



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	Norma Witherbee	674-0523

January  
1984



RIDES RIDES RIDES

Jan. 1, 1984 11:00 Bring scarf, mittens caps, earmuffs, facemasks, down jackets, long underwear, yourself and your bike to the 1984 NEW YEAR'S DAY RIDE.

Meet at Dottie Tockey's  
201 S. Mitchell  
Arlington Hts.  
Phone 392-2709

The weather, and how awake you are after New Years Eve, will determine the ride length. Whatever the distance, you are sure to have a good time. Then return to Dotties to warm yourself with Jeanie's famous Hot Glugg.

TOSRV '84 Official Registration begins Feb. 1, TOSRV HILLS UP FAST, if you are interested in going, contact Bill Turner who will have forms before then.  
Phone 255-1710

BUSINESS MEETING

Jan. 5, 8:00  
Recreation Park  
"A Winter Alternative"  
Guest speakers are Glenn Gutmann and Terry Maloney from the Mt. Prospect Ski Club.

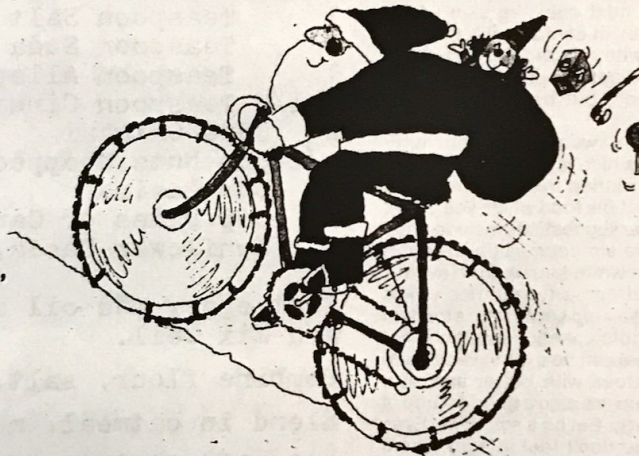
If you are considering skiing as your winter activity, or, if you already ski and are interested in a Club, be sure to attend the Jan. meeting.

DOT'S JOTS

Thanks again to Barb and Don Tyrell for opening their home to us for the Christmas party. We all enjoyed the festivities.

Hopefully, we will be seeing all of you on the New Year's Day ride which terminates at my home for Jeanie's famous Glugg. I will have my albums from the Seattle Trip available for viewing.

HAPPY HOLIDAYS TO ALL!



TRIPS

Pat Schramm's Holiday Sojourn 1984 is to South Africa! Doesn't that sound exciting! We will want to hear about that trip, her bike had to stay home though.

FEBRUARY MEETING

Lon Haldeman and "The Race Across America"

Held at the Olympic Pool  
660 North Ridge Ave  
Arlington Hts.

We are Co-sponsoring the event with the Mt. Prospect Bicycle Club. There will be a charge for non-club members, so be sure to bring your membership card. Coffee and cookies served afterwards. Volunteers will be needed at the doors. More about this at the January Meeting.

Wherever you go,  
Whatever you do,  
Have a wonderful  
Christmas!



Advice from John Howard

## Pampering the places where bike meets body

John Howard is a cycling champion. He is recognized as winner of 14 national titles and major road races, member of three Olympic cycling teams, winner of the 1981 Hawaiian Iron Man Triathlon, and winner of the Pepsi Challenge 24-hour bicycle race with a distance of 475 miles. He recently set a world speed record for a bicycle motorpaced on an asphalt surface—124.189 miles per hour. Last year he placed second in the trans-U.S. Great American Bike Race.

What follows comes from a letter Howard wrote to Jim Doss, newsletter editor for the Fort Worth Bicycling Association, and published in that newsletter.

His advice is particularly useful for anyone involved in endurance riding.

Endurance cycling puts wear and tear on specific body parts, namely the feet, hands and crotch areas.

The constant pressure on the feet from the shoes and pedals can give you problems. First of all, buy a pair [of shoes] which are one size larger than your normal size. The sole must be firm; a shoe that flexes won't provide adequate support. Wear socks which are a pure fiber, either wool or cotton, no synthetics. The proper socks will absorb perspiration, thus reducing the chances of irritation. Before putting on your socks, thoroughly rub the entire foot with Vaseline, covering the top, bottom and between the toes. Leave on some excess; put it on thick.

Powder between the socks and the inner sole of the shoe will act as a dry lubricant and reduce the friction on your skin. Last of all tie the laces loosely. Your feet could swell during the ride. Looser shoes will keep your feet comfortable.

The hands absorb a lot of shock and have a tendency to become numb due to nerve compression. Grab-On sponge grips will reduce the intensity of the vibration. Wear a good pair of leather gloves, since the grips can be

hard on bare hands over long distances. During the ride change your position frequently, alternating the contact points on your hands.

Saddle sores are a common occurrence but can easily be avoided. The most important factor is the saddle. It should be a hard buck leather. I have found none better than the Brooks Professional. Make sure the saddle is broken in. Don't ride a new saddle in a long race. Preparing the chamois of the shorts is the second step. Rub into the chamois plain or medicated Vaseline; next coat the skin which comes in contact with the saddle with the same. It may take some getting used to the slimy feeling, but believe me it will pay off.

I don't want to leave out nutrition which is an important part of enduring the ride. Eat easily digestible food which you enjoy. Some suggestions include granola-raisin cookies (leave out a lot of white sugar), fruit (avoid a lot of citrus types), rice cakes (these help settle your stomach if it gets upset). If available, hot cereal can be a life saver. Baked potatoes with butter and sour cream are also a good source of energy. Eat on a schedule. Even if you don't feel hungry take a few bites. I suggest a 30-minute interval. Fluid replacement cannot be taken lightly. Every 15 minutes take a sip. Keeping your feeding on a schedule is imperative. If you fall behind at any point during the ride, it will be next to impossible to regain your stamina.

These are a few ideas that I'd like to pass on to you. Hope they can give you some insight into avoiding uncomfortable situations on your next endurance ride.

Look forward to hearing from you again.

Sincerely,

John Howard



### COOK'S CORNER by MARILYN WILKERSON

Power Packin' Oatmeal Cookies -- alias Healthy Cookies!

- 2 Eggs
- 3/4 Cup Cooking Oil
- 1/2 Cup Milk
- 1 Cup Honey
- 1 1/2 Teaspoon Vanilla
- 2 1/2 Cup Whole Wheat Flour
- 1 Teaspoon Salt
- 1 Teaspoon Soda
- 1 Teaspoon Allspice
- 1 1/2 Teaspoon Cinnamon
- 2 Cups Oatmeal
- 1/2 Cup Nuts Chopped
- 1 Cup Rasins
- 1 Cup Dates or Candied Fruit
- Sunflower Seeds, Coconut (optional)

Beat eggs, add oil milk, honey, vanilla and mix well.

Combine flour, salt, soda and allspice.

Blend in oatmeal, nuts and fruits.

Stir liquid into dry mixture.

Drop by tablespoon onto greased cookie sheet.

Bake 350° 10-12 minutes Makes 7 dozen

There is going to be a recipe each month, if you have one to submit, please contact Marilyn.

HELP HELP HELP HELP HELP HELP HELP HELP

The Newsletter needs your help, write an article or send a photo, the News needs your help to keep it interesting and informative. Articles should be sent to Norma by the 15th of the month.



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February  
1984



**DOT'S JOTS**

Well, we are now well into 1984. I don't think this club will ever have to set an alternate happening for its New Years Day Ride. I had already put away my Bike and brought out the x-country skis when the bike riders began to arrive. So it was back to biking!!! The word is that this was the deepest snow the club has ever ridden in. Riding was not bad, only when you stopped for traffic signs, one could not get moving again. We did get one remark from a passing motorist about needing "little white coats". A surprise guest at the 'Glug party' was my son's 40" Red Rat Snake. When it come to them, one either loves them or hates them and the group seemed to be evenly divided. So Mr. Snake didn't get to come out to play until the end of the party. A N D - - now that the holidays are over it is down to business. I still have one unfilled committee. Would someone please stand up and volunteer to coordinate the Progressive Dinner!!!!!! What keeps this club strong is all the willing workers we have. The other volunteers who have already come forth are:

- |                                  |   |
|----------------------------------|---|
| Programs.....D. Von Bergen       | Refreshments.....M. Wilkerson                     |
| Patches.....B. Hinkle            | Arlington Adventure.....J. Gain & B. Lippold      |
| Bike Swap....Pat Schramm         | Membership.....J. Gain                            |
| T-Shirts.....B. Jenson-M. Monaco | Newsletter Delivery(summer).E. Donkers & E. Mason |
| Points.....B. Hinkle             | Newsletter Editor.....N. Witherbee                |
| Bike Race....M.E. Spirek         |   |

By the time this newsletter goes to press, Jim Shoemaker should be home from the hospital and back on his bike. (See you in Long Grove, Jim!!!!) He has informed me he will definitely be at the Lon Haldeman show.



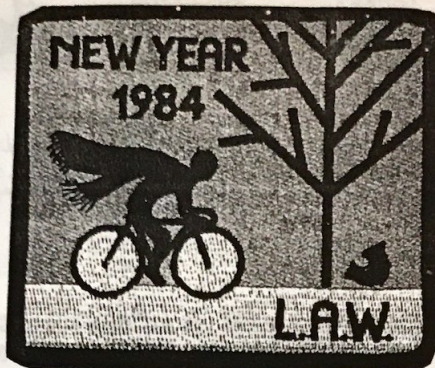
**FEBRUARY MEETING**

Feb. 2, 8:00 P.M. THE RACE ACROSS AMERICA with Lon Haldeman This is an outstanding special event being co-sponsored with the Mt. Prospect and Wheeling Clubs.

LOCATION Olympic Pool (in basement)  
660 N. Ridge Ave.  
Arlington Heights

DIRECTIONS Euclid (West of Arlington Hts Rd) to Ridge. Olympic Pool is just west of Arlington Hts High School.

Bring a friend with you, there is a nominal charge of \$1.00 for non-club members. If you have your membership card, be sure to bring it with you, otherwise, Jeanie will be at the door with the membership list and more cards. After the lecture, stay for coffee and cookies and conversation with Lon.



RIDES RIDES RIDES

Feb. 12, Sunday Noon VALENTINES DAY RIDE starting from Bob Hinle's home, 935 N. Mitchell, Arlington Hts. Ride length depends upon the weather, possibly 14 miles.

TOSRV '84 For applications, contact Bill Turner 255-1710

1984 L.A.W. PATCHES--they are easy to earn, just ride--the Ride Leader Patch-- just volunteer!

Jan. 28 "ROLL FOR THE GOLD" a 6 hour 200 mile race on rollers! Seven area Bike Club teams competing with guest stars Lon and Susan Haldeman and John Silker. Proceeds will go to the Olympic Cycling Team. Saturday, Jan. 28 at 10:00 A.M. to 4:00 P.M. Spring Hill Mall on Route 31 in West Dundee.

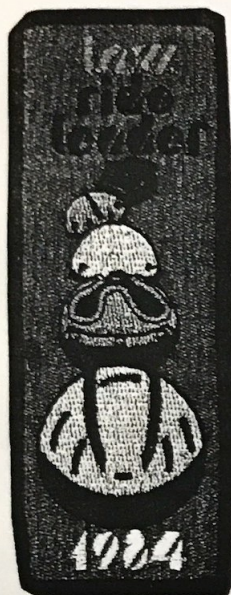
FORREST ROBERTS AND "GOOD TIMES AHEAD!"

The 1984 ride season began with a flurry, snow that is, as six hearty members set out New Years Day for the annual kick-off event. Dottie Tockey, Jeanie & Al Gain, Jim Krupa, Ron Cook and Don Derebey fought snowy streets for 2.6 miles before retiring for refreshments. Congratulations to these early season long-distance champions.

We soon will begin scheduling weekend and Tuesday night rides for the seasonal riding months. At the March meeting a calendar to sign up as a ride leader will be available. Our club depends on each member to share just a bit of personal effort in return for hours of enjoyment by volunteering to organize and lead a ride. Leading provides the opportunity to direct a ride to a destination of choice or on a distance comfortable to you. It's really not hard. If you're a new member or have not previously lead a ride and would like some advice, many club members will willingly lend assistance in planning or possibly share a route plan from times past. The important thing is to get involved in the activity for which all of us joined the club. The riding is only as good as we make it - with a little help from the weatherman.

Bob Hinkle is anxious to lead the next scheduled ride - the Valentine's Day Ride. Come earn the L.A.W. patch. We're leaving from Bob's house, 935 N. Mitchell, Arlington Heights, at 12:00 noon on Sunday, February 12th.

We'll also be determining the date for the club's week-long trip at our March meeting. It is planned to take Amtrack to Minneapolis and ride back to Arlington Heights with the option for those desiring less distance to join the group at LaCrosse. Bob Hinkle is also coordinating the planning for this trip. The dates under consideration are the weeks of July 22nd or August 19th. Come vote in person or send a proxy if you have a preference since early planning must begin for accomodations enroute.



## TOURING CYCLISTS' HOSPITALITY HOMES

The L.A.W. offers to League members a list of 1,100 other members who have opened their homes to cyclists who are traveling through their part of the country. The homes offer simple overnight accommodations, "a yard for camping, or more often, inside space or a soft bed and shower." They also give advice on local routes and sometimes other assistance.

If anyone is interested in adding their name to the L.A.W. List or would like more information, contact the L.A.W. office, 10 East Read Street, P.O. Box 988, Baltimore, M.D. 21203. Club members who are already listed as Hospitality Homes are Bikes Plus, Don Dereby, Marilyn Wilkerson and Tom and Sherry Masters.

## *65 mph bike to net maker \$15,000*

WILMINGTON, Del. (UPI) — A \$15,000 prize awaits anyone who can design a bicycle or tricycle that one person can pedal 65 mph, officials said Friday.

The Du Pont Co., which put up the \$15,000 prize, said computer modeling shows one person can theoretically produce enough energy to propel a specially designed bicycle or tricycle to between 65 mph and 70 mph.

The world speed record for a single-person human-powered vehicle was set in 1980 by cyclist Dave Grylls, who pedaled a rocket-shaped tricycle to 58.89 mph, said

the International Human Powered Vehicle Association.

ACCORDING TO the rules of the contest, which expires on Dec. 31, 1987, competing vehicles must be timed by the California-based IHPVA over a flat 200-meter course.

Wind-assisted rides will not be considered and the vehicle cannot be ridden behind a truck or a car to reduce air resistance.

"It's a subset of the great American challenge," said Chuck Champlin of the IHPVA. "It ties in some sort of statement

of the capabilities of human beings for innovative engineering design and the physical prowess of people."

Among the barriers standing between the record and the theoretical top speed are aerodynamics, tire design and gearing factors.

A spokesman for Dupont said he expected someone would win the prize, but if the 65 mph mark was not reached before the deadline, the money would go to the person or team that achieved the highest speed during the four-year period.

### ARLINGTON HEIGHTS BICYCLE ASSOCIATION

#### Point System

The purpose of the point system is to encourage club participation and to reward those members who set-up and work the club events.

The point system will run from January 1 through December 31. Points must be used during the calendar year they are earned. Points can not be carried over into a new year. The dollar value of the points will depend upon the profit from the bike swap and other money raisers. The point dollar value will be determined by dividing the total number or projected number of points into the number of dollars set aside for rebate to members. Starting in June each member can use his/her points to reduce or pay for club activities such as the progressive dinner, recognition dinner, T-shirt, week tour, patch and etc.

In order to make this program work, the point chairman must be notified who the event chairmen, ride leaders, and helpers are so that points can be assigned. The executive board should furnish a list of event chairmen, the ride chairman should furnish a list of ride leaders and the event chairmen should furnish a list of helpers to the point chairman.

The following points have been assigned to the various club related jobs:

POINT SYSTEM

Officers

President .....	15
Vice President .....	12
Secretary .....	8
Treasurer .....	9

Ride Leaders

Tuesday Night.....	1
Weekend (Sat. or Sun.) ..	2
Weekend Camping .....	3
Week Tour .....	5

Chairmen

Newsletter .....	9
Membership .....	7
Recognition Dinner ....	1
Program .....	6
Patch .....	3
T-Shirt .....	3
Refreshments .....	4
Bike Swap .....	5
Arlington 500 .....	5
Progressive Dinner ....	2
Pot Luck Dinner .....	2
Citizen's Bike Race ...	5
Christmas Party .....	2
Deliver Newsletter ....	2
Frontier Day Ride .....	2
Point Chairman .....	4

Helpers

Bike Swap /4 hrs. ....	2
Arlington 500 /job ....	2
Citizen's Race .....	1
Frontier Day's Ride.....	1
Home Progressive Dinner..	3
Home for Xmas Party .....	2
Cookies For Arl. 500 ....	1
Delivery Newsletter .....	1
Special Board Appointment	1



Below is an example of how the point system is intended to work.

Profit from fund raisers to be used for the point system .....	\$ 500
Projected total Number of points .....	360
Value of each point \$500/360 .....	\$1.39

Flats Freddy a member of the Arlington Heights Bicycle Club has helped the club by doing the following:

Patch Cairman .....	3	Dollar value / point	\$ 1.39
Summer Newsletter Chairman ..	2		X 19 pts.
2 Tue. Night Rides .....	2	Credit earned by .....	\$ 16.41
2 Weekend Rides .....	4	Flats Freddy	
Bike Swap /4 hrs .....	2		
Arlington 500 /job .....	2		
Cookies Arl. 500 .....	1		
Delivery Summer News. (3)....	3		
Total points .....	19		

Flats Freddy decides to take his wife to the recognition dinner which cost \$ 10 a person. He trades in his points to help cover the cost of the recognition dinner.

Cost of dinner \$ 10 x2 .....	\$ 20.00
Less point value .....	16.41
	<u>3.59</u>
	Amount Flats Freddy pays after trading in his points



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NEWSLETTER	NORMA WITHERBEE	674-0523

March  
1984

## DOT'S JOTS



As I sit at the typewriter for this report, we are basking in the mid-February thaw. Weather like this really puts us in the mood for the up-coming riding season. We have a lot of exciting "happenings" planned for 1984. The March meeting will be an important one for the AHBA. Some of the things planned for discussion and voting will be a possible triathlon, dates for the week long ride, the new point system, Bike Swap, Arlington 500, new t-shirts, and the planning of the 1984 ride schedule. Come out and support your club, it promises to be an informative meeting.

### MARCH MEETING

MARCH 1, 1984 TOGIR 11 STEP RIGHT UP! (or ride or drive or walk or crawl right up). COME ONE COME ALL to see and hear the unique saga and slide presentation of TOGIR 11. TOGIR is an acronym for "The Other Great Iowa Ride". It will be offered in the inimitable style of DAVE VON BERGEN who rode over the warm rolling hills of Iowa with 150 other bikers stopping at a different college each night. It promises not only to be an entertaining program, but is sure to get everyone enthusiastic about the upcoming biking season.

March is our BREAK OUT MONTH, it starts us all gearing up for the Biking Season. It also is the meeting when members plan the years' ride schedule and upcoming special events, so TRY TO BE THERE and STAY afterwards for Friendship Cake and Coffee.

### RIDES RIDES RIDES

March 4 - 11 - 18 - 25 Sundays 8:00 A.M. Meet at Rec Park for "Show & Go" ride length and destination to be determined by riders.

March 16, Friday Ride to Lake Geneva, for details call Jeanie 392-1547.

March 18, Sunday St. Patrick's Day Ride - Wheeling Club Invitational. Registration begins 10:30 to 12:00. 20-25 miles. Kildare School (Old McHenry Road in Long Grove) Club Members \$1.50, non-members \$2.00. Includes St. Pat's Patch.

### SPECIAL EVENTS

April 28 - 29 BIKE SWAP This is the Clubs big money making project, Pat Schramm needs help from all Club Members. Call to volunteer (288-0064) or see Pat at the March Meeting.

May 20, Sunday ARLINGTON 500 call Bob (870-0337) or Jeanie (392-1547)



June 9 - 10 Tour of the Mississippi River Valley 7. Tour from Bettendorf, Iowa to Dubuque and back on different routes on the Illinois and Iowa sides of the Mississippi. Sleep and eat at Clarke College in Dubuque. Your belongings are carried by truck so you don't have to pull any extra weight up some of those interesting hills. Registration before April 1st is \$20.00. Camping or sleeping bag space is an additional \$3.00 or dormitory room with 1 bed and sleeping bag space is \$10.00 or a room with 2 beds and sleeping bag space is \$15.00. For details call Bob Lippold 870-0337

#### FREE FITNESS CLINIC

On February 11th, there was a free fitness information clinic called "Winter Wellness 84" at Holy Family Hospital in Des Plaines. It consisted of testing and measuring: pulmonary/lung, blood pressure, heart rate, height/weight, skin fold measurement, flexibility measurement and risk factor analysis. There were six speakers on several aerobic exercises including Bob Lippold who presented information on bicycling. It will probably become an annual event. When it's held again, come on out for a free fitness analysis, snacks, films and aerobic exercise information.

#### THOUGHTS FROM BOB LIPPOLD ON THE FEBRUARY MEETING

If we can judge by the crowds, our last meeting was a huge success. Almost 100 people attended our special February meeting at Olympic Pool to hear Lon Haldeman talk about his win of the 1983 RAAM - Race Across America. Lon, who holds several cross country and 24 hour bike records showed his beautiful slides and answered many questions about last year's race and the upcoming RAAM in 1984. He also showed a collage of recent and older bike ride slides coordinated with taped music. It was an excellent show that was enjoyed by everyone. Thanks, Lon, for a fantastic time. -- and Thanks Bob for organizing and coordinating the program with the Mt. Prospect and Wheeling Clubs.

#### NOTICE

DUES INCREASE Discussion and vote March Meeting

Single Membership from \$4.00 to \$6.00

Family Membership from \$6.00 to \$8.00

#### FOR SALE

Santana Tandem 25 x 22 call Bill Turner 255-1710

#### WELCOME WELCOME WELCOME WELCOME WELCOME NEW MEMBERS!

Sue Montgomery  
819 N. Douglas  
Arlington Heights 60004  
253-4397

Joan Briggs  
301 S. Harvard  
Arlington Heights 60005  
398-5323

BIKES PLUS ADVANCED REPAIR CLASS March 6 7:30 P.M. Charge \$35.00. Class limit 5  
Call Bikes Plus to register 398-1650.





## A SECOND CHANCE

If you missed Evie's slide presentation at the October Bike Meeting, you will have a second chance to see and hear "Seattle to Chicago, an experience overload!"

Join Evie on April 8, Sunday at 2:00 P.M. Prospect High School Auditorium (entrance on the east side of the school)

Adults \$1.00 - Senior Citizens .75¢ - Students .50¢ For more details, call Evie 392-6288

## COOKS CORNER by Marilyn Wilerson

The recipe this month was submitted by Helen Heyden. Sample this Friendship Cake at the March meeting and if you like it, you can get some starter from Helen or Marilyn.

### FRIENDSHIP CAKE

Day 2, 3, 4 - Stir the starter  
Day 5 - add: 1 C. Flour  
              1 C. Sugar  
              1 C. Milk

Day 6, 7, 8,9 - stir  
Day 10 - add: 1 C. Flour  
               1 C. Sugar  
               1 C. Milk

Take out 3 cups - 1 for each friend  
To the remainder add:

2/3 C. Oil  
3 Eggs  
2 C. Flour  
1 C. Sugar  
1 1/2 t Cinnamon

1 t Baking powder  
1/2 t Salt  
1 1/2 t Soda  
1/2 t Ginger  
1 t Nutmeg

Fold in some or all: Chopped apple, raisins, nuts, dates, 1 C. crushed pineapple, drained  
Bake at 350° approx. 1 hour in greased and floured bundt pan.

Note: Whenever I add flour, I used half unbleached and half whole wheat for added nutrition.

Black Walnuts are used in the cake to be sampled. Remember all those walnuts along the roads on our fall rides? The distinctive flavored nut meats are worth the effort of gathering, drying, and cracking. Next fall line your panniers with plastic bags and fill them up with FREE nuts! This cake is good to carry on rides for a snack and if you have ridden with me, you know I never travel without a snack!

COMING NEXT MONTH: Make your own granola bars

GOOD TIMES PAST

Who would believe that it would be bright, sunny and temperatures in the mid 60<sup>o</sup>s on February 12. Well, it was, and a perfect day for the Valentine's Day Ride. Gene and Jeanne Sauter were the first to arrive followed by Laura Caravello. Two father/daughter teams also showed up; Jim and Carrie Shoemaker and Emil and Rosemary Donkers. Dave Von Bergen stopped by on his way home from Long Grove and rode a short distance with us.

Bob Hinkle lead the 13.5 mile ride through Rolling Meadows, Palatine and Arlington Hts, primarily in an east-west direction to avoid riding into the strong south wind. Rivulets of water were cascading off the fields, filling the ditches and gutters, but the roads were clear of standing water. Elida Rech caught up with the group as we started back on Illinois Avenue. We waved to Jim and Sharon Krupa who went by us going the opposite direction. Don Dereby was also seen riding too. Would you believe when we saw Earl Mason who was riding in his car and not on his bike?

At the end of the ride, Bob's wife, Shirley, invited everyone in for cider, cookies, and peanut brittle. (Bob Hinkle)

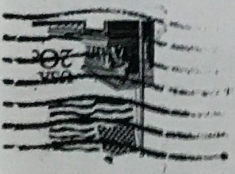
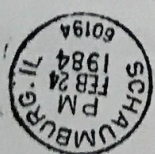


If you are interested in the week long club ride in July/August, the March meeting is the time to find out all the exciting details.

Emil & Corinne Donkers  
202 N. Gibbons  
Arlington Hts IL 60004



Arlington Heights Bicycle Association  
660 N. Ridge Ave  
Arlington Heights, IL 60004





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April 1984



## DOT'S JOTS

After the false alarm in February that spring was actually here, we seem to be back to winter. The first March Show & Go ride was well attended with a nice ride on the Palatine Bike Trail, and breakfast at the Deer Grove Inn. I cannot speak for the other weekends because I faded back to thinking 'Snow and cross country skiing!'

I am still convinced that Spring and Summer will arrive, so I will have a table with all the mail regarding week long rides and invitationals around the country. Watch for it at the April meeting.

### APRIL MEETING

APRIL 5, 1984 8:00 Rec Park PHYLLIS HARMON from The Wheeling Wheelmen will be our guest speaker. Phyllis has been active in the League of American Wheelmen and will be telling us about the LAW's new name, Bicycle USA. This is 'The Cyclists' Magazine. If you are not familiar with the magazine, be sure to attend the April meeting and hear some of the history and the future plans. COME regardless, because it is Granola Bar Time!

### RIDES RIDES RIDES

APRIL 1 8:00 AM Rec Park 20 miles 'April Fool's Ride' with Believe It Or Not Breakfast! led by Jeanie (392-1547)

APRIL 15 8:00 AM Frontier Park 50 miles for Breakfast - or lunch if you're slow - in Algonquin at Reeses. This is a Patch Ride led by Dave (398-1309)

APRIL 21 9:00 AM Rec Park 10 miles to Bussee Woods. The First Annual Easter 'Find The Eggs & Win A Prize' Ride. Bring your children or grandchildren, this is a fun event. Led by Bob L. (870-0337) and Marilyn W. (439-4496) Patch Ride also.



APRIL 27 - 28 BIKE SWAP Help from ALL Club Members needed. call Pat (288-0064)

MAY 1 Tuesday Nite Rides begin 7:00 Rec Park

MAY 6 7:00 AM Frontier Park 50 or 100 Miles Optional ride length. Breakfast in Johnsburg for the 100 miles, lunch in Wilmont. Led by Dave.

MAY 12 Pre Arlington 500 Ride 15 - 35 - 65 Miles Frontier Park 9:00 AM

Have you volunteered your Cookies for the Arlington 500 yet? Cookie Chairperson needed Call Jeanie to volunteer.

May 20 Frontier Park Arlington 500 Bob and Jeanie need your help for this BIG EVENT SEE them at the April Meeting.



A MINI EVENT April 25 Wednesday Club Volleyball, more about this at the meeting. 8:00 Rec Park

## "RIDING SAFE" with DON DEREBEY

In addition to the AHBA, Don is a member of the Wheeling Wheelmen and in 1983 wrote the "Safety Officer's Corner" for their Newsletter. Our Newsletter is fortunate to be able to reprint some of Don's very fine articles. The intent of the column is to alert you, the rider, to the dangers on the road and, hopefully, how to anticipate and avoid them.

THANK YOU DON, for the articles.

At the risk of encouraging the voters to ask for a recount, I hereby submit my first article as the newly elected Safety Officer. Inspired by the article "Seeing is Believing" by Glenn Kranzley (Bicycling, Dec. '82) I decided to talk about mirrors. Glen neatly covers the good and bad of each type of mirror, so I will zero in on the various contributions they make toward the fine art staying alive. After one year and 6000 miles of using one of these gadgets, I would like to share with you some of the things I have learned to appreciate about my rear-view mirror:

1. If a car behind is aiming at you, you have time to dive into the ditch in your own way.
2. Many cars race to turn in front of you at corners or cloverleaf entrances. You can spot this easily, tap the brake, and avoid scratching the car.
3. You can watch the riders behind you. As a ride leader this is an obvious must. Sometimes another rider may try to sneak up and "blow you out". Noticing this effort early gives you a chance to pick up speed quickly and maintain your position on the road.

To sum it up: The mirror might be the best safety item next to the helmet (did I say that?) There are two basic types of mirrors, the one that attaches to your helmet (cost \$6.25) and the one attached to your handle bar (called Mirrycle, cost \$9.95) Both are available at our local bike shops and as a member of the Bike Club you would qualify for a 10% discount.



## Get Ready For Spring!

maybe!



## WELCOME WELCOME WELCOME NEW MEMBERS

Dennis & Linda Anderson & Rob  
123 N. Forrest  
Arlington Hts 60004  
255-3173

Joyce Palmquist  
206 Coolidge St  
Barrington 60010  
381-2046

Cliff & Lizz Mueller & Kim  
340 Phelps  
Arlington Hts. 60004  
392-5817

## MEMBERSHIP DUES INCREASED

As of March '84

Single Membership \$6.00  
Family Membership \$8.00

## DON'T FORGET!!!

April 8 - 2:00 Sunday Prospect High School  
(Entrance on east side of school)

Join Evie for her slide presentation  
"SEATTLE TO CHICAGO AN EXPERIENCE OVERLOAD!"  
Call 392-6288 for more information

## COOKS CORNER by Marilyn Wilkerson

The recipes in the Cooks Corner have been kitchen tested by Marilyn--so these are guaranteed the best bars ever--just ask Marilyn who taste tested each batch!

The March 'Friendship' Cake was excellent if you did not have a piece, pull out the recipe and make your own, it is good!!


## GRANOLA BARS

$\frac{1}{2}$ c. butter	$3\frac{1}{4}$ c. rolled oats (old fashioned)
$\frac{1}{3}$ c. honey	2 T brown sugar
$\frac{1}{2}$ t. vanilla	$\frac{1}{4}$ c. wheat germ
$\frac{1}{2}$ c. peanut butter	$\frac{1}{2}$ c. raw sunflower seeds
	$\frac{1}{2}$ c. raisins or carob chips or cho chips

1. Cream together the first four ingredients.
2. Combine remaining ingredients and stir into first mixture.
3. Press into 9 x 13 pan and bake at 350° for 15-20 min.
4. Cut into 16 bars.

SCENES FROM THE 1983 BIKE SWAP  
PHOTOS BY EVIE WEBER

TO THE RIGHT ARE SERIOUS GEORGE  
AND THOUGHTFUL FORREST CHECKING  
COMPONENTS.  
BELOW IS "DON'T LET HIM GET AWAY"  
SALESMAN, DAVE!



ARLINGTON HEIGHTS CIVIC EVENTS  
BIKE SWAP SAT SUN  
APRIL 23 24 SELL  
OR BUY RECREATION PK  
10 AM TO 4 PM

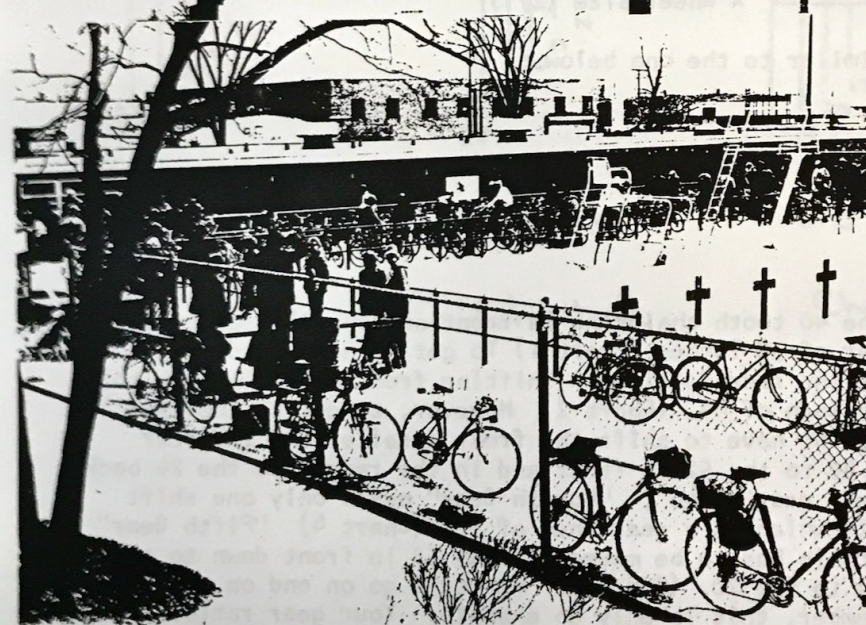
ARLINGTON HEIGHTS JAYCEES



BIKE SWAP '84

APRIL 28-29 REC PARK 10AM TO 4PM

THIS IS OUR 4th ANNUAL SWAP AND WITH  
YOUR HELP IT WILL BE THE BEST!!!  
THANKS FOR ALL YOUR SUPPORT SO FAR--  
IF YOU HAVE NOT SIGNED UP FOR THE  
FANTASTIC WEEKEND, PLEASE DO SO.  
CALL ME, PAT SCHRÄMM, AT 228-0064 or  
398-1650 OR SEE ME AT THE MEETING.  
I ONLY NEED A COUPLE HOURS OF YOUR  
TIME. NO EXPERIENCE NECESSARY!!!



## UNDERSTANDING BICYCLE GEARING

by Mike Sadowski

I Can't tell you how often I have heard "I've got a nice ten speed, but I never shift the gears." Using only one or two gears defeats the entire purpose of having a ten speed.

All of us have a comfortable rate of speed that our legs spin at when we pedal. This is called cadence. It is measured in revolutions per minute. (RPM) It tells us exactly how fast our legs spin around the cranks. The object of gearing is to allow us to keep our cadence at that same comfortable pace by changing gears for different terrain or wind conditions. What will change is our rate of speed. Naturally, the lower the gear you use, the slower you will go, but if you were in a hurry, you would have probably driven your car.

The steeper the uphill or the greater the headwind, the lower (easier to pedal) gear we select. The greater the tailwind or the steeper the downhill, the higher (harder to pedal) gear we should select. Our comfortable cadence should remain the same.

Simple right? WRONG!

Simplicity in theory is often complicated in reality. It would be simple if we only had one shift lever. As we pulled it one direction it got easier to pedal and to the other direction it got harder to pedal. Our bikes unfortunately are not set up that way. Our bikes have two shift levers. The one on the left shifts the chain between the two different sized front chainrings. The one on the right shifts between the five smaller cogs on the rear wheel. The two chainrings in front combined with five cogs in back allow us ten different combinations of gears, which is great. However, they are in no apparent order, which is confusing.

What we have to do is to figure out how hard or easy each combination of gears are to pedal. We do this by figuring out the gear inch for each combination of gears. The larger the gear inch, the harder the gear is to pedal. The lower the gear inch, the easier it is to pedal. Once we know this, we can put them into a logical order so that when it becomes time to shift we know exactly which combination of front chainring and rear cog is harder or easier to pedal.

Let's take an average ten speed with a 40 tooth and 52 tooth set of front chainrings and a 14-17-20-24-28 tooth rear cogs. If we figure out the different gear inches using the formula:

$$\frac{\text{Number of teeth on front chainring}}{\text{Number of teeth on rear cog}} \times \text{Wheel size (27")}$$

We can make ourselves a gear chart similar to the one below.

40	52
14	77 100
17	63 82
20	54 70
24	44 50
28	38 46

If we combined (shifted into) the 40 tooth chainring in front and the 28 rear cog, we would get the easiest to pedal gear of 38 inches (chart 1) To get to next hardest to pedal gear requires only one shift of the rear derailer. Shifting from the 28 in back to the 24 gives us the next highest gear inch of 44. (Chart 2) However, to get to the next highest gear requires a double shift. We have to shift the front derailer and the rear derailer. Moving the chain from the 40 to the 52 in front and in the rear from the 24 back up to the 28, gives us our third lowest gear of 46". "Fourth Gear" needs only one shift in the back from the 28 down to the 24 which is a gear inch of 50. (Chart 4) "Fifth Gear" requires another double shift. The chain has to be moved off the 52 in front down to the 40 and the rear has to be from the 24 to the 20. (Chart 5) We could go on and on, but, hopefully, you get the picture. Remember, this is only an example. Your gear ratios and gear patterns may be different.

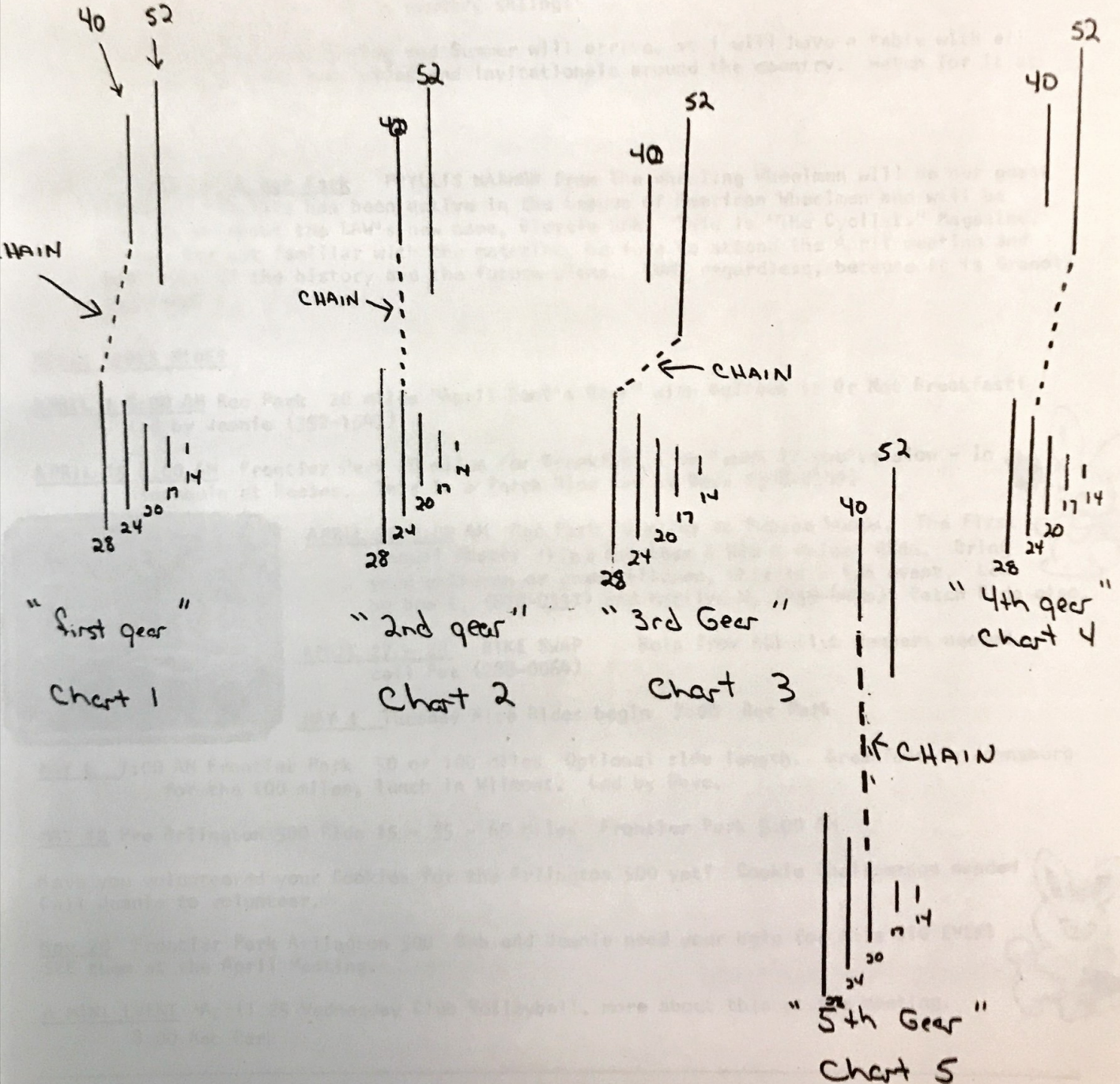
If you would like to increase your riding efficiency by improving your use of gears, the first step is to count the number of teeth on your front cogs and your rear cogs. Then use the gear inch formula to make a gear chart. Make sure if you go to all this trouble to use the chart. Tape it to the top of your stem or put it in your mapcase or tatoo it on the back of your hand!! Just be sure you can look at it while you are riding so that you can select the proper gear. Get to know which gears you use and which you do not use. Learn

ARING CONTINUED

to anticipate which gear you will need to climb an upcoming hill and shift into it before you start to climb. If you shift early enough, you will not lose your momentum halfway up the hill.

After learning to master your gears, try to increase your cadence. "Spinning" (pedaling at a high cadence) up a hill in a low gear is much easier on the legs and the knees than muscling up a hill in high gear. A poor cyclist will have a low cadence of below 60 rpm. An average cyclist will spin at between 60 and 80 rpm. Increasing your rpms above 80 or 90 is difficult, but it makes for the most efficient of riders.

Next month I will discuss the advantages of 12 - 15 - 18 speed bikes, and also changing the gearing on your bike to fit you.





PRESIDENT	DOTTIE TOCKEY	392-2709
V. PRESIDENT	FORREST ROBERTS	392-3465
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MEMBERSHIP	JEANIE GAIN	392-1547
NEWSLETTER	NORMA WITHERBEE	674-0523

May 1984



## DOT'S JOTS

The last two months, I devoted to talking about the weather, I won't this month because this April weather is unspeakable!!!!!!!!!!!!

LEFT-OVER THOUGHTS FROM SEA-CHI TOUR: One thing that I enjoyed about bicycle touring through the NorthWest U. S. was the wildlife we spotted, especially early in the morning. Coming through the Cascades, we saw deer almost every day. I really wished for the binoculars that I had left home to save weight. Coming through Montana, it was possible to sit in our campground and view herds of wildlife on the mountain side with the use of binoculars. Fellow campers let us use theirs, on one occasion. One early morning at Thompson Falls, Mt I was strolling along the Clark Fork River and watched a Heron swoop down out of the fog and land on the River. Ah, memories!!!! Another time, while coming through the Big Horns, the other campers had told us there had been a couple of moose spotted in the area. So when I awoke the next day, I decided to go moose hunting. I never found the moose but immediately upon crawling out of my tent, I saw 3 deer standing across the stream and looking back at me. In an instant, they had vanished among the long marsh grass. I decided to take a walk in the opposite direction and came across a large buck. I passed within 20 feet of him and he just stood there and looked at me as I walked past. As I came back that way about 10 minutes later I almost expected to see him still there but as usual he had done his vanishing act for the day. Later when we were moving through Wyoming, we'd be biking beside wheat fields and the terrain looked void of any wildlife at all. But, along about 4:30 when it started to cool off slightly, herds of Pronghorn Antelope would start to rise from where they had been laying in the wheat during the heat of the day. It was amazing to see these herds of 40-50 Antelope. Getting run over by a deer or antelope was one of the hazards on the days we were riding after dark. It was a real "heart stopping thrill" the first time I startled a deer while riding in the dark. There was no way to know if it was bolting toward you until it was too late to avoid the consequences.

### MAY MEETING TRIATHALON FEVER

May 3,- 8:00 P.M. Rec Park If you have ever wondered what it takes to be a Triathlete, you'll have your chance to find out. Carol Davis, who has participated in numerous events, including the 1982 and '83 Iron Man Triathlon in Hawaii, will speak at our May Meeting. She will talk about training and equipment and answer questions you might have. Come and enjoy a fun and informative evening.

### ON THE ROAD REPAIRS

Have you ever wondered about what tools and spare parts you should have with you on a ride? Mike Sadowski will be conducting two 1 hour classes which will demonstrate how to repair the bike on the road with minimal equipment, shortcuts and emergency repairs. The class will be held at 7:00 P.M., one hour before the June and July Meetings.

Mike will be at the May Meeting and give more detailed descriptions of what he plans to cover. Make a note now to come early to the June and July Meetings.



WELCOME NEW MEMBER

Renee Putbress  
727 E. Morris Drive  
Palatine 60067

RIDES RIDES RIDES

MAY 1 Tuesday Nite Rides begin 7:00 Rec Park

MAY 6 7:00 A.M. Frontier Park 50 or 100 Miles Optional ride length. Breakfast in  
Johnsburg, if you ride the 100 miles, it will be lunch in Wilmont. Ride Leader Dave

MAY 12 Pre-Arlington 500 Ride 15 - 35 - 65 Miles Frontier Park 9:00 A.M.

MAY 20 Arlington 500 Bob and Jeanie need everyone to help on  
May's BIG EVENT--please call them to volunteer.

MAY 28 Memorial Day Parade, call Jeanie for parade time and location.  
Bob Hinkle will lead ride after the parade.

MAY 28 Join Jeanie and Al at their home, 717 N. Beverly, A. H., for the  
annual Memorial Day Bar-B-Q. Call Jeanie about what to bring.

JUNE 2 Breakfast Ride - The Arlington Heights Park District will once  
again be sponsoring the bicycle ride to Deer Grove, this year  
pre-registration will be required. A fee of \$1.00 for adults  
and 50¢ for children will be charged. You Must register  
by noon, June 1. Call any park district office to register.  
Rec Park Phone 640-2596.

JUNE 3 Mt. Prospect Liberty Metric 6:30 Lincolnshire Forrest Roberts has details 392-3465

July 8 TRIATHALON Plans are being finalized for the first Arlington Triathlon to be held  
July 8. Mark you calendar now to either participate as a contestant or as a marshal.  
The Triathlon will consist of three events a 500 meter swim, 15.5 mile bike course,  
and a 6.2 mile run, all to be held contiguously.

M.E. Spirek has completed the race planning and the registration forms will be  
available in the near future. Registration will be limited to 150 entrants. This  
is an extremely exciting event, more at the May Meeting.

HELP WANTED WANTED WANTED WANTED WANTED WANTED!!!!!! ARLINGTON 500

We still have seven committees we need to fill for our Annual Invitational Ride May 20.  
we need people to mark the 30 and 62 mile routes (coordinated by Tom Masters) before May 12.  
We need 2-3 people to help with check-in from 12-4 P.M. on May 20. Two people are needed  
to run the Sag Stop at Lakewood Forest Preserve.

We also need 1 or 2 people to ride sweep on the 15 mile route. Also we need 3 people to  
help cook hamburgers from 10 A.M. to 1:00 P.M. and 5 people from 1 to 4 P.M. We also need  
more volunteers to make cookies. Lastly, we need a food chairperson to coordinate lunch and  
sag stop food. (We have lots of information from last year's ride already) We REALLY need  
the help of all club members for this event! Please call Bob Lippold at 870-0337 for more  
information or to volunteer.

RIDES PAST APRIL FOOLS RIDE

It is hard to believe that we had a beautiful Sunday morning but it was not April Fools!  
Twenty-two members came to ride the twenty mile ride thru Rolling Meadows and Inverness to  
breakfast at the Deer Grove Inn. The route back included the Palatine Bike Path which has  
been repaved. Looking forward to more April Fool weather days!



COOKS CORNER by Marilyn Wilkerson

WHOLE GRAIN ORANGE BREAD

- 1 Medium orange
- 1 3/4 Cup whole wheat flour
- 1 1/2 Cup quick cooking or old fashioned rolled oats
- 3/4 Cup sugar (or 1/2 Cup honey)
- 1 t salt
- 2 t baking powder
- 1 Egg      1/2 Cup Milk
- 1/4 Cup salad oil

1. Pre heat oven 350°  
grease 8 1/2 x 4 1/2 loaf pan
2. Grate 2 t orange peel  
section orange and remove seeds  
cut into 1" pieces. In blender at medium speed, blend orange pieces til pureed  
Measure 3/4 Cup puree
3. In large bowl, mix flour, oats, sugar, baking powder, salt and orange peel.  
In small bowl with fork beat egg slightly, stir in milk, oil and orange puree, stir into flour mixture, just til moist.
4. Pack batter firmly in loaf pan, bake 50-60 minutes or til tooth pick tested comes out clean.
5. Cool bread in pan 10 minutes then remove & cool on rack.. Makes one loaf. 14 servings  
175 calories per serving. (Sweet & crunchy toasted)

MAKE THE TASTE TEST AT THE MAY MEETING!

PROGRESS REPORT ON WEEK LONG TOUR

Ride Leader Bob Hinkle 259-1423  
Name: GREAT RIVERS BICYCLE TOUR  
Date: Saturday July 28 through Sunday Aug 5, 84  
Route: St Paul, Minnesota following the St. Croix and Mississippi River Valleys 210 miles to Prairie DuChien, Wisconsin.

Spend one day in Prairie DuChien area site seeing (Indian Mounds, Spook Cave, Antiques, Winery, Bella House(restored home)

From Prairie DuChien, Wisconsin through the Wisconsin River Valley to Spring Green 75 Miles. South from Spring Green through New Glarus and the Sugar River Trail (or county roads) to Brodhead.

From Brodhead, south east to Belevedere, Il and home (Frontier Park) 125 miles.

Cost: Estimated \$75.00 including transportation, campgrounds and T shirts.

Transportation to St. Paul

Trailway Bus leaves Chicago Terminal (Randolph Street) 7:15 A.M. and arrives St Paul 5:50 P.M. Bikes must be boxed. Cost for bus \$40.00. If enough people show interest in going (25 or more I will look into chartering a bus.

Lodging

Camping at State Parks and private camp grounds. I am still checking the cost and need to know the number of people going in order to get group rates. I have some brochures which list motels near the camp grounds for those who prefer to motel-it. However, you must make your own reservations.

Sag Wagon

It depends. If a spouse or friend would like to go (great scenery and interesting towns) but does not ride, they could be a modified sag. In the past, we have had a club member who camped in their trailer and members of the family rode with us to the next camp site. They were a modified sag wagon carrying some of our equipment. Another possibility is for a member to drive to St. Paul and then alternate driving and biking with another club member. Let me know if you would be willing to be a sag or fill one of the above categories.

Total estimate of cost \$75.00 (includes bus, camp grounds and T shirt.

Let Me Know

i need a rough estimate on the number of people who are interested in going on the GREAT RIVERS BIKE TOUR. Please call me, Bob Hinkle 259-1423 if you are interested in riding the week long tour. This is not a sign-up, but merely to give me an idea as to the possible number who could go.

By far the most memorable part of the L.A.W. convention, GEAR-WEST, in Seattle, Washington, was the actual bike riding. The convention was a good one, but the ferry boat rides, scenery steep hills, and the five days riding in the mountains left me memories that a Midwesterner only dreams about!

I was particularly impressed with the way the folks handle themselves on the bike paths. It is rare to find them on the wrong side, for instance, while here it is almost expected. Perhaps using the paths all year simply makes the Washingtonians better riders. Whatever the reason, the dangers due to corner cutters, racers, joggers, walkers, roller skaters, etc., seem less of a factor out west.

Here the fifteen-mile bike path is now complete between the Botanic Gardens and the Devon and Caldwell intersection in Chicago. It is a beautiful ride but all of the dangers listed above abound. Enjoy the ride but stay alert.

With the many hills and mountains in and around Seattle, it becomes great sport to "fly" on the downhill after a tough climb up. Speeds of 50 mph are not uncommon for some riders on a long down grade. I am chicken on a downhill! I think I would have trouble with potholes, ruts, gravel, wheel shimmy, and blowouts at speeds over 30 mph and so I brake.

One fellow on the BAMMI (Chicago Lung Chicago to Little Egypt ride) encountered a pothole on a downhill and broke his collarbone. Another fellow spoke to us at a meeting of one of the other area clubs. He was moving at 25 mph on a training ride, his front tire blew, caught in the front fork, locked the wheel, and pitched him over forward. The man was a top Illinois racer but is now a paraplegic. I think about these things at high speeds and hope you will, too. Blow by me on the downhills, if you must - I'll see you on the next long grade up!

Emil & Corinne Donkers  
202 N. Gibbons  
Arlington Hts IL 60004



Arlington Heights Bicycle Association  
660 N. Ridge Ave  
Arlington Heights, IL 60004



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	NORMA WITHERBEE	674-0523

# June 1984



## DOT'S JOTS

Once again we have had a successful "Bike Swap". Thanks to all who contributed their time to this endeavor-----and a special thanks to our Chairperson, Pat Schramm.

Hope you all have marked on your calendars the "on the road" repair classes for June and July. I can personally attest to the value of this class which Mike Sadowski taught prior to our SEA-CHI tour. Bike shops were few and far between. They were very often an afterthought in connection with a hardware store or a motorcycle shop. (And definitely not geared to touring bikes!!) In one town, the "bike repair shop" was the local handyman. When I inquired about using his truing stand, I learned that it was a home made job for a 26 inch rim. Due to Mike's advice on preparations for the trip, we only had minor repairs and were carrying the proper tools and parts for handling them ourselves. Another important thing was following his advice about tightening nuts and screws regularly. I usually did this first thing every morning. It was an important "safety tip" for mountain touring.

### JUNE MEETING "MIKE'S NIGHT"

JUNE 7 REC PARK Starting at 7:00, Mike Sadowski will have an "ON THE ROAD REPAIR" class. Mike will demonstrate how to repair a bike on the road with minimal equipment, shortcuts and emergency repairs

THEN

On to the Business Meeting at 8:00 with Mike as our Guest Speaker covering the all new 'All Terrain Bike'. As most of our members know, Mike is eminently qualified to cover both subjects. For those of you who do not know, Mike has toured and repaired bikes for many years. In high school he worked as a mechanic repairing and building bikes at Bikes Plus and is now their store manager.



July 8 Registration is now open and forms may be obtained from M.E. Spirek (398-1650) or Dave Von Bergen (398-1309) Registration fee is \$13.00. Anyone 15 years or older is eligible to enter. If you are not going to enter, you may still participate by volunteering to be a marshall or support person. The three areas of help needed are

1. Marshalls
2. Harper Water Station
3. Harper Check Point

To sign up, call Dave or see him at the June Meeting.

WEDNESDAY "DAY" RIDES Beginning June 6, the Mt. Prospect and the Arlington Heights Bike Clubs will join for Wednesday daytime bike rides for those of you who have time to go "that extra mile". Call Karen Olson (296-6864) or Dottie Tockey (392-2709) if interested.

Arlington Heights Bicycle Association 660 N. Ridge Ave., Arlington Heights, IL 60004





JULY 28 - AUGUST 5, 1984

Week long tour (Bob Hinkle ride leader)  
259-1423

Dates: Saturday July 28 through Sunday  
August 5, 1984

Route: Ride home from St. Paul, Mn. following the St. Croix and Mississippi River valleys 210 miles to Prairie du Chien, Wis. Spend one day in the Prairie du Chien area sightseeing (Indian mounds, spook cave, antiques, winery, Villa Louis). From Prairie du Chien, Wis. through the Wisconsin River valley 75 miles to Spring Green (House on the Rock). South from Spring Green through New Glarus and the Sugar River Bike Trail (or county roads) to Brodhead, Wis. From Brodhead, Wis. southeast

through Rockton and Belvidere, Ill. and home to Frontier Park 125 miles. Estimated total mileage 470 miles. Bob plans to drive the route and check out the campgrounds June 7 through 10. He will miss the June meeting. If you have any questions call him at 259-1423.

Transportation: You furnish your transportation to the Trailway's Randolph Street bus depot in Chicago. The bus leaves at 7:15 AM and arrives in St. Paul, Mn. at 5:50 P.M. The bicycles must be boxed. Most bike shops will save you a box if you ask in advance. You will need tools to assemble the bike when you get to St. Paul, Mn.

Lodging: Camping at both state parks and private campgrounds. Most have showers. For those that like to motel it I have some brochures which lists motels in the campground areas. You make your own motel reservations.

Meals: There are many towns along the way where you can buy your own meals. Some campgrounds have small stores.

Sag Wagon: We have no sag wagon at this time. If a spouse or friend would like to go (Great scenery and interesting towns) but doesn't ride, they could come along and be a modified sag. In the past we had club members who camped with us in their trailer and members of the family rode with us to the next campsite. Another possibility is for a member to drive up to St. Paul and then alternate driving and bicycling with other club members. Let me know if you will be willing to be a sag.

Cost: The cost is \$75.00. Transportation (\$40.00), camping (\$27.00), and the Great Rivers Bicycle Tour t-shirt (\$8.00). You pay for your own meals.

Help: Bob is looking for someone with a van, trailer, or truck who could take the boxed bikes to the Trailways bus depot in Chicago early Saturday morning, July 28. Give Bob a call if you can help or know of anyone might help if asked.

Sign-up: "Great Rivers Bicycle Tour" Sat. July 28 through Sunday August 5, 1984  
Please return this form along with  $\frac{1}{2}$  of the total cost (full payment if you wish) on or before June 21, 1984. The second payment is due July 5, 1984.

Make check payable to the Arlington Heights Bicycle Association. Send to Robert Hinkle 935 N. Mitchell, Arlington Heights, IL. 60004.  
(Duplicate or write a facsimile for each person)

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone No. \_\_\_\_\_ write in cost

Bus fare to St. Paul, Mn. (\$40.00) ..... \_\_\_\_\_  
(leave blank if you plan to meet us there)

Camping fees ..... (\$27.00) ..... \_\_\_\_\_

T-Shirt circle size S M L XL (\$8.00) ..... \_\_\_\_\_

Total Cost .... \_\_\_\_\_

Total payment enclosed  $\frac{1}{2}$  of total payment enclosed  
(circle one of the above)

COOK'S CORNER

TOSRV, RAGBRAI, BAM, GORP, SAAGBRAW, BAMMI, TOMRV, TOGIR

QUESTION: WHICH of the above does not belong with the others?

ANSWER: GORP (Good for you if you got it right!)  
GORP is a food, the others are rides.

QUESTION: WHAT do the letters GORP stand for?

ANSWER: GOOD Old Raisins & Peanuts.

QUESTION: WHAT do the letters of all the rides stand for?

ANSWER: ASK any bikie who has participated in them, he or she will be delighted to tell you about them.

GORP

The following mixture will be served at the meeting.

- 2 C. Quaker Natural Cereal
- 1 C. Raisins
- 1 C. Peanuts
- 1 C. Dried Apricot Pieces
- 1 Handful of Sunflower Seeds

Mix together and put in bags. It will be ready to go when you are. The length of time it keeps depends on how many kids you have in the house and how good your hiding place is!  
GORP is as personal as your bike seat or the shorts you like for riding, so mix your own to suit your taste. Add pecans and dates, omit the M & Ms, etc.

IMPORTANT

WHEN RIDING, REMEMBER TO EAT BEFORE YOU GET HUNGRY AND DRINK BEFORE YOU GET THIRSTY. Your body needs high quality fuel, not junk.

Marilyn

1984  
B I C Y C L E   S W A P

Saturday dawned with bright sunny, windy skies and beautiful weather for the first day of our 4th Annual Bike Swap. However, Sunday didn't. Despite the on-again, off-again, on-again rain, a "little" money was made this April 28-29 weekend. The net deposit totaled \$651.55.

Overall sales were down 33% from 1983. This was due mainly to the rain on Sunday; but we managed. Even if we did have to rearrange inside the pool building to accommodate all the bikes and accessories so people could walk around and view everything. When we got everything set up for sale and opened the doors, of course, the sun came out and of course we brought all the bikes back outside as we did on Saturday. This was at 11 am. And, of course, at 2:30 pm we brought everything back inside and set up the cash register under the eaves of the building out of the continued rain! Maybe we should change our club name to AH Moving & Storage!!! We are sooooo experienced...

Thanks go to a lot of people and organizations. First to the A.H. Park District for the use of Recreation Pool & Building. They are very generous for letting us "take over" their facilities for a weekend. Also to the Village of Arlington Heights for advertising the Swap on their community board in town. This year the sign was up Thursday and Friday which was fantastic. And most importantly to all of you who generously donated your time on Saturday and Sunday. It took over 300 man-hours to run this year's Swap. That's a lot of time to fill in two days. And we did it! Every little bit counts--whether it's filling out tickets, keeping the bikes straight, filing tickets, counting the money (now that's fun!), adjusting saddles so people could test-ride the bikes, answering dozens of questions (what size is this bike? is it in good condition?), putting the signs and flags up, standing at the entrance handing out the procedures, answering the phone to check if a bike sold or not, putting all the bikes & accessories inside on Saturday night, taking down the tables, and bringing them all out on Sunday--all went smoothly because of these people: Bill Turner, Jim & Sharon Krupa, Ron Berry, Don Derebey, Bob Lippold, George, Pat & Paul Vassos, Caryl Taylor, Tom & Sherry Masters, Linda & Rob Anderson, Earl Mason, Corinne & Emil Donkers, Mike Lattof, Lori Munson, Mike, Rafael & Luz Winderpacht, Cindy Cochrane, Dave & Nancy VonBergen, Forrest Roberts, Herb & Mary Jensen, Ron & MaryLou Cook, Kaete Schoenhoff, Jim Shoemaker, Barb & Don Tyrell, Elida Reich, Marilyn Wilkerson, Laura Caravello, Jim, Anita, Carol & Jim Netzel, Bob & Dan Jensen, Marion Monaco, Joel Fisher, Mel Sandahl, Jeanie & Al Gain. Also thanks to Tom Masters for providing us with the cash register.

I think I can speak for everyone participating that we all had a good time--don't miss it next year. Not only is it our way to raise some money for our club, but it provides a service for people in the area. Most everybody has a bike stashed in the corner of the garage that isn't in use, or that someone has grown out of, or they have someone who needs a bike. Our Swap is well known and people look forward to it each year. I think there are improvements we can make but I would like your input. If you would like to be involved in the planning of next year's Swap, or if you have a suggestion or two, I would like to hear from you.

Pat Schramm

PROGRESSIVE DINNER RESERVATION

SATURDAY JUNE 23, 1984 3:00 P.M. \$8.00 PER PERSON

NAME \_\_\_\_\_ NUMBER IN PARTY \_\_\_\_\_

PHONE \_\_\_\_\_

PLEASE MAIL TO: PAT VASSOS  
1152 N. HICKORY  
ARLINGTON HEIGHTS 60004

MAIL RESERVATIONS BEFORE JUNE 15  
RESERVATIONS ARE REQUIRED



ANY QUESTIONS? CONTACT PAT 392-5450 (If you ride to all food stops, the club refunds to you \$1.00)

PROGRESSIVE DINNER

BRING your BIKE and your appetite Saturday June 23 at 3:00 P.M. Rain or Shine the Club is going to DINE!!!! Be sure to send in your reservation, cost is \$8.00

3:00 Appetizers

Hostess Linda Anderson  
123 N. Forrest  
Arlington Hts  
Northwest Hwy to Forrest (East of  
Arlington Hts. Rd) north to home.

SUPRISE DINNER

Sweet Deserts

Hosts M.E. & Dick Spirek  
505 Knob Hill Drive  
Arlington Hts  
398-1244

ON to Soup

Hosts Hugh & Marilyn Wilkerson  
342 Banbury  
Elk Grove Village  
439-4496

If you would like to help with any of the food preparations, our hosts would be most grateful. Call any of the hosts to offer your 'third hand' and classic home recipes.

Crips Salads

Hostess Helen Daly  
3730 Bluebird Ln  
Rolling Meadows  
255-1894

Tuesday Nite Rides 7:00 Rec Park

<u>Dates</u>	<u>Ride Leaders</u>	
June 5	Jeanie Gain	392-1547
June 12	Joel Fisher	259-0039
June 19	M.E. Spirek	398-1650
June 26	Bill Eilers	394-8560

Rides Rides Rides

991-0333

Call the ride leaders if you need more information

June 2 Breakfast Ride - The Arlington Heights Park District will once again be sponsoring the bicycle ride to Deer Grove, this year pre-registration will be required. A fee of \$1.00 for adults and 50¢ for children will be charged. You MUST register by noon June 1. Call any park district office to register. Rec Park phone 640-2596 or contact Jeanie 392-1547.

June 3 Liberty Metric Linclonshire, Il. 6:30 A.M. Dan Wright Jr. High School 38/62 miles, flat and gently rolling hills. \$5/\$12 covers map, sag, marked route, refreshments. For additional information contact Forrest Roberts 392-3465

June 9 Saturday 8:00 A.M. Rec Park Third Annual Walker Brothers Breakfast Ride. Walker Bros is an 'Eating Experience!' Savor the aroma of the enormous cinnamon apple pancake or feast on the dutch baby dripping with fresh squeezed lemon, powdered sugar and whipped butter! It is a short 13 miles from Rec Park into Glenview. After breakfast you will have a choice of continueing on to the Chicago Botanical Gardens at Lake Cook Road or return the same route but stop at the 'Grove' located on Milwaukee Ave., just south of Lake St. Ride Leaders Norma Witherbee 674-0523 or Jim/Anita Netzel 674-1282.

June 16 Balloon Chase Ride 20 miles. 4:00 P.M. Meet at Tom & Sherry Masters home. Bring sack lunch and mosquito repellent. Ride Leaders The Masters 358-7797.

June 23 Saturday 3:00 P.M. PROGRESSIVE DINNER Starts with appetizers at Linda Anderson's home, 123 N. Forrest, Arlington Hts., See Progressive Dinner Article for details.

July 4 4th of July Parade Tentative starting place is Dakton 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.

July 8 Triathalon Recreation Park 6:30 A.M.



OTHER RIDES

June 10 Chain of Lakes Ramble Zion Il. 6:30/10 A.M. David Park 32/63/100 Mile Flat \$4.75/\$13 Bicycle Club of Lake County Contact Rich Groenwald 312-295-5820

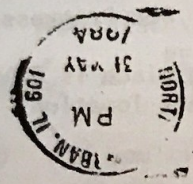
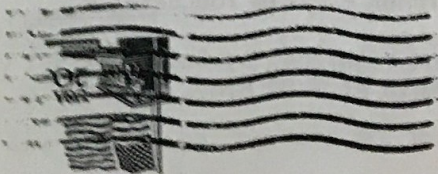
June 10 Railroad Days Ride Galesburg, Il. 7-9 A.M., 25/50/100 Miles Flat to rolling \$7.50 Galesburg Bike Club, John Burgland 309-343-7852

June 16-17 Steamboat Days Pedal-In Peoria, Il 7:00 A.M. 50/100 Saturday- 30/50 Sunday Level to moderate hills \$8.00 Illinois Valley Wheelmen, Joan Wellwood 309-685-9348.

July 3-8 BICYCLE USA National Rally \$160.00 covers rides meals double occupancy at hotel, downtown Hilton. Bicycle USA Jim Fremont, P.O. Box 988, Baltimore, MD 21203 301-727-2022

*Bicycle Club of Lake County*

Emil & Corinne Donkers  
202 N. Gibbons  
Arlington Hts Il 60004



Arlington Heights Bicycle Association  
660 N. Ridge Ave  
Arlington Heights, Il. 60004



PRESIDENT  
V. PRESIDENT  
SECRETARY  
TREASURER  
MEMBERSHIP  
NEWSLETTER

DOTTIE TOCKEY 392-2709  
FORREST ROBERTS 392-3465  
CARYL TAYLOR 255-2931  
EMIL DONKERS 253-0881  
JEANIE GAIN 392-1547  
NORMA WITHERBEE 674-0523

July 1984



YOUR CLUB NEEDS YOU!!!!

The 1st ARLINGTON TRIATHLON is almost here, July 8, and helpers are still needed. Don't wait until the July meeting to volunteer, DO IT NOW, call Dave (398-1309) or M.E. (398-1650) They need your help to make this a well run, successful, accident free event.

### DOT'S JOTS

It has been an interesting and varied month since my last report. A successful Invitational - - nice weather, good route, good food and even some money earned. The annual breakfast ride was a success even with the mixup of deadlines and change of location. It is great seeing the participation of the members of this club which makes our club events successful. The June meeting was especially informative with Mike Sadowski demonstrating 'on the road' repairs and the new Mountain Bikes. Dave V. and Bob L. had 'show 'n tell' items to share with us.

If anyone has a bicycle route between Youngstown, OH and Philadelphia PA, please contact me. Our group is still firming up the Pennsylvania portion of the trip between Illinois and New Jersey. This is taking place during the month of August, our final destination being Ocean City, NJ.

Husband, Mike and I will be doing the CATSUP ride in the Ozarks the latter part of June. I'll be sorry to miss the Progressive Dinner this year. Our Vice-Prez, Forrest Roberts is getting married June 23. Congrats, Forrest!!! Our secretary, Caryl Taylor is standing in and handling the 'work' in our absence. Thanks, Caryl....

### JULY BUSINESS MEETING

July 5 REC PARK 7:00 Mike Sadowski will continue with his "ON THE ROAD REPAIR" class.

If you missed the June repair class, try to attend this one, Mike has invaluable ways of repairing a bike when you are out on a lonely road with no one but you to figure out how to get your bike going again.

Regular Business Meeting 8:00 P.M. This will be an informal meeting with Homemade Ice Cream being served and an opportunity to enjoy Frontier Days after the Meeting.

### WELCOME NEW MEMBERS

Scott Semper  
760 Dixon Ct  
Hoffman Estates, 60195  
Phone 358-1447

Paul Cox  
4205 Dixon Dr.  
Hoffman Estates 60195  
Phone 359-5455



The Great Rivers Bicycle Tour

We have a total of sixteen people going on the Great Rivers Bicycle Tour as June 19th with several other people still uncommitted. The route has been driven. There will be several long days about 75 miles, enough hill to last you for awhile, and beautiful scenery.

I will purchase the bus tickets in several weeks and send the deposits to the campgrounds, and have thr T-shirts made. Don't forget you will need to buy your own food and provide your own transportation to the bus depot. For those 18 yrs and over you'll have to pay a \$1.00 trail fee if you ride the Sugar River Bike Trail from New Glarus to Minniahah Campground near Brodhead. Mosquito repellent is a must.

The bus will leave the Trailways depot on Randolph Street, in Chicago July 28, 1984 at 7:15 AM. It would be advisable to get there earlier. The bikes must be boxed and you will need your tools to assemble it when we get to St Paul.

Please sign the release form and send it to me along with your final payment if you haven't paid in full. The final payment is due July 5, 1984. You can also pay it at the July 5th bicycle meeting. Robert Hinkle 259-1423 ride leader

\*\*\*\*\*

Sign and return to Robert Hinkle 935 N. Mitchell Arlington Heights, Il. 60004 by July 5, 1984 or bring to the July 5th Bicycle meeting.

I \_\_\_\_\_ (name) understand that the Arlington Heights Bicycle Association will provide a bus ticket on a public carrier to St Paul, Mn., a Great Rivers Bicycle Tour T-shirt, pay for the campsites and provide clue sheets for the Great Rivers Bicycle Tour. I hereby release the Arlington Heights Bicycle Association, its officers and ride leader from all liabilities while going to, during, and coming home from the Great Rivers Bicycle Tour.

\_\_\_\_\_ signature \_\_\_\_\_ date  
 \_\_\_\_\_ signature of parent if under 21 \_\_\_\_\_ date

\*\*\*\*\*

Campground emergency phone numbers

Sat 7/28	St Paul KOA - East Frountage Rd & County Rt. 17 Woodbury, Mn. 612 436-6436	Tue 7/31 Wed 8/1	Sports Unlimited Box 210 Prairie du Chien, Wi. 608 326-2141
Sun 7/29	Whippoorwill Campground Jct County Rt 4 & 86 Theilman, Mn. 507 534-3569	Thur 8/2	Spring Valley Trails Hwy 130 & Spring Valley Rd. Dodgeville, Wi. 608 935-5725
Mon 7/30	O.L. Kipp State Park Rural Route # 4 Winona, Mn. 507 643-6849	Fri. 8/3	Minnihaha Campground 5 mi N on E Brodhead, Wi. 608 862-5725
		Sat 8/4	Big Trout Campground 5710 Shattuk Rd Belvidere, Il. 815 544-0555

WEDNESDAY NITE RIDES 7:00 REC PARK

<u>Dates</u>	<u>Ride Leaders</u>
July 3	No leader Show & Go
July 10	Show & Go
July 17	Joel Fisher 259-0039
July 24	Show & Go
July 31	Bill Eilers 394-8560

# Rides Rides Rides



July 4 4th of July Parade Starting place is Oakton and Highland Streets, by St. Peter's Church. Assemble 9 A.M. Parade begins at 9:30.

July 8 Triathlon Recreation Park 6:30 A.M.

July 22 BAMMI Preride Call M.E. Spirek for details 398-1650

Friday July 27 thru Sun Aug 5 Week Long Great Rivers Bike Tour  
Bob Hinkle 259-1423

## OTHER RIDES

July 21-22 Amishland And Lakes Very popular event patterned after the Hilly Hundred without the hills. 50 miles through Amish country, dinner and band concert and ice cream social followed with square dancing on Saturday. Breakfast Sunday morning with 50 miles in southern lake country in Michigan. MBA Inc. Box 182, Granger, In 46530. Hdq. Howe Military Academy, Howe, Ind. Total cost about \$25.00 plus T-shirt.

July 28 Moonlight Ride, Chicago Chicago is famous for its beautiful skyline, even more so under a full moon. The Hemophilia Foundation will start from the Shedd Aquarium on the lake front bike path (next to Field Museum) 6:30 P.M. \$10 tax deductible. registration fee. Hemophilia Foundation, 410 S. Michigan Ave., Room 208, Chicago Il 60605



August 31-Sept 3 Midwest Tandem Rally Dundee, Il \$40 before August 3, \$65 thereafter. Three rides for early arrivals on Friday. Saturday 40/45 miles to Union and Illinois Railway Museum. Square Dancing in evening. Sunday 45/65 miles to Long Grove. Evening banquet. Pancake breakfast Labor Day Entry fee \$20 Tom and Sherry Masters 302 E. Willow Road, Barrington, Il 60010 358-7797



To release tension in shoulders, hips, and back:

Cross one leg over opposite thigh, trying to keep both buttocks on floor. With one arm reaching down behind your neck, elbow high, and other arm reaching up behind your back, elbow low, try to link fingertips together behind back at shoulder blade level. Round forward over knees, relaxing in the position. Straighten up, change sides.

PROGRESSIVE DINNER by Norma Witherbee

The Progressive Dinner was extra special this year because it almost wasn't! Pat Vassos had worked very hard organizing the hostesses with the Andersons volunteering for the Appetizers, the Wilkersons for Soup and the Spireks for Dessert, but noone was offering to do the Main Course. At the June meeting, Pat had said dinner would be cancelled if there was not a house volunteer, so Evie volunteered Frontier Park! Anita Netzel organized the dinner and Jim Shoemaker had a marvelous suggestion how to have the food preparation quick and simple--have Eddies Lounge make it! That was an excellent idea, with a phone call we had the chicken, cole slaw and potato salad made! Along with Carol Forney, who made jello mold (this was truly Club loyalty because Carol is on a diet and could not eat her beautiful lime/whip cream jello, much less have chicken) Anita prepared brown beans and Shirley Hinkle and Elida Rech added raw vegies and salads and dinner was complete.

The riders stayed close together this year, they had to or get lost. George had made an excellent route sheet, unfortunately, I didn't get it to the group. The day was beautiful for the ride, until about 8:00 and then the slower riders were showered on. Everyone helped to clean up and then headed to the Spireks for homemade desserts and group playing of Trivial Pursuit and lots of laughs. It was a good day.

CHEESE & VEGETABLE SOUP - from the PROGRESSIVE DINNER by Marilyn Wilkerson

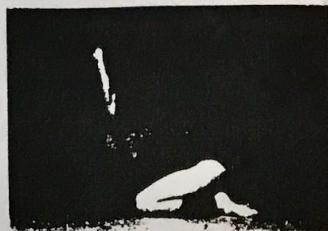
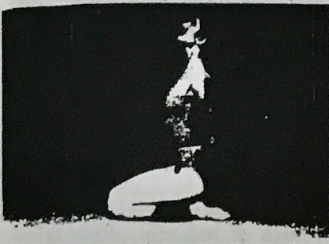
- |  |                                       |
|--|---------------------------------------|
| 2 Cups diced potatoes                          | 3 Cups (12oz) shredded cheddar cheese |
| 1½ Cup chopped onions                          | 1 t Dry mustard                       |
| 1 Cup each sliced carrots and celery           | Dash cayenne pepper                   |
| ¼ Cup butter                                   | Parsley for garnish                   |
| 6 t instant chicken flavor bouillon or 6 cubes |                                       |
| 2 Cups milk                                    |                                       |
| ½ Cup flour                                    |                                       |

Combine vegetables, two cups water, butter and bouillon in large sauce pan, heat to boil, reduce heat, cover and simmer 20-30 minutes or til vegetables tender. Combine milk and flour in small bowl, beating until smooth, gradually blend into simmering vegetable soup, add cheese, mustard and pepper, stir until cheese melts, garnish with parsley and serve.

ENJOY HOMEMADE ICE CREAM AT THE JULY MEETING from the COOKS CORNER by Marilyn Wilkerson

- |              |                    |
|--------------|--------------------|
| 3 Cups sugar | Juice of 3 lemons  |
| 3 Cups cream | Juice of 3 oranges |
| 3 Cups milk  | 3 mashed bananas   |
- Mix together, put into hand crank freezer and turn til hard then eat!

To open chest, release tension in shoulders and upper back:



Kneel on floor and clasp hands behind back. Inhale, then exhale as you lift chin and chest toward ceiling while pressing shoulders and hands toward floor. Try to lift, not arch, the upper body, keeping ribs pulled in, lower back straight. Then stretch out your back by rounding forward over knees and pressing clasped hands as high as you can.

Arlington 500 - We had another great invitational ride again this year, May 20. We did have to work around road construction outside of Frontier Park and some ominous looking weather early in the morning. Despite these minor obstacles, over 200 bikers showed up to enjoy a beautiful ride through the serene countryside and were welcomed back with a delicious hamburger lunch with all the trimmings. I want to thank everyone who helped (especially Jeanie, ofcourse) also all the cookie makers, because of everyones help, it was a huge success.

The Udder Century - Saturday, June 2, Gretchen Ludwig, Emily Alford and I drove out to Crystal Lake where we saw Steve Andes and Tom and Sherry Masters. Even though I'm from Woodstock, I biked on a lot of roads I have never been on before. Near the beginning, I rode with Sue Notorangilo ( Lon Haldeman's wife and woman's cross country record holder) for about half an hour. I even rode with Lon and John Silker for a few minutes (we all took a wrong turn together) but then they took off and I only saw them again at the sag stops. Although the winds came up making the 100 miles a little harder, the spaghetti dinner at the end made it all worthwhile.

TOMRV Tour of the Mississippi River Valley - On Friday, June 8, Dave VonBergen, Dave's nephew, Eric, and I drove out to Bettendorf, Iowa (one of the Quad Cities) for the seventh annual 190 mile TOMRV. We stayed in a motel Friday night and started out on Saturday about 7 A.M. for the 85 mile hilly ride to Dubuque's Clarke College. Unfortunately, it rained most of the day, but at least the wet cool weather made it a little easier going up some of the two and three mile hills. The sumptuous feast at Clarke College, however, made the soggy ride worth while. Also, along the way, I met up with Sharon, Mike and Steve from the AHBA. Sharon helped me alleviate the first signs of hypothermia by lending me her extra windbreaker, thanks again, Sharon. Sunday was a nice sunny day although we did have headwinds all day for the 105 miles which got up to about 35 MPH. There were also interesting hills around Galena, especially Chestnut Mountain which had a 15% grade twisting and turning for about a half mile. A lot of people who had their own sags did not finish the ride on their bikes. Even though we were all hot, tired and a little saddle sore, we were all glad we made the ride. It really was fun (if you really like biking that.much!).

IF EVER YOU THOUGHT OF RIDING WITHOUT YOUR HELMET--OR DIDN'T THINK IT WAS WORTH INVESTING IN ONE

On Saturday, June 23, Bob Milligan rode his bike on the Palatine Bike Path and collided with a young rider. Bob was thrown over the handlebars and landed on his head, he is still alive because he had on a helmet, but is in critical condition, paralyzed from the neck down. Bob is in the Spinal Corn Unit at Northwestern Memorial Hospital

Wesley Pavillion    Room 612  
250 E. Superior Ct.  
Chicago 60611

There is some feeling in his legs, but Doctors say there will be a one to two year rehabilitation time. Send Bob a card at the above address and say a special prayer for his full recovery.

Another Club Member who was just released from the hospital after a very serious operation, Katie Schoenhoff, we wish you a speedy recovery also.

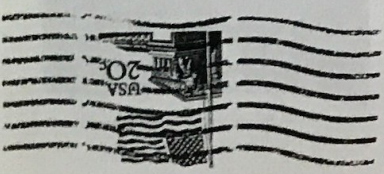
I have been thinking about you a great deal lately. I hope you are well and happy. I have been thinking about you a great deal lately. I hope you are well and happy. I have been thinking about you a great deal lately. I hope you are well and happy.

Emil & Corinne Donkers  
 202 N. Gibbons  
 Arlington Hts IL 60004



Arlington Heights Bicycle Association  
 660 N. Ridge Ave  
 Arlington Heights, IL 60004

JUN 30 1984  
 -PM  
 SUDBURN, ILL 60171





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	NORMA WITHERBEE	674-0523

August  
1984

## DOT'S JOTS

Thanks to all who made the Triathlon a success - Workers, Dave V. our Chairman and especially M. E. Spirek, Race Director.

After a slow start to the biking season, we've had some ideal biking weather. The Wednesday "day" rides continue. Recreation Park - 9 A. M. - 35 to 40 miles - Brown bag a lunch - destinations vary.

Some of our members have been going further afield for "biking happenings" --- Dave V. - Blue Ridge Parkway, Levines' - Ireland, Marilyn W. - Nova Scotia, Mike Nisen - Washington & Montana, Evie - to Bar Harbor, K. Hinkle - cross-country with the "Wandering Wheels".

This is the time of the year to watch out for heat exhaustion while riding. Remember to drink water before you are thirsty

We certainly would recommend the CATSUP ride in the Ozark Mts. in Missouri. A very well run AYH ride. Its been held for 2 years now. This year had 100 riders, a nice size for getting to know your fellow riders. The Ozarks are beautiful and the hills are challenging.

T-shirts with the club logo and your name can be ordered from Marian Monaco or Bob Jenson. For further info, contact Marian 358-6787.

### AUGUST BUSINESS MEETING

August 2 REC PARK 8:00 After the regular business meeting, our August feature will be "THE BLUE RIDGE ADVENTURE," a slide narration by Dave Von Bergen. In May of this year, Dave rode the entire length of the Blue Ridge Parkway. The Parkway stretches 470 miles, following the Ridge of the Appalachian Mountains from Virginia, south to North Carolina. Dave has much to tell us, from being chased by a bear to meeting other bikers who had been on the road for a year and a half.

At the July business meeting, Art Levine gave us a account of their two week trip to Ireland. Art had some beautiful pictures of the country. If you are interested in history, old castles to explore, ancient graves and marvelous, warm reception by the Irish people, that is the next place to plan to visit!

ARLINGTON TRIATHLON It was appreciated to see all the support from the Bike Club. The participants were very pleased to have such a free thoro fare to and from Harper. I received nothing but compliments about the Arlington Triathlon! Without such support, th the event could not have been run so well! Thanks!!! M.E.

GREAT RIVER RIDERS - BAMI RIDERS - those who are on trips and others who have not left yet; have a safe ride and may the wind be on your back and all the hills 'down'!





# WHERE IT'S



The Weather Was Perfect!

The lane lines in the pool were not evenly spaced as expected, but the swimming ran very smooth.

The water stops were well staffed. The bike and running routes were well monitored  
thanks to:

Arlington Heights Police  
Rolling Meadows Police  
Harper College Security

Arlington Alligators  
Arlington Bicycle Association  
Arlington Trotters

Schaumburg Radio Club

Everything was going so well, too perfectly, and then - - - the big disappointment. The computer was not sorting correctly.

This program was written for the Arlington Triathlon. After much discussion as to exactly what the computer needed to know, we had a communication breakdown. The computer was expecting the clock to start at 06:30:00 but the clock was started at 00:00:00, so the program had to be rewritten on the spot.

Although the importance of winners and times seem paramount at the finish, not everything runs as we would hope them to be. In perspective, this was a small problem, a large problem would be an accident, of which there were none. Next year our computer program will be perfect and the Arlington Triathlon results will be speedy and accurate.

Here enclosed are the FINAL OFFICIAL RESULTS ! ! !

## Interesting Notes:

JIM OWEN (1:32:13.8) Men's Overall Winner  
BARB CAMPBELL (1:41:42.6) Women's Overall Winner

Winner of the Club Fuji is Mark Hineman of Mt. Prospect. This was Mark's weekend! He took 3rd place in his age category, won the bicycle and then his wife topped it all off by presenting him with a baby girl, Sara Beth, the next morning!

Brothers Steve & Brian Kay had finish times just 5 seconds apart. Brother and sister Scott & Lisa Bork had times just 37 seconds apart.

Three husband & wife teams participated: George & Jeanie Chase: George took 1st in his age category, Jeanie took 2nd in hers. Tom & Beth Hutchison: Beth took 1st in her age category and Tom took 6th. Bruce & Suzy Martin: Suzy took 4th in her age category

Emily Eilers at 58 was the oldest lady to complete the Triathlon. Ray Nitch at 61 was the oldest man. Ray is a very special person as he has had two heart attacks. Completing a Triathlon was a special victory for him. Both Emily & Ray should be very proud of their endeavors.

Poor Soul award goes to Bill Parkis, No. 42. He got to Rec Park very early and then missed his start time. His clock started at 6:43:40, but he actually had to start after number 160 at 7:23:20. Although the official time records him at 2:38:25.4, he actually completed the entire course with an approximate time of 1:58:55. Next year he'll wear a Big Waterproof Watch!

Little advertising was done for the Arlington Triathlon as it was limited to 150 participants, with 10 alternates. Of the 160 total, 137 completed the Triathlon. 21 did not show up and 2 did not complete the event. 111 men and 26 women completed the event.

49 participants were from Arlington Heights (1/3); 1 from Palatine, 13 from Mt. Prospect; 24 from surrounding suburbs, i.e. Buffalo Grove, Rolling Meadows, Elk Grove, etc.; 28 from further suburbs, 5 from Chicago and 1 from Texas. Ross Bonanno from Bedford, Texas traveled the furthest distance.

A few more thanks: To Bob Glorch from the Arlington Trotters who was my right hand man.

To Dave Von Bergen from the Arlington Bicycle Association.

To Gordon Ackermann & Joe Nitch from the Arlington Alligators.

To Mike Schenkel from the Arlington Heights Police Dept. Outstanding job - over 30 officers provided traffic control.

To Jeff Kubas from the Rolling Meadows Police.

To Kevin King from Harper College Security.

To Randy Jones from the Schaumburg Radio Club.

To Charley Bennett who ran the Krominex timer.

To Don L'Amoureux, computer expert with patience of a saint!

To Arlene & Melanie from "Life Be In It" for the donation of the bike hats.

To Fuji America for the Fuji Club bicycle and the use of the extra bike helmets.

To Al Triebold who did the Arlington Triathlon artwork.

To all the people who helped as marshalls, registration, water stops, check points, food service, finish line, etc.. You made it all possible!

As a participant we hope you enjoyed the first ARLINGTON TRIATHLON. If you have any suggestions for future Arlington Triathlons, let me know.

MARY ELLEN (M-E) SPIREK  
Race Director  
1313 N. Rand Rd.  
Arlington Heights IL 60004  
(312) 398 - 1650

## ARLINGTON TRIATHLON -- Applause! Applause!

by Dave Von Bergen

The Arlington Triathlon was a smashing success!! An event like this just doesn't happen, it takes many hours of planning and lots of hard work. Mary Ellen Spirek, who served as Race Director, deserves the applause and thanks from all of us for making it happen. Thank you for a job well done.

In addition to planning, many support people are needed the day of the event. If I count correctly, 33 members of the Bike Club participated as entrants, marshalls, support people or organizers. Thirteen marshalls directed bikers in the correct direction, others handed out water, or monitored check points, while others prepared refreshments for post-race eating.

All who entered should be proud of their completion of the triathlon. To me just finishing was a great accomplishment. Out of the 7 who entered from the Club, 3 won plaques in their age group:

Emily Eilers finished 1st in the 50+ women's group in  
2 hours: 11 min.: 40 sec. Great job.

Bob Eisen finished 3rd in the 50+ men's group in  
2 hours: 15 min.: 29.9 sec.

Evie Weber finished 3rd in the 44-49 women's group in  
2 hours: 38 min.: 25.4 sec.

Deborah Witherbee finished in -- 2:12:34.3  
Dick Spirek finished in -- 2:06:19.8  
Dave Von Bergen finished in -- 2:02:30.8  
Bill Netzel finished in -- 1:49:18.6

THANKS to all the volunteers, for without your help an event like this could not happen. All-in-all everyone did what they were asked to do and enjoyed the experience of the first Arlington Triathlon-- and for most it was their first close look at one.

Thanks to all for a job well done!

## UNION WEEKEND CAMPING RIDE by Bob Lippold

On Saturday, July 14, only three club members, Mel Sandahl, Bob Hinkle and myself, decided to take advantage of the beautiful biking weather for a "shake down" ride in preparation for the "Great Rivers Bicycle Tour" this year. We rode 45 miles out through Crystal Lake (where Mel's rear inner tube blew out) to Union, IL. (A few miles before Union, Mel's spoke broke too) We had lunch in Union while watching their annual Schwabenfest Parade. After arriving at the campground outside of town, Bob and I set up our tents and went for a refreshing dip in the pool while Mel relaxed in his hammock and later replaced the broken spoke on his rear wheel. In the evening we rode back into town for beer, brats, corn, German potato salad, apple pie etc., etc.. (They had beer tents, bingo, bands and games in the park). After getting back to the campground, we, ofcourse, HAD to watch the free movie, "Willie Wonka and His Chocolate Factory". About 1:00 A.M. strong winds and rain came through for two or three hours, giving our tents

NION WEEKEND CONTINUED

a good test (Bob H. found out he needs a little modification to make his tent more water resistant). We woke up to a sunny morning, but Mel found his tire to again be flat. After three attempts at repair, it seemed to finally hold air. Meanwhile, Bob H. got volunteered to help a woman start her car while I watched. One advantage of a bicycle over a car is it has no distributor to get damp and cause problems. We had an enjoyable 40 mile ride back through Huntley and Algonquin with a little tail wind to help. Mel only had to pump up and/or repair his rear tire twice more. Better luck on "The Great River Tour" Mel!

TUESDAY NIGHT RIDES 7:00 REC PARK

<u>Dates</u>	<u>Ride Leaders</u>	
August 7	Forrest Roberts	392-3465
August 14	Joel Fisher	259-0039
August 21	Earl Mason	394-0292
August 28	Don Dereby	255-3422

# Rides Rides Rides

August 5 Sunday Picnic Ride to Lincolnshire 9:30 A.M. Rec Park 30 Miles Bring your lunch. Forrest Roberts 392-3465

August 12 Rawson Bridge Ride 8:00 Frontier Park 38 Miles Kurt Schoenhoff 540-0861

August 18 Saturday Prairie View Lunch Ride Rec Park 10:00 Lunch at Buffalo House 25 Miles Bill Eihlers 394-8560

August 25 Saturday Volo Bog Ride 9:00 Kildier School Bring lunch ride 45 or 60 miles Bob Hinkle 259-1423



September 21-22-23 Terry-Andre Camping Weekend 145 Miles from Arlington Heights, 2 1/2 hours by car. If you have been on this trip, you will remember how beautiful the park and facilities are, if you have not been there, plan to go for a delightful weekend. There are deposits on 8 campsites, if you are interested in going call Norma 674-0523 or 724-5800 (business number) or Jeanie and Pat at Bikes Plus to register. The 8 sites will accomodate 40 members, sites will be cancelled as of Sept. 3 if not enough members sign up. Rides are planned for Saturday and Sunday or you can lazy on the lovely Lake Michigan Beach. Saturday evening is beer, brats, corn, volleyball and softball time. Be sure to call Norma, Jeanie or Pat to register.

COOK'S CORNER is on vacation - be back next month

HELP YOUR NEWSLETTER how? send or write an article, it needs you to keep it interesting. Also, if you are interested is selling or buying bikes or bike equipment, send in or call in your advertisement!



# MORE RIDES

## August

- 4-11—Upper Mississippi River. SASE to Jim Stahnke, 2301 Cameron Dr., Woodbury, MN 55125.
- 5-12—Bicycle Across the Magnificent Miles of Illinois (BAMMI) SASE to Nancy Schiller, Chicago Lung Assoc., 1440 W. Washington Blvd., Chicago, IL 60607. 312/243-2000.
- 11-12—Weekend on Wheels. SASE to MN Council AYH, 30 S. 9th St., Minneapolis, MN 55402. 612/375-1904.
- 11-14—Across Illinois Bicycle Ride (AIBR). SASE to George Nussbaum, P.O. Box 2758, Joliet, IL 60434. 815/744-1242.
- 12—Jayland Tour 9. SASE to Harold DeHoff, RR 5, Box 34, Portland, IN 47371.
- 12—Elmhurst Metro Metric IV. SASE to Elmhurst Bicycle Club, c/o Chuck Vasile, Jr. 7315 S. 86th Ave., Justice, IL 60458.
- 18—Spring River Triathlon (with John Howard). 1/2 mi. swim, 20 mi. bike, 5 mi. run. SASE to Cliff Walker, c/o Bicycle Specialists, 420 Lyon St., Carthage, MO 64836. 417/358-4269.
- 18—Wurst Half Century Bike Tour. SASE to Eric Kibler, 5062 Henry-Cooper Rd., Bucyrus, OH 44820. 419/562-6184.
- 18—Brunswick Old-Fashioned Days Bicycle Ride. SASE to Brunswick Schwinn, 1480 Pearl Rd., Brunswick, OH 44212. 216/225-7746.
- 18-19—MS 120 Bike Tour. SASE to MS Society, Ohio Cptr., 1023 N. Reynolds Rd., Toledo, OH 43615.
- 19—Asaenmacher 100. SASE to Charles Overman, P.O. Box 4081, Flint, MI 48904.
- 19—Apple Valley Triath-A-Lung. 1k swim, 32k bike, 9k run. SASE to Bob Hardy, 744 Millstone Ln., Mt. Vernon, OH 43050. 614/393-6511.
- 19—Streamroller Invitational Road Rally II. SASE to Sherlock, P.O. Box 17, Streamwood, IL 60103. 312/830-6259.
- 25—Hastings Summer Fest Tour. SASE to Thornapple Valley Bikers, Attn: Don Mullett, P.O. Box 115, Hastings, MI 49058.

- 25-26—Winona Excursion Bike Trek. SASE to Pat McAllister, American Lung Assoc. of MN 55102. 612/227-8014.
- 26—Moonlight Ramble. SASE to Ozark Area Council AYH, 1908 S. 12th St., St. Louis, MO 63104. 314/421-2044.
- 26—Tri-State Metric Century. SASE to Jim Asfoor, 924 1/2 Caledonia St., La Crosse, WI 54603. 608/782-4630.

## September

- 1-3—Bicycle Across Missouri (BAM). SASE to Tom Finger, OAC/AYH, Dept. BAC, 1908 S. 12th St., St. Louis, MO 63104. 314/421-2044.
- 1-3—Midwest Tandem Rally '84. SASE to Tom Masters, 302 E. Willow Rd., Barrington, IL 60010. 312/358-7797.
- 1-3—PACRACC. SASE to The Pantagraph, 301 W. Washington St., Bloomington, IL 61702-2907. 309/829-9411.
- 2—Scenic Central 101. SASE to Greg Ott, c/o Campus Cycle, 1732 Fourth Ave., Stevens Point, WI 54481. 715/341-2151.
- 8—Whaletown Triathlon, 1k swim, 40k bike, 10k run. SASE to Jon R. Jordan, Rt. 3, Atlantic, IA 50022. 712/783-4568.
- 8—Maple Leaf Metric. SASE to Jim Townsend, 9024 Courtland Dr., Rockford, MI 49341. 616/866-0357.
- 9—Capital City Century. SASE to Springfield Bicycle Club, c/o Marcey Wertheim, 3354 Interurban, Springfield, IL 62707. 217/525-1230.
- 9—DBC September Century. SASE to Dubuque Bicycle Club, Dept. of Recreation, Bunker Hill Rd., Dubuque, IA 52001. 319/588-4700.
- 9—LAW All Wisconsin-Door County Century. SASE to Bob Gate, P.O. Box 881, Green Bay, WI 54305. 414/494-5944.
- 9—Valparaiso Popcorn Metric. SASE to Cahmet Crank Club, Inc., Box 6841, Valparaiso, IN 46382.
- 9—Hancock Horizontal Hundred/Hill-less Half-Hundred. SASE to Hancock Handlebars, P.O. Box 232, Findlay, OH 45840.
- 9—Wabash River Run. SASE to Jay Hardcastle, c/o Wabash River Cycle Club, 360 Brown St., W. Lafayette, IN 47906. 317/743-3506.
- 9—A Peach of a Ride. SASE to Slow Spokes of Macomb, P.O. Box 3015, Centerline, MI 48015. 313/468-7301.
- 15—Flat as a Pancake Century. SASE to Ozark Area Council/AYH, 1908 S. 12th St., St. Louis, MO 63104. 314/421-2044.

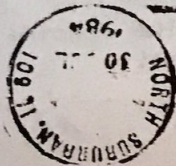
- 16—JBC Century. SASE George Nussbaum, Joliet Bicycle Club, P.O. Box 2758, Joliet, IL 60434. 815/744-1242.
- 16—N.E.O.C. XI. SASE to George M. Parree, 7512 Oregon Trail, A-1, Youngstown, OH 44512. 216-726-9366.
- 16—Irish Hills Tour. SASE to John N. Keller, 2932 Daleford Dr., Toledo, OH 43614. 419/382-6174.
- 16—Iowa Triathlon (half & full). SASE to Mike van Horn, 2107 Richard Dr. N.E., Cedar Rapids, IA 52402. 319/393-6215.
- 16—Decatur Freewheelers 61/100. SASE to Al Hansen, 318 Christine Dr., Decatur, IL 62526.
- 16—Cereal City Century. SASE to Battle Creek Bicycle Club, 134 Aloha Ave., Battle Creek, MI 49017.
- 22-23—Boone Trace '84. SASE to Louise Goldberg, Ozark Area Council/AYH, 1908 S. 12th St., St. Louis, MO 63104. 314/421-2044.
- 23—Colorama Bike Ride. SASE to Karyn Laffy, 1004 E. First St., Merrill, WI 54452. 715/536-7313.
- 30—Oktoberfest 100. SASE to Jim Asfoor, 924112 Caledonia St., La Crosse, WI 54603. 608/782-4630.
- 30—Shawnee Forest Metric Century II. SASE to Marshall Heyworth, 603 W. Oak, Carbondale, IL 62901.

## October

- 7—Kampoville Kookout Bicycle Ride. SASE to David Massey, 1101 S. Diamond, Jacksonville, IL 62650. 217/243-2758.
- 14—Wabash Valley Tandem Rally. SASE to Jay Hardcastle, Wabash River Cycle Club, 360 Brown St., W. Lafayette, IN 47906. 317/743-3506.
- 14—Fall-N-Leaf. SASE to Jim & Carol Steen, 1046 Mans-Wash Rd., RD #5, Mansfield, OH 44903. 419/526-1528.

Emil & Corinne Donkers  
 202 N. Gibbons  
 Arlington Hts IL 60004

Arlington Heights Bicycle Association  
 660 N. Ridge Ave  
 Arlington Heights, IL 60004





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V. PRESIDENT  
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CARYL TAYLOR 255-2931  
EMIL DONKERS 253-0881  
JEANIE GAIN 392-1547  
NORMA WITHERBEE 674-0523

September  
1984



ON THE ROAD AGAIN !!!

The summer is going by very swiftly, but we still have September and October with a full ride schedule. It has been a good year with successful activities.

As this newsletter goes to press, your Pres will be bicycling from Chicago to Atlantic City, having left August 11th. The plan is to be home by Labor Day, so we will see you at the September meeting.

#### SEPTEMBER BUSINESS MEETING

8:00 P.M. Recreation Park After the Business Meeting, Bob Hinkle will have a slide presentation of the Great Rivers Bike Ride. Bob has some beautiful pictures of the rolling Minnesota country, so we will all be able to see what a great tour we missed.

### Rides Rides Rides

Sept 1 - 3 Show & Go 8:00 A.M. Rec Park

Sept 9 Wheeling Harmon Hundred 6 A.M. Wheeling High School Wheeling Bike Club Invitational

Sept 14 - 15 - 16 Terry Andre Weekend Please note the dates -- not the 20 - 21 - 22  
To reserve your camp site, contact Evie 392-6288 or Norma 674-0523 or Jeanie and Pat at Bikes Plus. Rides are planned for Saturday and Sunday. Saturday evening will be the traditional beer, brats, corn, volleyball and softball time. Sites not reserved, will be cancelled after the September business meeting--so you still have time to make arrangements for a fun weekend.

Sept 22 Pot Luck Dinner has been cancelled

Sept 30 Sunday Apple Cider Ride 28 miles to Waconda Apple Orchard Meet at Kurt and Kaete Schoenhoff home, 16 James Ct., Hawthorne Woods, Phone 540-0861. Old McHenry Rd., through Long Grove, past Rte. 22 to 2nd street on the right, Darlington, to James Ct., left. After the ride, Kurt will have grills in his back yard for supper, bring your own picnic--plenty of parking space for cars and lots of land for volleyball etc. Meet at 10:00 A.M.

Oct 14 Sunday Lake Forest Historical Homes Ride 2 hour bike sojourn past stately Lake Forest Mansions conducted by Kim Tunney. Kim wrote and planned this tour for the AHBA. A Box Lunch will be ordered (if riders interested) from the Swiss Colony Restaurant \$5.00 and includes sandwich on San Francisco Sour Dough Bread, chips, brownie and wine, soda or juice. Starting ride lengths, with the longest beginning at 9:00 from Frontier Park. Shorter ride start to follow. Lunch is scheduled for 12:00 and the tour begins at 1:00. Tour cost \$3.00, contact Norma to register. Home 674-0523 or office 724-5800. Plan to attend and bring a friend.



## COOK'S CORNER by Marilyn Wilkerson

The cook ran out of peanut butter in the Northeast, so came back home! My diet was not limited to peanut butter, but it did power me up a couple mountains and it is always in my pack for emergency food to spread on bread or apple slices. I carry the following mixture in a tupperware container and when it runs out I mix up another batch in the same container with my unbreakable, lightweight lexon spoon. Amounts are approximate - who carries measuring cups.

- 1 Jar natural peanut butter
- $\frac{1}{2}$  Cup dry milk powder
- $\frac{1}{2}$  Cup or more honey
- 1 T bacon fat (optional for flavor)

The recipes featured in this column have been for foods high in nutrients and unrefined carbohydrates to fuel your body well for rides. With all the calories we burn up with our summer riding, we can justify some delicious, sugar filled, empty calorie desserts. Since my attempt with homemade ice cream in July was foiled (I really had to ride a lot to burn off those two gallons!) I will try again this month with brownies. These are as fast to make as a mix.

### ONE BOWL BROWNIES

- |                               |                         |
|-------------------------------|-------------------------|
| 1 $\frac{1}{2}$ Cup flour     | 1 Cup liquid shortening |
| 2 Cup sugar                   | 4 Eggs                  |
| $\frac{1}{2}$ Cup + 2 T cocoa | 2 t vanilla             |
| 1 t salt                      | 1 Cup nuts (optional)   |

Put all ingredients in mixing bowl and beat three minutes with electric mixer. Bake in 9 x 13 pan 25-30 minutes at 350°. Dust with powdered sugar or frost with following:

- 1 Square melted unsweetened chocolate
- 2 T butter soft

Stir in  $\frac{1}{2}$  cup confectioner's sugar

Stir in warm water about 2 T until smooth and spreading consistency

## OTHER RIDES

Sept. 2 **ATOMIC BIKE HIKE** - Argonne Bicycle Club, P.O. Box 303, Bolingbrook, IL 60439. 852-0035.

SEPT. 30 **APPLE CIDER CENTURY** Popular event in Three Oaks, Michigan. 25 and 2 50-mile routes..mix or match for as many miles as you please. Spaghetti dinner after ride. Three Oaks Spokes B.C. c/o Brian Volstorf, 303 E. Michigan, Three Oaks Spokes, MI 49128. 616-756-3111.

October 6-7 **HILLY HUNDRED** Very popular invitational of Central Indiana Bicycle Association (hosts of 1984 L.A.W. Convention in Indianapolis). Hdq. Bloomington, Ind. with 50 miles on Saturday, dinner and entertainment and breakfast and 50 miles on Sunday. CIBA c/o Catherine Dusing, 5304 Crown, Indianapolis, IN 46208 317/255-0559.

## RIDES RERIDDEN

Kurt Schoenhoff reported there were 8 riders and beautiful weather for the Rawson Bridge Ride.



## The Great Rivers Bicycle Tour

A combined group of sixteen AHBA riders and YMCA riders under the leadership of Don Quinlan boxed their bikes and flew from Chicago's Midway Airport to St. Paul's International Airport. The bikes were assembled in the terminal building and we were on our way to the first campground by 2:00. The Minnesota Department of Transportation provided a route out of the airport by using service roads, the bike path through Fort Snelling State Park, and a safe route through St. Paul to the KOA campground 29 miles away. We passed the capital and rode briefly along the Mississippi River staying mostly within sight of one another until we got out of St. Paul. Near disaster struck when Mel S. got off his bike and had his back rim potato chip. He was able to straighten the rim good enough to complete the entire trip, although he had several spokes break.

Sunday our first full day was bright and sunny. Bob L., Emil, Mel, and Bob H. left the campground first, the younger generation was still in their tents. It didn't take long to find the hills and to hear the sounds of clicking protests from our derailleurs. We rode through the St. Croix River valley and crossed the river at Prescott, Wi. stopping at a small cafe for breakfast. A loaded bicycle attracts attention and we talked with several towns people. Scott and Paul, two new members, caught up with us in Prescott and rode with us. The ride took us along the bluff over looking the Mississippi River and then along the river valley. This must have been a popular route for we met a young couple pulling their child behind their bikes in a cart and the St. Paul AYH rode with us for several miles.

The whole length of the Mississippi River from Prescott, Wi. to Prairie du Chien, Wi. was lined with towering bluffs. Our route took us sometimes along the river where it was relatively flat and then up the long steep grades to the top of the bluffs. The view from the top was breath taking (not just from the ride up, either). It didn't take people long to modify the routes. The YMCA group by-passed one hilly section the very first day. We had our share of flat tires. Because of a combination of getting a late start in the morning and five flat tires the YMCA riders were unable to make it to the O.L. Kipp State Park before dark and therefore spent the night at the Winona KOA. The next day they rode 90 miles instead of the 80 to catch up.

Wednesday, our day off in Prairie du Chien was spent doing many things. Some washed cloths, sat in the whirlpool, and went swimming at the campsite. Others went for a boat ride on the Mississippi River, visited historical sites, tasted wine at the wine cellar in Ia., view Effigy Mounds National Monument, and went to the movies. Crazy Bob H. didn't get enough hills so he rode up to Pikes Peak State Park in Ia. He got a terrific view of were the Wisconsin River empties into the Mississippi River.

The ride along the Wisconsin River was similar to the Mississippi River. As long as you stayed on the main roads next to the river there were no steep grades. However the county routes going away from the Wisconsin River were very hilly. As a AHBA member once said "I never saw a hill I couldn't walk". Some of these hills were definitely walking hills.

On Thursday Bob H. got sick and couldn't keep anything down. After riding 60 miles he finally called it quits. Emil's wife, who had come to pick up Emil so he could get back in time for BAMMI, pick Bob H. up. Bob went home with the Donkers but rejoined the ride Saturday in Belevidere.

As the hills begin to get fewer and farther apart riding became easier and faster, thus more time for sightseeing. Friday afternoon was spent in New Glarus eating lunch on the balcony of the hotel over looking main street. Mel, Bob L., Scott, and Paul also visited the museum. They rode part of the Sugar River Bicycle Trail after leaving New Glarus to avoid several large hills. The trail was narrow and the surface crushed limestone, so after by passing the hills they rode the county roads to the campground.

Sunday saw everyone getting up early to start for home. Even the riders from the YMCA were stirring earlier than usual. The flat corn and soy bean fields were a sharp contrast to the scenery to what we saw at the beginning of the trip. Ah beautiful flat Illinois. As we approached Frontier Park riders begin to split off from the route and head for home. The total milage was approximately 500 miles.





PRESIDENT	DOTTIE TOCKEY	392-2707
V. PRESIDENT	FORREST ROBERTS	392-3465
SECRETARY	CARYL TAYLOR	255-2931
TREASURER	EMIL DONKERS	253-0881
MEMBERSHIP	JEANIE GAIN	392-1547
NEWSLETTER	NORMA WITHERBEE	674-0523

October  
1984

DOTS JOTS



This board's term in office is about over except for this month's voting and the installation of new officers in November, which doesn't leave much for Dot to Jot!!!!

This month I would like to discuss biking in Pennsylvania ---- or ---- you can't believe everything you hear!!! Quote "Bad road surfaces, steep grades and run-a-way coal trucks" Unquote. In actuality Pennsylvania turned out to be an absolute delight. Scenic roads and fantastic vistas, Gettesburg Battlefield Bike Route including Eisenhowers farm, Lancaster Co with the Amish homes, Strassburg Railroad, Philadelphia, charming bed and breakfast accommodations, very few coal trucks on our selected routes --- and even though the interstate went through the mountains while we had to go over them, none of the passes were that bad!!!! (Possibly because we did get alot of local advise on the "least hilly" way to our destination each day.)

Eastern Pennsylvania (east of the Susquehanna River) is a great biking area. We were following highway markings a great deal of the time -- Lancaster's Covered Bridge Century, York FA Bike Club Invitational etc., not to mention following parts of the 1984 RAAM route -- Gettesburg, Hanover, Benjamin Franklin Bridge across the Delaware River. We had a partial cue sheet that a friend had gotten from Penceres Parents. In the Penn./N. J. area, it seemed to me, that about every 10th car was set up for transporting bicycles. The people are avid bicyclists and they leave their bike racks on permanently, apparently with a minimum of vandalism or theft.

OCTOBER MEETING

Thursday, October 4 - 8:00 P.M. Rec Park - a VERY important meeting because it is---

ELECTION NIGHT!!!

SLATE OF OFFICERS

President Marilyn Wilkerson  
Jim Krupa  
V. President George Vassos  
Secretary Joel Fisher  
Treasurer Emil Donkers

Nominations will be accepted from the floor

If you are unable to attend the meeting, you may use the Absentee Ballot

\*\*\*\*\*

After the Business Meeting, stay for fruit and cheese and a movie, "Psychling!" a documentary about John Marino, who suffered a crushed vertebra early in life, The film covers how he used the power of positive thinking on his 1980, record setting, Transcontinental Bike Ride to overcome the back pain, and become a true winner!

ABSENTEE BALLOT Vote for one for each office

PRESIDENT

Marilyn Wilkerson \_\_\_\_\_

Jim Krupa \_\_\_\_\_

Other \_\_\_\_\_

VICE PRESIDENT

George Vassos \_\_\_\_\_

Other \_\_\_\_\_

SECRETARY

Joel Fisher \_\_\_\_\_

Other \_\_\_\_\_

TREASURER

Emil Donkers \_\_\_\_\_

Other \_\_\_\_\_

Mail or take to Jeanie Gain by  
Thurs. Oct. 4 717 N. Beverly Ln  
Arlington Hts.

Please sign Name \_\_\_\_\_

Address \_\_\_\_\_

\*\*\*\*\*

GOOD TIMES PAST

TERRY ANDRAE WEEKEND

S00000---this is Terry Andrae! Are you sure it is not Alaska? AHBA has the **hadiest** Bike Club around. Rain, 37° temperatures and maybe a few snow flurries could not keep 18 cyclists from the September campout.

The traditional 25 mile Saturday morning ride to Port Washington was done in one hour and thirty-five minutes, thanks to a helpful tailwind. We met Sylvia Daletski's hubbie, Bill, in town--he had just caught a 25 lb Chinook and was proudly posing for pictures.

If you have ever gone on a ride led by Norma or Evie, you know that there will be a great restaurant at the half way point. Smith Brothers Fish Shanty was Saturdays epicurean delight, whereas on Sunday, it was lunch at Craft Corners, located on the edge of the Kettle Moraine Northern Unit. Only six people were left for Sundays ride, everyone else was frozen solid. Temperatures on Saturday nite kept dropping. The three huge campfires we used to cook our corn and brats on were not even adequate to keep ourselves warm. I thought for sure we would have a few 'hot seats' during the course of the evening---I was standing by with the necessary beer to douse any 'burning bikie'.

A standing ovation goes to Cindy Cochrane who rode 25 miles up hill and into the wind most of the way on Sunday. After a Great lunch, she turned her bike over to her husband, Ralph, who then had an easy ride down hill and into camp. All in all, it was a good weekend.

Evie

COOKS CORNER by Marilyn Wilkerson

A Biker's favorite snack is a convenience food that comes in a neat package, requires no preparation, is nutritous, tastes good, and is easy to carry. Most fresh fruits meet these requirements. Remember that fruits are cheapist, best tasting and most nutritious when they are in season. To be at their best, they must be ripe. Since this is the season for apples and cider, we will bring some back from the Apple Cider Ride, Sept. 30, to serve at the meeting along with Wisconsin cheese from the Terry Andrae Weekend ride.

# Rides Rides Rides

Friday Oct 7

Glen Gutmann Ride Leader 639-6473. The riders will be from the AHBA and the Nordic X Country Ski Club.

## 3rd ANNUAL BICYCLE BARBEQUE - Oct. 7

This trip packs a one - two punch. (so to speak) First it is scheduled in early October ... perfect bike weather. Usually it's cool enough to be comfortable, but warm enough for shorts, (just like in heaven - appologies to die hard x-c buffs). Second it's mapped out through some of the NW suburbs most interesting terrain, it's not flat out here.

We'll do the 30 mile ride through Algonquin, Barrington Hills, and Fox River Grove in the morning leaving here at 8:30 sharp. The shorter 11 mile ride will be saved for after lunch, which will be scheduled for around 1:00. The beauty of this arrangement is that you can do either ride or both rides or neither ride and just come for lunch. Burgers and brats will be supplied (\$4.00 per head) but bring your favorite beverage and a dish to pass. We'll be at the Sept. meeting to handle sign ups and distribute directions. If you're coming but can't be at the meeting give us a call by Sept. 30th. Glen 639-6473 (Re-printed from the Nordic Ski Newsletter



Sunday Oct 14 Norma Witherbee Ride Leader 674-0523

Lake Forest Historical Home Ride A two hour bike tour of the mansions in Lake Forest (we will ride by but not go into), the tour guide will be Kim Tunney, who will have lots to tell about the history and designs of the homes.

Lunch--thanks to Don Dereby, we have a better, more economical, all you can eat, place for lunch -- the Student Union at Barat College. Cost \$2.75. If you prefer, brown bag it and eat in the Union or on the Campus grounds. Lunch is served from 11:30 til 1:00.

Ride Times Long Ride - leaves from Frontier Park at 9:30 A.M.

Short Ride - meet at the Student Union at Barat College. The College is located at Sheridan Rd. North of Westleigh R. in Lake Forest. Meet at 11:30

Tour The tour will begin at Market Square, 700 N. Western Ave (by Marshall Fields)

Register Sign up for the tour and lunch by the 8th. I will need to let Barat College know by then how many to expect, and, we have to guarantee a minimum of 15 riders for the tour. Tour cost \$3.00 per person.

Mark your calendar for this ride -- where else could you go for under \$6.00 for the day!!

Saturday October 20 President's Ride Dottie Tockey Ride Leader Call Dottie for details. 392-2709

Saturday October 27 Pumpkin Patch Ride Tom & Sherry Master Ride Leaders 25 mile ride meet at the Master's home at 10:30. 302 E. Willow Rd. Phone 358-7797 Barrington

Congratulations to Tom and Sherry Masters, Co-chairmen for the Midwest Tandem Rally, better known as Whoopie in Dundee, and all the other Club members who assisted them in making the Rally the marvelous success that it was.

POINT SYSTEM

Below is a list of members and their total number of points they currently have or will have at the end of 1984.75¢ a point cash value can be used to offset the cost of patches, club T-shirts, dues, recognition dinner and other club functions. The points must be used by the end of 1984 or can be applied to 1985 dues.

Emily Alford .....	2	Anita Netzel .....	10.5
Linda Anderson .....	5	Carol Netzel .....	6.5
R. Anderson .....	2	Jim Netzel .....	8.5
Steve Andes .....	1	Bill Netzel .....	3.5
		Mike Nissen .....	3
Jack Baker .....	1		
Ron Berry .....	10	Caroll Panzyk .....	3
Joan Briggs .....	1.5	Renee Putbress .....	1
Erwin Campbell .....	1	Elida Rech .....	6
Laura Caravello .....	2.5	Forest Roberts .....	18
Cindy Cochran .....	3	Mickey Rosenbury .....	2
Marilyn Cook .....	2		
Ron Cook .....	2	Mel Sandahl .....	2
		Jeanne Sauter .....	3
Emil Donkers .....	18.75	Kurt Schoenhoff .....	6.25
Corrinne Donkers .....	3	Pat Schramm .....	14.25
Don Derebey .....	9.5	Jim Shoemaker .....	6.75
		ME Spirek .....	11
Bill Eilers .....	5	Rick Spirek .....	1
Joel Fisher .....	7.5	Carol Taylor .....	18
		Dottie Tockey .....	22
Jeanie Gain .....	28	Mike Tockey .....	5
Glen Gutmann .....	2	Bill Turner .....	7
		Barb Tyrell .....	4.5
Paul Herdst .....	1	Don Tyrell .....	2.5
Bob Hinkle .....	21.5		
		George Vassos .....	13.25
Bob Jensen .....	9	Pat Vassos .....	9.75
Dan Jensen .....	6	Paul Vassos .....	3.5
Herb Jensen .....	1.25	Jeff Veenendaal .....	4
Mary Jensen .....	1.25	Dave Von Bergon .....	15.25
		Nancy Von Bergon .....	3
Jim Krupa .....	8.5		
Sharon Krupa .....	4	Evie Weber .....	3
		Rich Weber .....	1
Mike Lattof .....	6.75	Marilyn Wilkerson .....	10
Art Levine .....	1	Luz Winterpacht .....	7.75
Bob Lippold .....	24.25	Mike Winterpacht .....	5.5
Diane Lippold .....	2	Rafael Winterpacht .....	3
Gretchen Ludwig .....	2	Norma Witherbee .....	23
Earl Mason .....	4.25		
Sherry Masters .....	12.25		
Tom Masters .....	12.25		
Marion Monaco .....	9		
Lori Munson.....	6.75		

21  
150  
1575

COGNITION DINNER

The AHBA annual Recognition Dinner and Installation of Officers has been scheduled for Saturday, November 3. Dave and Nancy Von Bergen have arranged for dinner at a lovely restaurant at Arlington Lakes Golf Club. Check the previous page for your points earned, cash value is 75¢ per point and all of your points or part, may be applied toward the cost of the dinner. Please fill out and mail your reservation form with your check to Dave by Oct. 25.

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RECOGNITION DINNER      INSTALLATION OF OFFICERS

SATURDAY    NOVEMBER 3, 1984

COCKTAILS 6:30    DINNER 7:30

THE ARLINGTON LAKES GOLF CLUB, Festival Room  
1211 SO. NEW WILKE RD.  
ARLINGTON HEIGHTS

Name(s) \_\_\_\_\_  
\_\_\_\_\_

Price: \$12.50

(If using points toward cost, please indicate)

POINTS Yes \_\_\_\_\_ No \_\_\_\_\_ Number \_\_\_\_\_ Check Amount \_\_\_\_\_

MAIL TO DAVE VON BERGEN by Oct. 25, 1984  
621 S. Dunton  
Arlington Hts. 60005

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THE OTHER BIKE RIDE ACROSS WISCONSIN  
by Don Dereby

There are so many summer tour groups to choose from that it actually becomes a problem to select one that best fits our abilities and interests. About the best we can do is to talk to others who have been on these trips and thus form some basis upon which to make a choice. It is in this spirit that I would like to tell you about a new tour I joined this past summer.

TOBRAW (The Other Bike Ride Across Wisconsin) is a tour organized by two men who have long been involved with SAGRAW. It was meant to be a more challenging ride and, according to participants familiar with both, it definitely fulfilled this goal. The ride totals about 500 miles, starting at Concordia College just north of Milwaukee. It stops at Waterloo (home of Trel), Reedsburg, Wauzeka, Platteville, New Glarus, Whitewater, and back to Concordia. Four nights are spent in high school gyms or tents, and two nights are spent in the University of Wisconsin dorms at Platteville (we watched the Bears practice) and Whitewater. The \$125.00 cost covered excellent breakfasts and dinners as well as transportation of luggage, tents, etc..

Daily distances varied from 86 miles tops down to a hilly 53 miles to New Glarus. Most of the tour involves the hilly portion of central Wisconsin, but for most of the participants, the scenery and the feeling of accomplishment make the effort worth while.

This Tour is scheduled for early July next year. The same leaders will have another new, less demanding, ride from Milwaukee to Door County starting the last weekend in July. From my experience, you couldn't go wrong joining either group.

What does the Pacific and the Atlantic Oceans have in common with a sweaty cyclist? Right---Salt! I produced enough sodium chloride during my summer vacation to qualify for the new 'Morton Salt Girl'!

On July 16, Sylvia Daletski and I, Evie Weber, loaded our bikes and road out of Arlington Heights--eventually hoping to arrive in Bar Harbor, Maine. What a journey it turned out to be. We had so many adventures every day that it was hard to make any headway.

There was the 'Big Snake Hunt!' While riding through Indiana, a humungus snake slithered out onto the road in front of my bike. I came to a very sudden stop! Curiosity overcame the resident of a nearby home, 'why are you just standing in the middle of the road?' Well, when the lady of the house heard it was because of a snake, she slammed the door and told her husband that she wasn't budging until he destroyed the snake. What a hunt, he got the snake, but destroyed her flower garden in the process.

Then there was the friendliest town, Chardin, Ohio, where the town's people actually fought to see whose back yard we would sleep in. When we finally chose Mr. and Mrs. Paul Pope's motor home (we are no dummies) another lady came up to us and asked, 'can't you just come over to our house to take a shower?'

People were so friendly, too friendly, infact. It became increasingly difficult to ride out of towns. 'What are you doing, trying out for the Olympics?' was a frequent question. 'Where are you going, how old did you say you were?' We were constantly interviewed by radio and newspaper people. It got so bad that one day I told Sylvia that I was taping our mouths and should we be asked where we were going, I would say 'we are running away from home'!

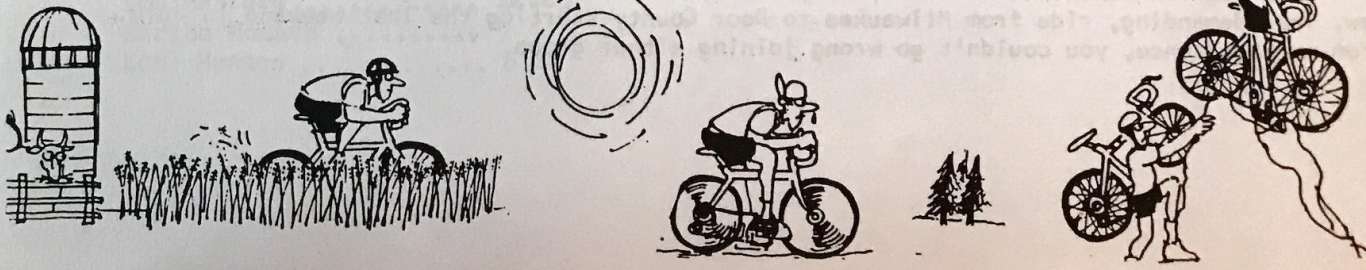
We found our way through Indiana and Ohio with state maps and asking hundreds of questions of the local people. When we reached Cleveland, Ohio, we picked up the Bike Centennial route--and lots of hills! Unfortunately for Sylvia, her vacation was cut short by one week, business called her home. Her husband, Bill, drove out to the Alleghney Mountains in Pennsylvania to pick her up. We were only two miles from New York.

Apprehensively, I set out to ride the 450 miles across the state of New York by myself. I had seven days to get to Ticonderoga where it was arranged that Joan Schaeffer would meet me. Some of the best experiences awaited me going solo, and some were a little scary and spooky!

It took for weeks, \$1,400 (including air fare home) and 27 rolls of film and only one flat tire! We had great tail winds in Indiana and Ohio--and marvelous hills in Ohio, Pennsylvania, New York, Virginia, New Hampshire and Maine. They never stopped. Out west you rode through the valley climbed a pass, rode down to another valley. East, it was up and down and up and down and up and down all the time. Often it would be a 2,000 foot climb in two miles and at the top of each hill, I swore I would mail half of my equipment home. I constantly blessed Mike Sadowski for my 22 inch gear, what a joy!

The worst parts of the trip were the dogs in Pennsylvania. As you rode through areas where the farms looked like junk yards, they also had mean, junk yard dogs! They would attack without any warning, no bark, I developed a true horror story scream--guaranteed to stop them in their tracks. The other unpleasant part was riding Route One from Winskat to Bar Harbor, Maine. This was a true test of courage.

Would you do it again?? YOU BET, in an instant, it is the only way to see the USA!!



HELP HELP -- HELMETS NEEDED

Thomas Jr High School is having a field trip on Friday, Oct. 12, and is in need of an additional 12 helmets. Joan Schaefer, the P.E. teacher in charge, is leading a group of approximately 35 future "Bikies" to Lakewood Forest Preserve.

With the aid of AHBA and Bikes Plus, we can help these teenagers off to a safe start by providing the necessary helmets. This would be an "easy" way for you to promote safe cycling. Joan will be going over the finer points beforehand, such as proper riding technique and rules of the road. Dick Spirek has volunteered his time to come to the school and teach them how to fix a flat and talk about some other minor repairs that they might have to encounter along their trek.

So, PLEASE, if you have a helmet they can use, bring it to the October meeting and give it to Evie Weber or call Evie at 392-6288 and arrange to have the helmet picked up. Be sure to put your name in your helmet.

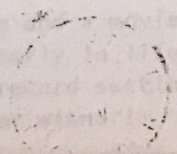
Thanks, Evie

had road surfaces, steep grades  
... Pennsylvania turned out  
... fantastic views, Beckwithburg  
... Lancaster Co with the  
... morning bed and breakfast  
... our selected routes --- and even  
... through the mountains while we had to go over  
... Possibly because we did not  
... way to our destination each day.  
... is a great biking  
... a great deal of the time  
... York PA Bike Club Invitational etc.,  
... route -- Gettysburg,  
... Delaware River. We had a  
... from Penderex Parents to the  
... that about every 10th car was not up for  
... avid bicyclists and they leave their  
... apparently with a minimum of vandalism or theft.

... because it is...

- President: Madeline Witherspoon
- Vice President: George ...
- Secretary: Joel Fisher
- Treasurer: Bill ...

... from the  
... meeting.  
... letter



10/12/88



President	Marilyn Wilkerson	439-4496
V. President	Jim Krupa	398-5618
Secretary	Joel Fisher	259-0039
Treasurer	Emil Donkers	253-0881
Membership	Jeanie Gain	392-1547

NOVEMBER

1984

\* \* \* \* \*



Our new president, Marilyn, writes  
"From my Atala seat"---

Although it is sad to think of the good biking season drawing to a close as the leaves fall, how exciting it is to be planning a new fun-filled cycling year for 1985! A great cycling year in 1985 is my wish for the members of OUR CLUB. For this wish to come true, we need:

PARTICIPATING RIDERS. Good rides are the most important feature of a bike club and we need ALL OF YOU to ride.

COMMITTEE CHAIRPERSONS. Good rides and programs don't just happen but require some planning and publicity. We need volunteers for chairpersons of the following committees:

1. Newsletter editor
2. Program
3. Bike swap
4. Arlington 500 invitational
5. Patches
6. Refreshments
7. Historian - Dottie Tockey
8. Membership - Jeanie Gain
9. Rides - Jim Krupa

As you see, three spots have already been filled - two by volunteers and one by election as the vice president is automatically rides' chairperson.

COMMITTEE MEMBERS. The chairpersons of the above committees will need volunteers to help them.

RIDE LEADERS. Here is your chance to take others on your favorite ride. If you have no route mapped out, Jim will provide cue sheets or maps for you.

When co-chairing the Arlington 500, I found the number of members who volunteered to help was most impressive. I'm confident that you will be just as willing to help now by offering to be a chairperson or member of one of the committees above. As the saying goes, "You get out of it what you put into it." So---let's grind up those hills together and have fun free-wheeling for a super ride down! Call me at 439-4496 to volunteer or just to chat.

\* \* \* \* \*  
THE "LAME DUCK" QUACKS

Thanks everyone. I've had the opportunity during the past year to speak to several different bike club presidents across the country. The lament has been "We can never get more than 10% of the club to volunteer for anything". I found it very gratifying to see the list of 73 workers printed in our last newsletter. Thanks again, guys and gals.

If I had my summer riding season to plan all over again, I would do the same. Be in town for those fabulous Olympics and 'be on the road' during the Republican Convention!!!!!!!!!!





Recognition Dinner

Sat. Nov. 3 - Arlington Lakes Golf Club - Cocktails 6:30 Dinner 7:30  
Details in Oct. newsletter or phone Dave 398-1309

Thanksgiving Day Ride

All Turkey Trotters - - 9 a.m. at Al & Jeanie Gains, 717 N. Beverly Ln.,  
Arl. Hts. Miles subject to weather.

Christmas Party

Mark your calendars - Dec. 1st. Fun for All!! HO! HO! HO! - St. Nicks  
coming out party. Ride with him at 2 p.m. Social hour 4:30 - 5:30 p.m.,  
Then a big pot luck and games. Club will supply meat dish & punch.  
Everyone else, please bring a 'dish to pass' that serves 10-15 people.  
Place 410 N. Douglas (Ride and Party)  
Time 2 p.m. - 4:30 p.m. - ?

Bring a generic gift for our grab bag. Limit \$5.00. A sign-up sheet will  
be passed at the Recognition Dinner for the 'dish to pass'  
RSVP - Jim or Sharon 398-5618

\* \* \* \* \*

Vice President's Notes - OK another year is upon us. I need your help, on  
getting rides for 1985 - so 'off your buns' & 'on your pedals'. Ride! Ride!  
Ride! I would like to find out what kind of rides YOU want! So - please  
fill out the questionnaire below.

A. Experienced Level: Maintain 15 MPH pace with few stops and cover 75  
miles or more.

I would ride --yes --no --sometimes

B. Intermediate Level: 12 MPH pace with some stops and cover 50 to 75 miles

I would ride --yes --no --sometimes

C. Casual Level: Riders not concerned with pace may stop often. Basically  
out to enjoy the sights, scenery, conversation and fresh air - distance not  
important.

I would ride if miles were - -- 50 or less  
-- 35 or less  
-- 25 or less  
-- 10 or less

I would like to have weekend trips -

--yes --no  
Hotel/Motel----  
Camping ----

----- I would like to help with ride schedule.

Name----- Phone-----

### Cooks corner

For my last cook's corner this year, I have a super recipe! If you try it, don't call me!

#### "Hippopotamus Pot de Mousse"

16 lbs. bitter chocolate  
2 lbs. white sugar  
2 lbs. brown sugar  
1/2 cup vanilla extract  
11 gal heavy cream

In a large pan, melt the chocolate over boiling water. Add sugar and vanilla. Continue cooking until sugar is dissolved (about 3 days). Set aside to cool. Pour cream into a well-scrubbed kitchen sink. Using a small jacuzzi pump, whip the cream until stiff peaks form. When you have recovered, fold the chocolate mixture into the cream. Shovel into serving bowls.

Serves 3 bikers.

\* \* \* \* \*

### Good Times Past

Kurt's Apple Cider Ride was held on a glorious fall day. Considering the nice biking weather, we were a little disappointed by the turnout. You all missed a great ride. Good weather, good food and good company.

Prez ride - On Oct. 20, 4 riders made a leisurely 14 mile ride to Magas Restaurant for breakfast. We surely thought it was 'a Tuesday nite ride' as we passed two of the usual ice-cream stops.

BBQ - Glen Gutman had planned to sleep late and listen to the rain on the roof. While he was snuggling into his warm blankets and wondering what to do with the food, those die-hard bicyclists started arriving on his front stoop. The ride was great but while qualifying for his 1984 rain patch, Mike Tockey also qualified for a full arm cast. He wiped out on a wet railroad spur line. Howard Hanson from the ski club took a header at the same spot 10 mins. later but his helmet took the main impact.

\* \* \* \* \*

Notes from your editor's doodle pad - - For those of you who remember Mike Madden, he has been living in California for 2 years and is employed by Hughs Aircraft. He got married last February to a girl from Canada. His mother tells me that Mike recently bought her a 10 speed bike.

Welcome new member:  
Ray Nitch  
813 N. Hickory  
Arlington Hts., IL