



PRESIDENT	Bob Lippold	870-0337
V. PRESIDENT	Bob Hinkle	259-1423
SECRETARY	Helen Daley	255-1894
TREASURER	Emil Donkers	253-0881
MEMBERSHIP	Jeanie Gain	392-1547
NEWSLETTER	Norma Witherbee	674-0523

January '83

Happy Holidays!

Bob's By-Line

NOW THAT WAS the BEST BIKE CLUB CHRISTMAS PARTY I've ever been to! (Of course it was also the only Bike Club Christmas Party I've ever been to!) Seriously, thanks to Ron Berry for arranging the location and other details. Also, thanks to Evie & Dick who got "volunteered" to come up with some games. Great job everyone.

WE'RE GOING TO TRY IT AGAIN!

Cross country skiing that is. Everyone interested meet at Deer Grove at 10 A.M., Jan 22 in the parking lot where we have our annual Park District Breakfast Ride in May. Don't worry if you've never skied before. Rent or borrow some skis and we'll give you a quick lesson. Anyone who wants to can bring along a thermos of hot tea or wine for a warm-up after a couple of hours of invigorating skiing. Come on out of that warm home for some exercise that's lots of fun. That's 10 A.M., Saturday, Jan 22 at Deer Grove.

BUSINESS MEETING

The first one of the New Year is Jan 6, 8:00 P.M. Recreation Park
See you there-----

Pat Schramm, have a marvelous Christmas trip in Austria. Bring lots of slides back for us to see!

Happy New Year

Rides Rides Rides

Jan 1, '83 New Years Day Ride--Meet at Bob Lippold's home by 10 A.M. 1631 N. Evergreen, Arlington Hts.



After the ride, you are invited back to Bob and Diane's for some warm, tasty Swedish Glugg.

Seattle to Arlington '83--The first meeting will be Thursday, Jan. 13, 7:30 P.M. at Marilyn Wilkensen's.



342 Banbury
Elk Grove
Ph. 439-4496

Everyone interested is invited, even if you can only go for one week, please come.

PATCHES - PATCHES - PATCHES

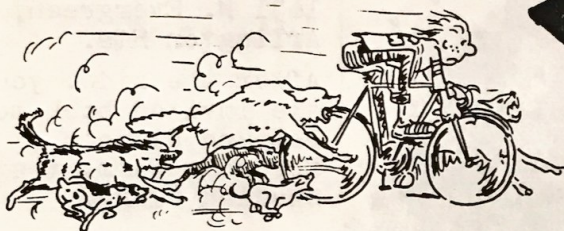


The League of American Wheelman, LAW, offers patches for club sponsored rides. The rides must be held within a week of the holiday and will cost \$1.50 upon completion of the ride. Holidays for which patches are available include New Year's Day, Valentine's day, St. Patrick's Day, Easter, Bike Month (May) Memorial Day, 4th of July, Halloween, Thanksgiving and Christmas. Also LAW offers national century, half century and metric century patches in September at a cost of \$1.50. Hopefully we will have ride leaders for all the holiday rides and those who participate on the rides will have an opportunity to purchase the patch from our patch chair-

Lon's Lecture

We'll be getting together with the Mt. Prospect & Wheeling Bike Clubs for the Lon Halderman Bike Race Lecture. The tentative location now is the Dempster Developmental Center (old Dempster Jr. High) on Dempster, one block west of Elmhurst Rd. at 7:30 P.M. on Feb. 9th. More details will be in the February Newsletter. We'll still have our regular meeting Feb. 3rd 8 P.M. at Recreation Park.

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There's a rumor about that the ABC coverage of the Cross Country Bike Race last summer will air Jan 20th. As they say, consult your local listings.



Who Rides The Most?



Who rides the most club sponsored rides? Who rides the greatest number of miles on club sponsored rides? Who shows up most frequently for our Tuesday night rides? What rides are most popular?

I am asking, starting this January, that ride leaders keep a sign up sheet for each ride they lead. This way we can find out the answers to these questions. Include on the sign up sheet: name of ride, date, number of miles of ride, ride leader's name and of course those who participated. Return the sign up sheet to Bob Hinkle at the club meetings.



Volunteers Needed For Ride Leaders

I am still looking for volunteers to lead rides. If you have a specific ride (holiday) or a specific date on which you can lead a ride, let me know as soon as possible. Return the Volunteers for Ride Leaders Sheet or list on a piece of paper your name, ride and date and return to Bob Hinkle 935 N. Mitchell, Arlington Hts., 60004. You can also volunteer by calling Bob Hinkle at 259-1423.



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FEBRUARY

Rides Rides Rides

Feb 13 12:00 Sunday Valentine's Day ride

Weather permitting, meet a Bob Hinkle's home, 935 N. Mitchell, Arl. Hts. This is a patch ride. The cost for the patch is either \$1.25 or \$1.50, if LAW has increased their prices. Call Bob at 259-1423 for any last minute information. Don't forget to sign in for all club sponsored rides.

March 13 Spring Break Out Ride

March 19 St. Patrick's Day Ride, this is a patch ride.

April 3 SA PSPSSPS You all know what this great ride is. Should be easy to decipher, if not, ride on that date and ask PS, your ride leader, to decode.

June 4 Progressive Dinner Any objections to that date, contact Bob Lippold. Volunteers are needed for Dinner Hosts, contact Bob.

Short Long Rides? 3-4 days for non campers, ride 20 to 30 miles each day, any Motellers interested, contact Ina, Ph 255-6452



Feb 13 7:30 PM Seattle to Arlington '83 Meeting will be at Evie Webers, 605 E. Clarendon, Arlington Hts., Ph 392-6288

BUSINESS MEETING

Feb 3, 1983 8:00 PM
Recreation Park

Program chairperson, Ina Whitenzel, has arranged a super special Feb Meeting. The guest speaker will be Jackie Wasmund, Supervisor of the Physical Therapy Dept., Cook County Hospital, Chicago. The topic will be "Keeping Fit During the Winter Months". Jackie will also do exercise demonstrations and answer questions.

And Then--THE BIG ROLLER RIDE--Club Members who own rollers will demonstrate how to ride the rollers (not as easy as it looks). This is billed as

THE MEN AND MARILYN--Marilyn Wilkerson is the only female, as far as we know, who has rollers! Plus JEANIE and her RACER MATE.

You'll have a chance to ride and decide if this would be a good fitness investment. Bikes will be available, but bring your own bike to test ride if you like.

Feb 9 7:30 PM LON'S LECTURE

Dempster Development Center, Dempster St., one block west of Elmhurst Rd. (The old Dempster Jr. High)

Lon Halderman will be speaking about the Cross Country Bike Race held this past summer. This should be an interesting evening and is sponsored by our Club and the Mt. Prospect and the Wheeling Bike Clubs. See you Wednesday evening.



Bob's - By

SO FAR, this winter has been horrible for us skiers but pretty good for us bikers. I guess we can't have it both ways. Judging by the turn out for the New Year's Day Ride, there is more interest than I thought in winter bike riding. Bob Hinle is promoting a Valentines Day Ride in February. Anyone else interested in cold weather riding (to lead or just to ride) give Bob Hinkle a call. Keep in mind the following quote from George Gissling (don't ask me who he was)

"For the man sound in body and serene of mind there is no such thing as bad weather! Every sky has its beauty and storms which the blood do but make it pulse more vigorously."



Line



NEW YEAR'S DAY RIDE

It was a sunny not-too-cold Jan. 1st for our First Ride of the Year. 21 people enjoyed a leisurely 13 mile ride through Arlington Height and Mt. Prospect. Somewhere along the route we misplaced Marion Monaco & Bob Jenson--sorry about that!

After the ride, we all met back at Bob Lippold's house for refreshments, including Al & Jeanies hot plug. The party was crashed by Jim, Dottie, Mike & Cindy who rode with "another club". For those people who ordered New Year's Day patches--I still haven't received them. Hopefully, I'll receive them this month and be able to distribute them at the February Meeting.

What Are The Duties Of The Ride Leaders?

1. Plan the route the ride will follow. (Several members have routes you can use if you are having trouble planning your own. See Bob Hinkle for help)
2. Give starting time, place, estimated milage and other pertinent information in time for the newsletter to Bob Hinkle. (Week end ride only)
3. Make cue sheets and/or maps. (Necessary only for longer rides)
4. Meet riders at designated starting point. (Tuesday night rides start at 7:00 P.M. from Recreation Park. Week end rides are determined by the ride leader)
5. Have riders sign their names on a sign-up sheet which includes name of ride and number of miles.
6. Set the pace of the ride so that no one gets lost or left behind. If you furnish a cue sheet and/or map it is generally best that you ride with the slowest rider.
7. Turn in the sign up sheet to Bob Hinkle at the next Bike Club Meeting.



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March 1983

BUSINESS... MEETING

March 3 - 8:00 pm
Recreation Park

We will have two guest speakers. One will talk to us about First Aid for Bicyclists. He is from the Suburban Medical Center and is a bicyclist himself. The other, Nancy Schiller, is from the Chicago Lung Assoc. She will bring slides of last year's BAMMI and will talk about this year's ride to Cairo.

SEXY VOLUNTEERS NEEDED!!!!

We need 6 or 7 volunteers (even slightly sexy will do) (male & female) to model for our bike clothing fashion show at the April meeting. We'll take all shapes and sizes!! Contact M-E Spirek (398-1650)

Sat April 2 SAPSPSSPS (in case you didn't know, Second Annual Pat Schramm's Pre-Palm Sunday Saturday Peddling Sojourn). For a great morning ride to Long Grove for breakfast at the Pond View Inn, meet at Frontier Park at 8:30 am. Pat 228-0064.

BIKE SWAP - April 23 & 24

Please keep both dates or one date open to come to THE SWAP. I'll have a sign-up sheet at the March meeting. Don't forget, we can run a function like this with everyone's help. If you can't come to the meeting, but will be available on April 23-24, please call me, Pat Schramm 228-0064.

Rides Rides Rides

Sun Mar 13 Spring Break Out Ride
Meet at Camelot Park, Surfside Dr. & Brighton Pl. at 11:00 am. Length is 15-20 mi with a rest stop in Long Grove at the bakery. Ride leader: Kaete Schoenhoff 259-8864

Sun Mar 20 St. Patrick's Day Ride
Meet at Kildeer School in Long Grove bet. 10:30 to 11:30 am. 30 miles. Cost \$2 which includes map, coffee & patch. Sponsored by Wheeling Wheelmen.

Sun Mar 27 Palm Sunday Rides
Two rides are offered. Go on one or both!!
A) Leisurely breakfast ride to downtown Park Ridge Pancake House. Meet at Recreation Park 8 am. B) After pancakes, comes the lunch Pizza Ride! Meet at Frontier Park at 1 am, or for a shorter distance, meet at Kildeer School in Long Grove at 1:30 pm. We'll ride to Route 45 & Diamond Lake Road. Yum Yum. Ride leader: Jim Shoemaker 392-6533

A REMINDER - SPECIAL DISCOUNTS!

Don't forget - all bike club members get a 10% discount on Bike Accessories at these shops:

Bikes Plus
1313 North Rand Road
Arlington Heights, IL 60004
398-1650

ABC Cyclery
45 South Dunton
Arlington Heights, IL 60005
253-7700

AND at ABC's NEW location:

ABC Cyclery
1407 West Schaumburg Road
Schaumburg, IL 60194
894-7700

Congratulations to ABC on opening their new store!!



IN THE HOSPITAL...

Norma's daughter, Beth, has been hospitalized for the last few weeks. She's improving slowly. If you have a minute, send a card to say hello. She'd love to get mail! Her address is: Evanston Hospital, 2650 Ridge, Evanston, IL 60201, Room 3308.

Bob's ByLine...

Since I know how most everyone in the club loves to eat, we might as well eat the right kinds of food to get the most out of our bicycling. According to a recent article in Bicycling Magazine, of the 3 fuels (carbohydrates, fats & proteins) available to form energy for muscular contention, only carbohydrate & fat are used to any great extent. Further, carbohydrate seems to be preferred by the muscles because its energy contents are easily released. However, if carbohydrates are used exclusively, the body's natural supply would be exhausted in 60-90 min. of cycling. Therefore, energy is also derived from fats stored beneath the skin & around various organs. In the early stages of exercise, the body uses mainly carbohydrates & slowly switches over to fats. Therefore, anyone interested in losing body fat should cycle relatively hard for over 1/2 hour at a time, keeping in mind that only after that first half hour will you be burning up stored fat. Also, to keep going on those longer bike rides (over an hour) it's a good idea to store up on a lot of foods with high carbohydrate content before and during the ride. Good examples of these foods are pasta, bread, cereal, beans, apples & bananas. With this information in mind - happy eating & happy biking.

Anyone interested in locally organizing or instructing a "Proficient Cycling" program thru the United States Cycling Federation, please contact Bob L. 870-0337.

GREAT AMERICAN BIKE RACE

Anyone who missed Lon Haldeman in February will have another chance Thursday, March 3 at 7 pm. Long, Mike Shermer & John Marino (3 of the 4 racers) along with Susan Notorangello (women's cross country record holder) will be at the McHenry County Bicycle Club's meeting. It will be at McHenry High School,

West Campus. Tickets are \$3. The school is 1 mile south of Route 120. Tickets available at local bike shops. For more information, call 381-6296 or 639-9228

According to Lon, the latest date for TV coverage on the race will be April 2 & 9. On ABC's Wide World of Sports around 3 or 4 pm. It should be quite good since ABC spent more money on this production than they did on this year's SuperBowl. Also, if you would like to see more biking events on TV, please write to ABC Wide World of Sports, New York, New York, after the show & tell them. If they get enough positive feedback, they'll have more biking on ABC!!

Good Times Past

Valentine's Day Ride - 12 riders showed up for the ride. The weather was perfect, the temp was around 40, the wind was light and the sun shining. It was just the way we planned it. The 13 mile ride went through Rolling Meadows, down Old Plum Grove Rd. to Quintin Rd. and back through Palatine.

George & Pat rode their tandem & passed everyone going down hill. Jim S. wished he had brought his water bottle & had more time for pictures. Mike N. did the honor or riding sweep. Other riders included Emil, Bob L., Michael W., John O., Dottie, Evie Earl Mason & Bob H.

Upon completion of the ride, Bob H.'s wife, Shirley, invited everyone to stay for some hot chocolate, coffee & cookies.

OTHER RIDES COMING UP...

3 GEARS IN '83/

Gear Up '83--Slippery Rock, Pa
May 27-30
Fee \$75.00

Memorial Day Weekend is the time when the Western Pennsylvania Wheelmen & the Outspoken Wheelmen (Youngstown, Ohio) co-hosts a League (L.A.W.) sponsored event. The place is Slippery Rock College. For more information send a S.A.S.E. to Gear Up '83, P.O. Box 6077, Youngstown, OH 44501-6077

continued...

ear South--Athens, Ga
une 16-17
ee \$75.00

ear South is sponsored by the South-
rn Bicycle League. Cycling trips of
very length and description will leave
he University of Georgia Campus
hroughout each day of the Rally.
or more information send a S.A.S.E.
o Gear South P.O. Box 98407, Atlanta,
a 30359

Gear West--Seattle, Wa
July 28-31
Fee \$163.00

The Gear West event will center on the
University of Washington Campus and
the 1962 Worlds Fair site--Seattle
Center. This is a beautiful setting for
bicycling as Seattle is surrounded by
mountains and the sea. There are a
variety of day trips being planned plus
pre and post Rally tours. For more
information contact Cascade Bicycle
Club, Angel Rodriguez, P.O. Box 12774,
Seattle, Wa 98507 or Seattle to Arling-
ton '83 Marilyn Wilkinsen or Norma
Witherbee.

Notes From Your Rides Chairman

The first draft of the Arlington Heights Bicycle Association Ride Schedule
was passed out at the February meeting. If you didn't get your copy pick one up
at the March meeting. Also, the Tuesday night ride leader's sign-up sheet was
passed around at the February meeting. We still have open dates for volunteers
for ride leaders for both weekend and Tuesday night rides. Below is a listing of
the open dates. Please look them over and sign up at the March meeting or call
Bob Hinkle at 259-1423.

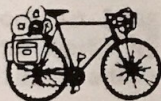
Week end rides

- Memorial Day Ride May 28, 29, or 30 after the parade
- Historic Tour of Arlington Heights July 3 or 4 (Route planned need 4 helpers)
- July 30 or 31
- August 6 or 7
- August 13 or 14
- August 20 or 21
- Labor Day Weekend September 3 or 4 or 5
- September 17 or 18
- Columbus Day October 8 or 9
- Halloween October 29 or 30

Tuesday Night Rides

- | | |
|--------------------|-----------|
| May 17 | August 9 |
| June 14 | August 23 |
| June 28 | August 30 |
| July 5 | |
| July 26 | |
| August 2 | |

Arlington Heights Bicycle Association
660 North Ridge Avenue
Arlington Heights, IL 60004



[REDACTED]



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April 1983



BUSINESS... MEETING

April 7 - 8:00pm
Recreation Park

On the program this month is a fashion show. Models will be our own club members! You'll see all types of clothing for bicycling. We still need a few more models--don't be shy, call M-E at 398-1650.

Rides Rides Rides

Sat Apr 9 Glencoe Botanical Gardens
35 miles. Meet at Recreation Park at 12:30pm.
Ride leader - Don Dereby 255-3422.

Sun Apr 10 Second Annual Easter Tour
25 or 50 miles. Sponsored by Folks on Spokes.
Meet at Governors State Univ., Rt. 54 & Stunkel Rd., Park Forest South. Regis. 8:30-10:00.
Cost \$5. Sag & refresh. Ed Noven 865-0862.

Sat Apr 16 Kelsey Roadhouse. 35 miles. Meet at Frontier Park at 10:00 am. Bring a sack lunch or eat in Kelsey's. Leader-Kurt S. 259-8864

Sat Apr 23 Third Annual BIKE SWAP. Attached Sun Apr 24 is a flyer advertising the SWAP. Give it to a friend or neighbor, or please put it up in a store window where you shop. Thanks to those who have already volunteered. I'll finalize the schedule at the April meeting. Don't forget to clean out YOUR garage...I'm sure we all have something to bring to the swap. I know I did last year, but I forgot it!!! Any questions?? Pat 228-0064 or 398-1650

Sun Apr 24 Ken Alrutz Memorial Metric Century
67 miles. Sponsored by Springfield Bicycle Club. Registration 9:00 am at Lincoln College, Lincoln, IL Cost \$3.00

Sat Apr 30 Busse Woods Ride. 30 miles. Meet at Recreation Park at 9:00 am and ride to Busse Woods and ride the new bike path. Bring a sack lunch. Leader - Marilyn Wilkerson 439-4496

Arlington 500

If you will not be at the April meeting and have not already signed up to work on the ride call Jeanie 392-1547 or Marilyn 439-4496 to volunteer. We need everyone's help. Our homemade cookies at rest stops are very popular with our guests. In order to continue this tradition, we need each of you to bake 3 dozen cookies for the ride.

The Great American Bike Race

Television coverage will be on two days on ABC
Sunday, April 17
Saturday, April 23

If this kind of television network commitment to cycling is supported by a massive viewer response, the networks will continue to devote time and money to cycling events. If you like what you see write to ABC and tell them. Write to:

ABC Wide World of Sports
Larry Kamm
1330 Avenue of the Americas
New York, NY 10019

This year's race is called Race Across America. It's a 3200 mile race scheduled to leave Santa Monica, CA on August 3. Lon Haldeman, Michael Shermer, two foreign entrants, and 10 others (including two women) will fill the field of 14 riders in a head-to-head race to Atlantic City, NJ.

FINAL AHBA RIDE SCHEDULE

The final ride schedule is attached. It contains invitational rides of neighboring clubs as well as our own local rides. However there are still open dates on some weekends. If you would be willing to lead a ride, let me know in time to get it into the newsletter.

If you get brochures and/or other info on rides why not share them with your fellow club members. Bring them to the meeting. A table or bulletin board will be set up to display the information.

BOB'S BY LINE...

WEEK LONG RIDE

While not professing to be an expert myself on riding technique, here's some passed-along info from several articles I've read and bicyclists I've talked to. The subject is cadence or RPMs.

First of all, your cadence is the number of complete revolutions of the pedal made in one minute. A quick, easy & relatively accurate way to figure your cadence is to count the number of times your right foot pedals through the lowest point in 6 seconds (you need to glance at your watch or have someone else time you). Multiply this number by 10 and that's your cadence.

Generally, for the most efficient riding & to avoid knee injuries, 60 RPM is considered a minimum (unless you're going up a very steep hill & you're already in your lowest gear). Beginning bicyclists may feel 60 RPMs is uncomfortably fast but they should try as often as possible & will soon find they have no trouble & are riding easier at this rate. More experienced cyclists should be pedaling at 70-90 RPMs.

One reason for increased efficiency at a higher rate is that more muscles are used. At slower RPMs, the power stroke is only when pushing down, and you're using mainly the quadriceps & gluteus maximus. However, at higher RPMs, you also start to use the hamstrings, calves & lower end of the quads (vastus medians). If you find you're going under 60 RPMs, try dropping to the next lowest gear and pedal faster to maintain the same speed.

The more you practice this, the more comfortable you'll feel at higher RPMs and you'll feel you have more energy at the end of the ride.

I'd like to thank Pat Schramm for temporarily sitting in for Norma, who is devoting most of her time in caring for her daughter, Beth. She's out of the hospital and is improving every day. Hi Beth from everyone in the club!!

WANTED TO BUY

A used hard top pop-up camper in excellent condition approx. 18-20 feet long. Call Bob L. 870-0337



We have decided to participate in BAMMI. This is sponsored by the Chicago Lung Association. Anyone wishing to receive a "soon to be available" registration form should send their name and address to:

Nancy Schiller, Director of Special Events,
Chicago Lung Association, 1440 West Washington
Chicago, IL 60607

Or you can call her at 243-2000. Your name will be added to the others. I understand they will limit the riders to 500. It was a popular ride last year, and I think more so this year because of publicity and word-of-mouth, so make your plans early. The ride starts July 31.

GOOD TIMES PAST

19 riders rode on the Spring Break Out Ride. Kurt and his daughter, Rita, planned a beautiful ride up Hicks Rd. through Kildeer and into Long Grove for cider & fresh baked donuts. Two new riders discovered what wind chill is all about. They will probably wear gloves & hats next time.

I understand from Jim Shoemaker that several AHBA members joined approx. 50 brave (and cold) riders for Wheeling's St. Patrick's Day Ride last Sunday. If you'll recall, it was held on the first day of spring with the biggest snowstorm of the season.

Palm Sunday turned out to be another rainy, cold day. Well, Don Derebey walked over to Rec Park with a red umbrella to meet Jim Shoemaker (it was raining). They said "hi" and went home. Then in the afternoon, Jim tried again. Bob Lippold was the only other person to show up. They rode to Long Grove and back. Jim will try to reschedule his two original rides later on.

WELCOME NEW MEMBERS!!

Bob & Bonnie Petersen
748 Cardinal Lane
Elk Grove, IL 60007 351-4185

Donald & Barbara Tyrell
1019 North Drury Lane
Arlington Heights, IL 60004 392-0200

Douglas & Barbara Andresen
1005 North Dunton,
Arlington Heights, IL 60004 398-7691



PRESIDENT
V. PRESIDENT
SECRETARY
TREASURER
MEMBERSHIP
NEWSLETTER

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



BOB'S BY-LINE

GOOD TIMES PAST

It looks like spring is finally coming after all. At least the last several rainy weekends have been good for testing out that new water resistant bike clothing you all bought this year. I found out through experience it's a good idea to test out those rain ponchos, jackets or pants in the rain before you go out on a long ride. I found for example, the wind will blow out some clothing more than others. Also some material in these clothes is not very water resistant. It may work all right to walk around in, but when you start riding with the wind pushing against you, the water can soak through some "water resistant" material. Another thing to check for is how much freedom of movement you have and also how much ventilation there is. It's better to find out now how the clothing works instead of when you are caught in a downpour with 40 more miles to ride.

BIKE CENTRAL

Jim Hasil with Bike Central will be giving a brief talk about his organization. Bike Central is a new centralized bike registration system that permits lost or stolen bikes to be traced from one community to another which is not otherwise being done.

GREAT AMERICAN BIKE RACE

I would like to urge all of you who watched the Great American Bike Race on ABC, April 17 and April 23, to write to them with your reaction. If the media realizes Biking really is popular they will put more on TV and in the newspapers. Please write to ABC at:

ABC's Wide World of Sports
Larry Kamm
1330 Avenue of the Americas
New York, NY 10019

Also, in your letter, please ask them for similar coverage of next year's Race Across America scheduled to leave Santa Monica August 3rd.

Three weekends in a row of bad weather! The Botanical Gardens Ride was another wash out. Jim Shoemaker and Bob Lippold, decked out in his yellow rain gear, joined Don Dereby at Recreation Park. Bob Hinkle drove over in his car with the Easter patches left from the rained out Easter Day Ride. Norma Witherbee was to have joined the ride near the bike trail by her house. However, the ride terminated several blocks from Rec Park at Don's house. Norma was called and told the DesPlaines River was too high to cross and thus the ride cancelled.

KELSEY ROADHOUSE RIDE

What joy! After three weekends of rainy weather the sun was finally shining. Eight riders joined Kurt Schoenhoff for his Kelsey Roadhouse Ride. Kurt must know something about weather for he wanted to change the ride and make it shorter, but Dottie Tockey insisted upon the longer ride. Bob Lippold also must know something about weather for he left the ride saying he had to get home. Jim Shoemaker, the pessimistic weather forecaster kept on saying how it was snowing in Rockford, after we reached the point of no return.

Lunch at the roadhouse was interrupted when Mike and Rafael Winterpacht announced they were leaving because it started to rain. Kurt said a hasty good-bye and went whizzing out the door to join the Winterpachts. Emil Donkers smiled and said "We'll take the Cuba Road short cut," so Cindy Cocrane had time to finish her soup. The weather deteriorated, rain mixed with snow. Bob Hinkle learned on the way back that you don't draft riders when it is raining.



Rides Rides Rides

- Sun May 1 Dutch and Danish Ride 50 Miles Leave Recreation Park at 9:00AM Ride to Reeses in Algonquin, if you beat Jim, he buys coffee and danish, if he beats you, it's dutch treat. Leader Jim Shoemaker 392-6533
- May 7-8 Dick Marr's TOSRV Alternative Ride a double century. See insert for details. Leader Dick Marr 593-2639
- Sat Mat 7 Annual Park District Breakfast Ride 12 Miles. Meet at Frontier Park at 7:30 AM. Ride the Palatine Bicycle Trail to Dear Grove. Everyone is invited, but you must register at the May meeting or at Recreation Park in person or phone 640-2596. Members may be asked to lead small groups to Dear Grove. Leader Jeanie Gain 392-1547
- Sun May 8 Lambs Farm Ride 35 Miles. Meet at Potawatomi Woods (Dundee Rd. & DesPlaines River in Wheeling). Starting time is 9:30 AM. Lambs Farm has a restaurant and bakery. Leader Kitty Mayes 945-5478
- Sat May 14 Pre-Arlington 500 15-30-60 miles. Meet at Frontier Park at 8:00 AM Choice of one of three rides. We will be checking to make sure the routes are clearly marked. Leader Bob Hinkle 259-1423
- Sun May 15 Arlington 500 Inviational Everyone Helps We still need home baked cookies. Assignment details at meeting. Leaders Marilyn Wilkerson 439-4496 Jeanie Gain 392-1547
- Sun May 22 Evie's Birthday Brunch 50 Miles Leave Frontier Park 8:00 AM arrive by 10:30 Port Edwards, Algonquin. Brunch Buffet \$7.95 includes a glass of wine. Leader Evie Weber 392-6288
- Sun May 22 Pedal In 25-50-100 Miles. Registration 7:00 AM in the Field Shopping Center, Morton, Ill. Cost \$6.00. Sponsored by Ill. Valley Wheelmen 309-387-6614
- Mon May 30 Memorial Day Parade Starting place Davis St. East of Arlington Heights Road (by Village Hall) Assemble 9:00 AM, parade begins 9:30 AM.
- Mon May 30 Memorial Day Ice Cream Ride 20 Miles Meet at Recreation Park at 12:00 (after parade). Patches are available, cost \$1.50 Leader Bob Hinkle 259-1423
- June 25-26 Terry Andre Camping Weekend Bike Wisconsin area. 8 Camp Sites reserved 5-6 people per site (2 tents or 1 camper) Reservations must be in by June 9. Sites not reserved will be cancelled on June 10 (Park requires 2 week notice for refund and sites have been pre-paid) Leaders Evie Weber 392-6288 Norma Witherbee 674-0523
- In conjunction with the Arlington Heights Frontier Days (festival) the Arlington Heights Bicycle Club will be sponsoring a Historical Arlington Bicycle Tour and a Citizen's Bicycle Race.
- Tour: Sat July 2 10:00 AM Recreation Park Leisurely bicycle ride viewing historical Arlington Heights.
- RACE Sun July 3 9:00 AM Registration 7:30-8:45 AM Pioneer Park. One mile loop course--ages 8-11, 3 mile--ages 12-14, 6 miles--all other age groups. AWARDS \$4.00 preregistration--\$5.00 day of race.
- For more information contact: Mary Ellen Spirek 1313 N. Rand Arlington Hts. 398-1650

TOSRV ALTERNATIVE

Is anyone interested in joining me on a Tosrv alternative ride? By this I mean the same weekend as TOSRV and the same bicycling distance (approx-100- 105 miles each day) but without the lengthy automobile trip to and from Columbus, Ohio.

Very informal. I will provide maps with a route marked thereon (but no cue sheet.) Make your own motel or campground arrangements (see attached sheet.) Either ride with me at my pace or do your own thing. But let's meet for a meal and some conversation Saturday evening. Here is what I intend to do, weather permitting.

Saturday, May 7, 1983

Des Plaines, Ill. to Janesville, Wis. via Long Grove, Algonquin, Huntley, Union, Marengo, Belvidere; Beloit, Janesville.

Leave Des Plaines (my apartment) at 7:30 am.
Evening meal at 6:30 pm at Country Kitchen restaurant (near Road Star Inn) in Janesville.

Sunday, May 8, 1983 (Mother's Day)

Janesville to Des Plaines via Delevan, Lake Geneva, Genoa City, McHenry, and Long Grove.

Leave Janesville at 7:30 am

If interested, contact Dick Marr at 1113 Holiday Lane, Apt. 2, Des Plaines, Illinois 60026 Phone 593-2639

Please pass this along to anyone you think might be interested.



Tuesday Night Rides Begin

May is national bike month. The League of American Wheelmen and the Bicycle Federation have called upon the nation's governors and mayors to give official recognition to the month of May, by calling attention to the joys and benefits of cycling.

It is fitting therefore that our Tuesday night rides begin in May. All rides will leave Recreation Park at 7:00 PM sharp.

May 3 Leader - Dottie Tocky (392-2709)
May 10 Leader - Joel Fisher (259-0039)
May 17 Leader - Bill Eilers (392-8560)
May 24 Leader - Helen Daly (255-1894)
May 31 Leader - Don Derebey (255-3422)

Patches have been ordered to commemorate bike month. You may purchase a patch if you ride any of the club sponsored rides during the month of May. The cost of the patch is \$ 1.50 and they can be purchase from Dottie Tockey.

Motels 1, 2, 3, and 4 are within sight and walking distance of each other- Number 5 is sufficiently nearby. All are located on the NE edge of town near the junction of I-90, US 14, State Route 26, and county road Y. There are many restaurants in this area as well as the campground listed below.

Motels

- (1) Ramada Inn
3431 Milton Ave
(608) 756-2341 or
800-228-2828
1 person - \$35-37
2 people - \$42
I did not inquire about bikes in rooms at the Ramada Inc.
- (2) Janesville Motor Lodge
(Best Western)
3900 Milton Ave.
(608) 756-4511
Rates unknown
Girl at desk was very busy with many phone calls so I did not get much information. Seems very similar to Ramada Inn.
- (3) Rode Star Inn
3520 Milton Ave.
(608) 754-0251
1 person - \$25.00
2 people - \$31.50
Very friendly. This is where I (Marr) will stay if I decide to use a motel rather than camp. Bikes definitely allowed in room. Mention bicycle and they will try to arrange a convenient room. Make reservation in advance and call to cancel on day of ride if rain.
- (4) Motel 6
2422 Fulton St.
(608) 756-4541
1 person - \$15.95
2 people - \$19.95
Make reservation. Will hold till 6pm. At first didn't like idea of bikes in room. Then he (the mgr.) suggested sneak into room. Said sneaking didn't appeal to me. He said ok provided no mud or grease on rugs. His real objection is motorcycles in rooms.
- (5) Weather Vane Motel
2327 Hwy 14 East
(608) 756-4242
1 person \$18.
2 people, 1 bed - \$20.
2 people, 2 beds - \$24.
Friendly. Bikes allowed in rooms. Make reservations, cancel, if rain. Not as new (as possibly not as clean) as other motels listed.

Campground

I goofed. Where I was in Janesville I failed to visit the campground. Here is what the 1983 Woodalls campground guide says.

Flat, grassy campground near interstate. From jet I-90 (exit 171C) and Hwy 14; go 500 feet E. on US 14. 71 sites, 20 full hookups, 51 water - elect, separate tenting area, flush toilets, hot showers (\$), laundry, phone, 71 picnic tables, fire rings. Rec. room, playground, horseshoes.. Base rate in 1982: \$6.30 for 2 persons, includes no hookups.

PROGRESSIVE DINNER RESERVATION

Saturday June 4, 1983 \$8.00 Per person



Name _____

Amount Enclosed\$ _____

PLEASE MAIL TO Emil Donkers
202 N. Gibbons
Arlington Heights 60004

BEFORE MAY 20, 1983--RESERVATIONS
REQUIRED!!

Any Questions? Call Ina 255-6452

HIGH ENERGY MUNCHIES TO MAKE FOR YOUR TOURS

BUSINESS MEETING

PUFFED WHEAT & RICE BARS

- 3 T butter
- 3 T honey
- 1 T molasses
- 6 oz Frozen apple juice concentrate
- 1 T peanut butter
- 2 C puffed wheat
- 2 C puffed rice
- 1 C chopped roasted peanuts

Combine butter, honey, molasses, apple concentrate & peanut butter in a 10" skillet. Simmer gently until mixture becomes golden brown & tacky, about 1/2 hour. Stir at first occasionally, then more frequently as it thickens to prevent scorching. Dip the tip of the spoon in the syrup, if it is hard when it cools, the syrup is done.

Over low heat, toss the wheat, rice & peanuts with the syrup in the skillet. Mix gently. Press evenly into an 8x8 pan. Set aside to cool. Cut into 2" squares. Makes 16 bars. Carbohydrate rich(15 grams per bar)
Feb. Bicycling Magazine

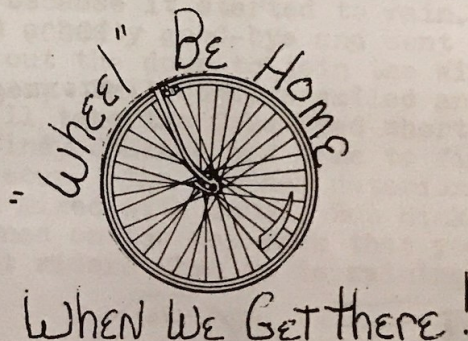
Thursday, May 5 8:00 PM Recreation Park
Slide Presentation

Welcome to our newest members!
Richard Pingry
Elida Rech
Sue Willie

NEAT
NEW "T" SHIRT DESIGN
ORIGINAL

Anyone interested in a "T" Shirt with
this design, please contact Evie Weber
392-6288
\$7.10 per shirt Red/with white lettering

Call Evie with your order by June 15--or see
her at the meeting.



ELMHURST HISTORICAL MUSEUM ANNOUNCES "RIDE ON" IN COOPERATION WITH CABDA

Everybody knows romance and bicycles go together like a horse and buggy. As a public service project of the Chicago Area Bicycle Assoc., you can see just how this romantic story of the bicycle came to be.

Some of the finest and rarest antique bicycles from the early 1800's to present day bicycles will be on display at the Elmhurst Historical Museum, 120 East Park Ave., Elmhurst, Il, from early May through October, 1983. The exhibit is being mounted in cooperation with the Smithsonian Institution which has given their SITES traveling exhibit "Ride On" to the Elmhurst Historical Museum. "Ride On" will tell the fascinating saga of the bicycle, of its use for transportation, sports, clubs, racing and amusement. The exhibit will feature antique bicycles and bicycling accessories, books, posters, periodicals, jewelry, pictures and publications spanning over 150 years of unabashed love for the bicycle.

CABDA is providing a donation of funds for the printing, mailing, and distribution of publicity material. Russ Stemple, volunteer exhibit coordinator, has requested anyone having bicycles they would be willing to loan for the exhibit call Russ at (312) 832-4126, or the Elmhurst Historical Museum (312) 833-1457. These numbers may also be called for further information.

The Museum is open Tuesday and Thursday, 1-5, and Saturday 10-5. Admission is free.

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PRESIDENT BOB LIPPOLD 870-0337
 V. PRESIDENT BOB HINKLE 259-1423
 SECRETARY HELEN DALY 255-1894
 TREASURER EMIL DONKERS 253-0881
 MEMBERSHIP JEANIE GAIN 392-1547
 NEWSLETTER NORMA WITHERBEE 674-0523

June

83



BOB'S BYLINE



The other day I heard Dave Von-Bergen say "Gee, the Club isn't as much fun as it used to be. We're getting so organized that everyone knows what they are doing!" Although he was just kidding about the fun, he was certainly right about the organization. This was quite evident in our last two major events. As you all know, the Bike Swap was again very successful for the third consecutive year. Under Pat Shramm's leadership everything went smoothly and efficiently (she makes it look like it is easy). Similarly the Arlington 500 Invitational, with the excellent supervision of Jeanie Gain and Marilyn Wilerson, was a huge success. With slightly cool and windy weather, we still had over 200 riders out to enjoy the countryside and good food (especially the grilled hamburgers). I know these three leaders would be the first to point out they could not have done it without everyone else helping. We should all congratulate ourselves on two excellent events. THANKS EVERYONE FOR HELPING, ESPECIALLY PAT, MARILYN AND JEANIE!

TIME CHANGE FOR JUNE MEETING

For all of you who arrived at the May meeting late or didn't make it, all the membership voted to start our monthly meetings at 7:30 P.M. Don't forget--instead of 8:00 P.M.--be there at 7:30 Thursday, June 2.

The June Meeting will be a SHOW AND TELL Meeting--volunteer if you have any items, new or unusual, you would like to share with the Club. (clothing, camping equipment, tools, etc.) Call Ina for more information. 255-6452

Thanks, M.E., Bikes Plus, for demonstrating at the May meeting, the latest stove, cooking gear and light weight candle lantern.

HELP HELP HELP HELP HELP HELP



The Arlington Heights Festival "Bike Race" will be held Sunday morning July 3.

I need "Help"! We need timers, registration, marshalls. You get a free Tee shirt and a good view of the Race and the pleasure of being a part of a fun thing.

Sign up at the June Meeting or call M.E. at 398-1650.

PROGRESSIVE DINNER

Sat June 4--rain or shine--if you have not sent in your reservation, call Ina 255-6452, reservations are required

12 Miles Round Trip, so bring your bikes and your appetite.

3:00 Appetizers

Hosts Mike Lattof & Dottie Tockey
 608 S. Newbury Pl
 Arlington Hts
 253-8905

On to Soup

Hosts Shirley & Bill Turner
 819 S. Wego Terrace
 Mt. Prospect
 255-1710

Terrific Salads

Hosts Bob & Diane Lippold
 1631 N. Evergreen
 Arlington Hts.
 870-0337

Delicious Dinner

Hosts Evie Weber & Norma Witherbe
 601 N. Clarendon
 Arlington Hts.
 392-6288

Save room for Desert

Hosts Jim & Phyllis Shoemaker
 9 S. Gibbons, Arl. Hts 392-6533

Arlington Heights Bicycle Association, 660 North Ridge Ave, Arlington Hts. 60004



Rides Rides Rides

- Sat June 4 Progressive Dinner Ride 3:00 Starts with appetizers at 608 S. Newbury Place, Arlington Hts. See page 1 for details.
- Sun June 5 Liberty Metric 38/62 miles. Ride starts Don Wright Jr. High School, 1370 Riverwoods, Rd., Lake Forest, Il. (North of Rte 22 between Milwaukee Rd & Interstate 94) Registration 6:30 A.M. to 9:00 A.M. Fee \$5.00 or \$12.00 for family. Sponsored by Mt. Prospect Bike Club
- Sat June 11 Busse Woods Picnic 20 Miles. Meet at 10:00 A.M. at Bussee Woods. Enter from Arlington Heights Rd., one block south of Landmeir Rd. Meet at the first parking area. Bring your own lunch. Ride Leader Bill Eilers 394-8560.
- Sat June 18 Father's Day Ride 25 Miles. Meet at Frontier Park 9:00 A.M. Ride to Lincolnshire, lunch at Dennys. Ride Leader Geo Vasso 392-5450
- Sat June 24/25 Terry Andre Campground Bike Wisconsin Area. Reservations must be in by June 9. Sites not reserved will be cancelled on June 10. Ride to Port Washington for lunch 50 Miles, shorter rides offered or stay in campground and enjoy the beautiful Lake Michigan beach. Leaders Evie Weber 392-6288 Norma Witherbee 674-0523
- Sat July 2 Historical Tour of Arlington Heights 4 Miles. Meet at Recreation Park 10:00 A.M. Visit some of Arlington's earliest homes, schools, churches and businesses. The ride will be a slow pace with many stops. Ride Leader Bob Hinkle 259-1423
- Sun July 3 Citizen's Bike Race Pioneer Park, Arlington Hts. Registration 7:30-8:45 A.M. Fee \$5.00 day of race. 1 mile ages 8-11; 3 miles ages 12-14; 6 miles other age categories. Helpers can ride! Call M.E. Spirek to volunteer, she needs your help. 398-1650
- Mon July 4 July 4th Parade Starting place Oakton and Highland, by St. Peter's Church. Ask a parade marshall for exact location. Assemble at 9:00 A.M. Parade begins at 9:30 A.M.

GOOD TIMES PAST

May 1 Dutch and Danish Nine Arlington and four Mt. Prospect Bike Club members left Recreation Park on what Jim Shoemaker said was to be a leisurely ride (definitely not a race) to Algonquin. However, the fear of buying the coffee and danish must have seized Jim. At the outskirts of Algonquin, Jim suddenly sprinted down the hill, crossed the river, dodged the traffic, took a short cut through the gas station, and snuck into the restaurant by using the back entrance.

The Levine's, Art and Cheryl and Jeanette had arrived early and met the group at the restaurant. With the threat of rain most riders took a more direct way home, leaving Jim S., Mike N., and Bob L., to complete the planned route. Mike N. broke the seat post on his bike and had to stop at a house to borrow a pipe wrench. He was able to get the broken post out of the frame and replace the now much shorter seat into the frame.

ay 10 Lambs Farm Ride Ten fearless riders braved fierce winds for this ride to Lambs Farm. Special commendation goes to Brian Gorge, a nine-year old, who was making a break-in ride on a bike his father custom made for him. The ride back was a breeze through the estates of West Lake Forest.

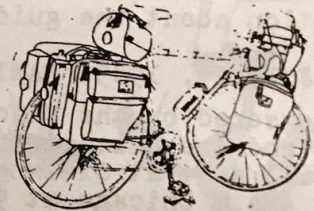
May 7-8 Dick Marr's TOSRV Alternative The intention of the six riders on Saturday morning, was to ride the 100 miles to Janesville, Wisconsin, spend the night and return Sunday by the same route. Everything had been well planned, except the weather. High, gusting winds, mechanical problems and cold weather combined to prevent the sturdy six from reaching Janesville. Mike Enwright, Wheeling Club, had five flats before leaving Arlington Heights. After the third flat Mike headed home to exchange bikes and had two more flats before getting there! Mike didn't catch the other riders until South Beloit and that was with the kind help of a farmer's wife. Mike had stopped for assistance when his rear derailleur broke. This kind lady called Janesville to find out if the other riders had reached the Motel. They had not and the Motel only knew the riders were going to stay in South Beloit. Mrs. Nice Lady then called all the S. Beloit Motels until the group was located and then drove Mike to the Motel.

The other riders, after riding many hours into a South wind, were looking forward to the turn North and the wind at their backs. Ha! The wind shifted. They again had a headwind, only stronger, colder weather and rain. Mike Neisen, Arlington Heights Club, sagged the last ten miles to S. Beloit. Dick Marr, Jenny Bruns and Glenn Schon (both Wheeling Club members) were helped by a passing motorist/cyclist who strongly urged them to go to S. Beloit. He was concerned about the three riders physical condition, and stayed with them until they were safe in the motel.

The roads were good, scenery was interesting, there were helpful people along the way, so, it is a ride worth reriding. That is, when the weather is warmer or it does not rain or the riders have warmer clothes and rain gear. Which all means, if it looks great out, go prepared for all kinds of weather changes.

BIKE RALLY JULY 24

A Bike Rally based in Grant Park which will highlight Chicago's Architectural Treasures, is being planned by CABDA (Chicago Area Bicycle Dealers Assoc.) The American Bicycling Council and the Chicago Architectural Foundation. The ride is being planned for July 24. Mark your calendars now and there will be more details next month.



WELCOME NEW MEMBERS

Ina Andrews
230 Wyngate Dr.
Barrington 60010
381-9226

Bob Groves
1836 N. Chestnut
Arlington Hts 60004

Dorothy Kurth
306 Rush St.
Roselle, 60172
893-6327

Gene & Jeanne Sauter
420 N. Stratford Rd.
Arlington Hts 60004
255-0560

Donald & Barb Tyrell
1010 N. Drury Ln
Arlington Hts 60004

Ceal Winterstein
106 N. Fairview
Mt. Prospect 60056
577-8120

SUMMER TOURS

Dick Marr will be leaving for Seattle, Washington June 11. The trip will take him across Illinois, Iowa, Nebraska, North Dakota, Wyoming and across the Big Horn Mountains. Dick is allowing extra days for the mountains, the "hills" should slow him a bit. He expects to be in Seattle on July 23rd in time for the Pre Tour Ride. After the Convention, Dick will continue down the coast to San Francisco and then fly home. Burlingame Cyclery, Burlingame, CA will box the bike and then the owner of the shop will drive Dick to the airport. Where else but on a bike could one meet so many helpful people. Have a good trip Dick.

GUIDE LEADERS WANTED

The Chicago Architecture Foundation is looking for bicycle riders who would like to be guide leaders. Each year the CAF offers architectural walks and bike rides. They have plenty of guides for the walks, but are definitely in need of guides who also can ride a bike and lead groups of riders on architectural tours.

The CAF will train you at no cost to you. The classes are offered on a week night and also Saturdays. You will receive college credit when completed and in return you must work 40 hours free for CAF.

You can obtain additional information by contacting Janice at Chicago Architecture Foundation, Glessner House, 1800 S. Prairie Ave., Chicago IL 60616, 326-1393. M-E Spirek has information about the walks and rides offered this year at Bikes Plus and also has information about the guide school.

July 23, 1983 FAMILY BIKE DAY

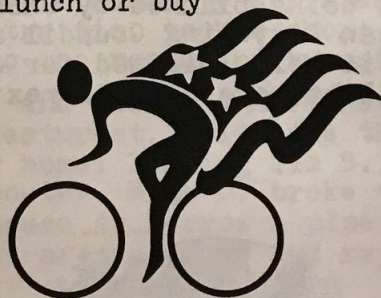
Sponsored by the Chicago Area Bicycle Dealers and the Chicago Architecture Foundation. Will meet at Glessner House, 1800 S. Prairie Ave., Chicago at 9:30. 15 Mile tour with stops at various buildings. Guides will explain about the points of interest of the specific buildings. Bring your lunch or buy it there. Entertainment!

WHO IS RIDING?

So far this year 52 different riders have participated on the week-end club sponsored rides. The best attended ride was the New Year's Day Ride with 21 members showing up and the Spring Breakout Ride with 18 riders. Club members participating in four or more week-end club sponsored rides are: Emil (4), Marilyn W. (4), Mike W. (4), Mike N. (5), Bob L. (6), Bob H. (7), and Jim S. (7). As the weather improves, we hope to see everyone on the rides.

Don't forget the Tuesday night rides leaving Recreation Park at 7:00 P.M. June's Tuesday night ride leaders are:

June 7	Leader	Joel Fisher	259-0030
June 14	Leader	Bill Eilers	392-8560
June 21	Leader	Dave Von Bergen	398-1309
June 28	Leader	Dottie Tockey	392-2709



BICYCLING
THE WAY TO GO!

DON DEREBEY ON SAFETY AND DOGS



Listen to a group of bikers talking and you need not wait too long before you hear some good dog stories. Every rider seems to have had an encounter with a pooch or two that is just a bit different from the others. Two friends of mine had fairly serious accidents while attempting to discourage some mutt from sampling flesh. In each case control of the bike was lost while the rider was trying to spray the dog with HALT. Many riders are capable of handling dog and bike at the same time, but most of us are looking for trouble if we divide our attention between them.

I have owned dogs all my life and understand them, and I have never been seriously threatened. Maybe that's why I do not carry HALT. Dogs chase because they get caught up in the excitement of lots of motion by something relatively close to their size. Often, if you will just stop pedaling and speak gently to them, they will give up the chase. If not don't be afraid to stop, place the bike between you and the dog, and try to calm it down. At least you can now concentrate your full attention to the dog and not risk a crash that may cause far more damage than the dog could ever do.

Out-running a dog can be great sport, and very effective, if you consider your chances carefully before you try it. Riding up hill and against the wind gives the pooch and obvious advantage. Note how far it must run before reaching the road. If you are ahead at this point, you have an excellent chance. Look at the breed. The Doberman, for instance, is hard to beat. Save your yelling for one well-timed effort. Wait until the dog is almost alongside before shouting "GO HOME" with as much volume as you can muster. Many dogs turn away immediately, others hesitate just long enough to give you the advantage you need.

If nothing you do will prevent a bite, be sure to obtain the info needed to have the dog quarantined. The word is that rabies shots are, indeed, very painful.

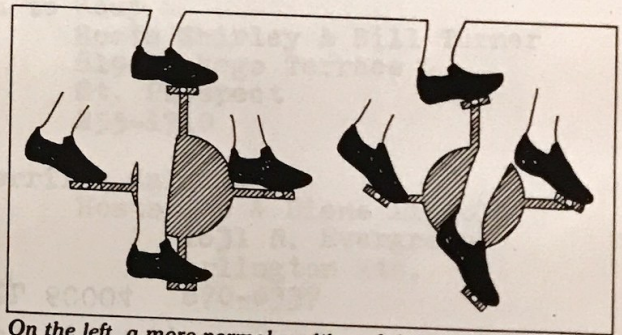
RIDING TECHNIQUES--PEDALING

The most efficient pedaling stroke utilizes the natural motion of the foot. The illustration of the foot is called 'ankling'.

To determine if a rider is ankling or if the lower leg is operating properly, watch the calf muscles expand and contract during the pedal stroke. Watching from behind, check to see when the calf is under pressure (tight). It should occur only on the down portion of the stroke. If the calf is tight on the up part of the stroke, the rider is still pushing with the toes instead of concentrating on pulling the whole foot up. Muscles rest by receiving fresh supplies of oxygenated blood; therefore, the rest period is greatest during the relaxed position of the muscle. A muscle that is under tension during twice as much of the stroke will tire faster than a muscle that is given more opportunity to rest.

Although all serious cyclists have toe clips and straps on their pedals, most riders do not use them to their full advantage. Understanding and being able to analyze the theory of efficient pedaling will hopefully benefit all riders.

Bicycling Magazine May 79



On the left, a more normal position of the foot through pedal arc. On the right, an exaggerated idea of the foot position on the pedal, which is held by many cyclists.

PROPER BICYCLE FIT AND ADJUSTMENT

PROPER FRAME FIT



Rider **MUST** be able to straddle bicycle when standing

PROPER RIDER ADJUSTMENT

Knee slightly bent



Handlebar stem approximately level with seat or slightly lower

Pedal at bottom position

PASS OUT THE ENTRY FORM TO A FRIEND OR SIGN UP TO RIDE YOURSELF.

FRONTIER DAYS BICYCLE RACE

1983

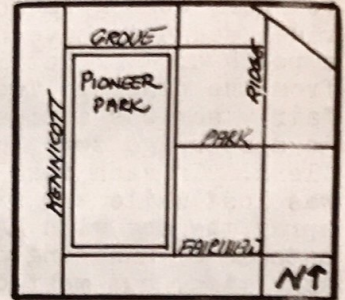


THE BANK
& Trust Company of Arlington Heights



Sponsor:	The Bank & Trust Co. of Arlington Heights Arlington Heights Bicycle Association
Date:	Sunday, July 3, 1983
Starting Time:	9:00 a.m.
Check-In-Time and Registration:	7:30 - 8:45 a.m. Pioneer Park, 590 S. Fernandez, Arlington Heights.
Preregistration:	By mail or in person. Make check payable to: Arlington Heights Bicycle Assoc., 1313 N. Rand Rd., Arlington Heights, IL 60004.
Distance:	1 mile for ages 8-11; 3 miles for ages 12-14; 6 miles for all other age categories
Course:	Starting on Grove Street, the course is a one-mile loop around Pioneer Park.
Entry Fee:	\$4.00 preregistration, \$5.00 day of race.
Awards:	Placques & shirts for top 3 finishers in each age category. Special awards for overall male & female winners.
Divisions:	18 age categories: 8-11; 12-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60 & over for both men & women.
General Information:	All entrants are required to ride a bicycle with brakes. No U.S.C.F. riders are eligible for this citizens race. Helmets are required and will be available for those who do not have their own.

Official Entry Form



Mail with check or money order payable to
Arlington Heights Bicycle Assn. to:

Frontier Days Bicycle Race
1313 N. Rand Rd.
Arlington Heights, IL 60004

Entries will be accepted in person at the
above address.

Name _____
(Please print or type)

Age as of July 1, 1983 _____ Sex _____ Phone _____

Address _____

City/State/Zip _____

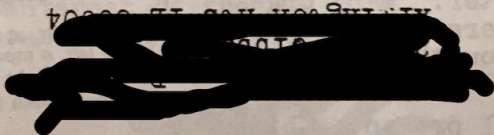
Emergency Contact & Phone _____

I hereby release the Arlington Heights Festival Committee, the A.H. Bicycle Assoc., the Bank & Trust Company of Arlington Heights, The A.H. Park District, the Village of Arlington Heights and all bicycle race workers from all liabilities incurred while participating in the bicycle race. I acknowledge that bicycle racing is an inherently dangerous sport in which I participate at my own risk. Medical treatment will be available; however, I am willing to pay the \$50.00 charged by the Village of A.H. for ambulance transportation to the hospital if additional treatment is needed.

Signature _____
Applicant Date _____

The undersigned parent or guardian hereby consents to the applicant's participation and releases all rights and claims for damages as is more fully set forth above.

Signature _____
Parent or guardian if under 18 Date _____



Arlington Heights Bicycle Association



PRESIDENT BOB LIPPOLD 870-0337
 V. PRESIDENT BOB HINKLE 259-1423
 SECRETARY HELEN DALY 255-1894
 TREASURER EMIL DONKERS 253-0881
 MEMBERSHIP JEANIE GAIN 392-1547
 NEWSLETTER NORMA WITHERBEE 674-0523



BOB'S BYLINE



Last month, it was mentioned to me that we may have scared off some of the newer members or potential members as we casually talked of riding 2000 to 7000 miles a year. While some members do ride thousands of miles a year, I would bet most of the members ride less than 1000 and many less than 100 (that's less than 10 miles a month). The purpose of our club is to have fun biking and promote biking in whatever forms that may take. Anyone interested in biking will be welcomed with open arms whether they are cross country racers riding 2000 miles a week or the occasional biker who rides a mile to the park once a month. Do not be shy about bringing your single speed balloon tire bike to the meeting or a Tuesday nite ride. As I said, this is a club for all types of bicyclists and bicycles, so come out to the meetings and rides--everyone fits in just fine!

JULY MEETING 7:30 RECREATION PARK

SOUPS ON!! the July Meeting will feature "COOKING ON YOUR SINGLE BURNER"- Kitchen tools and mess kits will be discussed also.

There will be different types of stoves demonstrated, so if you are considering a stove purchase or already have one and would like a second one, be sure to attend this meeting. You will get samples too--food that is.

CLUB MEMBERS MARRIED

Two of the AHBC Members have tied the knot in the past year. Possibly some of you remember Brian and Paul Tockey from the MACKINGTON RIDE. Brian was married in July of 1982, Paul in May this year. I'm sure we will see them around. The rumor is that both men have given their wives 10 speeds.

RIDE LEADER VOLUNTEERS NEEDED

There are no rides as of yet scheduled for the following weekends:

August 6/7	September 17/18
August 13/14	October 6/7
August 20/21	

We desperately need volunteers to lead rides on these dates. If you will be willing to lead a ride on any of these dates, please contact Bob Hinkle at the July 7th meeting or by phone (259-1423) before Thursday, July 1r. If ride leaders are secured for any of these dates, the ride particulars will appear in the August Newsletter.

TUESDAY NIGHT RIDES

Tuesday night rides leave Recreation Park at 7:00 P.M. Sharp. July's Tuesday night ride leaders are:

July 5	John O'Grady	392-6512
July 12	Mike Lattof	991-2978
July 19	Joel Fisher	259-0039
July 26	Forrest Roberts	392-3465

FROM THE CLUB'S KITCHEN

Spinach Dip

- 1 Pkg(10 oz.) frozen, chopped spinach
- 5 table onions, chopped
- 1 can water chestnuts, drained & chopped
- 1 Pkg Knorr vegetable soup mix
- 1 Cup mayonnaise
- 1 Cup sour cream

Just mix everything together. Make sure when thawing spinach that you drain/squeeze water out. Serve with fresh vegetables.

(Served at the Progressive Dinner)
 Dottie Tockey



Rides Rides Rides

- Sat Jul 2 Historical Tour of Arlington Heights 4 miles. Meet at Recreation Park at 10:00 AM. See some of Arlington's earliest homes, school, churches, business and first fire engine. Ride open to public. Ride leader Bob Hinkle 259-1423. Helpers Jim Krupa, Dave VonBergen, Emil Donkers, and Carol Taylor.
- Sun Jul 3 Citizen's Bike Race Pioneer Park. Registration 7:30 to 8:45 AM. Fee \$5.00 day of race. 1 mile ages 8-11; 3 miles ages 12-14; 6 miles other age categories. Helpers can ride. Helpers for registration should arrive at 7:15 AM. All other helpers report at 8:15 AM. Call M.E. Spirek 398-1650 for any questions.
- Mon Jul 4 July 4th Parade Starting place Oakton and Highland, by St. Peter's Church. Ask a parade marshall for exact location. Assemble at 9:00 AM. Parade begins at 9:30 AM. Please wear your club shirt and put bags on bike.
- Sat Jul 9 Walker's Pancake House 25 miles. Meet at Recreation Park 8:00 A.M. ride to Walker Bros for Breakfast. On the return trip stop at The Grove Nature Center. Ride Leaders Anita & Jim Netzel 674-1282 and Norma Witherbee 674-0523.
- Sat Jul 16 Volo Bog Nature Center 58 or 43 miles. Meet at Frontier Park at 8:00 AM or Kildeer School in Long Grove on Old McHenry Rd. at 8:45 AM. Bring a sack lunch and cable and lock for your bike. There is a $\frac{1}{2}$ mile self guided interpretive trail (no bikes). Ride leader Bob Hinkle 259-1423.
- Sun Jul 24 Breakfast Ride to Algonquin 45 miles. Meet at Frontier Park at 8:00 AM. Ride leader Dave VonBergen.
- Jul 31 to Aug 6 BAMMI Week tour from Chicago to Carbondale, Il. Detail for those who signed up from the Chicago Lung Association. Nancy Schiller 243-2000.

GOOD TIMES PAST

Multiple Sclerosis Week end Trip

Three members from the Arlington Heights Bicycle Association rode the 160 miles Multiple Sclerosis ride to the Wagon Wheel in Rockton, Il. and back June 11 and 12. Each rider was asked to obtain at least \$200 or more in pledges to be donated to M.S. Jim Shoemaker, Elida Reck, and Don Derebey set out from Wick's parking lot in Wheeling around 7:15 AM. There were a total of 119 riders including members of a Chicago pro racing team. Robyn Douglass and Carlos Sinthes of the movie Breaking Away also rode.

The 78 miles to Rockton was well marked and on excellent roads with little traffic. There were two scheduled rest stops and a lunch stop along the way. The M.S. people also furnished a roving sag and another of our members, Jim Andresen of ABC Cyclery, served as a sag for mechanical problems. Jim Shoemaker was surprised at the lack of protective helmets. He saw only 5 or 6 riders wearing helmets of any style. The ninty plus degree temperature took its toll of riders and the sag wagons were kept busy.

Multiple Sclerosis Weekend Trip Continued

A spaghetti diner was served Saturday night at the Wagon Wheel followed by the showing of the movie Breaking Away. According to Elida, some of the riders had enough energy to play tennis, bowl, or swim. However the tennis was mostly slow lobs and the swimming floating and deck sitting.

Most riders left the Wagon Wheel Sunday morning between 7 and 7:30 AM for the return trip home. According to Jim S. he was unable to catch anyone until Buffalo Grove, but was passed by members of the Chicago pro racing team and of course Don D. Both Jim and Elida mentioned that after the members of the pro racing team caught up with you they would ride and talk with you for awhile. Then they would zoom away from you as if you had your brakes on. They would warn you not to try to keep up with them when they left.

Jim S. was very enthusiastic about the ride. It was well planned, on good roads, excellent sag service, and good accommodations. He would like to see more participation from our club next year. Elida was a little more reserved, saying it was fun but harder than expected because of the heat.

T O S R V '83

Eight club members arrived Friday night in Columbus, OH. The Levines, Turners, Evie, Norma & Pat. We all registered, got our hotel rooms, and finally met at the Spaghetti Factory for a late dinner. A transplanted Illinoisan, Rich Hoeck, met us there. Little did we know that it would be the most relaxed and "fun" part of the whole weekend!!! Rich said the weather forecast was for 60° temperatures, but windy. (The "windy" part turned out to be 40 mph headwinds...)

We started out together in beautiful warm weather. Evie caught a pace line and we didn't see her until lunch. Who said she was a slow rider???? After lunch, which revived us, the wind kept up. After 75 miles, Evie & I were chugging along, singing songs. The more we sang, the faster we rode. Before we knew it, two guys were following in back of us, and two more...we had our own pace line!! which made the last leg bearable. Rolling into dinner in a light mist, an announcement was made that buses would be going back to Columbus at 6:30 am (for the "wimps" who couldn't make it any further.)

The next morning in Portsmouth brought mist, 20 mph winds and 42° temp and dropping. We got in a long pace line which was great until it started raining. Before we got to the first sag stop, I got a flat tire and needed a new tire, which I didn't have with me. So Bill & Evie went ahead to flag Norma down to pick me up. We met Bill Shirley & Evie at a restaurant and had a long 2 1/2 hour breakfast. From there, it was all downhill from there (and I don't mean down a hill, either). Bill & I crawled into Chillecothe for lunch cold & wet, leaving Evie back taking pictures. We took off soon after eating and I felt warm and safe in Bill's long underwear. The rest of the day was a blur, all I wanted to do was get to Columbus and get off my bike. Bill kept the pace and we kept chugging along. Hardly anyone was on the road anymore, it was so late. All the sag vehicles even went in!!! But WE MADE IT... All the way... This was my first (and my last...ha!ha!) and Bill's 7th (I believe)! He has finished every single TOSRV he has ridden...that's quite an accomplishment. As for me, I don't care if I ever see Columbus or Portsmouth again...
Pat



TERRY ANDRAE

Pat S., son Rich, and myself, rode most of the way to Sheboygan (as usual, we got a ride the last 25 miles). We went on a westerly route which took us past the KOA Campground in Lyons, WI. Remember the Milk Run and Then Some?? We dropped in for a swim as it was 90° plus, and we still had about 35 miles to go. Norma was going to sag us later in the day and we were looking forward to riding light bikes. Well as luck would have it (or in other words, a comedy of errors) we never met up with her till Friday night at 8:30pm. What a fun time we had—heat ☹ hills ☹ (compared to Stagecoach Trail for 1 1/2 days) and no dinner Thursday night. Good training ride for the Bigger Seattle.

Pat is a joy to ride with—she sings & makes up songs about each town. Unfortunately they all sound like "Shenandoah." Her humor is marvelous. Rich—well, we were always looking at his backside going over the next hill. Seriously, heat and all it was a good trip, but perhaps 3 days would have been better planning.

Once we got to the campground, we met up with the rest of the AHBA and planned our Sat. ride to Port Washington and FOOD! It was a good ride, complete with headwinds, heat, flat tires and a fall by one of the riders. So what was good about it you ask? Coming back with a tail wind, the beautiful scenery and getting more acquainted with the new members and swapping stories of rides past with us old timers. Sat. night we had the famous Sheboygan Brats and everyone brought a to-be-shared dish. The weather was perfect and bugs at a minimum. When I announced that Sunday's ride would be held at midnight, everyone jumped up and rushed to their b— (no not bikes, but beds). They had had it. Some of us walked down to the beach and watched a magnificent panorama of a golden moon, stars and water. What a perfect way to end the day.

Sunday was a scorcher. We wimped out (with exception of Don Tyrell who did a little riding) and headed for the beach and sunburn. All in all, it was a fun, fun weekend and everyone is already talking about next year. Evie

WELCOME NEW MEMBERS

Emily C. Alford
Jim Phillips & Family
Paul Wilkinson
Bette Plass
Sandi Sandvig

MAPS TO SEND FOR

South Suburban Bike Routes Map

Student Activities Office
Governors State University
Park Forest South, IL 60466

County Maps

Name the county you need- 25¢

Illinois Department of Transportation
Room 217, Administration Building
2300 South Dirksen Parkway
Springfield, IL 62764

Bikeways of Northeastern Illinois
(Large packet of bike trail maps-\$4.00)

Northeastern Illinois Planning
Commission

400 West Madison Street
Chicago, IL 60606

Bikers spend more time along the right side of the road than anywhere else. In the view of most motorists we are an unpredictable obstacle in traffic and a disruption to smooth flow. Consideration for the motorists improves this situation and pays big dividends in terms of biker safety. Let me share with you some of my ideas on this important topic:

1. Ride single file anytime automobiles are present.
2. Occupy no more than three feet of the road. If the surface is poor, move out more but do so gradually. Avoid swerving back and forth.
3. When approaching an intersection, ride in the lane you would use as a motorist. Stay out of the right turn lane unless you intend to turn. Watch rear traffic in your mirror. If a turning motorist seems uncertain, put your left hand out and indicate to stay in the through lane.
4. If there is no turn lane, check your mirror for motorists signaling a right turn. If the light is red, why not pull to the curb two or three car lengths before the light? This will encourage the motorist to make the turn on red if no other car blocks his way.
5. When passing an entrance ramp to an expressway, stay in the through lane and signal the motorist behind you of your intention. Uncertainty on your part may cause them to rush ahead and cut you off. At exit ramps, it is best to hold back until traffic clears and then move across to the right shoulder to be out of the way of additional traffic.
6. When waiting at a light, be ready to move quickly when the light changes. Right turning traffic cannot move until you are out of the way.
7. If there are only a few cars going through the intersection with you, why not move to the right and hold back just enough to let them by? The motorist will appreciate it and you will have the road to yourself.

8. Try to resist the usual balancing act when you meet a car at a four-way stop. Touch one foot to the pavement and watch how quickly the car moves across and out of your way. Try it!

Remember, folks, we are motorists as well as bikers - let's give one another a break.



PRESIDENT	BOB LIPPOLD	870-0337
V. PRESIDENT	BOB HINKLE	259-1423
SECRETARY	HELEN DALY	255-1894
TREASURER	EMIL DONKERS	253-0881
MEMBERSHIP	JEANIE GAIN	392-1547
NEWSLETTER	NORMA WITHERBEE	674-0523

AUGUST 1983

BOB'S BYLINE

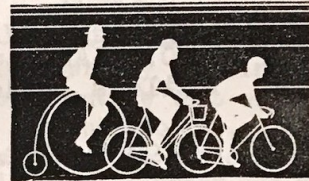
I was sorry I missed this year's bike race July 3rd (I was out of town). I understand it was bigger and better than last year. Even though we plan on breaking even, this year we made a profit. Most of the credit for the success of the race should go to M-E Spirek. She coordinated the co-sponsorship of The Bank & Trust Co. of Arl. Hts., the prizes given away and all the workers. A big thank you to M-E and all of you who worked that day to make the "Arlington Heights Bicycle Assoc. 2nd Annual Bike Race" the huge success that it was. Another thanks goes to "Bob Hinkle and his Tour Guides" for the popular historic tour of Arl. Hts. also during Frontier Days. Not only was it a leisurely bike ride, but everyone learned something as well.

If July is any indication of weather trends, August will be unusually hot & humid. In the winter you hear people refer to hypothermia (a lowering of body temperature). Just as dangerous can be hyperthermia which is an unusual increase in body temperature. If you feel unusually hot while riding your bike, take some precautions and cool down. As most of you know, drinking plenty of water is very important. Drink before you start out and often during the ride. If you get thirsty, you've already waited too long to drink! (Even without exercising, it is recommended that one should drink at least 16 oz. of water a day even when it's cold out). On a hot humid day, riding over 20 miles you could probably use 2 water bottles on your bike. Save some of the water in the 2nd bottle to squirt on your head (right through the holes in your helmet). So what if it drips down your face—it feels good! Also squirt some on your shirt. The water evaporating from your head and shirt will cool you down significantly. Taking a short rest in the shade, wading in a stream and changing your socks also help a lot. If possible, of course, it's cooler to ride early in the morning and late in the evening. So—stay cool and we'll see you at the August meeting...in the pool!!!



AUGUST MEETING 7:30 RECREATION PARK
THURSDAY, AUGUST 4

It's a splash party! Bring your swimsuits, and after the meeting, about 9 - 10 pm we'll have Rec Pool to ourselves!!! All we have to do is share the small expense of a life-guard. We're planning to show the tape of The Great American Bike Race, among other things.



TUESDAY NIGHT RIDES
Leave Recreation Park at 7:00 pm. The August ride leaders are:

Aug 2	<u>Show and Go</u>	Choose your own route.
Aug 9	Helen Daly	255-1894
Aug 16	Joel Fisher	259-0039
Aug 23	John O'Grady	392-6512
Aug 30	Bob Hinkle	259-1423

Ride leaders, don't forget to give Bob H. a list of those who went on your ride and final mileage.



Rides Rides Rides

- Sat Aug 6 Suprise Breakfast Ride 30 miles. Just for those not on BAMMI or attending the convention. Meet at Recreation Park at 8:00 AM. Jim Krupa leader 398-5618.
- Sat Aug 13 Glencoe Botanical Gardens 45 or 20 miles. See the various gardens and visit the greenhouses. There is a cafeteria at the visitors center. Meet at Recreation Park at 8:45 AM. or Blue Star Memorial Woods at 10:00 AM. The woods is located just east of Wagner Road on Lake St. (Euclid). Cross under the bike trail overpass and turn south. Elida Rech leader 394-5990.
- Sun Aug 21 Show and Go Meet at Recreation Park at 9:00 AM. Choose your own route and ride it. No formal ride leader.
- Sat Aug 27 Prarie View Lunch 25 miles. Meet at Recreation Park at 10:00 AM. Lunch will be at the Buffalo House. Bill Eilers leader 394-8560.
- Sun Aug 28 Picnic Ride In Glenview 25 miles. Bring your picnic basket and meet at 11:00 AM. at the Blue Star Memorial Woods. The woods are located just east of Wagner Rd. on Lake St. (Euclid). Turn south at the forest preserve bicycle trail sign. Ride the trail after lunch. Joel Fisher leader 259-0039.

PRESIDENT'S "TRAINING" (AS IN CHOO-CHOO) RIDE & CAMPING WEEKEND

This will be a leisurely (you can ride fast if you want to - maps will be provided) ride through Crystal Lake to beautiful downtown Union, IL (actually next to Union). We'll be staying in a KOA campground complete with swimming pool, showers, and free movies. The campground is adjacent to the Antique Museum and Village. Also just a couple of miles away is the Illinois Railway Museum (there is a fee charged for these other attractions—more details at the meeting). We won't have a sag wagon but we will have cars going out to carry your camping equipment if you don't want to carry your own equipment on your bike. We'll ride out Saturday morning & ride back Sunday anytime you want to. We'll have a group cook out Saturday night of corn-on-the-cob, bratwurst & watermelon. (You'll have to bring your own beer & wine). I need volunteers to be sure we have enough stoves and pots, etc., and I need to know how many cars are going. We'll provide plates, utensils and food Sat. night but you're on your own for the rest of the meals. If everyone in your family isn't a biker (even though that's difficult to understand), have them drive out and meet us there. We can all "train" together.

Date: Sat. & Sun. Sept. 17 & 18 Cost: members \$4.00 nonmembers \$5.00 Includes camping & dinner Sat. night

Meet at: Frontier Park at 7:30 am. Distance: About 40 miles each way.

Register: At August or September meetings or call Bob Lippold 870-0337.

Registration Deadline: Sept. 1, or at the Sept. meeting.

Other costs:

Illinois Railway Museum	Adult \$3.50	Kids \$2.00
7 Acres Antique Village	3.00	1.50
Museum of McHenry Co.	1.00	.50
Model Railroad Show	n/a	n/a

Also, coming up in September: Pot Luck Dinner with Slides Saturday September 10
 Chairpeople: Jeanie Gain & Helen Daly. More details to follow.

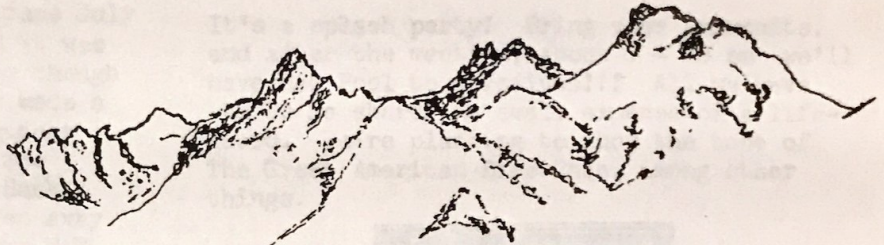
WHO'S GOING WHERE IN AUGUST

Members going on BAMMI: Bicycle Across the Magnificent Miles of Illinois from Chicago to Cairo "Little Egypt" near Carbondale July 31 to August 6:

Emil Donkers
Ron Berry
Bob Hinkle
Gregg Hinkle
Bob Groves

Dick Spirek
M-E Spirek
Rick Spirek
Bill Turner
Forrest Roberts

Seattle
to Chicago...



The LAW Convention in Seattle Washington is this weekend. Marilyn Wilkerson was the first one out there, and is going on the pre-tours. Don Derebey is going out for the convention. And "THE GROUP" who is biking back from Seattle left early Sunday morning. Norma will be driving the Suburban with all the goodies. Those biking back are Evie Weber, Rich Weber, Dottie Tockey. Marilyn will be joining them for part of the way home. Mike Nisen was planning to go, but got a "bug" and the doctor advised him to take care of himself here at home. Sorry Mike! Also, Sylvia Daletski decided not to go, but the latest word is if she hears from the group and arrangements can be made she'll fly out to Seattle to join them. I wish them all well, and you'll be hearing the latest from them in the next newsletter and at the meeting.

Good Times Past

I want to thank everyone who everyone who showed up to help me with the Historical Tour of Arlington Heights. We had approximately 35 people show up in the rain for the 4 mile tour. I have heard many good reports about the tour and the excellent job our ride leaders did.

I do have a few copies of the tour route left over. If you are interested in a copy give me a call (259-1423).

Bob Hinkle

The 4th of July Parade was a little over a mile long, however the way the Arlington Heights Bicycle Association went it was over 4 miles. No balancing on the bikes this time, when the parade came to a temporary halt. We finally rode the entire route in a big looping circle. Also since most everyone wore their club T-shirt, they knew we were the Arlington Heights Bicycle Association.

The July 12th Tuesday night ride was an extra special event. Twelve people showed up to ride 9 miles with Mike Lattof through Arlington Heights. The return trip to Recreation Park took us past Mike's parents house who invited us in for root beer floats. Thank you Mike and Mr. and Mrs Lattof.





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September
1983

BOB'S BYLINE

"We're havin' some fun now!" was a line often heard not only on the David Letterman late night TV show but also on the TOGIR II ride as we sweated and swore up some "interesting" hills in Iowa in the hottest week in that state since 1934. I've ridden week-long rides before but this was definitely the most difficult physically mainly because of the heat. (We did have a few hours' reprieve one afternoon when a tornado came through).

In spite of, or maybe because of the environment, I had the most fun I've ever had on a bike ride. The reason was not because it was so well organized, which it was, or because the food was so good, which it was, it was because of the people we met. If I had ridden the same ride by myself, I probably would have had a horrible time. It's not that saddle sores and hot sun felt good, but that we were preoccupied with enjoying the people. Dave VonBergen and I found that if we made any attempt to be friendly most people were surprisingly friendly back. At that point we decided people from Iowa are definitely more friendly than Illinois. However, the next sunday we were riding through Chicago (yes, right on the busy streets with all those cars & trucks) and we were pleasantly surprised again. We found even Chicagoans can be very friendly and open.

We came to the conclusion it's really up to us (beauty is in the eye of the beholder) as to how much fun we have or how friendly other people appear. Next time you're riding, if you don't already do it, smile and talk to people along the way. You may be surprised at how much more fun you'll have—and why ride a bike if you're not having fun!



SEPTEMBER MEETING: THURSDAY SEPTEMBER 1
7:30 RECREATION PARK



A film will be shown on Vermont Bicycle Touring.

For the last 3 months, our meetings have been starting 1/2 hour earlier, at 7:30. We voted on at one of the meetings. However, a number of people have not been coming because they cannot make it this early. And some others have said they like the 8:00 starting time. Any comments???

IT'S ELECTION TIME...

So far, two people have been nominated for our new board—for Vice President, Forrest Roberts and for Treasurer, Emil Donkers. Still available is President, Secretary and appointed office of Newsletter Editor. If you would like to have an active organization, we need volunteers. Contact Dave VonBergen 398-1309 if you are interested, or if you would like more information about the offices. The election will take place at the October meeting.

COMING UP . . .

Our annual Recognition Dinner will be about November 5. (This is still a tent. date).

Also our annual Christmas Party is yet to have a date. We need a home or some place to gather. The date has not yet been set, depending on where we'll be. If you would like to volunteer your house, please call Bob L.

TUESDAY NIGHT RIDES

Due to earlier sunsets, Aug.30 will be our last Tues.Night Ride. I want to thank the volunteers who led the rides, you made them a success. The average rnage of riders ran from 10-20. According to the sign-up sheets as of Aug.16, Carl Mason & Jim Shoemaker have ridden the most Tues. rides (10) followed by Jim and Sharon Krupa (9).

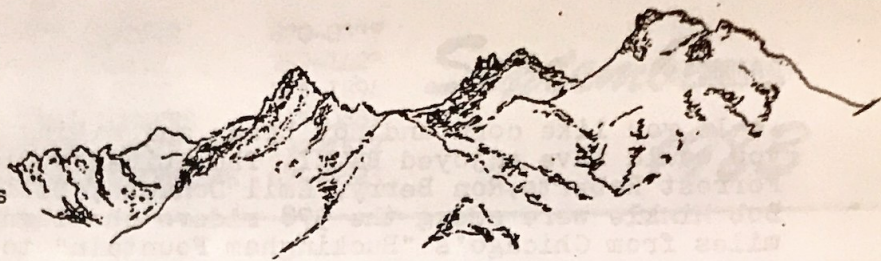


- Sun Sep 4 Show and Go Meet at Recreation Park at 9:00 AM.
Plan your own route and ride it.
- Sat Sep 10 Pot Luck Dinner Frontier Park. 6 - 10 pm. If you plan to come, bring a dish to serve 8 people. A sign up sheet for dishes will be passed around at the meeting, or call Jeanie or Helen.
- Sep 17 / 18 President's "Training" Ride and Camping Weekend. See last month's newsletter for all the details. Registration deadline is Sept. 1 at the meeting, or call Bob. We'll leave Frontier Park 7:30 am on Sat.
- Sun Sep 18 Haldeman Hundred, Rockford, IL. 7 am., 40/60/100 mi. \$5 till Sep. 1 then \$6. Blackhawk Bicycle Club, P.O. Box 6443 Rockford 61125 815-885-3881
- Sun Sep 11 Harmon Hundred 25/50/100 miles. Meet at Wicks parking lot 351 W. Dundee Rd. Registration 6-9 AM. Cost \$5.00 (clue sheet, patch, emergency sag, and refreshments). Sponsored by the Wheeling Wheelmen. For information phone Ruth Harlow-Gaines 541-8064 after 6:00 PM.
- Sun sep 25 Apple Cider Ride 30 miles. Meet at Kildeer School on Old McHenry Road north of Long Grove at 10:00 AM. for a leisurely to the Wauconda Apple Orchards. Ride leader Kurt Schoenhoff 540-4861.
- Sun Oct 2 Willow Creek Community Church or Crabtree Nature Center 30 miles. Meet at Recreation Park at 7:15 AM for the 9 AM non-denominational church service. We'll meet a second group at Pheasant Trail and Ela Road in Inverness at 8:15 AM. The two groups will then ride to the church at Algonquin and Barrington Roads in South Barrington. Wear club shirts and sit with the group. You may drive out and meet us there. For those going to Crabtree Nature Center you'll split off from the church group in Inverness and ride down Palatine road to the nature center,

Volo Bog

Some like it hot! But most of the ten bikers who set out for the Volo Bog agreed that they didn't like it quite so hot (91°) and humid (80%). We made frequent stops and took it slow because of the heat except for Ron Berry. He took a big lead so that he would have plenty of time to change his flat tire. When the group finally caught up to Ron he was putting his wheel back on. Earl Mason and Elida Rech found some shade under a big spruce tree, however the owner warned them he had two Doberman Pinchers and he didn't want any trouble if his dogs got out. Carol Panzek and Emil Donkers were the first ones out on the bog's floating board walk. Carol never realized how close she came to the poison sumac. It is different from the non-poisonous kind seen growing along the roadside. We left Cindy Cockrane waiting for her family who were going to meet her at the bog and headed for home. Because of the heat we changed the route so that we went by the Wauconda Apple Orchard. Bob Hinkle introduced Carol Forney, Barb and Don Tyrell to apple cider milk shakes.

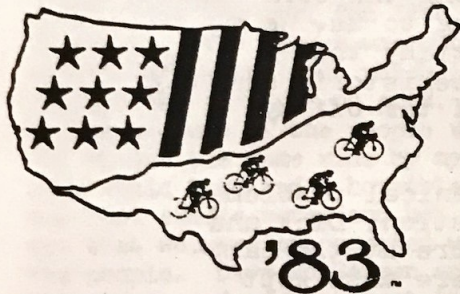
Seattle to Chicago...



I received a card from the "group" the other day, and they have been checking in with loved ones along the way...so we all know that they haven't fallen off the face of the earth!!!

In fact, they are having a wonderful time. Evie has already sent home rolls & rolls of film. The "group" is still Evie, Norma, Rich & Dottie. Norma is the sag with the Suburban, but she has been biking about 20-30 miles a day! Marilyn never did ride with the group. And Sylvia did make connections and rode with them about 2 weeks. As of this writing, they were in Boseman Montana. Per her letter I quote (this is about 2 weeks old) "we have celebrated every mountain pass—4 so far. Rainy Pass, Washington Pass, Loop Loop, and the hardest, Sherman Pass (5,400 ft.) yesterday. At the top of Sherman Pass we ate a watermelon. The pass is 5,400 ft. and we only had 10 miles to climb it in—8% grade. At the top a squad car pulled us over & wanted to know if we knew how steep it was going down—Norm & Dottie immediately said their prayers. Rich & I started out apprehensively, but after the first curve wound up racing each other down the mountain...it was GREAT! (it was a tie.) Sylvia drove partway down so Norm could ride." I hope they write again or call, so I can keep everyone updated.

RACE ACROSS AMERICA™

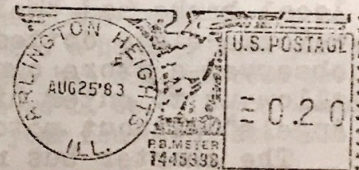


Official Results - Santa Monica, CA to Atlantic City, NJ
August 3 - 15, 1983 3,170 miles

1. Lon Haldeman	25	Harvard, IL	10 days 16 hours 29 min
2. Peter Penseyres	40	Fallbrook, CA	10 " 22 " 2 "
3. Michael Secrest	30	Phoenix, AZ	11 " 6 " 30 "
4. Robert Beeson	28	Indianapolis, IN	11 " 12 " 48 "
5. John Silker	31	Woodstock, IL	11 " 18 " 25 "
6. Gary Del Nero	26	Kansas City, MO	12 " 7 " 47 "

Unofficial Finisher: Hal Schatz, 37, Lakewood, CO
15 days, 4 hours, 40 min.

Did Not Finish: Michael Shermer dropped out at the Indiana-Ohio border for medical reasons. Bill DeBreau, dropped out at Mississippi River. Bernie Hansen, dropped out in Nebraska after straining his knees in the mountains. Kitty Goursolle, dropped out after losing her support vehicle near Grand Junction, CO. Ron Heyer, dropped out near Green River, UT. For the full report, come to the meeting and you can read all about it.



Arlington Heights Bicycle Association
660 North Ridge Avenue
Arlington Heights, IL 60004

Emil & Corinne Donkers
202 N. Gibbons
Arlington Hts 60004
253-0881

BAMMI

If you like corn and soy beans and biking in 90° plus weather you would have enjoyed BAMMI. The Spirek's Dick, ME, and Rick, Forrest Roberts, Ron Berry, Emil Donkers, Bill Turner, Gregg and Bob Hinkle were among the 378 riders who signed up to ride the 450 miles from Chicago's "Buckingham Fountain" to the "Touch of Nature" outdoor education center near Carbondale. 450 balloons were released to signal the mass start in Chicago. Several hundred extra riders including Dave Von Bergen and Bob Lippold join us riding part of the way the first day.

The Chicago police and BAMMI officials blocked the side roads making our exit out of Chicago faster than one would have been able to drive. Two sag stops were provided each day as well as breakfast and dinner at the camp grounds. Because of the heat people would start getting up around 5 to 5:30 AM., pack their duffel bag and haul it to the truck, eat breakfast and be on the road by 6:30 AM. The first few days there were several large pace lines which whizzed past as if you were standing still. However during the course of the day I was past four times by the same pace line. So much for long lunches and not being able to read a clue sheet. The scenery began to change somewhat after we left Charleston. There were finally a few hills, some woods scattered among the corn fields, oil wells, strip mines, and bob white quail singing to us. We rode on one blacktop road which was so soft and sticky that I thought for sure we would get stuck just as the prehistoric animals did in the La Brae Tar Pits. I scraped a $\frac{1}{4}$ inch of tar off my tires that night.

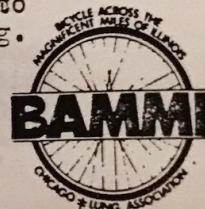
The sag wagons were kept busy due bicycle mechanical problems, smash-ups, cuts, bruises, fatigue, and heat exhaustion. Dick and the other bike dealers present spent many long hours at the campgrounds repairing bikes. The doctors and nurses were also kept busy due to accidents, heat related problems, and other medical needs. Several people were taken to local hospitals with broken bones.

Water fights at the sag stops, spraying yourself with a hose, and skinny dipping along the route kept some of us cool. The last three campgrounds had nice beaches which were fully appreciated after a hot days ride of 65-70 miles.

As always, it was interesting talking to the various people both fellow bikers and town's people. In several small towns the local banks had "Welcome BAMMI Riders" on their marquee and other welcome signs dotted our route. However for the first time I observed a store owner who was down right hostile and wouldn't allow us to enter his store. I guess he thought we were the "Hells Angels" without motors.

The charter bus ride back to Chicago took a little over five hours, not very long compared to the seven days of riding to get to "Touch of Nature". I found the trip enjoyable however the large number of people sometimes caused problems, such as over crowding in several campgrounds and lunch stops. Also 65 to 75 miles of riding, seven day in a roll was a bit tiring. It would have been nice to have a few short days or a day off from riding for sight seeing. I don't think BAMMI or similar rides should replace our club's week long ride.

Bob Hinkle





PRESIDENT BOB LIPPOLD 870-0337
 V. PRESIDENT BOB HINKLE 259-1423
 SECRETARY HELEN DALY 255-1894
 TREASURER EMIL DONKERS 253-0881
 MEMBERSHIP JEANIE GAIN 392-1517
 NEWSLETTER NORMA WITHERBEE 674-0523

October
1983

OCTOBER MEETING: THURSDAY OCTOBER 6 8:00 pm RECREATION PARK

It's ELECTION NIGHT, so plan to be there. The slate of officers is as follows:

President Dottie Tockey Secretary Caryl Taylor
 Vice President Forrest Roberts Treasurer Emil Donkers

After the election, our "famous" Seattle to Chicago bikers--Evie Weber & Dottie Tockey, along with Rich Weber & Norma Witherbee (who rode 4 of the 7 weeks) and Sylvia Daletski (who rode 2 weeks) will share their experience and show slides. Don't miss it...

Rides Rides Rides

Sat Oct 8 Orchid Ride 35 miles. Meet at Recreation Park at 9:00 AM. Ride to Hausermann's Greenhouses, one of the world's largest orchid growers. Orchids are priced from \$ 7.00 and up depending upon the variety and condition. A sag wagon will bring back any orchids you purchase. Bob Hinkle Ride leader 259-1423.

Sun Oct 9 Fall Frenzy 25, 50, or 75 miles. Ride starts at Jefferson Middle School 1151 Plum Street which is north of West Aurora H. S. Registration begins at 8:00 AM. Cost is \$ 6.00 which includes patch, route sheet, & dinner. Sponsored by the Aurora Bicycle Club. Call Harvey Hanig (312) 896-3678 for information.

Sun Oct 16 Dundee Ice Cream Ride 40 miles. Meet at Frontier Park at 10:00 AM. Eat lunch at the Ice Cream Parlor or bring a sack lunch and eat in the park across the street. Don Derebey Ride Leader 255-3422.

Oct 22/23 Hilly Hundred Weekend 50 miles of hills each day. Bloomington North H. S. Bloomington, Ind. Cost varies about, \$19:00 for registration, two meals, sleeping bag space and shower. See Bob Hinkle for registration form. Registration form due Oct. 2, but will accept late registration for an extra \$ 4.00. Central Indiana Bicycle Association sponsor, call Ross Faris (317) 251-4130 for information. For anyone who needs housing or sleeping space, Bob L. has rented a house. There is space for 12 people and currently there are 7 people. Call Bob if your interested.

NEW ADDRESSES

Kurt & Kaete Schoenhoff, 16 James Court, Hawthorne Woods, 60047 540-0861
 Cindy Cochrane Family, 146 North Brookway, Palatine 60067 991-9096

WELCOME NEW MEMBERS

Peggy Buddingh, 519 South Edward, Mt. Prospect 60056 253-8239
 Laura M. Caravello, 3705 Bluebird, Rolling Meadows 60008 255-8179
 Diana Curtino, 680-G Versailles Circle, Elk Grove 60007 593-2733
 Sandi Sandvig, 680-G Versailles Circle, Elk Grove 60007 593-2733
 Gretchen Ludwig, 1529C North Arlington Heights Road, Arlington Heights, 60004 394-3418
 John & Evelyn Florio, 349 North Elk Boulevard, Des Plaines 60016 299-6887
 Helen Vanderspool, 442 Diane Drive, Palatine 60074 358-9518
 Sharon M. Rubly, 561 Dempster, Apt. GE, Mt. Prospect 60056 437-1775
 Nancy Kuta, 1339 North Dearborn, 6B, Chicago 60610 751-0346
 Ron & Marylou Cook, 2702 Oriole Lane, Rolling Meadows 60008 398-2568

"That's Funny, You Don't Look Like A Biker"

About four years ago, while out for a stroll one summer evening, I saw an elderly man on a bicycle near a bike shop. After a short conversation, I said "Excuse me but you don't look like a biker." "Come over to my bike shop," he insisted. "Let me tell you an interesting story." In the back room the store, we had the following dialogue.

"A small group of us came from another planet on an urgent mission to convert all earthlings one at a time into devout bikers. Our support crew gave us our last-minute instructions and their final words were "Let the carbos* be with you." We settled on this planet about 100 years ago. Since there were only a few of us, progress at first was quite slow. In recent years, however, our conversion rate is rapidly accelerating, and in a few short years we expect bikers to outnumber nonbikers." "I don't understand," I queried, "why were you sent here to begin with?" "Well, believe it or not, our planet began to run low on bicycles. We knew we had to find anew bicycle source. Of course, to be able to obtain bicycles, we first had to convert earthlings into bikers to encourage an interest in building bikes. The more bikers there are on Earth, the more bikes will be available for our planet. Don't worry, though, we'll only take your excess production that we actually need for survival." "Now that I know why you're converting normal people into bikers," I interrupted, "I'm curious as to howth s conversionis made."

"Well, this is where it gets interesting" he continued. "Most people think we use subliminal advertising on TV, but the truth is not quite so subtle. We have a technique similar to what Mr. Spock of your TV show "Star Trek" uses when he squeezes someone's collarbone rendering them unconscious. This spot we squeeze, however, cannot be revealed to you at this time. This, of course, takes place in our thousands of subheadquarters known to you as "bike shops" throughout the world. After the victim is unconscious, he or she is taken to the backroom where atiny remote control device is surgically implanted at the base of the skull." I quickly felt the back of my head, but could feel nothing unusual, and he just laughed. "You see, these tiny implants are pretty much physically undetectable because they're made to look like a small short hair. The "hair" of course is the receiving antenna. When the victims wake up, they have no memory of this experience. Their behavior, however, is obviously changed. Some surgeries are more successful than others. Some of our finest operations occurred on the RAAM participants and other bicycling fanatics. The operation didn't "take" very well on those people who only bike once or twice a month. Anyway, with most converts, the success symptoms are obvious. For example, they start getting interested in bike clubs, start discussing terms such as crankset, freewheel and gear ratios, and of course, they ride their bikes almost constantly (or so it seems to normal people)."

"This has all been very fascinating," I commented, "but why have you given me all this information? Aren't you afraid I'll tell someone?" "No, not really," he said confidently, as he put his hand on my shoulder. "You see..." But his words slowly faded out as I lost consciousness. The next thing I recall is riding a bike!

This elderly biker, in later years, became a good friend and he related the above story to me. He then also added that if any normal people read this story, there is now no danger of an organized rebellion against the bikers since we're all so friendly and "normal" looking. And besides, the conversion process should be almost totally complete in the near future anyway. And then he let out a booming sardonic laugh as he pedalled away into the sunrise.

So, if you're not a biker now--beware...if a friendly biker comes up to you and places a hand on your shoulder, you just might join the millions of us already on that smooth road approaching a long downhill run with the wind at your back...but you're going too fast to stop when you see the signpost up ahead "Now Entering (dramatic pause) The Biking Zone!"

Bob L.

cattle to Chicago...



TA ! DA !

They did it!!! Evie & Dottie rolled into Dottie's house at 8:45 pm Tues. Sep. 20, with a police escort. A big gathering of club members, friends, and family were waiting their arrival. (If you missed it, the HERALD ran a full page story on Thursday, Sept. 22.) Marilyn & I drove out to Woodstock to meet the girls. We were planning to bike back with them (Marilyn's daughter, Cynthia would drive the car back). However, they didn't get to Woodstock until 3:30. And if you remember the day, it was raining and chilly. We took their clothes to a laundromat to dry and had a snack. By the time they left Woodstock (with 40 miles to go, it was 5:00. Marilyn & I said we'd rather go back home, make the final plans for the party, and go back out with the car and follow them in to give them more light. Sylvia drove out with us and rode her bike with Dottie & Evie the rest of the way.

An article which appeared in the HURON DAILY PLAINSMAN is on the next page. Dottie said this article really captured what their trip was all about. Don't forget to come to the meeting this Thursday to see their slides.

As most of you know, Rich Weber & Norma Witherbee were part of this exciting trip. They started out in Seattle and could not finish the trip because Rich HAD to get back to start school (it always gets in the way, doesn't it?) and Norma's daughter, Beth, was hospitalized. Beth died on Sep. 20. I got to know her a while ago, and became her friend, and I will miss her.
Pat S.

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: Saturday, November 12 Time: 6:30 cocktails Cost: \$ 7.50 members
7:30 dinner 10.50 guests

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

A gala evening, including cash bar, hors d'oeuvres, sumptuous buffet (chicken, roast beef, pasta, plus more!) After dinner, recognition of our club's members, introduction of next year's activities. For more information, call Pat S. 228-0064.

Reservation Form
AHBA Recognition Dinner
Saturday, November 12

Make checks payable to Arlington Heights Bicycle Association and mail to:
Emil Donkers, 202 North Gibbons, Arlington Heights, IL 60004

Name _____ Phone _____

Reservations for _____ members (@\$7.50) and _____ guests (@\$10.50)

Total Amount Enclosed _____

The Fateful President's Training Ride
(or how to start in beautiful weather and end up wet)

Once upon a time (Sat Sep 17) in a galaxie far, far away (arlington heights) 11 innocent and enthusiastic bikers started out on a soon-to-be eventful experience and never-to-be forgotten bike ride.

It was a beautiful sunny, slightly cool, morning with a few scattered cumulus clouds dotting the blue sky. I had planned a pretty 45-mile ride through Crystal Lake to Union for a camping weekend with lots to do. Dave & I were at the front of the group most of the ride. In Crystal Lake Dave, Jim, Rob & I caught up to Gretchen & Emily where we stopped and waited for the rest. After about 20 minutes, we decided to continue even though the other bikers hadn't caught up yet. We continued to Union, set up tents, showered and waited till 2 pm for the others.

Since we were on the verge of starvation, we decided to go into town, eat lunch, and go out looking for the missing in action (We had cars since Diane, Nancy, Phyllis, and Ralph had driven out). Right in the middle of lunch, a mile cheerwent up as George, Pat, Jim & Sharon walked in. Almost immediately, however, we noticed George wasn't so much walking as he was hobbling. We thought he looked slightly different than when we last saw him on a bike. He had very large white padded bandages wrapped around each knee and his left arm was wrapped and in a black sling. We finished munching as George told his story. Basically what happened was (you can ask George for details): Jim slowed down, George hit Jim and flipped over the handlebars hitting his helmeted head on Jim's rear bike rack sending Jim sprawling. George's left hand went into the rear wheel spokes of Jim's bike and bent the strut supports. The gravel truck loaded with sand that percipitated the accident, ran over and literally flattened George's bike. (He may bring the bike to the meeting as evidence.) Jim escaped with minor bumps and bruises.

After lunch, George, Pat, Jim & Sharon drove home (they drove out to let us know what happened). By this time, it was too late to go to the railroad museum, so we walked up to the historical society museum. We soon learned, it is only open on Wed and Sun. We went back to the campground and started to think about our dinner as the sky slowly got darker. As it started sprinkling, the Shoemakers decided (wisely as it turned out) not to wait for dinner, so they drove home. The rain came down harder as the wind picked up to join the thunder and lightning. After mopping up leaking tents, we decided to go up to the gameroom to wait an hour or two until the storm blew over. We ended up in the laundry room where, with Gretchen's insistent organization, we passed the time playing charades.

Somewhere in there, Dick Marr showed up soaking wet and started drying all his clothes while he wrapped hi self in a towel. Finally, the rain stopped and we started cooking the bratwurst and corn. Our reprieve was short lived. Again came the thunder, lightning, wind and rain--this time stronger than before. After the rain put out our charcoal, we started moving everything up to the main shelter to finish cooking. By this time, the rain was very heavy at times mixed with hail and the lightning was becoming more of a threat. About the time we had to yell to hear each other over the din of the rain and hail against the steel roof of the shelter, we voted to pack up a few essentials in the cars and head home. The next day we drove back out to pick up the wet and blown-over mess.

Through it all, I think we all had a really good time just because of the fun group of people who got together and made the best of bike ride weekend.

Bob L.

Christmas Party

Mark Saturday, December } down for our annual Christmas party at the home of
Barb & Don Tyrell. They have volunteered their home, but we need someone to organize
the evening: food, drinks, entertainment, if any.

Housewives like going downhill

By KAREN MADSEN
Family Living Editor

You don't have to be a child with your first two-wheeler to know that going downhill is the best part of bicycling.

In fact 45-year-old housewives, Dottie Tockey and Evie Weber, enjoy it so much they often go up the same hill a couple times to experience the thrill of going down again.

But they're not talking about large bumps in the road. These women are describing the mountains on their route from Seattle, Wash., to their homes in Arlington Heights, Ill.

Mrs. Weber vividly remembers the first mountain pass they encountered in the northern Cascade Mountains. "It was 40 miles uphill. I must have awakened four times the night before thinking about it, but it wasn't as bad as I thought it would be."

Until they got to Spearfish the women were accompanied by Mrs. Weber's son, who she had to send back to school, and her sister, who was called home for an emergency.

Although all four of the travelers had bicycles, Mrs. Weber's sister drove a support car.

The two remaining bicyclers, who came through Huron Tuesday, hadn't planned on being without a car to carry excess baggage. But perhaps most of all they miss the car as a source of amusement.

"When we got to the bottom of a hill, we'd put the bikes in the car and go up and do it again," says Mrs. Tockey, enthusiastic about downhill rides. In the last pass in the Big Horns, all four bicyclers rode down the hill and Mrs. Weber hitched a ride back up to get the car.

"One man at a filling station in Howe asked us where we left from in Seattle and another guy there told him we came from the insane asylum," laughs Mrs. Weber, one of at least two people who doesn't think the journey is a crazy idea.

Mrs. Weber tells of people's reaction along the route they began Aug. 2: "At first they laugh and then their eyes bug out. Men just shake their heads."

The women admit they have strong muscles now and Mrs. Weber observes "Maybe that's why we don't get hassled."

Contrary to being harassed on the journey, Mrs. Weber says "people have been so helpful and really watch over us."

A family having a reunion at Billsburg, S.D., included the travelers in their picnic this past weekend and a man at Pierre took them to his church where he led the singing. He wanted to share the bicyclers with his congregation.

One of their more eventful episodes, was the time the bicycling duo camped out in the backyard of Buck's Trading Post in a small town near Sheridan, Wyo. Buck was a colorful mountaineer with flowing gray mane who graciously allowed the women to camp in the yard with the dogs, donkey and all kinds of junk.

The bicyclers shun the interstate highways because the roads are boring.

However, the most difficult part of the trip has been on South Dakota's Highway 34. "It's been hot, up and down hill and a



ROUGHING IT — Dottie Tockey's cross-country bicycling paraphernalia includes a helmet with rear-view mirror attached, an orange fluorescent slow vehicle triangle worn on her backside, camera, water jugs, extra tire and clothing. The saddlebags contain about 40 pounds of equipment. (Plainsman Photos)

headwind all the way," says Mrs. Weber, adding with a facetious laugh that she "tries to avoid the hot states, ha ha!"

Although the women were amused to find an international airport at Hayes, they were not excited about the campground nor the wind and lightning storm. "We couldn't get our tent stakes in the ground, so we slept on the picnic tables," explains Mrs. Weber, whose pillow blew off the table. "We should have gotten our cue from the outhouses built on cement and bolted down."

"We were looking for pots and pans the next morning," says Mrs. Tockey, "and I told Evie to check Nebraska."

For those contemplating a bicycling hobby, Mrs. Tockey recommends a bike with a 12 or 18 speeds and a low gear ratio. "You should have a bike in good condition and know how to do repairs."

The bicyclers admit the hobby is not cheap and acquiring state-of-the-art equipment can bring expenses up to as much as \$2,000.

"But you don't need all that fancy stuff," maintains Mrs. Tockey, who prefers a simple sleeping pad rather than an inflatable mattress which can be cold.

Mrs. Weber and Mrs. Tockey carry about 40 pounds of equipment each on their bikes, including extra tires, cameras, water jugs, tents and clothing items.

They have these items in lightweight saddlebags or panniers, strategically fastened to the bikes "but I've heard of a man who had four garbage cans tied to his bike for these things," adds Mrs. Tockey.

Leather tennis shoes or regular bicycling shoes are good choices and "we wouldn't go without our helmets," says Mrs. Weber.

Mrs. Weber has four children ages 16-27 and "everybody but my husband, Larry, bicycles. He likes fishing — a real hard sport." Mrs. Tockey's three children and her husband have bicycled from Michigan to Illinois.

A freelance photographer and music teacher, Mrs. Weber is having a photography exhibit in October. Both women are taking pictures and keeping written journals during the trip.

Mrs. Tockey works as a temporary secretary "probably for the same reason I like to bicycle — I like the freedom of it," says the housewife.

The women, who planned this trip for a year in connection with a bicycle convention in Seattle, have taken other long trips for as long as 10 days annually for the past five years but this is their first cross-country trek.

"I'd do it again in an instant," says Mrs. Weber, who wants to bicycle through Mongolia after having seen a program on it at the bicycle convention.

However, Mrs. Tockey's immediate interest was finding her energy source — a pineapple shake at the closest place in a direction with a tailwind.



BEARING THE MOTTO — "Wheel be home when we get there" says the shirt on Evie Weber's back. Although she's been bicycling across the country for more than a month, Mrs. Weber says her only incident resulted in the abrasion on her elbow. "I tripped and fell but I had my helmet on so my head just bounced," says the intrepid housewife.



President Dottie Tockey 392-2709
V. President Forrest Roberts 392-3465
Secretary Caryl Taylor 255-2931
Treasurer Emil Donkers 253-0881
Membership Jeanie Gain 392-1547
Newsletter TBA

November
1983

This Saturday!!!

Sat AHBA Recognition Dinner. 6:30 cocktails,
Nov 12 7:30 dinner. \$7.50 members \$10.50 guests.
Little Villa Restaurant, 660 N. Wolf Road,
DesPlaines. If you have not made your
reservations, call Pat (228-0064) or
Emil (253-0881) immediately.

Thu Thanksgiving Day Ride. Meet at Gains,
Nov 25 717 N. Beverly, at 9:00 am. 392-1547
(about 10 miles)

Sat Christmas Party. At the Tyrell's. However,
Dec 3 we need someone to organize the festivities.
Keep in mind what you want to bring to eat,
and a present to exchange.

From Our New President, Dottie:

Right now, our priority is to fill the
vacancies for chairpeople for the following
committees:

Program Bike Race Refreshments T-Shirts
Newsletter Delivery Historian Publicity
Progressive Dinner Arlington 500 Invitational -
Jeanie Gain will co-chair this one with someone.
The following have been filled: Patches -
Bob Hinkle. Bike Swap - Pat Schramm

As the Seattle Trip was coming to a close, it
occurred to me that a continuation of the cross
country idea was foremost in mind for 1984.
Having a limited amount of time, I propose
going to the LAW Convention in July and heading
east starting July 9 from Indianapolis. (Evie
stated that she would continue on up the coast).

After checking maps (topography and other) a
route that looks good would take us through
Indiana, Southern Ohio, West Virginia (The
Blue Ridge Mountains are one of the most
beautiful areas in the U.S.) and terminating in
the Tidewater area of Virginia. This part of the
trip could be done in 3 weeks or anyone with a
2-week vacation could do it in part, possibly
joining the group after the convention.

(continued...)

For others who have more free time, the
group could split in the Shenandoah Mountains
area and go up the coast thru the mountains
including the Catskills, having gorgeous
scenery and avoiding the clutter of the
cities along the coast. This segment would
have a probable termination point of Boston.

Bob's (Last) Byline...

And now...my last editorial (brief pause
while waiting for the cheers and applause
to die down). First of all, I suppose I
should thank all of the "little people"
who helped me all year. Well, I'm not
going to because there weren't any little
people. Everyone who helped me was
significantly important.

In particular, thank you to my executive
board, Bob Hinkle, Helen Daly and Emil
Donkers. Also to the loyal committee chair-
persons, Jeanie Gain, Norma Witherbee, Pat
Schramm, Mike Lattof, Lorie Munson, Dottie
Tockey, Bob Jensen, Marion Monaco, Dave
von Bergen and Ina Wentzel. Thanks, of
course, too go to the "main events"
organizers: Pat Schramm, Jeanie Gain,
Marilyn Wilkerson and M-E Spirek. Add to
that list all of you ride leaders. You all
made my job quite easy and lots of fun. I
hope you'll all support Dottie in her new
position as president next year as well as
you have cooperated with me. With all that
help and enthusiasm, we can only have
another super fun biking year. Thanks again
for a great time!

NEW MEMBERS WELCOME!

Carl Barshop Family
936 Wilshire, Elk Grove, IL 60007
364-4193

Lorrie & June Parrish
466 White Pine Road, Buffalo Grove 60090
537-2569

Oct. 2 was such a gorgeous fall day for the 2nd annual Willowcreek Church/Crab Tree Ride. All 15 of the riders attended the church service and almost all wanted to ride to Crab Tree also. The usual conclusion of the ride was, "what else" a lunch stop. This was at the Falatine House on the route home.

The 1983 Halloween Ride was a fun event with a surprise destination of the "old" section of the cemetery at Central and River Road. (Tall tombstones and walk-in crypts). Ride leader, Dottie, had laid out a route which was regularly deviated from whenever we were in the area of a member's house. We stopped for a trick or treat at Ceil Winterstein's, Turners (who were not home), Bob Hinkle's boss, and the Von Bergens. Cider, cookies and the prizes for costumes were waiting for us at the Lockys. Impartial judges were hastily recruited from across the street. First prize was awarded to "Roberta" Lippold, 2nd to the Big H, "Super Hink" and 3rd was "captured" by that big pirate, Mike Lockey. Earl M., Emil D. and Gary B. arrived without costume and had to draw straws for the "booby prize."

WEEK LONG RIDE

Last summer, our club elected to participate in an organized ride in place of our traditional one. Nine club members rode on BAMMI. There have been several who expressed interest, once again, in having our own trip, others plan to re-ride BAMMI. This BAMMI is scheduled for August 5-12. Please offer your thoughts and mail them to me: Forrest Roberts, 409 N. Emerson Mt. Prospect, IL 60056

- I prefer a separate week-long club ride
- I prefer an organized group ride
- I would like to ride both

BAMMI — August 5-12
 Club Ride — July 22-29
 — August 19-26
 — Other

Hilly Hundred Weekend Oct 22-23
 Over 3,000 bikers rode 100 miles in 2 days up and down lots of hills in a beautiful fall setting in Bloomington, IN. AHBA riders were Bob L., Dave V., Sylvia D. & Marilyn W. and Marilyn's friend, Helen and Forrest Roberts. I heard Jeanie & Al decided to hike instead of ride their bikes through the cool, slightly rainy weekend. Dave & I lucked out & rode down in Emily's van with Gretchen, Emily, Diane, Nancy, Kathy & Judy. We pigged out on smoked turkey sandwiches, potatoe salad, pumpkin pie, etc. as Kathy reluctantly acted as stewardess. We arrived at our rented house near Nashville. The house has a large fireplace, kitchen and 5 bedrooms with beds for 11 (it could fit 20 people with sleeping bags).

Sat. Morning Dave & I rode 24 miles in light rain to Bloomington and then rode the first day's 50 miles of hills without ever seeing anyone else from Arlington Heights. The girls went wild shopping & eating in Nashville. As Dave & I started riding back, we decided it was getting too dark, wet and dangerous on narrow Route 46 so we called Diane & Nancy to pick us up near Bloomington. Sunday we rode from Bloomington to Nashville for a huge break-fast and finished the last 25 miles stopping to take pictures of the scenery. Bob L.



[REDACTED]



President Dottie Tockey 392-2709
V. President Forrest Roberts 392-3465
Secretary Caryl Taylor 255-2931
Treasurer Emil Donkers 253-0881
Membership Jeanie Gain 392-1547
Newsletter TBA

DECEMBER
1983

Happy Holidays

Dot's Jots

LAST MONTH'S EVENT WAS THE RECOGNITION DINNER WHICH WAS ENJOYED BY EVERYONE ATTENDING. A SPECIAL THANKS TO PAT SCHRAMM FOR ORGANIZING THIS EVENT. ALSO. WE THANK JEANIE GAIN FOR THE AWARDS WHICH WERE 'OUT OF THE ORDINARY'.

WE DO NOT HAVE A FORMAL CLUB MEETING IN DECEMBER. THE BIG EVENT WILL BE THE CHRISTMAS PARTY WHICH WILL BE HELD ON DECEMBER 3, AT 8 P.M., AT THE HOME OF DON AND BARBARA TYRELL. IF YOU MISSED THE SIGN-UP SHEET AT THE DINNER, PLEASE CALL PHYLLIS SHOEMAKER TO LET HER KNOW WHAT YOU WILL BE BRINGING - PASTRIES, HOR D'OEUVRES, COOKIES, CHIPS & DIPS, VEGGIES OR WHATEVER. ALSO, IF YOU CHOOSE TO PARTICIPATE IN THE GRAB BAG EXCHANGE, BRING A UNISEX GIFT COSTING UNDER \$5.00. PUNCH WILL BE PROVIDED OR YOU MAY CHOOSE TO BYOB.

SUN. JANUARY 1, NEW YEAR'S DAY RIDE. MEET AT MIKE AND DOTTIE TOCKEY'S HOME, 210 S. MITCHELL, ARL. HTS. AT 11:00 A.M. LENGTH OF RIDE WILL BE GAUGED BY WEATHER CONDITIONS. IF THE SNOW IS TOO DEEP, BRING CROSS COUNTRY SKIS. AFTERWARDS, WE WILL ENJOY SOME OF JEANIE'S FAMOUS GLUG.

P.S. LEFTOVER THOUGHTS FROM THE SUMMER RIDE: WHEN HAVING MEALS IN FARM COMMUNITIES, ASK TO SEE THE SIZE OF THE BOWL BEFORE ORDERING 'LARGE' SOUP OR CEREAL!

MAGAZINE Article

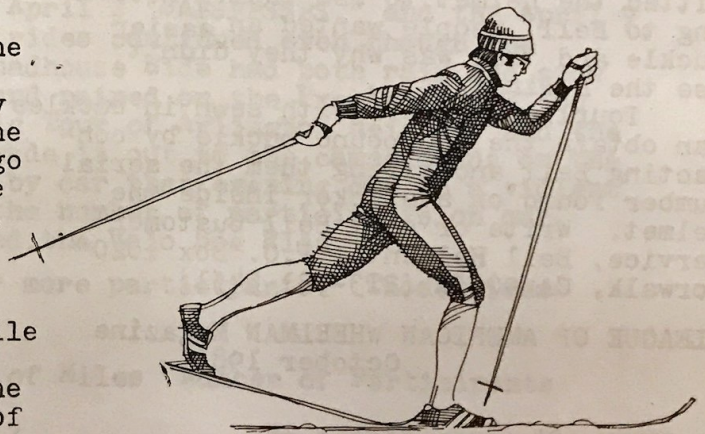
For those of you who have read the November article in the LAW magazine titled "A North Cascade Super Tour" by Peter Sherer, and are wondering who the 57 year old "flatlander" from a Chicago suburb is, add Dereby to the Don! The Seattle to Chicago group (Evie, Norma, Dottie, Rich and Sylvia) met Don on Route 20.

The Seattle to Chicago group was just entering the Cascades and a 40 mile up hill climb to Washington Pass was still ahead. Don's descriptions of the spectacular views and the excitement of riding down the pass at 40 or 50 MPH had us all excited and apprehensive.

Don said he was more cautious and held his descent speed to 35 MPH! Then, with a wave, Don rode off, still ahead of his touring group, intending to arrive second or third in camp.

Don was really kidding us--he must do 35 MPH on the flats!

Norma W.



Arlington Heights Bicycle Association

660 North Ridge Avenue

Arlington Heights, IL 60004

TOURLITE HELMETS DAMAGED BUCKLES

If you have purchased the Tourlite Helmet with the buckle sewn into the straps, you should write or call Bell for a newer, stronger buckle.

Because of a production problem, the bendable tongue on a batch of Tourlite buckles made last year is prone to break.

If the tongue breaks, you should not use the helmet. "The tongue is what holds it on if you have an accident," according to Dean Fisher, Bell's senior vice president for corporate affairs.

The tongue on bicyclist Porter Vandebark's Tourlite was found to be broken after his helmet came off during an accident July 2, 1983. Vandebark, 74, of Decatur, Ill., ended up hospitalized in intensive care with serious and possibly permanent injuries. He was still there eight weeks later, partially conscious.

According to Virginia, Porter's wife, he was about four miles from finishing a double metric centry (124 miles) near Lima, Ohio. "It's unclear exactly what happened, but he grabbed the left brake lever and went over the handlebars." Virginia said. "his helmet went rolling and he hit his forehead."

Some Tourlite owners, before Bell was offering replacement buckles, bought D-Rings at the hardware store and retrofitted the helmet to use them. According to Bell, people wanted an easier buckle and that was why they didn't use the D-Ring.

Tourlite owners with sewn in buckles can obtain the 300 pound buckle by contacting Bell and giving them the serial number found on a sticker inside the helmet. Write or call Bell Customer Service, Bell Helments, P.O. Box 1020, Norwalk, CA 90650 (213-921-9451)

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TOSRV '84

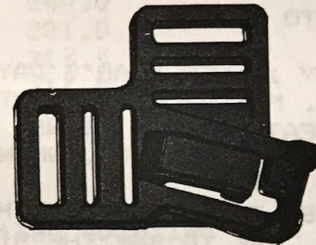
Registration will be available February 1, 1984. Bill Turner will have registration forms available before then. If you are interested in going, contact Bill, it fills up fast.
Phone 255-1710

Three generations of buckles: How to tell them apart

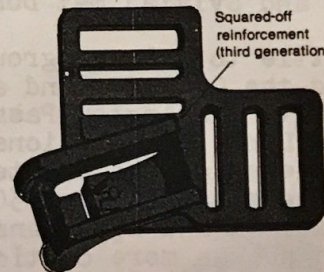
So far Bell has made three generations of buckles for its TourLite helmets.



First generation: This buckle has one of its straps sewn on, rather than woven through slots in the buckle. Because (as Bell explains it) their supplier used the wrong black dye in making at least one batch of these buckles, they are weak. The tongue sometimes breaks after only a few months of use. It is essential for TourLite owners with sewn-in buckles to replace them immediately. Helmets with broken buckle tongues should not be worn.



Second generation: This, and the very similar third generation buckle, have extra slots allowing them to be installed by the user without sewing or using any tools, by weaving the straps through the buckle slots. They are made from a material that is much stronger. We have not heard of any tongues breaking. The second generation buckle failed the Snell Foundation's 300-pound strap pull test. The hook (not the tongue) broke.



Third generation: When examined next to a second generation hook, its beefier hook is apparent. Bell says it will pass Snell's 300-pound test, although Snell hasn't tested it yet.

1983 Ride Statistics

Tuesday Night Rides

This year there were seventeen official Tuesday night rides starting on May 3rd and concluding on August 30th. For three of the Tuesday night rides, no sign-up sheet was returned. The data presented, therefore, are for just fourteen of these rides.

Fifty-one different riders participated on these evening rides, twenty-two riding one Tuesday night, while two rode on as many as thirteen Tuesday night rides.

These rides ranged in length from 5.5 miles in the early spring to 15 miles during the summer. Their average length for the entire season was 9.3 miles per ride.

Those who rode eighty or more cumulative miles were as follows:

Name	Number of Tuesdays	Total Mileage
1. Earl Mason	13	121.0
2. Jim Shoemaker	13	121.0
3. Jim Krupa	12	118.5
4. Sharon Krupa	12	118.5
5. Phillis Shoemaker	10	84.5
6. Don Derby	8	82.5
7. Don Cook	8	80.0

Weekend Rides

There were thirty-six weekend rides of various lengths scheduled this year by the Arlington Heights Bicycle Association, ranging from 1.5 miles (the Memorial Day Parade) to 65 miles (the Pre-Arlington 500 Ride). Three early rides were rained out: the March 27 Palm Sunday Ride, the April 2 "SAPSPSSPS," and the April 9 Botanical Gardens Ride. Other rides continued even though the weather was bad. The Kelsey Roadhouse Ride had both rain and snow to contend with. It drizzled and rained on the Pre-Arlington 500, Evie's Birthday Brunch, Historic Tour of Arlington Heights, and the Apple Cider rides. Those who made it out to the campgrounds on the Railroad Museum Ride went home by car that evening due to a violent rain storm. Hot weather kept the number of participants on our summer rides down, and shortened the Volo Bog Ride.

Seven rides had fifteen or more participants. Those rides were as follows:

Ride	Number of Miles	Number of Participants
1. Progressive Dinner	12	No actual count
2. Terry Andre Campground	48	25
3. Busse Woods Picnic	20	22
4. New Years Day	13	21
5. Break Out Ride	19	19
6. Dundee Ice Cream Ride	42	19
7. Walker's Pancake House	25	16

1983 Ride Statistics Continued

There were 113 different riders who participated on our thirty-six weekend club rides, excluding the Arlington 500 Invitational, BAMMI, and the yet to come Halloween and Thanksgiving Day Rides. Fifty-three of the Participating riders rode only once, twenty-four rode twice, and nine rode three times. One person rode on seventeen weekend rides. The following is a list of club members who have ridden over 200 miles of club sponsored rides, excluding the Progressive Dinner, Annual Park District Breakfast Ride, sweeps on the Arlington 500, BAMMI, and the still to come Halloween and Thanksgiving Day Rides.

	Name	Number of Rides	Total Mileage
1.	Robert Hinkle	17	432.5
2.	Ron Berry	11	390.0
3.	Emil Donkers	12	377.5
4.	Jim Shoemaker	13	374.5
5.	Bob Lippold	13	373.5
6.	Cindy Cochran	8	282.0
7.	Eilda Rech	7	270.0
8.	Bon Dereby	8	258.5
9.	Dottie Tockey	10	249.0
10.	Dave VonBergen	9	221.0
11.	Jim Krupa	11	218.5
12.	Earl Mason	6	215.0

Top Twelve Riders

The top twelve members with the most miles compiled from club sponsored events, excluding the Tuesday night rides, Progressive Dinner, Annual Park District Breakfast Ride, sweeps on the Arlington 500, BAMMI and the still to come Thanksgiving Day Ride are as follows:

	Name	Total Mileage
1.	Robert Hinkle	520.5
2.	Jim Shoemaker	515.5
3.	Emil Donkers	449.0
4.	Bob Lippold	401.0
5.	Ron Berry	390.0
6.	Earl Mason	356.0
7.	Don Derebey	340.5
8.	Jim Krupa	337.0
9.	Elida Rech	318.5
10.	Cindy Cochran	310.0
11.	Dave VonBergen	279.0
12.	Dottie Tockey	278.0

