



MONTHLY MEANDERS

PREZ SEZ

I am concerned with the seemingly rampant increase in cycling accidents involving club members. Already, just a couple of months into the ride season we have had, what 3 accidents??? And not just minor ones, these have been pretty significant. Now if the Wheelmen were an "official for profit business", there would have been moratoriums on riding, third party investigations, Congressional hearings...sorry got carried away. But, we're not, we are a small, self governing organization. This doesn't mean, however, that we shouldn't make an effort to try to identify what is the cause of the dramatic upswing in accidents and do whatever makes sense to address it...without loss of freedoms, of course. Is it due to equipment failures? Bad roads? Increased traffic? Unsafe riding? Well, could be a combination of these or just plain bad luck. Assuming there is really nothing we can do about bad luck, let's discard that one and focus on things we can control. Perhaps refocusing on little things like, giving your bike the once over before you ride would help minimize equipment failures. This might have helped one of our members, whose pump handle was loose and caused an

accident. Or how about using the Yahoo group to alert members about particularly nasty road conditions, (i.e. big potholes, construction), so that these areas can be avoided. And what about easing up on the pace line mentality? Or is that more likely to get me tarred and feathered for blasphemy? We need to do whatever we can to decrease the chance for injury while riding and to protect ourselves from serious injury if we do crash (have you checked your helmet lately? Just how old is it?).

I'd hate to hear about the next accident...being fatal.

Buffalo Grove Bike Rodeo: Each year the Wheelmen participate in assisting the BG Police Dept. in helping the children properly fit their bicycle helmets before they start the rodeo ride. The event was held on Saturday May 15. Joe Beemster reports that it was a success as many young riders participated. We would like to thank Nancy Beck, Barb Barr, Ulfert Brookman, and Larry Frank in offering their time and assistance. In addition to the fitting, Joe instructed several new officers in how to check if children, riding in the neighborhood, are wearing

them correctly.

Be Safe, Ride Smart.

Meg

When Should I Replace My Helmet?

Summary:

- Did you crash it? Replace!
- Did you drop it hard enough to crack the foam? Replace.
- Is it from the 1970's? Replace.
- Is the outside just foam or cloth instead of plastic? Replace.
- Does it lack a CPSC, ASTM or Snell sticker? Replace.
- Can you not adjust it to fit correctly? Replace!!
- Do you hate it? Replace.

Did you crash in it?

For starters, most people are aware that you must replace a helmet after any crash where your head hit. The foam part of a helmet is made for one-time use, and after crushing once it is no

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June, 2010

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Kilian Emanuel
Jim Boyer
Dennis Ellertson

Club Officials

Elected Officers

President	
<i>Meg Ewen</i>	630/540-1704
V.P./Ride Chair	
<i>Brian Blome</i>	847/358-4807
<i>& Pat Calabrese</i>	
Treasurer	
<i>Johannes Smits</i>	630/893-2835
Secretary	
<i>Kevin Moore</i>	847/577-8490
Membership	
<i>Rich Drapeau</i>	847/808-1476
Publicity Chair	
<i>Joe Beemster</i>	847/215-2314

Appointed Officers

Harmon Chairman	
<i>Todd Berlin</i>	todd.berlin@rrd.com
Newsletter	
<i>Ella Shields</i>	773/594-1755
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	847/632-1412
Chairmen	
Banquet	
<i>Meg Ewen</i>	
Harmon Data Base	
<i>Mary Kay Drapaeu</i>	847/808-1476
Mileage Statistician	
<i>Cindy Schneider</i>	847/696-2356
Newsletter Mailings	
<i>Laura Randazzo</i>	
Picnic	
<i>Al & Cindy Schneider</i>	847/696-2356
Refreshments	
Open	
Ride Line	
<i>Frank Bing</i>	847/634-1439
Web Page	
<i>Jim Boyer</i>	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 Rich Drapeau with your new e mail address at 847/808-1476 or e mail him at wheeling@wheelmen.com.

TOP 20 MILES through May 8

Men:			
1	Paul	LeFevre	1096
2	Dennis	Creaney	788
3	Kevin	Moore	746
4	Dave	Waycie	692
5	Joe	Beemster	676
6	Len	G	655
7	Frank	Bing	623
8	John	Yuill	600
9	Leo	Rhee	574
10	Kilian	Emanuel	573
11	Peter	Guzik	550
12	Rich	Drapeau	535
13	Dennis	Ellertson	497
14	Joe	Irons	490
15	Tony	Vercillo	490
16	Brian	Blome	438
17	Jeff	Magnani	421
18	Al	Gibbs	401
19	Earle	Horowitz	394
20	Jim	Boyer	385

Women			
1	Rienhilde	Geis	697
2	Sheri	Rosenbaum	643
3	Laura	Randazzo	410
4	Pat	Calabrese	371
5	Betsy	Burtelow	368
6	Deb	Wilson	351
7	Marykay	Drapeau	280
8	Barb	Barr	260
9	Pam	Kaloustian	245
10	Virginia	Savio	245
11	Pam	Burke	201
12	Cindy	Kessler	198
13	Pat	Illy	172
14	Cindy	Trent	158
15	Eva	Larson	158
16	Cindy	Schneider	154
17	Ella	Shields	141
18	Nancy	Beck	112
19	Meg	Ewen	104
20	Kae	Takeshita	104

Board Meeting

TBA

Invitational's

June 6, Udder Century, Donley's Wild West Town, Union, IL 31/50/62/ 75/100, \$20/\$27
mchenrybicycleclub.org

June 12, Ogden Lions Ride, Ogden, IL. 12/32/62 miles, 21706210-9943
LionE1Z3@aol.com

June 12/13 TOMRV, Bettendorf, IA. 115 (69) / 96 (46) miles
tomrv_dt@msn.com qcbc.org/tomrv

June 13, BCLC R Ramble, Wilmot, WI. 12/30/50/70/100 \$20/\$25
ramble@bikebclc.com

June 19, Pie Ride, Janesville, WI. 10th Anniversary, 20K, 50K, 100K, \$25/\$30. Sponsored by Janesville Morning Rotary,
www.janesvillemorningrotary.org/Events/PieRide/tabid/263/Default.aspx

June 27, Swedish Days Ride, Burlington ,IL, 25/45/62/ 75/100/124 \$15 by 6/13, \$25 after 630-587-2570
swedishdays@fvbsc.org

June 27, Menominee River Century, Menominee, WI. 15K, 40K, 80K, 120K, \$25. www.mrccride.com/



Pictures

We will once again be doing a slide show at the annual club banquet and are asking for more contributions this season. So be sure and take your camera out to rides and events this year and share your rides with the club. Send your pics to Dave Waycie at dwaycie@wowway.com

Date	Time	Ride Name	Starting Location	Directions	Miles	Host Phone #
June Ride Schedule All Riders Should: <ul style="list-style-type: none"> *wear a helmet *bring water *bring a pump <ul style="list-style-type: none"> *have a bike in good condition *bring a spare tube and patch kit *arrive early...15-30 minutes <ul style="list-style-type: none"> *bring an ID card *carry a cell phone *bring money for lunch/snacks 						
Sat. 6/5	9:00	Boone County Ride	Evergreen School, Union	I-90 west to US 20 to Coral. Turn R to Northrop. Turn L to Washington. Turn R to school.	65	Dave Waycie (847)577-6307
Sun. 6/6	9:00	Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Kilian Emanuel (847)296-7874
	8:00	Udder Century	Union, IL	See www.mchenrybicycleclub.org .	31/50 62 100	Invitational
	9:00	Nifty Fifty	Target Store, Elgin	Randall Rd. just south of US-20. Park on SE corner of lot.	51	Michael LaRue (847)253-2955
Sat. 6/12		Rock Cut	Evergreen School, Union	I-90 west to US 20 to Coral. Turn R to Northrop. Turn L to Washington. Turn R to school.	58 90	Dave Waycie (847)577-6307
	8:00	TOMRV	Bettendorf / Preston, Iowa	See www.qcbc.org	109 68	Excursion
Sun. 6/13	8:00	TOMRV	Dubuque, Iowa	See www.qcbc.org	41 86	Excursion
	9:00	Root Beer Social	McHenry County College	Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot.	58 82	Barb Barr (224)578-0624
	9:00	Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Joe Beemster (847)215-2314
Sat. 6/19	9:00	City of the O's	LaGrange General Store, WI.	US 12 west past Elkhorn to County H	50 88	Cindy & Al Schneider (847)696-2356
Sun. 6/20	9:00	(Straw. Fest) Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Frank Bing (847)634-1439
	8:00	(Father's day) Wall to Wall	Fellows Park, WI.	Rt.12 N to County H east veer left into Genoa City, left on Fellows Rd and to the park.	68 104	Cindy & Al Schneider (847)696-2356
Sat. 6/26	9:00	Triple Deerpass	Evergreen School, Union	I-90 west to US 20 to Coral. Turn R to Northrop. Turn L to Washington. Turn R to school.	66	Dave Waycie (847)577-6307
Sun. 6/27	9:00	Fontana Ride	McHenry County College	Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot.	71	Ella Shields (773)594-1755
	9:00	(Straw. Fest) Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Bob Dominski (847)215-4840

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

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
Monday	6:00 pm	Casual Monday Ride	10-15	Bussee North Woods Parking Lot. Located on Golf Road just east of Rte 53. Turn on Ring Road into the preserve. (across from the Atrium Complex). Turn left at the first parking lot	Joe Beemster 847/867-6724
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	Earle Horwitz 847/444-0445 Len & Reinhilde Geis 847/679-0279
Tuesday	6:00 pm	Working Stiff's Ride	18-27	Stempel Parking Lot On the west side of Old McHenry Road, behind the old Shamrock Cyclery West of IL53, Long Grove, IL	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday	5:30 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Brian Hale 847/426-3290 Cindy Trent 847/392-6750
Wednesday	5:30pm	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 with alternates as day-light permits	Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road.	Brian Blome 847/358-4807 Rich Drapeau 847/808-1476

WEDNESDAY TRAIL RIDES

Date	Time	Ride	Miles	Start/Trail	Directions
June 9	9:00	Fox River/ McHenry Prairie Trail to Ringwood	46	East Dundee Depot Trail: Paved Path	West on Dundee (RT 68) bear right at Barrington Ave. just past Rte. 25 to River St. depot to left
June 23	9:00	North Branch/ Botanic Garden	32	Harms Woods FP Trail: Paved Path	East on Lake St., past I-294 and Waukegan Rd. to the Chicago River. Parking on the right just past the bike path overpass

June's trail rides are show and go Bring plenty of water and snacks

JOIN US FOR THE ANNUAL WHEELING WHEELMEN PICNIC

SUNDAY, JULY 11

Rides will start @ 9:00
and 10:00 am

The club will supply food which will be served
afterward, about noon

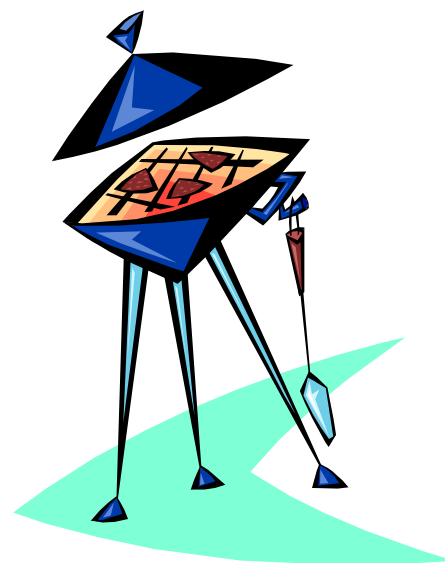
BYOB (We will have a communal ice chest
if you want to share your beverages)

**Fox River Preserve & Marina
Small Shelter**

(Shelter to the left as you enter)

Located on Roberts Road, south of Rt. 176 and west of Rt. 59.

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



Here you see the group making road signs for the Wheeling Wheelmen bike club. Pat Illy, Reinhilde & Len Geis, Judy & Joe Beemster. Photo by Frank Illy



IF YOU'RE LOOKING FOR A CYCLING TOUR ALMOST ANYWHERE IN THE WORLD, a new website called Biciklo.com has amassed more than 7,000 trips offered by some 400 tour operators. The site lets you search by country, length of tour and type of riding. Included are the cost, accommodations, level of difficulty and attractions. Co-founders **David Houghton** and **Hannah Spencesay** Biciklo's goal is to promote bicycle touring as a healthful and environmentally sustainable way to travel and explore.

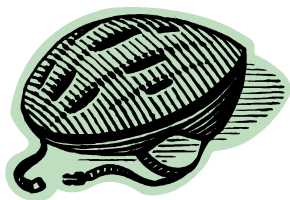
Bike Valet Opens at Wrigley Field

SRAM and SRAM Corporation and World Bicycle Relief have partnered with the Chicago Cubs to provide a new courtesy bike valet at Wrigley Field for the 2010 baseball season. The service will be offered for free during Cubs home games at the northeast corner of Clark Street and Waveland Avenue.

World Bicycle Relief encourage Cubs fans and cyclists to ride their bicycles to Cubs home games and check their bike securely. Cyclists will receive a numbered ticket that is needed to reclaim a checked bicycle. All items must be claimed within one hour after the game's final out. While there is no cost to valet a bike, cyclists are welcome to make an online donation to World Bicycle Relief, a non-profit whose programs provide sturdy, culturally-appropriate bikes to needy populations. To date, the organization has distributed 55,000 bikes in nine countries via initiatives in health care, education and economic development.

"For most Chicagoans, riding a bicycle is primarily recreational. But in the developing world, a bicycle is a powerful and simple form of mobility that can mean the difference between getting to school, getting essential medical care and making a living... or not," says F.K. Day, president of World Bicycle Relief. "Affordable, reliable transportation-a sturdy bicycle-is no doubt one of the most powerful and valuable tools of relief and development work there is."

More information about World Bicycle Relief can be found at www.worldbicyclerelief.org.



longer as protective as it was, even if it still looks intact. Bear in mind that if the helmet did

its job most people would tell you that they did not even hit their head, or did not hit their head that hard. And the thin shells on most helmets now tend to hide any dents in the foam. But if you can see marks on the shell or measure any foam crush at all, replace the helmet. (Helmets made of EPP foam do recover, but there are few EPP helmets on the market. Yours is EPS or EPU unless otherwise labeled.)

You can also crack the helmet foam or damage it by dropping the helmet on a hard surface. The cracks may be small and hard to see, so you need to look carefully. Cracks in the foam always require replacement of the helmet.

You may be reluctant to replace a helmet that looks almost as good as new, but if you did hit, you don't want to take chances on where you will hit next time. If the foam is cracked under the thin shell, it will be more likely to fly apart in your next crash. Many manufacturers will replace crashed helmets for a nominal fee, and most will also inspect crashed helmets to see if they need replacement. Call them if you are in doubt.

Is it from the 70's?

If you still have a helmet from the 70's without a Styrofoam liner, replace it immediately. That would include the Skidlid (with spongy foam), 1970's Pro-tec (spongy foam), Brancale (no foam) and all leather "hairnets." They just did not have the protection of helmets made after 1984 when the ANSI standard swept the junk off the market.

The better 1970's helmets were reasonably good ones, but were not quite up to current standards. It is probably time to replace that old Bell Biker, Bailen, MSR, Supergo or similar model from the 70's or early 80's. The hard shells were great, but

the foam liners were not thick enough to meet today's ASTM or Snell standard. The Bell V-1 Pro was designed to today's standards, but the foam is very stiff, and if you are over 65 you probably should replace that too. If you have one of the 1980's all-foam helmets with perhaps a cloth cover, we would recommend replacing that one. Lab tests showed some years ago that bare foam doesn't skid well on pavement, and could jerk your neck in a crash. The cloth doesn't help much. In addition, some of them had no internal reinforcing, and they tend to break up in a crash. That's not serious if you just fall, but if you are hit by a car the helmet can fly apart in the initial contact and leave you bare-headed for the crack on the pavement.

Is it newer? With what standards sticker inside?

Newer helmets from the late 1980's and the 90's may or may not need replacement. First look to see what standards sticker is inside. If it's ASTM or Snell, the helmet was designed to meet today's standards for impact protection, and you may even find that Consumer Reports tested it in [one of their articles](#). Most manufacturers now recommend that helmets be replaced after five years, but some of that may be just marketing. (Bell now recommends every three years, which seems to us too short. They base it partially on updating your helmet technology, but they have not been improving their helmets that much over three year periods, and we consider some of their helmets since the late 1990's to be [step backwards](#), so we would take that with a grain of salt.) Deterioration depends on usage, care, and abuse. But if you ride thousands of miles every year, five years may be a realistic estimate of helmet life. And helmets have actually been improving enough over time to make it a reasonable bet that you can find a better one than you did five years ago. It may fit better, look better, and in some cases may even be more protective. For an alternate view that agrees with the manufacturers, check out the [helmet FAQ of the Snell Foundation](#). Snell knows a lot about helmets and their views on this sub-

ject should not be dismissed lightly, even though we disagree with them.

Occasionally somebody spreads rumors that sweat and ultraviolet (UV) exposure will cause your helmet to degrade. Sweat will not do that. The standards do not permit manufacturers to make a helmet that degrades from sweat, and the EPS, EPP or EPU foam is remarkably unaffected by salt water. Your helmet will get a terminal case of grunge before it dies of sweat. Sunlight can affect the strength of the shell material, though. Since helmets spend a lot of time in the sun, manufacturers usually put UV inhibitors in the plastic for their shells that control UV degradation. If your helmet is fading or showing small cracks around the vents, the UV inhibitors may be failing, so you probably should replace it. Chances are it has seen an awful lot of sun to have that happen. Otherwise, try another brand next time and let us know what brand faded on you.

At least one shop told a customer that the EPS in his three year old helmet was now "dried out." Other sales people refer to "outgassing" and say that the foam loses gas and impact performance is affected. Still others claim that helmets lose a percentage of their effectiveness each year, with the percentage growing with age. All of that is nothing but marketing hype to sell a replacement helmet before you need it. There is some loss of aromatics in the first hours and days after molding, and helmet designers take account of that for standards testing. But after that the foam stabilizes and does not change for many years, unless the EPS is placed in an oven for some period of time and baked. The interior of your car, for example, will not do that, based on helmets we have seen and at least one lab crash test of a helmet always kept in a car in Virginia over many summers. Helmet shells can be affected by car heat, but not the foam. The Snell Memorial Foundation has tested motorcycle helmets held in storage for more than 20 years and found that they still meet the original standard. EPS is a long-lived material little affected by normal environmental

(Continued on page 7)

Village CycleSport

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Top 50 Trek
Dealer.
Over 30 yrs.
in Business



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with the
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Twitch
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Fit
Specialists

Computrainer
Training
Center

Areas largest
Selection of Tandems,
Recumbents and
Folding Bikes

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www.villagecyclesport.com
45 Arlington Hts. Rd. • Elk Grove Village, IL 60007 • 847-439-3340
1313 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650
203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200

The Harmon 100 is going back to its traditional date, the Sunday after Labor Day, September 12. The ride will be starting once again from Wilmot H.S. in Wisconsin. Watch future newsletters for additional information and requests for volunteers.



factors. Unless you mistreat it we would not expect it to "dry out" enough to alter its performance for many years.

An honest manufacturer: MET

The Italian company MET says in [their 2010 catalog](#):

"We are often asked 'For how long is a helmet safe?', or 'how often should I replace my helmet?'" Until now it has been difficult to find any reliable figures to help answer these queries. MET have now developed a series of tests which are conducted on aged helmets to determine a 'best before' date (unless the helmet is involved in an accident. In that case it should be replaced immediately.). The results indicate that, if used properly according to our owner manual, our helmets will still do their job up to eight years after they have been made. Not only is that good news for the customer, it's great news for the environment!"

We applaud MET for undertaking an actual testing program on helmet life and for making that statement. We regard it as a triumph of integrity over marketing. MET's helmets are made with industry standard shells and liners, so there is no reason we can see that their recommendation should not be good for many other helmet brands as well. If another manufacturer comes up with a testing program that shows earlier deterioration in the protection from their products we will review this page.

In sum, we don't find the case for replacing a helmet that meets the ASTM or Snell standards that compelling if the helmet is still in good shape and fits you well.

Are you using it for non-bicycle activities?

Since 2003 helmets have been available that are actually certified to skateboard or ski standards as well as the CPSC bicycle helmet standard. If you are using a bicycle helmet for skateboarding or any other sport where you crash regularly, see our write-up on [helmets for the current season](#) for more info on that. Otherwise, we would recommend buying another helmet designed for the activity you are pursuing, whether or not you replace your bike helmet. We have more on that subject on our page on [other helmets](#). Note that most "skate-style" helmets currently on the market are actually bicycle helmets certified only to the CPSC bicycle helmet standard. They have CPSC stickers inside, but no ASTM Skateboard standard sticker.

Do you still like wearing it?

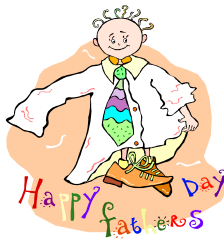
Your helmet is of course a piece of wearing apparel as well as a safety appliance. If you consider yourself a stylish rider and your helmet is not as spiffy as the new ones, go for it. There is nothing wrong with wanting to look good, and if you do, fashion is a valid reason to replace a helmet.

Edited article from bhsi.org/replace.htm



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
TBA

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

OAK PARK CYCLERY

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

RUNNER'S HIGH & TRI

121 W. Campbell, Arling-
ton 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
205 W. Northwest Hwy
Barrington,
847/382-9200

We support:

- *The League of American Bicyclists
- *The League of Illinois Bicyclists
- *Active Transportation Alliance
- *Buffalo Grove Bike Rodeo
- *Bicycle Federation of Wisconsin

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