



# MONTHLY MEANDERS

## BOARD BANTER

Writing about a bicycle trip that several of your fellow Wheeling Wheelmen took to Colorado to participate in the Copper Triangle. There were ten of us on the trip and everyone really enjoyed the Copper Mtn area and the spectacular landscape. Several of us had been in the area before and highlighted our favorite routes.

As background, several of the Wheelman have participated in events such as Ride the Rockies and Northwest Tour of CO, also enjoying their experience in the mountains (some more than others). The difference between the Triangle and many of the other CO events (like RTR) is that this is one day ride.

The ride is called the triangle because you climb three mountain passes (Fremont, Tennessee, and Veil) for a total of 80 miles and 5900 feet. It starts at Copper Mtn (9200 ft) and then climbs up to 11,300 ft., which is the highest peak. The descents are pretty exciting and provide adequate adrenaline rush, especially on wet pavement. OUCH! This ride is graced with breathtaking scenery, gorgeous roads, and a few historic sites, so it has everything. The ride is well supported with rest stops; support vehicles/ police are usually driving the route. The route includes somewhat busy highways at times, but

less traveled than what we encounter in the Chicago area. Most of the people participating in the ride are road cyclists and understand the rules of cycling and are very courteous. Though this is a long day, but it is extremely fun and I would recommend this to anyone in the club.

Several observations that our group made:

-Our group spent one week in the mountains before the ride to acclimate to the altitude, that was key in making the ride fun and not gasp for air the entire way. The altitude is very challenging and it does take a few days to acclimate.

-Copper Mtn is an excellent place to stay and a great launching pad. One can cycle to various ski areas such as Breckinridge, Aspen, Keystone, etc. We did not have to cycle town to town, just did loops from the condo. All of these small towns and ski areas have great personalities which was fun to experience. This is obviously a key difference between a one day event and a one week event. As a group, we had options of what routes to ride and were not on a schedule.

-There are a lot of very challenging climbs in the area if so inspired. Independence Pass, A basin, Mt Evans, etc.

-The group mainly rode on bicycle paths. While this may sound rather recreational, the paths in CO are very different than paths in Chicago. The paths are much wider and extremely well maintained. The paths are used by cyclists, not Ma and Pa Jones out for a Sunday ride. People understand the rules of bicycle paths and you can generate a lot of speed on the paths without stopping or taking your life in your hands. The paths are up and down and very windy, which makes them very fun. The mentality of people in CO is focused on 'fitness', which makes this a very pleasant experience. The scenery is unbelievable, there are mountain ranges, beautiful valleys, cute towns with beer, and ski areas wherever you go.

-This is also an inexpensive vacation as summer is low season in a ski area. You can rent a condo for next to nothing. If you are a cyclist and your spouse or family do NOT cycle, this is an excellent option as there are plenty of other things to do.

Just wanted to share with the club and with those who might want a cycling vacation that is more low key, but offers challenges. RIDE ON!

*Pat Calabrese*

Sept 2016

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**Labor Day**

September 5

### 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 630-935-4074

**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**  
 Al Gibbs

**Chairmen**  
**Banquet/Holiday Party**

**Pam Burke**  
**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 630-935-4074

**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 20 MILES**

Through August 21  
 168 rides by 137 members  
 6,757 max miles

Men:

- 1 Dennis Ellertson 4546
- 2 Paul LeFevre 3357
- 3 Kilian Emanuel 2799
- 4 Larry Frank 2389
- 5 Johannes Smits 2238
- 6 Erich Massat 2237
- 7 Joe Beemster 2072
- 8 Luca Zaramella 2033
- 9 David Waycie 1961
- 10 Jorn Lim 1886
- 11 Jeff Rossi 1884
- 12 JV Villadolid 1671
- 13 Jim Boyer 1589
- 14 Guy Ockerlund 1501
- 15 Don Miller 1449
- 16 Kevin Moore 1427
- 17 Jim Flechsig 1422
- 18 Jeff Magnani 1409
- 19 Jeff Biedka 1361
- 20 Brian Hale 1356

Women:

- 1 Emily Qualich 2334
- 2 Betsy Burtelow 1497
- 3 Reinhilde Geis 1466
- 4 Pat Calabrese 1373
- 5 Marianne Kron 1278
- 6 Sheri Rosenbaum 1208
- 7 Pam Kaloustian 1158
- 8 Deb Wilson 948
- 9 Paula Matzek 891
- 10 Ellen Heineman 851
- 11 Ella Shields 743
- 12 Cindy Kessler 662
- 13 Kris Woodcock 637
- 14 Nancy Beck 628
- 15 Pam Burke 560
- 16 Lorrie Stork 454
- 17 Anna Andzejewska 402
- 18 Jackie Kelley 368
- 19 Cindy Trent 303
- 20 Eileen Newman 284

**Total Rides Led**

	<b>Through Aug 21</b>
Al Gibbs	1
Barb Barr	1
Betsy Burtelow	2
Bob Dominski	1
Brian Hale	4
Carl Droege	1
Cindy Kessler	2
Dave Waycie	3
Deb Wilson	1
Dennis Ellertson	19
Don Sorter	2
Earle Horwitz	1
Ella Shields	1
Ellen Heineman	1
Emily Qualich	4
Erich Massat	2
Eva Waycie	2
Frank Bing	9
Jeff Magnani	1
Jeff Rossi	11
Jim Flechsig	1
Jim Boyer	9
Joe Beemster	4
Johannes Smits	2
JV Villadolid	1
Kevin Moore	1
Kilian Emanuel	41
Kris Woodcock	1
Larry Frank	4
Laura Randazzo	2
Luis Magana	1
Mitch Rosset	1
Pam Burke	1
Patty Bloome	2
Paul LeFevre	21
Reinhilde Geis	2
Sheri Rosenbaum	1
Tara Riley	2
Toan Tran	7
Todd Berlin	1
Tom Wilson	8
Tony Vercillo	4
Vince Kelley	2
<b>Total hosts</b>	<b>43</b>

Sept 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	
Day	Time	Ride Name	Start	Miles	Ride Host
Sat 9/3	8:00	Honey Do/ Extended Do/ Double Metric Century	<b>Paul Douglas Forest Preserve</b> On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90.	30-124	<b>Ride Host Needed</b>
Sun 9/4	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
Mon 9/5	9:00	Loops of Lakewood (Labor Day)	<b>Lakewood Forest Preserve</b> West on IL-176, South on Fairfield to parking lot on left, East side of Fairfield.	28/34/ 40/69	Dave Waycie 847-845-9663
Sat 9/10	<b>9:00 new start time</b>	Honey Do/ Extended Do	<b>Paul Douglas Forest Preserve</b> See Above.	30-72	<b>Ride Host Needed</b>
<b>Sun 9/11</b>		<b>Harmon Hundred</b>	<b>Wilmot H.S.</b>		<b>Everyone Works!</b>
Sat 9/17	9:00	Honey Do	<b>Paul Douglas Forest Preserve</b> See Above.	30-58	Brian Hale 847-804-1561
Sat 9/17	9:00	Fontana Ride	<b>McHenry County College</b> Rt. 14 two miles north of Rt. 176, Crystal Lake, IL. Meet in north parking lot.	71	<b>Ride Host Needed</b>
Sun 9/18	9:00	Sunday Short Ride	<b>Long Grove Commons</b> See Above	31-55	Tony Vercillo 847-691-7049
Sun 9/18	9:00	Triple Deerpass	<b>Evergreen Park School</b> I-90 west to US-20. Turn right on S. Union Rd. Turn right on E. Coral Rd. Turn left on Northrup. Turn right on Washington to school	66	Dave Waycie 847-845-9663
Sat 9/24	9:00	Honey Do	<b>Paul Douglas Forest Preserve</b> See Above	30-58	Ella Shields 773-407-4712
Sat 9/24	9:00	Vern's PITA	<b>Cuba Marsh F.P.</b> West on Rt 12 to Cuba Rd. Left past Ela Rd to entrance on left.	39/61	Earle Horwitz 847-444-0445
Sun 9/25	9:00	Sunday Short Ride	<b>Long Grove Commons</b> See Above	31-55	Eva Waycie 847-540-8727

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

WEEKLY RIDES					
Day	Time	Ride Name	Miles	Start-Directions	Host
Tuesday & Thursday	9:00 AM	Deerfields Bakery Ride	25-40	<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.	Killian Emanuel 847-296-7874
Tuesday	6:00 PM	Working Stiffs Ride <b>Last Ride 9/6</b>	18-30	<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 Trails Park</b> 1-1/4 miles east of Rt-83 on Euclid Avenue, Mt Prospect	Dennis Ellertson 847-255-9323
	5:30 PM	Hill and Dale Ride <b>Last Ride 9/7</b>	25-35	<b>Grassy Meadow Forest Preserve</b> On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90	Jeff Rossi 708-648-9170
Thursday	6:00 PM	Thursday Night Ride <b>Last Ride 9/8</b>	30	<b>Heron Creek Forest Preserve</b> 0.2 miles south of IL-22 (Half Day Rd) on the west side of Old McHenry Rd. Park at shelter B	Paul LeFevre 847-670-3501
Friday	10:00 AM	Lunch in Libertyville	30	<b>Willow Stream Park</b> See above	Emily Qualich 847-821-1009

WELCOME NEW MEMBERS

Malina Chereji  
Edridge Bolin  
Lorrie Stork  
Roy John Basa  
Andrew MacIntyre  
Thomas Wheeler

Phil Lisius  
Alan Lisse  
Katy Barnett  
Chris Barnett  
Gus Gilbertson  
Molly Gilbertson

Emma Gilbertson  
Oliver Gilbertson  
Samuel Gilbertson  
Peter Gilbertson  
Janet Gilbertson  
Wendy Malan

J.P. Mull  
Frankie Mull  
Emmett Mull  
Yoshiharu Shimizu  
Thomas Craig  
Stephen Wallace



**HARMON 100**  
 Sunday, September 11  
 Wilmot High School,  
 Wilmot, WI  
**EVERYONE WORKS**

Contact Erich Massat at 847-253-5815,  
[erich@erichmassat.com](mailto:erich@erichmassat.com), or text 847-420-5437  
 to volunteer



**IT IS TIME TO ORDER WHEELING WHEELMEN JERSEYS**

Did you miss ordering a Wheeling Wheelmen club jersey or are you a new member? Brian Hale has arranged for a reorder.

Orders must be in by September 26, 2016

Products ship on November 18, 2016

Visit website for ordering info: [wheelmen.com](http://wheelmen.com)



**SEPTEMBER CLUB MEETING**

The meeting will be on Thursday, September 22, 7:00 p.m. at **McArthur Middle School, 700 Schoenbeck Road, Prospect Heights,**

**meet in the cafeteria.**

We will have the Harmon Appreciation pizza party for all the volunteers, recap the Harmon, and take nominations for Board positions for next year.

Please join us for the last club meeting of the year.



**PICTURES**

We will once again be doing a slide show at the banquet/holiday party (November 20) and are asking for contributions this season. So be sure and take pictures at

rides and events and share them with our club members.

Send your pics by October 31 to Johannes Smits @ [johannes.smits@comcast.net](mailto:johannes.smits@comcast.net)

**HYGIENE FOR CYCLISTS – WHY IT'S IMPORTANT**

Chamois time it's called; the time spent in your cycling shorts. Many riders joke that chamois time is training time regardless of if they're actually riding their bike. This can be time spent at a coffee shop mid-ride, or at home after a ride while you get something to eat and are too lazy to take a shower yet. This time spent in shorts that have already been ridden in is the worst hygiene for cyclists as it can lead to saddle sores and other issues, not to mention smelling like something the cat dragged in.

**What Makes You Dirty While Riding?**

When you ride, whether it's hot or cold, dry or wet, you perspire, particularly in areas such as the armpits and crotch area.

This is your body's way of keeping cool which is good. It becomes bad however when that moisture is left close to the skin, particularly in shorts.

**What Manifests When Staying in an Un-Hygienic State?**

After a ride, or mid-ride even, bacteria can find their way into those moisture rich areas where they thrive. Your skin in a normal state keeps them on the surface where they can't enter the body and cause any harm. The issue however with cyclists is that they can enter the surface of the skin at an abrasion, such as the point that you've been sitting on on a ride especially if you don't have the most comfortable saddle or chamois. Clogged pores and hair follicles can also become infected.

*(Continued on page 7)*

## 7 THINGS EMTS WISH YOU KNEW ABOUT BIKE CRASHES

A little pre-planning can go a long way: These tips could help save your life after a bad a wreck.

### Plan Ahead

No matter how good a rider you are, accidents happen—and quickly. But with a little knowledge and a few precautions, you can keep a bad situation from getting worse, says Greg Martin, an engineer firefighter and advanced EMT who provides emergency medical assistance and performs backcountry rescues in Ketchum, Idaho.

“Cyclists get used to riding all day and things being fine,” he says. “It’s easy to forget sometimes that we’re traveling pretty fast and pretty far and a little mishap can end up being a big problem. A little knowledge and precaution goes a long way in keeping you safe in the event of an accident.”

Here's what Martin says you can do to minimize the damage in the event of a bike crash—and maybe even save your life.

### Take Care of Your Head

“Head injuries are always a cause for concern,” says Martin. “You hear about it in skiing, but it can also happen in cycling. Someone falls and hits their head and they shake it off. Then later they don’t feel well and it turns out they have bleeding on the brain. That can kill you. You always need to take an impact to the head seriously.”

In short, call 911 if you or another rider has:

- A cracked helmet. That means you’ve hit your head hard.
- A headache. Not just sore from the initial impact, but you have a headache that isn’t abating or is worsening.

- Lost consciousness. If you pass out, you need to get checked out.
- Confusion. If you don’t know who the president is or why you’re sitting on the side of the road, you need to get checked out.
- Vision changes. If the world doesn’t appear clear and normal, you need medical assistance.

### Take a Deep Breath

- Difficulty breathing is always an emergency situation. “Too often people crash and think they’ve cracked a rib, but figure ‘Why go to the hospital? They can’t do anything about it,’” says Martin. “But you need to go because those cracked ribs can have sharp edges and if it’s an unstable fracture and it shifts, you can puncture a lung.” If it hurts to take a deep breath, get to the ER

### Give Yourself a Gut Check

- There’s a lot of vulnerable soft tissue and plenty of vital organs in your belly that can be damaged by impact with a handlebar. Take your hands and palpate your abdominal area. If you have an area that is more tender than others, you could have internal damage. If your belly becomes distended or firm, that’s a sign that you could have internal bleeding and need medical assistance stat

### Stop the Bleeding

- Unless you’re a trained professional, forget what you’ve seen in the movies about fashioning a tourniquet around a limb to stop the bleeding. You risk doing more damage than good. The best way to deal with bleeding is basic first aid—direct pressure (preferably with something clean) on the wound. Keep it there till help arrives.

### Be Smart About Your Spine

- Neck and back injuries are scary. You can generally tell if you’re okay

by checking your fingers and toes. Obviously, you want to be able to feel your fingers and toes, but if you have any numbness and/or tingling, that’s not good. You could have spinal injury. Also try slowly turning your head 45 degrees to the left and right. If you feel discomfort, stop. That’s also a sign of spinal injury. Get to the ER.

### Make Your Personal Info Accessible

- Whether you use Road ID, dog tags, or place ICE (‘in case of emergency’) information in your cell phone, having your personal information available for emergency workers can definitely save your life, says Martin. “We need to know your medications and your allergies,” he says. “There are a lot of medications we can’t give you if you’re allergic to them... and we won’t give them if we don’t know.” New iPhones come with a Health app that provides a place for you to fill in all your medical information. Emergency personnel can access this information without unlocking your phone. “We know to look for it if you’re out there by yourself, unconscious, after a crash,” says Martin.

### Leave a Note, or a Text

- Riding alone? Take two seconds to leave a note or shoot a text to a loved one or buddy. “We’re all guilty of this,” says Martin. “We go out for a quick ride and nobody knows where we’re going. Even if you’re just 10 miles away, you might as well be 100 miles away if no one knows where you are.” The more remote of a place you ride, the more important this is.

From [Bicycling.com](http://Bicycling.com)

<p>Top 100 Dealer in USA. Top 50 Trek Dealer. Over 30 yrs. in Business</p>	
 <p><b>VILLAGE CYCLESPORT</b> Since 1976</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 234 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>

**INVITATIONALS**

**Sept 17, Amish Country Tour**, Arthur, IL  
20/42/62 [decaturbicycleclub.org/arthur.html](http://decaturbicycleclub.org/arthur.html)

**Sept 18, Pedal the Kettle**, Waukesha, WI.  
35/64/103 miles [springcityspinners.org](http://springcityspinners.org)

**Sept 18, North Shore Century**, Evanston, IL  
25/50/62/70/100 miles [evanstonbikeclub.org](http://evanstonbikeclub.org)

**Sept 24, TOSOC**, Oregon, IL  
10/32/62 [tosoc@villageofprogress.org](mailto:tosoc@villageofprogress.org)

**Sept. 25, Prairie Pedal**, Decatur, IL.  
20/40/62 miles , 217-423-7708,  
[maconcountyconservationfoundation.org/prairie-pedal](http://maconcountyconservationfoundation.org/prairie-pedal)

**Sept. 25, Kickstand Classic**, Bartlett, IL  
10/14.5/19 miles, [kickstandclassic.org](http://kickstandclassic.org)

**Sept. 25, Apple Cider Century**, Three Oaks, MI.  
25/50/62/75/100 miles [applecidercentury.com](http://applecidercentury.com)

(Continued from page 5)

**Stinking As Well...**

In addition to laying the foundation for saddle sores to develop, you also stink and generally feel nasty particularly after a hot day of riding. This again is because of the moisture on your skin but also the salt that stays on your skin even after you've stopped sweating giving you this "everything feels sticky and nasty" feel.

**Hygiene For Cyclists – Steps to Take to Get Clean**

There are a number of hygiene for cyclists steps to take to make sure you don't stink for one, but more importantly, develop any saddle sores which can be a pain to deal with and treat, quite literally.

**Get Out of Your Kit**

The first and most important step is to get out of your kit whether at home after a ride or at a race or event. Your chamois is like a sponge and will hold moisture against your skin where bacteria can develop.

**Shower/Clean Yourself**

If you're at home, shower right away after getting out of your kit. Have a drink or a bite to eat but do it on the way to the

shower. Don't sit down and have a meal before showering. If you're at an event, bring a towel and extra water to shower off and wipe yourself down. Antibacterial wipes are also a good option which should be used to wipe down the crotch area as well. You'll feel much better and cleaner after even if it's cold out. It's worth the minute or two of suffering for longer term cleanliness and comfort.

**Put on Clean Clothes**

After you've cleaned up, make sure you put on clean clothes. Don't put on a dirty pair of underwear or socks as they also can hold bacteria that can manifest. Also, you just made the effort to clean up, don't negate it.

**Never Wear Shorts Twice Without Washing**

This is a big no, no. Never, ever wear a pair of shorts a second time without first washing. Bacteria can manifest in the chamois particularly if it didn't dry out all the way. Also, the shorts themselves will just be plain nasty, leaving you with a "not clean" feeling before you even start riding. Even if you only have one pair of shorts, wash them and dry them completely before wearing them again.

From [ilovebicycling.com](http://ilovebicycling.com)



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



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

Join us on



**SAVE THE DATES**

Harmon 100 - September 11  
 Banquet/Holiday party - Nov 20

**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.

**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