



MONTHLY MEANDERS

PREZ SEZ

Some good advice from Dave Zabriskie of team Slipstream-Chipotle.

An often overlooked part of being a healthy and fast cyclist is the taint. The taint is the part of your body that contacts your saddle. I believe the name was derived from the taint not being the parts that are well know by name: as in it taint that and it sure taint those! If you can't comfortably sit on the saddle you taint gonna be able to ride your bike very far. This can negatively affect training and racing, so one must keep this area well main-taint-ed. There are three simple concepts to accept and follow: Cleanliness, Lubrication and Dryness. Trust me all of this was learned by experience!

Here are the steps to follow:

1. Begin with a clean taint and chamois
 - a. Generously apply chamois cream
 - b. Ride, Train, Do what you do
 - c. Dismount bike (Follow the next steps

immediately and without fail)

1. Remove chamois
 2. Shower
 3. Use a truly anti-bacterial soap like Hibiclens
- d. Exit shower
1. Dry taint with towel
 2. Dry taint with air
 - Either remain naked while making your after ride meal or use hair dryer
 - Antique yourself ala Jackass with a handful of Baby Powder

Why do we do this?

The chamois cream, helps reduce chafing that occurs while riding. There are a number of products out there and here are a few that work well:

- Noxema
- Butt Butter
- Bag Balm
- Assos Chamois cream
- Sixtufit
- Try them to determine what works best for

you. Do yourself and your training partners a favor by not using too much. Make sure your chamois is in good shape. Don't use one that is old and worn out. After the ride, get out of your shorts ASAP, you don't want to start growing mushrooms down there. Get into the shower and wash up, if you are having "problems" use Hibiclens, it is a surgical scrub and very powerful. After the shower, make sure the area is dry either walk around naked for a while or let it air out or use a hairdryer. The final dose of goodness comes from a little shot of baby powder to the taint. By following these steps you should be maintaining fairly well. If you are experiencing some saddle sores sometimes the only way to get rid of them is to stop riding for a couple of days. If it's really bad you might have to see a doctor.

Adios for now
Rich Drapeau

July, 2008

INSIDE THIS ISSUE:

TOP 20 MILES	2
PICNIC	2
RIDE SCHEDULE	3
WEEKLY RIDES	4
TRAIL RIDES	4
COME ON IN....	5
TRAIL RIDE RECAP	6
RACES	6
INVATIONALS	7
YAHOO GROUP	7

WELCOME NEW MEMBERS

Harry Dukas, McHenry
 Steven Elster, Buffalo Grove
 William & Anne Kragh, Arlington Heights
 Leo Rhee, Northbrook
 Tom Bayus, Elk Grove
 Scott O'Dell, Lake Barrington
 Peter Friddle, Lake Zurich
 Evelyn Hoenninger, Deerfield
 Rebecca & David Hoffman, Palatine

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
Meg Ewen 630/540-1704

Publicity Chair
Sheri Rosenbaum 847/368-1762
 luv2bike80@hotmail.com

Appointed Officers

Harmon

Open

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
Mary Kay Drapaeu 847/808-1476

Mileage Statistician
Joe Irons 847/359-0551

Newsletter Mailing
Jeff Biedka 847/534-9003

Picnic
Al & Cindy Schneider 847/696-2356

Refreshments

Open

Ride Line
Frank Bing 847/634-1439

Web Page
Jim Boyer 847/541-1325

Board Meeting

The next board The next board meeting
 TBA

TOP 20 MILES

Reported Through June 14
 102 rides by 111 members totaling
 55,647 miles
 3130 maximum miles possible per rider

1	Anthony	Vercillo	2319
2	Paul	LeFevre	2082
3	Dennis	Creaney	1740
4	Richard	Drapeau	1558
5	Art	Cunningham	1487
6	Kevin A.	Moore	1385
7	Brian	Blome	1358
8	Joe	Irons	1311
9	Len	Fiocca	1191
10	Jim	Boyer	1113
11	C. Brian	Hale	1082
12	Tom	Wilson	1010
13	Leonard	Geis	972
14	Thomas	Kress	931
15	Frank	Bing	874
16	Dennis	Ellertson	864
17	Al	Schneider	821
18	Randy	Kettering	807
19	David	Waycie	795
20	Bob	Dominski	777

1	Kris	Woodcock	1239
2	Reinhilde	Geis	1108
3	Mary Kay	Drapeau	1108
4	Pat	Calabrese	978
5	Sheri	Rosenbaum	973
6	Barbara	Barr	905
7	Virginia	Savio	789
8	Pam	Burke	760
9	Cindy	Schneider	754
10	Betsy	Burtelow	721
11	Pat	Illy	632
12	Ella	Shields	595
13	Meg	Ewen	582
14	Chris	Wager	553
15	Debbie	Wilson	514
16	Marianne	Kron	483
17	Peggy	Reins	459
18	Danielle	Peterson	334
19	Donna	Ponte	325
20	Cindy	Trent	306



JOIN US FOR THE ANNUAL WHEELING WHEELMEN PICNIC ON SUNDAY, JULY 13

Rides will start @ 9:00
 and 10:00 am
 Food will be served af-
 terward, about noon

New location:
**Fox River Preserve
 & Marina**

(small shelter to the left)
 Located on Roberts
 road, south of Rt. 176
 and west of Rt. 59.

Please RSVP to
 Al & Cindy Schneider
 at 847/696-2356

Newsletter Policy

We can always use information for the news-
 letter. 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 num-
 ber in case I have any questions)



Don't miss an issue of
 Monthly Meanders!! Call
 Meg Ewen with all name,
 address and phone num-
 ber changes at 630/540-
 1704

FOR SALE

Titanium Quintana ROO! 56CM frame-
 set. All cables routed inside frame. SHI-
 MANO DURA ACE 10 SPEED With
 OCP ELIPTICAL adjustable
 crank! Mavic COSMIC ELETE wheels.
 Carbon airfoil seat post with racing saddle
 with titanium rails. Aerolite PROFILE
 aero bars with elbow pads, BAR END
 SHIFTERS AND BRAKES!! Cane creek
 head set with carbon riser inserts and
 spacers. CATEYE speedometer with
 WIRELESS sending unit. KM technology
 carbon AERO FORK. Speed play pedals
 with titanium spindles Carbon aero v-bar
 handlebars again with the bar end brakes.
 BEST REASONABLE OFFER
 Call Brian Hale 847-804-1561

July 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
Fri. 7/4	9:00	Other Side of the Tracks	Bode Forest Preserve	Take Barrington Rd. 1 mile N. of Schaumburg Rd. Turn W.	41	Brian Hale 847/426-3290
	9:00	Rock Cut	Evergreen School, Union	I-90 west to US 20 to Coral Turn R to Northrop. Turn L to	58/90	Al & Cindy Schneider
Sat. 7/5	9:00	Ride to McHenry	Barrington H.S.	On Main St. (Lake Cook Rd) West of Rt. 59. North on Hart Road. Use west lot.	65	Kurt Schoenhoff 847/634-2634
Sun. 7/6	8:00	Geneva Century /	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	100	Tom & Deb Wilson
	9:00	Geneva Lite			50	
	8:00	Kildeer Short Ride	Kildeer School	See above	Approx 43 miles	Frank Bing 847/634-1439
Sun. 7/13	9:00	Club Picnic (Road Ride)	Fox River Preserve and Marina	NW on Rt. 14, R on Kelsey, L on River, L on Roberts for 1 mile	52	Meg Ryan 630/542-1040
	10:00				21/31	
Sat. 7/19	9:00	Ice Cream Social	McHenry County College	Rt.14 one mile past Rt 176 in Crystal Lake ; meet in north parking lot	52	Dave Naigles 630/532-7068
Sun 7/20	9:00	Bastille Day Ride	Paris School WI	I-94 W, exit WI 142 W to County D, turn left to school	59/74/ 95	Al & Cindy Schneider 847/696-2356
	8:00	Kildeer Short Ride	Kildeer School	See above	Approx 43 miles	Tom Mulick 847/364-1929
Sat. 7/26	9:00	Another Day/ Another Way	Evergreen School, Union	I-90 west to US 20 to Coral Turn R to Northrop. Turn L to Washington. Turn R to school.	70/110	Meg Ewen 630/540-1704
Sun. 7/27	9:00	FFF	Union Central HS Hampshire, IL	Parking lot is at top of hill at the intersection of Tower Rd. and	44/66	Johannes Smits 630/893-2835
	8:00	Kildeer Short Ride	Kildeer School	See above	Approx 43 miles	Virginia Savio 847/438-8066

***Kildeer Short Rides start at 8:00a.m. Que sheets will also be available for 9:00 a.m. starts
Some longer rides will start at 8:00 a.m. please pay attention to start times.**

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

WEEKLY 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
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	6:00 pm	Working Stiff's Ride	18-27	Archer Parking Lot, behind Enzo & Lucia Ristorante, 343 Old McHenry Road, Long Grove	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday	6:00 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Brian Hale 847/426-3290 Cindy Trent 847/392-6750
Wednesday	5:30 pm.	Elgin Twilight Rides <i>Flashing taillights recommended</i>	20-40	Target Store On Randall Road just south of US 20. Park in SE corner of lot.	Al & Cindy Schneider 847/696-2356
Thursday	6:00 pm	Thursday Night Ride	30	Kildeer School Old McHenry Road, just north of Long Grove Shopping District	Brian Blome 847/358-4807 Rich Drapeau 847/808-1476

WEDNESDAY TRAIL RIDES

Date	Time	Ride/Start	Miles	Directions	Trail
7/2	9:00	<i>North Branch/Botanic Garden.</i> Lake Street parking, Harms Woods Forest Preserve	32	East on Lake St., past I-294 and Waukegan Rd. to the Chicago River. Parking on the right just past the bike path overpass	Paved Path, Len & Reinhilda Leaders ***
7/9	9:00	<i>Super Dawg Ride</i> at Old School Forest Preserve	60	IL 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D lot.	Crushed Stone & Paved - Kurt Schoenhoff 634-2634
7/16	9:00	<i>Ride to Illinois Beach</i> Lakewood Forest Preserve Millennium Trail access	55	East of Fairfield Rd. opposite Ivanhoe Rd. just south of IL 176	Packed stone and paved. Rough and sandy in Forest Preserve
	9:00	<i>Countryside Golf Course</i>	48	North on IL-83 to IL-176: left 0.2 mi to parking west of Club building	OK for road bikes. Earlier riders will meet here
7/23	9:00	<i>Medley of Trails - Poplar Creek to Ned Brown.</i> Ned Brown F. P., Golf Road Parking Lot	55 loop	South of Golf Rd. just East of I-290	Paved with connecting roads
7/30	9:00	<i>Great Western Ride to Sycamore</i> South Elgin trail access	57	South on Rte 31 to W State St., turn left. (east) then rt. just before the bridge to parking.	Paved, packed crushed stone ***

*** approved for narrow tires ** wide tires recommended * wide tires required. Bring snacks and plenty of water to drink.
Phone Art Cunningham at 847-963-8746 for more information or on cell phone, 630-329-4802 on the morning of the ride.

COME ON IN—YOU'LL LOVE IT

By Betsy Burtelow

I was introduced to Jim Boyer in 1996. We were both somewhat into cycling when we met. I did the trails and he did the roads. He convinced me to join his two clubs, the Arlington Club and The Wheelmen. After a few rides with the Arlington Club to get me used to group road riding we tried a Wheelmen ride out of Kildeer. Being the genuine guy he was and not one to feign false concern just because it was a new relationship, he promptly dropped me. Jim has sometimes told me that I turned out to be the same person I was on our first date. I can honestly say he is still the same rider he was on our first Wheelmen ride together. But how could I complain? I had been riding pretty much on my own for the first 20 years of my adult life. And (innately shy girl that I am) dropping me forced me to get to know the riders who rode more at my speed.

After awhile I asked Jim about the people who lead the rides. He replied, "I never sign up to do that, I just do the rides." That probably marked my first opportunity (of many more to come) toward my life's work of making him a better person. "What if everyone had your attitude?" I asked. "There would be no rides. You can't keep taking and expect that everyone else will keep giving." So we started volunteering to lead rides. Then we volunteered at a Harmon back when they were at the apple orchard, getting to know more people. Next came, "What do they do at the club meetings, Jim?" "Oh, I never go to the meetings, I just do the rides." So we started attending some club meetings, getting to know more people. Next we went to a club banquet, where Jim introduced me to one woman, among others, and later told me, "I think I went out on a date with her." You think?#!

On one particular ride, I don't even remember which one; Pam Burke rode up along side of me. Pam and Ella were two of the people I remembered meeting on that very first Kildeer ride. Pam asked if I would like to help out by bringing treats to the club meetings. At the time I was unaware of the foreshadowing this request represented but I said, "Sure," I thought I could manage that. So I started bringing treats to the meetings which meant Jim and I were attending all of the meetings, getting to know more people. Pretty soon we're changing our weekend routine from Saturday ride and Sunday rollerblading to riding both Saturday and Sunday.

Enter Pam Burke again, and she is so slick this time I can't even remember if it was on a ride or a meeting or where the heck we were but she has talked me (and I recruited Jim) into taking over club

Membership duties from her. So now Jim and I are attending board meetings in addition to club meetings. When you do membership you really get to know people (in addition to the names of people you never see but who keep joining year after year—is it really this newsletter you live for? C'mon, make 2008 the year you really get out and ride with us.)

Next thing you know Mary Kay is in charge of the Harmon (I'll give you 3 guesses who talked her into that, and 2 don't count) and she "informs" us we will be running the Eagle Lake rest stop—a little different style than Pam's but same measurable outcomes. She just forgot to mention it would be a 7-year commitment.

Being the computer geek he is, Jim starts taking an interest in the website and eventually takes on the job of webmaster, building on the great design Bill Bergeron had originated. And, having gone to school on Pam, I manage to shift more and more of the membership duties to Jim (hey, he's on the computer all the time anyway)—and I just do the rides.

But my real point here is that, through a series of small steps, Jim and I transitioned from being fringe Wheelmen, who occasionally did a ride, to Wheelmen insiders who help to run the club. And what kept us making the next step were all the great people we kept meeting along the way and all the fun we had. Although we have a lot of great non-cycling friends the Wheeling Wheelmen have become a central part of our social life. Besides the obvious health benefits of a cycling club I love the absence of exclusivity that is inherent in a cycling club. Everyone knows how to ride a bike so there is a wide variety of people in the club.

My hope is that, as we all seem to be getting busier lives, there will continue to be people who are willing to take those progressive steps, when they can, to give back some of what the club has provided to them in fun and friendship and healthful activity. Many thanks to Meg Ewen, who has now taken up the role of Membership Chairman. This is Rich's last year as president and Mary Kay is transitioning out of the Harmon Chairman role this year.

I have joined clubs before and felt like an outsider because there always seems to be that "clique" of central characters that I was not a part of. But I now realize the clique is made up of those willing to do the work of the club and they become good friends as they spend time working together. The moral of the story is you get what you give. Take a small step like hosting a ride or take a big step like taking on a board position—no experience required. Just take any step toward keeping the club the best in the Northwest (suburbs).

EXCURSION RIDES

Aug 2 & 3 Schwinn-Loops: Schwinn Ride, (44/70 miles) & Loops of Burlington, 63/100 miles

Aug 16 & 17 Cedarburg: Cedarburg Campbellsport, 60/70/100 & Cedarburg-West Bend 45/60/80 miles

Sept 20 & 21 Ella's Escapade, 71/100 miles, Mike & Bill's Adventure, 78miles
Questions? Contact Al & Cindy Schneider @ 847/696-2356.

Sept 13 & 14 Door County Ride, rides start from Sevastopol

High School, Saturday has 50/75/100 miles options, Sunday shorter routes, rooms must be reserved by 8/1. Contact Tom & Deb Wilson @ 847/632-1412 for details

Oct. 11 & 12 Fall Foliage Ride The rides start and end in Mt Horeb, WI These are challenging rides of 50-60 miles with over 4,000 feet of climbing each day. There are also several alternative flatter options. Call Rich or Mary Kay Drapeau (847) 808-1476 for more information

For full details on all the ride please visit our website

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1313 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650

SAVED BY THE HELMET

The Buffalo Grove Police Dept has launched a "Saved by the Helmet" award. They go to area schools to promote bike safety and award kids who's bike helmet saved them during a fall while cycling. The officer running the program has asked if we'd like to partner with them. We are looking for a volunteer who would be interested in pursuing this project. When they conduct these sessions, it is held during the day, so you'd have to be able to get off work...or be a geezer.

If you are interested in becoming involved with this project, contact Sheri Rosenbaum for details at Luv2Bike80@hotmail.com

RACES

ALEXIAN BROS Tour of Elk Grove, August 1—3

Friday: [Men's Pro Stage 1 TIME TRIAL!](#)

Saturday: [Men's Pro Stage 2 ROAD RACE!](#)

Sat./Sun.: [Cat. 1/2 Men's Elite 2 STAGE RACE!](#)

Two nights of concerts & fireworks (Friday & Saturday)

For more information please visit www.tourofelkgrove.com or call 773/868-3010

Downers Grove National Criterium, August 16 & 17

Every year, USA Cycling professionals bicycle racers compete for their national title in Downers Grove. Along with speed and skill it also takes teamwork to produce a Champion. The USA Cycling Professional Criterium Championship features not only America's best racers but also those from around the world

For more info call 773/868-3010 or visit www.dgcycling.com

OUTSTANDING RIDE – LONG PRAIRIE TRAIL TO ROCKTON

Joined by Al Gibbs and Joe Irons the writer and companions took off from the small parking area (facilities) off County Line Road on a sunny, brisk morning. This starting point is the extreme northwest limit of for the Chicago Area paths currently scheduled being about 50 miles from eastern Arlington Heights and about 40 miles from western Palatine where I live, a 55 minute drive.

The Long Prairie Path is paved and was in excellent condition. Heading west in flat to rolling prairie farming country the tree bordered trail passes through the small towns of Capron, Poplar Grove and Caladonia on the old Chicago & Northwestern Line. These towns offer few conveniences; however, a turn right at IL 76 for 0.2 miles there is a gas station and a good family restaurant, (trip mile 10). At Caladonia there is a planned spur that that will continue on the abandoned Rock Cut Spur through the State Park to the

existing Willow Creek Trail to Machesney Park where it connects with local bike paths in the Rockford area. I always keep my eye out in case they ever construct this spur.

At the Winnebago Co. line (trip mile 15) the trail becomes the Stone Bridge Trail and the surface is compacted crushed lime stone. It's still a good trail for a road bike. At

Elevator Rd. in Roscoe (trip mile 18) the Roscoe Chamber of Commerce and tourist bureau is a good stop for facilities and a friendly welcome. The Stone Bridge trail ends at Rockton Rd. (trip mile 20). Late May to early June is an auspicious time to ride the Long Prairie and Stone Bridge Trails to see and smell the profusion of stocks in flower along the margins of the trail.

A two mile ride left on the shoulder of Rockton Rd. leads to downtown Rockton. We turn left at Blackhawk St. Just before the bridge over the Rock River we see the recently gussied up entrance to the Hononagah Recreational Path to the left.(trip mile 23).

The paved Hononagah Path goes through developed areas with residential developments to the right along the river and commercial developments later on where there are numerous places for food. About midway on this path is the entrance to the Hononagah F. P. There are picnic and camping areas. We took a side-trip on a forest preserve road to the beautifully wooded picnic area. The Path ends by climbing out of the river valley along the North Kinickinick Creek to Elevator Rd. at the Chase Bank. Our stop for lunch is at J2, a family restaurant just to the right of the trail. We go 0.3 miles strait on Elevator Rd. to regain the Stone Bridge Trail.(trip mile 38) We then retraced our outbound route on the Stone Bridge and Long Prairie Trails to our parking area (trip mile 50).

Please let me know if you have a hot bike path scoop. I would like to hear from you at kunspoke@sbcglobal.net.

Art Cunningham

INVITATIONAL'S

July 4, Metric Century, Joliet, 30/45/60, \$15 by 6/20
 \$20 day of, Joanna Hosteny 773-779-3251, Dot Curry
 815-210-8067 leh7757@gmail.com bike65@juno.com

July 12/13, The LATE Ride, Chicago, 25 miles, Nancy Minster
 Swabb, 773/918-RIDE lateride@hotmail.com www.lateride.org

July 12, Ride Across Indiana (RAIN) Terre Haute to Rich-
 mond, 160 miles, Joe Anderson 812/332-6028, rain@rainride.org

July 12, Firecracker 100 5-Star Century, Greenville IL,
 50/100 miles, judy1@mfc. 314/997-5005
 www.moonlightramble.com/5_star_08.htm

July 13, Heatstroke 100, Burlington, WI. 18/43/74/100 Scott
 262-763-0219 shoffman@basd.k12.wi.us, community,k12.wi.us

July 19, Tour de Health, Rock Falls, 27/50 \$25 by 7/11
 \$30 day of, Teresa Smith, 815-625-0400 x4422
tsmith@cghmc.com

July 20, Biking with Beanie, DeKalb, 23/46/64/100 Toney
 Xidis, Timothy Duez, 815-758-6873 drbillcpa@comcast.net

July 27, Melon Metric XXII, Plano, 15/32/62/100 \$18
 \$28 day of Meredith Wayant, merewayant@hotmail.com
 630-667-3363

The **Wheeling Wheelmen Bicycle Club** now has an active Yahoo Group available on the Internet. The group works like a bulletin board and allows us to exchange email with other club members without having to know every-one's individual email address. You must subscribe to the group before you can send a message. Follow the instructions required by Yahoo to complete your registration.

NOTE: Due to spam and email address hijacking concerns, subscription to the Yahoo Group is limited to current members of the Wheeling Wheelmen Bicycle Club only. If you have questions about club membership, rides or events, please send an email to: wheeling@wheelmen.com

To Subscribe send an email message to:
wheelingwheelmen-subscribe@yahoogroups.com

To Unsubscribe send an email message to:
wheelingwheelmen-unsubscribe@yahoogroups.com

To post a message send your message in an email to:
wheelingwheelmen@yahoogroups.com

The group name is: **wheelingwheelmen** and is available at:
<http://groups.yahoo.com/group/wheelingwheelmen>

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

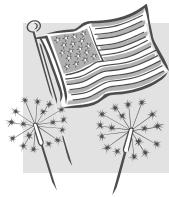


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Next Club Meeting
August 7



Tour de France.... July 5th to July 27th

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

B&G CYCLERY
131 E. Rollins Rd, Round Lake Beach, 847/740-0007

BICYCLE CONNECTION OF SCHAUMBURG
1226 N Roselle Rd. Schaumburg, 847/882-7728

BOB'S BIKE SHOP
141 S. Vine St., Park Ridge

874/825-4438
CAMPBELL ST. BIKES
13 W. Campbell St. Arlington Hts. 847/222-7887

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

MIKES BIKES GURNEE
4129 Old Grand Avenue Gurnee, 847/662-8482

OAK PARK CYCLERY
1113 Chicago Ave. Oak Park, 708/524-2453

RUNNER'S HIGH & TRI
121 W. Campbell, Arlington Hts., 847/670-9255

SPOKES
69 Danada Square, 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
- *Thunderhead Alliance
- *Trips for Kids-Fox Valley Chapter

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 \$35 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