and around the country," added Barsotti, "but this time we got only 28%. Also, IDOT has been disproportionately raiding ITEP when the feds have ordered a fraction of their transportation dollars back. They're not following the intent of Congress."

Barsotti recently met with IDOT Secretary Tim Martin about these concerns, plus a call for a selection process more visible to the public, as other states have. Bicyclists are asked to contact the Governor and IDOT to reiterate these concerns.

**Sen. Durbin: 9 Trails Slated for Funding**

U.S. Senator Dick Durbin announced that the Senate Appropriations Committee, of which he is a member, has approved \$2 Million in the annual transportation appropriations bill for the following trails: Aurora's Fox River Trail gap (\$300,000), Cal-Sag Greenway Bike Trail (Palos Heights, \$250,000), Harrisburg to Eldorado Bike Trail (\$250,000), Grand Illinois Trail gap (Carbon Cliff, \$200,000), General Dacey Trail - Phase 2 (Shelbyville, \$200,000), SIU-Edwardsville Morris Bike Trail (\$200,000), Urbana to Danville Trail (\$200,000), Great River Trail near Savanna (\$200,000), and Springfield Park District's Interurban Bicycle and Pedestrian Trail (\$200,000).

The specific funding levels are subject to change when the Senate and House bills are combined. Results will be known this fall. Each project is subject to a 20% local match.

Durbin's office worked with LIB to identify worthy projects around the state. LIB encourages you to call or send a note of thanks to the Senator (contacts: Bill Houlihan, 217-492-4062; Mike Daly, 312-353-0150; or Sally Brown-Shaklee, 202-224-2152)

Support LIB's advocacy efforts to improve Illinois bicycling: [www.bikelib.org/join](http://www.bikelib.org/join)

To: *Wheeling Wheelers*  
 From: *A Member*



*Been riding around Annecy, France. The mountains are a hard climb but fun going down. Yesterday the climb was 1680 meters so I should be in shape for the flat lands.*

*Kurt Schmitt*

To:  
 Wheeling Wheelers

News from the left coast ... from Phil Castle

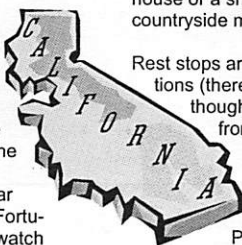
I'd like to thank everyone for their kind words and best wishes on my recent departure for the west coast. Sue flew over, I drove over in a trusty Budget truck, trailering my car. Some of the hills through Utah and Nevada were so steep it was flat-out at 30mph, with the a/c off. I was starting to form a plan in my head where I would unload the car at the bottom of the hill, drive the truck up it, then ride back down the hill on the bike and drive the car up the hill and put it back on the trailer. Fortunately it never came to that. I did get to watch George Hincapie taking yellow at my overnight stop in Salt Lake City which was cool. (For the mapquesters out there, for 500 bonus miles I decided to drive Chicago to LA via Sacramento. Sue had some furniture in storage there, from when she used to room-mate with - 'small claim to fame #1' - Robyn Douglass, who, as all you cycling trivia buffs will know, played Katherine in Breaking Away).

We got married in Las Vegas last weekend, at the Chapel of the Bells on the strip. 110 degrees in a suit and tie! 'Small claim to fame #2' - Kelly Ripa was married there.

Cycling here is different in several respects from the Wheelmen part of the world:

Its hot and sunny (its been in the 80s and 90s every day so far), though it has actually rained a couple of times.

Its hilly (there are no flats, you're either riding uphill or downhill all the time), Around the back of our apartment is Santiago Canyon, its about 10 miles of up and down, with the occasional vulture circling overhead for those who don't make it up the hills. Probably not too much of a challenge for anyone whose ridden in Colorado, but a lot of fun for me.



There's very little countryside (though there are 6 foot wide bike paths at the side of almost every road). Anything flat enough to build on has a house or a shopping mall on it, so any riding in the countryside means hills.

Rest stops are at Starbucks instead of gas stations (there is a Starbucks on every corner though, you can pretty much stand on the front step of one and see the next one).

Matching jersey and shorts are de rigueur, which suits me fine of course. I did have to return my Phonak kit though, and after Postal's - sorry, Discovery Channel's - showing in the Tour I'm thinking the George Hincapie/Lance Armstrong outfit may get retired too. My Wheelmen jersey garners plenty of positive comments of course, but a set of matching bib shorts would certainly help.

There is shopping everywhere - we have three Nordstroms within about 20 minutes of our apartment - including bicycle shops. The problem is I can never visit one without buying something. I mean, have you seen the Sidi Ergo 1 in Iridescent Blue? Who could resist?!

To paraphrase Dorothy, 'we're not in Barrington anymore!'

I've joined the Bicycle Club of Irvine, they don't have as wide a variety of rides as the Wheelmen, though to be fair there are rather less places to ride. When I have been at their equivalent of the Honey-Do ride on a Saturday morning, offering three different routes, there have been around 100 riders. We have the Orange County Wheelmen and the LA Wheelmen too, so I'm adding to my collection of 'Wheelmen' jerseys already.

Well, time to tackle a few more hills!



**Scout Troop will Ride the Harmon to Earn Cycling Merit Badge**

Scouts from Troop 140 will be riding in the 2006 Harmon Hundred again this year. Both my

brother and I have been doing this ride with our Dad since 2002. The Harmon 100 has four rides 25, 50, 75 or 100 Miles. The 50, 75 or 100 mile ride will meet the requirement for the Cycling Merit Badge. If other younger members or parents do not want to go 50 miles, the 25 mile ride may be an option.

In preparation for this trip we have been going on rides since April this year of 10, 15 and 25 miles. The routes open at 6AM and from prior trips, it is best to start as early as possible because it has gotten really hot in the past. We have to prepare for all possible problems, and all of our Scouts will carry rain gear, two water bottles or a camelback, energy bars, first aid kit, a repair kit or extra tube and pump. Our bikes will be checked prior to leaving to be sure they are in good working order, chains lubricated, seats and handlebars adjusted and tires properly inflated.

The trips are all on two lane roads that will be open to traffic in the Wilmot Wisconsin area. Unlike rides we have been going on near our home area, there will be hills and some of them are big ones. If the Scouts are bringing a parent, they must get them ready for this trip also!

*Patrick Baumhart (Age 13)*

**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



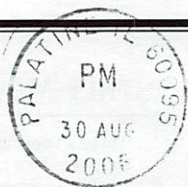
**Wheeling  
Wheelmen**

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

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

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

Club Meeting  
No September meeting!  
Next meeting: October 5th  
7:00 PM Wheeling H.S.



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