







The Ride



The Arlington 500 is a recreational bike ride on scenic roads in Lake County. You have the option of doing a 28, 42, 54 or 69 mile (**500 furlongs**) route.

The Arlington 500 is a fully supported ride. You get all this on every route!

-  Downloadable GPS link and/or cue sheet
-  Bike shop support at start
-  Rest stops with food and beverages
-  Clean toilet facilities
-  Roving support vehicles
-  Free bicycle safety light if you pre-register

Our Bike Club

The Arlington Heights Bicycle Club provides a variety of weekly rides for the beginning, intermediate and advanced cyclist. For a list of rides and information about club events, visit our web site at:

www.cyclearlington.com

Save The Dates:

April 29: AHBC Annual Bike Swap. Held rain or shine the Bike Swap is a great way to buy a new bike or sell your used bikes.

May 17: Ride of Silence

Join us on a ride to honor those who have been killed or injured while riding a bike. Ride leaves from Recreation Park in Arlington Heights at 7:00 p.m.

For details visit www.cyclearlington.com

The Details

Date: Sunday, May 21, 2017

Starting Location:

Barrington High School (west parking lot)
616 W. Main Street
Barrington, Illinois

Registration Time:

Starts at **6:30** a.m. for all riders
Closes at 9:00 a.m. for 54 and 69 mile riders
Closes at 10:00 a.m. for 28 and 42 mile riders

Registration & Registration Fees:

Use the form at the right (one form per rider)
Pre-registration fee is \$20.00 per rider if received by **May 12th!**

Day of Ride Registration is \$25.00 per rider

Terrain: Mostly level with some moderate hills.

Your Safety

Use of a SNELL approved bicycle helmet is **strongly recommended**. Wearing ear buds is strongly discouraged. Both of these can impact your safety on the road!

Obey Traffic Laws

Please share the road in a courteous way with other vehicles and pedestrians. Ride single file when necessary and obey all stop signs. Police officers in communities along our routes will issue citations to bicyclists who don't properly follow the rules of the road.

*****GPS downloadable link*****

NEW for 2017, we have a downloadable GPS link! Go to our website at www.cyclearlington.com for details.

Arlington 500 Registration Waiver and Release

In signing this release for myself and/or named participant under the age of 18, I understand that bicycling is a potentially hazardous activity and that injuries can occur from accidents, negligence or carelessness. I agree that route marking and/or cue sheets are provided for my convenience only and do not guarantee a safe route or trip. For myself and/or said minor, my (and minor's) heirs and assignees, I hereby waive all claims for, forever discharge and agree to hold harmless the Arlington Heights Bicycle Club, its officers and members, the organizers of the Arlington 500 and School District #220 from any and all liability from having sustained personal injuries or property damage as a result of participating in this activity.

One form per rider • Please PRINT clearly!

Rider Name _____

Address _____

City _____

State _____

ZIP _____

Signature of Rider or Parent/Guardian for minors

Date ____/____/____

Email Address _____

Registration fee received by May 12, 2017 is only **\$20 per rider**. PayPal is available for pre-registration only. Day of Ride fee is \$25.

Mail check and release form to:

Arlington Heights Bicycle Club

AHBC-500 - A

642 Burgundy Ct., Unit F

Elk Grove Village, IL 60007-3577

Special Benefits for Pre-registered Riders

- **20% discount** – You pay just \$20 prior to May 12, 2017. PayPal is now available on our website!
- **Express check-in** – Go directly to pre-registration table
- **Bicycle Safety Light** for all pre-registered riders

Put Your Knowledge to the Test

Before you ride – check out your Biking Safety Expertise with a Safety Quiz brought to you by the League of Illinois Bicyclists ...

www.bikesafetyquiz.com

Laws and techniques for sharing the road and other bicycle safety

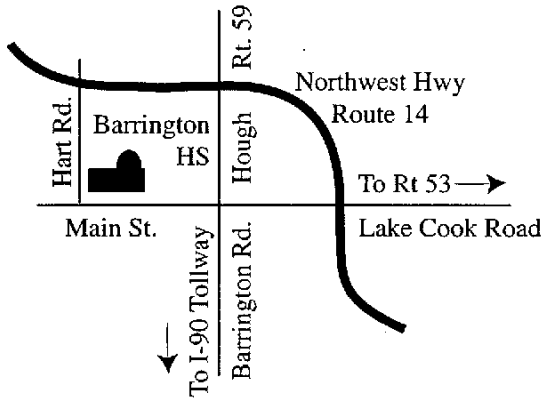
Quizzes for bicyclists and motorists

Participation \$\$\$ prizes each year for Illinois individuals, schools



The Location

Barrington High School



From Chicago or the Near Northwest Suburbs

Take the Kennedy Expressway and Northwest Tollway (I-90) to Route 53. Exit on Route 53 northbound to Lake Cook Road. Continue west on Lake Cook Road (it becomes Main Street in Barrington) past Route 14 and Route 59. The High School is on Main Street about 0.6 miles west of Route 59. Turn right on Hart Road and park in the west lot.

From Western Lake County or DuPage County

Take Route 59 to Main Street in Barrington. Turn west on Main Street. The High School is on Main Street and is about 0.6 miles west of Route 59. Turn right on Hart Road and park in the west lot.

From McHenry County

Take Route 14 east to Hart Road. Turn south onto Hart Road and go 0.3 miles. The High School is on your left, park in the west lot.

www.cyclclearlington.com

The Arlington 500



A Scenic Bike Ride

Sponsored by

The Arlington Heights Bicycle Club

Featuring routes of
28, 42, 54 or 69 miles

Sunday

May 21, 2017