



# MONTHLY MEANDERS

## BOARD BANTER

**Emily Qualich** was involved in an accident while riding her bike on our Bakery ride. She wants to share her experience to alert club members of the consequences associated with riding through a red light. Thankfully Emily was not severely injured.

Joe Beemster

On April 25, 2013 while on the Bakery Ride I had an accident. I was very lucky to walk away. My bike wasn't. I am writing this because I don't want anyone to go through what I did. Let me explain what happened.

I was at the intersection of McHenry Rd and Rt. 53, south of Long Grove, waiting for the light to change. It went from red to green arrow to turn left. On Rt. 53 there was a semi-truck at the closest lane to me. I continued to wait and **thought** that the light would change green for me.....so...I started to go. As I looked I noticed that I still had the red light and that the traffic on Rt 53 was starting to move. The semi truck was not moving so I

continued. As my peripheral vision cleared the semi, I saw a pickup truck coming towards me from the farthest lane. I simply reacted. I did not think. Slammed on the breaks and turned the handle bars left to try to



get away from the truck. The truck did not hit me, but I think that the bike must have leaned very close to the ground because it was dragged. It happened so fast. The truck stopped and I jumped to my feet. All I could do was stare at my bike. The back tire was under the wheel of the pickup truck. The guy looked at me like I was crazy. Yes he had the green light.

The police and ambulance came. Fortunately I only suffered bruises to my left thigh. I am sore, but alive.

As a reminder....while on a bike we **MUST** follow all of the road rules. We **MUST**

wait patiently at intersections for the light to change or for all traffic to clear if there is no light. If you are in a group think about what you are doing. Those behind you are counting on you to tell them if it is safe to continue. Don't cut it so close that the riders

behind you cannot follow. Better to wait until it is safe for everyone to cross.

I want to thank everyone who waited for me to get back to the park. I really needed those hugs. Thank you for staying with me at the Bakery. It helped me calm down so that I could drive home.

June, 2013

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September 8

## Club Officials

### Elected Officers

#### President

Joe Beemster 847/215-2314

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

Pat Calabrese 847/358-4807

#### Treasurer

Johannes Smits 630/893-2835

#### Secretary

Dave Waycie 847/577-6307

#### Membership

Mitch Rosset 847/376-8152

#### Publicity Chair

Barb Barr 224/578-0624  
Powerbarb53@gmail.com

### Appointed Officers

#### Harmon Chairman

Roland Cooper 847/732-0432  
rscooper3@gmail.com

#### Newsletter

Ella Shields 773/407-4712

#### St. Pat's Ride

Anna & George Swietczak 312/969-1010

### Chairmen

#### Banquet

Meg Ewen 630/540-1704

#### Harmon Data Base

Emily Qualich 847/ 821-1009

#### Mileage Statistician

Emily Qualich 847/ 821-1009

#### Newsletter Mailings

Joe Beemster 847/215-2314

#### Picnic

Al & Cindy Schneider 847/696-2356

#### Refreshments

**Open**

#### \*Ride Coordinator

Sheri Rosenbaum 847/971-4573  
luv2bike80@hotmail.com

#### Web Page

Jim Boyer 847/541-1325

### Newsletter Policy

We can always use information for the newsletter. I'd love to hear from you. E-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month

Ella Shields

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 Mitch Rosset with your new address or e mail address at 847/376-8152 or e-mail him at wheeling@wheelmen.com.

## TOP 20 MILES

Thru May 12

46 rides by 105 members

### Women:

1	Sheri	Rosenbaum	659
2	Emily	Qualich	572
3	Pam	Kaloustian	484
4	Eva	Larson	441
5	Betsy	Burtelow	373
6	Reinhilde	Geis	346
7	Pat	Calabrese	291
8	Laura	Randazzo	285
9	Deb	Wilson	282
10	Lynne	Lutman	253
11	Cindy	Trent	250
12	Anna	Swietczak	202
13	Virginia	Savio	194
14	Ella	Shields	188
15	Pam	Burke	169
16	Paula	Matzek	140
17	Nancy	Beck	137
18	Terri	Schroeder	116
19	Marianne	Kron	96
20	Cindy	Kessler	84

### Men:

1	Dennis	Ellertson	1386
2	Paul	LeFevre	928
3	Mitch	Rosset	898
4	Kevin	Moore	870
5	Kilian	Emanuel	836
6	Dave	Naigles	799
7	Brian	Hale	640
8	Joe	Beemster	553
9	Alex	Halamaj	523
10	Dave	Waycie	515
11	Jim	Boyer	449
12	Peter	Guzik	429
13	Jim	Flechsing	425
14	Tom	Wilson	407
15	JV	Villadolid	373
16	Frank	Bing	366
17	Leo	Rhee	336
18	Bob	Dominski	320
19	Len	Geis	305
20	Luis	Magana	302

## BOARD MEETING

The next board meeting is, Monday, June 24, 7:00 p.m., location TBD.

All Board members are requested to attend.

**WELCOME**  
new members

Gregg Hinkle

Bill McGovern

Susan & Chris Fuller



## BANQUET PICTURES

We will once again be doing a slide show at the annual club banquet

(November 10) and are asking for contributions this season. So be sure and take your camera out to rides and events this year and share your pictures with the club.

Send your pics by October 31 to Dave Waycie at [dwaycie@wowway.com](mailto:dwaycie@wowway.com).

“When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.”

— Arthur Conan Doyle

Date	Time	Ride Name	Starting Location/ Directions	Miles	Ride Host	
June 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 *bring money for lunch/snacks		
Sat. 6/1	8:00	Honey-Do Ride	<b>Grassy Meadow Forest Preserve</b> The F.P. is on Central Rd., 1 1/2 miles west of Roselle Rd, just north of I-90.	30-58	Jim Boyer 847-508-6375	
	8:00	The Birky Challenge	<b>Grace Christian Church</b> Hwy K @ 4th St Fond du Lac, WI	40/67	Invitational	
	9:00	Root Beer Social	<b>McHenry Co. College</b> Rt. 14 one mile past IL 176 in Crystal Lake. Meet in north parking lot.	58/82	Dave Waycie 847-845-9663	
Sun. 6/2	9:00	Sunday Short Ride	<b>Long Grove Commons</b> RT. 22 & Old McHenry Roads Park north of the PNC Bank	~31-55	Louis Greene 847-530-7125	
	6:30-10 am	Udder Century McHenry County Bike Club Invitational	<b>Donley's Wild West Town</b> 8512 S. Union Rd Union, IL See <a href="http://www.mchenrybicycleclub.org">www.mchenrybicycleclub.org</a>	32/50/62/ 75/100	Invitational	
Sat. 6/8	8:00	Honey-Do Ride	<b>Grassy Meadow Forest Preserve</b> The F.P. is on Central Rd., 1 1/2 miles west of Roselle Rd, just north of I-90.	30-58	Pam Burke 312-615-3407	
	~~	TOMRV Overnight Excursion	Bettendorf/Preston, Iowa See <a href="http://www.qcbc.org">www.qcbc.org</a>	65/106	Ella Shields 773-407-4712	
Sun. 6/9	9:00	Sunday Short Ride	<b>Long Grove Commons</b> RT. 22 & Old McHenry Roads Park north of the PNC Bank	~31-55	Pam Kaloustian 847-707-0203	
	~~	TOMRV Overnight Excursion	Bettendorf/Preston, Iowa See <a href="http://www.qcbc.org">www.qcbc.org</a>	41/86	Ella Shields 773-407-4712	
Fri. 6/14	10:00	Friday Lunch Ride to Taste of Libertyville	<b>Willow Stream Park</b> Old Checker Rd just west of Buffalo Grove Rd	33	Frank Bing 847-814-9925	
Sat. 6/15	8:00	Honey-Do Ride	<b>Grassy Meadow Forest Preserve</b> The F.P. is on Central Rd., 1 1/2 miles west of Roselle Rd, just north of I-90.	30-58	Pam Burke 312-615-3407	
	9:00	City of Os	<b>LaGrange General Store</b> IL Route 12 to WI to County H in LaGrange, WI. General Store on corner.	50/88	Dave Waycie 847-845-9663	

Continued on page 4

Be sure to be on the Yahoo group and/or Facebook for last minute changes

### June Ride Schedule (continued)

Date	Time	Ride Name	Starting Location/ Directions	Miles	Ride Host
Sun. 6/16	9:00	Sunday Short Ride	<b>Long Grove Commons</b> RT. 22 & Old McHenry Roads Park north of the PNC Bank	~31-55	Joe Beemster 847-867-6724
Fri. 6/21	10:00	Friday Picnic Ride	<b>Willow Stream Park</b> Old Checker Rd just west of Buffalo Grove Rd	33	Frank Bing 847-814-9925
Sat. 6/22	8:00	Honey-Do	<b>Grassy Meadow Forest Preserve</b> The F.P. is on Central Rd., 1 1/2 miles west of Roselle Rd, just north of I-90.	30-70	Len & Reinhilde Geis 312-209-0279
	6:00/8:00	Longest Day of the Year Double Century Challenge	<b>Wilmot High School, Wilmot, WI</b> Take I-94 west across the WI state line to Exit 345 (Hwy C). Go West on Hwy C to the town of Wilmot. Turn right on Hwy W in Wilmot. Continue to High School entrance on the left side of the road.	50/75/100/ 150/175/200	Mitch Rosset 847-814-3107
Sun. 6/23	9:00	Sunday Short Ride	<b>Long Grove Commons</b> RT. 22 & Old McHenry Roads Park north of the PNC Bank	~31-55	Larry Frank 847-832-0630
Fri. 6/28	10:00	Friday Picnic Ride	<b>Willow Stream Park</b> Old Checker Rd just west of Buffalo Grove Rd	33	Frank Bing 847-814-9925
Sat. 6/29	8:00	Honey-Do	<b>Grassy Meadow Forest Preserve</b> The F.P. is on Central Rd., 1 1/2 miles west of Roselle Rd, just north of I-90.	30-70	Brian Hale 847-804-1561
Sun. 6/30	9:00	Sunday Short Ride	<b>Long Grove Commons</b> RT. 22 & Old McHenry Roads Park north of the PNC Bank	~31-55	Betsy Burtelow 847-204-8274
	8:30	Long Grove to McHenry Ride	<b>Long Grove Commons</b> RT. 22 & Old McHenry Roads Park north of the PNC Bank	71	<b>RIDE HOST NEEDED OR WILL BE CANCELLED</b>

#### PROCEDURE PROCESS: IN QUESTIONABLE WEATHER SITUATIONS

If the ride host considers the weather forecast to be severe enough to cancel the ride, he/she should post a message on the Wheeling Wheelmen Yahoo Group ([wheelingwheelmen@yahoo.com](mailto:wheelingwheelmen@yahoo.com)). These conditions can include very high chance of rain or snow, severe winds, or other unsafe conditions.

- If the ride host decides to cancel the ride, he/she should post a message to

the Yahoo group no later than 2 hours before the scheduled ride start time.

- Of course, the host may post the message earlier, like the night before, if there is really no question that the ride will be cancelled. Or, if the host wants to decide in the morning, he or she can post a notice to watch for an update in the morning. Generally, more communication is better than less.

Riders are encouraged to use the Yahoo group, but if a rider cannot access the Yahoo group, the host can be contacted at the phone number listed on the ride schedule.

Every member should consider subscribing to the Yahoo group especially if they are planning on doing rides starting in the outlying areas. Instructions for subscribing to our Yahoo Group are listed on page 7. We also encourage people to join the Wheeling Wheelmen Facebook page and ride information is posted there, too.

WEEKLY RIDES					
Day	Time	Ride	Miles	Start/Directions	Ride Host
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	25-40	<b>Willow Stream Park</b> - 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	Kilian Emanuel 847/296-7874
Tuesday	6:00 pm	Working Stiff's Ride	18-27	<b>Stempel Parking Lot</b> On the west side of Old McHenry Road, behind the Read Oaks Store. West of IL 53, Long Grove, IL	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday Trail Rides	10:00 a.m.	North Branch/ Botanic Gardens	16-32	<b>Blue Star Memorial Woods</b> East Lake Ave., Glenview. East of Waukegan Rd, between Wagner and Harms near overhead trail bridge. Parking lot on the south side of E. Lake Ave.	Dennis Ellertson 847/255-9323
Wednesday	5:30 pm	Hill and Dale Ride	25-35	<b>Grassy Meadow Forest Preserve</b> The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Anna Swietczak 312/ 969-1010 Joe Beemster 847/ 215-2314
Thursday	6:00 pm	Thursday Night Ride	30	<b>Heron Creek Forest Preserve.</b> Located on the SW Corner of RT 22 and Old McHenry Road, park at shelter B.	Paul Lefevre 847/670-3501
Friday starts June 14	10:00 a.m.	Friday Picnic Ride Food & music in the park (more info on page 6)	33	<b>Willow Stream Park</b> See above	Frank Bing 847/814-9925

**INVITATIONAL'S**

**June 1, Birky Challenge**, Fond du Lac, WI  
67 and 40 mile routes from Fond du Lac cycle through the scenic Kettle Moraine Forest on a paved road  
[www.birkychallenge.com/The\\_Birky\\_Challenge/Welcome.html](http://www.birkychallenge.com/The_Birky_Challenge/Welcome.html)

**June 2, Udder Century**, Donley's Wild West Town, Union, IL 31/50/62/ 75/100 miles, [udder@charter.net](mailto:udder@charter.net)  
[mchenrybicycleclub.org](http://mchenrybicycleclub.org)

**June 2, UPAF'S Ride for the Arts**, Milwaukee, WI.  
5/12/25/50/75 miles [events.upaf.org/ride/](http://events.upaf.org/ride/)

**June 8/9, TOMRV**, Bettendorf, IA. Saturday:115 (69) / Sunday:96 (46) miles. [tomrv\\_dt@msn.com](mailto:tomrv_dt@msn.com) [qcbc.org/tomrv](http://qcbc.org/tomrv)

**June 9, BCLC Ramble**, Wilmot, WI. 12/30/50/70/100

miles [bikebclc.com/ramble](http://bikebclc.com/ramble)

**June 15, 13th Annual Rotary Pie Ride**, Janesville WI.  
31/62/100 miles, all riders get a free pie, [www.pieride.org](http://www.pieride.org)

**June 23, Swedish Days Ride**, Burlington ,IL.  
25/45/62/75/100/124 miles 630-776-4054  
[www.fvbsc.org/swededays.html](http://www.fvbsc.org/swededays.html)

**June 29, The L.A.T.E. Ride**, Chicago, 25th Anniversary,  
Cyclists ride 25 miles under the moonlight through the city's downtown, South Loop, Chinatown, and North Side neighborhoods and along Chicago's spectacular lakefront bicycle path. [www.lateride.org](http://www.lateride.org)

**June 30, Menominee River Century**, Menominee, WI.  
15K, 40K, 80K, 120K, [www.mrcride.com](http://www.mrcride.com)



**JOIN US FOR THE ANNUAL  
WHEELING WHEELMEN PICNIC  
SUNDAY, JULY 7**

Rides will start @ 9:00 and 10:00 am.  
There are also hiking and biking trails

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

Heron Creek Forest Preserve

Shelter B

Located on the southwest corner of Route 22  
and Old McHenry Road

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



**BUFFALO GROVE KID'S BIKE RODEO**

The Wheelmen again assisted the Buffalo Grove Police Dept. with their annual bike rodeo on Saturday May 18th. This event is geared towards teaching children bike safety as well as promoting cycling. Every child has to prove their efficiency in riding a course.

Barb Barr and her crew checked the helmet fit on each child as they entered the event and explained to the parents how to properly adjust them. Assisting Barb were Marianne Kron, Nancy Beck, Ulfert Broockmann and Joe Beemster. Some 85 children participated.

(Photo depicts Ulfert adjusting a helmet worn by an aspiring rider.)

**BIKE WITH THE MAYOR**  
(of Elk Grove Village)  
Saturday, June 8  
12 to 4 p.m.

Join Mayor Johnson and the Friends of Cycling in Elk Grove (FCEG) on a leisurely bike ride around the Village. The 5-mile ride will start and end at the Elk Grove Historical Museum so

that visitors will have the opportunity to discover the history of bicycling in EGV. This event will be fun for the entire family! Refreshments are included.

Registration is FREE and is required by June 5th for headcount purposes. Barcode #82646

[www.elkgroveparks.org](http://www.elkgroveparks.org)



**FRIDAY PICNIC RIDES**

We will conducting road rides again this year to Libertyville's Out to Lunch events held in downtown Cook Park. These are popular outdoor events held every Friday, June 21 through August 16. There will be a wide variety of food offerings from 9

food vendors and live musical entertainment.

Rides start from Willow Stream Park at 10:00 AM. It will be joint rides with The Arlington Heights Bike Club.

If you can't make the ride, come meet us for lunch. The event runs each Friday from 11:00 AM to 2:00 PM.

The bands this summer are:

- June 21 - The New Libertyvillians
- June 28 - Sneezy Trio
- July 5 - Kevin Spica
- July 12 - David Dallison & Friends
- July 19 - Peter Cimbalo
- July 26 - Sagebrush
- Aug 2 - Rhythm Bureau
- Aug 9 - Keeghan
- Aug 16 - The Mojo Daddies

<p>Top 100 Dealer in USA. Top 50 Trek Dealer. Over 30 yrs. in Business</p>	
 <p>Arlington Heights • Elk Grove Village • Barrington</p>	
	<p>THE BEST WAY TO TRAIN ◆ Computrainer Training Center</p>
<p>Areas largest Selection of Tandems, Recumbents and Folding Bikes</p>	
<p><a href="http://www.villagecyclesport.com">www.villagecyclesport.com</a> 45 Arlington Hts. Rd. • Elk Grove Village, IL 60007 • 847-439-3340 1326 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650 203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200</p>	<p>Get the right fit with the Slow Twitch Certified Fit Specialists</p> <p>Ask for your <i>Wheeling Wheelmen Discount</i></p>

The **Wheeling Wheelmen Bicycle Club** 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 everyone'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](mailto:wheeling@wheelmen.com)

To Subscribe send an email message to:  
[wheelingwheelmen-subscribe@yahoogroups.com](mailto:wheelingwheelmen-subscribe@yahoogroups.com)

To Unsubscribe send an email message to:  
[wheelingwheelmen-unsubscribe@yahoogroups.com](mailto:wheelingwheelmen-unsubscribe@yahoogroups.com)

To post a message send your message in an email to:  
[wheelingwheelmen@yahoogroups.com](mailto:wheelingwheelmen@yahoogroups.com)

The group name is: **wheelingwheelmen** and is available at: [pgroups.yahoo.com/group/wheelingwheelmen](http://pgroups.yahoo.com/group/wheelingwheelmen)

**Wheeling Wheelmen  
Board Meeting  
May 20, 2013**

**Present:** Joe Beemster, Pat Calabrese, Ella Shields, Dave Waycie

The meeting was called to order at 7:05 pm.

**Treasurer's Report:** Checking account balance \$15,250. Reviewed major expenses thus far for the year. Insurance costs continue to rise each year, but no adjustments are required at this point.

**Membership Report:** Membership cards have been distributed.

**Harmon:** Joe will meet with Roland

over the next couple of weeks to review status.

**Buffalo Grove Bike Rodeo:** 85 kids were served (helmet adjustments, etc.). Thanks to Barb Barr, Nancy Beck, Joe Beemster, Ulfert Broockmann, and Marianne Kron for representing the club at this event.

**Picnic:** Al and Cindy Schneider will again handle the picnic. The location has been reserved.

**Jerseys:** Some members have inquired about the availability of jerseys. We do not normally order extras, so they are not available. Brian Hale has offered to survey members to see if there is sufficient interest in placing a jersey order next year. The board agreed that we

would need a new design in order to generate sufficient interest.

**Newsletter Articles:** July – Dave Waycie.

**Other business:** Banquet cost has increased slightly, but agreed to keep the cost to \$25 per person.

Regarding protective helmets: Agreed to change wording on club Information and Application Form, from "Highly Recommend" all members wear a helmet to "Require" all members wear a helmet.

**Next Board Meeting:** Monday, June 24, 7:00 pm.

The meeting was adjourned at 8:00. Dave Waycie, Secretary



P. O. Box 7304  
 Buffalo Grove, Il.  
 60089-7304  
 wheeling@wheelmen.com



June 21

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



**SAVE THE DATES**

Picnic - Sunday, July 7  
 Harmon Hundred - Sunday, Sept. 8  
 Banquet - Sunday, Nov 10

**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**  
 661 Central,  
 Highland Park (847) 432-0015

**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

**GEORGE GARNER CYCLERY**  
 1111 Waukegan Rd.  
 Northbrook  
 847/272-2100

**LIBERTYVILLE CYCLERY**  
 740 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,  
 Arlington Hts.,  
 847/670-9255

**SPOKES**  
 69 Danada Square E,  
 Wheaton 630/690-2050  
 1807 S. Washington, #112  
 Naperville, 630/961-8222

**TREK BICYCLE STORE – HIGHLAND PARK**  
 1925 Skokie Hwy  
 Highland Park [trekhp.com](http://trekhp.com)  
 847-433-8735

**THE CYCLERY**  
 575 Ela Road, Lake Zurich  
 847/438-9600

**VILLAGE CYCLESPORT**  
 45 Arlington Hts Rd  
 Elk Grove Village  
 847/439-3340  
 1326 N. Rand Rd.  
 Arlington Hts.  
 847/398-1650  
 203 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](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