



# MONTHLY MEANDERS

## PREZ SEZ

Based on an informal poll I've discovered that most of our members are participating in some type of organized aerobic activity over the winter, with goals ranging from race training for the upcoming riding season to minimizing the amount of fitness lost during the cold months. The most popular forms of torture seem to be spin classes, swimming, etc. at various fitness centers, trainers/rollers at home or structured programs offered by coaching services like Vision Quest or bike shops like Village Cycle Sports. I've done all three this year and unofficially declare the structured programs to be the most effective at inflicting the greatest amount of pain in a wide variety of ways. Spin classes and at home training videos are great workouts and a good video instructor can push you into the red zone. A heart rate monitor will help tell you how hard you're working during these sessions. What separates the coaching classes from the spin classes is the computer's ability to determine your average power output and then program each session to make you work at various percentages of that power. It does not matter what gear you are in or what cadence you maintain, when the computer says "I want 4 minutes at 120% of your avg. max" that's what's going to be transmitted to your rear wheel. The worst part is every detail of your workout is displayed on a giant screen for all to see, so every-

one in the class can see that I'm a watt weenie. At least in spin class I can dial down the resistance and no one knows I'm dogging it. I read once that Lance Armstrong can maintain 500 watts for nearly an hour. I'm only 300 watts short of winning the Tour de France.

Here's a bike joke that's just a bit off color. Sorry if I offend anyone.

My neighbor found out her dog could hardly hear so she took it to the veterinarian. He found that the problem was hair in its ears so he cleaned both ears and the dog could hear fine. The vet then proceeded to tell the lady that if she wanted to keep this from reoccurring she should go to the store and get some "Nair" hair remover and rub it in its ears once a month.

The lady goes to the drug store and gets some "Nair" hair remover. At the register the druggist tells her: "If you're going to use this under your arms don't use deodorant for a few days." The lady says "I'm not using it under my arms."

The druggist says: "If you're using it on your legs don't shave for a couple of days." The lady says "I'm not using it on my legs either; if you must know, I'm using it on my schnauzer."

The druggist says:

**"In that case then stay off your bicycle for a week."**

Finally a little trivia to share with the next motorist who

tells you to get off the road, when you're out riding your bike.

Surprisingly, bicyclists were the ones who lobbied for, and finally got, good roads.

When cycles were introduced shortly before 1900, riders complained about the roads. City streets were rough enough to damage those big, high-wheel cycles of the late 19th century. Rough graveled roads helped give the two-wheeled machine the name of "Boneshaker." With a front wheel of 5 feet or more in diameter, and with fixed pedals, each revolution of the pedals moved the rider a long distance. Excessive speed on rough dirt or gravel roads caused many a nasty spill, but high speeds were part of the excitement of bicycling.

The sport of cycling spread like wildfire. It was fun, healthful and provided rapid transportation. Almost every able-bodied man rode a bike to work or for pleasure.

The roads were filled with them on weekends. . . .

Gradually bicyclists, including the ladies, brought enough pressure for smoother roads. Dunlop invented pneumatic tires for bikes even before automobiles used them. So who needed paved streets and roads? Bicyclists.

*Rich Drapeau*

APRIL, 2007

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### Welcome New Members

Pat Finn, Elk Grove Village

Peter Chemello, Palatine

Matthew Gauthier, Arlington Heights

Maggy Piranian, Des Plaines

Renee Leveille, Vernon Hills

## Club Officials

### Elected Officers

#### **President**

*Rich Drapeau* (847)808-1476

#### **V.P./Ride Chair**

*Brian Blome* (847)358-4807

*& Pat Calabrese*

#### **Treasurer**

*Johannes Smits* (630)893-2835

#### **Secretary**

*Kevin Moore* (847)577-8490

#### **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**

*Ella Shields* (773)594-1755

#### **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

#### **Mileage Statistician**

*Joe Irons* (847)359-0551

#### **Newsletter Mailing**

*Jennie Pfeifer* (847)342-8823

#### **Picnic**

*Al & Cindy Schneider* (847)696-2356

#### **Refreshments**

*Frank & Pat Illy* (847)923-5910

#### **Ride Line**

*Dan Wiessner* (847)540-9118

#### **Web Page**

*Jim Boyer* (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  
eshieldsbike@yahoo.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.



## VOLUNTEERS NEEDED FOR BIKE RODEO

Every year the Wheelmen help the Buffalo Grove Police dept with their Bike Rodeo. This event is geared towards kids to teach them bike safety as well as to promote cycling. Once the kids sign up at the registration desk, they come to our station where we make sure their helmets are fitted properly. Sometimes the parent's helmets need adjustments, too. From there the kids get their bikes checked out by a local bike shop and then on to a host of obstacle courses.

I need volunteers to help out with this event. It's great fun interacting with the kids, parents and police. And you know how often I seem to interact with our men in blue.

The Bike Rodeo is Saturday May 12<sup>th</sup> (rain date May 19<sup>th</sup>). We need two shifts of three people each. First shift 11am-1pm and second shift 1pm-3pm (so you still can get a morning ride in). A pizza lunch is provided and usually served out of their SWAT van.

Contact Sheri Rosenbaum at [Luv2Bike80@hotmail.com](mailto:Luv2Bike80@hotmail.com) or 847-368-1762 to volunteer your time.



## Club Jerseys - Last Chance

We are putting another order for club jerseys together. I would like to send the order in in the first week of April, so get those orders in fast. If we can get the order in by the first week of April we can get the jerseys by July. We need 25 items to make an order. You can order short sleeve jerseys, sleeveless jerseys, thermal vests or wind shell vests, any one of these count as an item toward the 25 total items needed. The jerseys are made by Voler Team Apparel and come in four cuts; men's club (a looser fit); men's race (a more fitted look); women's club and women's race. They come with a 20" zipper or for \$2.00 more you can get a full zipper. The jersey will run about \$57.50, the wind shell vest \$52.50 and the thermal vest \$86.50. Club members who have ordered jerseys or vest have been very pleased with the fit, fabric, and design. You can see a color version of the jersey on the club web site. ([www.wheelmen.com](http://www.wheelmen.com)).

Get an order form from me (I can email you one) or get one off the web site ([www.wheelmen.com](http://www.wheelmen.com)). Enclose a check or cash with your order form and mail it to:

Tom Wilson  
105 N. Elmhurst Ave., Mt. Prospect, IL 60056

The jerseys run a little small, talk to a club member and see what size they ordered. If you have any questions call or email me.

(847-632-1412 or [tomwilson@wideopenwest.com](mailto:tomwilson@wideopenwest.com))

**PRODUCT RECALL: SRAM** is conducting a voluntary recall of thousands of **Force front and rear road brakes** that may have faulty titanium mounting bolts. No SRAM Rival brakes, which have steel bolts, are involved in the recall. The problem, according to a SRAM spokesman, is "something we discovered through our quality control processes. It's not a design issue, it's a materials issue. We rely on our suppliers, but unfortunately the orientation of the titanium grain structure was outside of our specifications and there is a possibility of the mounting bolts failing." The suspect bolts are not replaceable, so new brakes are being provided. Affected brakes either have no date code on the back or date codes from 01JUN06 to 15SEP06 or 35T6 to 39T6 (followed by several X's). If you have these brakes, contact a SRAM dealer or the place of purchase for replacements. SRAM says it is no longer using the unnamed titanium bolt supplier.

Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
April 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		
Sun. 4/1	6:00	Double Century to Milwaukee and back	Kildeer School	Old McHenry Road; just north of Long Grove Shopping district	200	Tom Wilson 847-632-1412
Sat. 4-7	9:00	Loops of McHenry	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in north parking lot.	36/49	Peter Guzik 847/387-7714
Sun. 4-8	9:00	EFHOB	Rose School	I-90 to IL 59 North, turn right onto Penny Road to the school	45	Meg Ewen 630/540-1704
Sat. 4-14	9:00	Lou's Commute	Lakewood Forest Preserve	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on	42	Kris Woodcock 847/520-6932
Sun. 4-15	9:00	Who Let the Dogs Out	Evergreen School	I 90 West to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right	48	Virginia Savio 847/438-8066
Sat. 4-21	9:00	3 Options Ride	Fox Grove Forest Preserve	NW on Rt. 14 , right on Kelsey, left on River, left on Roberts for	21,31, 52	Joe Irons 847/359-0551
Sun. 4-22	9:00	Geneva Lite	Kildeer School	Old McHenry Road; just north of Long Grove Shopping district	50	Kilian Emanuel 847/296-7874
Sat. 4-28	9:00	Picnic Ride Route	Old School Forest Preserve	I-94 N, exit IL 60 W to St Mary's road, turn right to forest	33	Mary Myslis 847/816-1640
Sun. 4-29	7-11:30	Spring Forward Invitational	American Legion Hall Union, IL	More Info: Freda Brown,847-891-6010, <a href="mailto:springforward@schaumburgbicycleclub.org">springforward@schaumburgbicycleclub.org</a> <a href="http://www.schaumburgbicycleclub.org">www.schaumburgbicycleclub.org</a>	18,31, 62	Look/ask for Wheelmen sign up sheet at registration
	9:00	Island Lake Loop	Kildeer School	Old McHenry Road, just north of Long Grove Shopping district	47	Chuck Friedrich 847/298-4918
Sun. 4-1	9:00	<b>APRIL FOOL</b> Broken Oar	Kildeer School	Old McHenry Road; just north of Long Grove Shopping district	34	Virginia Savio 847/438-8066

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

### ARLINGTON HEIGHTS BICYCLE ASSOCIATION BIKE SWAP

Saturday, April 28 at Centennial Park (new location)  
Hundreds of bikes and bicycling related items are on display and

sold every year at the Swap. It's the perfect place to buy a kid's bike or a low cost bike for yourself

[www.cyclearlington.com](http://www.cyclearlington.com)

## APRIL WEEKLY ROAD RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday	8:00 am	Honey Do Ride	30-58	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Brian Hale 847/426-3290 Frank Illy 847/923-5910
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	25-45	Willow Stream Park - The 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	Art Cunningham 847/ 963-8746 Earle Horwitz 847/374-1129
Tuesday Start April 10	6:00 pm	Working Stiff's Ride	18-27	Shamrock Cyclery 344 Old McHenry Road in Long Grove. Park behind shop in Stemple Municipal Lot. Meet in front of shop.	Rich Drapeau 847/808-1476 Jim Boyer 847/541-1325
Wednesday start April 4	5:30 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Brian Hale 847/426-3290 Frank & Pat Illy 847/923-5910
Thursday Start April 13	6:00 pm	Thursday Night Ride	30 with alter- nates as day- light permits	Kildeer School Old McHenry Road, just north of Long Grove Shopping District	Brian Blome 847/358-4807

## RIDES OF A DIFFERENT FLAVOR

The seventh annual tour of local bike paths and touring trails kicks off on the first Wednesday of April. A unique ride features a different trail or combination of trails every week. All roadies are welcome to join in a Ride of a Different Flavor featuring scenery unmatched in our usual highway and byway rides. All April rides are on paved paths.

Phone Art Cunningham at 847-963-8746 for more information on rides unless otherwise indicated on schedule.

*Art Cunningham*

## APRIL WEDNESDAY CHICAGO AREA BIKE PATH/TRAIL RIDES 2007

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
4/4	10:00	32	North Branch/ Botanic Garden	Lake Street parking, Harms Woods For- est Preserve	East on Lake St., past I-294 and Waukegan Rd. to the Chicago River. Parking on the right just	Paved Path
4/11	9:00	46	Fox River/ McHenry Prairie Trail to Ringwood	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to	Paved path Kilian Emanuel 847/296-7874
4/18	10:30	42	Chicago Lake Front Path	Foster Ave Beach	East on Peterson off Edens, rt. on Ridge, bear rt. on Broadway to Foster , left. under Lake Shore to 1 <sup>st</sup> parking lot on left.	Paved path Lunch at Navy Pier
4/25	10:00	42	Tinley Creek F. P. District Paths	Lake Katherine Park., Palos Hts.	So. I-294, to 95 <sup>th</sup> , go east to Harlem, go right at College (IL 83) to 75 <sup>th</sup> , go right to Katherine Dr. and park near the nature center	Paved path and con- necting roads

BRING SNACKS AND PLENTY OF WATER

**LIB EXTRA – FROM THE LEAGUE OF ILLINOIS BICYCLISTS**

Advocacy, rides, and more – for further details, check out LIB’s website, [www.bikelib.org](http://www.bikelib.org)

**Illinois Senate Bill 80** LIB has proposed three changes to Illinois traffic law:

- 1) Require that vehicles leave a minimum of 3 feet clearance when passing bikes
- 2) Clarification that bikes do not have to stay close to the curb where right turns are permitted
- 3) Permit the option of using the right arm and hand to signal a right turn

Also, LIB supports a new Negligent Vehicular Homicide bill closing a gap in legal prosecution.

Bicyclists all over the state are asked to call their legislators in support – see [www.bikelib.org](http://www.bikelib.org)



**LIB’s Route 66 Trail-Breaking Event** Be a part of history on June 2 ! Pick one of 13 segments of Illinois’ new 369-mile “Route 66 Trail” bike route. Converge at one of six different Route 66 towns for noon ceremonies to promote the trail’s development. Reserve a T-shirt by registering early for the free event at [www.bikelib.org/route66](http://www.bikelib.org/route66)



**New LIB “Pedal Illinois Power” jerseys now available** Available in sizes from XS to XXXL – see [www.bikelib.org](http://www.bikelib.org) Discounted price for current LIB members



**THE BEST TRAINING FOR CLIMBING IS TO CLIMB.** However, don't start training in hilly terrain until you have accumulated about 1,200 flat miles. Then start on short hills and work your way into longer and steeper climbs.

"All early-season hills should be done with a steady rhythm rather than jumps. Try to get on a rhythm and then work all the way up in that rhythm. Don't jump, slack off, jump again, and so on.

"A technique I like when I feel ready to start forcing the pace is to ride up easy until the last quarter mile, then go harder to the top. The next time I ride that hill I might go harder the last half mile, then the last three-quarters of a mile. As in all training, hill work should progressively become more challenging.

"My advice -- and this is what I practice myself -- is to start a hill with a slow pace (or as slow as you are allowed by the group or race). This will let you get accustomed to the rhythm of the hill and to breathing with that rhythm.

"The breathing of climbing changes totally from on the flats, regardless of how hard you have been going. Climbing requires a body rhythm and a pedaling rhythm as well as a breathing rhythm. It all has to be synchronized. You develop the feel for it by doing it in training.

"If you want to specialize in climbing or try to improve it, train in mixed terrain but emphasize the up hills."

(from [RoadBikeRider.Com](http://RoadBikeRider.Com))

**CHICAGO BIKE SHOW—NAVY PIER**

Saturday, April 14, 9 am—7 pm

Sunday, April 15, 10 am—5 pm

The Chicago Bike Show remains the largest show of its kind in the Midwest. This year over 100 exhibitors and manufacturers will be on hand to answer questions and display the best the cycling industry has to offer. From manufacturers to touring companies, stunt shows to product information, daily seminars, kids corner, bike valet service and closeout center this show has something for the whole family.

Chicago has become world-renown for its bicycling advocacy programs and is quickly becoming the best city to cycle in. The Chicago Bike Show & Family Fitness Expo is expected to welcome over 10,000 attendees to Navy Pier (Exhibit Hall B).

Regular admission \$12

Children under 12 \$4

Children under 6 FREE

<http://www.chicagobikeshow.com/>



**CHICAGO BIKE SHOW**  
 & FAMILY FITNESS EXPO  
**APRIL 14 & 15, 2007**  
[www.chicagobikeshow.com](http://www.chicagobikeshow.com) • P: (847)675-0200 x201

**ANY DAY \$3 OFF!**

Get \$3 off regular adult admission price of \$12

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Club Name: \_\_\_\_\_

## FEBRUARY 15 BOARD MINUTES

**Present:** Rich Drapeau, Mary Kay Drapeau, Jim Boyer, Betsy Burtelow, Tom Wilson, Deb Wilson, Brian Blome, Pat Calabrese, Ella Shields, Sheri Rosenbaum, Kevin Moore

The Meeting was called to order @ 7:25 p.m.

**President's Report:** Rich reported he has left several messages with Pat Gill checking on the club's tax status and would be forwarding any information to Johannes, and using the information to review the appropriate uses of club finances; reported the club sent the year's insurance premium in; announced Dan Weissner had agreed to be the new Ride Line coordinator; reported the club received the St. Pat's t-shirts and that we paid \$513 for them reviewed the financial position:

\$ 5851. Savings  
\$ 8300 CD  
\$ 14,151 Total

Discussed the March 1, pizza meeting at Giordano's; reported from the L.A.B. and the National Bike Summit in Washington, D.C. about bicycling advocacy and proposed cycling-related legislation; related informa-

tion from the League of Illinois Bicyclists about legislative proposals in Illinois, including SB80 requiring 3' clearance for bicycles from vehicles and a proposed Negligent Vehicular Homicide Act proposal; discussed a new club jersey order, probably to be submitted in March, once sufficient orders are received and whether to order extra jerseys to have on hand, decided to review the situation after the March general membership meeting; reported the club received \$70.00 from active.com for Harmon pre-registrations, reported the club received thanks from Ed Barsoti and the Thunderhead Alliance for the club's donation; approved putting the Board Meeting Minutes in the club newsletter.

**Treasurer:** In his absence, Johannes sent a "Checking Transaction Report for 2006" which was discussed and reviewed, with entries being completed and explained.

**Membership:** Jim and Betsy reported 179 membership renewals and that this reflected 147 non-renewals, an unexpectedly large number; discussion continued about the cause and remedies for this situation, with the decision to delay making the newsletter available on the website continued.

**Ride Chair:** Brian and Pat reported the

2007 ride schedule was completed and included in the March newsletter; reported a new Thursday night ride from Long Grove, 6:00 p.m. from the Killdeer School, with routes up to 33 miles, dependent on available light; discussed the construction at the Gilmer-Fairfield intersection and how it would impact club rides.

**St. Pat' Ride:** Tom and Deb presented route sheets and maps of the ride, discussed how the Gilmer-Fairfield construction could impact the ride and proposed options; presented volunteer and supply sheets, discussed the need for additional cookies.

**Publicity:** Sheri presented and agreed to work the Bike Rodeo again, discussed and agreed to spend \$25.00 for a bold Harmon ad with Mike Bentley on his ride list; Brian played Fredcast.com, and discussed its club of the month and the information it provides.

**Harmon:** Mary Kay presented and it was agreed to send a deposit to Wilmot H.S. for use of its facilities.

Next meeting was scheduled for March 21, 2007 at the Wilson's

Meeting was adjourned at 8:45 p.m.

*Submitted by Kevin Moore*



## SURVIVING A THUNDERSTORM

### A PREPAREDNESS GUIDE

for severe weather is published by the

U.S. National Oceanic and Atmospheric Administration/National Weather Service. The following is an adaptation of that guide to specifically address cyclist concerns. National Weather Service has reviewed and approved this adaptation.

#### In general . . .

Cyclists on the road are most at risk from thunderstorms if they are under or near tall trees, are on or near hilltops, or are themselves high points on flat terrain (such as crossing an open field).

Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.

Rubber-soled shoes and rubber tires provide

NO protection from lightning.

If you can hear thunder, you are close enough to the storm to be struck by lightning. Look for safe shelter immediately!

When skies darken, look AND listen for increasing wind, flashes of lightning, sound of thunder

Lightning remains a danger even when a thunderstorm is dissipating or has passed by.

#### When thunderstorms approach . . .

If you are on a hill with exposure to the sky, try to head downhill, seeking out an overhanging bluff or a valley or ravine where you can lower your exposure.

Move to a sturdy building or shelter if there is one within reach (such as an underpass, a large barn, a store or railroad station). Do not take shelter in small sheds or under isolated trees.

However, get to higher ground if flash flood-

ing is possible where you are (such as by a creek bed).

#### If caught outdoors and no shelter is nearby . . .

Find a low spot away from trees, fences, and poles. Make sure the place you pick is not subject to flooding.

If you are in the woods, take shelter under the shorter trees. (Lightning is more likely to strike the tallest trees.)

**If you feel your skin tingle or your hair stand on end, dismount fast, get away from your bike, and squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. Make yourself the smallest target possible, and minimize your contact with the ground.**

From <http://www.bikeleague.org/>

**WHERE DID THAT RIDE GET IT'S NAME?**

Ever wonder where a Wheelmen ride got its name? This month we uncover the dirty little truth about EFHOB. This ride rears its ugly head early this season on April 8th, when many of us aren't in the best cycling shape yet.

As we all know Barrington offers some good hills but we usually do only a few during a particular ride. Well EFHOB hits Every F...ing Hill of Barrington. Get ready to climb!

**INVITATIONALS**

**April 22, Folks on Spokes Easter Ride**, University Park, IL. 28/38/50/68 \$15 until 4/14, then \$20, registration from 7:30-10:00 a.m. David Majkowski, 312-320-8275, [davidmajk@ameritech.net](mailto:davidmajk@ameritech.net)

**April 29, Spring Forward**, Union, IL. 18/31/62, 7 AM, Main street, \$12 until April 14th then \$15, Lion's Club Breakfast \$5.50, Hot Dog lunch \$3. Contact Freda Brown, 847-891-6010, [springforward@schaumburgbicycleclub.org](mailto:springforward@schaumburgbicycleclub.org) [www.schaumburgbicycleclub.org](http://www.schaumburgbicycleclub.org)

**May 27, Bike the Drive**, Ride your bike on Lake Shore Drive, \$40.00, 15/30 miles, on line registration is open, [www.bikethedrive.org](http://www.bikethedrive.org)



Merlin Lightspeed, 57", Extralight tubing, Zipp Wheels, Campy Record 10. Phil Kellogg Design \$3200. Call Virginia Savio at 847-438-8066

**MEMORIAL DAY WEEKEND**

**May 26, 27, 28 - LAGRANGE AND LYONS, WI**

Great practice for TOMRV. The Saturday ride has a 65 mile route through the Kettle Moraine and farmlands to the north. The ride features big rolling hills and stops in Palmyra, Concord and Sullivan before returning to LaGrange. Sunday's ride starts in Eagle, visits Green Lake and Whitewater Lake, 67 and 93 mile options are offered. Monday's ride out of Lyons offers 50 and 77 mile routes. The ride visits East Troy with its quaint town square, LaGrange for lunch and Delavan for ice cream. We are staying at the Super 8 in Whitewater.

Call Al & Cindy Schneider with any questions, 847/696-2356.

**TOMRV**

**Tour of the Mississippi River Valley**  
**June 9th and 10th**

This ride attracts over 15-20 Wheelmen each year. The Quad Cities Bicycle Club hosts 1500 cyclists on this challenging 2 day ride. The ride features a great route, good rest stops, entertainment and the famous TOMRV banquet on Saturday night. Visit their website for information [www.qcbc.org/tomrv/index.html](http://www.qcbc.org/tomrv/index.html) or call Linda at 563-388-8043.

**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: \$25 Individual dues: \$20

**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)

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

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Next Club Meeting  
August 2



#### CLUB DISCOUNTS

The following local 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 & TRI**  
121 W. Campbell , 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 CYCLESPOORT**  
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