



MONTHLY MEANDERS

BOARD BANTER

2012 Board & Club Activity

Your Wheelmen Board has been busy in taking care of some issues and preparing for a good cycling year.

Member Meetings

Al Gibbs did an interesting presentation at our February meeting. Using a Power Point format, he covered their river barge trip in France where the passengers could enjoy a bike ride each day and take in the sights.

Our next meeting is **March 1st** and is featuring Dr. Katie Sleigh. Dr. Katie will present a program for cyclists on the importance of back safety to help decrease injuries and speed recovery. At some point in time, most cyclists will experience some back pain so her presentation at this time is timely. See March Club meeting time & location in this issue.

The **April 5th** member meeting will be hosted by the Trek Bicycle Store in Highland Park. We have asked Robbie Ventura to speak about the importance of proper bike fitting. They will also be showing the new line of Trek bikes and other equipment. See details in the April newsletter.

Club Tax Classification

The Wheeling Wheelmen have been listed by the State

of Illinois as a Not for Profit Corporation for many years. Consequently we consider the Wheelmen as a Tax-Exempt club. As no doubt many of you have been reading, the Federal I.R.S. is looking at Not For Profit organizations to determine whether they generate taxable income.

The Board has responded by obtaining an employee identification number and submitting an application for Recognition of Exemption Under Section 501(a) of the IRS. A lot of work went into this application and we are awaiting a reply from the I.R.S. We will keep you posted.

Constitution and Bylaws

The Wheelmen constitution and bylaws were last amended in 1993. During this time, as you would suspect, new approaches have been incorporated which need to be documented in this document. We are currently updating it to reflect our current operations.

Ride Schedule

Pat Calabrese and Sheri Rosenbaum have compiled a ride schedule for 2012. It features many of the regular rides and some new ones for a change of location. These are published in this newsletter.

St. Patrick's Day Ride

This year's ride is scheduled for Sunday March 18th at

Wauconda High School. Tom and Deb Wilson are retiring from coordinating this ride for many years. They are working with Anna Swietczak and Janice Gries showing them the steps to run a successful ride. Please get in touch with Anna at [an-naswiet@yahoo.com](mailto:anaswiet@yahoo.com) if you haven't signed up to work. Hopefully the Weather Gods will provide us with a clear day. Thanks to Barb Barr for publicizing this event on numerous cycling web sites.

The 43rd Annual Harmon Hundred

This year's Harmon is scheduled for Sunday September 9th at Wilmot High School. Todd Berlin has reserved the school and our two rest stops. Publicity for the ride has begun and the League of Illinois Bicyclists will be sending out our brochures and the ride will be published in the Bicycle Federation of Wisconsin 2012 Ride Guide.

Membership

We have been receiving numerous renewals. Please send yours in if you haven't done so already.

Lastly the club can only continue to be successful with everyone volunteering their time. This is what makes our events so well attended and enjoyed.

Joe Beemster

March 2012

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March 11

Club Officials

Elected Officers

President	
<i>Joe Beemster</i>	847/215-2314
V.P./Ride Chair*	
<i>Pat Calabrese</i>	847/358-4807
Treasurer	
<i>Johannes Smits</i>	630/893-2835
Secretary	
<i>Dave Waycie</i>	847/577-6307
Membership	
<i>Mitch Rosset</i>	847/376-8152
Publicity Chair	
<i>Barb Barr</i>	224-578-0624
	Powerbarb53@gmail.com

Appointed Officers

Harmon Chairman	
<i>Todd Berlin</i>	todd.berlin@rrd.com
Newsletter	
<i>Ella Shields</i>	773/407-4712
St. Pat's Ride	
<i>Janice Gries</i>	847-275-7443
<i>Anna Swietczak</i>	312-969-1010
Chairmen	
Banquet	
<i>Meg Ewen</i>	630/540-1704
Harmon Data Base	
<i>Emily Qualich</i>	847/ 821-1009
Mileage Statistician	
<i>Emily Qualich</i>	847/ 821-1009
Newsletter Mailings	
<i>Joe Beemster</i>	847/215-2314
Picnic	
<i>Al & Cindy Schneider</i>	847/696-2356
Refreshments	Open
Ride Coordinator*	
<i>Sheri Rosenbaum</i>	847-971-4573
	luv2bike80@hotmail.com
Ride Line	
<i>Frank Bing</i>	847/634-1439
Web Page	
<i>Jim Boyer</i>	847/541-1325

Newsletter Policy

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

Ella Shields

7516 W. Devon Ave.

Chicago, IL. 60631

eshieldsbike@yahoo.com

(Please include your name and phone number in case I have any questions)



Don't miss an issue of Monthly Meanders!! Call Mitch Rosset with your new address or e mail address at 847/376-8152 or e mail him at wheeling@wheelmen.com.

MARCH CLUB MEETING

The club meeting will be on Thursday, March 1, 7:00 p.m. at McArthur Middle School, 700 Schoenbeck Road, Prospect Heights, meet in the library.

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

Guest Speakers: Drs. Quintin and Katie Sleigh will present a program for cyclists on the importance of back safety to help decrease injuries and speed recovery. The Sleigh's are a husband and wife team of chiropractors who focus on restoring the body to health naturally, by creating balance in the spine and nervous system.

Cycling is a very demanding sport and if done incorrectly, can put a lot of stress on the body. Both elite athletes and the recreational cyclist need to protect their health and in particular their backs for long hours of leaning over handlebars. Many of the common ailments experienced by cyclists such as knee pain, neck and shoulder stiffness, low back pain, stiffness and numbness in the hands and feet can be helped by chiropractic care. Many of the elite cyclists, including Lance Armstrong, bring their chiropractors on tour to keep them in top shape for their races.

Sleigh Family Chiropractic is located at 3285 N Arlington Heights Rd. Suite 206, Arlington Heights, IL 60004. For more info, go to www.SleighFamilyChiropractic.com or call [847-788-0880](tel:847-788-0880)



SIGN UP TO WORK THE ST. PATRICK'S DAY RIDE

Join us for the first invitational ride of the season on Sunday, March 18! The St. Patrick's Day ride will leave from Wauconda High School at 555 N. Main St. in Wauconda. We will need your help to host this spectacular early season ride. Just think by signing up for one of the jobs below you can say that you worked the first invitational

ride of the season in the greater Chicago land area! Hopefully we will have sunshine and 50 degrees!

A special thank you goes to all who have already volunteered. We greatly appreciate it. Confirmations have been sent to those who responded. If you have not received your confirmation, please contact Anna at 312-969-1010 / annaswiet@yahoo.com.

We will need a few more volunteers to staff these areas:

Parking: The second shift runs from 10:00 a.m.-1 p.m. and needs additional staff.

Food: Additional help is needed for the shift that starts at 10:30 a.m.-1pm.

Join the fun sign up for a job! Contact Janice Gries at janicegries@gmail.com 847-275-7443 or Anna Swietczak at annaswiet@yahoo.com 312-969-1010.

BOARD MEETING

The next board meeting is Monday, March 12, 7:00 p.m. at the home of Joe Beemster.

All Board members are requested to attend.

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	Starting Location	Directions	Miles	Ride Host
Sat. 3/17	10:00	St. Patrick's Day Pre-Ride	Wauconda H. S.	Rt. 12/59 to Old Rand Rd. in Wauconda, then 2 mi. NW to	16/20/36	Tom Wilson 847/632-1412
Sun. 3/18	8:00–10:30	St. Patrick's Day Ride	Wauconda H. S.	See above Everyone Works		Anna Swietczak 312-969-1010 Janice Gries 847-275-7443
Sat, 3/24	9:00	Other Side of the Tracks	Bode Forest Preserve	Take Barrington Rd. one mile N. of Schaumburg Rd. turn W. 0.20 mi. to Bode east parking lot.	41	Pam Burke 312-615-3407
Sun. 3/25	9:00	Sunday Short Ride	Long Grove Commons	RT. 22 & Old McHenry Roads Park north of the PNC Bank	Approx. 31-55	Kilian Emanuel 847-296-7874
Sat. 3/31	9:00	3 Options Ride	Fox Grove Preserve & Marina	NW on Rt. 14 , right on Kelsey, left on River, left on Roberts for 1 mile	21/31/52	Leo Rhee 847-533-3664

WEEKLY RIDES

Please arrive 15-30 minutes early as all rides leave promptly at designated time

Day	Time	Ride/Start	Miles	Directions	Ride Host
Saturday ends 3/17 & Sunday ends 3/11	10:00	Show N Go Rides	25 +	Willow Stream Park - The park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking on the right	n/a
Tuesday & Thursday	10:00	Deerfield Bakery Ride	25-45	Willow Stream Park - The park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking on the right	n/a

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



APPS OF THE MONTH

I see a few of our WW members joined Strava and the Wheelmen group. Nice to see a few folks are in the running for KOM or ranked in one of the segments. If you haven't signed up check it out at Strava.com.

This month I have two Apps for you to checkout.

MapMyFitness.com – This mobile app is available for iPhone

and Android. Features include:

- Record routes in real-time via GPS
- Log gym workouts and other activities
- Track calories on the go with Mobile Nutrition Center
- Live track friends, or have them track you during an event
- Automatically share with friends via Facebook and Twitter

(Continued on page 7)

Mo.	Date	Time	Ride Name	Miles	Start	Ride Host
A	Sun. 4-1	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Len & Reinhilde Geis
P	Sun. 4-1	9:00	Who Let the Dogs Out	48	Evergreen School, Union	Dave Waycie
R	Sat. 4-7	9:00	Lou's Commute	41	Lakewood F.P.	
I	Sun. 4-8	9:00	(Easter) Sunday Short Ride	Approx.31-55	Long Grove Commons	
L	Sat. 4-14	9:00	Honey Lake Loop	40	Willow Stream Park	Pam Kaloustian
	Sun. 4-15	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	David Naigles
	Sun. 4-15	9:00	Harmon Half Century	51	Wilmot H. S., WI.	
	Sat. 4-21	9:00	Loops of McHenry	36/49	McHenry County College	Larry Koch
	Sun. 4-22	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Pam Burke
	Sat. 4-28	9:00	Walworth Flats	58	McHenry County College	Ella Shields
	Sun. 4-29	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Kilian Emanuel
M	Sat. 5-5	9:00	Antioch Classic	58/80	Antioch School	Dan Wiessner
A	Sun. 5-6	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Ella Shields
Y	Sat. 5-12	8:00	Big Rock	55/70/93/100	Rutland F.P.	Dave Waycie
	Sun. 5-13	9:00	(Mother's Day) Sunday Short Ride	Approx.31-55	Long Grove Commons	Johannes Smits
	Sat. 5-19	8:00 / 9:00	Binnie Woods Ride	67/109	Binnie Woods FP	Paul LeFevre/Dave Waycie
	Sun. 5-20	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Jim Boyer
	Sun. 5-20	9:00	Arlington 500 Arlington Heights Bicycle Club	31/44/55/69	Barrington H.S.	Invitational
	Sun. 5-27	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	David Naigles
	Mon. 5-28	9:00	Mitch's Muse	40/45	Penny Rd Pub	Mitch Rosset
	Mon. 5-28	9:00	Triple L	77	Lyons, WI.	Dave Waycie
J	Sat. 6-2	9:00	Root Beer Social	58/82	McHenry County College	
U	Sun. 6-3	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Emily Qualich
N	Sun. 6-3	8:00	Udder Century McHenry County Bike Club	31/50/62/100	Union, IL	Invitational
E	Sat. 6-9	9:00	Rock Cut	58/90	Evergreen School, Union	Dave Waycie
	Sat. 6-9	9:00	TOMRV	65/106	Bettendorf/Preston, Iowa	Drapeau's Overnight Excursion
	Sun. 6-10	9:00	TOMRV	41/86	Dubuque, Iowa	Drapeau's Overnight Excursion
	Sun. 6-10	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Tony Vercillo
	Sun. 6-10	9:00	Boone County Ride	65	Evergreen School, Union	
	Sat. 6-16	9:00	City of the O's	50/88	LaGrange General Store	
	Sun. 6-17	9:00	(Father's Day) Sunday Short Ride	Approx.31-55	Long Grove Commons	Len & Reinhilde Geis
	Sun. 6-17	9:00	Wall to Wall	68/104	Fellows Park, WI.	
	Sat. 6-23	6:00/ 8:00	Longest Day of the Year Double Century Challenge	50, 75, 100, 150, 175, 200	Wilmot H.S, WI.	Mitch Rosset
	Sun. 6-24	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Emily Qualich
	Sun. 6-24	8:00	Fontana Ride	71	McHenry County College	
	Sat. 6-30	9:00	Another Day/Another Way	70/110	Evergreen School, Union	Ellen Heineman

Honey-Do starts on April 7th at 9:00 am. 8:00 a.m. start begins on May 5th

Mo.	Date	Time	Ride Name	Miles	Start	Ride Host
J U L Y	Sun.7-1	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Frank Bing
	Sun. 7-1	8:00	Darwin Ride	70	Long Grove Commons	
	Wed..7-4	9:00	Hills & Horses	39	Rose School	Len & Reinhilde Geis
	Sat. 7-7	8:00	Retro Harmon Hundred	30/60/100	Wauconda H.S	Paul LeFevre
	Sun.7-8	9/10:00	Club Picnic (Road Ride) Art Cunningham Memorial Ride	Approx.31-55	Heron Creek F.P., Shelter B	Kilian Emanuel
	Sat. 7-14	9:00	Ice Cream Social	52	McHenry Co. College	
	Sun.7-15	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Joe Beemster
	Sun.7-15	9:00	Bastille Day Ride	59/74/95	Paris School, WI	
	Sat. 7-21	8:00	Roads You Don't Know	85	Cuba Marsh	Paul LeFevre
	Sun.7-22	8:00	Geneva Century/ Geneva Lite	50/100	Heron Creek F.P.	Tom & Deb Wilson
	Sun.7-22	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Betsy Burtelow
	Sat. 7-28	9:00	Lakewood Loops (AKA Arlington 500 route)	28/54/69	Lakewood F.P.	
	Sun. 7-29	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Kilian Emanuel
	Sun. 7-29	9:00	Sycamore Scamper	81	McHenry Co. College	
A U G U S T	Sat. 8-4	9:00	Loops of Lyons	50/71/100	Fellows Park, WI.	
	Sat. 8-4		Amishland and Lakes	VARIOUS	Indiana	Invitational
	Sun. 8-5	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Jim Boyer
	Sun. 8-5	8:00	Paul's NE ILL Century Ride	100	Mt. Prospect	Paul LeFevre
	Sun. 8-5		Amishland and Lakes	VARIOUS	Indiana	Invitational
	Sat. 8-11	9:00	Paris School Ride	37/55	Paris, WI	Dave Waycie
	Sun. 8-12	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Frank Bing
	Sun. 8-12	9:00	Fontana Ride	71	McHenry Co. College	Bill Bergeron
	Sat. 8-18	8:30	Waterford Ride	27/41/68	Waterford WI	Kevin Moore
	Sun. 8-19	9:00	Loops of Burlington	56/97	Eagle Lake Park, WI	
	Sun. 8-19	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Kilian Emanuel
	Sun. 8-26	8:00	HARMON PRE RIDE	25/50/75/100	Wilmot H.S.	
S E P T E M B E R	Sat. 9-1	8:00	Roads You Don't Know	85	Cuba Marsh	Paul LeFevre
	Sun. 9-2	9:00	Root Beer Social	58/82	McHenry Co. College	
	Sun. 9-2	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Pam Kaloustian
	Mon. 9-3	9:00	(Labor Day) Lakewood Loops	28/54/69	Lakewood F.P.	Dave Waycie
	Sat. 9-8	9:00	Wauconda Twin Lakes	61 / 78	Lakewood F.P.	Dave Waycie
	Sun. 9-9	9:00	Harmon Hundred		Wilmot H.S.	Everyone Works
	Sat. 9-15	9:00	Antioch Twisted	63/ 84/100	Antioch Middle School	Dan Wiessner
	Sun. 9-16	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Johannes Smits
	Sun. 9-16	9:00	Rock Cut State Park	58/90	Evergreen School	Dave Waycie
	Sat. 9-22	9:00	Vern's PITA	39/61	Cuba Marsh	Emily Qualich
	Sun. 9-23	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Tony Vercillo
	Sun. 9-23	9:00	Nifty Fifty	50	Elgin Target Store	
	Sat. 9-29	9:00	Bakery Ride	40	Willow Stream Park	Earle Horwitz
	Sun.9-30	9:00	Sunday Short Ride	Approx.31-55	Long Grove Commons	Tony Vercillo
	Sun.9-30	9:00	Triple Deerpass	66	Evergreen School	Dave Waycie
Sun. 9-30	8:00/ 9:00	Apple Cider Century	37/62/75/100	Three Oaks, MI.	Invitational	

Mo.	Date	Time	Ride Name	Miles	Start	Ride Host
O	Sat. 10-6	9:00	Waterford Ride	27/41/68	Waterford WI	Kevin Moore
C	Sat. 10-6		Fall Festival Weekend	50/60	Mt. Horeb, WI.	Drapeau's
T	Sun. 10-7		Fall Festival Weekend	50/60	Mt. Horeb, WI.	Drapeau's
O	Sun. 10-7	9:00	Sunday Short Ride	Approx. 31-55	Long Grove Commons	Pam Kaloustian
B	Sat. 10-13	9:00	Reverse Honey-Do	48	Grassy Meadow-Douglas F.P.	
E	Sun. 10-14	9:00	Sunday Short Ride	Approx. 31-55	Long Grove Commons	Joe Beemster
R	Sat. 10-20	9:00	Ride to McHenry	42/63	Barrington H.S.	
	Sun. 10-21	9:00	Sunday Short Ride	Approx. 31-55	Long Grove Commons	Kilian Emanuel
	Sun. 10-28	10:00	Chili Ride	42	TBA	Sheri Rosenbaum

During the Month of October Honey-Do Rides start at 9:00 am.

If you wish to be a ride host for any of the available slots, please contact Sheri Rosenbaum Luv2Bike80@hotmail.com. Not sure what a ride host does? It's easy, read a quick FAQ at <http://www.wheelmen.com/ridehostduties.htm>

Wheeling Wheelmen Board Meeting February 12, 2012

Present: Joe Beemster, Mitch Rosset, Ella Shields, Johannes Smits, Anna Swietczak, Dave Waycie, Tom Wilson

The meeting was called to order at 5:05 pm.

IRS Status: 503-c.7 application and fees have been submitted.

Treasurer's Report: Approved doing an informal audit annually. The audit should be performed by a club member not currently serving on the board. Johannes will locate a volunteer.

Member Meetings:

February 2 – European Bike Travel – Thanks to Al Gibbs for presenting.

March 1 – Preventing Back Injuries – Dr. Katie Sleigh

April 5 – Meeting will be at the Trek store in Highland Park. Subject is bike fit.

Ride Line/Ride Cancellation: Decision on ride line deferred until call volume has been reviewed. Dave Waycie will draft suggestions for handling and publicizing ride cancellations

Constitution and By-Laws: This is a bigger task than originally considered. Target is to complete revisions by the end of the year, with voting at the Banquet.

General Updates:

Ride Schedule and Stats. The ride schedule is in good shape – the website should be updated this week. The Wednesday night ride from Elgin is no longer on the schedule. Recommended that Emily consider using the spreadsheets created by Joe Irons, as they provide extensive statistical data regarding rides.

Membership Renewals: Renewals approximately 120 – on target with past years.

Publicity: Barb will now place notices for St. Pat's ride in local papers in the area.

Newsletter: March – Joe Beemster, April – Mitch Rosset.

St. Pat's Ride: Insurance is complete. Wheel Werks (Crystal Lake) will supply bike tech services at the High School this year. A few more volunteers are needed, to be signed up at the March club meeting.

Harmon: Bassett and Eagle Lake Park have been reserved. Brochures to be ordered this week.

Next Board Meeting: Monday, March 12, 7:00 pm, at Joe's.

The meeting was adjourned at 6:45.

Dave Waycie
Secretary

Village CycleSport



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Top 50 Trek Dealer.
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1313 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650
203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200

(Continued from page 3)

- View your last ten workouts and routes
- Integrated iPod and camera feature, no need to close your app to change a song

BikeRepairApp.com – Are you tired of searching the web to find your bike repair solution? Most web sites are not well structured and have too much text to read before finding your solution. Then you go to the garage to fix your bike and realize you have forgot half of what you have read online.

Bike Repair on your iPhone/iPod Touch/iPad or Android devices is the solution. You have your reference with you all the time.

Each step contains a few simple phrases/tasks. It goes straight to the point, no long paragraph explaining something that has nothing to do with the repair and that you will forget anyway. The most important thing, they don't assume you know everything about bicycles. Every term used is simple, if they are technical, they show you what it is on the picture, so you're not left wondering what it is and trying to look for it on your bike.

Sheri Rosenbaum

Wheeling Wheelmen Membership Application

Name: _____

Spouse's Name: _____

Address: _____

Children's Names: _____ Age: _____

City, State, Zip: _____

_____ Age: _____

Phone #: _____

E-mail: _____

Please consider an e-mail of our monthly newsletter to help keep club dues low and help the environment by reducing paper consumption Please indicate your choice: Send via e-mail I prefer a paper copy

New Member? _____ Renewal? _____ L.A.B. Member? _____

Family dues: \$25 Individual dues: \$20

Membership Pledge: I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to observe all the rules of the road, and conduct myself in a manner that will be complimentary to the sport. I release and waive all claims for negligence against the WHEELING WHEELMEN, its officers and members for all damages incurred at or associated with any WHEELING WHEELMEN activity for myself, my heirs and executors.

Applicant's Signature (parent's signature if a minor)

Spouse's Signature

Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



P. O. Box 7304
 Buffalo Grove, Il. 60089-7304
 847-520-5010
 wheeling@wheelmen.com

We are on the web
wheelmen.com



SAVE THE DATES

St Patrick's Day Ride - Sunday, March 18
 Picnic - Sunday, July 8
 Harmon Hundred - Sunday, Sept. 9
 Banquet - Sunday, Nov. 11



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

CAMPBELL ST. BIKES
 13 W. Campbell St.
 Arlington Hts. 847/222-7887

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, IL
trekhp.com 847-433-8735

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

TURIN BICYCLE
 1027 Davis Street
 Evanston
 847/864-7660

VILLAGE CYCLESPORT
 45 Arlington Hts Rd
 Elk Grove Village
 847/439-3340
 1313 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
 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