



MONTHLY MEANDERS

THIS IS WHY WE'RE HERE

I'm sitting here in front of the computer, it's mid-February, it's cold, and two days ago I had a great ride outside in nearly-50-degree weather. I feel like I've been cruelly teased. But there is hope. Here is some hope in the form of the 2017 Wheeling Wheelmen ride schedule.

There are not many changes from last year, but here are the highlights:

The Wednesday morning No Drop Road Ride has been rescheduled to 9:00AM at the request of the participants.

The Wednesday evening Hill and Dale Ride has been rescheduled to 6:00PM in hopes that more people can attend with a little more time to deal with late afternoon traffic.

I have tried to avoid scheduling two long rides on a weekend. Also, the Honey Do includes the Extended Do each week unless there is a long club ride scheduled as well.

Some of the longer rides now show earlier start times, particularly during July and August.

The Fall Foliage Ride has been added back into the

schedule for September. More details will follow.

Schedule and Hosting

The schedule is posted on the website as well as being published in the newsletter each month, so keep up to date for possible changes. As a rule, we will try to avoid changes once a monthly schedule appears in the newsletter, but any last minute changes, such as cancellation due to weather, will be communicated via the Yahoo group.

We are in good shape for hosts through April but there are several openings after that. We have made signing up to host a little easier. Simply check the schedule on the website. Wherever there is an opening to host, there is a link in the host column that brings you to a page describing the host process, and including an email link to sign up. (Or you can simply email me at dave.waycie@gmail.com.) I'll send you a confirming email shortly, then send cue sheets and a signup sheet prior to the ride date. It's easy and appreciated.

Changes and Suggestions

We do try to avoid late changes to the schedule, but your suggestions are very welcome. Over the years, many longer rides with farther-out start locations have been dropped from the schedule. But if you remember a ride from the "old days" and would like to see it on the schedule, let me know. There are opportunities to add rides later in the year if there is sufficient interest. And, if you have a route you would like to propose, let me know. With today's mapping programs and GPS-enabled bike computers, it's pretty easy to create and document a new route.

Now Just Get Out There!

I just did a quick calculation. If you do the longest option on the schedule each day, you'd ride about 10,900 miles. While I don't expect anyone to do that, there are plenty of opportunities to get out there and ride, and I hope to see you all on the road this year. Safe riding!

Dave Waycie
VP/Ride Chair

MARCH 2017

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March 12

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 alang.bikes@gmail.com

Chairmen

Banquiday

Pam Burke
pamelaburke2000@yahoo.com

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)



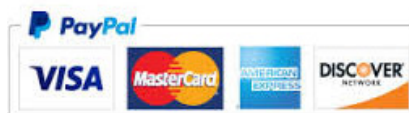
Don't miss an issue of Monthly Meanders!! Contact Mitch Rosset with your new address or e-mail address at rrkite99@aol.com

2017 MEMBERSHIP RENEWAL

If you have not renewed this is your last newsletter.

Please renew on line or send back the renewal application on the website. Send your renewal in as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2017 Ride Schedule. Due date for renewals is **March 1, 2017.**

Membership Renewal is now available using either your PayPal account, or by using the following Credit Cards:



Visit our website wheelmen.com to sign up

If you have any questions contact Mitch Rosset at rrkite99@aol.com

MARCH CLUB MEETING

The club meeting will be on Thursday, March 2, 7:00 p.m. at **Sullivan School**, 700 Schoenbeck Road, Prospect Heights, meet in the library. **Sullivan is the first building you see when you turn in off Schoenbeck Road.**

We will discuss the St Patrick's Day ride and recruit volunteers.

Also club member Bill Bergeron will do a presentation on bike maintenance

"Your bike is your best friend in the whole world - treat it right and it will never abandon you when you need it most. A little maintenance and TLC can prevent an epic bike ride from becoming a long walk home in cycling shoes.

A short demonstration of a few basic pre-ride and post-ride maintenance tips that anyone can do.
See you in March. - Bill"

BOARD MEETING

The next board meeting is Sunday, March 5 at 5:00 p.m. at the home of Ella Shields

All Board members are requested to attend.

WEEKLY RIDES					
Day	Time	Ride	Miles	Start/Directions	Ride Host
Tuesday, Thursday, Saturday & Sunday Through 3/16	10:00 am	Deerfield Bakery Ride	25-45	Willow Stream Park - 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	n/a
Tuesday & Thursday starting 3/21	10:00 am	Show N Go Rides	25 +	Willow Stream Park See above	Kilian Emanuel 847-296-7874

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



Dear Fellow Wheelmen,

In case you have anything on your mind other than the St Patrick's Invitational Bike Ride, it is still on Sunday, March 19 – a subtle reminder.


As of this writing on Feb. 10, we need one more for street marking the day before, 1 more for second shift registration, 1 more for second shift parking, 2 more for second shift food service and four more for cookies & treats. I can be contacted at (847) 398-1376 or alang.bikes@gmail.com if motivated to fill one of these spots.

The necessary paperwork was delivered today to Village of Wauconda and the high school down the road. I had Anna's paperwork copies to guide me and Johannes facilitated the insurance certificates. Pam is getting our publicity out for the event. Posters and flyers have gone out – I still have some more to mail out. And Joe has been checking my progress, usually, over a pastry at the Bakery. If anyone wants some more flyers, I'll be at the Bakery at 11AM, Tuesday & Thursday or contact me.

SO to repeat my parting lines from my first missive: "So come out on March 19 to see your friends and help out with this great event. If you have any questions, you can, again, contact me at (847) 398-1376 or alang.bikes@gmail.com."

See you there,

Al Gibbs



March 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	
Date	Time	Ride Name	Miles	Start Location/Directions	Ride Host
Sat 3/18	10:00	St. Pat's Pre-ride	16/20/ 36	Wauconda H.S. North on US 12, exit 176 and turn right (east) on Main St. School is on the left.	Dennis Ellertson 847-255-9323
Sun 3/19		St. Pat's Ride		Wauconda H.S. See Above	Everybody Works
Sat 3/25	10:00	Lou's Commute	41	Lakewood Forest Preserve West on IL-176, South on Fairfield to parking lot on left, East side of Fairfield.	Earle Horwitz 847-444-0445
Sun 3/26	10:00	Sunday Short Ride	31-55	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of the PNC Bank.	Larry Frank 847-832-0630

WHEELING WHEELMEN BOARD MINUTES

The first 2017 WW Board meeting was called to order on Sunday, January 29 at 5:00 pm.

Those in attendance were:

Joe Beemster, Dave Waycie, Johannes Smits, Ella Shields, Al Gibbs, Erich Massat, Pam Kaloustian, Mitch Rossett and Patty Blome

Treasurers report-Johannes

- Total Balance in the WW bank account increased compared to 2015. The Board was able to reduce expenses without affecting club activities.
- For 2017, membership is increasing through PayPal. Insurance for the club has increased, but has been paid for 2017.

- Memberships went down for 2016 by \$700 -St Pats Day ride delivered slightly higher profit by not having to order new shirts.
- HH was slightly up, the event attracted more riders and expenses were reduced.

Dave-Ride Chair

- Hosts for first month are complete, working on future hosts for the remainder of the season. The schedule is set, nothing significant to report.
- Mitch was volunteering some new routes
- Ride Website was updated to enhance required information for the members.

Pam-Publicity

- WW information posted in several new sites including Chicago Tribune.
- Chicago Athlete publication not posting events for the year, but still active online
- Will advertise St Pats Day Ride on Facebook mid-Feb.
- Sponsorship for a host is being pursued.
- Ladies night at Village is a good event for the club to attract new female members.

Mitch- Membership

- PayPal is generating membership and income -Membership numbers seem to cycle steadily, but hold at around 240 annually

(Continued on page 9)

2017 Ride Schedule

Day	Date	Time	Ride Name	Miles	Start	Ride Host
APRIL						
Sat	4/1	9:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Mitch Rosset
Sun	4/2	9:00	Sunday Short Ride	31-55	Long Grove Commons	Larry Frank
Sat	4/8	9:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Toan Tran
Sun	4/9	9:00	Sunday Short Ride	31-55	Long Grove Commons	Reinhilde Geis
Sat	4/15	9:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Brian Hale
Sun	4/16	9:00	Sunday Short Ride	31-55	Long Grove Commons	David Newman
Sat	4/22	9:00	Honey Do	30-58	Paul Douglas F.P.	Toan Tran
		9:00	Walworth Flats	58	McHenry Co. College	Peggy Reins & Chad McCoy
Sun	4/23	9:00	Sunday Short Ride	31-55	Long Grove Commons	Reinhilde Geis
Sat	4/29	9:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Todd Berlin
Sun	4/30	9:00	Sunday Short Ride	31-55	Long Grove Commons	Mitch Rosset
MAY						
Sat	5/6	8:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Joan Willmeth
Sun	5/7	9:00	Sunday Short Ride	31-55	Long Grove Commons	Don Miller
Sat	5/13	8:00	Honey Do	30-58	Paul Douglas F.P.	Erich Massat
		9:00	Twice Baked Bakery Ride	40/80	Willow Stream Park	Dave Waycie
Sun	5/14	9:00	Sunday Short Ride	31-55	Long Grove Commons	Brian Hale
Sat	5/20	8:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Ride Host Needed
Sun	5/21	9:00	Sunday Short Ride	31-55	Long Grove Commons	Larry Frank
			Arlington 500	31/44/ 55/69	Barrington H.S.	Invitational
Sat	5/27	8:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Joe Beemster
Sun	5/28	9:00	Sunday Short Ride	31-55	Long Grove Commons	Ride Host Needed
Mon	5/29	9:00	Jersey's Memorial Day Ride	38/46	Jerseys Grill	Ride Host Needed
JUNE						
Sat	6/3	8:00	Honey Do	30-58	Paul Douglas F.P.	Erich Massat
		8:30	Root Beer Social	58/82	McHenry Co. College	Ride Host Needed
Sun	6/4	9:00	Sunday Short Ride	31-55	Long Grove Commons	Emily Qualich
			Udder Century	31-103	McHenry Co. College	Invitational
Sat	6/10	8:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Ella Shields
Sun	6/11	9:00	Sunday Short Ride	31-55	Long Grove Commons	Reinhilde Geis
			BCLC Ramble	30-124	Camp Sol R. Crown	Invitational
Sat	6/17	8:00	Honey Do	30-58	Paul Douglas F.P.	Joe Beemster
		8:30	Boone County Ride	65	Evergreen School (Union)	Brian Hale
Sun	6/18	9:00	Sunday Short Ride	31-55	Long Grove Commons	Ride Host Needed
Sat	6/24	8:00	Honey Do	30-58	Paul Douglas F.P.	Todd Berlin
		8:30	City of O's	50/88	LaGrange General Store	Erich Massat
Sun	6/25	9:00	Sunday Short Ride	31-55	Long Grove Commons	Louis Greene

2017 Ride Schedule

JULY						
Sat	7/1	8:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Ride Host Needed
Sun	7/2	9:00	Sunday Short Ride	31-55	Long Grove Commons	Reinhilde Geis
Tue	7/4	9:00	Hills and Horses	39	Community Park	Ride Host Needed
Sat	7/8	8:00	Honey Do	30-58	Paul Douglas F.P.	Ride Host Needed
		8:00	Retro Harmon	68/102	Wauconda H.S.	Paul Lefevre
Sun	7/9	9:00	WW Annual Picnic & Ride	31-55	Heron Creek F.P.	Erich Massat
Sat	7/15	8:00	Honey Do	30-58	Paul Douglas F.P.	Brian Hale
		8:00	Bastille Day Ride	59/74/95	Paris School	Erich Massat
Sun	7/16	9:00	Sunday Short Ride	31-55	Long Grove Commons	Don Miller
Sat	7/22	8:00	Honey Do	30-58	Huntington Plaza	Ride Host Needed
Sun	7/23	9:00	Sunday Short Ride	31-55	Long Grove Commons	Vince Kelley
		8:00	Fontana Ride	71	McHenry Co. College	Ride Host Needed
Sat	7/29	8:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Joe Beemster
Sun	7/30	9:00	Sunday Short Ride	31-55	Long Grove Commons	Jackie Kelley
		8:00	Geneva Century	100	Long Grove Commons	Erich Massat
		10:00	Geneva Lite	50	Veterans Memorial Park	Ride Host Needed
AUGUST						
Sat	8/5	8:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Ride Host Needed
Sun	8/6	9:00	Sunday Short Ride	31-55	Long Grove Commons	Ella Shields
		8:00	Paul's Northeast IL Century	100	Euclid School	Paul Lefevre
Sat	8/12	8:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Ride Host Needed
Sun	8/13	9:00	Sunday Short Ride	31-55	Long Grove Commons	Ride Host Needed
		8:00	Kenosha Bound - Long	87	Long Grove Commons	Emily Qualich
		9:00	Kenosha Bound - Medium	61	Old School F.P.	Brian Hale
		9:00	Kenosha Bound - Short	37	Wadsworth	Carl Droege
Sat	8/19	8:00	Honey Do	30-58	Paul Douglas F.P.	Joe Beemster
		8/8:30	Waterford Factory Ride	27/41/68	Waterford, WI	Kevin Moore
Sun	8/20	9:00	Sunday Short Ride	31-55	Long Grove Commons	Don Miller
Sat	8/26	8:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Ride Host Needed
Sun	8/27	8-9:00	Members Harmon Pre-Ride	25-100	Wilmot High School	Erich Massat

2017 Ride Schedule

SEPTEMBER						
Sat	9/2	8:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Ride Host Needed
Sun	9/3	9:00	Sunday Short Ride	31-55	Long Grove Commons	Louis Greene
Mon	9/4	9:00	Loops of Lakewood	28/34/ 40/ 69	Lakewood F.P.	Ride Host Needed
Sat	9/9	8:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Ride Host Needed
Sun	9/10		Harmon Hundred		Wilmot High School	Everybody Works
Sat	9/16	8:00	Honey Do	30-58	Paul Douglas F.P.	Ride Host Needed
		TBA	Fall Foliage Ride	TBA	TBA	Paul Lefevre
Sun	9/17	9:00	Sunday Short Ride	31-55	Long Grove Commons	Brian Hale
		TBA	Fall Foliage Ride	TBA	TBA	Paul Lefevre
Sat	9/23	8:00	Honey Do	30-58	Paul Douglas F.P.	Ride Host Needed
		9:00	Vern's PITA	39/61	Cuba Marsh F.P.	Ride Host Needed
Sun	9/24	9:00	Sunday Short Ride	31-55	Long Grove Commons	Emily Qualich
Sat	9/30	8:00	Honey Do	30-58	Paul Douglas F.P.	Joe Beemster
		8/8:30	Waterford Factory Ride	27/41/68	Waterford, WI	Kevin Moore
OCTOBER						
Sun	10/1	9:00	Sunday Short Ride	31-55	Long Grove Commons	Ride Host Needed
Sat	10/7	9:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Erich Massat
Sun	10/8	9:00	Sunday Short Ride	31-55	Long Grove Commons	Ride Host Needed
Sat	10/14	9:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Joe Beemster
Sun	10/15	9:00	Sunday Short Ride	31-55	Long Grove Commons	Ride Host Needed
Sat	10/21	9:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Ride Host Needed
Sun	10/22	9:00	Sunday Short Ride	31-55	Long Grove Commons	Ride Host Needed
Sat	10/28	9:00	Honey Do/Extended Do	30-72	Paul Douglas F.P.	Ride Host Needed
Sun	10/29	10:00	Chili Ride	30/39	David Newman's House	David Newman

2017 RIDE SCHEDULE INFO

Saturday Honey-Do Rides start from the Paul Douglas Forest Preserve on
 April 1 at 9:00 am.
 May 6 at 8:00 am
 October 7 at 9:00 am

Wednesday, No-Drop Road rides will start April 5 at 9:00 am from Woodland Trail Park
 Friday - 10:00 am, Libertyville Picnic Rides, starts June 16

Weeknight rides

Tuesday, 6:00 pm. Working Stiff's Ride, starts April 11

Wednesday, 6:00 pm., Hill and Dale Ride, starts April 12

Thursday, 6:00 pm., Thursday Night Ride, starts April 13

Be sure to check the web site for most up to date schedule and directions

SPRING RIDING REQUIRES A RANGE OF GEAR

No matter how nasty the conditions, the right combination of base layers, insulating garments and shells will keep you warm, if not perfectly dry, during the typically mercurial spring weather.

Jacket. Light windbreakers work fine in relatively warm rain. They don't keep you dry, but they do hold in body heat. But for cold spring rain (or sleet) you need a water-proof jacket. Beware of overspending for one made of a high-tech fabric advertised as "water-proof and breathable." Those 2 terms don't go together.

Instead, look for a jacket with completely waterproof fabric and plenty of ventilation (pit zips, full-length front zipper, back vent, cuffs that can be opened). You need airflow to reduce overheating. A poorly ventilated jacket will keep the air so stuffy inside that you get as wet from sweat as you would from the rain. Also, be sure there's a long tail that lets down to cover yours.

Perhaps the most important feature for any cycling jacket is high visibility. Go for neon yellow or orange so you'll glow as you ride. If there are reflective stripes or panels, so much the better. Boycott manufacturers who produce only dark-colored outerwear. That's like wearing camouflage.

Shoe Covers. Neoprene booties hold in heat, up to a point. But they eventually soak through, letting your feet get wet and cold. Neoprene doesn't breathe, so even when it's cold but dry, your feet will get damp from condensation. A better choice is booties made from a water-repellent fabric. They're lighter and roll up into a much smaller bundle when you want to stuff them in a jersey pocket.

For spring temps above 45F degrees (7C), consider toe covers that pull over the front of your shoes. They're enough to cut the chill, but they're not much help in rain.

Base Layers. Your wardrobe should contain several short-sleeve or sleeveless base layers made of a synthetic material ("polypro") designed to transport moisture. This stuff works, wicking sweat from your skin so it stays drier and warmer. Add a long-sleeve turtleneck for cold and wet

conditions. Wool is another good material against the skin. Old problems with itching and shrinking have been solved.

Eye Protection. You can't ride safely if you can't see. In dark, gloomy conditions, clear or yellow lenses give you the best chance of spotting road hazards obscured by rain and mist.

If it's raining hard, a billed cycling cap under your helmet shields your eyes. Mountain bike-style helmet visors are increasingly being worn by roadies in wet weather.

Head Cover. Your scalp has a rich network of blood vessels. That's why you bleed so copiously from head injuries. It's also why you lose substantial amounts of heat from your head. Anytime it's cold or wet, wear a thin polypro helmet liner "skullcap" or balaclava (also covers your neck and ears) under your helmet.




Gloves. Cold hands create bike-handling problems. It's hard to work the brakes or shift with numb fingers. Most winter-weight gloves soak through in heavy or prolonged rain, but they'll keep your hands warm for a while by virtue of their insulation. Neoprene gloves don't work any better than neoprene booties.

For warmer temperatures, wear polypro gloves with gripper dots over short-finger cycling gloves. The dots in the palm and fingers are made of a tacky material that won't slide on wet handlebar tape.

Tights or Leg Warmers. You can buy waterproof nylon rain pants, but most cyclists find them floppy, noisy and unnecessary. Your legs are shielded somewhat by your upper body, and they're also working hard. If they do get wet, you may not even notice.

Wool-blend tights with nylon panels over the knees and upper thighs work well when rain and cold combine. Regular polypro tights or leg warmers are fine for most wet spring conditions.

From roadbikerider.com

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<p>www.villagecyclesport.com</p> <p>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>

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

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

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

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

The group name is: **wheelingwheelmen** and is available at: pgroups.yahoo.com-group-wheelingwheelmen

(Continued from page 4)

- March 1 is the official date for Membership sign up.

Erich - Harmon

- Confirming and securing Wilmot HS for the ride- confirming rest stops
- Discussed increasing cost of HH, but not for 2017
- Early bird special ends Aug 1 this year.
- HH brochures are at the printer

Ella-Newsletter

- Dave is doing cover letter for the March Newsletter

Al- St Pats Day Ride

- Need more people to bring cookies/brownies -Add Cell number at bottom of cue to improve sag service for those riders who have unforeseen challenges
- Al will ensure route accuracy and print cues for the ride
- Registration forms are in storage locker -Volunteer sign-up going well
- Mitch out of town, one more road marker required. Dennis will run

sign crew, he should attend next Board meeting

- Distribute brochures to different businesses; let Al know what businesses are receiving brochures

Joe - President

- Joe sent out notes on insurance
- Feb 2 is the next cub meeting at 7 pm at Bowlero Buffalo Grove.
- April club meeting (Dan Wiessner & Bill Kragh) is set for RT 66 presentation.
- Ask Bill Bergeron about a maintenance demonstration for March club meeting.



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



We are on the web
wheelmen.com



SAVE THE DATES

March Club Meeting— March 2
 St Pat's Ride—March 19
 April Club Meeting - April 6



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

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

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

MIKES BIKES
 155 N Northwest Hwy,
 Palatine, 847-358-0948
mikesbikeshoppalatine.com

RUNNER'S HIGH & TRI
 121 W. Campbell,
 Arlington Hts., 847-670-
 9255 runnershigh-n-tri.com

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

TREK BICYCLE STORE – HIGHLAND PARK
 1925 Skokie Hwy
 Highland Park
 847-433-8735
trekhp.com

VILLAGE CYCLESPORT
 45 Arlington Hts Rd
 Elk Grove Village
 847-439-3340
vcsegy.com

VILLAGE CYCLESPORT
 1326 N. Rand Rd.
 Arlington Hts.
 847-398-1650
 234 W. Northwest Hwy
 Barrington 847-382-9200
villagecyclesport.com

WHEEL & SPROCKET
 1027 Davis Street
 Evanston
 847-864-7660
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
 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