



MONTHLY MEANDERS

IRONMAN, THE MOVIE???

Early last summer I was enjoying lunch while sitting at a public picnic table. As many of you know, I tan easily. The elderly lady next to me asked how my skin got so dark. I said, "I'm training for the Ironman". She said, "The Movie?" Ha! I did all I could not to bust out laughing, hoping not to offend her. Reflecting upon this afterwards, I came to think that maybe that wasn't too far from making a movie. After all, there was an idea with a plot, many rehearsals, tight fitting designer clothing for the red carpet, a big finish with lights, cameras, and, a gallery of adoring fans and family. Let's not forget the nice medal for "best athlete in a sweaty role."

So why would anyone want to sign up for an Ironman 140.6 (2.4 mile swim, 112 mile bike and 26.2 mile run – yes, all on one day!)? If you were to ask me 10 years ago, the answer would have been, "what are you, nuts!" Somewhere between then and now, that changed. I saw someone who I didn't think could do it, finish within two minutes of the 17 hour cut off. "If SHE can

do it, I can do it!" So, I signed on the dotted line to compete in Ironman Wisconsin on Sept. 8, 2013, exactly one year in advance.

How do you prepare your body for such a beating? The answer is: as best you can. It's a balance between endurance training, evolving nutritional requirements



and mental preparedness. I train year round, so I had a very good base on which to build for the endurance training. As you train, you have to make sure you keep eating. Luckily, I excel at this! For me, the mental training was probably the toughest. Dealing with "today you get to bike 40 miles and then go out and run 12 miles in 90 degree heat" was often, a little hard to get excited about. But, despite all my internal and external whining, I stuck

with it. Total training miles for the year before the race were: swim – 357, bike – 3631, run – 547. That's a total of 4535 miles; a one-way trip to Hawaii!

The race is on Sunday but all athletes are required to check in by Friday afternoon. It's quite a process. There are long lines filled with mostly young, nervous athletes who are consumed in discussions about how much they paid for their "state of the art" bento box, or whatever, that is guaranteed to shave 15 seconds off their bike time! Very entertaining. The best part of check in is getting weighed. Even buff athletes resist this part. But, it is actually a safety precaution in case you make an unplanned trip to the medical tent. If you are down 5-10 lbs., you are severely dehydrated which is obviously not desirable.

The day before the race, you check your bike in and kiss it good night. You also drop off your transition bags and pray that you didn't forget anything like Cham-ois Butt'R. You feel like you are leaving your children behind but know that

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Welcome New Members

Cathy Dulski,
Arlington Hts

Roy Settler, Wheeling

Tom, Jim & Shannon
Snitzer, Arlington Hts

Pete Wahlgren, Wheaton

Neil Wells, Mt. Prospect

Gwang Hae Shin, Buffalo
Grove

Myles Svec, Palatine

Club Officials

Elected Officers

President

Joe Beemster 847-215-2314

V.P.-Ride Chair

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

Treasurer

Johannes Smits 630-893-2835

Secretary

Dave Waycie 847-577-6307

Membership

Mitch Rosset rrkite99@aol.com

Publicity Chair

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

Appointed Officers

Harmon Chairman

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

Newsletter

Ella Shields 773-407-4712

St. Pat's Ride

Anna & George Swietczak 312-969-1010

Chairmen

Banquet

Meg Ewen 630-540-1704
Terri Brei 630-606-4341

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

Jim Boyer 847-541-1325

Newsletter Policy

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

Ella Shields

eshieldsbike@yahoo.com

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



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

TOP 20 MILES

Through April 12
19 rides by 70 members

Women:

1	Emily	Qualich	343
2	Sheri	Rosenbaum	270
3	Eva	Larson	182
4	Betsy	Burtelow	134
5	Ella	Shields	130
6	Pam	Burke	130
7	Deb	Wilson	105
8	Reinhilde	Geis	97
9	Marianne	Kron	93
10	Terri	Brei	79
11	Pat	Calabrese	75
12	Lynne	Lutman	65
13	Caitlin	Wiessner	60
14	Virginia	Savio	47
15	Pam	Kaloustian	40
16	Anna	Swietczak	40
17	Jackie	Kelley	32
18	Mary Kay	Drapeau	31
19	Barb	Barr	30
20	Lisa	Tracey	23

Men:

1	Dennis	Ellertson	616
2	Paul	LeFevre	456
3	Brian	Hale	393
4	Kilian	Emanuel	370
5	Alex	Halamaj	322
6	David	Naigles	322
7	Leo	Rhee	252
8	Kevin	Moore	231
9	Larry	Frank	193
10	Tom	Wilson	185
11	Brian	Blome	159
12	Joe	Beemster	151
13	Frank	Bing	150
14	Peter	Guzik	149
15	Jeff	Magnani	146
16	Rich	Vichotka	144
17	Dave	Waycie	133
18	Mitch	Rosset	133
19	JV	Villadolid	133
20	Edwin	Priest	129

BOARD MEETING

The next board meeting is Monday, May 19, 7:00 p.m. at the home of Joe Beemster.

All Board members are requested to attend.



2ND ANNUAL LADIES NIGHT AT VILLAGE CYCLE SPORT

Wednesday, May 7

7:00-9:30 p.m.

45 S. Arlington Heights Rd
Elk Grove Village

Vendor Expo,
Discounts, Raffle,
Give-A-Ways
WINE, CHEESE,
CHOCOLATES and More!!!!

RSVP to

Laura@villagecyclesport.com

847-439-3340

Saturday, May 24, 8am-4pm

LAUNCH, WALK & ROLL
Celebrate the opening of
Lake Arlington
2201 N. Windsor Drive
Arlington Hts.

- Free Demos!
- Fun Giveaways!
- Great Music!

We will have a table at the event and you can also visit with: Arlington Heights Park District, Runner's High, Elite Athletic Development, Village Cycle Sport and more. Visit ahpd.org for more info.

May Ride Schedule Cue sheets will be provided and there's no sweep. Riders break up into their own groups usually based on speed (riders may be dropped) All riders must wear a helmet, have a bike in good working condition, ride safely and obey all traffic laws. We suggest you arrive 15-30 minutes early and carry a spare tube/patch kit, water, ID, cell phone, \$\$ and nutrition.

Date	Time	Ride Name	Starting Location/Directions	Miles	Ride Host
Sat. 5/3	8:00	Honey-Do Ride	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90	30-58	Pam Burke 312-615-3407
	9:00	Antioch Classic	Antioch Upper School I-94 to IL 173 west just past IL59. Turn right on Tiffany. Left at sign for school	58/80	Dan Wiessner 847-736-3484
Sun. 5/4	9:00	Sunday Short Ride	Long Grove Commons Long Grove Commons Shopping Center at Rt 22 and Old McHenry Rd. Park in lot north of the PNC Bank.	~31/55	Larry Frank 847-832-0630
Sat. 5/10	8:00	Honey-Do Ride Extended Do	Grassy Meadow Forest Preserve See above	30-77	Pam Kaloustian 847-707-0203
Sun. 5/11	9:00	Sunday Short Ride (Mother's Day)	Long Grove Commons See above	~31/55	Joe Beemster 847-215-2314
Sat. 5/17	8:00	Binnie Woods	Binnie Woods F.P. I-90 west. Exit Randall Rd North to Binnie Rd. Turn west (left) to Forest Preserve (on right)	67/109	8am - Paul LeFevre 224-234-0615 9am - Dave Waycie 847-845-9663
	9:00		Grassy Meadow Forest Preserve See above		30-58
Sun. 5/18	~~	Arlington 500	Barrington High School 616 W. Main St	31/44/ 55/69	Invitational Look for sign up sheet at registration
	9:00	Sunday Short Ride	Long Grove Commons See above	~31/55	Jorn Lim 847-345-0704
Sat. 5/24	8:00	Honey-Do Ride	Grassy Meadow Forest Preserve See above	30-58	Tony Vercillo 847-691-7049
	9:00	Twice Baked Bakery Ride	Willow Stream Park On Old Checker Rd just west of Buffalo Grove Rd (North of Lake-Cook Rd)	40/80	Louis Greene 847-530-7125
	~~	Horsey Hundred	Georgetown, KY	26/37/60/ 78/104	Invitational
Sun. 5/25	9:00	Sunday Short Ride	Long Grove Commons See above	~31/55	Len & Reinhilde Geis 312-209-0279
	~~	Horsey Hundred	Georgetown, KY	34/51/75	Invitational
Mon. 5/26	9:00	Mitch's Muse (Memorial Day)	Jerseys Pizza & Grill From I-90, take Barrington Rd north, turn right on Lakewood Blvd. Jerseys will be the first left you can take off of Lakewood Blvd. Pull around to the back parking lot. (See more details on page 5)	36/47	Mitch Rosset 847-814-3107
Sat. 5/31	8:00	Honey-Do Ride	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90	30-58	Tony Vercillo 847-691-7049

WEEKLY RIDES					
Day	Time	Ride	Miles	Start/Directions	Ride Host
Tuesday & Thursday	9:00 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	Kilian Emanuel 847-296-7874
Tuesday	6:00 pm	Working Stiff's Ride	18-27	Stempel Parking Lot 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
Trail/Road ride Wednesday	10:00 a.m.	Blue Star Memorial Woods	33	East Lake Ave., Glenview. East of Waukegan Rd, between Wagner and Harms near overhead trail bridge. Parking lot on the south side of E. Lake Ave.	Dennis Ellertson 847-255-9323
Wednesday	5:30 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Anna Swietczak 312- 969-1010
Thursday	6:00 pm	Thursday Night Ride	30	Heron Creek Forest Preserve. 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

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@yahoogroups.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.



2nd CHANCE FOR JERSEYS

WOW GREAT NEWS!!!! We are now a PREFERRED client with VOLER!!

VOLER HAS GRACIOUSLY REDUCED THE ORDER MINIMUMS TO FIVE (5) PER CATEGORY!!!!

He had one (1) spot left run thru May 16th and the order will ship out June 20.

YOU MUST PLACE YOUR ORDER BY MAY 16

If we do not meet the (5) piece per category minimum then each person will be refunded their money on the 16th. So you are not out anything!!!!

Here is a link to the ordering page www.voler.com/custom/ordering/li/5281

Best regards and you are ready to roll.

C. Brian Hale



HELP NEEDED FOR BIKE RODEO SATURDAY, MAY 10

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 from 11 a.m. to 2:00 p.m. A pizza lunch is provided.

The rodeo is being held at Mike Rylko Community Park 1000 N. Buffalo Grove Rd. (BG Rd. and Deerfield Pkwy)

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



WEDNESDAY, MAY 21

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,

7:00-9:00 pm, Recreation Park, 500 E Miner St., Arlington Heights, www.cycleclearlinton.com,

E-mail: rideofsilence@cycleclearlinton.com

Chicago: Gather at Daley Plaza's Eternal Flame beginning at 6pm; ride departs at 7pm. Ride in silent procession past several area Ghost Bikes.

For more info: www.rideofsilence.org/chicago



Memorial Day Ride Monday, May 26 New Location!!!

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. This year we've changed the start location to Jerseys. They have a beautiful patio overlooking a pond and indoor sports bar. Choose from food and drink specials as well as their full menu.

\$10 Miller Lite or Coors Light Beer Buckets (5/bucket)
\$6.99 ANY 1/2 lb. specialty burger off the menu with
homemade potato chips
\$6 - 9" one-topping pizzas

2360 Lakewood Blvd
Hoffman Estates
JerseysPizzaandGrill.com

Continued from page 1



you will be reacquainted with them very soon.

The alarm goes off at 3:30am on race day and the eating begins. You put on your “outfit” for the day and pack up some last minute items. Heavy sigh. Right now you are really wondering what possessed you to sign up for this madness? Really? Who

pays money to self-inflict pain and suffering? Maybe today I should just go get a mani-pedi instead. But then you realize it’s too late, you’re committed. You get a grip and set out on your final approach to the race venue.

You arrive at the race and get overwhelmed by the amount of spectators that have gotten up to witness the start. You pull on your wetsuit which is a workout in itself! Swim caps appear, girls in hot pink, boys in lime green. When I walked down to the swim start, I thought I was in the wrong place because there were very few pink caps. Yikes! Usually 75% of the participants are male and the remaining 25% are female (this must mean that females are smarter because this is certainly insanity on steroids.)

Ready, set, GO! The swim is a mass start with 2600 of your new besties. Chaos ensues, you have nowhere to go. I am a very strong swimmer, but, I got stuck in the middle of the rectangle which was not good. I tried to get back on course but got kicked, punched and shoved; who knew swimming was a full contact sport! It was no use....there I stayed for the full 2.4 miles. But, I made it. Next, you run out of the water and with the help of “strippers” you shed your wetsuit and run up the “helix” which is basically the parking garage ramp. You go to T1 (transition 1) where you change into your bike gear.

The bike out starts on the “stick” which is a 14 mile route that takes you due west of Madison, to the “loops”. These loops are VERY hilly and actually make Ironman Wisconsin one of the most difficult race courses in North America. During a summer training run, my computer clocked a downhill speed of 45 mph! Smart athletes pace themselves on the bike in order to save leg strength for the run. The “stick” back to Madison was probably the worst part of the course: it was uphill, the wind was in your face and you were spent!

So the bike is finally over and you arrive at T2. Massive re-

lief to get off your bike. You need to slowly straighten out of that 90 degree angle you have been crouched in over the past 7 hours. Luckily, no tools were needed to un-wrench my spine. By now, you say to yourself, “you got this girl, a little 26.2 mile jog in the park and you are done!”

By this time, you have a thick layer of grit on your skin and even skunks run in the opposite direction. You are a little wobbly but you need to look good for the cheering fans. You shove those greasy hair locks under a cap and put a big smile on your face. You run as far as you can before the body says, BREAK TIME. Your feet are talking in demonic tongues and you have to grease them down, yet again. You just know you are going to lose some toenails in the days to come. You make it around the first 13 mile loop and see your family. Time for photos, but you can’t visit for very long. The clock is ticking and you have to set out on the second loop. But, now it’s dark and the legs are rubber. You start walking because, at this point, it’s all about finishing. You start to see lights, you hear the faint sound of the announcer; the end is near. Now, you are rounding the corner and you see the bright lights on the capitol building. You eye the chute, the fans are cheering, cow bells are ringing.....you hear “Pam Kaloustian, you are an IRONMAN” as you cross the finish line. 16 hours, 46 minutes and 40 seconds of true grit and determination, FINISHED!

My 80 year old parents and other family were proudly waiting for me at the finish line. It was a once in a lifetime experience for them, too. Every athlete has a story and a goal in mind. Mine was nothing special other than the strong will and determination to complete something I never thought I could. This Ironman believes this was not an athletic race; it was a life event that required mental fortitude, a patient approach and the ability to negotiate through uncharted waters (literally!) Life lessons.

People asked me “what did you think about all that time while you were out there”. My answer: That Peanut Buster Parfait after the finish line. Thank you Sheri!

So what’s next? Ironman Wisconsin was my 84th finish line on my quest to the USAT (United States Amateur Triathlete) Century Club. This summer I hope to compete in 10 triathlons, two of which will be Half Ironman’s also known as 70.3’s. If all goes well, I will cross my 100th triathlon finish line in the summer of 2015. Then, I plan on climbing Mt. Everest, backwards in stilettos!

Pam Kaloustian

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Top 50 Trek Dealer.
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in Business



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1326 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650
203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200

Ask for your
*Wheeling
Wheelmen
Discount*

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@yahogroups.com

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

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

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

MEETING RECAP

At our April 3rd club meeting, Ed Barsotti of L.I.B. did a great job in discussing the improvements in Illinois for Cyclists. He explained how more communities are trying to improve their access for cyclists by adding paths and establishing shoulders on village roads. He also reviewed the Bike Safety Quiz which is being used throughout the State to familiarize

cyclists, motorists and children the correct procedures in Auto/Cycle interface.

All Wheelmen members are strongly encouraged to check their skills and comply with State Laws. Go to www.bikesafetyquiz.com and check your self out as a conscientious rider. It doesn't take much time and it's instructive as well as fun to take the quiz.

INVITATIONAL'S

May 3, Tour de Stooges, Highland, IL, 17/22/31/46/64 miles www.tourdestooges.com

May 18, Arlington 500, Barrington High School, 31/44/55/69 miles, 500@cyclearlington.com
www.cyclearlington.com

May 24 & 25, Blackhawk Country Roads, Rockton, IL., 10/30/45/60 miles, 815-871-6379 or 815-979-3892
www.blackhawkbicycleclub.org

May 25, Bike the Drive, Chicago, 15/30 miles., 312-427-3325 x 251, btd10info@activetrans.org

June 1, Udder Century, Donley's Wild West Town, Union, IL 31/50/62/ 75/100 miles,
udder@charter.net mchenrybicycleclub.org

June 8, Honor Ride, 8 a.m., Skokie, 15/35/55 /miles
ride2recovery.com/honorRide.php

June 8, Chicagoland Tour de Cure, , Aurora, 10/20/35 path rides, 62/100 miles road rides
chicagotour@diabetes.org, 312-346-1805 x6573
main.diabetes.org/site/TR?fr_id=9382&pg=entry



**Wheeling
Wheelmen**

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



We are on the web
wheelmen.com



SAVE THE DATES

July 13 - Picnic
Sept . 7 - Harmon
Nov. 9 - Banquet

CLUB DISCOUNTS

The following local shops offer a 10% discount on parts and accessories to all Wheeling Wheelmen with a valid membership card shown at time of purchase.

ALBERTO'S CYCLES
661 Central, Highland Park
847-432-0015

AMLINGS CYCLE & FITNESS
8140 N Milwaukee Ave.
Niles 847-692-4240

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

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

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

LIBERTYVILLE CYCLERY
740 N. Milwaukee Ave,
Libertyville, 847-362-6030

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

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

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

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

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

VILLAGE CYCLESPORT
45 Arlington Hts Rd
Elk Grove Village
847-439-3340
1326 N. Rand Rd.
Arlington Hts.
847-398-1650
203 W. Northwest Hwy
Barrington
847-382-9200

WHEEL & SPROCKET
1027 Davis Street
Evanston
847-864-7660
wheelandsprocket.com

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