

PRESIDENT
Marilyn Wilkerson 439-4496

V. PRESIDENT
Jim Krupa 398-5618

SECRETARY
Joel Fisher 259-0039



TREASURER
Emil Donkers 253-0881

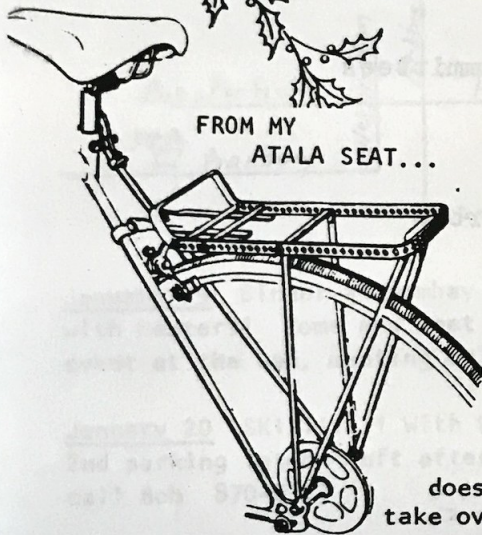
MEMBERSHIP
Jeanie Gain 392-1547

NEWSLETTER
Norma Witherbee 674-0523

Best wishes for a

HAPPY HOLIDAY SEASON

FROM MY
ATALA SEAT...



What a fun Christmas Party we had and a good ride to start it off. Thanks, Jim and Sharon, for having us and to everyone who brought all of that good food.

Once you find the right clothes combination for you, winter riding can be enjoyable and invigorating. Do any of you remember when you first started biking and rode only three seasons of the year? Are you doing that now? I will never forget how my legs felt in those years after that first ride in the spring. Thanks to an exercycle, then rollers, I can ride all winter now and avoid that springtime pain and strain. However, I learned from this equipment that it is much more fun to ride outside as long as the temperature is above 20° and the roads are clear. Now my Atala never gets stored for the winter, but it does have a season of partial rest when the snow falls and the skis take over.

There are two events coming up to help you with your winter training and keep the bike going. I hope to see many of you at the New Year's Day ride. If there is snow we will enjoy skiing or hiking instead. The second event to keep you riding is the indoor fireside ride, February 10. This provides a good chance to try winter training equipment or to enjoy using your own in the good company of others.

Tip for the month: **DON'T** store that bike this winter. Keep riding!

JANUARY BUSINESS MEETING 8:00 P.M. THURSDAY RECREATION PARK

It is the beginning of a New Year and another Riding Season with lots of planning still necessary to assure an exciting schedule. Lets start with a room full of members on the first Thursday in January. This is the evening to hear about the "Great Lobster Ride" a slide presentation by Evie Weber. If you have a chance, stop at the Arlington Bank and Trust at Arlington Market and look at Evie's picture display, up now & over Holidays.

ARLINGTON HEIGHTS BICYCLE ASSOCIATION 660 N. Ridge Ave., Arlington Heights, IL. 60004

MORE ABOUT "THE GREAT LOBSTER RIDE"

Keep January 3rd open for an evening of 'arm chair adventure!' That is when I will be showing the slides of the "Great Lobster Ride". Just a short trek down the road to Bar Harbor, Maine--1,700 miles.

On July, 16, Sylvia Daletski and I left Arlington Heights for the east coast, however, two weeks later, Sylvia was called home on business. This left me riding through upper New York State - 450 miles - solo! It is not true that the further east you travel the less friendly people become. I met friends all along the way, it was almost as if these people, places and events were predestined to happen, especially meeting Capt. Tuttle.

So bring yourself, your spouse, your parents, your friends, your dog--on second thought leave your dog tied up--and be prepared for an evening of adventure.

See you at Rec Park on Thursday, Jan 3, Evie Weber.

COMMITTEE CHAIRPERSONS

Thanks to all the volunteers and draftees our committees all have a chairperson.

Bike Swap - - - - -	Pat Schramm
Historian - - - - -	Dottie Tockey
Invitational 500 - - -	Bob Hinkle & Norma Witherbee
Membership- - - - -	Jeanie Gain
Newsletter- - - - -	Pat Vassos
Patches - - - - -	Caroll Panczyk
Progressive Dinner- - -	Caryl M
Program - - - - -	Bob Lippold & Evie Weber
Refreshments- - - - -	Jeanne Sauter
Rides - - - - -	Jim Krupa

GOOD TIMES PAST

Recognition Dinner Another outstanding dinner was planned by Dave and Nancy Von B's at the Arlington Lakes. Jim Krupa was a memorable 'undressed' master of ceremonies, if you have not heard the story already, ask Jim! Thanks to all who helped plan the evening, Dave and Nancy for dinner, Jim and Sharon Krupa, Norma and Jeanie for awards. (and anyone else I might have missed)

Thanksgiving Notes On the 11 Month, 11 Turkeys went 11 miles(class E ride) Thank you, Al Gain.

Christmas Party Notes HO! HO! HO! my feet are COLD. After 18 miles with Santa's Helpers, 16 in all went to Krupa's for a party with 27 more. Had a great time, good food and good fellowship.

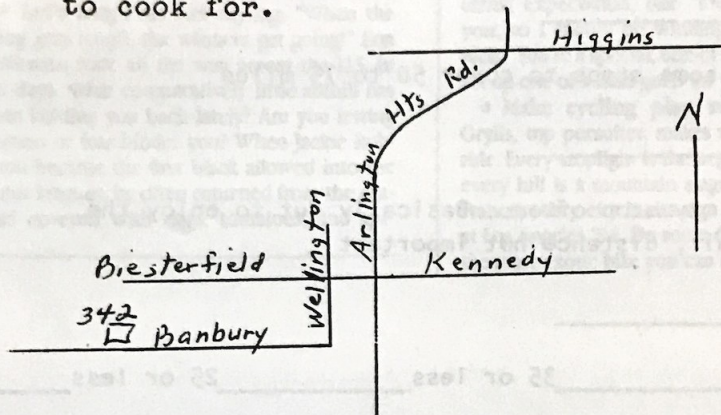
THE BUY-CYCLE EXCHANGE Items Wanted or For Sale--contact Jim Krupa 398-5618

Erv Campbell would like to buy rollers 392-4309

Rides Rides Rides

New Year's Day Ride - January 1, 1985

Begin the New Year right with a bicycle ride! Pull on your long underwear and wool socks, consult the thermometer for other layers needed and ride or carry your bike to Elk Grove for our traditional first ride of the year. We will meet at 10:00 A.M. at the home of Hugh and Marilyn Wilkerson, 342 Banbury Ave., Elk Grove Village. and (depending on weather) ride, cross country ski, or hike in Busse Woods. After the ride we will go back to Wilkersons for brunch. New Years Day patches will be available for purchase. Please call Marilyn, 439,4496, if you plan to attend so she will know how many to cook for.



January 19 Dinner at Bombay Bicycle Club. Leave Rec Park at 3:15 P.M. with Four(4) Wheels with heaters! Come and meet old friends and make new ones. More information about this event at the Jan. meeting or call Jim Krupa.

January 20 SKIIIIIIII With LIPHOLDDDD at Deer Grove. Enter east side of Quinten Rd. 2nd parking lot on left after stop sign. Less than 4 inches of snow or need ski rental, call Bob 870-0337

Mini Lessons 12:30 Skiiii 1:00 P.M.

February 10

FIRESIDE RIDE

Plan ahead and mark your calendar now for this indoor ride on Feb. 10. Roll away those winter blahs in the company of other bikers while watching movies. Our club is co-hosting this event with Elk Grove using their facilities and inviting other neighboring clubs. Bring any exercise equipment you have such as exercycle, rollers, wind trainers, nordic track, etc. If you don't have any, come with your bike anyway and try others. This is a good chance to see and try winter training equipment before you make the investment yourself. The ride is from 10:00 A.M. to 4:00 P.M. so feel free to stay the whole time or drop in at your convenience. There will be a fire with hot coals if you wish to bring your lunch with hot dogs or marshmallows to roast. Condiments and lemonade will be provided. There is no charge for the ride but Valentine Patches will be available for sale.

Notes from Kim Krupa

Last News Letter I wanted to know what this Club is willing to ride next year. However, only 6/10 of 1% responded. This means to me this Club has lots of wall flowers. If you do not want a ride schedule for 1985, why pay cold hard cash for your membership?

Last chance to VOICE YOUR OPINION for the 1985 riding season, please fill out and return to Jim Krupa, 410 Douglas, Arlington Hts, 60004, by Jan 1. Results at the January Meeting. See all of you there!!!

Level A: Experienced, maintain 15 mph pace with few stops and cover 75 or more miles

Yes _____ No _____ Sometimes _____

Level B: Intermediate, 12 mph pace with some stops to cover 50 to 75 miles

Yes _____ No _____ Sometimes _____

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

Yes _____ No _____ Sometimes _____

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 _____

Support your local Bike Store, they support you with a 10% discount on many items.

ABC Cyclery
45 S. Dunton
Arlington Hts
253-7700

Bikes Plus
1313 Rand Rd
Arlington Hts
398-1650

Winkelman's
115 E. Davis
Arlington Hts
253-0349

Mental Technique

Every Person a Winner

Beating the Cycling Blahs

Gary deVoss, Ph.D.

• You are what you expect yourself to be. What have you been expecting of yourself lately? If you head out the door saying, "Something unusual and exciting may happen today," chances are something unusual and exciting will happen. If you go out riding expecting to feel like a loser, you'll become a loser. Since we get exactly what we expect from ourselves, we can be anything we can imagine. What's the best you can imagine for yourself, right now? Remember the best you've ever done—your best race, a really great training ride, or a day-tour that turned out to be something special. Now—can you imagine doing better? You can if you let yourself!

• Be an incurable optimist! Realize that if you recognize your weaknesses, you can then go to work on them. There's some positive opportunity in every problem if you can approach it with the right attitude. Can't climb hills? Okay, that's something specific to work on. Go out and do it. Are you having trouble sprinting? Well, now you've pinpointed another weakness. How can you turn it into opportunity for yourself? Maybe now you can think of other ways to finish near the top, or maybe you can find a friend who will go out and do some intervals with you. No matter which choice you make, by September 1 you're going to be a better rider, aren't you? Try turning a failing into an opportunity, but start today!

• What kind of self-talk have you had lately? Has it been negative and riddled with loser-like statements? The latest research in psychology seems to show that depressed people actually talk themselves into depression with self-talk like "I can't," "I won't," "I could have if only . . ." "It's impossible," "I'll never do better . . .," "It's no use," "Yes, but . . .," or "I should have . . ."

Winners say, "I can!", "I will!", "I want to!", "Next time I'll do better!", "I'm in control!", "Good for me!" Remember Bill Johnson, gold medal winner in the downhill at Sarajevo in the Winter Olympics? As he was training for this event, he would imagine that he was pointing his finger at the competition and saying, "Watch out, Europe, here I come." And he did. Positive self-talk can work for you, too.

• Let's adapt an old saying: "When the going gets tough, the winners get going!" Lon Haldeman rode all the way across the U.S. in ten days. What comparatively little anthill has been holding you back lately? Are you letting laziness or fear hinder you? When Jackie Robinson became the first black allowed into the major leagues, he often returned from the outfield covered with eggs, tomatoes, and gar-

bage. And yet he stuck it out, with a tremendous belief in himself, and a dream.

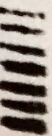
What's your dream? Do you see it clearly, or is it just a distant cloud? A century ride, for example, is no easy jaunt, but you can do it.

• Whose standards are you living up to, your own or someone else's? No two people in the entire world have the same set of fingerprints, footprints, or even voiceprint as you do. You're unique, so accept yourself and strive for your own goals. What do you expect from yourself right now? And what are the expectations which others have of you that may have contributed to the bogged-down feeling you're having? Find out by making up a list entitled, "What I Want from Me." Then cross off anything you find on the list that is an external expectation, like "I've been riding a year, so I should be winning every Senior 4 race." You're a special, one-of-a-kind person, so set up one-of-a-kind goals for yourself, too.

• Make cycling play, not work. Dave Grylls, top pursuiter, makes a game of every ride. Every stoplight is the beginning of a race; every hill is a mountain stage in the Tour de France; every city limits sign is the finish line at Los Angeles '84. Do some dreaming: What's the most exotic bike you can imagine owning?

Go "wish-shopping" at a good bike shop. Is there some place you've never ridden within 50 miles of home? Go check it out. Or borrow someone else's all-terrain bike or beach cruiser for a day. Do you always ride alone? Then go out with a big group. Always ride with a club? Then take some rides alone. What's the weather like outside right now? Raining? Sounds like there might be a fun ride just outside your door this very minute.

• Finally, remember that for every single goal in life we can make a thousand excuses for not achieving it. But any goal is possible if you want it badly enough. In one of his lectures, Dr. Waitley says, "Losers let it happen—winners make it happen." Every single athlete in Los Angeles this month learned the truth of that statement somewhere in his or her life. Each of them is a winner, no matter what the competitive outcome. And so are you!





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Newsletter	Pat Vassos	392-5450

FEBRUARY

1985

Marilyn Writes:

From my Atala seat . . .

For those of you who don't know my Atala, I would like to introduce you. Back in 1971, the same year the A.H.B.A. had its beginning and we were in the bike boom, I decided I would enjoy a new bicycle. My old two speed Schwinn with a child's seat had served me well around the neighborhood, but I realized it was harder to ride than my husband's English racer, a three speed. I brought Eugene Sloan's book home from the library; Hugh read it and told me the type of bike I needed. I said that I had never seen a woman riding with dropped handle bars but the book said.... After visiting several bike shops and talking with salespersons, we decided to buy from the salesman who told us about some of his touring and didn't laugh when I said I wanted a bicycle that would last until I was 90. I learned lots of things such as bikes come in different sizes, they need to fit you, some bikes roll easier than others, and some weigh less than others. Because of the bike shortage at that time, there were none available for us! We were promised two from the first ones that came in on the boat and it happened that the Atalas won that race. You might say that my ship came in and a love affair began. However, it was not love at first sight. I took one look and had my doubts so we took just one bike home to try. Never in my wildest dreams did I think a bike could roll so easily. I would learn to ride it and like it but without those funny toeclips. In his wisdom, the salesman said he wouldn't take them off until I tried them for a week, knowing that after a week I wouldn't want them off. After this purchase, I was like a sponge soaking up information mostly from bike clubs and other bikers. This bicycle purchase opened up a whole new world for me. My Atala and I have travelled thousands of miles together and it is "From my Atala seat" away from the hustle and bustle in solitary quiet in the forest preserve that I reflect and compose this column.

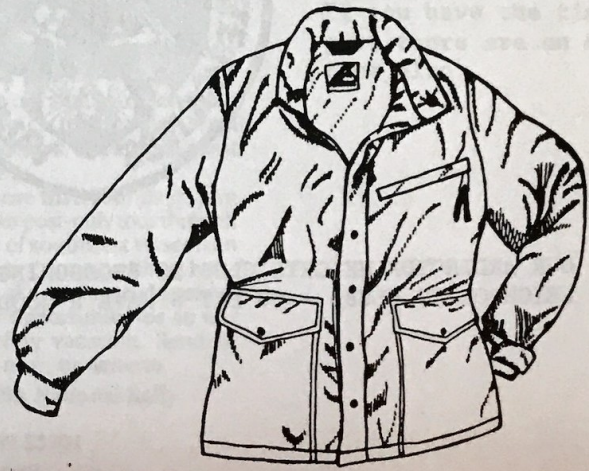
Tip for the Month: Buy a bicycle that rolls easily, with a lightweight, good fitting frame to give you many years of pleasure.

February Meeting: Feb. 7, 1985

Slide presentation by Evie Weber.
Should prove to be interesting and fun.

TOSRV ANYONE

Call Bill Turner (GEARS)
Now! A.S.A.P.



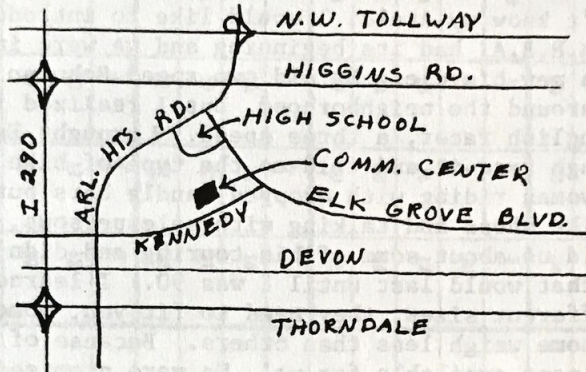
ROLLER RACES
AT 11:00

FREE INDOOR FIRESIDE RIDE

SUNDAY, FEBRUARY 10, 1985

10:00 A.M. TO 4:00 P.M.

ELK GROVE PARK DISTRICT COMMUNITY CENTER
180 KENNEDY BLVD. - ELK GROVE VILLAGE, IL



BRING ANY EXERCISE EQUIPMENT YOU HAVE SUCH AS EXERCYCLE, ROLLERS WIND TRAINER, NORDIC TRACK, ETC. IF YOU HAVE NONE, BRING YOUR BIKE AND COME TRY THAT OF OTHERS. MOVIES WILL BE SHOWN WHILE YOU RIDE.

BRING YOUR LUNCH IF YOU WISH WITH HOT DOGS TO ROAST. CONDIMENTS AND LEMONADE WILL BE FURNISHED.

THERE IS NO CHARGE FOR THIS RIDE - COME WHEN YOU LIKE - STAY AS LONG AS YOU WISH. VALENTINE PATCHES WILL BE AVAILABLE FOR \$2.00.



OUR ARLINGTON HEIGHTS CLUB IS SPONSORING THIS RIDE AND INVITING NEIGHBORING CLUBS - SO LET'S HAVE A GOOD TURN OUT OF MEMEBERS.

From the Saddle of Jim Krupa:

Ahhhhhhhhh! At last the ride schedule comes together. Places to go things to see, friendly faces and gear grease on my ankles.

LETS RIDE!!!!

Elroy Sparta, Door County (week), Governor Dodge State Park, New Glaris, Rock Cut, Botanical Gardens, TOSRV, Lake Geneva, Amishland & Lakes, Harmon Hundred, Dinners out on Saturday, Breakfast DONT YOU KNOW? ICE CREAM IS GOOD FOR YOU!!!

Take time to smell the flowers and many many local rides for all paces, A,B,C. Come to the next meeting and lend us a hand. A little input will get a lot of output.

SWAP SHOP; Something to Sell or want to buy. See Jim Krupa

SUPPORT YOUR LOCAL BIKE SHOP:

ABC
45 S. Dunton
Arl. Hts.
253-7700

BIKES PLUS
1313 Rand Road
Arl. Hts.
398-1650

WINKELMANS
115 E. Davis
Arl. Hts.
253-0349

1985 National Rally in Beautiful Wisconsin

BICYCLE USA is coming to Madison July 3-6, 1985, for our National Rally. The University of Wisconsin campus, on the shore of beautiful Lake Mendota, will be headquarters for the rally. Madison, an urban area of 225,000, caters to its 150,000 bicyclists with a freeway-less road system, separate bike paths, and lanes designed to accommodate bicycle traffic.

Escape routes into the heart of Wisconsin's dairyland are short and follow the shores of the three lakes around which Madison has grown. In 15 minutes you're in the country, riding on quiet, well-paved roads. Each day you'll choose from more than a dozen rides, ranging from an eight-mile lakeshore pre-breakfast ride to two century rides through the rugged hills and beautiful river valleys of southern Wisconsin.

Rides will visit many of the area's ethnic communities—where you can sample Swiss pastries, stop at cheese factories and dairy farms, tour a winery (and sample, of course), or stop for a swim in clear, cool lakes. Those who prefer less strenuous rides can visit pioneer settlements near Madison or tour local lakes.

Thanks to the glaciers, the area around Madison offers a selection of cycling terrain. Rolling hills punctuated with small lakes mark the glaciated areas. Just a few miles to the west the glaciers skipped us—and you'll be rewarded with hilly riding, spectacular views, tree-canopied roads, and long, relaxing downhill runs.

Just in case our selection of rides doesn't give you enough excitement, you'll be entertained with a picnic, a reception and some special surprise entertainment, all on the shore of Lake Mendota. Discuss

the day's rides as you socialize, feed the ducks and watch the sunset over the lake.

If you want more, we'll accommodate you with a full series of workshops. Our experts will tell you how to eat right and stay in shape. They'll share their touring tips and their favorite tours. (We hate to admit it, but Wisconsin isn't the only place to tour—it's just the best.) They'll help you sharpen your skills on everything from bike mechanics to first aid. We'll have exciting workshops, and special guest workshop speakers.

If you've got more than four days, join us on either a pre- or post-rally tour through the rugged beauty of southwest Wisconsin or to beautiful Door County, with its hundreds of miles of Lake Michigan shoreline.

Don't miss this opportunity for an unforgettable bicycling vacation. Send in your registration now, or write to

BICYCLE USA National Rally
Box 1455
Madison, WI 53701

for more information.

Is anyone interested in riding up from here? More information next month.

If you have been to a National Rally before, you know what a great experience it is and won't want to miss one as close as this. If you have not attended one before, a treat is in store for you in Madison. Meet and ride with friendly people from all over the USA. If you have the time pre and post tours are an excellent time also.

BICYCLE USA 1985 MILEAGE CHART

JUNE MAY APRIL MARCH FEB. JAN.

M	T	W	T	F	S	S	WEEKLY TOTAL	CUMULATIVE TOTAL
7	8	9	10	11	12	13		
14	15	16	17	18	19	20		
21	22	23	24	25	26	27		
28	29	30	31	1	2	3		
4	5	6	7	8	9	10		
11	12	13	14	15	16	17		
18	19	20	21	22	23	24		
25	26	27	28	29	30	31		
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8	9	10	11	12	13	14		
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27	28	29	30	31	1	2		
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17	18	19	20	21	22	23		
24	25	26	27	28	29	30		

DEC. NOV. OCT. SEPT. AUG. JULY

M	T	W	T	F	S	S	WEEKLY TOTAL	CUMULATIVE TOTAL
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30	31	1	2	3	4		
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26	27	28	29	30	31	1		
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MARCH

1985

From my Atala Seat . . .

As the bright sun comes out and the thermometer soars to a few degrees above freezing, my thoughts turn from skiing to spring housecleaning and washing the car and getting a spring tune up.

Good try you say but you can't be fooled. You're right! I got out on the road again like the rest of you bikies but I realize I do need a cleaning job and spring tune up for my bike. Now is an excellent time to do that before the heavy riding begins. If you find a flat tire when you go to the garage to dust off the saddle on your trusty steed are you able to change it? Oh, you keep it in your bedroom and never let it get dusty you say? Sorry I accused you of letting the dust settle on your beloved bike but back to the question - can you fix a flat? It's easier to learn at home than on the road and I feel very strongly that no one should ride a bike any further than he or she wants to walk unless one carries a spare and knows how to use it. Can you adjust your brakes? Getting into the greasy part, do you know that your chain needs to be removed and cleaned and the free wheel pulled, cleaned, and oiled? Can you do it yourself? We ride on lots of bearings. Do you know where they are and how to clean or replace them? Are your bearings sealed?

Many of you do a large percentage of bike maintenance yourself which is good for your bike because no one will give it the Tender Loving Care that you do. If you don't do it yourself, be sure that you have it done. Last month I said that a good bike will give you many years of pleasure but this is true only with good care and maintenance. Keeping your bike clean and running smoothly adds to its life and to your enjoyment. If your knowledge of bike mechanics is limited, why not take a good repair class at a bike shop like I did and be rewarded with the satisfaction of caring for your own bike and the security of knowing you can take care of problems on the road. Classes are set up now so drop this newsletter and run to the phone to make a reservation for class space. Now!

Tip for the month: Doing your own bike repair and maintenance will assure good care for your bike and satisfaction and greasy hands for you so keep a can of GOOP handy.

SUPPORT YOUR LOCAL BIKE SHOP:

ABC
45 S. Dunton
Arl. Hts.
253-7700

BIKES PLUS
1313 Rand Road
Arl. Hts.
398-1650

WINKELMANS
115 E. Davis
Arl. Hts.
253-0349

Visit Horse Country. GEAR in the Bluegrass

GEAR returns to its traditional Memorial Day Weekend placement as the Bluegrass Wheelmen of Lexington, Ky., act as hosts for the "GEAR in the Bluegrass," May 24-25, 1985.

The Bluegrass is the home of Kentucky's horse industry. Here are born and raised many of the great thoroughbred and standardbred (harness) champions with names like Secretariat, Seattle Slew, Niatross and many more. As you cycle past hundreds of horse farms, you will see newly born colts and fillies romping in the fields with their mothers. Perhaps you will see a future winner of the Kentucky Derby or the Hambletonian.

Kentucky's Bluegrass is an area steeped in history. Thousands of years ago ancient Indians came here and left mounds as part of their legacy (you will be able to visit Adena Mounds). Among the earliest white settlers was Daniel Boone, who built Fort Boonesborough in the Bluegrass (another ride will allow you to visit a replica of the fort). This area was the home of John Hunt Morgan, Confederate general; of Mary Todd Lincoln; of Henry Clay, the "Great Compromiser." The Shakers came here at the time of the great religious revival and you can visit their restored village at Pleasant Hill.

At Lexington's beautifully landscaped Keeneland (thoroughbred) Race Course, horsemen talk of racing in "the grand old style," where you can watch racing while eating Kentucky Burgoo and *without* the blaring sounds of a track PA announcer. Harness racing's Red Mile, where many

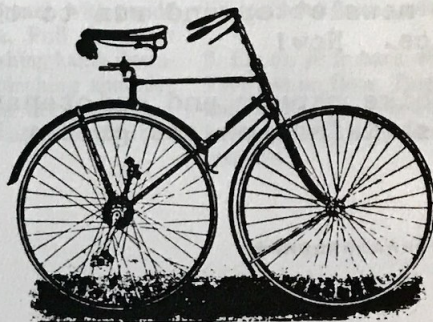
of harness racing's fastest times have been set, will be in session during GEAR. Nature lovers can visit the Audubon Society's Buckley Wildlife Nature Sanctuary or Lexington's Raven Run Nature Sanctuary. For the aficionados of excellent southern cuisine, there is the Shaker-town Inn at Pleasant Hill and Berea College's Boone Tavern in Berea.

For those coming a long way or just interested in bicycling more in the Bluegrass, a pre-GEAR tour will be offered for the five days preceding GEAR, May 20-24.

The terrain of the Bluegrass is best described as rolling hills. There is no really flat land but neither are there any real mountains. The roads are generally in good to excellent condition. County officials may not care what potholes do to your car, but they do *not* want to hear from a horse owner whose multi-million dollar race horse was jostled by bad roads.

So mark your calendars now for GEAR in the Bluegrass, May 24-27, 1985, Georgetown College, Georgetown, Ky., just north of Lexington.

Georgetown is near the crossroads of the north-south I-75 and the east-west I-64 highways. Greyhound and Trailways buses serve Lexington (some Greyhounds stop in Georgetown). United, Delta, Piedmont and USAir serve Lexington's Blue Grass Field. These and other airlines also land in Louisville (70 miles away) and Cincinnati (Covington, Ky., 80 miles). Amtrak's nearest station is in Cincinnati (95 miles away).



Broncho, 1890

NOTE: In last month's newsletter I am sure you all noticed a mileage chart. Let's keep track of our individual mileage to be recognized at the Recognition Dinner.

For more information on Bluegrass or the L.A.W. Convention in Madison, contact Marilyn Wilkerson.

COMING ATTRACTIONS:

March 7, 1985 Club meeting.

Greg Hinkle will treat us to a slide presentation of his bike trip.

BIKE SWAP April 27 & 28

10 AM to 4 PM at Recreation Park. Volunteers are needed this weekend. No experience necessary. Only a minimum of 4 hours of your time is needed. Just keep these dates free and sign up at the March meeting. This is an annual event and it can only be successful if we all give a little of our time.

ARLINGTON "500" May 19

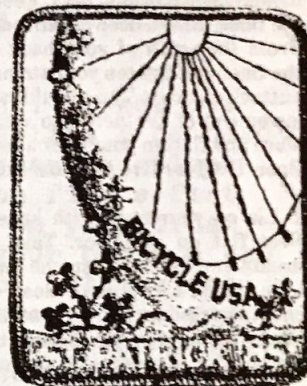
It takes many hands for a successful ride. Spots are open for the Sag Stops, Hamburger 'Grillers', etc. and we need everyone to make cookies for the day. Sign up at the March meeting. See Bob or Norma to reserve your 'help spot' and cookie donation.

TRIATHLON July 7

Needed: Person to represent Bike Club for the Triathlon. Will be responsible for obtaining Marshall's and posting them at strategic places. See M.E. Spirek.

From the Saddle of Jim Krupa: MARCH RIDES

- March 2, Breakfast ride (c) Recreation Park. 8 AM Show & go.
- March 3, Ride around town (c) Rec. Park. 1 PM Show & go.
- March 9, Long Grove, leave Frontier Park 10 AM. Show & go.
- March 10, Breakfast ride (A-B) Rec. Park to Libertyville 8 AM
(50 plus) Show & go.
- March 16, Rec. Park 8 AM. Show & go.
- March 17, St. Patrick's Day ride. Kildeer school 10 AM.
25 miles - Wheeling club - Bob Klein 299-2888
- March 23, Dinner ride (B-C) 20 plus miles. 3 PM
- March 24, Day in the Park. Leave Rec. Park 1 PM ride
Busse Woods.
- March 30, Dinner ride (C) 20 plus miles. 3 PM
- March 31, Show & go. 1 PM



ATTN: ATTN: ATTN:

Ride co-ordinators needed any weekend you would like. Wednesday morning or afternoon, anybody?

SWAP SHOP: Items wanted. Call Jim Krupa.

FOR SALE:

Fuji Americas 55 cm (22" frame) 18 speed \$350.00 ea. (2) 392-1547
Fuji Supreme 23" frame 12 speed \$210.00 398-5618

Take part in YOUR club. Come to YOUR meeting the first thursday every month at 8 PM. Your voice is needed now!!!

DID YOU KNOW? According to Virginia De Moss the best and most efficient liquid to replace fluid in your body is WATER!

If you would like a complete reprint of her article from Cyclist call Pat Vassos.

For those of you who are troubled by back pain the following are some exercises to help alleviate that problem.

Williams Flexion Exercises

This set of exercises will help to prevent, or correct, back problems.

1. Lie on your back with knees bent and hands clasped behind neck. Feet flat on the floor. Take a deep breath and relax. Press the small of your back against the floor and tighten your stomach and buttock muscles. This should cause the lower end of the pelvis to rotate forward and flatten your back against the floor. Hold for five seconds. Relax.

2. Lie on your back with knees bent. Feet flat on the floor. Take a deep breath and relax. Grasp one knee with both hands and pull as close to your chest as possible. Return to starting position. Straighten leg. Return to starting position. Repeat with alternate leg.

3. Lie on your back with knees bent. Feet on the floor. Take a deep breath and relax. Grasp *both* knees and pull them as close to your chest as possible. Hold for three seconds, then return to starting position.

4. Lie on your back with knees bent. Feet flat on the floor. Take a deep breath and relax. Draw one knee to chest. Then point leg upward as far as possible. Return to starting position. Relax. Repeat with alternate leg.

(Note: This exercise is useful in stretching tight hamstring muscles but is not recommended for patients with sciatic pain associated with a herniated disc.)

5. a. Lie on your stomach with hands clasped behind back. Pull shoulders back and down by pushing hands downward toward feet, pinching shoulder blades together, and lift head from floor. Take a deep breath. Hold for two seconds. Relax.

b. Stand erect. With one hand grasp the thumb of other hand behind the back, then pull downward toward the floor; stand on toes and look at the ceiling while exerting the downward pull. Hold momentarily, then relax. Repeat ten times at intervals of two hours during the working day.

6. Stand with your back against doorway. Place heels four inches away from frame. Take a deep breath and relax. Press the small of your back against doorway. Tighten your stomach and buttock muscles, allowing your knees to bend slightly. This should cause the lower end of the pelvis to rotate forward (as in Exercise 1). Press your neck up against doorway. Press both hands against opposite side of doorway and straighten both knees. Hold for two seconds. Relax.

The following exercises (7, 8 and 9) should not be started until you are free of pain and the other exercises have been done for several weeks.

7. Lie on your back with your legs straight out, knees unbent and arms at your sides. Take a deep breath and relax. Raise legs one at a time as high as is comfortable and lower to floor as slowly as possible. Repeat five times.

8. May be done holding on to a chair or table. After squatting, flex head forward, bounce up and down two or three times, then assume erect position.

9. Lie on your back with knees bent. Feet flat on floor. Take a deep breath and relax. Pull up to a sitting position, keeping knees bent. Return to starting position.



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
Newsletter	Pat Vassos	392-5450

APRIL
1985

MEETING: APRIL 4, 1985 AT RECREATION PARK - 500 E. MINER - A.H. 8 P.M.

From My Atala Seat . . .

THE RIDING SEASON IS HERE! The adrenaline is flowing; enthusiasm abounds; cycle computers are running and the mileage race is on!

What rides have you planned for the season? Choosing rides is getting to be a bit like sitting down with the wish book at Christmas time. There are a multitude of rides planned and conducted all over the world. All you have to do is register and show up. They run the gamut from inexpensive camping trips with you carrying your gear to the first class motel and dining room, a day or weekend to three months, long or short daily mileage, slow or fast paced. The club has information on many rides so give me a call if I can help you find the type of ride you're looking for.

We have listed some of the invitationals in this newsletter; however, we hope your first choice of rides will be our own club rides and a wide variety is offered to satisfy our diverse membership. I'm excited about the long ride in Michigan and Wisconsin this year. It's great to see that it has already generated such enthusiasm in our group.

Be sure to keep track of your mileage or when November rolls around you will wish you had. Mileage reports will be given at meetings and in the newsletter. It's fun to keep records but our main interest is riding so I'll look for you on the road. If the club is not serving your interest give me a call and we'll talk about it.

Tip for the month: Take advantage of the good rides planned by others and register early as many have cut off dates and numbers.

Marilyn

Included in this newsletter is a flyer for the 1985 Bike Swap. Please post this flyer in your local Grocery store, Hardware store, or any other store you frequent.

RIDES RIDES RIDES RIDES

- (A) Fast Pace up to 15 mph with very few stops.
- (B) Good Pace up to 12 mph with some stops.
- (C) No Pace, come with us and smell the flowers, throw rocks in the rivers and streams, and in general have a good time. Meet new people and enjoy old friends camaraderie.

Open rides - See monthly newsletter. Every Saturday afternoon there will be a ride to Dinner. Lots of fun - TRY IT! These dinner rides commence at 3 PM leaving Rec. Park. April through October.

Tuesday night rides will begin in May and run through till September. These rides also leave from Rec. Park at 7 PM.

FUTURE GOOD TIMES

APRIL RIDE SCHEDULE

- Apr. 4 - Meeting 7:45 PM at Rec. Park
- Apr. 6 - Show & go 8 AM
- Apr. 6 - Dinner ride G & P or P & G Vassos 392-5450
- Apr. 7 - Open Show & go Rec. Park 1 PM (C)
- Apr. 13 - Lake Forest College Cruise. Leave 10 AM from Chambers Park, Wheeling (35 mi) or 9:15 Rec. Park (50 mi) (A B)
- Apr. 13 - Dinner ride S & J or J & S Krupa 398-5618
- Apr. 14 - Annual Easter Ride - Folks on Spokes Bicycle Club, Homewood, IL
Leave Rec. Park 6 AM Call 798-5049 or 755-2990 for info.
Leader from Rec. Park is open (B C)
- Apr. 20 - Show & go Rec. Park 8 AM (B)
- Apr. 20 - Dinner ride Rec. Park 3 PM (B C)
- Apr. 21 - Algonquin Breakfast Ride Frontier Park 7 AM Dave 398-1309
50 miles - no sag (A)
- Apr. 27 & 28 - BIKE SWAP All club members should participate. Dinner ride after clean-up.

MAY RIDE SCHEDULE

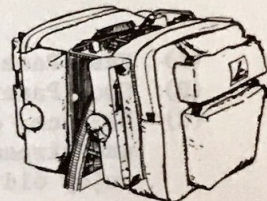
- May 2 - Meeting 7:45 PM at Rec. Park
- May 4 - Kelsey Roadhouse - Lunch Leave 10 AM Frontier Park (50 mi) or
10:45 AM Kildeer School (35 mi) Bob Hinkle 259-1423
- May 4 - Dinner ride Show & go Rec. Park 3 PM
- May 5 - TOSRV Training. Ride to Lake Geneva for lunch. Rec. Park 6:30 AM
Cue sheet, no sag. (100 mi plus) Dave VonBergon 398-1309 (A)
- May 5 - Around O'Hare Rec. Park 6:30 AM (50 mi plus) M. Wilkerson 439-4496 (B)

SUPPORT YOUR LOCAL BIKE SHOP

ABC
45 S. Dunton
Arl. Hts.
253-7700

BIKES PLUS
1313 Rand Road
Arl. Hts.
398-1650

WINKELMANS
115 E. Davis
Arl. Hts.
253-0349



SWAP SHOP: By Jim Krupa

Fuji America 55 cm (22 in. frame) 18 speed \$350.00 Jeannie 392-1547

Fuji Supreme 58 cm (23 in. frame) 12 speed \$210.00 or best Jim 398-5618

Rollers \$ 35.00 Jim 398-5618



INVITATIONALS FOR 1985

For information on any of these rides, call me and I can give you a brochure, application blank, or put you in touch with someone who can. Marilyn - 439-4496

April

28 Silver Springs 60 Aurora Bicycle Club

May

11-12 TOSRV (Tour of the Scioto River Valley) Columbus, Ohio to Portsmouth- 210 miles.
TOSRV West (Tour of the Swan River Valley) Missoula, Mt
TOSRV Midwest- Frontier Park to Janesville, Wisconsin
24-27 Gear in the Bluegrass - an LAW Rally in Georgetown, Kentucky.
Register by April 1 to save \$5.

June

1 Udder Century - McHenry County Bicycle Club
2 Liberty Metric - Mt Prospect Bike Club
8-9 TOMROV (Tour of the Mississippi River Valley) from Quad Cities to Dubuque and return - 200 miles. Register by April 1 to save.
15-21 CATSUP '85 (Cycle Around the State's Universities and Parks) A 390 mile loop out of St. Louis sponsored by Ozark Area Council AYH. Overnight in universities or high schools.
15-29 Rapidtour Transcontinental - join Lon Haldeman for 3500 miles covering 175-225 miles each day.
22-23 Breakaway MS Society Cycle 150 miles to the Mississippi River.
22-28 Togir (The Other Great Iowa Ride) with overnights in college dorms or camping. Register by April 1 to save.

July

3-6 LAW National Rally in Madison, Wisconsin Register by June 1
6-7 CIBR (Central Iowa Bicycle Ride) A weekend tour out of Des Moines, Iowa.
7-13 TOBRAW (The Other Bicycle Ride Across Wisconsin) Scenic route in the Kickapoo Valley - hilly and challenging.
13-14 LION (Loop Iowa's Outstanding Northeast) A weekend out of the pretty town of Decorah.
21-27 RAGBRAI (Register's Annual Great Bicycle Ride Across Iowa) The largest bicycle tour in the country. (10,000 riders?)
28-8/3 TOBRAW This one in Door County.
? Amish Land and Lakes Michiana Bicycle Club

August

4-10 SAAGBRAW (Sentinel's Active American's Great Bicycle Ride Across Wisconsin) Groups are bussed to three different starting points and all ride into Milwaukee for a fantastic picnic on the last day.
4-11 BAMMI (Bicycle Across the Magnificent Miles of Illinois) Fourth year to bicycle from Buckingham Fountain and end up south of here.
10-11 TIGER (Tour Iowa's Greater Eastern Region) Spends night in Cornell College in Mt. Vernon.
31-9/2 10th Annual Midwest Tandem Rally in Anderson, Indiana where it started 10 years ago. Tandems only.

September

8 Harmon Hundred - Wheeling Wheelmem
29 Fall Frenzy - Aurora Bicycle Club 25, 50, 62, or 100 miles

October

12-13 Hilly Hundred - Elomington, Indiana A favorite roller coaster ride.

The members of the AHBA have a unique opportunity. The President of the Northbrook club has made available to us the track in Northbrook for the month of May on Mon., Tues., Wed., and Thur. evenings for novice (that's beginning) racers. All we need to do is be there and pay a small fee of \$1.00 to help defray the cost of electricity. So, if you are interested in finding out what it's all about, show up some nite in May.

COMING_ATTRACTIONS

YOU ARE WHAT YOU EAT

We've all heard this expression before. At the April meeting we'll all learn more about what we've been eating all these years and how it can effect our bike riding. Our guest speaker is Lori Snyder with the Nutritional Services Department of Lutheran General Hospital. Lori, who is also a bicyclist, will tell us everything we always wanted to know about nutrition, but were afraid to ask.

GUESS WHAT::: After all these years we've just realized, our newsletter has no name! The Board members have decided this situation cannot be allowed to continue! Now is the time for all good (and mediocre) bike club members to come to the aid of their organization. This is the first (and only) official announcement of the "Name the Newsletter" contest. Suggested names should be given to any of the Board members or can be submitted at the April meeting. We will vote on our newsletter name at the April business meeting. As an incentive (we all need incentives) the person who comes up with the winning name will be awarded a \$10 gift certificate from the Bike club good at a local Bike store of the winners choice. Come on everyone - let's see how creative you all can be!

BIKE SWAP

When: April 27 & 28 - 10 AM - 4 PM.

Where: Recreation Park
500 East Miner Street
Arl. Hts., IL

What: The Bike Swap is an annual event (this is our fifth year) sponsored by AHBA. It is an opportunity for you to buy a used bike or sell one, or to buy or sell any bike accessories.

Our club will keep 10% of the selling price (up to \$30.00). If your bike does not sell, there is no charge.

Now - the only way we can have a successful swap is to have your help. The following positions are open:

SATURDAY: Set up and check in - 8:00 - 12:30
Check in and take down - 12:00 - 4:30
Security and rovers 10:00 - 1:30 or 1:00 - 4:30
Office 9:00 - 1:00 or 12:30 - 4:30
Refreshments (for workers)

SUNDAY: Set up - 9:00 - 10:30
Check in - 9:00 - 12:00
Security and rovers - 9:30 - 1:00 or 12:30 - 4:00
Office - 9:00 - 1:00
Refreshments (for workers)

Please think about how you can be involved in the Swap. If I don't hear from you -- you will hear from me! Please call me at 228-0064.

Pat Schramm



ARLINGTON 500

Arlington 500 Update

The Arlington 500 is a invitational ride where we invite the community and other bicycling organizations on a bicycle ride. This is our way of saying thanks for their invitational rides and thanks to the community for supporting our bike swap. Every member is needed to make the ride a success.

Enclosed in your newsletter is a copy of the Arlington 500 flyer. Please read it noting date, time, place, and cost. Then find a place to display it, such as store windows, public bulletin boards, YMCA, health clubs, and etc. If you plan to ride another club's invitational ride this spring before the Arlington 500 please take some flyers with you. Extra flyers can be obtain from Bob Hinkle phone 259-1423.

We still need members to help at the registration table from 10-12 and 12-4 PM. Also help is needed with lunch from 1-4 PM and two more sag stop workers are needed. As of yet the cookie chairman job is still open.

Last year we ran out of home made cookies. We still need more members to sign up to bake cookies. Please sign up at the next meeting or call Bob Hinkle.

Remember:

- Arlington 500 Bike Ride - Sunday May 19th
- Registration - 7 to 9 long ride (64 miles)
- 7 to 10 short ride (35 miles)
- Ride Leaves Frontier Park - Kennicott & Palatine Rds.
- Cost \$5.00 - (Sag, Cluesheet, Patch, Lunch)



MACKINGTON RIDES AGAIN

WOW!!! This is the "1985 SUMMER RIDING EVENT"! The A.H.B.A. is offering a revised tour of the Original 1980 Mackington Ride. Experience again, or anew, the magnificent Lake Michigan views, quaint towns, excellent food, rolling, hilly and flat terrain, marvelous company, old friends and new companions. If you missed the 1980 trip, here is your second chance.

The starting date has been changed to July 20, 1985. This is one week LATER than previously announced.

Something new has been added -- a SAG VAN! John Amling, the new owner of Winkelman's Bike Shop is A.H., offered to supply the club with a support vehicle and a bike mechanic. That was one offer not to be refused. So, help will be at hand if you, or your bike, falls apart (the sag is intended for bike repairs, rider injuries or disabilities -- but not tired, sore seat riders). Riders will still carry their own gear.

Now, for some exciting details -- Departure time, 6:30 AM July 20, board chartered bus for 10 hour ride to Mackinaw City, arriving about 5:00 PM at the Tee Pee Camp ground.

Sunday the 21st. Morning ferry ride to Mackinac Island, bike the Island but be sure to be at the Grand Hotel around 11:30 for a self guided tour and LUNCHEON. The Grand Hotel is an epicurean's delight and a hungry biker's haven (that means an abundance of food!).

From July 22 through the 25th we will be staying a camp grounds en route. Some will have excellent accomodations, others, such as Sleeping Bear Dunes, will be primitive. Two camp ground dinners have been planned, a corn fest one evening and chicken another evening.

On Friday, it will be up early and into Ludington for the 9:30 AM ferry ride across Lake Michigan to Kewanee, Wisconsin. (The ferry route to Milwaukee is discontinued).

Saturday evening we will stay in the Parkway Motel, just outside Sheboygan. (all camp grounds are already booked).

Sunday evening, the GRAND FINALE of the trip will be the Milwaukee German Fest. Our accommodations are the Park East Hotel in Milwaukee, a beautiful friendly facility near the lake. (We should have lake views from the rooms). The Hotel has a shuttle bus to the German Fest Fair Grounds.

Monday morning will be a buffet breakfast in one of the private dining rooms.

This tour has a lot to offer -- your cost covers:

1. Bus ride to Mackinaw City.
2. Island ferry ride, luncheon and self guided tour of the Grand Hotel.
3. Two midweek camp ground dinners and One hotel breakfast.
4. One motel, One hotel and Seven camp ground accommodations.
5. Ferry trip across Lake Michigan.
6. Sag vehicle and maps.
7. Mackington Tee shirt.

Total tour cost is approximately \$175.00. *

Because advance reservations and deposits are required for the bus and lodging, a commitment is necessary A.S.A.P.

Bus space is limited to 45 people, club members will have first opportunity to register. If there is space, the Tour will be offered to non-members.

Payment Plan: Four payments (the first payment of \$50 is non-refundable because of fixed costs.)

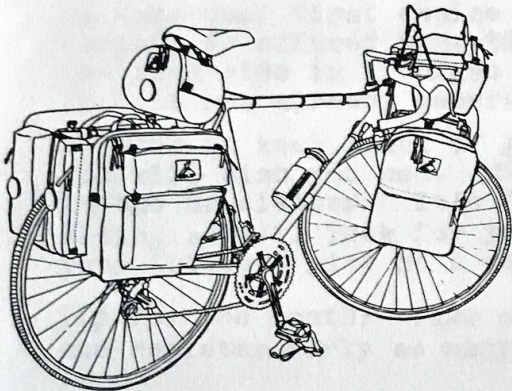
**	April 4,	\$50.00	June 6,	\$50.00
	May 2,	\$50.00	July 4,	\$25.00

Sign up at the April meeting or call Tour leaders:

Pat Schramm	228-0064	Evie Weber	392-6288
Dave VonBergon	398-1309	Norma Witherbee	674-0523

* If your schedule does not permit continuing through Monday, then leaving Sunday evening is an option, but you must arrange your own transportation home from Milwaukee. Leaving Sunday, Tour cost is \$155.00.

** NOTE: Payment dates coincide with the regularly scheduled bike club meetings.



GOOD TIMES PAST

I was one of the 350 plus riders on the Wheeling clubs St. Patricks Day Ride, Sunday March 17. It was cold, windy and yes, there were even a few snowflakes.

I was riding at the head of a slow moving pack of about twenty riders. A rider in the right hand lane swerved to the left without warning to enter the Kelsey Roadhouse. The middle rider had no place to go and struck the turning cyclist causing her to fall. The cyclist immediately behind her also couldn't stop and he ran into the fallen rider and also fell. Luckily, no one was hurt. The girl hit her head on the pavement, but she was wearing a helmet.

Two things were reinforced after seeing the accident. One, the value of wearing a helmet and two, the danger of riding more than two abreast. The middle rider in this case couldn't swerve or stop in time to avoid an accident.

Bob Hinkle

SP KEN WORD

MAY
1985



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
Newsletter	Pat Vassos	392-5450

MEETING: MAY 2, 1985 AT RECREATION PARK - 500 E. MINER - A.H. 8 P.M.

BIKE NEED FIXING?

Then bring it to the next meeting Thursday, May 2nd. Even if you only want to clean or adjust your bike, be sure to bring it along. May is our bike maintenance meeting and we'll have our staff "experts" on hand to help you and answer your questions about general bicycle maintenance. Be sure to bring any bike tools and parts you may want to change. (Don't forget rags and soap for clean up.)

Also, we're trying something new this month. We're having a bike ride just before the meeting. (That way we'll already have our bikes there ready to be worked on.) Meet in front of Recreation Park at 6:30pm, May 2nd. Be sure to bring bicycle lights if your going to ride home after the meeting. (The weather forecast calls for "and tonight-DARK.")

MARK YOUR CALENDAR:

- July 11 - Meeting (changed from July 4)
- July 13 - Progressive Dinner
- Nov. 2 - Recognition Dinner
- Dec. 7 - Christmas Party.

SUPPORT YOUR LOCAL BIKE SHOP:

ABC 45 S. Dunton Arl. Hts. 253-7700	BIKES PLUS 1313 Rand Road Arl. Hts. 398-1650	WINKELMANS 115 E. Davis Arl. Hts. 253-0349
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From My Atala Seat . . .

I had a super time on Don Derebey's Lake Forest Ride Sat. but I missed seeing you there. Spring offers some of our best riding by giving us perfect cycling temperatures and a view of nature's world awakening with flowers blooming and leaves ready to pop out accompanied by the songs of the birds. In addition to this on Sat. we had a clear view of the beautiful mansions along the north shore. Of course we always carry our rain gear in the spring just in case and I wear booties to assure dry feet in spite of a few puddles. Each time I clean my bike, fenders seem more appealing. It still amazes me that I can get from my house to Lake Michigan and back under my own power. The best part is the feeling of exhilaration and the energy I have upon return.

Guess what. After a whole year without a flat I had a blow out! If you are prepared for breakdowns, a catastrophe turns into a mere inconvenience with a loss of only a few minutes. Three things you need are tools, spare parts, and the know how. For our newer riders, I encourage you to attend the next two meetings to acquire more "know how". To our more experienced riders, we need you to come and share your knowledge....Who knows, you might just pick up a few new tips yourself. Our program committee tries to have programs that are educational and helpful as well as entertaining so if you are just getting into biking, you will want to attend all of them. If you couldn't make it to the April meeting, you missed some good tips on nutrition. Lori Snyder with the Nutritional Services Department of Lutheran General Hospital told us how important it is to eat unrefined carbohydrates to fuel our bodies and keep our blood sugar level even. If you don't like the taste of your plastic water bottle, or even if you do, for a change try a twist of lemon in the water (drop the piece of rind in too).

See you at the meeting and on the road for that good spring riding.

Tip for the month: Always be prepared with tools, spare parts, and the know how to use them.

Marilyn

RIDE SCHEDULE

- May 1 5:30 PM 25 to 40 miles (A) Kurt 540-0861
- May 2 Meeting 8 PM Rec Park Short ride before meeting 6:30
- May 4 10 AM Kelsey Roadhouse (A-B) Bob 259-1423
- May 4 3PM Rec Park dinner ride (C) Show & go
- May 5 TOSRV training ride to Lake Geneva for lunch 6:30 AM
Rec Park Cue sheet (A) no sag - Dave 398-1309
- May 5* Around O'Hare 6:30 AM (B-C) Rec Park or 7 AM Elk
Grove HS Marilyn 439-4496
- May 7 Tues nite Slow & easy (C) Dottie Tockey 392-2709
- May 8 5:30 PM 25 to 40 miles (A) Kurt 540-0861
- May 11 TOSRV alternative - over nite at Road Star Inn
Janesville, WI \$25.00 with Evanston & Wheeling
clubs (A-B) Reservations & info Jim Grant 743-3941
- May 11 3 PM Dinner ride Rec. Park - Show & go
- May 12 8 AM Frontier Park - Breakfast ride (B-C) Show & go
- May 14 7 PM Rec Park (C) Show & go
- May 15 5:30 PM 25 to 40 miles (A) Kurt 540-0861
- May 18 10 AM Frontier Park - Club ride Arlington 500
- May 18 3 PM Rec Park - Dinner ride Show & go
- May 19 NO RIDE - BOB HINKLE NEEDS YOUR HELP!!!
ARLINGTON 500
- May 21 7 PM Rec Park Show & go
- May 22 5:30 PM 25 to 40 miles (A) Kurt 540-0861
- May 25 6 AM Rec Park Blackhawk Memorial Day Metric Century
Rockford, IL. Need a leader - callme - Jim 398-5618
- May 25 3 PM Rec Park dinner ride - Show & go
- May 26 Blackhawk still running today for those would couldn't
make it Sat.
- May 28 7 PM Rec Park - Show & go
- May 29 5:30 PM 25 to 40 miles (A) Kurt 540-0861
- June 1 Breakfast ride (C) Bob 259-1423
- * Early Sunday morning ride around O'Hare
the world's busiest airport, for a close
look at the planes. Back in time for
breakfast or church. Rec. park 30 miles.
Elk Grove High School 20 miles.

Lake Forest College Cruise - April 13 - 52 miles.

Elida Rech, Marilyn Wilkerson, Bob Lippold and Don Derebey enjoyed the ride thru three Campuses and among the Mansions along the Lake Forest Lake Front. Any calories worked off were more than offset by the All-you-can-eat dinner at Lake Forest College. This has to be the best \$3.00 bargain around! A pleasant 70° temperature allowed us to wear shorts and added to the "Spring Break-out" feeling the four of us enjoyed. We had only one regret - that more members did not come along to enjoy this very special ride. Don Derebey will be leading it again, for the Wheeling club on May 11. Anyone who would like to come is most welcome. Give me a call at 255-3422. Don Derebey

THINK ABOUT IT! Are you busy on Sunday morning July 7? Want to spend an exciting morning standing at a street corner making sure no car hits a bicycle rider? Want to hand cups of water to super thirsty bikers? Want to check off their numbers as they pass by? Sign up to help the ARLINGTON TRIATHLON. Your help is needed from about 6:45 am to 10:30 am. Your job will be done in enough time to come to see the exciting finish at Rec. Park. Guaranteed an exciting event and we need your help. Contact Bill Eilers 394-8560 or M-E Spirek 398-1650 or 398-1244.

MUSCLE PHYSIOLOGY: What Kind of Turkey Are You? by

The Athlete's Kitchen: by Nancy Clark, M.S., R.D.
Nutritionist, Sports Medicine Resource, Inc.

Why are some athletes ultra-marathoners and others sprinters? One reason is physiological and depends upon the type of muscle fibers they inherited from their parents. Each person has a certain combination of both slow-twitch fibers that best perform endurance exercise and fast-twitch fibers that are better for sprinting. Endurance athletes, such as the top marathoners, long distance bicycle racers and tri-athletes tend to have a high percentage of slow-twitch fibers. Amby Burfoot, for example, has 97% slow twitch fibers. Alberto Salazar has 98%. Athletes who perform sprint-type exercise, such as basketball, soccer and tennis, have a lower percentage of slow-twitch fibers and a higher percentage of fast-twitchers. Sprinters, for example, may have 20 to 30% slow-twitch fibers.

As Thanksgiving comes around and you get out your carving knife, you might want to combine your holiday turkey with a lesson on muscle physiology. Turkey has two obvious types of muscles - white meat and dark meat. The white breast meat is mainly fast-twitch muscle fibers that are used when the turkey "sprints" from the ground into the coop. The dark wing meat is predominantly slow-twitch fibers that are used when the turkey flies - an endurance activity.

Fast-twitch fibers rely predominantly upon glycogen (muscle sugar) for energy. This sugar is ready and waiting to be metabolized in an instant - even before oxygen can get to the muscles to assist the energy-producing process. The glycogen is what you rely upon when you perform sprints and quick bursts of exercise. Slow-twitch fibers, on the other hand, are adapted to burn fats - a concentrated source of energy that allows for long-term oxygen-dependent energy needs. This explains why the slow-twitch muscles on the turkey wing tend to be fatter than the fast-twitch breast meat. Duck and goose, in comparison to turkey, have an over-all higher fat and slow-twitch fiber content since they are prepared to migrate for very long distances and will need this fuel.

The dark meat has not only a higher fat content, but also a richer nutrient content. It has more vitamins and minerals than the light meat. Dark meat, for example, has more iron (which is necessary to carry oxygen to the cells) and zinc (which is a part of many energy-producing enzymes). Three ounces of dark turkey meat has about 3.7 milligrams of zinc as compared to 1.8 for white meat. Turkey has a higher nutrient content than chicken. You might want to include more turkey in your menus throughout the year and not save it just for the holiday season. The following chart shows you how turkey and chicken compare:

	Calories/100 grams (3½ oz.)	% Calories from fat	Iron (mg.)	Riboflavin (mg.)
Turkey-light	175	20%	1.2	.14
Turkey-dark	205	37%	2.3	.23
Chicken-light	165	19%	.9	.10
Chicken-dark	175	32%	1.2	.23

Nancy Clark, M.S., R.D., nutritionist at Sports Medicine Resource, Inc., is a registered dietician with additional training in exercise physiology.

MACKINGTON RIDES AGAIN!!!!!!!

There is still time--MAKE YOUR DECISION--and join the Mackington Rides Again tour. If you missed the April Meeting or did not have an opportunity to read your April News Letter, read on for more information...

Tour Date July 20 through the 29

Departure Time 6:30 A.M. aboard a chartered bus to Mackinaw City, arriving about 5:30 P.M. at the Tee-Pee Campground.

Sunday The tour begins Sunday morning with the ferry ride to Macinac Island, biking the Island and returning late morning to the Grand Hotel for a tour of the historic hotel and Luncheon.

Monday through Thursday We will be staying at campgrounds in route. Some will have excellent accommodations, others, such as Sleeping Bear Dunes, will be primitive. Two campground dinners have been planned.

Friday Up early and into Luddington for the 9:30 A.M. ferry ride across Lake Michigan to Kewaunee, Wisconsin. The ferry route to Milwaukee has been discontinued.

Saturday A beautiful, scenic ride on the Wisconsin side of Lake Michigan. The route goes through Point Beach State Park to Frank's Campground, south of Sheboygan, at the entrance to Terry Andrae State Park. There are great views of the lake, and, guess what--it is truly mostly down hill!

Sunday This is called "The NorthShore of Wisconsin Ride" into Milwaukee, following the bike path system along the lake to our evening lodging at the Park East Hotel. The trip culminates with the German Fest in Milwaukee, just a short distance from the Hotel, in fact, there is a shuttle bus to the fair from the Hotel.

Monday Breakfast in one of the private rooms at the hotel and then on to Arlington Heights and the end of a perfect week!

Something new has been added, a SAG VAN, so help will be at hand if you, or your bike, fall apart. Possibly, (that means still to be worked out) the sag would carry, tents and sleeping bags, everything else goes on the bike.

The Tour Cost Covers:

1. Mackington T Shirt
2. Bus to Mackinaw City
3. Ferry to Macinac Island and Luncheon at the Grand Hotel
4. Two midweek campground dinners, one hotel breakfast
5. Eight campground and one hotel accommodations
6. Ferry to Kewaunee, Wisconsin
7. Sag Vehicle and Maps

Total Cost \$175.00 If work schedule does not permit continuing through Monday, then leaving Sunday evening is an option, but individuals must arrange transportation home from Milwaukee. Leaving Sunday Tour Cost \$155.00

Bus space is limited to 45 people, club members will have first opportunity to register. Tour will also be offered to non-members (non-members add \$5.00 to cost of tour)

Contact Tour Directors to register

Dave VonBergen 398-1309 Pat Schramm 228-0064 Evie Weber 392-6288 Norma Witherbee
674-0523

PEDAL ACROSS WISCONSIN #1 Whitewater Weekend - June 8-9

Leave from Barrington for 100 miles, Crystal Lake for 75 miles or Genoa City for 50 miles. Overnite in U. of Wis. dorms. Dinner Saturday, breakfast Sunday. Baggage truck & emergency sag. Century will merge with the half century at Genoa. Enjoy southern Wisconsin's rolling charm/ Buffet dinner on Sat. Hearty breakfast on Sunday included.

PEDAL ACROSS WISCONSIN #2 Door County Weekend - June (28) 29-30. Lodging at Sevastopol High School with tenting permitted. 25-50-75-100 mile scenic loops with many miles of shoreline. Emergency sag. Ride all day or combine biking with time on the beach, antiques or ice cream sampling. Check in from noon Friday to noon on Saturday. Picturesque harbors, quaint towns, roads seemingly created just for bikers.

PEDAL ACROSS WISCONSIN #3 New Glarus Weekend July (12) 13-14

Lodging at New Glarus High School with tenting permitted or sleeping bags inside. Saturday night buffet at the New Glarus Hotel with entertainment. Sunday breakfast. 25-50-75 milers. New Glarus is America's "Little Switzerland" Set your own pace & distance. Bike Mt/ Horeb & Monroe. Turn back the calendar at the authentic soda bar in Albany.



National Rally - Dairyland delight

By Jim Fremont
BICYCLE USA News Service

No wonder Swiss immigrants settled in Wisconsin. Its green, rolling hills reminded them of home.

You can ride those hills, through the heart of America's dairyland, at the BICYCLE USA National Rally at Madison, July 2-6.

From the University of Wisconsin rally site, on Lake Mendota's shore, you'll find a ride to Devil's Lake State Park, with its spring-fed lake, rocky bluffs, hiking trails and beaches, and nearby Baraboo (Bear-a-boo), where Ringling Brothers' Circus got its start, home of the Circus World Museum.

Waterloo's just down the road too—that's the Waterloo of Trek Bicycle fame, not

Napoleon—where you'll tour the Trek factory. Frank Lloyd Wright's home, Taliesin, at Spring Green, is on the ride list, and you can tour his first building and the grounds, or take in an outdoor Shakespeare performance at Spring Green's American Players Theater.

Many Wisconsin villages have strong ethnic influences, as National Rally riders will find at the Swiss settlement of New Glarus with cheese factories, pastry shops, ethnic restaurants, Alpine horns and historic buildings.

Other ride highlights include the century-old Wollersheim Winery, scenic views from the Blue Mounds State Park observation

tower (third highest point in the state), Cave of the Mounds and Mount Horeb, a Norwegian community.

Madison itself is a dairyland jewel, with its Capitol Square Concourse with plantings, benches and farmer's market; 4,700 acres of parkland, plus a 1,200 acre arboretum right in town with ponds, marshes, prairies and woodlands.

The city may rightly be called the cycling capital of the Midwest. The city and county publish three bike route maps for Madison and Dane County, and thousands of bicycles call Madison home, especially when the University is in session.

Hosted by the Dane County Bicycle Association, the 1985 BICYCLE USA National Rally plans to invite exhibitors of bicycles, accessories, clothing and other cycling merchandise.

You'll have some 35 workshops to pick from, each expertly led to bring you a wealth of experience and knowledge. You can learn new tricks, share experiences, ask questions, and enjoy yourself with a group of bicyclists who have the same interests. Set aside the July 4th holidays for Madison, and you'll learn why those state-distributed bumper stickers say "Escape to Wisconsin."

BICYCLE USA non-members who join when they register for the National Rally may do so for a reduced membership fee and a reduced rally registration fee.

For a registration form see page 93 of the 1985 BICYCLE USA Almanac or write BICYCLE USA National Rally, P.O. Box 1455, Madison, WI 53701.

REGISTRATION FORM

HOW TO REGISTER

TO RIDE IN ANY OR ALL OF THE SCENIC BIKEAWAY WEEKENDS FILL OUT THE REGISTRATION FORM COMPLETELY AND MAIL TO: **PEDAL ACROSS WISCONSIN**

Post Office Box 365
West Dundee, IL 60118
(312) 695-7964

YOU WILL RECEIVE A CONFIRMATION WITH COMPLETE INSTRUCTIONS CONCERNING EXACT TIMES AND LOCATIONS OF CHECK IN POINTS AND PARKING.

NAME _____ Emergency Name _____
Last First Initial
ADDRESS: _____ Relation _____ Tel: _____
City State Zip Tel Your Age _____ Sex M F

NAME _____ Emergency Name _____
Last First Initial
ADDRESS: _____ Relation _____ Tel: _____
City State Zip Tel Your Age _____ Sex M F

RIDERS UNDER THE AGE OF 18 MUST BE ACCOMPANIED BY AN ADULT.

I (WE) UNDERSTAND THAT I (WE) MUST SIGN THE RELEASE AND WAIVER OF CLAIMS AT CHECK IN BEFORE I (WE) BEGIN THE RIDE.

Biker's Signature(s) _____

Biker's Signature(s) _____

Each Trip:

Adults: \$35.00
under 12 yrs: 23.00
Non riders: 20.00

Add \$5.00 each rider after:

April 15th - Whitewater
May 1st - Door County
May 15th - New Glarus

Minimum deposit 50% non refundable.
Balance due thirty (30) days before ride.

WHITEWATER WEEKEND - June 8-9

Adults: @ \$35.00 = _____
under 12 yrs: @ 23.00 = _____
non-riders: @ 20.00 = _____
private room: @ 7.00 = _____

DOOR COUNTY WEEKEND - June (28) 29-30:

Adults: @ \$35.00 = _____
under 12 yrs: @ 23.00 = _____
non-riders: @ 20.00 = _____

NEW GLARUS WEEKEND - July (12) 13-14:

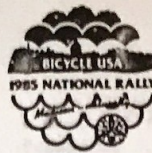
Adults: @ \$35.00 = _____
under 12 yrs: @ 23.00 = _____
non-riders: @ 20.00 = _____

T-SHIRTS:

Adult. Sm M L XL @\$6.00 = _____
Child 6-8 10-12 14-16 @\$6.00 = _____

SUBTOTAL	
DEPOSIT	
TOTAL DUE	

BICYCLE USA 1985 NATIONAL RALLY REGISTRATION FORM



Amt. Rec'd

Reg. No.

--	--

MADISON, WISCONSIN, July 2-6, 1985 (Tuesday-Saturday)

Please complete all information below. PLEASE PRINT. One person to a form. Form may be duplicated.

FIRST NAME	MIDDLE	LAST	AREA CODE AND TELEPHONE ()
Street Address or Box Number		City	State Zip
Club Affiliation			
Name of Emergency Contact			Area Code and Telephone
Age	Male <input type="checkbox"/> Female <input type="checkbox"/> (For Room Assignment)	I wish to room with: (Send registration form in the same envelope)	

REGISTRATION FEE (Children 11 years and under free) Fee includes program book, ride maps and cue sheets, rally patch, admission to workshops, entry to exhibit area and special rally square dance. Also—enjoy many special features (listed below).	BICYCLE USA MEMBERS (enter L.A.W. Membership Number ()) \$40. NON-MEMBERS \$55. (Or for just \$3.00 more you can attend the rally as a BICYCLE USA Member and get many other benefits. See Below.)	\$ _____
JOINING BICYCLE USA Non-members may join BICYCLE USA to take advantage of the \$40 rally registration fee. If you join now, pay one of these annual membership dues. Individual membership (age 14 and over)..... \$18. Family membership (two adults and unmarried children to age 21 living at same address):..... \$24. With membership, you will receive BICYCLE USA magazine, the annual BICYCLE USA ALMANAC, membership materials and merchandise discounts, and you'll provide support for the educational and legislative programs that make cycling better for everyone.		\$ _____
ROOM AND BOARD Four nights lodging and ten meals—all meals from breakfast Wednesday to breakfast Saturday. Vegetarian entrees available at no extra charge. Food for a pack-your-own lunch will be available at breakfast Wednesday through Friday. Special Dinners: A 4th of July Picnic and Wisconsin Friday Fish Fry, with free entertainment. Linens, blankets, towels and soap furnished, Daily maid service. Small refrigerator and phone in each room. No private baths. No pets. 12 years and up, double occupancy, per person (includes meals) \$100. 11 years and under, per person (includes meals) \$ 50. Additional for single occupancy \$ 22. Additional for air conditioning (per person) \$ 6.		\$ _____
PRE- AND POST-RALLY TOURS (All include leaders, maps, and sag wagon) Pre-Rides: Green County: (50 miles/day) June 30 - July 2 (limit 25), includes motel cost. \$42. <input type="checkbox"/> Green County: (50 miles/day) June 30 - July 2 (limit 25), includes campground fee \$22. <input type="checkbox"/> Elroy-Sparta: (60 miles/day) June 29 - July 2 (limit 25), includes motel cost. \$63. <input type="checkbox"/> Elroy-Sparta: (60 miles/day) June 29 - July 2 (limit 25), includes campground fee \$33. <input type="checkbox"/> Post-Rides: Door County: (65 miles/day) July 6 - July 13 (limit 25), includes lodging \$130. <input type="checkbox"/> Door County: (65 miles/day) July 6 - July 13 (limit 25), includes campground fee..... \$ 67.50 <input type="checkbox"/>		\$ _____
SPECIAL FEATURES Ten or more rides daily, nationally ranked weekend Art Fair, swimming beaches near housing, special rally square dance, traditional Wisconsin Friday Fish Fry, Music All Free Campus boat and canoe rental, movies, lakeside terrace beer garden, entertainment, and many other Minimal Fee University of Wisconsin campus activities. Minimal Fee		
Late fee for registration postmarked after June 1	\$ 5.	\$ _____
Donation to L.A.W.'s Bicyclists' Educational and Legal Foundation (tax deductible)	\$ _____	\$ _____
TOTAL ENCLOSED:		\$ _____

Send check or money order in U.S. funds, payable to BICYCLE USA '85 Committee, (with a stamped self-addressed #10 envelope to receive directional maps and other information) to:
BICYCLE USA '85 NATIONAL RALLY COMMITTEE, P.O. BOX 1455, Madison, WI 53701
 All fees are 100% refundable if written notice is postmarked before May 1, 1985; 100% refundable except registration fee if postmarked May 1 through May 31.
 No mail-in registration after June 15, 1985. A limited number of walk-ins will be accepted.

Indicate if you have special needs:
 I will bring a tandem I will bring children I will require handicapped facilities I request a non-smoking roommate
 I will be traveling to the Rally by: Bicycle Car Airplane Bus

RELEASE
 In signing this release for myself or the named registrant (if registrant is under the age of 18), I acknowledge that I understand its intent. I understand that BICYCLE USA, The League of American Wheelmen, BICYCLE USA/L.A.W. '85 National Rally Committee, Dane County Bicycle Association, Bombay Bicycle Club, The Board of Regents of the University of Wisconsin System, and their officers, members, students, and employees are not insurers of my personal safety during the BICYCLE USA/L.A.W. 1985 National Rally or any activities associated therewith. I thus release them and I agree to hold them harmless from any and all liability arising from my having sustained any property damage or personal injury by reason of their negligence in participating in or sponsoring or planning or arranging the event. I also hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safety in cycling.

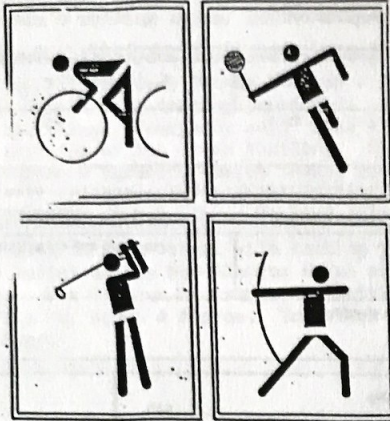
Signature of registrant

Date

Signature of parent or guardian if registrant is under 18

SIX-COUNTY SENIOR OLYMPIC:

Elmhurst College



SPONSORED BY: THE ILLINOIS PARK AND RECREATION ASSOCIATION

AUGUST 15 & 16, 1985

FOR MORE INFORMATION OR TO REGISTER CALL TERESA GROOSBY AT 822-2114

THE SENIOR OLYMPICS :

Are Coming To Elmhurst !!!

PLEASE INFORM YOUR BICYCLE CLUB SENIOR MEMBERS OF THIS IMPORTANT COMING EVENT.

SENIORS ARE 55 YEARS.....PLUS

BICYCLE RACES, OF VARYING LENGTHS WILL BE HELD ON:

Friday.....August 16th

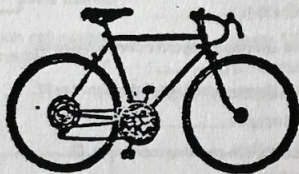
@ 8 A.M.

REGISTRATION APPLICATION WILL BE SENT SOON.

Thank you,

O. & C. Lockman and C. Dunlevy

Chairmen/ Bicycle Races.



EVANSTON BICYCLE CLUB

Jim DeBlais
2011 Orrington
Evanston, Illinois 60201
312-475-7508
March 31, 1985

Dear Fellow Bicyclist,

The Evanston Bicycle Club and the Evanston Recreation Department have arranged for Lon Haldeman and Susan Notorangelo to give a presentation on Wednesday June 5th. We would appreciate it if you would publish the following in your club newsletter.

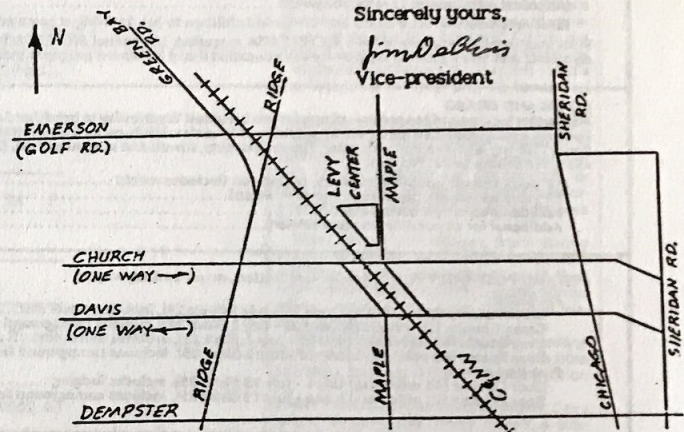
On Wednesday June 5, 1985 at 7:30 PM in the Levy Center, Lon Haldeman and Susan Notorangelo will give a slide program on the history of marathon cycling events and a video about the Tandem Transcontinental Record. A discussion on long distance cycling with questions and answers will follow the slides and video.

The admission fee will be \$3 in advance and \$3.50 at the door. Tickets may be purchased from some Evanston Bicycle Club members or at the Levy Center Monday thru Friday from 2 pm to 9:30 pm or Saturday from 9 am to 4 pm.

The Levy Center is at 1700 Maple Avenue, Evanston. Maple is east of Ridge and west of downtown Evanston. The Levy Center is just north of Church Street and east of the Chicago and Northwestern tracks.

Sincerely yours,

Jim DeBlais
Vice-president



SPOKEN

W O R D J U N E

1985

MEETING: June 6, 1985 Rec. Park 8 PM

President Marilyn Wilkerson
V. President Jim Krupa
Secretary Joel Fisher
Treasurer Emil Donkers
Membership Jeanie Gain
Newsletter Pat Vassos

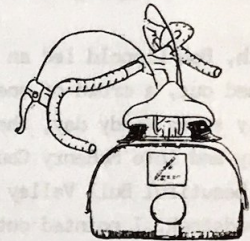
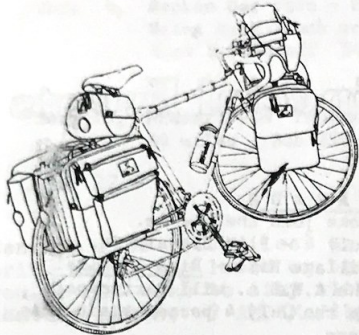
439-4496
398-5618
259-0039
253-0881
392-1547
392-5450



ATTENTION ALL BICYCLE TOURISTS!

If you've toured or thought about bicycle touring, don't miss our next meeting June 6th. We have not only an educational program but an entertaining one as well. M.E. Spirek, courtesy of Bikes Plus, will show us some of the latest bike touring accessories available. Also, Evie Weber & Company will present "How to Pack and Load Your Bikes So You Have Everything You Need But So You Can Still Peddle Up That Hill Without Collapsing." Bob Lippold will also introduce two new insulated bike bags. One is a rear rack pack and the other is an insulated water bottle bag. These products are being marketed by a local women with a new company that will take orders from bike club members at 25% off list price.

Even if you never plan on a long bike trip, this program will be one you shouldn't miss!



From My Atala Seat . . .

The touring season is here and you can spot a happy biker by the bug stains on his teeth. Ah, touring! That's where it's at!

The June meeting is geared to touring and I'm sorry I will miss it. We will be en route by car to Montana for graduation via the Canadian Rockies. The last time I was in that area, I looked out the tour bus window with envy at the bikers who were grinding up the mountain with full packs. I was sure the next time I went there I would be on a bike. Well, maybe next time. While grinding up Mt. Rainier on my bike a couple years ago and talking with tour bus people at an overlook, I felt some of them would have been happy to trade places with me. Biking is the most enjoyable way to travel and really experience an area with all of your senses.

My first tour was the Milk Run in '74. It was tough but fun and fortunately I remembered the pleasure more than the pain. Looking forward to my ninth tour, the Mackington, I realize how much better prepared I am now - both body and equipment. Equipment is much improved now and if you are just getting started in touring you have so many resources to draw on. Books, magazines, and bike shops have lots of good information but probably the best source is your own bike club members who have been touring. Much can be learned from racers and veteran tourers as they arrive with maximum efficiency and minimum fatigue. Both groups have told me to spin and I learned about granny gears from the veterans. That makes hilly country enjoyable as well as scenic.

Tip for the month: Take advantage of the wealth of information available - our knowledgeable club members who are so willing to share with you at meetings and on rides or by phone.

Marilyn

P.S. Remember, the only way to get the body in shape to tour is to put lots of miles on the bike.

As of this writing a fellow biker is in Lake Forest Hospital. I am sure Emil Donkers would appreciate any and all phone calls or cards. Lake Forest Phone # 234-5600

Rides Reridden

Early Sunday morning, May 5, there were nine riders at Rec Park. Five made a loop around O'Hare while four went up to Lake Geneva for lunch at Popeye's. The four arrived home refreshed after a cold shower on the way back. You have to admire such efficiency.



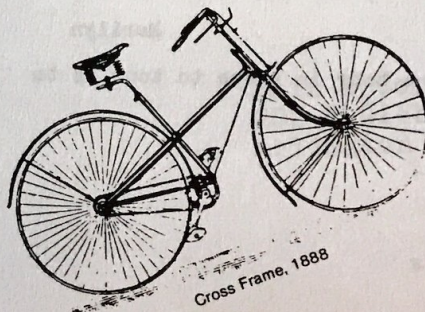
The ride to Lake Geneva, on May 5, started off sunny and windy as leader Dave Von Bergen led Bob Lippold, Greg Hinkle and Ed Wallace on the first "Century Plus" ride of the year. We stopped for breakfast in McHenry and lunch (with fantastic clam chowder) at Popeye's in Lake Geneva. While we ate lunch, watching the wind surfers and girls go by, we noticed a few little wet spots on the window. By the time we finished lunch, there were a lot of wet spots on the windows, the sidewalks, the streets and the bikes. (The weather forecast was "sunny and high in the upper 80's and we had thunderstorms with temperatures around 70.) In spite of the damp and cool 60 miles back, we had a great time—especially with the pastry, apple cider shakes, etc. in Wauconda.

The ride to Woodstock on May 11 was informative as well as scenic since my personal guide was a native of Woodstock. I learned that on one of the hills in the Bull Valley area, the old Model Ts had to go up in reverse gear as it was too steep for them to make it in low. My cat eye went up to 42.2 in spite of a little braking. Need I tell you that was down, not up? It was at that hill we passed Chester Gould's home, creator of Dick Tracy comic strip. I thought it coincidental when I read he died there that morning. If Bob L. leads this trip again, be sure to ride along and visit the charming square in Woodstock. Marilyn

On May 12th, Bob Lippold led an 80 mile bike ride out to beautiful downtown Woodstock. As it turned out, a crowd of one turned out—our intrepid president, Marilyn Wilkerson. On a mostly sunny windy day, the two of us made our way out of Cook County, through Lake County and into McHenry County. After we passed Crystal Lake, we rode through the hilly but beautiful Bull Valley area east of Woodstock. As we approached and rode through Woodstock, I pointed out some of the historic landmarks and we took a short tour around the square with a look inside the restored Opera House. It's too bad more of you didn't join us. If there's much demand, I will lead the ride again later this year. I'll try not to bore you with too many bits of information about Woodstock (like the stores I worked in, the lawns I mowed and the bank where my grandmother retired from.) Marilyn probably found out more about Woodstock than she'll ever need to know. Anyway, we both had a super bike ride.

HEY HEY! Loads of fun on Tuesday nite. Come out and join us for pleasant sights around town. C ride, means nobody gets left behind. We could (maybe) stop for some Ice Cream. 7 PM Rec. Park.

Saturday afternoons would not be complete with out a Salad Bar some place. We can greet old and new friends (Social Hour). Rec. Park 3 PM (Class C).



Special Events

PARADE

Come join the parade.
July 4 - 9 AM Sigwalt St. at
Village Hall - Rise & Shine!
The A.H.B.A. will participate
in the July 4 parade again this
year.

Two big THANK YOU'S to all of the people who helped make our two big events bigger and better than ever.

We especially thank Pat Schramm for her hours spent organizing and operating the BIKE SWAP, and Bob Hinkle and Norma Witherbee for heading up the Arlington 500.

Many thanks for the yummy donuts that John Amling of Winkelman's brought for our consumption the morning of the Bike Swap '85. We all enjoyed them with our coffee and tea.

Speaking of Winkelman's, John and his crew will be moving to new quarters the last week in June.
GOOD LUCK!

MACKINGTON STILL OPEN

But --- final date for Mackington will be definitely June 10.

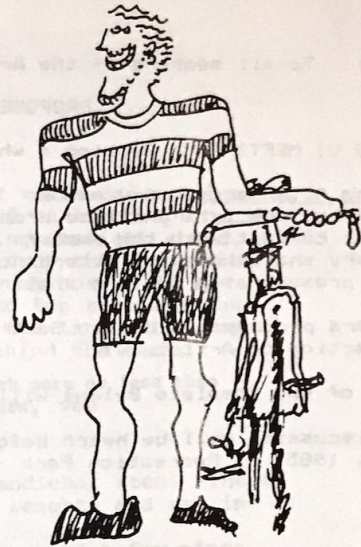
Pre-trip meeting is scheduled for those going on the trip for June 6 club meeting at 7 P.M.

For reservations call Norma 674-0523
724-5800

Ride Calendar

RIDES FUTURE

- June 2, Liberty Metric See ride schedule.
- June 6, Meeting 8 PM Rec. Park - Ride 6:30.
- June 8, Breakfast ride - Rec. Park 8:30 AM
See ride schedule.
- June 9, Broken Oar ride - Frontier Park 10 AM
Bring sack lunch or buy (B class)
Kurt Schoenhoff 540-0861 for info.
- June 15, McHenry Dam Frontier Park
50 miles - Bob 259-1423 Info.
- June 22 -



Century ride (100 miles) to the great Northwest and back.
Bring money for lunch or brown bag. Q sheet furnished if
you do not wish to stay with leader. Qualifies for sanctioned
century patch. 7 AM Marilyn - 439-4496 (A B)

- June 23, Union IL & back Frontier Park 7:30 AM
85 miles (A Class) Cue sheet.
- June 29, Balloon ride Tom & Sherry Masters
358-7797
- June 30, Chain-O-Lakes State Park (Class A)
75 miles - Frontier Park 8 AM
60 miles - Kildeer School 8:45 AM
40 miles - Lakewood Forest Preserve
9:30 AM
Bring sack lunch or buy at Boat launch
Don Derebey 255-3422
- July 4, Parade 9 AM Sigwalt Street
- July 6, Breakfast Jeanie Gain 392-1547
- July 10, Morning rides begin Rec. Park 9AM
(Class C) Dottie Tockey 392-2709
- July 11, Bike Club meeting 8PM short ride
before begins at 6:30 PM.

Do you know the value of your ARLINGTON HEIGHTS BICYCLE ASSOCIATION membership card? You can receive a 10% discount on parts & accessories at our local bike shops when you present your membership card.

Local shops are:	ABC	BIKES PLUS	WINKELMANS
	45 S. Dunton	1313 Rand Road	115 E. Davis
	Arl. Hts.	Arl. Hts.	Arl. Hts.
	253-7700	398-1650	253-0349

Many other bike shops in the area also honor our card so carry it with you and inquire. Among these shops are:

ACTION CYCLERY	BOB'S BICYCLE SHOP	PROSPECT BIKE SHOP	VILLAGE CYCLE
931 E. Irving Pk.	741 S. Vine	506 E. NWhwy	Arl. Hts. Rd.
Streamwood	Park Ridge	Mt. Prospect	Elk Grove Vlg.
830-0989	825-4438	259-4569	439-3340



NOTICE: To all members of the Arlington Heights Bicycle Association

PROPOSED BYLAWS CHANGE

ARTICLE VI MEETINGS - Section 4 which reads as follows:

"Meeting Attendance: Any member missing four (4) consecutive meetings (regular or special) shall be dropped from the rolls. An officer will make personal contact with the member after the third missed meeting. The Secretary shall keep the attendance record. With a family membership, one member present at a meeting shall constitute attendance."

The Board proposed to delete Section 4 due to previous non-enforcement of this Section of Article VI.

Copies of the complete Bylaws will be at the meeting for your perusal.

Open discussion will be heard before voting on the above item on Thursday, June 6, 1985, at Recreation Park - 8:00 p.m.

My apologies to Bill Turner, this item should have appeared in the May newsletter.

COMMENTS FROM B.T.

Which of the following do you carry on your bike?

- 1, Pump
- 2, Tire-irons (2)
- 3, Tube (Presta) or (Schrader-like your car)
- 4, Duct tape (silver)

With the exception of Duct tape none of the others are any good without each other. You cannot install a tube without tire irons and it is hard to blow up a tire like a balloon. If you have a flat, a presta tube can be installed in a schrader rim but not a schrader valve tube in a presta rim (small hole).

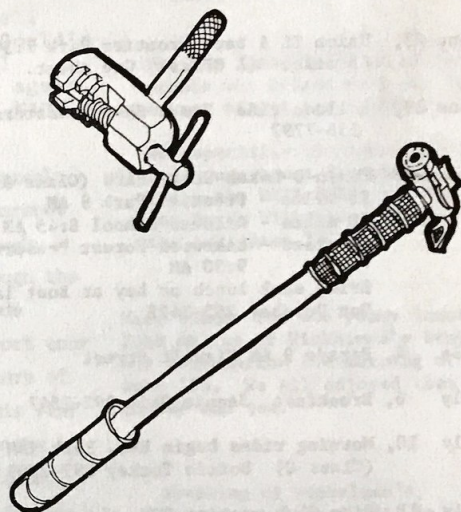
To add to your protection add a good patch kit to the above. Learn how to change a tire before it happens.

IDENTIFICATION: Do you ride in Bike shorts & Jersey without pockets? Is your wallet carried in a bag? Do you wear a helmet? I hope so. If you crash, the first thing anyone will do is remove your helmet. This is a good place to have your name, address, emergency phone number. Also helps you find helmet if removed around ~~other~~ other helmet users. Pat S. will put your name on outside. Possible - Dog Tag, Name on Bike, Plastic ID attached to saddle. Any other suggestions?

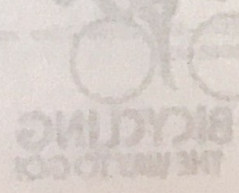
DUCT TAPE: Carry two to three feet rolled up in your bag with spare tube. Its' usas are endless:

- A. Boot in tire
- B. Patch Tent, Bag, Etc.
- C. Wrap around split tire or blown tire
- D. Hold spare spokes to rear carrier

Roll up tire: Check with me if you would like to know how to carry a spare tire (not fold up type). Folded tires should be covered with cloth to prevent sun damage.



Wednesday evenings thru the summer Kurt Schoenoff will lead a B class ride from his home. Starting at 5:30 PM - 25 to 40 miles on beautiful back country roads. Call him for more info. 540-0861



Bicycle Tips

SETTING IT UP

Even the most expensive and refined bike is of little use if it is not set up properly. Before you start riding your new bike, or even the old one that's been lying in the basement, you should take time to set it up to fit you. Only by doing so can you find out how enjoyable cycling can be.

Because all cyclists are built differently, there are no hard and fast rules on setting up your bike to fit you. There are, however, starting points that will help you find the most comfortable and efficient position quickly.

The first and most crucial adjustment is saddle height. The correct saddle height lets the muscles in your legs work to their maximum potential; an incorrect position strains muscles and cuts your efficiency.

To find your proper saddle height, take off your shoes. If your bike has toe clips, remove them. Using the bolts underneath the saddle adjust the top of the saddle so that it is level. Loosen the bolt at the top of the seat tube and raise the saddle until your heel just reaches the pedal when it is in the lowest position of the pedal stroke. Make sure there is still at least two inches of the seatpost in the seat tube.

Have someone hold the bike upright, while you put your heels on the pedals and pedal backward. Your hips will probably sway. Lower the saddle about $\frac{1}{4}$ inch at a time until you can back-pedal without swaying. With the saddle at this height, your knees should be just barely bent.

Turn the crankarms until they are parallel to the floor, with the right pedal forward. Have your helper drop a plumb line from the center of your right knee. Move the saddle forward or back until the center of your knee is in line with the center of the pedal. The first adjustment compensates for different thigh lengths.

To compensate for torso and arm length, sit with your hand on the drops of the handlebars, looking straight ahead. Have your helper drop the plumb line from the tip of your nose. If the handlebar stem and top tube are the correct lengths, the line will drop about an inch behind the bars.

If the line falls much more or less than an inch behind the bars, you

will need a new handlebar stem. These come in different lengths and are inexpensive.

All that remains now are a few minor adjustments. Loosen the expander and binder bolts on the top and front of the handlebar stem. Adjust the top of the handlebars so that it is parallel to the ground and about an inch below the top of the saddle. Make sure at least two inches of the stem remain hidden inside the head tube. Most stems are marked with a line to indicate the minimum insertion level. If you ignore this marking and position the stem too high, the stem or the head tube could crack. Remember, these are just starting points. Allow a few weeks trial before you make any changes, then make gradual adjustments by raising the saddle a $\frac{1}{4}$ inch or changing its tilt a degree or two. Racers adjust their saddles in millimeters.



MEMBERSHIP APPLICATION FOR ARLINGTON HEIGHTS BICYCLE ASSOCIATION

NAMES _____

STREET ADDRESS _____

CITY _____ ZIP _____ PHONE _____

SINGLE \$6 _____ FAMILY \$8 _____ FAMILY MEMBERS: _____ AGE: _____
(Must be 18 or over)

INTERESTED IN: RIDES 10-25 miles _____ 25-50 miles _____ 50-100 miles _____

WEEK END TOURS _____ CAMPING _____ MOTELS _____

WILLING TO LEAD A RIDE SOMETIMES YES _____ NO _____

WILLING TO SERVE ON A COMMITTEE YES _____ NO _____

MAKE CHECK PAYABLE TO ARLINGTON HEIGHTS BICYCLE ASSOCIATION

MAIL TO: JEANIE GAIN
717 N. BEVERLY LN.
ARLINGTON HEIGHTS, IL 60004

FOR MORE INFORMATION CALL 439-4496 or 392-1547



ARLINGTON HEIGHTS BICYCLE ASSOC
660 NORTH RIDGE AVENUE
ARLINGTON HEIGHTS, IL
60004



AFFILIATED WITH
**BICYCLE
USA**
THE LEAGUE OF AMERICAN WHEELMEN

Emil & Corinne Donkers
202 N Gibbons
Arlington Hts IL 60004

THE

SPOKEN
WORD

JULY 1985

President	Marilyn Wilkerson	439-4496
Vice President	Jim Krupa	398-5618
Secretary	Joel Fisher	259-0039
Treasurer	Emil Donkers	253-0881
Membership	Jeannie Gain	392-1547
Newsletter	Pat Vassos	392-5450



MEETING: JULY 11 REC. PARK 8 PM.

BUSINESS MEETING - MACKINGTON - 7PM
prior to Bike club meeting.

Grand Hotel: Mackinac's shapely dowager

MACKINAC ISLAND, Mich.— I may never want to get up again," said the man in the white wooden rocker to his wife.

Ditto, I thought, as my husband and I sat sipping iced tea on what may be the world's most wonderful front porch.

We were at the stately old Grand Hotel on Mackinac Island. Far below us, the Straits of Mackinac shimmered in the sun. Lilacs swayed lazily in the breeze.

Horses drawing carriages clipped under the hotel's portico.

Friday in Weekend Plus: Jack Schneider's Weekend Road Map previews the International Cherry Pit Spitting Championship near Eau Claire, Mich.

their harnesses jingling. Save for guests' modern dress, the year might have been 1887, when the Grand first opened its doors.

Perched high on a bluff, the long white wooden structure is a dazzling sight with its towering Grecian-style columns, mustard yellow awnings, and huge flapping American flags. Thousands of blooms—red geraniums and yellow marigolds—line the 880-foot porch, said to be the world's longest.

Though the facade hasn't changed dramatically since the Potter Palmers, the Armours and the Swifts were visitors in the late 19th century, the interior has a new look created by designer Carleton Varney.

The antique-filled parlor nearly

WEEKEND GRAND TOUR By Anne Taubeneck

vibrates with color. Comfortable chairs and sofas are sky blue, green and coral. The carpet has a striking pattern of red geraniums on a dark background.

Dining at the Grand is nearly non-stop. It includes a 4 p.m. high tea served each day in the Parlor by waitresses in lace-trimmed aprons and caps as a pianist and violinist provide music.

There's more music at dinner, played by an orchestra that moves to the Terrace Room for after-dinner dancing.

The hotel offers many activities, including tennis, golf and swimming in the gigantic "Paul Bunyan's foot" pool. Guests can also take carriage rides or rent bicycles or saddle horses. (No cars are allowed on the small island.)

One sunny morning, we cycled around the island on an eight-mile paved road. Mainly flat, it skirts the shore, offering lovely views of woods and water.

Many visitors like to dawdle in the small shopping area near the ferry piers, where fudge is the No. 1 item.

We preferred to take the advice of a Mackinac resident to "see the wealth in the woods."

A haven for rich turn-of-the-century city dwellers, the island is dotted with the ornate Victorian "cottages" they built. One damp afternoon, we hiked on the lanes

that meander across the island, discovering one after another of the beautiful old summer homes.

Another day, we trekked to the island's highest point, delighted by the quiet, sun-dappled forest, splashes of delicate blue wildflowers and panoramic views of the Straits.

Perhaps our favorite activity during our weekend at the Grand, however, was just sitting: on the porch in the afternoon and at sunset, on the sweep of lawn next to the pool on old wooden chaises, and in the pretty pink swivel chairs in our room. From our west wing win-

dow, we could see not only the graceful Mackinac Bridge, a technological wonder built in the 1950s, but also a row of Victorian cottages on the West Bluff.

Sadly, elegant old hotels in the style of Mackinac Island's magnificent resort are now nearly extinct. May the 98-year-old Grand survive yet another century.

Specifically

The Grand Hotel is open through Nov. 3. Rates, which include breakfast and dinner, range from \$95 to \$150 per person per day.

For reservations, call collect (906) 847-3331.

Due to poor attendance on most Club rides, the AHBA Board has requested only rides with leaders be in the newsletter. So if you have a time to lead, please call me or leave a message. I'll get back to you.

Jim 398-5618

I'm sure you'll be glad you came to see the program at our next meeting, July 11th.

Our former illustrious President, Dottie Tockey, will present her slide show of her bicycle trip from Illinois to Atlantic City, New Jersey last summer. After answering an ad in the "Bike Centennial" magazine, she joined bicyclists and traveled through Illinois, Indiana, Ohio, Pennsylvania (through the Amish country where the recent movie "Witness" was filmed), West Virginia, Delaware and New Jersey. So come to our meeting and see what it's like to bike tour cross-country.

1985 RAAM Competitors

"Traditionally," said John Marino, "we've waited until after the John Marino Open (JMO) qualifier before requiring a letter of intent from riders who'll be competing in the RAAM." Two qualifying events were scheduled for May of this year, JMO Midwest in Illinois and JMO West in California, both races about 700 miles long. The top six women and top 12 men who finish within 15 percent of their divisional winner's time in each JMO will qualify for RAAM '85, which will be 3,000 miles.

"Ultra-marathon cyclists who will most likely be competing in RAAM '85," according to John, include:

Lon Haldeman—age 26. Won RAAM '83, 3,150 miles in 10:16:29; won 1982 Great America Bike Race, 2,968 miles in 9:20:02; completed RAAM '84, 3,047 miles in 9:19:12.

Michael Shermer—age 30. Finished RAAM '84, 3,047 miles in 10:16:23. Set

Seattle-to-San Diego record, 1,300 miles, in 1984, in 3:23:49. Placed third in 1982 Great American Bike Race, 2,968 miles in 10:19:54.

Michael Secret—age 32. Third in RAAM '84, 3,047 miles in 10:02:03. Third in RAAM '83, 3,150 miles in 11:06:30. Won 1983 JMO, 762 miles in 54:39.

Jim Elliott—age 29. Fourth in RAAM '84, 3,047 miles in 10:07:49. Fourth in 1984 JMO, 793 miles in 57:43. In 1984 set 24-hour track world record, 502,274 miles.

Rick Bozest—age 32. Won 1984 JMO, 793 miles in 54:09. Completed RAAM '84, 3,047 miles in 11:22:39.

Jock Boyer—age 30. Competed in Tour de France several times, finishing 12th in

that prestigious event in 1983, now racing with his own professional team in the USA.

Shelby Hayden-Clifton—age 25. Tied for first in women's division in RAAM '84, 3,047 miles in 12:20:57. Won 1984 Spenco 500 and JMO, 792 miles in 73:29.

Elaine Mariolle—age 27. Third in women's division of RAAM '84, 3,047 miles in 13:23:36. Second in 1984 JMO, 792 miles in 73:30.

Susan Notorangelo-Haldeman—age 30. In 1982, set transcontinental world record, women's division, 11:16:15. In 1984, completed JMO, 792 miles in 61:46.

As the entry list for RAAM '85 is firmed up, the names of participants will be publicized in cycling publications.

From My Atala Seat . . .

Several thoughts have come to me for this column while out riding.

First: Where have all our riders gone? Most of our club rides, at least the ones I have attended, have had a small turnout. I have really enjoyed them and don't need a crowd to have fun, but I am sorry more of you are not enjoying them with us. If we are offering too few or too many rides, let us know. If they are too fast, too slow, too long or too short, let us know. I do hope you are all getting out on the bike and not letting it gather dust which brings up my second thought.

Second: Many of our members are touring this summer. Some to Wisconsin, Oklahoma, Missouri, Canada, Washington, Illinois, Michigan, and Europe. Wouldn't it be fun to have a list of all of our members who toured, where, and how far in the September issue of the Spoken Word? Please give this information to Pat or me by the middle of August to ensure a complete list.

Third: Speaking of the Spoken Word, isn't Pat doing a great job? If you enjoy reading it, tell her. And thank Shirley Turner for getting it to you and Jeanie Gain, membership chairperson, for the labels and our new membership list. Have you enjoyed our programs? Tell Bob Lippold and Evie Weber if you do and give them any suggestions you have for future programs.

Fourth: We need: 1. A committee for the November awards dinner Nov. 2.
2. A committee for the Christmas party Dec. 7.
3. A nominating committee for next years officers.
4. Ride leaders.

Let me know if you are interested in serving your club in one of these ways. If everyone takes some responsibility in the club, we won't have a few members who are overworked.

Fifth: Safety. Once in a while we need to ask ourselves if we are safe riders. I think some of us are better riders by ourselves than in a group. Maybe we believe in safety in numbers. Often we get so engrossed in conversation that we forget about the traffic. Sometimes we ride two or three abreast when it would be better to ride single file. I sometimes catch myself doing these things as well as making the rolling stop too much rolling and too little stop. Read the enclosed article by Gary MacFadden from the June BikeReport.

Tip for the month: Cycling is an aerobic exercise which is good for your health only if you ride in a safe and predictable manner.

Marilyn

BIKE SWAP '85

Our 5th annual Bike Swap was the biggest ever! Saturday started out fast and furious. Our doors opened before 9am to accept bikes and the line of people didn't let up for over 2 hours. However, everyone was in a good mood and our "signer-iners" kept their fingers and pens going. It never did warm up, but it never did rain either. So--we can't complain. The bikes kept coming and we kept enlarging the sales area. People had to "wade" through the bikes to get to the test ride area.

On Sunday it started out beautiful and warm and it stayed that way. Nobody minded being outside. We closed late because people kept coming and a few still found bargains.

Overall, we accepted 458 bikes and sold 59% of them. And 276 bike accessories and sold 41% of them. Our net profit was \$1,000.

This weekend was a feat that could not be possible without everyone's support. And to those of you who participated, thank you! From making the coffee, to answering a potential buyer's question, to filing all those tickets, to counting the money (!)--each part makes the whole weekend run smoothly. And that it did. There were a lot of happy "new" bike owners and a lot of happy sellers with an extra "wad" in their pockets.
Pat Schramm

July 2 - 7PM at Rec. Park Joel Fisher 259-0039(C)

July 3 - 5:30PM Kurt Schoenhoff 25-40 Miles at 12-13 miles per hr. No stops. 540-0861

July 4 - Parade - Meet 9AM by St. Peters Lutheran Church. Steps off at 9:30AM

July 6 - Breakfast Ride 9AM Frontier Park Jeannie Gain 392-1547 (10 miles or less)

July 9 - Rec. Park 7PM Joel Fisher 259-0039 (C)

July 10- 5:30PM Kurt Schoenhoff 25-40miles at 12-13 miles per hr. No Stops. 540-0861 (A)

July 11-Meeting Rec. Park 8PM. Mackington meeting prior to business meeting at 7PM.

**

July 14- Picnic ride - Joel Fisher - call for further details. 259-0039

July 17- 5:30PM Kurt 25-40 miles at 12-13 miles per hr. No stops. 540-0861

July 24- 5:30PM Kurt 25-40 miles at 12-13 miles per hr. No stops. 540-0861

July 30- 7PM Rec. park. M E Spirek 398-1244

July 31- 5:30PM Kurt 25-40 miles at 12-13 miles per hr. No stops. 540-0861

** July 13, Round up & Steak Fry - See Bulletin Board for further info

BULLETIN BOARD

NEW MEMBERS

Carol Alexander
109 N. Walnut Lane
Schaumburg, IL 60194
885-3324

Ray Becker
1615 N. Douglas Ave
Arlington Hts., IL 60004
255-3341

Lynn Meyer
1307 W. Mulberry Ct.
Arlington Hts., IL 60006
255-6481

Margie J. Papajesk
1255 Sterling 101
Palatine, IL 60067

Mary Tarr
404 N. Douglas Ave.
Arlington Hts., IL 60004
259-7137

THINK ABOUT IT! Are you busy on Sunday Morning July 7?

Want to spend an exciting morning standing at a street corner making sure no car hits a bicycle rider? Want to hand cups of water to super thirsty bikers? Want to check off their numbers as they pass by?

Sign up to help the ARLINGTON TRIATHLON. Your help is needed from about 6:45 a.m. to 10:30 a.m.

Your job will be done in enough time to come to see the exciting finish at Recreation Park. Guaranteed an exciting event and we need your help.

Contact Bill Eilers 394-8560 or M-E Spirek 398-1650 or 398-1244

Round-up and Steak Fry Saturday, July 13

This is the dinner that almost wasn't. In place of the progressive dinner this year you are all invited to mount your trusty steed and join the Wilkersons for a round-up. Meet at Rec Park at 3 P.M. to ride to Nordic Hills Country Club in Itasca. Those who don't need to ride that far to work up an appetite can join the group at the Wilkerson Ranch at 4 P.M. (342 Banbury Ave. Elk Grove Village). We will rustle up some cattle from the fresh meat case at the Vulcan's Forge and enjoy some other grub from the salad bar while the chef grills our steak and bakes the potatoes. Bring \$4.50 if you want chopped steak up to \$15.50 for half a cow (20 oz. T-bone). The ride back to Elk Grove will help settle the food so you can slip some home made ice cream in on top. A, B, and C riders are all welcome for the 30 mile round trip from Arlington or 10 miles from Elk Grove.

Marilyn
Please call me at 439-4496 or see me at the July 11 meeting if you plan to put on your spurs and join us so I will be sure to turn enough ice cream.

RIDES RERIDDEN

The 100 mile ride June 22 was an A B C Windy Century. Three of us started out on a perfect B ride. Wind and a number of stops slowed it to a C pace. Breakfast in Algonquin, a coffee break at the dam at Moraine Hills State Park, a bike shop and lunch in McHenry, and a Dairy Queen in East Dundee. Then we got down to some serious A riding as the wind blew us home from Elgin in high gear. We felt as if we were on Lon Haldeman's Rapidtour. My bike found a kindred spirit on this ride. I couldn't believe it, another Atala in the club just like mine. If you can identify the rider, an extra scoop of ice cream for you July 13! (See the article on the dinner that almost wasn't - the Round-up and Steak Fry.)

On June 22nd, I led the third annual ride out to Union, IL. Although we had an excellent ride, I was again disappointed at the low turnout (as with all other club rides I've been on this year). I wonder why so many people show up for the bike swap, Arlington 500 and attend the meetings but so few of you actually get out and ride your bikes with us. I think the main reason most people join a bike club is to get together with other bicyclists (on a bike ride) and enjoy the good times together. If any of you have any comments or ideas, please tell someone on the board what we're doing wrong. Anyway, back to the Union ride. Bob and Greg Hinkle, Bill Turner and I started the ride on a beautiful sunny morning. By the time we arrived in Crystal Lake, we saw some very ominous clouds and some lightning. Bill had to leave us at this point to go to work (he's back flying the friendly skies again). We sat down inside McDonalds for a midmorning snack when it started pouring. By the time we finished eating, the rain had stopped so we went on to Union. While we ate lunch inside, again it poured down. Since luck was with us that day, not only did the rain stop before we left but we had a very strong tail wind on the way home. It's too bad more of you couldn't have joined us. We had a great time.

-Bob Lippold

APOLOGIES TO:

Dike Marr
1113 Holiday Ln. Apt. 2
Des Plaines, IL
593-2639

During the past year I've been trying to make use of Missoula's bus system. I commute by bicycle on occasion, but I like to carry a computer back and forth frequently, and even the mountain bike ride isn't soft enough for that purpose.

Several mornings back, as my bus pulled away from its stop at the university, I was daydreaming about the weekend ahead and hoping that the weather would clear up in time for a pleasant bike ride (it didn't).

Suddenly the driver slammed on the brakes and the bus lurched back out of the traffic lane. The emergency maneuver was to avoid hitting a cyclist who, coming toward the bus on the opposite side of the street, had crossed the intersection diagonally, ridden up onto the sidewalk in front of the bus, dodged several pedestrians, and took a driveway cut back into the street to continue on his way.

Not your textbook left-hand turn. Oh, and speaking of textbooks, the cyclist had made his "turn" while holding a stack of books in his left hand.

Lee, the driver, started to say something, then glanced in the rear view mirror and caught me waiting for his reaction. (Lee is a cyclist himself, and knows that I work with Bikecentennial.)

At the next stop, he turned and quietly made a comment to the effect that "it seems cyclists are the always the first ones to holler for rights to the roadway, and the first ones to abuse the privileges."

I answered with something of a familiar refrain, saying that I found it aggravating to see riding like that, and that I didn't like the thought of being lumped with "all cyclists," because I tried to ride in a safe and predictable manner. Hollow rhetoric, of course, because it's human nature to generalize, and so even the safe-riding cyclists are still guilty by association.

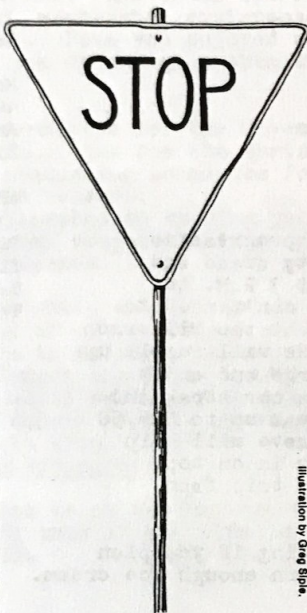
Lee was right about cyclists abusing their privileges, and I'm certain that as a bus driver he sees more than his fair share of poor cycling technique. On any sunny spring day in Missoula there's no shortage of cyclists running stop signs, alternating between streets and sidewalks, doing dogleg turns, coasting through stop signs and red lights, and on and on.

By the time the bus pulled into the downtown stop, I had developed something of a hypothesis as to why many cyclists ride so erratically. It isn't that these cyclists cannot control their bicycles, are color blind, or are illiterate to the point that a stop sign looks a lot like a yield sign. The plausible explanation is that they simply do not want to impede their forward progress by paying attention to laws that were, after all, designed for motorists. Thus, the rule: The Incomplete Cyclists' Law of Perpetual Motion:

Cyclists hate to impede their forward progress, and once mobile, will do almost anything to avoid touching a foot to the ground.

I know a fair number of cyclists who continually stretch the laws of the road to the snapping point, all to avoid stopping. The rolling stop is a way of life for these people.

"Cyclists hate to impede their forward progress, and once mobile, will do almost anything to avoid touching a foot to the ground."



A stop sign is a signal to release the pressure from the pedals long enough to see if any oncoming traffic is close enough to present a danger; a red light means essentially the same thing, except they check to see if any of the approaching vehicles are police cars.

These cyclists are always looking back over their shoulders to see why other cyclists with whom they were riding have stopped. When you catch up, they shoot you a look of annoyance, as if to question why you interrupted the conversation by

applying your brakes, or caused them to slow down and wait for you (see Law above).

If you ask them why they coast through stops or weave in and out of traffic lanes, most cyclists will complain about the hassle of shifting down, getting their feet in and out of toe clips, and the extra strain on muscles required to pull away from full stops. A common retort is, "All the motorist has to do is press down the gas pedal; at least I'm not polluting the air."

True, you might respond, but you're not riding legally, either. And at this point the answers will usually range from raspberries (if it's a friend or acquaintance) to stronger invectives from a stranger. I like to think that mentioning the problem to fellow riders does some good, but...

It may be that a lot of cyclists simply don't know how to prepare for a stop (or more accurately, how to prepare for easily getting underway again.) You see these people all the time wavering away from a full stop, standing up on the pedals and straining against a 110-inch gear. That's a lot of strain, alright, but it's also unnecessary in most instances.

It may also be that sloppy riding is yet another legacy of the "bicycle as toy." There must be something overwhelmingly "cute" about a cyclist disobeying traffic laws on his almost-a-vehicle. The movie people love this stuff.

Take for example the hit movie of several years ago, "Breaking Away." I loved the show, but I cringed every time the main character got near a bicycle, which was often, since this was a major sub-plot in the picture.

The character was a racing cyclist who supposedly knew what he was doing on a bicycle, yet he cruised through stop signs, carried a friend on the seat while he rode the top tube (in the dark without lights, no less), and drafted a truck on the highway at more than 50 m.p.h. (you bet).

It was all done with upbeat music and witty voice-over dialog, and it was just cute as could be. And the movie no doubt served to reinforce John Q. Public's opinion that the majority of bicycle riders should be allowed to ride only on separate bicycle paths or in parks, under adult supervision.

I think the real missing link in proper cycling behavior is law enforcement. And, for most cities in the United States, citations in the same class as those given to motorists for running stop signs and erratic driving are about as likely as, say, drafting a truck on a bicycle at speeds in excess of 50 m.p.h.

The fact is, as cyclists we're going to have to police our own ranks. During this cycling season, be sure to put your foot down, and request that others riding with you do the same.

"All cyclists should check the tire pressure often, preferably before every ride," says Brown. If you're new to biking, he recommends checking the pressure with a gauge and, at the right pressure, squeezing the tire. Before long, you'll educate your thumb to tell if the pressure is within the proper range.

Brown also recommends performing the following safety check from time to time:

Stand in front of your bike, squeeze the brakes, and look at the cables in the brake lever housings to see if they're frayed. When a brake cable breaks, it's usually in this area, Brown says. If fraying has started, it's a good idea to replace the cables. If they're OK, put a drop of oil on the cable where it enters the housing to help keep it working smoothly and to prevent fraying.

It's also good to be sure all nuts and bolts on your bike are tight, and that your quick release wheels are secure and the levers tight.

If your bike doesn't seem as zippy as it did last fall, it's probably due to air friction caused by excessive dust on the bike.

"It's amazing how the dust that collects on a bike during winter can cause it to go slower during its first few trips in the spring," explained Brown. "But as you ride more, the dust gradually wears off, air friction is reduced, and the bike becomes easier to pedal. It goes faster too. The amazing thing about this phenomena is that it still occurs even if you've dusted off your bike."

So now you've checked over your bike, tightened a nut here and there, and it's ready to go. How about you? Have you remembered that your bicycle is a vehicle and that you have the same rights and responsibilities as the operators of other vehicles? Think about your head? Is it enclosed in a hard-shell bicycle helmet to protect the most important thing you own? It's! Good. Now, you're ready to go.

Roadworthy quiz for your bicycle

By Jim Fremont
BICYCLE USA News Service

Now that you're probably getting in more cycling time, your bike's getting more use. All the more reason to check it over frequently to be sure it's worthy to hit the streets.

Sheldon Brown, who for several years was head mechanic for a chain of 15 bike shops, and who's taught bicycle mechanics for 10 years at the Boston Center for Adult Education, recommends a 30-second pre-ride check. Call it a roadworthy quiz. If your bike passes, it should be a safe vehicle.

Here's what Brown says to do:

1. Grab hold of your front wheel with your fingers and squeeze the tire with your thumb to check the pressure. If you think it might be low, check it with a pressure gauge.

2. Spin the front wheel. It shouldn't rub on anything and should be relatively in true, with little or no side-to-side wobble.

3. Drop the front end six inches and listen for rattles.

4. Repeat steps one through three with the rear wheel.

5. Give the brakes a hard squeeze to be sure the levers don't bottom out on the handlebars. If they do, your brakes need to be adjusted. You might not have enough stopping power in an emergency.

6. Inspect the chain to see that it's reasonably clean and has a light film of oil on it.

"This routine check takes less than thirty seconds and covers a multitude of important things," says Brown. "You should give it to your bike often, not just once in a while. Of course, if you find something out of kilter, then you'll need to fix it, have a friend fix it, or take it to a shop."

Win valuable prizes— Make RAAM prediction

BICYCLE USA News Service

With the cooperation of the Race Across America, BICYCLE USA is holding a Predict-a-thon. This unique event offers bicyclists chances to win valuable prizes while supporting bicyclists' rights through the Legislative and Government Relations Program of BICYCLE USA.

And, contributors will be able to exercise their predicting ability as they calculate (or guess?) how long it will take their favorite RAAM competitors to pedal 3,000 miles. Each \$10 contribution to the BICYCLE USA LegisFund entitles the contributor to predict how many days, hours, and minutes it will take the RAAM competitor of his choice to get from Southern California to New York City.

"Hundreds of thousands of training miles have been logged on public highways and roads by ultra-marathon cyclists since I started doing this back in 1978," RAAM chief John Marino noted, "and that's only a tiny fraction of the total annual bicycling mileage rolled up by all the bicyclists in the USA.

"Without BICYCLE USA's initial work as the League of American Wheelmen in getting the road system established in the first place," said John, "and without their continuing work to preserve the privileges at guarantee us our rights to bicycle on the roads, we could never have invented or staged our Race Across America."

BICYCLE USA members still continue to benefit from work done by the staff and volunteers who operate our Legislative and Government Relations Program. Equal rights to the road, debris-free streets, representation in state government, protection from drunk drivers, cleaner air: the BICYCLE

USA Government Relations Program is working on your behalf to promote these and other issues important to cyclists. The Predict-a-thon gives you an opportunity to contribute financial support for this important program and at the same time win valuable prizes.

More than \$2,500 worth of prizes has been contributed to the Predict-a-thon. There will be five First Prizes, five Second Prizes, five Third Prizes, and one Grand Prize.

Hine/Snowbridge, Inc., manufacturers of the Kirtland and Pursuit lines of bicycling products, donated five First Prizes. Each First Prize is comprised of one set of Kirtland XT II Rear Panniers (1,900 cu.in. capacity) and one Kirtland ST II Handlet...r Bag (724 cu.in.), a combined retail value of \$200. Winners of these five Kirtland sets of bags each get to choose from four color choices: twilight blue, daylight red, midnight black, and purple.

First Prizes will be awarded to the five Predict-a-thon contributors whose elapsed time predictions are closest to the actual elapsed times of the first, second, and third finishers in the men's division and the first and second finishers in the women's division.

Burkhard Bicycle Racks, the kind used by Lon Haldeman in RAAM '83 and '84, will go to the five winners of Second Prizes. Each set, donated by National Wire & Stamping, manufacturers of Burkhard Bicycle Racks, carries two bicycles and retails for \$149.50. Used at the Coors Classic for the past three years, Burkhard Bicycle Racks will be seen in the new "American Flyer" bike racing movie.

Second Prizes will be awarded to the five Predict-a-thon contributors whose elapsed

time predictions are second closest to the actual elapsed times of the first three men and first two women finishers.

Bike Nashbar has donated five Bike Nashbar gift certificates, worth \$80 each, to be awarded to the five Third Prize winners. These winners may choose from a wide selection of high quality merchandise. Anyone not already on their mailing list may receive a free catalog by sending their name and address to Bike Nashbar, P.O. Box 290, New Middleton, OH 44442-0290.

Third Prizes will be awarded to the five Predict-a-thon contributors whose elapsed time predictions are third closest to the actual elapsed times of the first three men and first two women finishers.

Raleigh Cycle Company of America has donated the Grand Prize, to be awarded by a drawing from all Predict-a-thon contribution forms submitted. The Grand Prize is a lightweight 18-speed Raleigh Kodiak touring bicycle. Deep blue with quicksilver trim, the Raleigh Kodiak, retail value \$430, is fully outfitted with quality components and ready for touring.

The Grand Prize will be awarded by a drawing. Without regard to the elapsed time predictions, all Predict-a-thon contribution forms—one for each \$10 contribution—will be among the forms from which the Grand Prize winner will be drawn.

Even if the RAAM participant on whom the contributor made the prediction does not finish the race, the contributor will still be eligible to win the Grand Prize.

Contributors may want to increase their chances of winning the Grand Prize drawing by making more than one \$10 contribution. A \$100 contribution to the BICYCLE USA LegisFund will mean ten times the number of contribution slips in the Grand Drawing Box than one \$10 contribution.

BICYCLE USA LegisFund contributions will be accepted any time, but to be entered on the eligibility list for winning any of the Predict-a-thon prizes, the predictions must be received with contributions in the BICYCLE USA office before July 20, 1985.

Here's how the 1985 BICYCLE USA Predict-a-thon on RAAM will work. To be eligible for prizes, Predict-a-thon participants must send \$10 contributions payable to "BICYCLE USA LegisFund."

With each \$10 contribution, contributors are invited to make one prediction of the elapsed time—in days, hours, and minutes—it will take a competitor they select to complete RAAM '85. There is no limit on the number of \$10 contributions that a contributor can make. A contributor may choose to give, for example, \$50, and make five elapsed time predictions on one RAAM competitor or, alternatively, make one elapsed time prediction on each of five different RAAM competitors. Each prediction must be accompanied by a \$10 contribution to the BICYCLE USA LegisFund.

There also is no limit on the number of prizes that may be awarded to one successful contributor. If a contributor most accurately (or even second or third most accurately) predicts the elapsed time of more than one of the top three men or top two women finishers, he or she will be awarded as many prizes as the predictions earned.

Pick your favorite, or several favorites, ponder their potential, make your prediction, or several predictions, and send them with your \$10 contribution for each prediction to BICYCLE USA LegisFund, Suite 209, 6707 Whitestone Road, Baltimore, MD 21207.

BICYCLE USA Predict-a-thon Rules

1. A \$10 contribution to the BICYCLE USA LegisFund must accompany each prediction. There is no limit on the number of contributions/predictions a person can make.
2. There will be five 1st Prizes, five 2nd Prizes, and five 3rd Prizes, which will be awarded to the contributors whose predictions are 1st, 2nd, and 3rd closest to the actual elapsed time of one of the first three men finishers or one of the first two women finishers. It is possible for a person making several contributions/predictions to win more than one prize.
3. Official elapsed times of the top three men and top two women RAAM finishers will be determined by RAAM officials, and those times will be used by BICYCLE USA in determining prize winners.
4. There will be one Grand Prize, which will be awarded by a drawing. Without regard to elapsed time predictions, all Prediction Contribution Forms—one for each \$10 contribution—will be placed into a Grand Prize box and one winning Form will be drawn.
5. All predictions must be received by BICYCLE USA before July 20, 1985, to be eligible for prizes.
6. Each contributor's participation shall grant BICYCLE USA the right to publish his/her name if a winner. Names of winners will be published in BICYCLE USA magazine.
7. The following may not participate in the Predict-a-thon: Directors and employees of BICYCLE USA and their immediate families, directors and employees of RAAM and their immediate families, RAAM '85 competitors and crews and their immediate families.
8. Predict-a-thon void where prohibited by law.

Predict-a-thon Contribution Form

There is no limit on the number of \$10 contributions and predictions that may be made, but only one can be made on each form. This form may be duplicated or photocopied.

Enclosed is my \$10 contribution (check payable to BICYCLE USA LegisFund) to help support BICYCLE USA's Legislative and Government Relations Program.

I predict that _____ (PRINT competitor's first & last names) will finish RAAM '85 in _____ Days _____ Hours _____ Minutes

My name and address (print)

_____ (first name) _____ (last name)

_____ (mailing address)

_____ (city, state, ZIP)

I am a BICYCLE USA member

Please send membership info

My phone _____ area code _____ number _____

Mail this coupon (or a photocopy of it) with your check to BICYCLE USA, Suite 209, 6707 Whitestone Rd., Baltimore, Md. 21207 (Must be received by BICYCLE USA before July 20, 1985) Predict-a-thon void where prohibited by law.

MEMBERSHIP APPLICATION FOR ARLINGTON HEIGHTS BICYCLE ASSOCIATION

NAMES _____

STREET ADDRESS _____

CITY _____ ZIP _____ PHONE _____

SINGLE \$6 _____ FAMILY \$8 _____ FAMILY MEMBERS: _____ AGE: _____
(Must be 18 or over)

INTERESTED IN: RIDES 10-25 miles _____ 25-50 miles _____ 50-100 miles _____
WEEK END TOURS _____ CAMPING _____ MOTELS _____
WILLING TO LEAD A RIDE SOMETIMES YES _____ NO _____
WILLING TO SERVE ON A COMMITTEE YES _____ NO _____

MAKE CHECK PAYABLE TO ARLINGTON HEIGHTS BICYCLE ASSOCIATION
MAIL TO: JEANIE GAIN
717 N. BEVERLY LN.
ARLINGTON HEIGHTS, IL 60004

FOR MORE INFORMATION CALL 439-4496 or 392-1547



ARLINGTON HEIGHTS BICYCLE ASSOC
660 NORTH RIDGE AVENUE
ARLINGTON HEIGHTS, IL
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AFFILIATED WITH
**BICYCLE
USA**
THE LEAGUE OF AMERICAN WHEELMEN

Emil & Corinne Donkers
202 N Gibbons
Arlington Hts IL 60004



President	Marilyn Wilkerson	439-4496
Vice President	Jim Krupa	398-5618
Secretary	Joel Fisher	259-0039
Treasurer	Emil Donkers	253-0881
Membership	Jeannie Gain	392-1547
Newsletter	Pat Vassos	392-5450

THE

SPOKEN
WORD

AUGUST 1985

MEETING: August 1 Rec. Park 7:45

From My Atala Seat.....

As I write this I am eagerly looking forward to the departure day for the Mackington Trip. It will be fun to be back on the Island again with no cars - just fudgies and horse manure. Eat your heart out when you think of us Sunday dining in the Grand Hotel. The catch is ... we have to pedal all the way back home. How many revolutions of the crank is that? Give me your guesses at the August meeting and I'll have a piece of fudge for the winner! Before I can leave I have to overhaul my hubs, clean my cahin, etc. It is well known advice that if you have your bike in top condition when you leave for a tour, you will have little trouble on the way. I have two new Kevlar tires that I put on in Madison. The Yellow Jersey Bike Shop there told me they are even better than the invulnerable, which served me well; So we will see.

Madison was a great site for the L.A.W. Rally. Dottie Tockey, two Mt. Prospect members, and I rode up with an overnight on the Whitewater campus. So nice to ride into Madison on a bike path to find a city that recognizes bicycles as vehicles for transportation with bike lanes on many major streets. It reminded me of two years ago in Seattle - what a great bicycle city that is. The cyclists have worked to make this happen. I attended two workshops on local bicycle advocacy which gives me the push I need to get involved in this.* Among several other workshops I attended out of the 35 offered was Bicyclists First Aid. As a result of this I am putting together a first aid kit for our club to be carried (not used) for the first time on the Mackington Trip. The Madison area is beautiful for riding, and the Bombay Bicycle Club had an excellent book of maps and cue sheets for us. There were quite a few familiar faces from our area including Don Derebey and Helen Vanderspool from our club plus lots from other rallies and tours in past years. A real reunion time. There were several wearing shirts from Gear in the Bluegrass, which a few of us attended Memorial Day weekend. That was also a fantastic rally. If you have never been to one before, it's time to start planning for the one in St. Louis next year. It promises to be a good place for a family vacation with one of the largest 4th of July celebrations in the nation. Again it will be on a college campus which includes quantities of good food and pre and post tours if you wish. You have to look hard to find a place where you get more for your money than at these rallies.

* The Northeastern Illinois Planning Commission informed our club that a new bicycle advocacy organization has been formed in the greater Chicago area (encompassing Cook, Lake, McHenry, DuPage, Kane, and Will counties). The Chicagoland Bicycle Federation (CBF) will represent the needs of bicyclists to governmental agencies and will advocate the education of motorists and bicyclists about the safest ways for bicycles to integrate with traffic.

Remember to calculate your guesses on my crank revolutions while I count them on the way back from Mackinac Island.

Marilyn

There will be a slide presentation of our week-long ride from Mackinaw City to Arlington Hts. This was a great ride the first time in 1980, it promises to be an even bigger event this year. Bob Lippold and Ervie Weber will share some of their exciting photos and fabulous stories.



RIDE SCHEDULE

- Aug. 6, Tuesday night rides 7PM Rec. Park
Jim Krupa 398-5618
- Aug. 7, Wednesday morning rides continue.
C ride. 9AM Rec. Park
Dottie Tockey 392-2709
- Aug. 7, Wednesday evening rides continue.
A-B ride. 25 to 40 miles.
Begin at Kurt Schoenhoff house
540-0861
- Aug. 1, Meeting 7:45 PM Rec. Park
Short ride prior to meeting at 6:30
Marilyn Wilkerson
- Aug. 4 - 11, BAMMI - Bill Turner 255-1710
- Aug. 17 - 18, Rock Cut State Park Campout.
B-C ride. Explore the unknown roads with
the VonBergen's. This should be an exciting
weekend for everyone. Let Dave or Nancy
know A.S.A.P. if you are going. 398-1309
- Aug. 25, McHenry Dam State Park Ride (B).
Meet at Frontier Park at 8:15 for 65
miles or Deer Grove (Enter from Quinten Rd.
keeping right to final parking lot by the
toboggan hill) at 9:00 for 47 miles. Bring
lunch or buy it at the park's concession
stand. Call Bob Hinkle if you plan to go at
259-1423
- Aug. 13, Tuesday night rides 7PM Rec. Park
- Aug. 14, Jim Krupa 398-5618
- Aug. 20, Wednesday morning rides continue.
C ride. 9AM Rec. Park
Dottie Tockey 392-2709
- Aug. 21, Dottie Tockey 392-2709
- Aug. 27, Dottie Tockey 392-2709
- Aug. 28,

BULLETIN BOARD

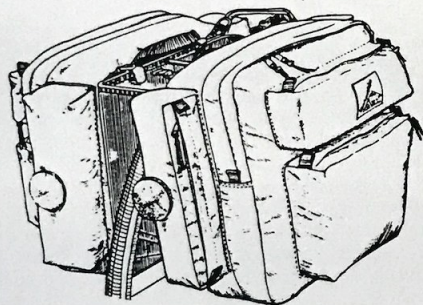
NEW MEMBERS

Lisa McCabe
2562 N. Ridge
Arl. Hts., IL 60004
398-4936

Jerry & Delores Sadowski
1318 Waverly Place
Arl. Hts., IL 60004
398-7130

Eugene Snyder
1748 Carib Lane
Mt. Prospect, IL 60056
391-2061

Adam & Sheila Zakrzewski
850 Virginia Lake Ct.
Palatine, IL 60067
359-3235



COMING ATTRACTIONS

In September there will be rides to Fermi Lab., Harmon Hundred, Woodstock, (again) Volo Bog, Apple Cider Ride, and last but not least - Saturday dinner rides.

HEY HEY !! We're riding again.

There were 24 riders out Saturday nite July 13th for a very very windy ride. Class (C-B). This ride was in lieu of the Progressive Dinner. The Steaks were great and the HOMEMADE Ice Cream at our president's house was tremendous. Thank's for a wonderful ride!

July 14 picnic left Rec. Park for Park Ridge at 11AM . Boy! It was a HOT day to ride, so we rode at a C pace. It was fun and enjoyed by all, Thank you Joel Fisher.

PLEASE NOTE! Remember without ride leaders we have no rides. What are you doing to help your club? We need your input.

Thanks, Jim Krupa
398-5618

Formulating a history of our past (and present) week-long rides. Please check your albums. We need photos and stories.
Thanks, Dottie 392-2709



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WEEK END TOURS _____ CAMPING _____ MOTELS _____
WILLING TO LEAD A RIDE SOMETIMES YES _____ NO _____
WILLING TO SERVE ON A COMMITTEE YES _____ NO _____

MAKE CHECK PAYABLE TO ARLINGTON HEIGHTS BICYCLE ASSOCIATION
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Treasurer	Emil Donkers	253-0881
Membership	Jeannie Gain	392-1547
Newsletter	Pat Vassos	392-5450



SEPTEMBER 1985

From My Atala Seat::::::::::::::::::

Once again it's time for some thank you's. Thanks to all bike club members who helped with the Triathlon and to Bill Eilers for being the bike club coordinator. A special thank you to M-E Spirek who headed up this event and was responsible for its smooth operation and great success. Next, thanks to Pat Schramm, Dave Von Bergen, Evie Weber and Norma Witherbee for a fantastic vacation, the Mackington, which was enjoyed by 23 individuals. We were provided with clear directions for a beautiful route through Michigan and Wisconsin, a bus ride, good overnight stops, boat rides, several meals plus some surprises for a minimum cost. A good tour like this doesn't just happen, but takes a great deal of planning and work. We are grateful to the committee.

If you like to ride the bike path in Busse Woods, you will be happy to know that Rolling Meadows has proposed a bike path to connect from the end of the path at Golf to New Wilke Road. It looks as if this will happen soon. They asked eight groups to contribute to the cost (approx. \$3,000.00 for each group) including Arlington Heights Village and Park District. Thanks to Dottie Tockey for representing A.H.B.A. at the meeting of the Public Health and Safety Committee at the same time as our August meeting. Following is her report:

MEETING: SEPTEMBER 5, 1985 RECREATION PARK 8PM.

"Everything You Ever Wanted To Know About Bikeways, But Were Afraid To Ask."

That subject will be thoroughly presented at our next meeting. Two experts on the subject, Laura Christensen and Carol Hall will be our guest speakers. They are both knowledgeable on the subject through their responsibilities for the extensive bikeway system in Schaumburg. They will also have available multicolor maps of different types of bikeways in the village of Schaumburg. They will discuss and answer questions about how to start and organize bikeways in our communities also. Be sure to attend this informative program.

REPORT ON "PUBLIC HEALTH AND SAFETY COMMITTEE MEETING

August 1, 1985

Re: Participation in Bicycle Path.

Present: Dorothy Tockey, Arlington Heights Bicycle Association
 Larry Nieman, 103 W. Noyes
 Gerald Oakes, Director, Arlington Heights Park District

Mrs. Tockey and Mr. Nieman cited the hazards involved in bicycles crossing Golf Road, going from New Wilke Road to the Ned Brown Forest Preserve. They supported participation by the Village in the proposal of the City of Rolling Meadows (Copies of letter previously submitted to you). Mr. Oakes advised that the Park Board also favors the Rolling Meadows proposal and will participate.

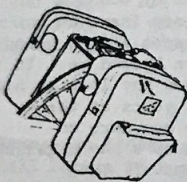
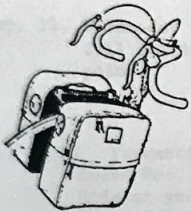
Trustee Walsh moved, seconded by Trustee Maki, to recommend that the Board of Trustees participate in the funding of a bicycle path to connect New Wilke Road with the Ned Brown Forest Preserve in the vicinity of Golf Road and the I-90 underpass, at a cost not to exceed \$3,000. The motion unanimously passed.

At the Board of Trustees meeting held August 5, 1985, the funding was approved.

At the August 1st meeting, the extension of the South Side Bicycle Route was also brought up by me and Mr. Niemann of the Heritage Park Homeowners Group. Chairman Maki designated the Arlington Heights Bicycle Association to design a suggested extension which would join the present route which now ends at Pioneer Park with the Busse Woods Bicycle Path. Also, the proper procedure is to then submit these plans to the Public Health and Safety Committee.

After the meeting I spoke with Larry Nieman and Jerry Ziobrowski, both from home owner associations and indicated that I felt they should be included in these plans. During the meeting, they had listed the membership of 3 home owner groups having a total membership of approximately 1000.

Dottie Tockey



MACKINGTON RIDES AGAIN

If you didn't go on the Mackington trip, you missed one of the best if not THE BEST rides the AHRA sponsored.

I could tell this was going to be a high class ride as soon as I arrived and discovered the bus had its own potty. We received good-looking T-shirts and the famous plastic pickle whistle to wear around our necks. Evie didn't want a picture of Lake Michigan on the T-shirts because it resembled a pickle, so Pat S. purchased the plastic pickle to wear.

The sign at the ferry dock to Mackinac Island had welcome Arlington Heights Bicycle Association. No cars are allowed on Mackinac Island, only bikes and horses. The high class act continued when we had brunch at the swank (\$3.00 just to walk through the grounds) Grand Hotel. After lunch we sat on the Hotel's veranda and played tunes on our pickle whistles. Mel played his famous rendition of the "Flight of the Bumble Bee" for the cocktail waitress.

The ride from Mackinaw City to Ludington took five days. We had some short days (31 and 44 miles) and a long day of 85 miles or more in Amy and Mary's case. We had some ideal riding days (sunny, light breeze and mid 70°) and an all day rain which was quite hard. The scenery was varied. We rode along the shores of Lake Michigan and other smaller lakes, through the beech-maple forests, cherry orchards and rolling farm lands and by the famous Sleeping Bear Sand Dune. Some hills were meant for walking, others were meant for riding - depending upon the gearing of your bike. Jim N. renamed the ride on the 85 mile day "THE GRUEL-A-TION" and others agreed with his name after riding the 65 mile day in a downpour.

Evenings were a special time where you could share your experiences of the day. For example: Bill T., Dave V., and Bob L. stopped and watched a log house being built. They found out that it was going to be disassembled and re built in Cary, IL. This will probably turn into a club ride. Also at this time the impious "Pickle of the Day Award" was given. For example: Chris, Paul and Andy got pickles for getting up early and leaving camp in the dark, before 4 AM on the 85 mile day.

Everyone ended up with more than one pickle. The evenings were also a time for talent. Dick M. had each of us reading a verse of his poem "REX the WONDER DOG" and who could forget Mel and Judy's skit "Fidget the Midget".

Winkleman's Bicycle Shop provided us with a van and mechanic, Bruce. He was kept busy adjusting derailuers and brakes, tightening bottom brackets, truing wheels and fixing flats. He also lightened our load by carrying our tents and sleeping bags. His services were used to take Dick to the hospital for x-rays and then to the Bus Depot. The sag service provided by Winkleman's was greatly appreciated.

We met a variety of people on the ride. There were the college professors, a man and wife from Houghton, MI following the same route we were taking to Ludington. Jim, the young man we encircled on the deck of the ferry when crossing Lake Michigan and who we awarded an honorary pickle. Stopping by in our campground in Kewaunee, WI were the Doctor and his wife riding from Seattle to New Jersey. There was also the encounter in the sauna with the perfect 10. You can tell who saw her, He's the one with the bulging eyes.

We had members leaving and meeting us in Wisconsin. Jim K. picked up Bill T. and Dave V. in Kewaunee, but Norma's daughter Debbie and her friend Sue joined us for the ride to Milwaukee. We also met Don D. and Elida R. near Port Washington on their ride up to Door County.

The ride into Milwaukee was surprisingly simple with little traffic. The final night was spent at another classy place. The Park East Hotel in downtown Milwaukee overlooking Lake Michigan. We took the hotels bus to Germanfest for German cuising, music and dancing. They even taught us how to dance the chicken. We said farewell to Germanfest as the moon shown through the hotel's bus window. We had a group breakfast in the hotel and then departed for the 90+ miles home.

Bob H.

During the month of August I have enjoyed bicycle tours on the Northern Coast of California, through Utah and France as well as across the U.S. and back and for absolutely no cost. Those of you on the same mailing list as you realize by now I'm talking about my free introductory issue of Bicycle Rider. As the cover states it's a grand touring magazine. They may have hooked me. If you didn't receive your copy, you may look at mine and get the address to send for yours at the September meeting. How nice to see more on bicycling in newspapers as well as a new magazine. Bicycling is really on the increase! This causes more groups to set limits on the number of participants in their invitationals which makes it important to register early. Have you registered for the Hilly Hundred? My favorite ride!



RIDES RIDES RIDES and MORE RIDES for September.

Have you been out on an Arlington ride yet? Now is your chance. September is looking good for us as we have many to choose from.

Sep. 1, Atomic Bike ride - 6:30 AM Argonne Club House 25/50/100 km. Flat to rolling \$5.50.
For info: Argonne Bike Club
Al Smith
4517 Florence Ave.
Downers Grove, IL 60515
312-963-3648

Sep. 21, Another happening. George & Pat Vassos will lead a gathering of the clan for food & drink. Rec. Park 3 PM. Short ride. long on food and drink (X ride - never too fast always to slow) Fun nite for all 20 miles round trip.
For more info. George Vassos 392-5450

Sep. 4, Wednesday rides continue 9 AM (C)
Call Dottie Tockey for starting point. 392-2709

Sep. 25,
Wednesday rides continue 9 AM (C)
Call Dottie Tockey for starting point. 392-2709

Sep. 7, Fermi Lab - Lunch PLUS
Stratford Square 9AM - 40 miles.
Fermi lab. with its atomic accelerator attracts scientists from all over the world. Join us on a free self guided tour of the lab and learn more about our universe. Bring lunch money for the cafeteria or pack your own. The plus on this ride includes a quick look at the gardens at Cantigny, the bike path along the Fox River, some forest preserves, Dunham Castle and ice cream in St. Charles. The ride leaves from McDonalds in Stratford Square on Gary Ave. south of Schick Road at 9 AM sharp. If you wish to ride there with Marilyn be at her house 324 Banbury - Elk Grove 8AM. Marilyn Wilkerson 439-4496

Sep. 28, Volo Bog Ride (B) Here is your chance to find out what a bog is. See the poison sumac and poison ivy at a distance. Also see the plants that eat insects or cyclists who stray from the path.
Meet at Frontier Park 8:45 AM for 60 miles or Kildeer School in Long Grove at 9:30 AM for 45 miles. Bring a sack lunch.
Call Bob Hinkle at 259-1423 if you plan to go.

Sep. 8, Harmon Hundred

Wheeling, Ill., Harmon Hundred, 6 a.m., Wheeling High School. 25/50/100 mi., flat to rolling. \$5 till Sept. 6, then \$6. Includes patch, sag. L.A.W. sanctioned patches available. Wheeling Wheelmen, Bob Klein, P.O. Box 581-D, Wheeling, IL 60090. 312/299-2888.

Sep. 29, Apple Cider ride and picnic. (C) 32 Miles
Ride the back roads of lake County to Wauconda Apple Orchard. Taste the cool delight of cider and browse the gift and antique shops. Picnic after, grill and yard are provided. YOU bring the rest.
Ride leaves Kurt Schoenhoff's home 10 AM. 16 James Court - Hawthorne Woods. Another fantastic ride for September. If you miss this one, you're missing a very pleasant day. For more info.
Kurt Schoenhoff 540-0861

Sep. 11, Wednesday rides continue 9 AM (C)
Call Dottie Tockey for starting point. 392-2709

Oct. 5, Dundee Ice Cream Ride. Class (A-B)
60 Miles. Sorry I have limited info. on this ride. For more or to let Bob know you are going on this ride.
Call Bob Hinkle 259-1423

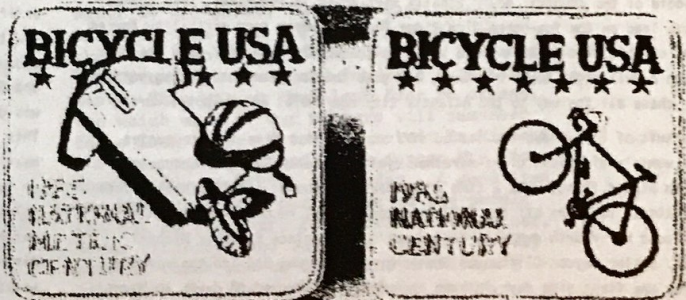
Sep. 14-15, Fantastic week-end in Lake Geneva
Leave Rec. park 7 AM Cue sheet - No sag.
Ride at your own pace. Saturday nite in beautiful Lake Geneva. Extrav Lodge
Hilton INN \$117.72 per couple
No checks \$10.00 extra person
Cash or Credit Card Res. 414-248-9181

Oct. 6, Woodstock again. This should prove to be a beautiful ride this time of year.
For more info. Bob Lippold 870-0337

Econo Lodge - Big Foot Park (Camping)
Bring your own gear. No reservations needed.
For more info. Jim Krupa 398-5618

Sep. 18,

Wednesday rides continue 9 AM (C)
Call Dottie Tockey for starting point. 392-2709



★ ★ ★ BICYCLE USA ★ ★ ★

The League of American Wheelmen
TODAY!

Bicyclists for better bicycling:

- ★ Keep informed, entertained and up-to-date on where to find the best bicycling vacations every month with *BICYCLE USA* magazine.
- ★ Join thousands of other bicyclists at three big BICYCLE USA rallies in 1985.
- ★ Protect your rights to the road and the interests of all bicyclists with BICYCLE USA's government relations program.
- ★ Improve your bicycling proficiency and safety with BICYCLE USA's Effective Cycling skills.
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BOYER WINS RAAM '85, SETS NEW
TRANSCONTINENTAL RECORD

by Martha Retallick

For immediate release
August 9, 1985

For more information,
contact Karen Missavage
(301) 944-3399

Professional road racing experience proved victorious over the best in ultra-marathon cycling as Tour de France veteran Jonathan Boyer won the 1985 Race Across America (RAAM). Boyer covered the 3120-mile route from Huntington Beach, Calif., to Atlantic City, N.J., in record time. His new world record of nine days, two hours and six minutes cut almost half a day off the 1984 record set by Pete Penseyres. (Pete did not compete in this year's RAAM, but instead served on the support crew for his brother Jim, who finished unofficially in 9th place in the final field of twelve men.)

Jonathan Boyer is one of the few cyclists who has ever been invited to compete in RAAM without first having to qualify in the John Marino Open race. RAAM officials decided that Boyer merited special consideration due to his impressive background in amateur and professional road racing. The 29-year-old native of Pebble Beach, Calif., has competed in the Tour de France, Giro de Italia, and the World Championships, with a total of sixteen years cycling experience. After finishing the 1985 race in Atlantic City, Boyer described his RAAM experience as "very positive," and that he would do it again.

Finishing just over four hours behind Boyer was 32-year-old Michael Secrest of Flint, Mich., with a time of nine days, six hours, and eight minutes. Secrest also placed second in the 1984 RAAM, moving up from his third place finish in 1983. The former long-distance tuck driver led throughout the early days of this year's race, then began exchanging the lead with Boyer in the middle of the country. Boyer finally went ahead in Tennessee, then opened up a big lead on the fog-bound Blue Ridge Parkway, where poor visibility forced Secrest off his bike to wait for a break in the weather. Secrest used the time to catch a full eight hours of sleep, and gave the European road racing veteran a hard chase all the way to the Atlantic City boardwalk. At one point during his pursuit of Boyer, Secrest reeled off two successive five-hour centuries. In the women's division, ultra-marathon cycling veteran Susan Notorangelo Haldeman placed first, with a time of 10 days, 14 hours, and 25 minutes. This shaved almost 26 hours off her 1982 transcontinental record. Her finish this year placed her fourth overall, behind men's third-place finisher Michael Shermer. Shelby Hayden-Clifton of Greensboro, N.C., who had led the women's race for the first nine days, placed second with a time of 10 days, 20 hours and 33 minutes, two full days faster than her 1984 RAAM effort. Elaine Mariolle

of Berkeley, Calif., reached Atlantic City in just under 11 days, in seventh place overall. RAAM newcomer Kye Waltermier of Brazil, Ind., placed fourth in the men's division, finishing just ahead of Mariolle.

This year's race drew 25 men and three women to this starting line on the Huntington Beach pier on July 21. A variety of maladies, including knee injuries, foot problems, and heat exhaustion thinned the field to 15 finishers in Atlantic City. Gone this year was the "36 hour" rule of years past; it stated that any competitor more than 36 hours behind the leader at the Mississippi River would not be dropped from the race. This rule eliminated the entire field of women from contention in the 1984 RAAM. Instead, the 1985 race featured separate men's and women's divisions, and it was declared officially finished 48 hours after the first competitor in each division reached the Atlantic City boardwalk.

RAAM '85 ended in calamity for two of the male competitors. Perennial favorite Lon Haldeman started the race with a bad case of flu, which grew progressively worse and finally forced him to check into a hospital in Amarillo, Texas. Doctors warned him that to continue in the RAAM would likely result in permanent physical damage, and he withdrew. Wayne Phillips, of British Columbia, had decided to do the race without support vehicles, carrying just two small panniers. He had previously made two record-setting crossings of Canada in this fashion, and wanted to add a USA crossing of 15 days or less to his cycling resume. But his goal was shattered in eastern New Mexico, when he was struck by a hit-and-run driver. Phillips is currently hospitalized with internal injuries and some paralysis. It is not yet known if the paralysis is permanent, or if he will be able to return to cycling.

The 1985 RAAM featured a prize purse of \$20,000 put up by the Great American Chocolate Chip Cookie Company. For their first place finishes, Jonathan Boyer and Susan Notorangelo Haldeman each received \$5,000. The remaining \$10,000 was distributed among the other official finishers.

This year's race was the longest, toughest, most extreme weather (it rained heavily almost every day), and largest--yet one of the most exciting to watch or follow, and the best organized. Much of the credit goes to the BICYCLE USA volunteers, who spent long hours as Official Observers at their time stations watching the race go by and recording the riders' times. Race director John Marino is quite pleased with the way the time stations worked out, and he wants to encourage Official Observers for next year's race.

For more information on the 1985 Race Across America and photo coverage of the action, check the September and October issues of *BICYCLE USA* magazine.

MACKINGTON 1985 - DAILY LOG

The trip began on Saturday, July 20 with a bus ride to Mackinaw City. About 23 people chose to take this bike trip which I believe, turned out to be the best bike ride of this season. We left Arlington Hts. at 7 AM and arrived in Mackinaw City about 5:30 PM. There, we re-assembled our bicycles and pitched our tents. On Sunday we biked over to Shepler's Marina at 8:30 AM for the boat trip to Mackinac Island. The entire day was spent biking over the roads on Mackinac Island and enjoying the pleasures of the city. In the afternoon we assembled at the Grand Hotel for brunch. This was one of the best meals of the trip and unlimited amounts of excellent food and good desserts. We all took our share and then some, at this buffet. Afterward, we spent some time sitting on the world's longest front porch at the hotel. This was certainly the most relaxing day of the trip.

On Monday we began our first day of biking from Mackinaw City to Petoskey, MI. We had a pretty good headwind as we headed west along the county road to the shore of Lake Michigan. The weather was excellent - a perfect for biking. We rode along the shore of Lake Michigan, in some places on high bluffs overlooking the Lake. Most of us stopped in Harbor Springs; which is a small town on Little Traverse Bay for lunch. This was a beautiful town and here we found a small sandwich shop in back of a liquor store where they served giant sandwiches. We reached Petoskey State Park about 3 PM. There we received the bad news that Dick Mar had fallen from his bike and possibly broken his thumb. This was confirmed later in the evening when Bruce, who was driving the van from Winkelman's had driven Dick to a nearby hospital for x-rays and a cast.

On Tuesday we had another excellent day of biking. The weather was perfect. We left Petoskey early in the morning and rode to Charlevoix. In Charlevoix we all had breakfast at Evie and Norma's Pastry Shop. There, most of us started down the route along Torch Lake and the the Jelly Stone Campground in Traverse City. Some of us, mainly Amy Gray and Mary McNair, went down US 31 and by the time they had finished, they had put in over 100 miles. The route marked by the trip organizers was 86 miles. It was a bit on the long side and some people started to refer to the trip as a "Gruel-a-thon". We would have preferred to have stopped after 54 miles at a beautiful restaurant, Campbell's on Torch Lake. Even though the day was long, everyone was in early and we had our chicken dinner courtesy of the Colonel at 7 PM.

On Wednesday we were off to Sleeping Bear Sand Dunes. Some of us didn't get an early start. Mel and Judy Sandahl did an excellent job of biking that day. With a minimum amount of effort they reached Glen Arbor near Sleeping Bear Sand Dunes. I have a strong suspicion that Bruce may have played a part in this segment of their bicycle trip. When we reached Sleeping Bear we found out that it was an exceptionally primitive campground with no running water. That prompted most of us to bike to Glen Lake and go for a refreshing swim. In the evening the club had arranged for a pizza party in Glen Arbor, which was just out of this world. That evening the

weather turned and we got a rain shower which only lasted an hour. It did drive most of the bikers to their tents and a few to local motels. Some people in the tents played Name That Tune on the special pickles passed out at the beginning of the trip. That night it began to rain around 2 AM and rained continuously until our next destination which was Manistee.

Thursday was the most trying day of our trip. It was a completely rotten day for biking, with medium to hard rain at times. We had to travel a total distance of 65 miles from Sleeping Bear Sand Dunes to Manistee. All of us ended up having breakfast in Empire at a restaurant called the Good Times Cafe. I think this is the last time any of us were completely dry and from this point on, things got worse as far as the rain was concerned. We passed through Frankfort, MI at noon and there I learned that one must carefully cross a flooded railroad track, otherwise your bike will go out from under you as mine did. Up until this time I thought biking gloves were not necessary. Thanks to Marilyn Wilkerson who was our resident nurse, and my son Bill, we had enough bandages to take care of the open cuts. We continued to Manistee, but phoned ahead for rooms at the Best Western Hotel. Needless to say, it was nice to sleep on a bed that evening and be completely dry and ready to ride the next day. That evening, most of us met in the banquet room for an all you can eat spaghetti dinner.

On Friday we had a short 30 mile trip from Manistee to Ludington. We did, however, have to leave very early in the morning and be at the boat dock one hour before the ferry was to sail. Everyone was up and ready to roll at 5 AM and would you believe, even the leaders of our group got lost in the early morning hours. By 6 AM

we were on the right track and going down some beautiful country roads to the ferry at Ludington. The trip across the Lake was very enjoyable with a lot of sunshine and blue sky. We arrived at Kewaunee at 1:30 PM and proceeded to set up our tents. In Kewaunee, Dave Von Bergen and Bill Turner left the group to work on next year's bike trip in Door County. The night in Kewaunee was also the night that the group put on the talent show. Mel and Judy Sandahl put on the funniest skit of a nationally famous biker.

On Saturday we biked from Kewaunee to Sheboygan. This was another beautiful day - not very many hills and temperatures in the mid 70s. When we reached Sheboygan only three or four hardy souls in the group decided to go for a swim in Lake Michigan at Terri Andre State Beach Park. Most felt that the water was just too cold.

On Sunday we left Sheboygan and traveled to Milwaukee. Again, we had some good roads and a good day of biking. Most of us reached the hotel in Milwaukee, The Park East, about mid-afternoon. In the evening we all took the hotel van to the German Fest on Milwaukee's lake front for some good food and entertainment. This was an excellent fest to attend, one which most of our members will remember for a long time. A few of us left in Milwaukee, but the rest continued to Arlington Hts. for another day of biking on Monday. A good time was had by all and our thanks to the people who set up the tour, Pat Schramm, Evie Weber, Norma Witherbee and Dave Von Bergen. A very special thank you to Bruce and Winkelman's Bike Shop for the much needed Sag Wagon.

Jim Netzel

BULLETIN BOARD

The Nominating Committee
for the slate of Officers
in 1986 is:

Jeanie Gain
Jim Krupa
Bob Lippold
Sue Montgomery
Dave Von Bergen

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INDIVIDUAL MILEAGE TO JIM
KRUPA BY OCT. 15.

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Randonneur bars, Bar end shifters,
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Fugi Mixte 19" frame like new.
Low gearing. Nancy Von Bergen
398-1309

NEW MEMBERS

Alice Tarinas de Leon Family
1770 C Bristol Walk
Hoffman Estates, IL 60195
310-8925

Randy & Lynn Jones Family
432 S. Lincoln Ln.
Arlington Hts., IL 60005
394-2792

Marianna Maver
105 S. Wilshire Ln.
Arlington Hts., IL 60004
253-3768

Frank & Carol Mitchell
1111 Dogwood Ln.
Mt. Prospect, IL 60056
255-9695

FOR THE 2ND YEAR WE HAVE COMPLETED A WELL RUN TRIATHLON. THE BIGGEST COMPLIMENT I RECEIVE AFTER THE RACE IS THAT THE TRAFFIC CONTROL IS SO GOOD. I HAVE RECEIVED TWO LETTERS FROM PARTICIPANTS STATING THIS. ALTHOUGH WE HAVE POLICE SUPPORT, THE JOB OF MARSHALLS HAS THE SAME INVALUABLE IMPORTANCE. THE MEMBERS OF THE BIKE CLUB CAME THROUGH STRONG IN SUPPORT OF THE TRIATHLON AND THIS SUPPORT IS VERY MUCH APPRECIATED NOT ONLY BY MYSELF AS RACE DIRECTOR BUT BY THE PARTICIPANTS. THE MAIN CONCERN OF AN EVENT SUCH AS THIS IS THAT IT IS AN EVENT WITHOUT ACCIDENTS. I'M HAPPY TO REPORT THAT WE HAD NO MAJOR ACCIDENTS.

JOHN SILKER THE WOODSTOCK RESIDENT WHO COMPLETED THE RACE ACROSS AMERICA TWO YEARS AGO HAD A BLOWOUT, FELL AND BROKE HIS HANDLEBARS. HE RACED HOLDING HIS STEM AND HALF OF HIS HANDLEBARS AND MANAGED TO COME IN WITH A TIME OF 1:32 WHILE THE OVERALL WINNER HAD A TIME OF 1:23.

MOST PARTICIPANTS OF THE ARLINGTON TRIATHLON ARE FROM ARLINGTON HEIGHTS WITH ABOUT 85% COMING FROM THE NORTHWEST SUBURBS, PRIMARILY MT. PROSPECT AND PALATINE.

EMILY EILERS FROM OUR BIKE CLUB COMPLETED THE TRIATHLON FOR THE SECOND YEAR IN AROW. SHE ALSO TOOK 1ST PLACE IN HER AGE CATEGORY.

HER HUSBAND BILL WAS MY ASSISTANT FROM THE BIKE CLUB AND I APPRECIATED ALL THE HELP HE GAVE ME. THE SUPPORT OF THE THREE AREA CLUBS MAKES THIS AS COMMUNITY AN EVENT AS POSSIBLE.

A BIG THANK YOU TO ALL OF YOU WHO TOOK THE TIME TO GET UP SO EARLY IN THE MORNING TO SUPPORT THIS EVENT.

M-E SPIREK

Where have all the riders gone? In the October newsletter we plan to list all the members who have toured this summer and where they went. Please give that information to Pat or me if you haven't done so already and why not write a little bit about it. Someone may like the information for next year.

Tip for the month: Read John Lehrer's article, "For Beginners Only", Rules of the Road, found in the fall issue (free, remember?) of Bicycle Rider. This is worthwhile for experienced riders as for beginners.

Marilyn.



President
V. President
Secretary
Treasurer
Membership
Newsletter

Marilyn Wilkerson 439-4496
Jim Krupa 398-5618
Joel Fisher 259-0039
Emil Donkers 253-0881
Jeanie Gain 392-1547
Pat Vassos 392-5450



OCTOBER 1985

MEETING: OCT. 3 Rec. Park 8PM
BE THERE!

The Oct. meeting is most important because this is the time of year when we vote for our new Officers. The nominating committee has recommended the following slate of Officers for 1986.

President: George Vassos
Vice President: Don Dereby
Secretary:
Treasurer: Emil Donkers

Nominations from the floor will be appreciated.

Jim Krupa
Jeanie Gain
Bob Lippold
Dave Von Bergen



RIDE SCHEDULE

- Oct. 5,
- Oct. 6, Woodstock again. Come and see the beautiful fall colors.
Bob Lippold 870-0337
- Oct. 12-13, Hilly Hundred
- Oct. 20, Sunday afternoon wenee roast ride.
Rec. Park 2 PM 20 miles (C) to Marilyn Wilkersons hide away in the woods.
Marilyn Wilkerson 439-4496
- Oct. 26, Pumpkin Patch Ride.
10:30 AM at Tom Masters house.
25 easy miles on beautiful backroads around Barrington.
(Shorter ride if weather dictates)
For directions and more info.
Tom Masters 358-7797

From My Atala Seat.....

Do you know Dan Henry and why road marks used to be referred to as Dan Henry arrows? Meet him in the September issue of Bicycle USA as you read his article on Route Marking. When you look at his arrow pointing technique, notice the comfortable seat on his bicycle. It figures that someone who would fix up a seat like that and tape bananas to his frame would have this clever way of clipping a paint brush to his rear quick release.

Amtrak has reduced the charge for checking bicycles as baggage to \$5.00 for one way including box - the catch is that you have to ride a train with baggage service and they have been reduced.

Do you know why Skid Lid went out of business? I like the term YOYO rides - "you're on your own" meaning no sag.

Impromptu bike touring sounds fun as told by Doug Bos, a seasoned worker for National Park Service who travels to a new job location by bicycle. "I take an incredible amount of equipment with me. In Everett, WA I was embarrassed when other cyclists discovered that I was carrying a portable typewriter. And when I toured from Oklahoma to Michigan, I brought along my portable TV, since I was too lazy to box it up and mail it home." He pulls a trailer rather than overloading his bicycle which also adds a surprising amount of stability on slippery roads. He said that one of the biggest reasons we go on bike tours is to meet people. An old fellow he met in Mississippi didn't believe he had water in his water bottle. He wanted a sip of whisky, and thought it rather stupid that someone would carry water. "Hell, he said, "you can get water anywhere."

It was fun to see familiar scenes from Gear in the Bluegrass covered in the September issue. For several years I have enjoyed my habit of sitting down to scan the L.A.W. Bulletin, American Wheelmen, Bicycle USA of whatever the correct name as soon as it comes and it was at this time in September I found the above information.

The AHBA subscribes for a copy for the Library and also one for the club. I would like to see these nine issues a year used more. If you don't belong to the League and receive your own copy, please borrow the club's copy from me.

WARNING: You may get hooked, join the IAW and start attending rallies and tours.

Tip of the Month: Keep informed on what is happening in bicycling by reading your Bicycle USA or call 439-4496 to borrow a copy.

Marilyn

Oct. 27, Covered Bridge Ride.
 9 AM Frontier Park.
 A beautiful fall ride thru the Covered
 Bridges in our area. Bring sack lunch
 or buy a sandwich at the Penny Tap.
 45 Miles. For more info.
 Don Dereby 255-3422

REMEMBER! All riders turn in your
 personal mileage and ride leaders
 turn in your club ride mileage
 to Jim Krupa by Oct. 15.

NEW MEMBERS

Doug & Lenore Sturm
 2226 S. Goebbert Road
 Arlington Hts., IL 60005
 640-7358

Nov. 2, Recognition Dinner. See below for
 reservation form.

AN EVENING OUT----

THE AHBA AWARDS BANQUET will be November 2, 1985 at 7:00 P.M. (Saturday) and
 held at Chessie's Restaurant, Barrington, Il. After having searched all the different
 suburb restaurants, Glenview, Arlington Heights, Mt. Prospect, Itaska, Schaumburg,
 etc, etc, etc---the most ideal room was found at Chessie's in Barrington. So, now,
 for all of you, we have arranged a beautiful private room with a bar, choice of
 dinners and exciting evenings entertainment!!!!!!

Cocktails are from 7:00 til 8:00 with big screen entertainment starring the
 AHBA members, dinner, awards and more. Send your reservation by October 26, 1985
 to Norma Witherbee, 10015 Lavergne Ave, Skokie, Il 60077. For more information
 call Norma at 674-0523.

SATURDAY NOVEMBER 2, 1985 AWARDS BANQUET ARLINGTON HEIGHTS BICYCLE ASSOCIATION

COCKTAILS 7:00 P.M. DINNER 8:00 P.M. \$10.00 PER PERSON (CLUB MEMBERS)

CHESSIE'S RESTAURANT AT THE ICE HOUSE
 200 APPLEBEE STREE
 BARRINGTON, IL 60010

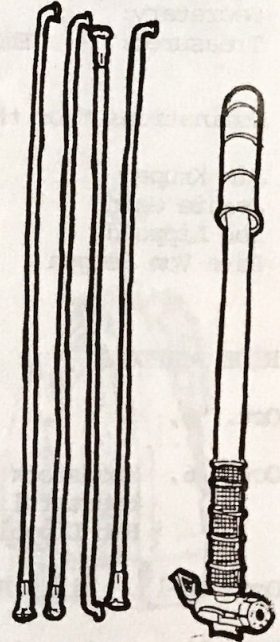
CHOICE OF DINNERS

STUFFED CORNISH GAME HEN	ROAST SIRLOIN OF BEEF AU JUS
CARROTS VICHY	BAKED POTATO
CHESSIE RICE	GREEN BEAN ALMONDINE
SNOWBALL DESSERT	SNOWBALL DESSERT
ROLLS	ROLLS
BEVERAGE	BEVERAGE

NAME(S) _____	<u>DINNER ORDERS</u>	<u>NUMBER</u>
_____	CORNISH HEN	_____
_____	SIRLOIN OF BEEF	_____

ENCLOSED CHECK \$ _____ TOTALNUMBER OF DINNERS _____

MAIL RESERVATION TO: NORMA WITHERBEE FOR MORE INFORMATION CALL 674-0523
 10015 Lavergne
 Skokie, Il 60077



CLUB HISTORIAN REQUESTS

The club is compiling a history of our week long rides. We need
 contributions, in the form of photos and stories, to complete this project.
 If you have photos or stories you would like included, please contact
 Dottie - 392-2709.

THE GREAT LOBSTER RIDE

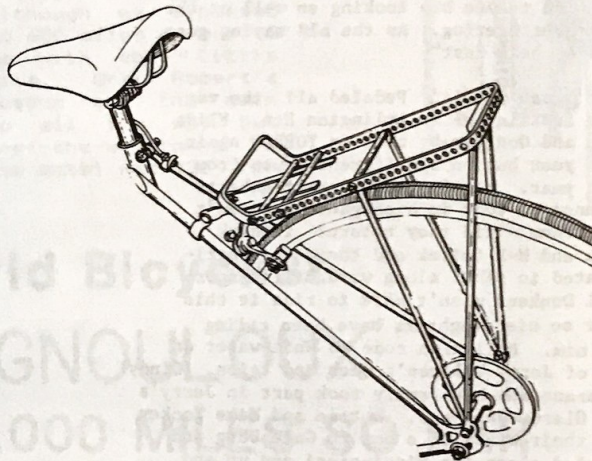
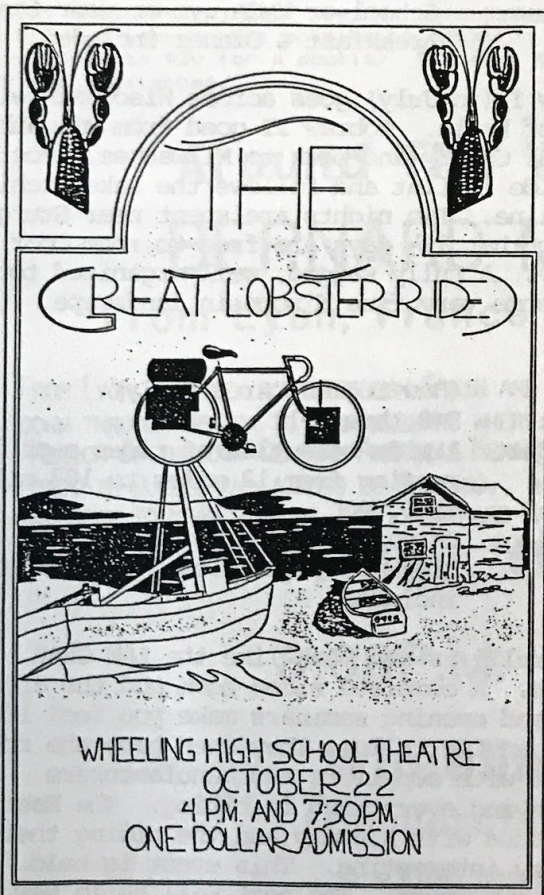
For those of you who missed the Arlington Heights to Bar Harbor, Maine slide show at the January club meeting, you now have another opportunity to view the new and improved program. Music plus sound effects have been added and along with the captivating tales its bound to be an enjoyable afternoon or evenings entertainment.

There will be two (2) performances on Tues. Oct. 22nd - 4PM and again at 7:30 PM. Tickets are \$1.00 and can be purchased through me, at the Community Education Office, 799 Kensington Rd, Mt. Prospect or al the Wheeling High School Theatre lobby on Oct. 22nd. See you all there.

Evie Weber



Back by popular demand . . . EVIE WEBER and her biker's 1750 mile tour, "THE GREAT LOBSTER RIDE," Illinois to Bar Harbor, Maine. Oct. 22 at 4:00 and 7:30 pm, Wheeling H.S. Theater . . . Purchase tickets at the door or at Community Education Office . . . \$1. Gold Card full fee. This performance is not included in the season ticket.



FOR SALE FOR SALE FOR SALE

Ladies Avocet bike shoes Size 8
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Schwinn Tandem - excellent condition.
Randonneur bars, bar end shifters,
48 spoke wheels. A steal only \$550.00
or best. 398-5618

Fugi Mixte 19" frame like new.
Low gearing. \$175.00
398-1309

Fugi Sumpreme 25" - 12 speed
\$190.00 will hold for Xmas
398-5618

Members of AHBA have been interested in touring since the beginning of the organization. For several years the week long ride was THE Tour for most of the members. It remains a great tour but many members have joined other tour groups or gone off to do their own thing. A list of our touring members follows. If names have been omitted, it is because no one turned them in.

On "THE" Tour, Mackington Rides Again were:

Amy Gray	Bill Turner
Bob Hinkle	Pat Vassos
Bob Lippold	Paul Vassos
Mary McNair	Dave Von Bergen
Dick Marr	Evie Weber
Bill Netzel	Marilyn Wilkerson
Jim Netzel	Norma Witherbee
Caroll Panczyk	Paul
Chris Panczyk	Andy
Judy Sandahl	Debbie Witherbee
Mel Sandahl	Sue
Pat Schramm	

Louise Lauing, Earl Mason and Nancy Topp joined the Euro-Bike Tour in Europe. We were sorry to hear about Earl's accident but glad to see him looking so well at the September meeting. As the old saying goes, "Bikies heal fast".

Mike Nisen did it! Pedaled all the way from Seattle, WA to Arlington Hts. Elida Rech and Don Dereby rode on TOBRAW again this year but on a different route from last year. Marilyn and Forrest Roberts planned to tour in Michigan. I haven't seen them - did they return? I think Dick and M-E Spirek and their van participated in BAMMI along with Bill Turner. Emil Donkers wasn't able to ride it this year so his daughters have been riding for him. Bill also rode to Whitewater on one of Jerry Goldman's week end trips. Cindy Cochrane and her family took part in Jerry's New Glarus week end. Dottie and Mike Tockey put their bikes on a bus to Galesburg and pedaled along the Mississippi and up and down over the Ozarks to Tulsa, OK for Mike's class reunion. That's going with real class and I'll bet they won the prize for coming the farthest distance by bicycle. After that Dottie found it a piece of cake to ride to Madison with Marilyn Wilkerson for the L.A.W. convention. Ralph and Ed Wallace were on the road three weeks riding from Rolling Meadows to Canada. Ralph didn't complain much about eating Ed's dust or seeing his back all the way but he did say that another time he would skip the Trans Canada Highway where there is no shoulder and heavy traffic. Also a Camp-ground guide would have been helpful. Evie Weber stayed close to home this year with a trip to Door County and the Rocky Mountains after Mackington. Rich rode to Colorado from Arizona and Evie drove out to meet him with her bike and new tires for his bike so they could ride in the mountains with Donna. Rich appeared to be part mountain goat when climbing. I think they should plan a week long tour there for AHBA. Lynn Jones was one in a thousand when she went back to Michigan to join PALM. Her husband, Randy, rode DALMAC over Labor Day weekend. Bob Lawson and Bob Jr. did the CATSUP ride in Missouri along with Don Dereby. Congratulations to Don on his retirement. Now he can live on his bicycle. He describes his tours as follows:

DON DEREBY'S SUMMER TOURS

CATSUP (Cycle Around the State's Universities and Parks)

Dates: 6-15 thru 6-21

Mileage: 400

Cost: \$125.00 AYH member
\$140.00 all others

Sleeping: One nite in college dorn, others in school gym's or your tent.

Food: Breakfast & Dinner included

This trip is thru hills and dales of Eastern Missouri. Full sag service is provided for luggage and a fruit and water stop is set up at about 25 mile intervals. The route changes every year and will serve as the pre-tour for the LAW Convention in St. Louis in 1986. A very enjoyable and well organized tour.

TOBRAW II (The Other Bike Ride Across Wisconsin)

Dates: 7-28 thru 8-3

Mileage: 500

Cost: \$130.00

Sleeping: School or YMCA gym or your tent

Food: Breakfast & Dinner included

Tobraw I (in July) goes across Wisconsin with lots of hills. Tobraw II goed from Milwaukee to Door County and back to Milwaukee. Most of the ride is flat and follows the Lake Michigan shoreline. Two nights are spent near Sturgeon Bay so that 1 1/2 days are free to roam Door County. A fully sagged, well organized tour thru some very fine Wisconsin landscape.

NEAR (New England Area Rally)

Dates: 8-8 thru 8-11

Mileage: A wide selection of rides each day ranging from 12 miles to 103 miles.

Cost: \$108.00

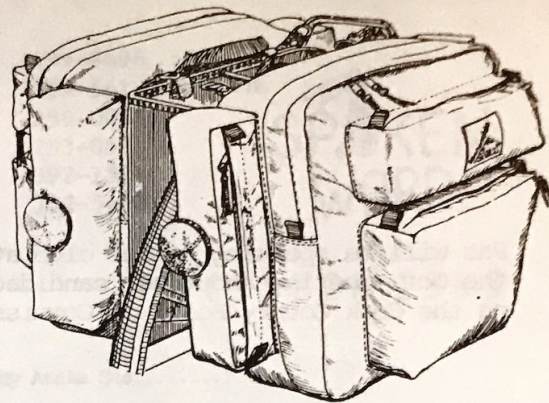
Sleeping: University of Mass. Dorms.

Food: Breakfast, sack lunch and dinner included.

This rally is run much like the LAW GEAR events. A complete rides book and the afternoon and evening seminars make you feel like it is an LAW rally. They even have the room filled with suppliers and manufacturers displaying everything in biking. The East is loaded with history and the riding there is very interesting. This event is held every two years. The next will be in New Hampshire in 1987.

VERMONT (A NEAR Post Tour)
 Dates: 8-11 thru 8-18
 Mileage: 500
 Cost: \$210.00
 Sleeping: Hostels, Inns and Ski Lodges
 Food: Breakfast, Lunch and Dinner included

There is no better way to see Vermont than by bike and by staying in the kinds of places we did. The trip was fully sagged and the \$30.00 per day compares well with the \$86.00 charged by VBT. The ten of us on the tour really had a memorable tour. If you get the chance - DO IT!



1985 Bike touring - Dottie Tockey: Mike and I started our bike vacation with a tour bus ride to Galesburg, Illinois for Railroad Days and the bicycle races. We had one whole bus bay to ourselves, for our boxed bikes. After touring Galesburg, we set out for Tulsa, Oklahoma to attend Mike's High school Senior Class reunion. We intended to use Bikecentennial's Great Mississippi River route and the Ozark - Plains route. Our route along the Mississippi included sightseeing the Mormon settlements in Nauvoo, Il and Mark Twains town of Hannibal, MO. We deviated from our tentatively planned route to include the scenic German community of Herman, Mo (museum and wineries) and to detour around a "Bridge out". The people of the Ozark area are friendly; the bicycling is challenging. Onandago and Merrimac Caves can also be included in the itinerary although we bypassed them because we had recently visited them. We bicycled 650 miles on our 2 week vacation. This included some sightseeing days with very little mileage plus a full day of touring Tulsa by automobile. Oral Robert's University, Gilcrease Art Museum and Will Rogers museum are the main attractions which we enjoyed. We had intended to camp all the way but discovered very inexpensive motel accommodation in out-of-the-way towns on our route. (\$14 to \$20 for a double) Our most expensive motel was \$20 for cable TV and a waterbeg.



Around The World Bicyclist BERNARD MAGNOULOUX From Lyon, France 35,000 MILES SO FAR

FROM LYON, FRANCE, DOWN THROUGH SPAIN AND PORTUGAL, MOROCCO, ITALY, GREECE, ISRAEL, EGYPT AND DOWN THROUGH AFRICA TO JOHANNESBURG WHERE HE WORKED TO EARN FARE TO RIO DE JANEIRO ACROSS SOUTH AMERICA UP THROUGH CENTRAL AMERICA, MEXICO, ALONG THE GULF OF MEXICO TO FLORIDA AND UP THE EAST COAST TO QUEBEC AND ACROSS TO CHICAGO. THEN ON TO THE PACIFIC, ALASKA, ORIENT, NEPAL AND INDIA AND BACK TO FRANCE ABOUT 1987. BERNARD MAGNOULOUX HAS MUCH TO TELL AND SLIDES TO SHOW US!

Friday. October 4, 1985

8:00P.M. \$1.00 Donation

**Wheeling High School
 (Elmhurst Rd. - Rt 83 and Hintz)**

STOP LIGHT BETWEEN DUNDEE RD. AND PALATINE RD.

Wheeling, Illinois

Presented by Wheeling Wheelmen

INFORMATION: 537-1268

Pat will be speaking to our club at the Oct. meeting about her candidacy on the Cook County Board of Commissioners.

REPUBLICAN CANDIDATE
COOK COUNTY
COMMISSIONER



A fresh face with fresh ideas

PATRICIA

SEMROW

PATRICIA J. SEMROW

Patricia Semrow, a native Chicagoan, educated in Chicago schools including American Conservatory of Music, has resided near and used the facilities of the Cook County Forest Preserve her entire life.

Patricia, has combined interests in politics and preservation of natural resources to become a crusader for environmental and recreational issues in Cook County.

For example, last year Semrow scored a political coup when she led a group of protestors in convincing the Cook County Board of Commissioners to block commercial re-zoning of a 5.5 acre parcel of land at Golf and Harms roads in Morton Grove. As a result the County purchased the land, and it will continue to be operated as a recreational base for all Cook County residents to enjoy.

Currently, she is fighting for Forest Preserve procurement of a 2½ block corridor of land that would give runners, bikers and hikers as well as equestrians an unbroken path between Northbrook and the Aurora/Joliet area.

Patricia, an accomplished horsewoman, also enjoys the trails on bike and foot. She is involved with all recreational groups and environmental concerns.

Semrow, is no novice to politics. For the past 25 years she learned the political ropes while chairing reelection campaigns and committees for politicians including many fund raising drives.

Member of the Illinois Audubon Society, American Forestry Association, National Wildlife Federation, Sierra Club, League of Women Voters and a life time member of the Amvets Auxiliary.

As a resident of Glenview for nine years, Patricia Semrow, is currently a successful sales associate for Merrill Lynch Realty Co., and a member of the firm's Million Dollar Club.



THE
SPOKEN
WORD

President	George Vassos	392-5450
Vice President	Don Dereby	255-3422
Secretary	Elida Rech	394-5990
Treasurer	Emil Donkers	253-0881



NOVEMBER 1985

RECOGNITION DINNER - SAT.

NOVEMBER 2

CHESSIE'S IN BARRINGTON

200 APPLEBEE STREET

BARRINGTON, IL 60010

7 PM

CHRISTMAS PARTY

Past President Marilyn Wilkerson has graciously offered her home to all of the bike club members for our annual Christmas party.

The date is Sat. Dec. 7 @ 3PM for a ride or hike (depending on the weather) or 5 PM for a Pot Luck dinner. More details in the ride schedule.

THIS EVENT IS IN LIEU OF THE
NOVEMBER MEETING.

From My Atala Seat.....

Already it has been a year since I was elected president which means it is now time to say THANK YOU to all the officers, committee chairmen, ride leaders, all individuals who worked on various events, my family, and all the loyal riders. Your help and support was much appreciated.

There are several bike clubs in the area and each has its own personality just as individuals do. The Arlington Club is a very special group to many of us and with the support of each of you for your new leader it will grow and thrive.

Thanks for a fun biking year.

Marilyn



OFFICERS FOR 1986

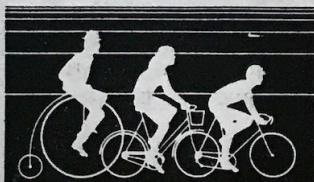
PRESIDENT	-	GEORGE VASSOS
VICE PRES.	-	DON DEREBY
SECRETARY	-	ELIDA RECH
TREASURER	-	EMIL DONKERS

THANK YOU FOR YOUR SUPPORT IN 1985

ABC
45 S. Dunton
Arl. Hts.
253-7700

BIKES PLUS
1313 Rand Road
Arl. Hts.
398-1650

WINKELMANS
200 W. Campbell
Arl. Hts.
253-0349



APPLE CIDER CENTURY '85

Sunday, September 29, Dave and I drove to Three Oaks, Michigan for the ACC '85. This annual event is successfully sponsored by the Three Oaks Spokes and from what we could tell attracted roughly 4500 riders this year. It is an extremely well organized ride with excellent sag stops, sag wagons, police or National Guard personnel at most intersections for safe crossings, spotters at dangerous curves or tricky turns, good food, beautiful countryside (including some great views of Lake Michigan), and friendly people (riders and townsfolk alike). 25-50-75 and 100 mile routes are offered--we customized the 25 and 50 mile routes and rode 30 miles.

There were some hills (gradual slopes to some "A" riders I know!) and allowed me the opportunity(?) to use all the gears on my 15-speed. Fortunately, Dave (with Bill Turner's assistance--thanks, Bill) had changed the stock gearing that came on my bike so they are more suited to my needs, allowing me to ride up hills I otherwise would have had to walk up. Please remember that the gears on a newly purchased bike (new or used) may not necessarily be the best gears for you. Investigating whether the gears need to be customized would be a worthwhile effort, and could make riding easier, and more fun!

I want to thank Jeanie Gain for the use of her Beta cycling shoes, and must stress how important the use of the proper equipment can be--even in cycling. On a ride earlier this summer the shoes I was wearing were not hard soled cycling shoes, as a result, my feet were not supported sufficiently and I suffered a painful stretched ligament in one foot. The advice of my podiatrist was "No more riding unless you wear cycling shoes". I followed that advice on this ride, suffered no ill effects and learned a good lesson. Those funny looking shoes do serve a purpose!

Nancy Von Bergen

Do you know what Don Dereby, Bob Hinkle, and Marilyn Wilkerson have in common?

GREAT LEGS!!!!

The reason being, between the three of them they have ridden more than 10,000 MILES.

Here is how it breaks down:

Don Dereby	7,362
Bob Hinkle	2,113
Marilyn Wilkerson	2,009

From the Vice Presidents Desk.....

I would like to thank all the club members who rode with the club in 1985. I would especially like to thank all the ride leaders for without their help we would not have a club. I am looking forward to 1986 and all the fantastic rides that are going to take place. Good Luck Don Dereby in 1986.

Unfortunately we will not have the group camp site in Door County. The registration came back and the last dates are no longer available. We will have to try again some other year.

Jim Krupa

RIDES RIDES RIDES

Dec. 7, Christmas Party:

Mark your calendar now for a fun time Saturday, December 7, at the Wilkerson residence for our annual Christmas Party.

Ride 3:00 - 5:00 (or hike depending on the weather)

Pot Luck Dinner 5:00 Bring a dish to pass. club will provide Meat dish and punch.

If you wish to participate in a lively grab bag, bring a Unisex gift (\$5.00 max.)

Grab Bag

R.S.V.P. To Marilyn 439-4496
342 Banbury Ave.
Elk Grove Village

Nov. 28, TURKEY RIDE - Put your Bird in the oven early and come to the Gains for a Long (15-20 miles) Short (1 - 3 miles) or in between ride - weather permitting. 10 AM

Jeanie Gain 392-1547

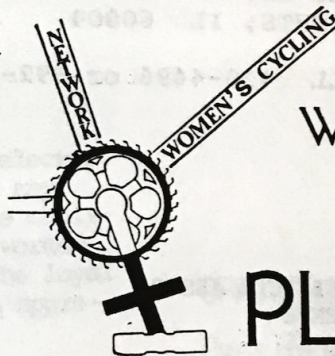
SWAP SHOP

Fuji Supreme 25" Frame 27" Wheels
12 Speed. Will hold for Xmas. \$190.00
for more info. call 398-5618

(Trek 715 25½" Frame \$425.00

(Trek 728 22½" Frame \$450.00

for more info. call 398-1650



IF YOU'RE A
WOMAN WHO LIKES
BICYCLING, ^{even a little}

PLEASE JOIN

WOMEN'S CYCLING NETWORK

PURPOSES OF THE NETWORK

- Put women cyclists in touch with each other
- Share information pertinent to women—
equipment
Race Across America coverage
ultramarathon cycling
media coverage
local women's activities
...and more!
- Collective clout (as numbers grow) to influence
clothing/equipment manufacturers
race sponsors
media coverage

BENEFITS TO YOU

- Quarterly membership newsletter*mailed directly to your door
 - A "special surprise" in the fall of 1985
 - Reach other women cyclists in your area and across the nation
 - Satisfaction of involvement in an emerging women's sports organization
- *produced by volunteer women in different parts of the country, from now on sent only to women who join the network

HOW TO JOIN

Simply fill in the coupon below, make out a check for \$25 payable to Women's Cycling Network and send it in. The rest of us look forward to hearing from you!

Name _____ Area code and phone _____

Address _____ City, state _____ Zip _____

Clip and mail to: Women's Cycling Network, P.O. BOX 73, Harvard, IL 60033

KEEP THOSE WHEELS TURNING!



MEMBERSHIP APPLICATION FOR ARLINGTON HEIGHTS BICYCLE ASSOCIATION

NAMES _____

STREET ADDRESS _____

CITY _____ ZIP _____ PHONE _____

SINGLE \$6 _____ FAMILY \$8 _____ FAMILY MEMBERS: _____ AGE: _____
(Must be 18 or over)

INTERESTED IN: RIDES 10-25 miles _____ 25-50 miles _____ 50-100 miles _____
WEEK END TOURS _____ CAMPING _____ MOTELS _____

WILLING TO LEAD A RIDE SOMETIMES YES _____ NO _____
WILLING TO SERVE ON A COMMITTEE YES _____ NO _____

MAKE CHECK PAYABLE TO ARLINGTON HEIGHTS BICYCLE ASSOCIATION
MAIL TO: JEANIE GAIN
717 N. BEVERLY LN.
ARLINGTON HEIGHTS, IL 60004

FOR MORE INFORMATION CALL 439-4496 or 392-1547



ARLINGTON HEIGHTS BICYCLE ASSOC
660 NORTH RIDGE AVENUE
ARLINGTON HEIGHTS, IL
60004



AFFILIATED WITH
**BICYCLE
USA**
THE LEAGUE OF AMERICAN WHEELMEN

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

THE

SPOKEN WORD

President
 Vice President
 Secretary
 Treasurer
 Membership Chairman

George Vassos 392-5450
 Don Derebey 255-3422
 Elida Rech 394-5990
 Emil Donkers 253-0881
 Doug Sturm 640-7358

DECEMBER 1985

ROADSIDE VIEWS

Hi all A.H.B.A. members! Welcome to another joyous holiday season. Thanks to Marilyn Wilkersons warmth and generous giving of her time we have had a great year.

Your new board and I have had our first meeting to establish our goals for the 1986 season. These goals are simply stated, but will require an "I will" spirit by all A.H.B.A. members.

Our goals are:

- 1) Improve ride participation
- 2) Streamline membership procedures
- 3) Work with Village officials to complete a bike route from Pioneer Park to Busse Woods Bike Trail.

Don Derebey, our new Ride Chairman will have ride information by the January meeting. Lets all give Marilyn a big thank you for offering her home for the Xmas party. I have heard from a reliable source that Santa will make a brief appearance at the party. See you all there. HO!HO!HO!

George

P.S. Since writing the above, I've learned of the wonderful success that the Bike Route Committee, under the chairmanship of Dottie Tockey, had at the meeting of the Arlington Heights Public Health and Safety Committee on November 18.

Dottie's report on that meeting, together with a map of the approved route, and the acceptance of the Bicycle Advisory Group, are elsewhere in this newsletter. We'll have a full report at the January meeting, but meanwhile what a nice Christmas present this is for the Club, and bikers in general. Thanks again to Dottie, Don Derebey, and Marilyn Wilkerson for their efforts on our behalf.

New Year's Ride

Our annual "Weather Permitting New Year's Day Ride" is scheduled for the first day of 1986, beginning at 10:30 a.m., from George & Pat Vassos (1152 North Hickory, Arl. Hts.) As always, road conditions and weather will determine 1)if we ride, and 2)if so, how far. You can get more information from George or Pat at the Christmas party or by calling 392-5450.

BIKE ROUTE COMMITTEE REPORT

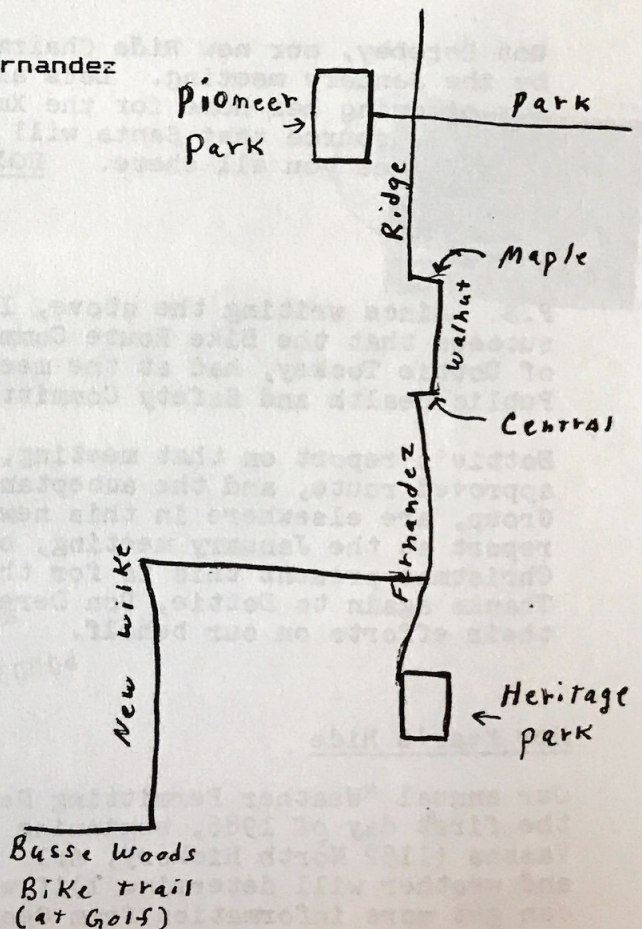
This committee was designated to formulate a "proposed south side bicycle route" which would connect the current path, which ends at Pioneer Park, with the Busse Woods Bicycle Trail. This we did, in conjunction with Larry Niemann of the Heritage Park Homeowners' Ass'n. After several meetings, we came up with 3 alternatives which we presented to the Public Health and Safety Committee on November 21st. They unanimously voted to construct the route which we have described here. It is the least expensive and the route which can most easily be constructed for the 1986 riding season.

The Bike Route committee also made the following recommendation to the Public Health and Safety Committee - have a Bicycle Advisory Group which would report directly to the their committee to develop a comprehensive bikeway systems plan for the Village of Arlington Heights. They made a motion to have Mayor Ryan name seven people to this group. This also unanimously passed.

PROPOSED ROUTE:

Starting at Ridge & Park
South on Ridge to Maple
East on Maple to Walnut
South on Walnut to Central Rd.
West on sidewalks north of Central to Fernandez
South on Fernandez to White Oak
(Spur continues to Heritage Park)
West on White Oak to New Wilke
South on 2-way sidewalk path on east side of New Wilke to SE corner of Algonquin and New Wilke
Split - Northbound path continues south on sidewalk to Golf and New Wilke
- Southbound path crosses New Wilke and proceeds south to Golf and New Wilke

Dottie Tockey
Committee Chairman





CHRISTMAS PARTY/DECEMBER MEETING

Saturday, December 7 is the date of our annual Christmas Party. This will also take the place of the December meeting.

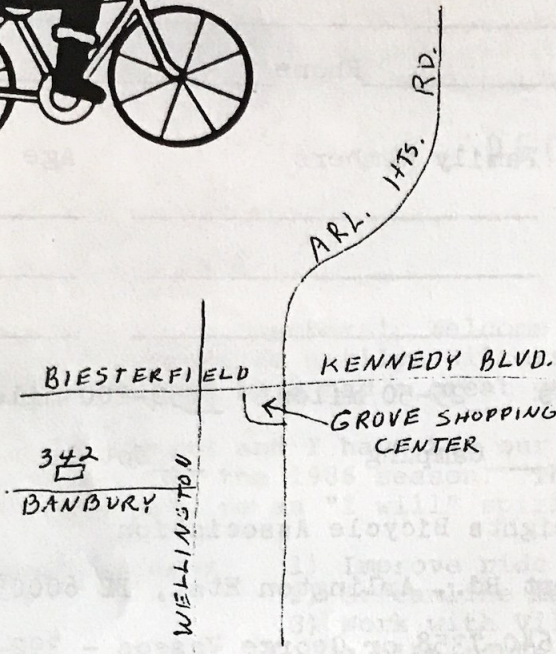
It will be held at the Wilkerson residence in Elk Grove Village. The map at the left shows the location so you can find it easily. The schedule is:

3:00 to 5:00 p.m. Ride. Or, if the weather is inclement, a hike. Fresh air, in any event.

5:00 p.m. Pot Luck Dinner. You bring a dish to pass. The Club is providing the meat entree and beverage.

Grab Bag. A Club tradition! If you wish to participate bring a wrapped gift that is unisex and cost \$5 or less.

RSVP. To Marilyn at 439-4496.
342 Banbury Avenue
Elk Grove Village, IL



NEW MEMBERS

Be sure to give a warm Club welcome to our new members:

George M. Karpen
350 Pinehurst Drive
Des Plaines, IL 60016
299-1377

Nancy Topp
1344 Berkshire
Elk Grove Village, IL 60007

Doug Sturm
2226 So. Goebbert Rd.
Arlington Heights, IL 60005
640-7358

(Address change)
Forrest & Marilyn Roberts
3 South Edward
Mt. Prospect, IL 60056

OUR THANKS FOR YOUR CONTINUING SUPPORT

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

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

Winkelman's Schwinn
Cyclery
200 West Campbell
Arlington Heights, IL
253-0349

Remember: These shops extend a 10% discount to AHBA members.

MEMBERSHIP APPLICATION FOR ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) _____

Street Address _____

City/Zip _____ Phone _____

Single _____ \$6
(Must be 18 years
or older)

Family Members	Age
_____	_____

Family _____ \$8

_____	_____
-------	-------

Interested in: Rides ___10-25 miles ___25-50 miles ___50-100 miles
___Weekend tours ___Camping ___Motels

Make check payable to: Arlington Heights Bicycle Association

Mail to: Doug Sturm, 2226 S. Goebbert Rd., Arlington Hts., IL 60005

For more information: Doug Sturm - 640-7358 or George Vassos - 392-5450



ARLINGTON HEIGHTS BICYCLE ASSOC
660 NORTH RIDGE AVENUE
ARLINGTON HEIGHTS, IL
60004



AFFILIATED WITH
**BICYCLE
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THE LEAGUE OF AMERICAN WHEELMEN

Emil & Corinne Donkers
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