



# MONTHLY MEANDERS

## WHEN IT'S TIME TO KILL THE GROUNDHOG

May 2016

We've all been moaning and groaning about spring taking its own sweet time getting here and that Punxsutawney Phil must go. In late March, Mitch and I looked at each other and said we need to get outta here!! So we pulled out a map and looked what was a day's drive from Chicago. Tennessee, Kentucky and North Carolina all looked inviting. I got to surfin' the internet looking for invitations and bike clubs. I found the Burnsville Metric Century in NC but it wasn't until April 30<sup>th</sup>. Too long to wait, need Spring NOW!!! I emailed the contact listed on the site asking if we could get cue sheets ahead of time and if there was a club to ride with. Immediately I received this wonderful email from Marc offering maps, cue sheets, himself as a guide PLUS bikes if we needed them. Wow, that's southern hospitality.

Next I asked him to suggest places to stay since it was pretty much in the middle of nowhere. He provided a handful of suggestions running the gamut of prices and "luxury". We opted for this cute cabin 3,400ft up in the mountains flanked by national forest. Marc had said that one of the owners, Mary, was a cyclist, so we booked the place for a few days.

Mary, was beside herself we were bikers and insisted on taking us on rides each day. Not to mention she was a native Chicagoan. Bonus!!!

We had the first half of the week figured out. Next was where to go for the second half. I contacted the Louisville, KY bike club. But did not get warm and fuzzy responses about riding with them or lodging. So we opted for the Bluegrass Cycling Club in Lexington, KY. First off, the Event Director for the Horsey Hundred is also a Pearl Izumi Ride Champion with me. Second, she's a member of the Bluegrass club. Third, they had rides day and evening just like the Wheelmen. So done deal. Arrangements made.

A few days before departure, Mitch found out he wouldn't be able to get off work. So since I really needed a vacation, I decided to head out on my own. So began Sheri's Quest to find Spring.

**Day 1:** Weather in Chicago was low 30s and sleeting. So it was a lot easier to head out on the 650 mile drive across five states to reach Johnson City, TN. I wasn't sure how long the drive would take me so I opted to stay overnight in TN and take the remaining 50 miles across Iron Moun-

tain the next morning when I was a little more fresh.

**Day 2:** Ate a good breakfast at the hotel knowing Mary had planned a climbing day for us. So I took the narrow winding road over Iron Mountain into Bakersville, NC. The speed limit was 55 mph and all I could think of was WTF? There's no way to take some of these switchbacks at anything more than 20mph. I also started to get a little freaked out thinking this was the type of road we'd be riding on for the next few days.

Arrived at Bakersville, literally a one stop light town. Yep, I was in the middle of nowhere and that was just perfect. I found Bird Town Cabins ([www.birdtownguesthouses.com](http://www.birdtownguesthouses.com)) at the end of a windy road and Mary was already in her cycling gear ready to roll. I continued up this gravel road to Little Bird cabin. Yikes, it was like straight up the side of the mountain. The cabin was beautiful. Full kitchen, sitting area, bedroom and indoor plumbing. The view was breathtaking.

I quickly got changed and we were off for our first ride. No time to get acclimated to the altitude or warmed up. Three mile climb off the bat.

*(Continued on page 6)*

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### DON'T FORGET TO RENEW YOUR MEMBERSHIP

Renew on line or use the membership application on the website. Renewal is now available using either your PayPal account, or by using a credit card.

**visit [wheelmen.com](http://wheelmen.com)**

## Club Officials

### Elected Officers

#### President

Joe Beemster 847-215-2314

#### V.P.-Ride Chair

Dave Waycie 847-845-9663  
dave.waycie@gmail.com

#### Treasurer

Johannes Smits 630-893-2835

#### Secretary

Patty Blome 847/358-4807

#### Membership

Mitch Rosset rrkite99@aol.com

#### Publicity Chair

Pam Kaloustian 847-707-0203  
bubbath1@comcast.net

### Appointed Officers

#### Harmon Chairman

Erich Massat 847-253-5815

#### Newsletter

Ella Shields 773-407-4712

#### St. Pat's Ride

Anna & George Swietczak  
annaswiet@yahoo.com

### Chairmen

#### Banquet

#### Harmon Data Base

Emily Qualich 847- 821-1009

#### Mileage Statistician

Emily Qualich 847- 821-1009  
e.qualich@comcast.net

#### Newsletter Mailings

Joe Beemster 847-215-2314

#### Picnic

Al & Cindy Schneider 847-696-2356

#### Web Page

Johannes Smits 630-893-2835

### 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!! Contact Mitch Rosset with your new address or e-mail address at rrkite99@aol.com

## TOP MILES

Through April 14  
16 rides by 66 members,  
635 maximum miles

### Women:

1	Betsy	Burtelow	176
2	Paula	Matzek	127
3	Eva	Waycie	122
4	Sheri	Rosenbaum	102
5	Marianne	Kron	85
6	Nancy	Beck	85
7	Tara	Riley	78
8	Reinhilde	Geis	77
9	Emily	Qualich	76
10	Cindy	Kessler	40
11	Jackie	Kelley	24

### Men:

1	Dennis	Ellertson	442
2	David	Waycie	358
3	Kilian	Emanuel	315
4	Paul	LeFevre	257
5	Kevin	Moore	228
6	Jorn	Lim	205
7	Erich	Massat	192
8	Jim	Boyer	176
9	Jeff	Magnani	162
10	Larry	Frank	156
11	Johannes	Smits	154
12	Brian	Hale	152
13	Mitch	Rosset	147
14	Luca	Zaramella	132
15	JV	Villadolid	126
16	Fred	Gnadt	126
17	Rich	Vichotka	120
18	Daniel	Szokarski	120
19	Dan	Wiessner	118
20	Don	Miller	118
21	Bob	Dominski	114
22	Bill	McGovern	112
23	Alex	Halamaj	86
24	Jim	Flehsig	86

### Total Rides Led

### Through

Bob Dominski	1
Dennis Ellerston	2
Don Sorter	1
Eva Waycie	1
Jeff Rossi	1
Jim, Boyer	1
Kilian Emanuel	6
Larry Frank	1
Luis Magana	1
Tara Riley	1
<b>Total Hosts</b>	<b>10</b>



## HELP NEEDED FOR BIKE RODEO Saturday, May 14 (Rain date May 21)

Every year the Wheelmen help the Buffalo Grove Police Department with their Bike Rodeo. This event is geared towards teaching kids bike safety, as well as promoting cycling. Once the kids sign up at the registration desk, they come to our station where we make sure their helmets are fitted properly.

Pam Kaloustian needs volunteers to help out with the Rodeo. She needs two shifts of two people each. First shift is 11 am-1pm and 2nd shift is 1pm-3 pm. A pizza lunch is provided.

Please contact Pam Kaloustian at 847-707-0203 to volunteer and to get more details.

May 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
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Day	Time	Ride Name	Start Location/Directions	Miles	Ride Host
Sun 5/1	9:00	Sunday Short Ride	<b>Long Grove Commons</b> Route 22 and Old McHenry Road. Park in lot north of the PNC Bank	31-55	Reinhilde Geis 847-679-0279
Sat 5/7	<b>8:00 new start time</b>	Honey Do	<b>Grassy Meadow Forest Preserve</b> On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90	30-58	Tony Vercillo 847-691-7049
	9:00	Antioch Classic	<b>Antioch Middle School</b> I-94 to IL -173 west, just past IL-59	58/80	Todd Berlin 847-910-5336
Sun 5/8	9:00	Sunday Short Ride (Mother's Day)	<b>Long Grove Commons</b> See Above	31-55	Larry Frank 847-832-0630
Sat 5/14	8:00	Honey Do	<b>Grassy Meadow Forest Preserve</b> See Above	30-58	Betsy Burtelow 847-541-1325
	9:00	Twice Baked Bakery Ride	<b>Willow Stream Park</b> On Old Checker Rd, a mile west of the bakery. Turn west on Old Checker Rd. to parking on the right	40/80	Brian Hale 847-804-1561
Sun 5/15	9:00	Sunday Short Ride	<b>Long Grove Commons</b> See Above	31-55	Johannes Smits 630-935-4074
Sat 5/21	8:00	Honey Do/ Extended Do	<b>Grassy Meadow Forest Preserve</b> See Above	30-72	Cindy Kessler 847-918-7109
Sun 5/22	9:00	Sunday Short Ride	<b>Long Grove Commons</b> See Above	31-55	Reinhilde Geis 847-679-0279
		<b>Arlington 500 (Arlington Bicycle Club)</b>	<b>Barrington H.S.</b> 616 W. Main St. (Hart Road and Long Grove Road)	31/44/ 55/69	Invitational
Sat 5/28	8:00	Honey Do/ Extended Do	<b>Grassy Meadow Forest Preserve</b> See Above	30-72	Joe Beemster 847-867-6724
Sun 5/29	9:00	Sunday Short Ride	<b>Long Grove Commons</b> See Above	31-55	Louis Greene 847-925-0629
Mon 5/30	9:00	Mitch's Muse (Memorial Day)	<b>Jerseys Grill</b> 2360 Lakewood Blvd Hoffman Estates From I-90 take Barrington Rd north, turn right on Lakewood Blvd. Jersey's will be the first left you can take off of Lakewood Blvd. Pull around to the back parking lot	38/46	Mitch Rosset 847-814-3107

WEEKLY RIDES					
Day	Time	Ride	Miles	Start/Directions	Ride Host
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	25-45	<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	Tom Wilson 847-632-1412
Wednesday	9:30 am	No-Drop Road Ride	30-40	<b>Woodland Trail Park</b> 1-1/4 miles East of Route 83 on Euclid Avenue, Mt. Prospect	Dennis Ellertson 847-255-9323
	6:00 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	Jeff Rossi 708-648-9170
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

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

### ■ INVITATIONALS

- **May 7 Tour de Stooges**, Lebanon, IL
- 10-100 miles, George Fero 618-537-8893
- [info@gatewayeasttrails.org](mailto:info@gatewayeasttrails.org) tourdestooges.com
- **May 7, Ride the Ups and Downs**, Elizabeth, IL
- 26/32/52/63 [www.goatscycling.com/events.html](http://www.goatscycling.com/events.html)
- **May 22, Arlington 500**, Barrington, 26/45/55/67
- [500@cyclearlington.com](mailto:500@cyclearlington.com) [www.cyclearlington.com](http://www.cyclearlington.com)
- **May 28-29 Blackhawk County Roads**, Rockton,
- IL 10/30/45/65 miles, 815-988-6943
- [www.blackhawkbicycleclub.org](http://www.blackhawkbicycleclub.org)

■ **May 28-29 Horsey 100**, Georgetown KY

■ Saturday; 26/35/53/75/100, Sunday; 30/50/75,

■ [www.bgcycling.org](http://www.bgcycling.org)

■ **May 29, Bike the Drive**, Chicago, 15/30 miles

■ [bikethedrive.org](http://bikethedrive.org)

■ **May 29, Leinenkugel's Chippewa Valley Century Ride**, Chippewa Falls, WI., 35/50/75/100 miles

■ [www.chippewavalleyride.us](http://www.chippewavalleyride.us)



**LADIES NIGHT  
VILLAGE CYCLESPORT**

45 S. Arlington Heights Rd.  
Elk Grove Village  
Wednesday, May 11  
7-9:30pm

They will be having a clothing demonstration, an information-

al seminar on garmin/computers, and a tire changing- participation clinic. All of our vendors will be there showing their products and answering questions.

They will have wine, appetizers, desserts and raffle prizes!!!!

Join the fun. RSVP to [laura@villagecyclesport.com](mailto:laura@villagecyclesport.com) by May 9th to reserve your spot. This event will be capped at 125 ladies.



**WEDNESDAY, MAY 18**

In remembrance of cyclists who have been killed or injured while bicycling on public roadways, to encourage bicycle safety, and to raise awareness of cyclists' right to share the road.

**Arlington Heights Bicycle Club**, 6:45 pm. Recreation Park, 500 E Miner St., Arlington Heights, [www.cyclearlington.com](http://www.cyclearlington.com), [rideofsilence@cyclearlington.com](mailto:rideofsilence@cyclearlington.com)

**Chicago:** Gather at Daley Plaza's Eternal Flame beginning at 6 pm; ride departs at 6:30 pm. Ride in silent procession past several area Ghost Bikes.

For more info: [www.rideofsilence.org/chicago](http://www.rideofsilence.org/chicago)



**MEMORIAL DAY RIDE  
MONDAY, MAY 30**

It's become a tradition on Memorial Day to ride from a restaurant and then enjoy a post ride get together with food and a beer.

We had such a great time last year we will be going back to Jerseys Pizza and Grill, they have a beautiful patio overlooking a pond and indoor sports bar.

2360 Lakewood Blvd  
Hoffman Estates  
[JerseysPizzaandGrill.com](http://JerseysPizzaandGrill.com)

**WHEELING WHEELMEN  
BOARD MEETING MINUTES**

Date: April 11, 2016

Attendees: Joe Beemster, Ella Shields, Dave Waycie, Johannes Smits, Agathe and Erich Massat, Pat Calabrese

**Treasurer's Report**

Johannes reviewed the St Pat's Day ride financial status. The club had 205 riders that day and plenty of volunteers. Overall the club made \$1352.78 on this event vs year ago, however the club spent \$1440 on shirts last year. No shirts were purchased this year in order to reduce the inventory. The other big expenditure for this event is insurance which increased by \$153.00 in 2016. Due to the cost of insurance, the club will consider increasing the St. Pat's cost from \$10 to \$15. No final decision has been made. The club purchases insurance thru the League of American Bicyclist, which is a

good rate in the industry.

It was also noted that the club has maintained a balance of \$11,000.00 for the last ten years which covers the cost of Harmon 100 if poor weather.

2015 IRS return has been filed via E-Post Card

**Ride Schedule – Dave Waycie**

- Overall things are going well. Dave has updated the ride sheet with new hosts and most rides have a sponsor.
- The ride sheet has been updated with different language stating that helmets are required.
- Dave is gone for 6 weeks, he will provide Ella the May ride schedule before he leaves.

**Membership and Publicity**

-LIB brochures have been completed

*(Continued on page 7)*

(Continued from page 1)

The scenery was beautiful until I turned the bend and there were two armed Sheriffs with a chain gang picking up garbage on the side of the road. Not something we see on our WW rides.

The ride was 35 miles with 3500 ft of climb, including three CAT 4 climbs. I definitely felt the altitude which was another thing I had not accounted for.

We had a quick rest stop at a cemetery that even had some Civil War veterans buried. Took a selfie by the sign and headed home. Post ride I got to feed their 3 goats and then enjoyed a hot tub to soak my quads.



**Day 3:** Woke up to rain. Crap there goes my 10 years of vacation karma. But by 11am the sun came out, vacation karma still intact, so Mary, Alli and I planned to meet Marc for a ride along the Cane and Toe rivers and then a 6 mile climb they call Spivey Gap. I was thrilled to meet Marc since he started this whole adventure. Very sweet man who's retired and training for RAM. Very strong cyclist, racer and for you men, has 20 bikes.

The first 11 miles we did about 1000 ft of climb. Then some downhill to the rest stop. The store we stopped at had everything a girl could want, live bait, ammo, a burn permit and indoor plumbing.

The 6 mile Spivey climb boasts CAT 2, 3 and 4 sections. I just put it in a small gear and started up. Marc would ride ahead and then do track stands in the middle of the road waiting for me to catch up. Only 2 cars passed us the whole time so he was safe to hang out there. Once at the top we were at the Tennessee boarder and the Appalachian trail head. We stopped for pics and then turned around and headed down the mountain. A little eventful for me as I tried not to wipe out on the sand and gravel that peppered the pavement from the earlier rain. But I also got chased by a pack of 3 dogs and dive bombed by a kamikaze wild turkey trying to make it across the road. The count was now chased by 8 dogs and 1 wild turkey in two rides.

Final stats for the ride was 53 miles and 2,600 ft of climb.

**Day 4:** I decided to skip the ride today and just start my 5+ hour drive to Lexington, KY. I said goodbye to my new friends and cute cabin in the woods and headed northwest. I arrived in Lexington about 4pm and went for a walk on the [Legacy Trail](#). It's a

multi-use paved path that is about 15 miles with plans to expand.

I checked Yelp for a place to eat dinner and found where the locals go. Nestled in between horse farms, was an amazing BBQ joint with a fun vibe.

**Day 5:** I decided to hook up with the Bluegrass Cycling club. They boast 1000 members and have a huge offering of day and evening rides. Today's ride was 5 minutes from the hotel and ended up being 12 guys and me. They split into groups depending on speed. One racer guy, Chuck, said just get on my wheel. So I did and about 7 of us set out as the fast group. They were a great group of guys and dialed it back a bit for me on some of the climbs. Had a nice paceline going through quiet country rollers flanked by huge horse farms. There were tons of foals out in the pastures which really added to the beauty.

Towards the end of the ride the guys asked if I had ever been to the Kentucky Horse Park. So we took a detour at the end and sauntered through the massive grounds. There are polo fields, arenas, cross country courses, you name it. It was a nice way to end the ride. Stats for the ride were 36 miles and 1700 ft of climbing.

That afternoon I went to Keeneland Race Track. It's always a rest stop for the Horsey Hundred but the racing season is over by then. So in seven years I've never seen the track open. After that I headed to downtown Lexington for dinner and Thursday night live music fest. I met up with a couple of the Bluegrass members and had a lovely evening.

**Day 6:** This was my last ride before heading back home. David's Fork Baptist ride reminded me of our Honey Do. About 50 riders of varying speeds, going different routes and distances. A couple of the guys I rode with the previous day told me to come with them. Some gal Sarah had a 26 mile route she wanted to try. They said the pace would be 17mph average and they wouldn't drop me. BTW, there was no cue sheet or map so they better not drop me.

Well, there were about 20 riders in a double paceline screaming down these country rollers. The first half of the ride we averaged 19mph. Thankfully they dialed it back a bit on the second half to 17/18 mph. Another beautiful ride with a great group of people. But my legs were tired and it was time to head home.

I'd say my Quest to find Spring was successful. The groundhog is dead and Spring has finally arrived in Chicago. This past weekend we had back to back 70 degree days, sunny and low winds. Couldn't ask for anything more.

Enjoy the ride,  
Sheri Rosenbaum

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234 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200

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## 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.

-Approximately 187 members have signed up

### Meetings

-Paula Matzek did a really nice presentation at the last meeting, unfortunately the April meeting had to be cancelled as the presenter cancelled at the last minute.

-Next club meeting will be the picnic on 7/10

-The club will sponsor a HH pizza party as a thank you for the volunteers of the event at the September meeting.

### Harmon Hundred

-The school and rest stops have been reserved

-Many of the chairs will return in 2016

-Joe asked Erich to get in touch with the Athletic director of the school to introduce himself

-The board had a long discussion about T-Shirts since these are expensive and can create cash flow concerns. People presented ideas such as: remove 2016 from the shirt to make it relevant for any year, order less shirts, discontinue shirts and consider patches.

-Cindy Kessler asked if her charity could sponsor a party for those who participated in the ride after the event.

-Erich will write the July Newsletter article, the focus will be the HH.

### Cost Reduction Programs (due to insurance increase)

-Combine banquet and holiday party, target the Sunday before Thanksgiving

-Recognize Top 10 riders but look at alternatives for rewards

### Next Steps:

-Ella is set for May Newsletter

-Joe will write the June cover letter

-The next meeting is at Joe's house on Monday, June 6 at 7:00 pm



P. O. Box 7304  
 Buffalo Grove, Il.  
 60089-7304  
[wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)

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



**SAVE THE DATES**  
 Picnic - July 10  
 Harmon 100 - September 11



May 30



**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  
[albertoscycles.com](http://albertoscycles.com)

**AMLINGS CYCLE**  
 8140 N Milwaukee Ave.  
 Niles 847-692-4240  
[amlingscycle.com](http://amlingscycle.com)

**B&G CYCLERY**  
 131 E. Rollins Rd,  
 Round Lake Beach,  
 847-740-0007 [bgcyclery.com](http://bgcyclery.com)

**BICYCLE CONNECTION OF SCHAUMBURG**  
 1226 N Roselle Rd.  
 Schaumburg 847-882-7728  
[bikeconnection.com](http://bikeconnection.com)

**GEORGE GARNER CYCLERY**  
 1111 Waukegan Rd.  
 Northbrook 847-272-2100  
 740 N. Milwaukee Ave,  
 Libertyville, 847-362-6030  
 575 Ela Road, Lake Zurich  
 847-438-9600  
[georgegarnercyclery.com](http://georgegarnercyclery.com)

**MIKES BIKES**  
 155 N Northwest Hwy,  
 Palatine, 847-358-0948  
[mikesbikeshoppalatine.com](http://mikesbikeshoppalatine.com)

**RUNNER'S HIGH & TRI**  
 121 W. Campbell,  
 Arlington Hts., 847-670-9255  
[runnershigh-n-tri.com](http://runnershigh-n-tri.com)

**SPOKES**  
 69 Danada Square E,  
 Wheaton 630-690-2050  
 1807 S. Washington, #112  
 Naperville, 630-961-8222  
[spokesbikes.com](http://spokesbikes.com)

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

**VILLAGE CYCLESPORT**  
 45 Arlington Hts Rd  
 Elk Grove Village  
 847-439-3340 [vcsegy.com](http://vcsegy.com)

**VILLAGE CYCLESPORT**  
 1326 N. Rand Rd.  
 Arlington Hts.  
 847-398-1650  
 234 W. Northwest Hwy  
 Barrington 847-382-9200  
[villagecyclesport.com](http://villagecyclesport.com)

**WHEEL & SPROCKET**  
 1027 Davis Street  
 Evanston  
 847-864-7660  
[wheelandsprocket.com](http://wheelandsprocket.com)

**We support:**

- \*The League of American Bicyclists
- \* Ride Illinois
- \*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