



President Evie Weber 392-6288
 Vice President Bob Lippold 870-0337
 Secretary Ina Wentzel 255-6452
 Treasurer Emil Donkers 253-0881
 Membership Jeanie Gain 392-1547
 Newsletter Pat Schramm 228-0064

February
1982

Here's Evie!

Well, the Jan. meeting got off to a dry start--no coffee/tea, etc. Jeanie thought I was bringing the coffee pot and I thought she was! Good things do come from errors like this--Jim & Phyllis Shoemaker have donated a 50-cup coffee pot to our club--so now we have no excuse...

The bike clinic was well attended. About 15 budding bike mechanics learned how to do headsets. Our thanks to ABC Cyclery & Mikes Bikes Shop for loaning us the bike stands. And an enormous thank-you to Dick Spirek of Bikes Plus for giving his time & expertise in making the slides & tape.

BUSINESS AS USUAL...

Our February meeting is Thur. Feb. 4 at 8 pm. Our club is privileged to have LON HALDEMAN as our guest. Lon bicycled last year from New York to California and back in record-breaking time!! He will bring his slides and talk about his trip plus answer our questions. Please plan to come to meet Lon.

Also at this meeting, we will be deciding where we will be riding on our week-long trip in August. At the January meeting, several suggestions came up and our ride questionnaire brought in more. As mentioned earlier, Norma Witherbee has volunteered to help someone else organize the big ride. Below is a summary of the suggested rides:

..Northwoods of Wisconsin. Biking, camping & rafting. The idea is to travel in car pools to the Wolf River, spend the next day rafting. Then bike tour about one week the Tomahawk, Rhinelander, Woodruff area. Those desiring a longer ride can bike back to Arl. Hts. (Kurt Schoenhoff) Kurt would do the preliminary "legwork", writing for maps & making camping reservations. Emil Donkers & Bob Hinkle have mentioned they could map the route.

..Coors Classic in Colorado. M.E. Spirek suggested riding in the area where this week-long race is held. Bikecentennial has mapped out routes which would be available to us. So no one would have to go out there to map a route.

..Finger Lakes, New York
 ..Duluth, MN to Thunder Bay, Canada
 ..Door County, WI (with a sag wagon)
 ..Great Lakes area
 ..Mackinaw Island
 ..Pennsylvania
 ..Indiana
 ..Wisconsin
 ..Anywhere except southern Wisconsin
 ..Michigan
 ..Peoria (Steamboat Days)
 ..Springfield, IL

It is important that anyone planning to go on this week-long ride attend the February meeting to vote and decide where we'll be riding.

Orion & Regina Osborne did some checking & received info on charter bus rates & Amtrak rates. It is based on mileage from the suggestions received on where to ride. 250 miles to Whitewater, WI; 500 miles to Apostle Islands; 750 miles to Finger Lakes; 1,000 miles to Denver.

Charter bus rates average \$1,500 per 250-mi. radius. Costs are based on round-trip. With bikes & luggage a bus could carry about 35 people:

250 mi	-	\$ 42.85	per person
500 mi	-	85.72	" "
750 mi	-	128.57	" "
1000 mi	-	171.43	" "

Amtrak group fares for 15 or more people round trip with no baggage restrictions are:

Tomah, WI	-	\$ 98.75	" "
St. Paul, MN	-	118.00	" "
Denver, CO	-	202.00	" "
Syracuse, NY	-	130.00	" "

(continued)

Car pool rates were figures out based on the following: 250 mi round trip, 15 miles to the gallon, \$1.30 per gallon, with 4 people to a car. The cost per vehicle would be \$45.00

bike clinic

At 7 pm, our second bike clinic will begin. This one will be about hub overhauls. Bring your wheels (make them so you will get the right ones back).

We are holding these clinics for you--come and participate to learn bike repair & maintenance. Those who are more experienced can help those who aren't. Or just come to observe.

Rides Rides Rides

Almost needless to say, we did not go skiing Jan. 10 when it was -26° & -80° windchill. We are rescheduling the X-C ski outing for Sun. Feb. 7. As before, meet at Deer Grove (last parking lot towards left) at 10 am if there's enough snow. If not enough snow here, we'll meet at Evie's house at 10 am & car pool to the snow. Questions, call Bob Lippold. Remember, Sunday Feb. 7 at 10 am.

If anyone knows of any details of other clubs' big rides, let Bob Lippold know so it can be added to our ride schedule.

T.O.S.R.V. 82 - ride from Columbus to Portsmouth, Ohio. May 8 & 9. Registration is this month. Some club members will be receiving registration forms--ask for them at the meeting.

DID YOU KNOW??

THAT your membership allows you to receive a 10% discount on Bike Accessories Bike Parts and Clothing at two shops in Arlington Heights:

ABC Cyclery and Bikes Plus, Ltd.

* * * * *

THAT Jim Andresen of ABC was recently hospitalized with kidney stones but is back at work...glad you're feeling better!

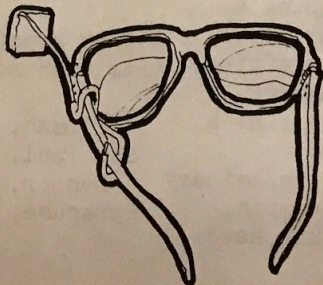
FOR SALE: Two used Fuji Americas. A 61cm/24" and a 64cm/25". Call Dick or Bill at Bikes Plus 398-1650.

Two Early Winter Goretex jackets, stuff sacks & nylon rain chaps. Xl & L Blue. \$65 each or two for \$120. (Bill T. 255-1710)

Thanks are in order to Dick & M.E. Spirek for sharing their slides of Germany with us.

Thanks to Jo Davis & Pam Cuellar for the cookies. Yum.Yum.

Bob Lippold has drawn up plans for the bike stand he made. They will be available at the meeting.





President	Evie	Weber	392-6288
Vice President	Bob	Lippold	870-0337
Secretary	Ina	Wentzel	255-6452
Treasurer	Emil	Donkers	253-0881
Membership	Jeanie	Gain	392-1547
Newsletter	Pat	Schramm	228-0064

March 1982

Rides Rides Rides

Sun. Mar. 21	St. Pat's Day Ride (Wheeling Wheelmen)	Rosie Baum 397-7270
Sat. Mar. 27	Newsletter Delivery Meet Rec. Park 2:15p	Jim S.
Sun. Mar. 28	Break-Out Frontier Park	Kaete S.

Here's Evie!

Ahhh Spring...green grass, blue skies, clean air, the call of the open road. Woops... look out! Too late, that pothole got my tire. Jeanie, Orion & I went for an imprupta ride Sun Feb 21 and 2 out of 3 received flats because of poor road conditions (or blind riders). Watch out when you feel the urge to bike. The roads are awful.

There are still dates and rides with no leaders Bob L. will have a sign-up sheet at the meeting Please look over the following dates, and let him know if you can lead a ride!!!

April 10, 17, 18, or 25
 Newsletter Delivery - May 29, Sep 25
 Tues Eve Rides - Jun 8, 15, 22; Jul 6, 20, 27;
 Aug 3, 24, 31
 Memorial Day Parade & Ride, May 31
 Weekend Campout - Jun 12-13
 Frontier Days - Jul 2-5 (2 or 3 events)
 Treasure Hunt - Jul 10 or 11
 Progressive Dinner - Jul 17 (need 4 people for
 the different courses)
 Weekend Campout - July 23-25
 Pot Luck Dinner - Sep 11
 Weekend Campout - Oct 1-3
 Columbus Day Ride - Oct 9 or 10

How many of you know CPR? The other day an extremely critical situation came up where I felt totally helpless and perhaps a life could have been saved if I did know this technique. Arrangements are in the process to establish a CPR class for the bike club. This will not be on a regular meeting night. If interested, let Bob L. know at the meeting. Even if you have been certified, you must renew each year. This will be the perfect opportunity to learn CPR as a club project.

Business As Usual...

March Meeting: Thur March 4 8:00 pm
 Dave V. will bring his slides of he and Nancy's biking Vermont last fall.

At 7:00 pm will be another bike clinic. This month will be - ta da - bottom brackets. If you have one to take apart, bring your bike OR if you don't know what one is, come to find out!

A special thanks goes to Lon Haldeman for his slide presentation & talk last month.

Good Times Past

Well, our cross-country ski day finally happened - 5 of us ventured out to Deer Grove Feb. 7. However, as I have been told, Bob L. & Don D. never did meet up with Joel F., Jim S. and the third person (whose name I didn't get). At least we had some good snow!!!

Last Sunday, Feb. 21, it was a good day for a breakfast ride, as Evie reported above. Evie, Orion & Jeanie rode about 10 miles and ended up at Eros Restaurant.

F O R S A L E : Fuji SL2S 19" mixte frame. 1980 model. Ice blue. Call Marion M. 358-6787

W A N T E D : Bike rollers - to rent for 1 month. Or used ones for sale, cheap. Call Bob L. 8700337



DAY	RIDE & DESCRIPTION	LEADERS & PHONE #
Sat. Mar 27	Newsletter Delivery 2:15 Rec. Park	Jim Shoemaker 392-6533
Sat. Apr 24	Newsletter Delivery	Nick Good 255-9457
Sat. May 8	Mother's Day Ride 15-20 mi.	Pat & George Vassos 392-5450
Sun. May 16	"Arlington 500" Invitational 62 mi.	Tom & Sherry Masters 358-7797
Changed Sat. & Sun. May 29 & 30	Rockford's Blackhawk Metric Century	Dave LeFavour Home 815-229-5217 Work 815-226-6073
Tues. June 1	Tuesday evening Ride 5 - 12 mi.	Dottie Tockey 392-2709
Sun. June 13	Brookfield Zoo Ride 30 mi or 50 mi	Dick Marr 593-2639
Sat. June 19	Father's Day Ride	Norma Witherbee 675-1095 & Jim & Anita Netzel 677-6308
Sat June 26	Hot Air Balloon Ride	Tom & Sherry Masters 358-7797
Sat. Jul 17	Progressive Dinner 1. Jim Shoemaker (Need more volunteers for 4 more courses)	Ina Wentzel
Tues. July 13	Tuesday evening Ride 5 - 12 mi.	Joel Fisher 259-0039
Tues. August 10	Tuesday evening Ride 5 - 12 mi.	Mel Sandahl 454-4198
Tues. August 17	Tuesday evening Ride 5 - 12 mi.	Joel Fisher 259-0039
Sun. Sept 5	Labor Day Ride	Orion Osborne 398-4742

Two important dates to keep in mind are the weekend of April 24-25 which is the BIKE SWAP and Sun May 16 which is our INVITATIONAL RIDE. These are the dates we need your support. More information will follow and sign-up sheets will be passed around at the meeting.

WEEK TRIP TO NORTHWOODS OF WISCONSIN:

Due to a family commitment, Kurt will not be leading the August 7 week tour. This date will stand, however, as our club ride. Kurt & his family will be starting the ride the following week, August 14. He has extended an invitation to anyone wishing to join them that week. For those of you that have not already indicated your interest in this ride, please let us know as soon as possible. We need this information for rafting and campground reservations.

Total cost per person will be about \$40 which includes rafting, all campgrounds, and 1 pizza night. Cost of transportation is additional. Return info below to Bob Lippold.

NAME _____ ADDRESS _____ PHONE _____

Are you interested? _____ How many members in your family will go on ride? _____
 Which date would you ride August 7? _____ August 14? _____ Do you want to go rafting on the Wolf River? _____ Reservations must be made early. A \$5 non-refundable deposit per person for rafting is required.



President Evie Weber 392-6288
 Vice President Bob Lippold 870-0337
 Secretary Ina Wentzel 255-6452
 Treasurer Emil Donkers 253-0881
 Membership Jeanie Gain 392-1517
 Newsletter Pat Schramm 228-0064

April
1982

Rides Rides Rides

Business As Usual...

Sat PSPPSSPS (Pat Schramm's Pre- Pat S.
 Apr 3 Palm Sunday Saturday Peddling 228-0064
 Sojourn) P.S. Breakfast Ride
 to Long Grove (app. 15 miles)
 Meet Frontier Park 8:30 am

Sat Don Derebey's Ride - Lunch Don D.
 Apr 10 ride about 40 miles 255-3422
 Meet Rec. Park 10:00 am

Sun Breakfast ride to Walker's Bob L.
 Apr 18 Pancake House about 50 miles 870-0337
 Meet Rec. Park 8:00 am

Sat BIKE SWAP Pat S.
 Apr 24 Recreation Park 228-0064
 Apr 25

Sat Newsletter Delivery Nick G.
 Apr 24 Meet Rec. Park 9:00 am 255-9457

Sun (Changed from Apr. 25) Dave V.
 May 2 Training Ride for TOSRV 398-1309
 (everyone welcome) Breakfast.
 60 miles, somewhat hilly with
 pace of 12-15 mi/hr.

April Meeting: Thur. April 1 8:00 pm
 Recreation Park

This month we are featuring aerobic exercise.
 Our guest will be John Ford, who is a
 professional aerobic fitness instructor.
 John will get everyone involved, so wear
 comfortable clothing!

Also, we'll be signing people up for the
 BIKE SWAP. Please try to keep some time
 available to help the weekend of Apr 24-25.
 We had a great time last year (in addition
 to making some money!)

Here's Evie!

Are you feeling a little extra baggage on
 your bike and you don't have your panniers
 attached?? Is it harder to bend the old
 body while your fixing that flat tire??

Well, we're not getting any younger and if
 we don't stay in condition, we won't be
 getting any better either! John Ford will
 talk about keeping our bodies in shape.
 Be prepared to do a few exercises so dress
 accordingly.

There will be no bike clinic this month--
 we will be showing slides on how to properly
 fit your bike to your body during the regular
 meeting.

Thanks to everyone who assisted in taking
 over for me at the March meeting. I really
 appreciate it.

How many miles do you think you will be
 riding this year? Why not set a goal and
 see if you can keep it. At the end of the
 year we will be giving recognition to all
 your accomplishments--big or small--so
 keep a record.

Well, we still have 20 more rides I'd like to
 schedule but we need volunteers to lead them.
 Some are as simple as a 5-12 mi Tues night
 ride up to a weekend campout with a ride. Some
 members have volunteered for several rides
 while many members have not so far signed up
 to lead any rides. To remain an active club
 it's important to have an active ride schedule.
 Any scheduled rides that don't have leaders
 will, of course, have to be cancelled. PLEASE
 we need all the club members to help make this
 fun-filled bike-riding year. We're also
 starting the Tues Night rides May 4, so we
 need even more leaders.

Bob Lippold
 Ride Chairman



WEEK LONG BIKE RIDE

Update: Bob Hinkle is at this time scouting the route for the trip and is making final plans. A full report will be given at the May meeting. Please contact Bob Hinkle or Kurt Schoenhoff if you have any questions. (The trip is biking, camping, and rafting in the Tomahawk, Rhinelander, and Woodruff, WI area, leaving either August 7 for one week or August 14 for one week. The cost will be about \$40 for rafting, campgrounds and 1 pizza night.

THANKYOU THANKYOU THANKYOU THANKYOU

Thanks to Don Derebey for representing AHBA at the Windsor School Safety Fair. Don gave a talk on bicycle safety and showed films.

We think this can be an annual event for the club. Anyone wishing to assist with this school safety program next year, let Evie know.

Thanks to Dave VonBergen for showing his Vermont slides.

Attention: Our Progressive Dinner ride needs more homes. If you would like to have a course, please let Bob L. know...

AHBA
660 North Ridge Avenue
Arlington Heights, IL 60004

DONKERS
202 N GIBBONS
ARL HGTS IL
60004

DID YOU KNOW??

Two of our members have recently been hospitalized and are currently at home recuperating: Emil Donkers and Frank Szabados. We hope to see you both "on the road" biking soon!

WELCOME NEW MEMBERS

Dorothy Last 392-2444
1056 Creekside
Wheeling, IL 60090

Karen Whitezel
2415 East Olive
Arlington Heights, IL 60004

FOR SALE: 1981 Fuji S12S 19"
Diamond Frame. Brown.
With rear Blackburn rac
Firm \$300
Call Ron B. 398-7978

WANTED: Tandem 23" & 21"
Call Wentzels 255-6452

Get Ready For Spring!

15

1800 E



President Evie Weber 392-6288
 Vice President Bob Lippold 870-0337
 Secretary Ina Wentzel 255-6452
 Treasurer Emil Donkers 253-0881
 Membership Jeanie Gain 392-1547
 Newsletter Pat Schramm 228-0064

May 1982

Rides Rides Rides

Sat Annual Park District Breakfast Jeanie
 May 1 Ride to Deer Grove. Pre-regis- 392-1547
 tration a must. Free breakfast.
 Frontier Park 7:30 am

Sun Training Ride for TOSRV Dave V.
 May 2 60 mi., rolling hills. Pace of 398-1309
 12-14 mi/hr.
 Frontier Park 7:30 am

May 1 DeKalb Windy 60 Tom Stevens
 2 815-229-5217

Tues Tues Nite Rides begin Bill E.
 May 4 5-12 leisurely miles 394-8560
 Rec. Park 7:00 pm

May 8 TOSRV (Tour of Scotio River Columbus
 9 Valley) 210 miles AYH
 Columbus, Ohio

Sat Mother's Day Ride, 5-12 mi v Vassos
 May 8 Meet Rec Park 9:00 am 392-5450

Tues Tues Nite Ride B. Jensen
 May 11 Rec Park 7:00 pm 815-344-2592

Sun ARLINGTON 500 Masters
 May 16 15-38-65 miles. Registra. 358-7797
 at Frontier Park 7-10am

Tues Tues Nite Ride Dottie T
 May 18 Rec Park 7:00 pm 392-2709

Sun Evie's Birthday Brunch Evie W.
 May 23 Ride to Johnsburg. 392-6288
 Meet Frontier Park 8:00 am
 for 60 mi ride or
 Meet Lakewood Forest Preserve
 9:30 am for 30 mi ride.

Tues Tues Nite Ride & Newsletter John O.
 May 25 Delivery. Rec Park 7:00 pm 392-6512

May 29 Rockford's Blackhawk Dave LeFavour
 30 Metric Century 815-229-5217
 815-226-6073

Mon Memorial Day Parade, Bike Gains
 May 31 Ride & Potluck Picnic 392-1547
 10-mi ride will start &
 end at Gain's house. No
 leader yet, however.

Business As Usual...

May Meeting: Thurs. May 6 8:00 pm
 Recreation Park

The program this month will be how to properly fit your bike to your body (held over from last month). Also, slides of past week-long trips will be shown, along with a detailed report of our upcoming trip!!

Oh! No! There will be NO refreshments this month or any month unless someone is willing to be REFRESHMENT PERSON! All it takes is being charge to ask people to bring goodies for one month. It's that easy. Contact Evie if YOU would like to be REFRESHMENT PERSON!

Here's Evie!

Thanks to John Ford. I intend to turn this floater into a sinker! If you missed the April meeting, John was the fitness expert who gave a very informative report on the importance of aerobic exercise--which bicycling is. Fat floats & muscles sink, and all it takes is a sustained increase of your resting pulse to 75-85% maximum for 12 minutes 3 times a week & BINGO! Raquel Welch (well, maybe not quite)!!!

May 23 will be a beautiful, sunny, no-wind day. I think I am dreaming. Keep this Sunday open for Evie's Birthday Brunch Ride. Actually it's a large birthday party for all the May babies. Come help us celebrate. We are going to Johnsburg--a 60-mile round trip. Or for those who want to meet us at Lakewood Forest Preserve, it's only 1 1/2 hours one way. (That's according to how I ride.) Brunch will be lo-cal--ha! From omelets made to order to roast beef and everything in between--\$6.95. By the time you are done eating, you will not even need dinner.



Good Times Past

Apr. 3-well, it snowed for my pre-palm Sunday Saturday ride. However, I did get an interesting letter that I would like to share with you:

To P.S. April 4
P P S - P S P S S P S P P S S-S.
P P P P P S.
P P S - P S P S S P S - COULD BE P S P S S-OR-SPS.
Sincerely,
P.S. & J.S.
P P S : S P P S P. S P S JUST A S.S.
P P S - P P S FREE S's OF D. S. FOR S

All I know is, the person who figures this out will win a free bottle of wine...

Apr. 10 Don Dereby, Jim Shoemaker, Bill Turner & Bob Lippold rode a "spirited" 30-mi round trip to the Botanical Gardens. It was a cool, partly cloudy with snow or rain forecasted. However, it turned out just fine! They walked thru greenhouses & talked over lunch at the cafe in the gardens. Norma W. rode from Skokie & joined the lively conversation. Returned to AH by 2:30. It was a nice, early season conditioning ride with some very pleasant company.

Mar. 28 Our Break-Out Ride with Kaete S. A group of about 10 took off for Long Grove & Kildeer. It was a beautiful day for biking--sunny but windy, but no-one seemed to mind. Kaete led the ride, but I understand someone close to her keep trying to be ride leader. I wonder WHO that was.... (Editor's Note: if you have ever ridden with this person, you'll know who he is!!!)

AHBA
660 North Ridge
Arlington Heights, IL 60004

F O R S A L E : 1980 Fuji S12S 19"
Mixte frame. Ice Blue.
Call Marion M. 358-6787

W A N T E D : Tandem 23" & 21"
Call Wentzels 255-6452

W E L C O M E N E W M E M B E R :

Thomas Stangel 394-5673
2403 Brandenberry Court
Arlington Heights, IL 60004

C H A N G E O F A D D R E S S :

Donald Nesci
605 Kenneth Drive
Elgin, IL 60120

U P C O M I N G :

A few people are planning to go Steamboat Days in Peoria on June 19-20. If you are interested contact Jeanie G.

Please keep May 16 open if possible. It's our invitational. We sponsor the ride and need people for registration, to bring cookies, to be stationed at a sag stop to name a few. It's a fun day meeting the riders, talking to old club members & meeting new ones!



President Evie Weber 392-6288
 Vice President Bob Lippold 870-0337
 Secretary Ina Wentzel 255-6452
 Treasurer Emil Donkers 253-0881
 Membership Jeanie Gain 392-1547
 Newsletter Pat Schramm 228-0064

June 1982

Rides Rides Rides

		June 18-20	Peoria Steamboat Days 11 Valley Wheelmen	Ron Matuska 309-697-9009	
on ay 31	Memorial Day Parade	Gains 392-1547	Sat Jun 19	Father's Day Ride 8 am Rec Park. Break- fast ride & visit to "The Grove" in Glenview	Norma W. 675-1095 Netzels 677-6308
	Meet on Davis Street, parallel to train tracks, at 9:00 am. Please wear club shirts or a cycling jersey. We would like to show all phases of biking, so if you have panniers, pack up and come loaded. (ha ha)		June 19-20	Great Northwest Tour 2- 50 mi loops. Ivan Ford 18640 Cedar Run, Traverse City, MI 49684	
	Memorial Day Ride & Picnic After the parade, meet at Jeanie & Al's for an app. 10-mi. ride let by John O'Grady to work up an appetite for the pot-luck picnic. The club will serve brats & hamburgers so plan to bring a cold salad, dessert, hot salad or chips and dip. The picnic is back at the Gain's. Please call Jeanie to sign up. (Patches for the ride will be available for \$1.25)		June 19-26	Ride Across Lower Michigan P.O. Box 7161, Ann Arbor 313-971-6339 MI 48107	
			Tues Jun 22	Tues Nite Ride & Newsletter Delivery, 7 pm Rec Park	Emil D. 253-0881
			Sat Jun 26	Hot Air Balloon Ride Meet at 4 pm at Masters (1/4 N of Palatine & 1 block W of Ela) Ride to balloon port in Fox River Grove (bring a sack supper). Watch balloons inflate and chase them on our bikes!	Masters 358-7797
Tues Jun 1	Tues Nite Ride 7 pm Rec Park 10 mi	Dottie T. 392-2709			
Thur Jun 3	Bike Club Meeting 8 pm Rec Park		Sun June 27	Swedish Days Ride 20 or 40 mi. 8 am - 10 am Le Roy Oakes Preserve in St. Charles	584-6588
Sun Jun 6	Liberty Metric 38 or 62 mi Mt. Prospect Bike Club Meet Dan Wright Jr High, Lake Forest, 6:30-9:00 \$4	255-5380			
Tues Jun 8	Tues Nite Ride 7 pm Rec Park 10 mi.	Helen D. 255-1894	Tues Jun 29	Tues Nite Ride 7 pm Rec Park 10 mi	Bob H. 259-1423
Sat Jun 12	Lunch ride to Prairie View 10 am Rec Park 25 mi	Bill E. 394-8560	Sat Jul 3	Updates: Historic Tour of A.H. app. 5 miles	Need leader
Sun Jun 13	Brookfield Zoo Ride (joint ride with AH, MP & W clubs) 8 am 50 mi round trip from Lions Park in MP or 9 am 30 mi round trip from Pine Room pkg lot in Bensenville	Dick M. 593-2639	Sun Jul 4	Frontier Days Bike Race sponsored by AHBA. A non- sanctioned race open to anyone.	M-E S. 398-1244
			Mon Jul 5	Parade & Decorated Bike Contest Need leader	
			Sat Jul 31	Treasure Hunt Ride	Jim S. 392-6533
Tues Jun 15	Tues Nite Ride 7 pm Rec Park 10 mi	Joel F. 259-0039			



Business As Usual...

June Meeting: Thurs. June 3 8:00 pm
Re creation Park

BIKE CLINIC · BIKE CLINIC · BIKE CLINIC

At 7:00 pm we will have another bike clinic. This one is for all of you who want to learn how to fix a flat. So bring your own wheel & do it on the spot!

The regular program at 8:00 will have some business (of course) and more slides of various trips, like this year's TOSRV.

Again, no refreshments...boo!! (unless some kind person offers to take charge of them)

Here's Eric!

TOSRV was indeed a very memorable experience!! Norma and I did survive. At the June meeting we'll show slides on the "TOSRV TORTURE TREK".

What does cabbage, spinach, asparagus & broccoli have to do with cycling??? While reading through my "Complete Book of Vitamins" I came across this study done by Russian researchers at the Soviet Academy of Medical Sciences Nutrition Institute & Central Inst. of Physical Culture. VITAMIN E FOR ENERGY & ENDURANCE. Vitamin E gives a boost to the performance of athletes such as skiers and racing cyclists (in our case the touring and/or century cyclist) Demanding physical activity uses up Vitamin E much more quickly than ordinary activity. No matter how much you eat of the daily foods, too much E is processed out during cooking, freezing or canning to give us enough for strenuous cycling.

The most important factor about E is its anti-oxidant effect. It keeps pure oxygen available to the tissues for the production of energy. You can measure your endurance potential in terms of available oxygen. E due to anti-oxidant effect, can give the use of more oxygen. Therefore, more wind and more endurance. Reduced E levels result in the inability of performance, even after a thorough rest..Suggested amounts for training periods:

1½ - 2 hours — 100-150 mg
3 - 4 hours — 250-300 mg

Vitamin E is found in:

Cabbage	Rice	Wheat germ oil
Spinach	Wheat	Cotton seed oil
Asparagus	Oats	Safflower oil
Broccoli		Peanuts

Although extra vitamin E may be needed for the physically active person, it is important to point out that a vitamin over-abundance can be just as harmful to the body as a vitamin deficiency.

The Frontier Days Bike Race is shaping up nicely. There is a tremendous amount of organizing that must be done, and M-E is doing a splendid job. It should be an exciting event, one that we may want to have yearly. Thanks M-E

I cannot leave M-E's other half out of the Thank You Department. Dick has been super in lending a hand (belly & other parts) in the Bike Repair Clinics. His contribution to the club is really appreciated. A big THANK YOU Dick.

EFFICIENCY - that is the word for the Arlington 500. Everyone did their job, from cookie baking to route planning, marking arrows, registration, riding sweep & anything else inbetween. It took a master (Tom & Sherry that is) to organize this whole affair. Naturally this could not have been accomplished without the members of the AHBA who did themselves proud in not shunning the work to be done. A special mention must be made for Mr. Speed— Don Dereby. While riding the route (by car with Carol Hayden), we came upon Don riding sweep. He couldn't pass up the last group and they were still 13 miles from the finish. I'm sure it took them over 1 hr. to finish. Don could have gobbled up those miles in well under that—what patience he showed. I hope he didn't fall asleep!!!

Good Times Past

ARLINGTON 500

BIKE SWAP

A BIG THANK YOU to everyone participating in this two-day community event. You all know who you are. In addition, the people at Rec. Park, AH Park District, and the Park District Board & Commissioners should share with the thank yous for their support of the Bike Swap., along with the Village for their advertising on the BIG sign in downtown Arlington Heights.

Our club netted \$879.58! 485 items were brought in (244 bikes and 241 bike access.) Of this, 260 items sold (167 bikes and 93 bike access.)

ANNUAL BREAKFAST RIDE

To Deer Grove was well attended. It was a beautiful day for riding and over 80 cyclists ate eggs, sausage, bacon & toast served & cooked by the AH Park District staff. Again, thanks to the park district for all their work. We appreciate it.

TOSRV TRAINING RIDE

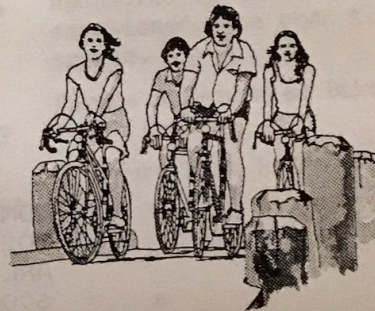
12 hearty riders left from Frontier Park on a beautiful, warm Sunday. After Evie fixed her flat, we rode out to Algonquin for breakfast (with an hour wait!) We spent time in the park, sitting by the stream, returning to AH by 2:00.

TOSRV

Seven adventurous souls from AHBA drove 800 miles in older trucks & cars to ride our new, expensive bicycles 210 miles on Mother's Day Weekend. Those of us who border on insanity (and go for all the gusto we can) are Dick, Lori & Rick S., Norma W., Evie W., Dave V., and Bob L. We joined 3,500 other sadists in a ride from Columbus, Ohio down the Scioto River to Portsmouth where we mostly ate & slept. Most of us arose about 5 am (4 am in AH) for the 105 mile ride (into a headwind) back to Columbus. I'm happy to report we all completed the entire ride with only good memories. (We forgot about our sore butts & tired legs.) Hopefully we can organize a larger group next year. It really was the most exciting bike ride I've ever been on.

Our invitational was a spectacular success!! A record turnout of 292 riders registered. We had many compliments on the route, so a big thank you to all of you who painted the pavement. Many especially remarked on the fact that we are the only club in the area that provides honest-to-goodness homemade cookies. So a hearty thank you to all of you who took the time to bake a batch and get them to us by 7 am. And thank you to all who were faithful to be at your sag stop for all the long hours, encouraging the folk, energizing them, and lubricating their parched throats. Some even got help over the barricades. Thank you too for all those who faithfully publicized the ride ahead of time. Without typing, printing, calligraphying, distributing, telephoning, stamp licking & addressing, noone would have come. Also to all who manned the registration and check-in tables and listened to the bikers' laments. Also to those who rode sweep and limped in with the disabled. And to those who ran countless errands and did telephoning and to one who sacrificed of her life's blood to get the fanny bumpers made... Tom & I are overwhelmed at the enthusiasm each & everyone of you showed when asked to help with a job. Not one person turned us down!

But you know, despite 100% participating and all the long hours and hard work, this ride could still have been a total failure. There is one area that makes or breaks a ride at the last minute. And noone has any control over that factor. Right—the sunshine and pleasant temperature. So while we are congratulating ourselves (and rightly so), let's also remember to give credit where credit is due and praise the name of the One who ultimately was responsible for making our day a success.



FOR SALE : 1980 Fuji SL2S Ltd. 23"
\$400 Carl 639-5773

RENEWALS :

Miller Family
5 East Cedar
Arlington Heights, IL 60005

WELCOME NEW MEMBERS :

Chris & Cindy Flink 843-3881
1025 Higgins Quarter Dr., Apt 112
Hoffman Estates, IL 60194

Bruce Davis
732 Forrest
Arlington Heights, IL 60004

Kathy Torrey 251-5636
627-11th Street, Apt C
Wilmette, IL 60091

CHANGE OF ADDRESS :

Carol Hayden 981-1626
1719 Forest Cove
Mt. Prospect, IL 60056



League of American Wheelmen
National Convention
July 1-5, 1982

AHBA
660 North Ridge Avenue
Arlington Heights, IL 60004

DONKERS
202 N GIBBONS
ARL HGTS IL
60004



President Evie Weber 392-6288
 Vice President Bob Lippold 870-0337
 Secretary Ina Wentzel 255-6452
 Treasurer Emil Donkers 253-0881
 Membership Jeanie Gain 392-1547
 Newsletter Pat Schramm 228-0064

July 1982

Rides Rides Rides

(Long Grove ride continued...)

Meet at Frontier Park at 9 am. The Cafe does take reservations, so if you know ahead of time you're going, let me know!

Sat Jul 3 Historic Tour of Arl. Hts. John O.
 5-6 mi., 10 am Rec Park 392-6512

Sun Jul 4 Frontier Days Bike Race M-E S.
 9:30 am Jewel Parking Lot 398-1650
 (Regis. 7:30)

Interest & enthusiasm is mounting for the bicycle race. Panasonic has donated 50 bike hats for race winners & all workers (that's you guys), in addition to getting a free shirt for working the race. I still need 6 marshalls (crowd control). Help--help--I need your body! Call M-E for a good time on the 4th of July!!

WORKERS: People working registration 7:30 - 9:15 MUST report at 7:00 sharp! Marshalls must arrive at 8:30 & report to registration table in Jewel lot. We'll finalize a ll duties at the July meeting. All workers please show up or call me for your designated job.

Mon Jul 5 4th of July Parade: NOTE NEW Jeanie
 STARTING PLACE & NEW ROUTE!! 392-1547
 Meet at 9 am near Olive & Dunton in St. Peter's parking lot. Again, come in club shirts and/or fully packed for touring with flashy biking shirts. We will have a banner to carry & will hand out our club brochures.

The Decorated Bike Contest is immediately after the parade. We need judges--it only takes about 1/2 hour and is fun!! So plan to stick around after the parade!!!

Tues Jul 6 Tues Nite Ride Orion O.
 7 pm Rec Park 10 mi. 398-4742

Sun Jul 11 PPPSPSSPS (Post-Poned Pat Pat S
 Schramm's Pre-Palm Sunday 228-0064
 Saturday Peddling Sojurn)
 We'll ride to Long Grove for breakfast at Pond View Cafe.

Tues Jul 13 Tues Nite Bike Ride 10 mi. Joel F.
 7 pm Rec Park 259-0039

Sat Jul 17 Progressive Dinner Ina W.
 3 pm at Shoemaker's, 255-6452
 9 S. Gibbons A.H.

A fun ride even for the most novice rider—easy 20 miles with 5 stops from soup to nuts!! We'll start with appetizers at the Shoemakers and go from there. For those who will want to park near the finish, Knob Hill Drive is the place to be. Reservations are a must—by July 10th. The cost is \$7.50 per person. Checks should be made out to A.H.B.A. & given to Emil at the meeting or mailed to him. P.S. There is \$1 rebate for those who complete the entire ride by bike!!!!

Sun Jul 18 Ride to Swenson's Ice Cream Davis'
 2 pm Rec Park 15 mi. 392-7977

Tues Jul 20 Tues Nite Ride 10 mi Wentzels
 7 pm Camelot Park (Dryden 255-6452
 2 blocks S of Hintz)

Fri-Sun Jul 23, 24, 25 Weekend Campout, Antioch Bob L.
 1:30 pm Frontier Park 870-0337

Everyone is welcome—especially those going on the week long ride. If you can't leave this early on Friday, you can ride to the campsite near Antioch later or Sat. morning. (you could also drive your car). We'll be riding from camp to Lake Geneva Sat. morning (about 9 am) & back. We'll then ride home Sunday morning. It's about 35 mi. from Frontier Park to the campsite & the Sat. round trip ride to Lake Geneva is about 50 mi. Maps & cue sheets will be available at the meeting or at my house.

(more rides.....turn the page...)

ides continues...

un DeKalb Humid Hundred
ul 25 DeKalb Co. Bike Club

ues Tues Nite Ride &
ul 27 Newsletter Delivery
7 pm Rec Park

R. Berry
398-7978

at Treasure Hunt Ride - we have no
ul 31 leader again. If we don't get
one by the meeting, it will be cancelled.

at/Sun Amishlands & Lakes
uly 31 Howe, Indiana
ug. 1 Michiana Bicycle Assoc.

Good Times Past

ROCKFORD'S BLACKHAWK METRIC CENTURY

Sunday, May 29, Dave V., Art & Jeanette L., and Bob L. drove out to Rockford for their annual ride. The weather was fantastic and we hardly saw any cars on most of the ride. Despite some mechanical problems (Art's seat came loose—the one on his bike, that is!!!, and Dave's derailleur broke), we all had a good time. P.S. We met Steve Andes there who had ridden his bike out there on Saturday!!!

MEMORIAL DAY

There was a good turn-out of cyclists for the parade. Those who came fully loaded got the most looks and comments. We even made it through the downpour before the parade started.

After the parade, John O. led a ride around Arl. Hts. for which riders got a patch.

The picnic at the Gains was delightful. We thank them for hosting it. The food was great, along with everyone who came. Thanks to every-one who brought a dish. A lot of you asked for the recipe for the dessert that Marion B. brought (which her mother-in-law made). It was a strawberry-orange sort-of pudding. I had planned to publish the recipe, but forgot it... So, I'll have copies of it at the meeting, or call me if you want a copy. (Pat S.)

BROOKFIELD ZOO RIDE

Sunday, June 13. Cooperation prevailed among members of MP, Wheel. & AH clubs & 17 non-members. 30 riders left MP & bicycled through the E.G. industrial complex to Bensenville where we met with 32 others. The 62 of us went to Mt. Carmel Cemetery in Hillside to re-group & visit the Bishop's Chapel. After a long delay, Evie volunteered to lead the group to the Salt Creek Trail and then to the zoo, while Dick M. went in search of the sweep and a few others who seemed to be missing. (They were okay). At the zoo, we volunteered for 30 min. guard duty shifts with the bicycles. This was a trully cooperative effort among bicycle clubs & park districts. The Bensenville P.D. allowed us the use of the Pine Room parking lot & the route from Bensenville to the zoo, which was praised by many, was provided by Marvin Setzke of the Elmhurst Bicycle Club. Even the weatherman cooperated.

Business As Usual...

uly Meeting: Thurs. July 1 8:00 pm
Recreation Park

he topic of discussion will be the
o's and don'ts of bike touring.
o bike clinic this month. We'll be
inializing signup for the week-long
ide, the progressive dinner, the
arade, and the bike race. Don't
diss it!!!

EA!!! Thanks to Carol Hayden, we again
ave refreshments at our meetings. So,
ur search for REFRESHMENT PERSON has ended.

Here's Evie!

he zoo keepers wanted to keep us as a rare
reek of humans, along with their other fine
xhibits, but we convinced them that those
hings" on our heads were not permanent—
nly helmets. It was an absolutely gorgeous
lay for biking. Those of you who could not
ome on the Zoo Ride probably missed one of
he most perfect days for riding. It was a
leasure to ride with the M.P. & Wheeling
lubs, to form new friendships & swap bike
stories.

ow many miles have you traversed by bike so
ar?? Let us know this meeting, so start
calculating. Thus far I have enjoyed 700+
nd it shows too. Bob L. made the comment
hat I was really moving out on Sunday's ride.
ook out all you other speed demons—Evie's
n the move! I guess we'll have to find some-
ne else for the "Last Into Camp" award (unless
I again volunteer to ride sweep!!!)
Happy Riding...

NORMA'S SATURDAY RIDE TO WALKER BROTHERS

June 19. The weather and the food were great. But the best part of the ride was getting a young man home who had a flat tire and no one to call (Rafael and his family are new members to our club).

With years of experience in the field of hitchhiking, Evie strutted over to the stop light, threw off her helmet, fluffed up her hair, and managed to grab a man in a van! He agreed to let Rafael off a couple of blocks down at a gas station, but before he knew it, he was dropping him off at Central & Arlington Heights Roads.

We learned two lessons that day: never, never leave on a bike trip unprepared and bring along someone who is willing to do just about anything....

FOR SALE :

1981 SL2S LTD 25" frame. Black.
Brand New!!! \$450.
Call Marion 358-6787

WELCOME NEW MEMBERS :

Michael & Lucia Winterpacht
Rafael, Luz, Paquita
668 West Central
Arlington Heights, IL 60005 392-3593

Jim Burger
750 West Dempster, CG6
Mt. Prospect, IL 60056 437-4248

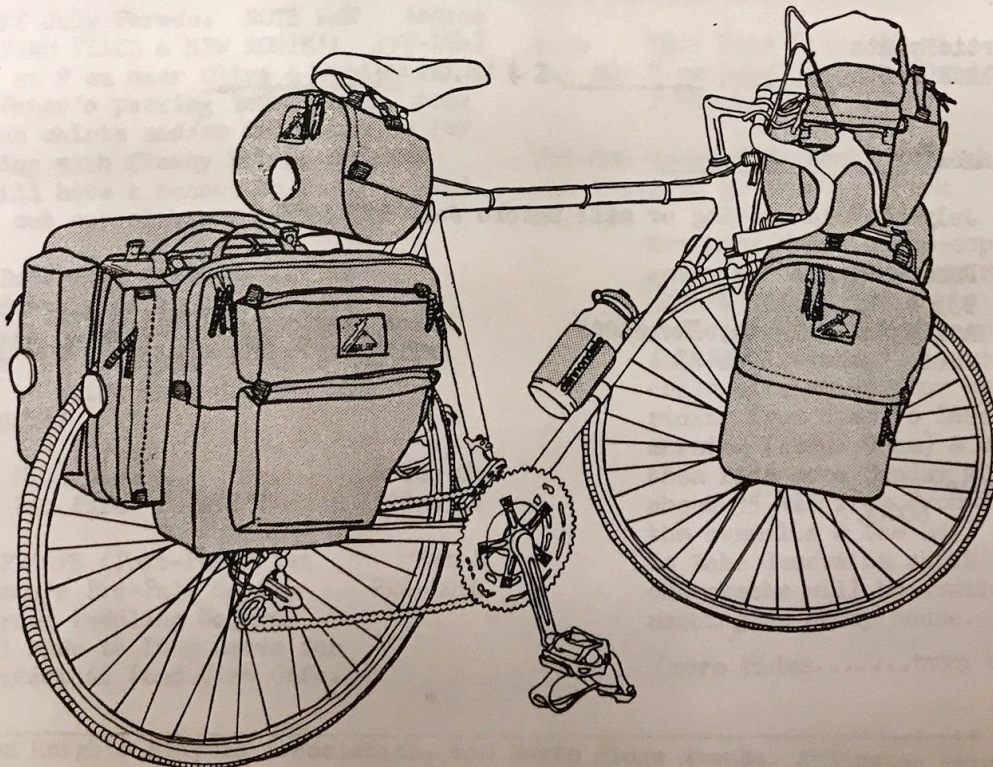
Richard & Michelle Haugen
Brett
943 North Haddow
Arlington Heights, IL 60004 259-6567

Gary Kostka
112 South William
Mt. Prospect, IL 60056 253-5169

Nancy Lingway
1108 West Euclid
Arlington Heights, IL 60004 255-5753

Mike Nisen
803 West Fairview
Arlington Heights, IL 60005 392-4448

Jay Jenkins
1599 South Wolf Road, 2d Fl, Apt 7
Prospect Heights, IL 60070 None





President Evie Weber 392-6288
 Vice President Bob Lippold 870-0337
 Secretary Ina Wentzel 255-6452
 Treasurer Emil Donkers 253-0881
 Membership Jeanie Gain 392-1547
 Newsletter Pat Schramm 228-0064

August 1982

Rides Rides Rides

Sat Jul 31 The Treasure Hunt is CANCELLED.

Sun Elmhurst Metro Metric 530-0960
 Aug 1 Elmhurst Community Center
 420 W. Madison (Madison & Berkley)
 Regis. for century 6:30-8:30 am. For
 metric & metric $\frac{1}{2}$ century 7:30-9:30 am.
 Fee: \$6.00 (includes map, cue sheet,
 marked route, sagwagon, refresh., &
 unique dated patch. Terrain: mostly
 flat, although some hills. Bob L. has
 a few regis. forms.

Tues 7 pm Rec Park Bill E.
 Aug 3 Tues Nite Ride 10 mi 394-8560

Aug 7 Week-long ride in
 Aug 14 Northern Wisconsin

Tues Tues Nite Ride 10 mi Mel S.
 Aug 10 Rec Park 7 pm 454-4198

Sun Peoria Metric Century
 Aug 15

Aug 15- "BAMMI" Bicycle Across the Magnificent
 Aug 21 Miles of Illinois). 420 mi from Chicago
 along Illinois River to Alton, Il.
 Sponsored by Chicago Lung Assoc.
 John Binder 243-2000.

Tues Tues Nite Bike Ride 10 mi 259-0039
 Aug 17 Rec Park 7 pm Joel F

Sun Picnic Ride. Meet at Blue Joel F.
 Aug 22 Star Memorial Woods in Glen- 259-0039
 view (take Euclid-Lake east
 past Waukegan Rd., under bike
 trail bridge, turn right to Grove #1.
 Bring sack lunch & Drink. Several
 miles of bike trails within park.

Tues Tues Nite Ride & Newsletter Bob L.
 Aug 24 Delivery. Rec Park 7 pm 870-0337

Ride continued...

Sun Willow Creek Community Dottie T.
 Aug 29 Church Ride. Leave from 392-2709
 Rec Park at 7:15. We'll Sherry M.
 ride to church (non- 358-7797
 denominational) for 9 am
 services. We will be meeting a
 group at Pheasant Trail & Ela in
 Inverness at 8:15. The two groups
 will proceed to the church in South
 Barrington. If you can't ride, meet
 us at church at app. 8:45. Wear
 your club shirt & we'll try to sit
 in a group!

Tues Tues Nite Ride 10 mi Jim S.
 Aug 31 Rec Park 7 pm 392-6533

NOTICE: We are scheduling a pot-luck
 dinner for Sept. 11. Everyone
 is invited, and those who are
 going on the week-long ride are
 invited to bring their slides
 and prints of the ride. We do
 need an organizer for this,
 very little work is involved.
 Please call Bob L.

Business As Usual...

August Meeting: Thurs Aug 5 8:00 pm
 Recreation Park

A film will be shown: "Cycling Under
 Your Own Power".

Also, Jim Andresen will talk about drafting.
 This subject was brought up last month,
 but will be covered more thoroughly.



Good Times Past

FRONTIER DAYS BICYCLE RACE

The race in downtown A.H. was a big success thanks to the MANY willing volunteers from our club. We had 125 racers totally. We had full cooperation of the A.H. Police which is very much appreciated. The cooperation of the Jewel is also appreciated for use of their parking lot.

Financially the race broke about even. The big cost was the shirts--both as awards and as handouts to the workers. We have 18 award shirts & 2 worker shirts left for next year.

Next year the race will probably be held around Pioneer Park which will not have as many turns and potholes. Pioneer also has a washroom. Also, the downtown restaurants will not have cause for complaint.

We felt the bike race was an exciting experience for everyone. Our thanks to all workers for their help that day. Here are the results:

8-11 age raced 1.2 miles (2 laps). 12-14 age raced 3 miles (5 laps). All others raced 6 miles (10 laps). Overall winners in the 6-mi race were Dennis Ellertson (14:38) and Lori Spirek (14:44).

Age Group Winners

Men	Women
8-11	
Rafael Winterpacht	Margarita Peine
Dan Gotham	Ashley Sutarik
Terry Zmrhal	
12-14	
Greg Lynk	Joanna Ibbotson
Brian Luke	
Tim Schuler	
15-19	
Jim Erdmann	Lori Spirek
Bill Andrews	Terri Weber
Doug Pearson	Julie Sanaghan
20-29	
Bill Matheson	
Joe Dagnese	
Carl Scharfe	
30-39	
Dennis Ellertson	Virginia Goselin
40-49	
Ron Thomas	Penny Calto
Al Petty	
Phill Vittore	
50-59	
Bill Turner	Kathryn Graham
Bob Eisen	

HISTORIC TOUR OF A.H.

John O'Grady led 58 bicyclists through AH pointing out the noteworthy older homes of our town. John says the people really enjoyed the ride. As only two other club members assisted John, perhaps next year we could have a few more assist, as 58 riders are a lot to lead.

DECORATED BIKE CONTEST

Was run by Jeanie Gain & Bob Lippold. The contest drew less children than in previous years. Each child was presented with either an award or a participant certificate.

PPPSPPSSPS

Yes, my ride to Long Grove finally was! It rained before we started, but we never got rained on. There were 16 of us for breakfast. About 5 joined us for breakfast, but because it looked like rain, they drove to Long Grove. The rest of us had a nice leisurely ride to & from The Pond View Cafe.

PROGRESSIVE DINNER

What a hot, humid day! There were 45 in all. We started at 3:00 from Shoemakers, continued to Webers for soup, out to Masters for salad (a headwind all the way...), to Wentzels for chicken cacciatore and to Spireks for dessert. The food was great--thanks to all those who spent their time preparing all the goodies. And thanks to all the hosts & hostesses for their homes.

WELCOME NEW MEMBERS:

Dennis & Ann Berry 676 Brighton Place Wheeling, IL 60090	459-0204
Jill Bjorndahl One South Forrest Arlington Heights, IL 60004	392-2863
Rick Keast 4 Saint Albans on Oxford Rolling Meadows, IL 60008	991-1397
Bill Haag 5 South Gibbons Arlington Heights, IL 60004	253-4675

Here's Eric!

July - another fantastic month - and again the AHBA members are to be commended on their willingness to work and/or participate in club functions. The bike race was a huge success for the first year (of course a beautiful day also helped!) Next year should be even better - with a lot less work.

Progressive dinner - FAT CITY - but well worth it. For those of you who were unable to attend, you missed a culinary delight that lasted until 1:30 am. The last of the gluttons finally registered FULL. Equipped with their Wonder lights, they made their last trek home to Alka Seltzers, soft beds, and counting calories instead of sheep.

Bob Lippold will be conducting the August meeting as Norma, son Rich & I will be riding along Lake Superior from Aug. 2-7. We're going from Duluth to Thunder Bay. And guess what? we'll always be the "first into camp!!!"

There were 3 items I neglected to mention at the July meeting pertaining to bike touring. So if you're curious as to what they are, I guess you'll have to go to the August meeting, and Bob will enlighten everyone.

Norma, Rich & I will be joining the AHBA on Aug. 7 with lots of stories of our Lake Superior trip, aches, pains, and an almost "Raquel Welch shape!"

Happy touring to all, see you on Aug. 7 or at the Sept. meeting.

Progressive Dinner note: I am compiling a number of the recipies from the dinner. If you want them, I'll have copies of them at the meeting, or just call me and I'll get them to you. Pat S.



THE GREAT AMERICAN BIKE RACE, commencing August 4, 1982, will be run from Santa Monica, California, to New York City. The ocean-to-ocean contestants (left to right) are Michael Shermer, John Marino, Race Director Jerrold H. Kushnick, John Howard and Lon Haldeman.

WHO WILL WIN THE GREAT AMERICAN BIKE RACE?



Beginning August 4, these riders will leave on a 2,982 mile bicycle race in a record setting 10 days or so. Watch for TV coverage on ABC!!!



President Evie Weber 392-6288
 Vice President Bob Lippold 870-0337
 Secretary Ina Wentzel 255-6452
 Treasurer Emil Donkers 253-0881
 Membership Jeanie Gain 392-1547
 Newsletter Pat Schramm 228-0064

September 1982

Rides Rides Rides

Rides continued...

Sun Brunch Ride to Farman's Orion O.
 Sep 5 Hotel & Rest in beautiful 398-4742
 downtown Lake Zurich! Come
 hungry & enjoy everything from soup to
 nuts--all for \$5.75. Meet at Frontier
 Park at 8:30. RSVP by Sat. Sep 4. I
 do need to tell them the app. number
 of people coming.

Sun Apple Cider Century Three Oaks
 Sep 26 Three Oaks, Michigan Spokes

Sat Pot Luck Dinner - I am Norma W.
 Sep 11 organizing the menu & will 675-1095
 help in the selection of
 food, so please RSVP. Bring your
 pictures of any bike tour you've been
 on so we can share with everyone the
 joys of what your cycling summer has
 been. Bring your memories, stories,
 cuisine, and appetite!!

September Meeting: Thurs Sep 2 8:00 pm
 Recreation Park

This will be a meeting for business, so
 please come. We will be forming a
 Nominating Committee for next year's board.
 If you don't want to be part of the
 committee, please think of people to fill
 the positions.

Sun Harmon Hundred with routes of 25, 50
 Sep 12 75 or 100 miles Wheeling Wheelmen

We'll also finalize plans for the pot-luck
 dinner, along with the other September rides.,
 and have numerous reports on the various
 "long rides" of August!

Sat/Sun Beer, Brats & Bicycling Norma W.
 Sep 18/19 at Terry Andre State Park 675-1095
 Wisconsin. This is my most Evie W.
 favorite park. Beautiful 392-6288
 & clean with a great beach
 for those who only want to
 lay around in the sun or take 25-50
 mi day ride. On Sat night we'll have
 a cook-out with Sheboygan brats. A
 perfect end to a busy summer. Terry
 Andre is only 6 mi. south of Sheboygan.

WELCOME NEW MEMBERS:

Earl M. Mason
 124 North Gibbons
 Arlington Heights, IL 60004 394-0292

Sun Blackhawk Stars N' Stripes Scenic
 Sep 19 Century, 25, 50, or 100 mi. \$5 before
 Sep. 4, \$6 day of ride. (Bob L. has
 registration forms).

Harriet Abernathy
 122 North Waterman
 Arlington Heights, IL 60004 253-0443

Sat Newsletter Delivery, 10 mi. Bob L.
 Sep 25 9 am, Rec Park 870-0337

Caryl Taylor
 1112 Francis Drive
 Arlington Heights, IL 60005 255-2931

Sun Apple Cider Ride, 30 mi Kurt S.
 Sep 26 Meet 10 am Kildeer School 259-8864
 in Long Grove. Ride out to Waucanda Orch.



Good Times Past

WEEKEND CAMPOUT TO TIMBERLAKE CAMPGROUND

11 bicyclists left Frontier Park Friday afternoon, Jul 23. Our group received lots of looks because the Cuellars brought "the Buggy". They adapted it to make it look like a surrey. Pam sewed a canopy on top so J.R. would have some shade. He was so comfortable that he slept most of the way! Part of the group rode to Lake Geneva on Saturday (a very hot day). The rest of us lounged around the campsite, and in the afternoon borrowed the Tockey's van (they drove up the night before) and drove to Honey Bear Farm in Wisconsin. We prepared a delicious ham, corn-on-the-cob, baked potato dinner, that we all enjoyed.

THE BIG TRIP BY EVIE W.

Well, Norma, Rich & I (Evie) didn't make our Lake Superior ride. Norm's daughter, Beth, was sick. Kids sure know how to put a "tire iron" into the best laid plans.

A big thanks to Linda Levine who had previously chartered a course for her family from the Wisc./IL border to intersect with the club ride. Rich & I were able to ride the first week of August.

We set out on Monday morning Aug. 2 and equipped with maps & cue sheets beautifully done by Linda, we rode app. 250 mi. encountering along the way, heat, headwinds, microwave bars, rain, lots of cornfields & Indians.

I realize that this is an unbelievable (but true) story, but we really were stopped from completing our trip by modern-day Indians. Our route took us through the Menominee Indian Reservation on the last day. Only 38 mi. from our destination, we were strongly discouraged not to ride through the reservation by the local sheriff, campground owner, restaurant owners, & saloon keeper. A very brutal slaying had occurred about 5 days earlier & each person who was a native of the area said, "I've lived here all my life & I would never ever consider doing what you want to do!" Well, the alternative was an additional 40 mi. making it a 78 mi. day. Well, we wimped out & were picked up by Norma on Sat. night. We drove the rest of the way. As we arrived at the campground very early on Sunday (1:30 am), we had periodic fits of laughter because who would ever believe in this day & age Indians stopped us!!!

AHBA:

660 North Ridge
Arlington Heights, IL 60004



President Evie Weber 392-6388
Vice President Bob Lippold 870-0337
Secretary Ina Wentzel 255-6452
Treasurer Emil Donkers 253-0881
Membership Jeanie Gain 392-1547
Newsletter Pat Schramm 228-0064

October 1982

Rides Rides Rides

Sat This Saturday!! Arlington 500 J. Gain
Oct 2 for our club members. For 392-1547
those who worked this ride in
May, now's your chance to ride
it, along with anyone else who
is so inclined! Meet at Frontier
Park at 8 am. For those who
complete it, a free patch will
be awarded. Non-members riding
may buy a patch for \$1

Sun Scenic Fall Ride D. Derebey
Oct 10 (combining with the Mt. 255-3422
Prospect Club). Meet at
Lions Park in Mt. Prospect
at 10 am for 56 mile or
11 am at Frontier Park,
in Arlington Heights for a
42 mile ride to East Dundee for
lunch & ice cream at Kallbergs.

W E L C O M E N E W M E M B E R S :

Cindy Cochrane & Family
612 South Highland
Arlington Heights, IL 60005 577-5146

Richard C. Morrenzin
669 Oklahoma
Elk Grove, IL 60007 894-5613

Ed & Mary Nowak
Michele, Mike, Paul, Jenny
4681 Kenilworth #103
Rolling Meadows IL 60008 399-3132

Caroll Panczyk
Brian, Christopher
509 South Albert
Mt. Prospect, IL 60056 394-1983

Jim & Sharon Krupa Family
410 North Douglas
Arlington Heights, IL 60004

Business As Usual...

October Meeting: Thurs Oct 7 8:00 pm
Recreation Park

This month is ELECTION NIGHT for AHBA.

Slate of Officers

President Bob Lippold	Secretary Helen Daly Pam Cuellar
Vice President Bob Hinkle	Treasurer Emil Donkers Jack Baker

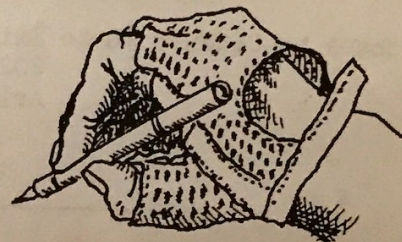
Ina Wentzel is Nominating Committee Chairman (255-6432). Any further nominations should be referred to her.

Also, if you cannot make it to the meeting and want to vote, please call Ina. She will give you an absentee-ballot.

There can be nominations from the floor, too.

From our President, Evie: THANK YOU all for being such a great hard-working-fun club. It has truly been a rewarding experience for me.

After the business meeting, Al Carlson, an Arlington High School Senior, will show his slides and answer questions about his experiences of traveling from the West to East Coast this summer with the Wandering Wheels.



Good Times Past

HARMON HUNDRED

Well over 500 people joined the Wheeling Wheelmen for their annual 100, 50 or 25 mile ride. The sky looked rather threatening most of the day, but it never really rained. (However, a strong south wind developed in the afternoon). The route was beautifully planned through Lake & McHenry Counties, with several welcome rest stops. Thanks, Wheeling, for a fantastic ride!!!
(Bob L.)

biking day I have ever experienced. The weather was magnificent with power puff clouds & brilliant blue skies---and against everything I have said previously about the Port Washington ride (always with a headwind)---the wind was to our back on the way. While we were feasting on a superbe fish lunch at Smith Bros., the wind did an almost 180. On the way back, we thought that the lunch must have increased our strength because the head wind seemed more like a tail wind--and it was! Bob L. couldn't remember ever having experienced a tail wind both ways in one day. It was GREAT!!! That night we again feasted on more food...Sheboygan brats, and fresh picked corn. Sunday was a short ride to Kohler, WI, and to yet another restaurant at the American Club Hotel for lunch. This trip, the AHBA definitely traveled on it's stomach...

TERRY ANDRE STATE PARK

THIS ride and camping trip to Wisconsin was an experience in epicurean delight and biker's dream for 23 AHBA members. 14 of us rode to Port Washington on Sat. It was the most perfect

A H B A R E C O G N I T I O N D I N N E R & I N S T A L L A T I O N O F O F F I C E R S

When: Friday, November 5, 1982

Time: 6:30 cocktails 7:30 dinner

Where: Little Villa Restaurant, 660 North Wolf Road in Des Plaines
(on Wolf Road, just south of Central)

Cost: \$ 7.50 members
11.00 guests

RESERVATIONS ARE A MUST !!!

A gala evening, including cash bar, hors d'oeuvres, sumptuous buffet (chicken, roast beef, pasta plus more!) After dinner, recognition of our club's membership, introduction of next year's activities. Dave vonBergen will act as our installing officer. If you want further info, call Ina 255-6452

Reservation Form AHBA Recognition Dinner, Friday, November 5, 1982

Send check by October 20 to Emil Donkers
202 North Gibbons
Arlington Heights, IL 60004

Name _____ Phone _____

Reservations for _____ members (@\$7.50) _____ guests (@\$11.00)

Total Amount Enclosed _____



President Bob Lippold 870-0337
Vice President Bob Hinkle 259-1423
Secretary Helen Daly 255-1894
Treasurer Emil Donkers 253-0881
Membership Jeanie Gain 392-1547
Newsletter Norma Witherbee 675-1095

November
1982

Rides Rides Rides

- Fri AHBA Recognition Dinner & Installation
Nov 5 of Officers. 6:30 cocktails, 7:30
dinner. Little Villa Restaurant,
660 North Wolf Road, DesPlaines.
\$7.50 members, \$11.00 guests. If you
have not made your reservations, please
do so right away. Call Ina (255-6452).
- Thu Thanksgiving Day Ride. Meet at Gains,
Nov 25 717 N. Beverly, at 9:00 am. 392-1547
- Sat Christmas Party. We need a volunteer
Dec 4 for this event. Since there could be
as many as 50 people, we need either
someone with a large house or access
to an apartment clubhouse. Everyone
coming will bring something to eat &
possibly an exchange present. Please
call Bob H. to ask questions or
volunteer your home (259-1423).

Bob's By-Line...

Well, we're already into another biking year and looking forward to a lot of fun cycling activities. To have all these events and rides we, of course, need lots of people to help. The following is a list of committees (some of which already have chairpersons). Please volunteer your time by calling me.

Program - Ina Wentzel
Bike Swap - Pat Schramm
Bike Race - M-E Spirek
Refreshments - Mike Lattof & Lori Munson

Arlington 500 Invitational
Week Long Ride
Patches
T-Shirts
Newsletter Delivery
Historian
Publicity

If you would like more information on any of these committees, please let me know.

Good Times Past

AURORA'S "FALL FRENZY"

Dottie T., Jim S., & Bob L., braved cold weather, intermittent rain and strong winds on October 17. Because of the rather inclement weather, only about 50 riders showed up. However, it really was a beautiful route and the chicken dinner at the finish was more than welcome.

SCENIC FALL RIDE

Don Derebey's October 10 ride was a huge success. Combined with the Mt. Prospect Club, over 50 riders pedaled from Lion's Park and Frontier Park to East Dundee for sandwiches and fantastically fattening ice cream creations! Thanks, Don, for a great ride!



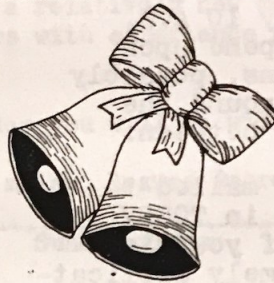


PRESIDENT
V. PRESIDENT
SECRETARY
TREASURER
MEMBERSHIP
NEWSLETTER

Bob Lippold 870-0337
Bob Hinkle 259-1423
Helen Daley 255-1894
Emil Donkers 253-0881
Jeanie Gain 392-1547
Norma Witherbee 674-0523

December
1982

Merry Christmas



Happy Hanukkah

DECEMBER'S BUSINESS A PARTY!! YEA!!

Our Annual Holiday Party is being held at the "Circle House"

December 11, Saturday 7:30 P.M.

The admission charge is a Snack or a Desert. There is a fully equipped kitchen in the Club House. Circle House is in Lakeside Villas on Hintz Rd., West of Rt. 83.

Come enjoy the special events, we'll have a spacious room, cozy fireplace and the fun of Evie & Emmies 'Games Music & Dancing! Also Santa will be there with a Grab Bag--please bring a gift and then you will receive one. (keep the price between \$3 & \$4)

If you have any Holiday Decorations to help make the room more festive, call Bob L. at 870-0337 or bring along with you and set up your own.

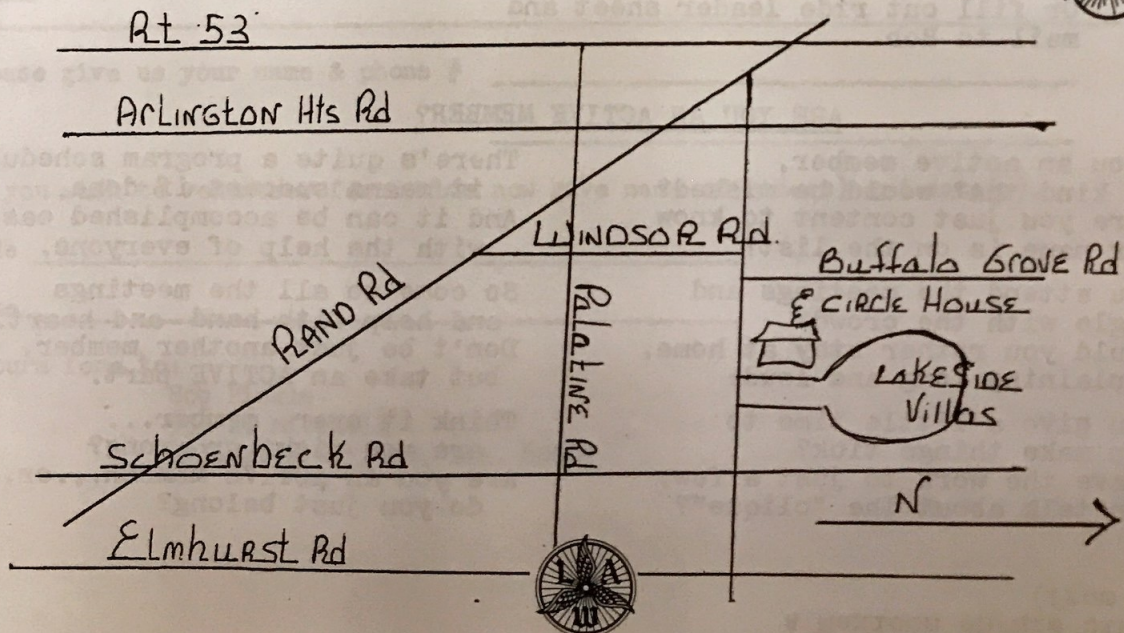
HO HO HO TIL DEC 11 7:30



November's recognition dinner was fantastic. Ina did an excellent job of organizing and planning the entire event. Thanks to Jeanie & Evie for the many hours put into the imaginative awards (you too Al). A special thank you goes to Dave V. as installing officer. With his excellent speaking voice and presentation the ceremony was very professionally done.

As our club gets bigger and older we seem to also be Getting Better! The credit for that goes to all of the members. We always get so much cooperation and help with our events by all our members helping out that our happenings get better and more fun every year. Let's all continue in that spirit for the coming year!

Directions



Seasons Greetings



Rides Rides Rides

Jan 1, '83 New Years Day Ride--Meet at Bob Lippold's home by 10 A.M. The distance will depend upon the weather conditions, possibly ten miles or maybe around the block or anything in between.

TOSRV-'83 Applications will be mailed to all who participated in TOSRV '82 by bulk mail. If you wish to receive a more timely application, send a S.A.S.E. to TOSRV Communications, P.O. Box 23111, Columbus, Ohio 43223. The '82 tour was filled by Feb. 21, and many did not get their applications in time.



RIDE LEADERS We still need Ride Leaders and Committee Chairpeople. The following is a list of Committees (some already have chairpeople), please volunteer your time by calling Bob Hinkle.

Program	Ina Wentzel
Bike Swap	Pat Schramm
Bike Race	M-E Spirek
Refreshments	Mike Lattof & Lorri Munson

Arlington 500 Invitational	
Week Long Ride	
Patches	
T-Shirts	Marion Monaco
Newsletter Delivery	
Historian	
Publicity	

Or fill out ride leader sheet and mail to Bob.

DECEMBER'S PUZZLE

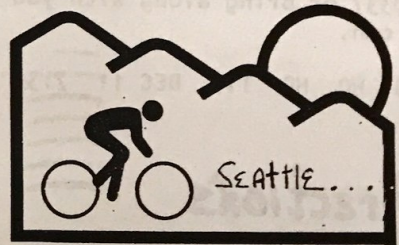


Anyone know what this is?

BUSINESS MEETINGS

Regular meetings are the first Thursday of each month.
Jan 6 Regular Meetings
Feb 3 Special Event tentative date at Mt. Prospect Country Club to hear Lon Haldeman. More about this next month.

The first meeting of Seattle to Arlington '83 will be in Jan, anyone interested is invited. Date and meeting place to be announced.



ARE YOU AN ACTIVE MEMBER?

Are you an active member, the kind that would be missed?
Or, are you just content to know your name is on the list?

Do you attend the meetings and mingle with the crowd?
Or would you rather stay at home, complaining long and loud:

Do you give a little time to help make things tick?
Or leave the work to just a few, then talk about the "clique"?

There's quite a program scheduled... it means success if done, And it can be accomplished easily, with the help of everyone.

So come to all the meetings and help with hand and heart... Don't be just another member, but take an ACTIVE part.

Think it over, member... are you right or wrong? Are you an ACTIVE MEMBER...or, do you just belong?

Volunteers For Ride Leaders 1983

We need ride leaders for each ride. Without your help we will not have a full ride schedule. If you are a relatively new member, do not be afraid to volunteer. We have many members with experience who can help you plan a successful ride.

Please check the types of rides you will be willing to lead

_____ Tuesday night rides (7-20 miles leaves Recreation Park at 7:00)

Saturday rides	Sunday rides	Weekend Campouts
_____ 10-20 miles	_____ 10-20 miles	_____ with 10-20 mile ride
_____ 20-30 miles	_____ 20-30 miles	_____ with 20-50 mile ride
_____ 30-60 miles	_____ 30-60 miles	
_____ 60 plus miles	_____ 60 plus miles	

the above rides can be breakfast, lunch, picnic, special events holiday rides or any other reason or no reason for a ride.

Specific Rides

- _____ Progressive Dinner Ride (July)
- _____ Week long Ride (August) place and time to be determine
- _____ Historical Arlington Heights Ride (Frontier Days July)
- _____ Arlington 500 (May) our invitational (Everyone Helps)
- _____ Bike Swap (April 23 & 24) (Everyone Helps)
- _____ Bike Race (July) (Everyone Helps)

Please give us your name & phone # _____

If you wish to volunteer for a ride now give name of ride(s) and date(s).

Ride _____

Date _____

Return form to:

Bob Hinkle
935 N. Mitchell
Arlington Heights, Ill. 60004

Those of you who were at the Pot Luck Supper in September remember this luscious dessert, here it is in time for the Holidays.
yum-yum

(easy to make)

4 Layer Pudding Torte

(Anita Netzel)

- 1 Cup Flour
- 2 Tbsp. Sugar
- 1/2 Cup Butter
- 1/2 Cup Cup Chopped Nuts (I use pecans)

MIX AND PRESS IN BUTTERED PAN
9X13 BAKE 375 DEG. OVEN-
15 MINUTES (SL. BROWN) THEN
COOL.

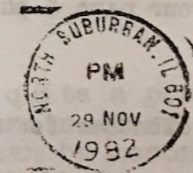
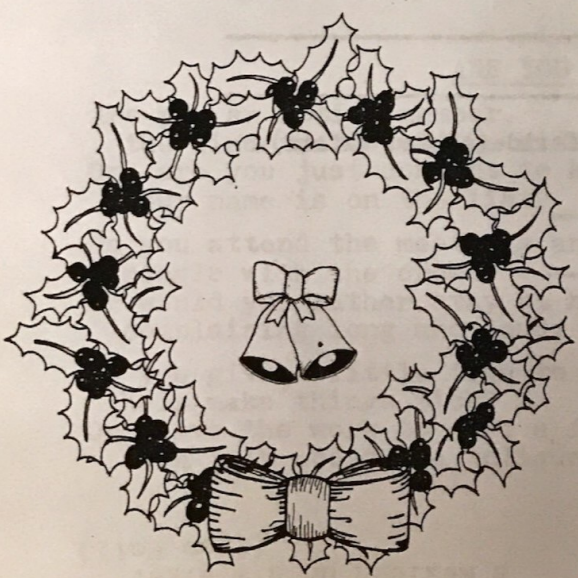
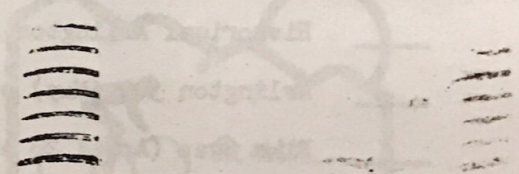
- 8 Oz. Cream Cheese
- 1 Cup Powdered Sugar
- 1 Cup Cool Whip

SPREAD ON CRUST AND REFRIGERATE
15 MINUTES.

- 2 Chocolate Instant Puddings
- 3 Cups Milk

MIX AND SPREAD ON CREAM CHEESE LAYER
REFRIGERATE 15 MINUTES.

TOP WITH REMAINDER OF COOL WHIP.



~~Handwritten address and name, completely obscured by thick black marker.~~
60004