

THE

SP.OKEN 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

JANUARY 1986

ROADSIDE VIEWS:

As I reflect on my personal biking in 1985, I hope the New Year offers more opportunity to enjoy my Roberts and Santana bicycles. I'm hopeful that I can trade my funny looking left shoe and crutches in on a matched pair of biking shoes.

Thanks to Don Derebey's energetic approach, we should see better attendance at club rides. Don plans to have a core group of (10) ten ride leaders with each of these people having (2) two people that they will assist in laying out routes and making cue sheets. This should net us (30) thirty ride leaders. For the system to work, we all need to co-operate when called upon to help. Our new members should enjoy the diverse types of rides I envision using this system. Thanks again, Don!

Santa did make a brief appearance at Marilyn's house during our Xmas party. Thank you, Marilyn and Hugh for inviting us into your home for fellowship, refreshments and an exciting game of Trivial pursuit.

To start the 1986 ride season, my lovely wife will lead a leisure ride from our home on New Years Day. (Weather permitting 5-10 miles).
 Address 1152 N. Hickory (1/2 block south of Olive)
 Phone 392-5450

Happy New Year to all

George

January Meeting

We'll get 1986 off to a flying start with our regular monthly meeting on the first Thursday, January 2, at 8 p.m. at Rec Park. Speaker will be Mike McDonald, vice president of Chicagoland Bicycle Federation, a resident of Barrington, and a member of McHenry County Bicycle Club. His topic is the Federation, why and how it was founded, what it means to the Chicagoland area as well as to Arlington Heights, its projects, and its membership, all followed by any questions you might have.



Bicyclists unite to form Chicagoland Federation

It's official! At last, the six-county Chicago area has a bicycle advocacy organization, the Chicagoland Bicycle Federation (CBF).

This new volunteer citizen's organization was formed with the help of the Northeastern Illinois Planning Commission and a \$4,000 grant from the Chicago Area Bicycle Dealers Association.

According to Suzan Pinsof, NIPC planner working with the group, there are an estimated one million adult bicycle riders in the region. CBF will serve as an umbrella organization for these cyclists who have never been unified before.

As stated in the group's bylaws, the CBF is "dedicated to the promotion and improvement of bicycling."

"That is a common purpose around which we feel bicycle commuters, racers, tourists, traffic planners, equipment suppliers, and anyone in any way connected to bicycling can rally," explained CBF president Ken Licht of Evanston.

More and better bicycle maps, parking, trails, and safety education, as well as improved road conditions, will be advocated.

Many of the problems bicyclists face can be eliminated inexpensively if officials are made aware of cyclists' needs and the best way to meet them. CBF will provide this voice for cyclists, but its effectiveness will be determined in part by the number of citizens who join its ranks.

"We will need a convincingly large membership to be successful," Licht explained. "The Chicagoland cycling community has been fragmented by the size of the area and the diversity of individual cyclists' interests in the past. The CBF plans to bring together representatives of all six counties and all interest groups on its 20 member board of directors to tackle projects to benefit all cyclists."

Cooperation builds path

Contributions by 10 groups totaling \$30,000 will build a bike path linking the Cook County Forest Preserve's Busse Woods bike path with its northerly neighbors, Rolling Meadows and Arlington Heights.

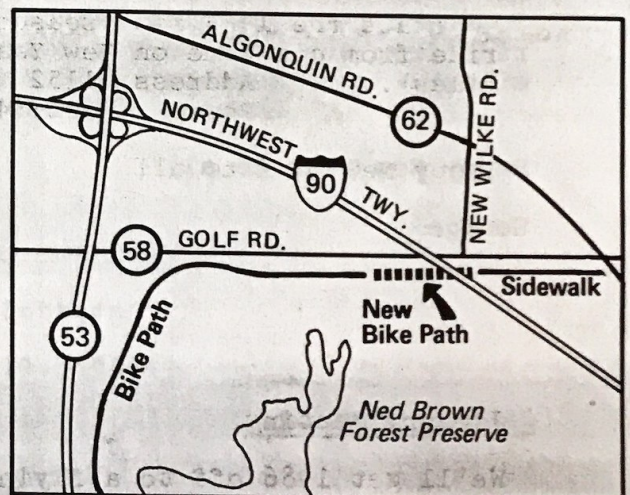
This new, one and one-half block long, blacktop bike path will connect the existing 11-mile bike path in Ned Brown Forest Preserve with the intersection of New Wilke and Golf roads. Using this alternate route, cyclists can avoid the 55-mph traffic on four-lane Golf Road.

In this most recent example of intergovernmental cooperation for progress in bicycle transportation, the leader is Rolling Meadows City Manager James Turi. He solicited \$3,000 from each of the following:

- City of Rolling Meadows
- Rolling Meadows Park District
- Village of Arlington Heights
- Arlington Heights Park District
- Cook County Forest Preserve District
- Commonwealth Edison
- Continental Towers, a Golf Road office complex
- Western Midwest, developer of the Algonquin Mills Mall at Golf and Algonquin roads
- Slough Parks, developers of the Northwest Business Center being built just north of the path, and
- Marquette Properties, developers of two 12-story office towers at the intersection of Golf and New Wilke roads

The Illinois Department of Transportation will install a \$22,000 push-button walk signal at the New Wilke and Golf road intersection, also.

The Arlington Heights Bicycle Association, represented by Dorothy Tockey, was instrumental in convincing their village board to participate in path construction.



Thanksgiving/Christmas Events

The annual Thanksgiving Ride was a reality thanks to clement weather. A smallish group of five gathered that morning at the Gains, and rode a pleasant 12 miles. Participants included Don Derebey, Jim Krupa, Dottie Tockey, and Al and Jeanie on their tandem.

The Christmas Party gala was held Saturday, December 7 at the Wilkerson's home in Elk Grove Village. While chilly, the weather was clear so three hardy members--Dottie Tockey, Nancy Topp, and Marilyn Wilkerson--took a 10 mile spin through the Forest Preserve trail. That evening 21 members and guests gathered for a pot luck dinner, gift grab bag, and games and conversation.

New Membership "Year"

Following considerable discussion, the Executive Committee has approved a bylaws change to make all memberships expire on March 1. There are two good reasons for the change: first, it makes billing and record keeping much simpler. Second, it will enable your Board to know in advance of the riding season what the approximate club income will be, thus making planning easier. Membership dues will remain the same, but will be pro-rated by quarters. Thus:

If your membership expires in...	Your dues will be...	
	<u>Individual</u>	<u>Family</u>
March-April-May	\$6.00	\$8.00
June-July-August	\$4.50	\$6.00
September-October-November	\$3.00	\$4.00
December-January-February	\$1.50	\$2.00

Your current expiration date is on your membership card. If you haven't received your card, or your original patch, or have any other questions, please give me a call at 640-7358.

--Doug Sturm

OUR THANKS FOR YOUR CONTINUING SUPPORT

ABC Cyclery 45 So. Dunton Arl. Hghts., IL 253-7700	Bikes Plus 1313 N. Rand Rd. Arl. Hghts., IL 398-1650	Village Cycle & Sports 61 Park & Shop Elk Grv. Vil., IL 439-3340	Winkelman's Schwinn Cyclery 200 W. Campbell Arl. Hghts., IL 253-0349
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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

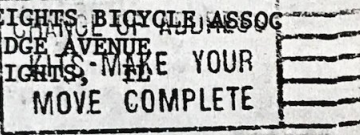
Make check payable to: Arlington Heights Bicycle Association

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
2226 NORTH RIDGE AVENUE
ARLINGTON HEIGHTS, ILL
066004



AFFILIATED WITH
**BICYCLE
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THE LEAGUE OF AMERICAN WHEELMEN

Emil & Corinne Donkers
203 N. Gibbons
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FEBRUARY 1986

Roadside Views

For those brave souls who attended the January meeting, we enjoyed a fine presentation from Mike McDonald of the Chicagoland Bicycle Federation. The CBF is a bicycle advocacy whose function is similar to Bicycle U.S.A., but more relevant to the Chicago area.

It is asking for our support. For information on membership and specific functions of the Federation you can contact: Chicagoland Bicycle Federation, P.O. Box 1454, Evanston, IL 60204-1454.

Club thanks to Marilyn Roberts for the delicious cookies for post-meeting refreshment.

Good News! After being hospitalized for two weeks, Lynn Hinkle is home recuperating, and beginning physical therapy. We all wish her a SPEEDY RECOVERY!

God Bless - Good Biking.

George

February Meeting

The February meeting will be held on the first Thursday, February 6, at 8 p.m. in Rec Park. The Pres and Pat Vassos will discuss the 1986 Exercise-A-Thon, sponsored by the Variety Club of Illinois and the Chicago Area Bicycle Dealers Association, to benefit the Variety Club Children's Charities.

This involves riding exercise bicycles for pledged monies from February 1 to 28, at participating bicycle dealers. For further information call 855-0885, or come to the February meeting.

New Members

A hearty Club Welcome to two new members:

Susan Woodall
 3300 Carriage Way Drive
 Arlington Hts., IL 60004

Mr. & Mrs. Robert F. Skowron
 638 South Newbury Place
 Arlington Hts., IL 60005

OUR THANKS FOR YOUR CONTINUING SUPPORT

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

Dues Time Is Here

As I explained in the January issue, the Executive Committee approved a bylaws change that makes all memberships expire on March 1. Once accomplished, all members will pay the same dues on the same date. But for this first year we must employ a sliding scale to accomodate the varying expiration dates.

Your expiration date is on your membership card. If you don't have a card, or your original membership patch, or have any other questions, please call me at 640-7358.

A chart showing the dues due by your current month of membership expiration is reprinted below. We will not be sending our invoices; please determine your renewal fee and send it in during the month of February. Thank you.

----Doug Sturm

If your membership expires in...

Your dues will be...

	<u>Individual</u>	<u>Family</u>
March-April-May	\$6.00	\$8.00
June-July-August	\$4.50	\$6.00
September-October-November	\$3.00	\$4.00
December-January-February	\$1.50	\$2.00

Name(s) _____

Street Address _____

City _____ State _____ Zip _____

Type of Membership _____ Individual _____ Family

Amount on check enclosed \$ _____

Please fill in and mail to:

Doug Sturm
2226 South Goebbert Road
Arlington Heights, IL 60005

January Meeting

Despite fearful weather, 15 super-hardy members gathered for the January meeting. On the matter of the major club ride this summer, Jim Netzel is looking to get more information on the Hannibal, Missouri area. If you have any, or know where it can be obtained, please contact Jim (674-1282).

Dottie Tockey reported on the coming to fruition of her long-time campaign to persuade the Arlington Heights Village Board of the wisdom of having an official mechanism for suggestions relating to the needs of bikers.

The Board has agreed and authorized the formation of the Bicycle Advisory Commission of Arlington Heights, to include representatives from the Arlington Heights Bicycle Club, Park District, Village Engineering Department, and Homeowners Association.

The Commission will be sworn in in February by Arlington Heights Village Mayor James Ryan. Club members who will serve on the Commission include Dottie Tockey, Don Derebey, Bob Hinkle, and Bob Lippold.

Lynn Hinkle Improving

Lynn Hinkle, a nurse at Chicago's University of Illinois Hospital, was attacked as she left work on January 5. She suffered a severely fractured skull and was operated on that night. Her parents, Bob and Shirley Hinkle, report:

"We want to thank you for your concerns and compassion regarding the attack on our daughter. She is improving each day, and we are encouraged in her progress and are praying for a complete recovery.

"She has received numerous cards from friends and well-wishers alike. Your prayers and encouragement have eased our hearts in this most difficult time."

TOSRV Time Again. Interested?

For the strong of muscle and spirit, it's TOSRV (Tour of the Scioto River Valley) time again. The dates this year, May 10-11, include, as always, Mother's Day. This is the Silver Anniversary of the punishing, 100-mile back-to-back days that comprise the TOSRV run.

Reports our Bill Turner, who has ridden in 9 of the last 11 years (even finishing in 1983 when 70% of the entrants dropped out), it's a tough run because of its timing early in the year. First, the weather can be--and often is--cold/windy/rainy or some combination of these; and second, being early in the season it's hard to get in top physical shape by then.

But don't let all that discourage you; several club members have done it and survived. If you'd like to test yourself against this run this year, or just want more information, call Bill Turner, who's going again, at 255-1710. But do it now; February 1 is the deadline to call Bill.

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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

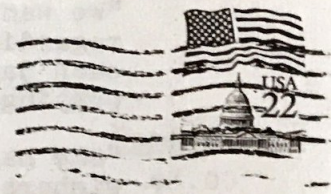
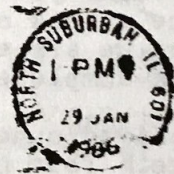
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Treasurer	Emil Donkers	253-0881

MARCH 1986

Roadside Views

Hooray! Spring is almost here. I hope you are all looking forward to biking as much as I am. Pat and I will try and join you at the Wheeling club's St. Patrick's Day ride (weather permitting).

February 1986 has been, by my lights, a most memorable month. With the month only 7 days old, I began a 6-7 week leave-of-absence from work. Being a person who enjoys living on the edge, I began my time off with a bang--or more specifically with the wail of a smoke detector alarm at 4:30 a.m. on that Saturday morning.

The reason for the ear-piercing sound was not a malfunctioning of the unit, but a legitimate fire in our dining room. John was able to extinguish the flames while I was summoning help. The fire was caused by a candle left burning on the buffet. The damage was negligible and my family is safe thanks to a rather inexpensive device that should be in every home.

Then, to insure that boredom did not set in, I started a 6-day battle with the flu.

After all this, my 50th birthday was tame by comparison.

God Bless - Good Biking.

George

P.S. Please attend the March meeting so you may vote on the change in the By-Laws regarding membership.

First Ride of the Season

The first scheduled ride of the 1986 season is the St. Patrick's Day Ride, set for Sunday, March 16. Planned for 25 miles, it will begin at 10:30 a.m. at Kildeer School in Long Grove. The \$2 registration fee includes a St. Patrick's patch, route sheet, and cookies. It's sponsored by the Wheeling Wheelmen, and you can get more information from Jerry Goldman at 695-7964.

Report from the Ride Chairman

If all goes well, the next newsletter will include a list of all of the fine folks who will be our ride leaders for the 1986 season. Thereafter, dates and phone numbers will be included with specific ride details appearing in the monthly newsletter that covers the date for each ride.

A group of our more experienced riders and ride planners agreed to contact a broad cross-section of the Club membership to encourage them to be part of the ride program. These people will lend their expertise in areas of route planning, leadership technique, safety, and so on. We want to involve more of the membership in the ride program in an effort to increase the numbers who turn out for rides and other club functions.

Suppose I was given the question "Why do you belong to a bicycle club, and what do you hope to get from it?" My answer would center around the people I meet who share my interest in biking. Riding with them on weekends, and socializing during club meetings, rank high among my incentives for being a part of any bike club.

I believe that my feelings reflect, at least in part, those of the membership in general. If so, we all have a stake in making this a very successful year for the Arlington Heights Bicycle Association.

The fun package includes leading rides, participation in rides led by others, rubbing elbows at meetings, working the Swap and the 500, and learning a bit more about our favorite sport from the many wonderful people we will get to know. Enjoy!

-- Don Derebey

Careful, Y'Hear?

Bicycles continue to provide the largest number of recreation-related injuries, accounting for 556,682 hospital emergency room visits in 1984.

Yet, as with many categories of recreational injuries, the Consumer Product Safety Commission says bicyclist injuries have declined by 17,000 since 1982.

OUR THANKS FOR YOUR CONTINUING SUPPORT

ABC Cyclery	Bikes Plus	Village Cycle	Winkelman's
45 So. Dunton	1313 N. Rand Rd.	& Sports	Schwinn Cyclery
Arl. Hghts., IL	Arl. Hghts., IL	61 Park & Shop	200 W. Campbell
253-7700	398-1650	Elk Grv. Vil., IL	Arl. Hghts., IL
		439-3340	253-0349

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

March Membership Meeting

The March membership meeting will be, as always, the first Thursday of the month, meaning March 6, at 8 p.m. at Rec Park. The program is entitled "Gearing for the Non Gear-Freaks," and will answer two questions: why are there all those gears?, and how should you modify your gearing to better suit your style of riding?

Besides the program, there will be a vote on a By-Law change, committee reports, talk about coming rides, and cookies-and-conversation.

February Membership Meeting

Despite cold, snow, and a generally rotten winter evening, about 30 members and guests came to the February meeting on Thursday, the 6th. VP Don Derebey, reporting on the progress of the ride committee of which he is chairman, announced plans for approximately 30 weekend rides and 15 midweek rides this season. There are more details in his column in this issue.

The Pres, George Vassos, noted that there was some diversity of opinion about the mid-week rides, questioning the day, the time, and even the rationale. He asked for discussion, which proved spirited. But a final vote showed the majority present as favoring retention of the historical schedule: Tuesday evenings, 7 p.m., Rec Park, May through September.

Jim Netzel reported on planning for the 1986 Major Club Ride. Tentative plans call for it to begin on Saturday, August 9 and end Sunday, August 17. Riders and bikes will be transported to the St. Louis or Hannibal, Missouri area, and will ride home, with much of the trip along the Mississippi river. Further details as they are firmed.

Dick Spirek explained the Exercise-A-Thon sponsored jointly by the Chicago Area Bicycle Dealers Association and Variety Club of Illinois. While all club members are encouraged to participate whenever and wherever they wish, Jim Krupa volunteered to coordinate a Club activity on February 22 at Bikes Plus.

Dick also announced the Snow White ride, for women only, 30 and 60 miles, sponsored by Bikes Plus, will be on Sunday, June 29, one week before the annual Triathalon sponsored by the Park District in conjunction with the Frontier Days celebration.

Membership Needs Chairman

Doug Sturm, Membership Chairman, has purchased a home in Hanover Park and will be leaving the area, the club, and the committee. George is looking for a Chairman; call him at 392-5450.

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___Weekend tours ___Camping ___Motels

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Mail to: George Vassos, 1152 North Hickory, Arlington Heights, IL
60004. Questions? Call him at 392-5450



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APRIL 1986

Roadside Views

When Pat and I arrived at Kildeer school for the St. Patrick's Day ride on March 16 we marveled at the large turnout for such an early Spring ride. Our estimate was about 300 people. I hope our Invitational does as well.

All organizations, such as our bike club, have diverse interests and talents. To maintain the interest of all our members, we need to have new ideas brought before the membership.

Currently the Club has need for a program chairperson. Without someone in that position, there may not be programs at our monthly meetings. When it was suggested at the February meeting that we ride in lieu of a program, many of our members said the program was the best part of the meeting. I agree!

However, if the position remains open there may very well be no program. I need a volunteer. Here is an opportunity for someone to share his or her special interests regarding cycling. Please call any evening.

God Bless - Good Biking.

George

P.S. Remember your dues.

Bicycle Swap Dates Set

Saturday April 26 and Sunday April 27, from 10 a.m. to 4 p.m., will be the annual Bicycle Swap at Recreation Park. Pat Schram, dedicated chairperson for the affair, needs volunteers in all of the various jobs that this event requires. If you can't make the April meeting to sign up, please call her at 228-0064, evenings, and get on the list. It's a real community service, it's a fun event to work, and...it's a real boost for the Club's coffers.

Report from the Ride Chairman -- Don Derebey

Eureka! We did it! The goal of the Rides Committee was to plan a full season of rides before April 1, and to involve as many members in the program as we could. The list of leaders is enclosed with this newsletter, and the happy totals are: 35 Club rides led by 32 separate individuals!

I want to thank the folks who made these contacts, and sincerely hope the leaders will ask the committee members for help with routes, leadership techniques, or anything else you may need. An asterisk appears by the name of each member who helped put this schedule together.

Details of each ride will appear in the newsletter for the current month and the first two weeks of the next month. Any expense incurred by a ride leader for route sheets will be paid by the club when a receipt is presented to our treasurer, Emil Donkers.

Many of you will be called to lead Tuesday night rides. I hope you will respond positively to these requests. Those of us who have led rides always come away with a good feeling because we learn the names of many more members and, because we led, every person on the ride knows who we are and calls us by name from then on. It helps our ego to be recognized.

Those of you who will be leaders, either weekend or evening, will be called early in the month before the month during which your ride takes place. We will need exact details about the weekend rides, such as those presented in this newsletter. Evening leaders need only confirm their willingness to lead, and give the starting place if different from Recreation Park. These rides start in May.

All that remains to make this program successful is ride anticipation. The April people all seem to want us to eat! There is no better way to get to know other people than to ride with them and eat with them. Turn out for some fun, folks--let's make it a great year for our club in 1986!

Need a Shirt?

Marian Monaco reports that she still has some short sleeve bike shirts, in our official color, with our logo on the front and back. They are available in S, M, L, and XL, at a cost of \$6.75, with name letters available at 10 cents each. But--there are only 8 left; if you're interested call Marian at 358-6787 after 5 p.m.

Lynn Hinkle Gaining

Lynn Hinkle is now at home, off all medication, and "improving daily" reports her dad, Bob. She again sends thanks to all who sent cards and best wishes.

Coming Rides!

-
- April 6 Park Ridge Pancake House
Sunday 8:30 a.m. 25 miles from Rec Park. Easy season
 opener. Jim Shoemaker. 392-6533
- April 13 Lambs Farm Ride
Sunday 10 a.m. 25 miles from Potawatami Woods, North side
 of Dundee Rd., just East of Milwaukee Ave. Shops,
 animals, and good food. Kitty Hayes. 945-5478
- April 20 Diamond Lake for Lunch
Sunday 10 a.m. 26 miles from Frontier Park. 11 a.m. 12
 miles from Kildeer School in Long Grove, just west
 of town. Jim Shoemaker. 392-6533
- April 27 Post-Bicycle Swap Ride & Supper
Sunday 4:30 p.m. 20 miles from Rec Park. Relax and eat
 at Baker's Square after a weekend of work! George
 & Pat Vassos. 392-5450
- May 3 Walker Pancake House in Glenview
Saturday 8:30 a.m. 26 miles from Rec Park. Fourth annual
 ride to this famous eatery. Norma Witherbee, Jim
 & Anita Netzel. 674-0523 or 674-1282
- May 3 or 4 TOSRV Warm-Up Ride
Saturday 6 a.m. Ride to or from Lake Geneva--50 miles one
or Sunday way--or ride round trip--100 miles. For details
 call Bill Turner at 255-1710
- May 10 Covered Bridge Ride
Saturday 9 a.m. 46 miles from Frontier Park. Covered
 bridges in our area? Come see! Bring a lunch, or
 eat at the Penny Tap. Earl Mason, 394-0992, or
 Elida Rech, 394-5990
- Tuesdays Special Rides from Hawthorn Woods
 5:30 p.m. sharp! Starting with Daylight Saving
 Time, when roads are dry, ride until sunset at a
 12-13 mph pace. Distances vary with length of
 day - 20-47 miles. Rides will continue each
 Tuesday through the 26th of August. Kurt Schoenhoff,
 16 James Ct., Hawthorn Woods. 540-0861

"GEAR 86" Weekend Set

GEAR 86 International (The Great Eastern American Rally) has been set for Friday, June 13 through Monday June 16. Sponsored by Bicycle U.S.A. it is hosted this year by the Niagara Frontier Bicycle Club, and will be headquartered at the State University of New York (SUNY) campus in Buffalo, N.Y.

The terrain is relatively flat to rolling, except east and south of Buffalo. Weather is generally between 60 deg. and 70 deg., though winds are prevalent. Marilyn Wilkerson reports that "GEAR weekends are always outstanding. I hope some of our Club members will be able to attend." Further information: GEAR International 86, P.O. Box 211, Amherst, NY 14226.

WEEKEND RIDE LEADERS for 1986

APRIL	6	* Jim Shoemaker	392-6533
	13	Kitty Hayes	945-5478
	20	* Jim Shoemaker	392-6533
	26 & 27	Bicycle Swap - Pat Schramm	228-0064
MAY	27	* George and Pat Vassos	392-5450
	3	Norma Witherbee, Jim and Anita Netzel	674-0523
	3 or 4	* Bill Turner	255-1710
	10	Earl Mason and * Elida Rech	394-0292
	17	* Bill Turner (Arlington 500 Long)	255-1710
	17	* Don Derebey (Arlington 500 Short)	255-3422
	18	Arlington 500 Invitational	255-3422
	25	Cindy Cochran	991-9096
	31	Jim Krupa	398-5618
	JUNE	1	Liberty Metric Invitational (Mt. Prospect Club)
7		Evie Weber	392-6288
15		Pat Schramm	228-0064
21		Tom and Sherry Masters	358-7797
28	Nancy Topp	956-1261	
JULY	5	* Jeanie Gain	392-1547
	12	* Dottie Tockey	392-2709
	19	Herb and Mary Jensen	824-0712
	27	Randy Jones	392-2792
AUGUST	3	Carol Panczyk	394-1983
	10	Joel Fisher	259-0039
	9-17	Club Tour - Jim Netzel	674-1282
	17	* Dave Van Bergen	398-1309
	24	Ralph Wallace	394-0233
30	Ron and Geri McPheron	824-5091	
SEPTEMBER	6	* Bob Hinkle	259-1423
	7	Harmon 100 Invitational (Wheeling Club)	695-7964
	13 & 14	* Marilyn Wilkerson - Overnight	439-4496
	14	Mike Winterpacht	392-3593
	21	Irv Campbell	392-4309
28	* Kurt Schoenhoff	540-0861	
OCTOBER	4	* Bob Lippold	870-0337
	12	Jack Baker	253-1036
	19	Mel Sandahl	459-4198
	25	Tom and Sherry Masters	358-7797
NOVEMBER	2	* Don Derebey	255-3422

* **Need help with your ride?** Call any of these experienced ride leaders. When they contacted you they pledged their support.

March Membership Meeting

A modest turnout of about 22 loyalists attended the monthly meeting March 6 at Rec Park. Upon inquiry, it appears that Bob Lippold was the only member of the club to participate in the Exercise-A-Thon.

Marilyn Wilkerson reported on regional rides, while Jim Netzel added some details to the Summer Ride. Tentative plans now call for leaving on Saturday, August 9 for a bus trip to Hannibal, Missouri. Sunday will feature a riverboat ride, with the bike ride home beginning Monday morning. Anticipated arrival in Arlington Heights is late afternoon, the following Saturday, August 16. It is expected that riders will camp on all but the last night. Jim will have the tentative cost and route at the April meeting.

A motion to have all memberships expire at the end of March passed unanimously. Members also approved a motion to join the Chicagoland Bicycle Federation and Bikecentennial, but rejected becoming involved in any charity bike-a-thons. Doug Sturm having left the area, president George Vassos asked for volunteers to take over as membership chairman and program chairman.

Following lovely refreshments by Marilyn Roberts, George gave a lecture on methods of determining gear ratios and means to modify them. The April meeting will be held at 8 p.m., on the first Thursday, April 3, at Rec Park.

Bikes Plus Celebrates a Lucky 13

The grand unveiling a new 3,500 square foot addition is the occasion of a celebration Saturday and Sunday, April 12-13, at Bikes Plus. The theme for the weekend is "13." Why?

The address is 1313 N. Rand Rd. Been in business 13 years. There will be 13 items--bicycle shorts, jerseys, tool kits, etc.--on sale for \$13. All bicycles will be discounted \$13. Waterbottles for \$1.13. Store open for 13 hours: 11 a.m. to 5:30 p.m. both days. Free headbands to the first 50 arrivals each day. Refreshments for everybody!

OUR THANKS FOR YOUR CONTINUING SUPPORT

ABC Cyclery	Bikes Plus	Village Cycle	Winkelman's
45 So. Dunton	1313 N. Rand Rd.	& Sports	Schwinn Cyclery
Arl. Hghts., IL	Arl. Hghts., IL	61 Park & Shop	200 W. Campbell
253-7700	398-1650	Elk Grv. Vil., IL	Arl. Hghts., IL
		439-3340	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 _____

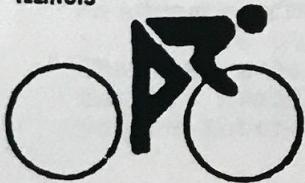
Interested in: Rides ___10-25 miles ___25-50 miles ___50-100 miles
___Weekend tours ___Camping ___Motels

Make check payable to: Arlington Heights Bicycle Association

Mail to: George Vassos, 1152 North Hickory, Arlington Heights, IL
60004. Questions? Call him at 392-5450



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



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

THE



**SPOKEN
WORD**

President
Vice President
Secretary
Treasurer

George Vassos 392-5450
Don Derebey 255-3422
Elida Rech 394-5990
Emil Denkers 253-0881

MAY 1986

Roadside Views

Pat, the boys and I went on our version of the National Lam-
poon's vacation. We didn't find Wally World, but Colorado in
early April provides unmatched thrills for those that dare. We
encountered spectacular scenery, excellent dining and skiing
(for the boys only) plus weather that ranged from the high 80's
to 12"-18" of snow in our intended path home. We opted to add
three states and approximately 500 miles to the trip by going
south through New Mexico, Texas, and Oklahoma. A good time was
had by all.

Since I have traded in my funny shoe for regular shoes, I felt
I should try my biking legs as well. Pat and I enjoyed the
ride to Lambs Farm led by Kitty Hayes on Sunday, April 13. The
13 people that made the ride had great weather and tasty good-
ies at Lambs as a reward for the 25½ mile ride.

At our May meeting, Thursday, May 1, Marijana Popadic of North-
west Community Hospital will present a program on the benefits
of bike riding. Marijana is the Fitness and Program Coordinator
at the hospital. Please bring a non-biking friend or relative
to the meeting so they may learn why we bike with so much en-
thusiasm.

God Bless - Good Biking.

George

P.S. To insure continued receipt of this newsletter, please
check your membership expiration date and, if necessary, mail
the appropriate amount to: Earl Mason, 124 N. Gibbons, Arlington
Heights, IL 60004. Compute your dues from your signup month
until March 1987. Give yourself the benefit of the doubt by
rounding off the months to the nearest quarter year. See you
at the Bike Swap on Saturday and Sunday, April 26 & 27.

Want to Help at the Triathlon?

Once again, the annual Arlington Heights Triathlon, held in con-
junction with the Frontier Days Festival, is coming upon us.
You'll recall that this is a contest embracing three activities:
running, swimming, and biking.

M.E. Spirek, who is coordinating, is in need of volunteers to help.
The date is Sunday, July 6, the time 6:30 a.m. to 11 a.m., the
place is Recreation Park. If you'd like to get involved, call M.E.
at 398-1650.

Park Ridge Pancake House, Sunday, April 6. Sixteen people met at Recreation Park for a cool, but interesting ride through Arlington Heights, Mt. Prospect, Des Plaines, and Park Ridge. Jim Shoemaker really does know his way around the side streets! The Park Ridge Pancake House was running a half-hour wait, so the group of hungry bikers opted for another restaurant in the same block. The service and food were excellent, so the group felt full and happy for the ride home.

Lambs Farm Ride, Sunday, April 13. Thirteen Bikers met at Potawatami Woods for a neat, 27-mile loop that included School House Forest Preserve, Lambs Farm, and streets in the Lake Forest-Deerfield areas that are known only to Kitty Hayes! This ride pointed up an advantage in starting rides in new places--we see new areas.

Coming Rides!

May 3 Walker Pancake House in Glenview

Saturday 8:30 a.m. 26 miles from Rec Park. Fourth annual ride to this famous eatery. Norma Witherbee, Jim & Anita Netzel. 674-0523 or 674-1282

May 3 or 4 TOSRV Warm-Up Ride

Saturday 6 a.m. Ride to or from Lake Geneva--50 miles one way--or ride round trip--100 miles. For details or Sunday call Bill Turner at 255-1710

May 10 Covered Bridge Ride

Saturday 9 a.m. 46 miles from Frontier Park. Covered bridges in our area? Come see! Bring a lunch, or eat at the Penny Tap. Earl Mason, 394-0992, or Elida Rech, 394-5990

May 17 Arlington 500 Pre-Ride

Saturday 9 a.m. 280 furlongs (35 miles) or 520 furlongs (65 miles) from Frontier Park. Help check out the routes for the Big Event. Don Derebey at 255-3422 or Bill Turner at 255-1710.

May 18 Arlington 500 Invitational

Sunday 7 a.m. to 9 a.m. Registration at Frontier Park. Last year we hosted 329 riders so you know we need help. If you can't make it to the May meeting call Don Derebey at 255-3422.

May 25 Rawson Bridge Ride

Sunday 9 a.m. 50 miles from Frontier Park. Woods, horse farms, streams and rivers all contribute to the beauty of this ride. Bring or buy your lunch. Cindy Cochran 991-9096.

May 31 Harm's Woods and Botanical Gardens
Saturday 9:30 a.m. 35 miles from start of bike path at Devon & Caldwell Aves. Come see how your flower and vegetable gardens should look! Lunch at Botanical, bring or buy. Jim Krupa 398-5618

June 1 Liberty Metric Invitational
Sunday 6:30 a.m. 38/62 miles from Dan Wright Jr. High School, Riverwoods Rd. north of Route 22. \$5.00 includes maps, patches, snacks, and sag wagons. Annual Mt. Prospect Club Invitational. Barb Koehler 827-4071.

June 7 McHenry for Lunch
Saturday 9 a.m. from Frontier Park--54 miles.
9:45 a.m. from Kildeer school in Long Grove--38 miles.
10:30 a.m. from Lakewood Forest Preserve--22 miles.
Pick your distance and enjoy lunch at one of Evie's favorite restaurants. Evie Weber 392-6288.

June 15 Long Ride to Long Grove
Sunday 10 a.m. 25 miles from Recreation Park. This is a (WP)² Ride (With Pat, Weather Permitting)! Eat in class or B.Y.O. Pat Schram 228-0064.

June 15-20 Door County Camping Trip
60-70 miles per day. One night in hotel in Cedarburg, Wisconsin hotel. Bike up, drive home. For specifics call Evie Weber at 392-6288.

Tuesday Night Rides

7 p.m., 10-15 miles from Recreation Park. Strictly a social event. We get to meet other members while enjoying a relaxing ride within the community.

May 6	Don Derebey	255-3422
May 13	George Vassos	392-5450
May 20	Jim Krupa	398-5618
May 27	Bob Lippold	870-0337

Tuesdays Special Rides from Hawthorn Woods
5:30 p.m. sharp! Starting with Daylight Saving Time, when roads are dry, ride until sunset at a 12-13 mph pace. Distances vary with length of day - 20-47 miles. Rides will continue each Tuesday through the 26th of August. Kurt Schoenhoff, 16 James Ct., Hawthorn Woods. 540-0861

OUR THANKS FOR YOUR CONTINUING SUPPORT

ABC Cyclery	Bikes Plus	Village Cycle	Winkelman's
45 So. Dunton	1313 N. Rand Rd.	& Sports	Schwinn Cyclery
Arl. Hghts., IL	Arl. Hghts., IL	61 Park & Shop	200 W. Campbell
253-7700	398-1650	Elk Grv. Vil., IL	Arl. Hghts., IL
		439-3340	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	_____	_____
	_____	_____

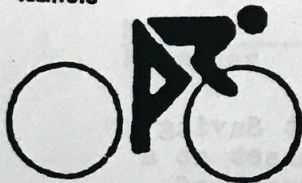
Interested in: Rides 10-25 miles 25-50 miles 50-100 miles
 Weekend tours Camping Motels

Make check payable to: Arlington Heights Bicycle Association

Mail to: Earl Mason, 124 North Gibbons, Arlington Heights, IL
60004. Questions? Call him at 394-0292.



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



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

Emil & Corinne Donkers
20~~2~~ N. Gibbons
Arlington Hts, Il. 60004

THE



**SPOKEN
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President
Vice President
Secretary
Treasurer

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

JUNE 1986

Roadside Views

I was glad to see the large turnout of workers for our Invitational. Unfortunately, the weatherman was uncooperative. We had more workers than riders, which created a substantial increase in our patch inventory. To deplete our stock, we are running our ride again on Saturday July 5 from Frontier Park. Only the short route will be offered with no post ride meal. The fee will be \$3 per rider. Workers are needed. Contact Forrest & Marilyn Roberts to volunteer. 392-3465.

For our program at the June meeting, Thursday, June 5, at Recreation Park, we will have a videotape called "The Guide to Bicycle Touring." The tape was found and rented by Dave Von Bergen. If we like the tape, I suggest it be purchased and donated to the Library. See you at the movies.

George

P.S. If your name is not on the current Club roster, your dues have not been paid thru March 1987.

FOR QUICK SALE: Recumbent bike \$200. Perfect condition. One year old. Call 359-5913.

TOSRV Report - Bill Turner

Four Club members--Bill Turner, Bob Lippold, Dick Spirek, and Dave Von Bergen--plus a friend, Steve Sohn, made the 105-mile round trip to Lake Geneva. This "warmup" ride took 12 hours, which tells you that it was very, very windy, and tough riding.

The following weekend Turner, Spirek, Von Bergen, and Sohn joined 4,496 other riders for the double century TOSRV. Turner, who has ridden 10 out of the 12 that have been held, characterizes this year as the best weather ever, with little or no headwind or humidity, and no rain. A panic stop ahead caused Turner & Spirek to go down after 15 miles the second day, but personal and bike injuries were modest, and both finished the remaining 85 miles.

Ride Reports -- Don Derebey

Diamond Lake for Lunch. In spite of a rain threat, eleven riders turned out for a ride to Bill's Place for lunch. Plenty of P-Nuts, good food, and a compatible group made this a nice experience. The weather, incidentally, got better and better!

Post Swap Ride. Baker's Square turned out to be a great place to top off a very successful Bicycle Swap. The food was good, and George and Pat Vassos showed us a neat way into the restaurant via the Palatine Trail. To Pat Schramm, once again, many thanks for a Swap of Swaps!

Walker Pancake House. The day started out cool but sunny. Five riders were met by three more hungry people at the pancake house. All sat at the "Round Table" and enjoyed the delicious German pancakes, apple pancakes, and other goodies Walker Bros. is known for. Although this was the smallest turnout to date, all had a good time on a sunny day.

Covered Bridge Ride. Two covered bridges, beautiful weather, and lunch with the Mt. Prospect Bike Club at the Penny Tap all combined to make this a nice Spring ride.

TOSRV Warm-up Ride. South winds gusting to 30 mph helped make this Lake Geneva ride a true conditioner for the four Club members and guest who rode it. About 1/3 of the total riding time was spent going up, and 2/3 was used to get home!

Arlington 500 Pre-Rides. A TOSRV-wounded Bill Turner took Pat Vassos along on a nice drive of the long route. Meanwhile, seven others started in drizzle and rode the short. Bob Hinkle demonstrated a new anti-dog maneuver which involved throwing his entire body at three attacking dogs. The surprised, but agile dogs neatly stepped aside and Bob was left with driving his shoulder into Old Sutton Road. The weather improved and the ride turned out great! Perhaps some of you future ride leaders would like to use these routes for a future ride--they are both outstanding.

The Arlington 500. The number of workers--39--outnumbered the riders--33--on a very wet and cold Sunday morning. Those who rode all enjoyed the ride and ended up with pretty good cycling weather. Cub Foods has been nice about refunding money on unused food and, if the Frontier Days Arlington 500 (organized by "idea lady" Marilyn Roberts) is successful, the Club will not have suffered too badly from the Sunday washout. Thanks much to all who helped and to the many cookie cookers. Leftover cookies & cake will be kept frozen and will be used for refreshments at Club meetings. And a special thanks to John Vassos for the use of his truck.

Ladies Ride

The "Snow White 60," a 30 and 60 mile ride, is advertised as designed just for ladies. Sponsored by Bikes Plus and Nordic Lite Beer, it will be held Sunday, June 29. The \$10 fee includes cue sheet, maps, two "low-cal" food stops, lunch, and awards. For information: Lori at 398-1650.

July 12
Saturday

The Progressive Dinner Ride

The sequence is: Hors d'oeuvres - Kurt & Kaete Schoenhoff (Hawthorne Woods), Soup - Herb & Mary Jensen (Des Plaines), Salad - Forrest & Marilyn Roberts (Mt. Prospect), Entree - George & Pat Vassos (Arlington Heights), and Dessert - Elida Rech (Arlington Heights).

Begins 12 noon at Elida Rech's at 1410 E. Waverly Drive. For those wishing a long ride (42 miles) we will ride to the Schoenhoff's and then on. Those wishing a shorter 20 mile ride will carpool to and from the Schoenhoff's. Both groups will join up in Arlington Heights and ride the rest. If you would like to help, call any of the hostesses and volunteer.

Total price is \$5, with a \$1 refund if you complete the long ride. Obviously, the Club is heavily subsidizing this--you can almost get your dues back in one day. Reservations (before July 5) to Dottie Tockey, 210 S. Mitchell, Arlington Heights, IL 60005. 392-2709.

Tuesday Night Rides

7 p.m. 10-15 miles from Recreation Park. Easy, fun riding on local suburban streets. This is a great opportunity to meet other club members.

June 3	M.E. Spirek	398-1244
June 10	Dave Von Bergen	398-1309
June 17	Earl Mason	394-0292
June 24	Elida Rech	394-5990

Tuesdays Special Rides from Hawthorn Woods

5:30 p.m. sharp! Starting with Daylight Saving Time, when roads are dry, ride until sunset at a 12-13 mph pace. Distances vary with length of day - 20-47 miles. Rides will continue each Tuesday through the 26th of August. Kurt Schoenhoff, 16 James Ct., Hawthorn Woods. 540-0861

Wednesday Morning Rides

9 a.m. Destination - Varies according to group desire. Call Dottie Tockey at 392-2709 with your suggestions, starting location, etc., before Tuesday night.

OUR THANKS FOR YOUR CONTINUING SUPPORT

ABC Cyclery	Bikes Plus	Village Cycle	Winkelman's
45 So. Dunton	1313 N. Rand Rd.	& Sports	Schwinn Cyclery
Arl. Hghts., IL	Arl. Hghts., IL	61 Park & Shop	200 W. Campbell
253-7700	398-1650	Elk Grv. Vil., IL	Arl. Hghts., IL
		439-3340	253-0349

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

Sometimes I forget

By CHUCK FEARNOW

Editor's Note: The following article was first published in the newsletter of the Central Indiana Bicycling Association, and was reprinted in the July 1980 American Wheelmen. Since then it has continued to be reprinted in numerous bike club newsletters. The comments deserve to be kept alive, and we encourage bike clubs everywhere to reprint it. The author is chairman of next year's L.A.W. National Rally, hosted by CIBA.

I've been riding for several years now and I'm a pretty good rider. I wasn't born that way. It wasn't an instinct. I had to go through that building process. The process of riding and practicing. Practice is the only way to do it. I'm not even close to the strongest rider in CIBA, but even the slowest of the regular CIBA riders is one of only a few hundred good riders in the county. To the average person, anyone who can simply ride 25, 50, let alone 100 miles has accomplished an amazing feat.

Sometimes I forget that. The people I talk to about biking take that amazing feat as the minimum requirement. I begin to deal with "time for the distance." My goals are in terms of becoming an even stronger rider. They become goals of riding those miles even faster. That's good. That's how we all got to be strong riders. Setting those goals a little higher each time. Pushing that extra effort when it hurt. Being happy and excited when I cover the distance in a really good time. Those are the things I think and talk about. Those are the things that are meaningful to me.

What is meaningful to a rider out there for the first time? It's the same thing that was meaningful to me the first time. Simply covering the distance. Long distance or short, they have to start somewhere. They're not worried about the time or the speed, only that they cover the distance. Sometimes I forget that!

This Sunday I forgot that. There was a couple riding slower than we were. We could have waited and ridden with them,

but I forgot. I can give a lot of good reasons for not riding with them. Of course, they'll never know any of those reasons. They only know that no one rode with them. They may keep riding in spite of me, but certainly not because of me, because I forgot why they were there. I had my own goals. Perhaps I had to be somewhere at a certain time. Perhaps I wanted to ride hard and fast. Perhaps I didn't want to look bad in front of other riders. Perhaps I wanted to keep up with someone else. There are lots of good reasons, but those slower riders will never know any of those reasons, because I won't see them again.

Sometimes I forget. I ask slow riders if they had trouble on the route. I'm honestly concerned about them, but they hear: "You must have had trouble to be that slow." I could get the same information by asking "Did you have a good ride?"

Sometimes I forget when a ride leader puts out the extra effort to ride the short ride slowly to help new riders. I kid him about riding the short ride. Those new riders hear: "You're not worthy to ride with us if that's all you can ride." That's not what I meant, but that's what they hear.

Sometimes I forget why I'm out there in the first place. I forget that I love the joy of riding. I revel in the new strength I find in riding. Sometimes I get caught in schedules and have only a limited time to ride. When I do that, I've forgotten I'm there for pleasure and to forget the pressures of the workday world, not for competition. Most importantly, I've forgotten that if I had ridden that first ride alone, there would have been no reason to come back. I could ride alone anytime. I'm very glad that someone slowed down and rode with me. I'm sad that I didn't do that for someone else. I'm going to try to do better next time. I'm going to ride at least twice during the season with the last rider because there are things that I want to remember, and sometimes... I forget!

May Meeting

More than 30 members attended the May meeting, May 1. The Schramm Swap was successful, Pat reported. Some 414 bikes came in, 100 fewer than last year. Of these, 58% were sold, and higher prices gave us a favorable profit. There were many fewer accessories--236, of which 102 were sold. Trend?

The dates of the annual summer ride, the River Ride, are August 9-16 following BAMMI. Come September, we may no longer meet at Rec Park on our traditional meeting night, the first Thursday of the month, according to the AH Park District. After discussion, the members approved a motion to change the night, beginning in September, to the 4th Wednesday of each month.

Marijana Popadic of Northwest Community Hospital gave an illustrated talk on bicycle exercise and possible injury problems. Delicious cookies, courtesy of Marilyn Roberts and Nancy Marum, highlighted the social refreshments following.

The June meeting is at 8 p.m., Thursday, June 5, at Recreation Park.

ARLINGTON HEIGHTS BICYCLE ADVISORY COMMISSION REPORT

By Dottie Tockey

At the March 27th Board of Trustees meeting, the seven candidates for this newly formed commission were officially sworn in by Mayor James T. Ryan. They are as follows:

Dottie Tockey, AHBA
Don Derebey, AHBA
Bob Hinkle, AHBA
Bob Lippold, AHBA
Larry Niemann, Heritage Park Homeowners Assn.
Katy Graham, A. H. Park Board member
Tom Ponsot, Village of A.H. Engineering Dept.

The Bike Advisory Commission met for the first time on March 27, 1986. Our primary project this spring will be working with the Village of A.H. (and Rolling Meadows) on the extension of the current bike route to have it join with the Busse Woods Bike Trail. Some of this extension will be Class A "separate from auto traffic" bike path.

Other suggested items that we may concern ourselves with are as follows:

1. Shopper and commuter bikeways into the Central Business area.
2. Upgrade the Kensington/NW Hwy. underpass to make it more usable by bikers and pedestrian traffic.
3. Bike racks or special parking in the new downtown parking garages.
4. Reevaluate existing bike routes for safety.
5. Identify new construction and new streets that could have bike routes included.
6. Map all of Arlington Heights showing the recommended "safe streets" versus "heavy auto traffic" streets.
7. Work with Village Hall and other government bodies in developing a comprehensive bikeways system in the Chicago Metropolitan area.
8. Check if we might contribute in any way to the existing "bike rodeo" and "safety town" program.

Coming Rides!

- May 31 Harm's Woods and Botanical Gardens
Saturday 9:30 a.m. 35 miles from start of bike path at Devon & Caldwell Aves. Come see how your flower and vegetable gardens should look! Lunch at Botanical, bring or buy. Jim Krupa 398-5618
- June 1 Liberty Metric Invitational
Sunday 6:30 a.m. 38/62 miles from Dan Wright Jr. High School, Riverwoods Rd. north of Route 22. \$5.00 includes maps, patches, snacks, and sag wagons. Annual Mt. Prospect Club Invitational. Barb Koehler 827-4071.
- June 7 McHenry for Lunch
Saturday 9 a.m. from Frontier Park--54 miles.
9:45 a.m. from Kildeer school in Long Grove--38 miles.
10:30 a.m. from Lakewood Forest Preserve--22 miles.
Pick your distance and enjoy lunch at one of Evie's favorite restaurants. Evie Weber 392-6288.
- June 15 Long Ride to Long Grove
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- June 15-20 Door County Camping Trip
60-70 miles per day. One night in hotel in Cedarburg, Wisconsin hotel. Bike up, drive home. For specifics call Evie Weber at 392-6288.
- June 21 Hot Air Balloon Ride
Saturday 4 p.m. from Tom & Sherry Masters home, 302 E. Willow Rd., Barrington. A group will start from Frontier Park at 3 p.m. and ride to the Masters home if you prefer a longer ride. 25 miles from Masters, 45 miles from Frontier Park. This is a fantastic experience just to see the balloons launch and, if the wind is right, we will chase them and watch them land. Tom & Sherry Masters, 358-7797, or Don Derebey, 255-3422 for the Frontier start.
- June 28 The Hamilton Hummer
Saturday 10 a.m. 30 miles from Frontier Park. Quiet streets and wooded paths will make this a pleasant ride to the interesting Hamilton complex in Itasca. Lunch at the hotel or some place close by. Nancy Topp, 956-1261.
- July 5 The Arlington 500 (or Arlington 282)
Saturday Registration 6:30-9:30 a.m. at Frontier Park. 35 miles. \$3 includes cue sheet, marked route, two food stops, and patch. Forrest & Marilyn Roberts, 392-3465.
- July 5 Frontier Days - Search & Solve Ride
Saturday 10 a.m. Recreation Park, near the tennis courts. Length of ride will depend upon your ability to solve the clues. The first clue, and a map, will be furnished to each team formed at the start. This should be a real fun part of the Frontier Days celebration. Jeanie & Al Gain, 392-1547.

Arlington, Meadows bicker about bike trail

by Wendy M. Winkelhake

Herald staff writer

(This article originally appeared in the Arlington Heights Herald in the May 22 edition.)

Although Arlington Heights last year helped Rolling Meadows fund a bike path to a forest preserve, Rolling Meadows officials now are scoffing at a request that some city sidewalks be used to link Arlington Heights to that path.

Arlington Heights officials have asked that Rolling Meadows allow cyclists to use sidewalks along New Wilke Road south to Golf Road to

connect with an 11-mile path that runs through the Busse Woods Forest Preserve.

Arlington Heights also has asked Rolling Meadows to construct a sidewalk on an open lot along that road and to pay for "curb cuts" so cyclists won't have to lift their bikes over curbs.

Rolling Meadows City Manager James A. Turi said Arlington Heights officials estimate the work would cost about \$2,500. But Rolling Meadows officials disagree, saying the

project would cost considerably more and they are not willing to foot the bill for the work.

"I THINK they are crazy. It would cost a lot more," Turi said. "I wouldn't recommend using pedestrian sidewalks for a bike path."

Aldermen also are skeptical of the plan, which would have cyclists traveling south using sidewalks on the east side on New Wilke Road and traveling north using sidewalks on the west side of the street.

"Who's going to be the policeman

out there to direct them?" 7th Ward Alderman Fredrick E. Jacobson asked. "If anything is to be done, costs will be shared."

However, Kathryn Graham, an Arlington Heights park commissioner and a member of the village's bicycle advisory commission, said Rolling Meadows received help when they asked for it and should return the favor.

"Originally it was their project, but the connecting link between Arlington Heights and the forest preserve

path is in Rolling Meadows," Graham said. "We responded to their request. Intergovernment cooperation is a fine way to get grants and assistance in the future. This started out as a fine example of cooperation."

AIDED BY donations from nine other agencies, Rolling Meadows last fall extended a trail in the Busse Woods Forest Preserve to the intersection of Golf and New Wilke roads. Also, a "push-button" traffic signal was installed at that intersection to help cyclists cross safely.



Meet me in St. Louis at the
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1986
National
Rally
St. Louis, Missouri
July 1-5

WANTED: Program Chairperson. M or F. No prior exp. necessary. Income derived from large psychic gratification, plus occasional opportunity for ego trip. Interested? Pls. call Pres. Geo. Vassos, evenings, at 392-5450.

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 _____

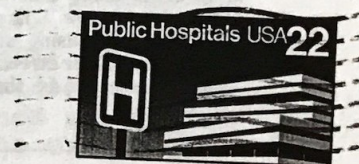
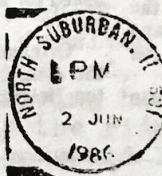
Interested in: Rides ___10-25 miles ___25-50 miles ___50-100 miles
___Weekend tours ___Camping ___Motels

Make check payable to: Arlington Heights Bicycle Association

Mail to: Earl Mason, 124 North Gibbons, Arlington Heights, IL 60004. Questions? Call him at 394-0292.



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

JULY 1986

JULY MEETING: THURSDAY, JULY 3, 8 PM, RECREATION PARK

Roadside Views

Hi. July is about here. With it comes the Festival, a parade to ride in, hopefully warm biking weather, and this year a great Progressive Dinner. Sign up early so you don't miss out on a great ride. Call Dottie Tockey at 392-2709 for details on the Dinner, and where to send your check. Hope to see you there.

The July meeting will be on Thursday, July 3, at Rec Park at 8 pm. There will only be a short business meeting so we can enjoy the Festival. The program for the August meeting will be a slide presentation by Dottie Tockey.

We have approximately 100 memberships, yet can only bring out 10-15 people for most rides. Aren't we offering what you're looking for? Let Don Derebey or myself know. Hope to see you at the meeting and the rides.

God Bless - Good Biking

George

May Membership Meeting

Nearly 50 members and guests attended the June membership meeting on June 5 at Rec Park. Pat Vassos read a letter from member Dick Marr, now midway on his bicycling trip from Florida to Anchorage, Alaska, a jaunt of some 6000 miles.

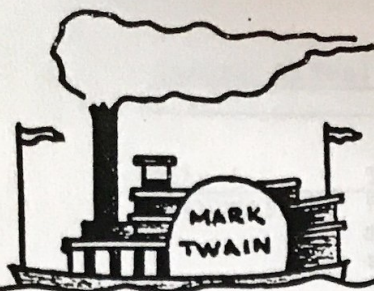
Dottie Tockey reported that, as a result of the article in the Herald (reprinted in last month's issue) more pressure has been applied to Rolling Meadows officials, and she expects a speedy resolution of the disputed obligation for the remaining section. When completed, she reports, there will be an unbroken Bike Trail from Deer Grove to Busse Woods.

Forrest Roberts asked for volunteers to help run the Triathlon beginning at 6:30 a.m. Sunday, July 6. Jim Krupa announced that he was attending the Amish Land & Lakes run and welcomed others who wished to go. Jim Netzel reported on final details on the "Hannibal '86 Bike Tour." The details are elsewhere in this issue.

The first part of the program was a slide presentation by Jack McHugh representing God's Country Tours of Escanaba on Michigan's upper peninsula. He explained the company's vacation packages which include room, board, and use of an off-road bicycle for guided tours through wilderness trails. Following refreshments, sections of a videotape, "The Guide to Bicycle Touring," were shown.

Coming Rides!

- July 5 The Arlington 500 (or Arlington 282)
Saturday Registration 6:30-9:30 a.m. at Frontier Park. 35 miles. \$3 includes cue sheet, marked route, two food stops, and patch. Forrest & Marilyn Roberts, 392-3465.
- July 5 Frontier Days - Search & Solve Ride
Saturday 10 a.m. Recreation Park, near the tennis courts. Length of ride will depend upon your ability to solve the clues. The first clue, and a map, will be furnished to each team formed at the start. This should be a real fun part of the Frontier Days celebration. Jeanie & Al Gain, 392-1547.
- July 12 The Progressive Dinner Ride
Saturday The sequence is: Hors d'oeuvres - Kurt & Kaete Schoenhoff (Hawthorne Woods), Soup - Herb & Mary Jensen (Des Plaines), Salad - Forrest & Marilyn Roberts (Mt. Prospect), Entree - George & Pat Vassos (Arlington Heights), and Dessert - Elida Rech (Arlington Heights).
- Begins 12 noon at Elida Rech's at 1410 E. Waverly Drive. For those wishing a long ride (42 miles) we will ride to the Schoenhoff's and then on. Those wishing a shorter 20 mile ride will carpool to and from the Schoenhoff's. Both groups will join up in Arlington Heights and ride the rest. If you would like to help, call any of the hostesses and volunteer.
- Total price is \$5, with a \$1 refund if you complete the long ride. Obviously, the Club is heavily subsidizing this--you can almost get your dues back in one day. Reservations (before July 5) to Dottie Tockey, 210 S. Mitchell, Arlington Heights, IL 60005. 392-2709.
- July 19 Algonquin for Lunch
Saturday 9 a.m. 45 miles from Kildeer School in Long Grove. Eat in restaurant or bring lunch and eat in a park next to a bubbling stream. Scenic ride along the Fox River. Herb & Mary Jensen, 824-0712.
- July 27 Country Club Dinner Ride
Sunday 3 p.m. 30 miles from Recreation Park. The Vulcan Forge restaurant at Nordic Hills Country Club is a biker's haven. Choose your cut of meat, and cook it yourself on a big open grill. This was last year's most popular ride. Jim & Sharon Krupa, 398-5618.
- August 3 The Barrington Tour
Sunday 9 a.m. 39 miles from North parking lot at Harper College (Euclid & Roselle Rd.). North and South Barrington, Barrington Hills, and the Spring Lake Forest Preserve are all included in the scenic and pleasant ride. And a super bonus: Walter Payton's home! Bring lunch or buy at the Penny Tap. Carol Panczyk, 394-1983.



HANNIBAL '86 BIKE TOUR

AUGUST 9th - 16th 1986

July Update*

To date, all deposits have been made, including the largest expense of the trip, the bus transportation to Hannibal. Twenty seven bikers are signed up, and we still would like to see MORE MEMBERS bike to Hannibal this August. This is YOUR club ride! Included in the cost is:

Bus transportation to Hannibal.
Complete routing and campsites.
Dinner cruise on the Mark Twain Riverboat. (Sun eve.)
Group dinners for Mon., Tue., Wed., and Fri.
Trip Shirt

Trip Itinerary is:

Sat. Aug. 9.: Bus to Hannibal, Missouri.
Sun. Aug.10.: Tour Hannibal with a Dinner Cruise.
Mon. Aug.11.: Bike to Nauvoo, (76 miles).
Tue. Aug.12.: Visit Nauvoo in am. Bike to Delabar State Park, (49 miles).
Wed. Aug.13.: Bike to Thunderhead Campground, Il. City, (38.4 miles).
Thur. Aug.14.: Bike around Quad Cities to Sterling, camp on the Rock River, (69 miles).
Fri. Aug.15.: Bike to Oregon, (41 miles).
Sat. Aug.16.: Bike to Arlington Heights, (80 miles).

Thank you BIKES PLUS (1313 Rand Road) for the sag wagon from Hannibal to Arlington Heights. Bikers will be responsible for personal gear, tents and sleeping bags can be carried by our sag wagon.

The FINAL cost of the trip is \$145.00 per person. Most of the bikers have paid their \$50. deposit. The balance of \$95. is due at the July meeting.

Remember, you will need a bike box for the bus ride to Hannibal. Pack your SWIMSUIT for pool use at the campgrounds.

See you at the July meeting.

Jim Netzel
674-1282 (evenings)

August 10 Pizza or Whatever!
Sunday 9 a.m. 40 miles from Frontier Park. Pizza by the slice, subs, shakes, etc. are all available at Garibaldi's in Hoffman Estates. A nice tour of the Northwest area will prepare you for the feast! Joel Fisher, 259-0039.

August 9-16 Hannibal '86 Bike Tour
Details elsewhere in this issue.

Tuesday Night Rides

7 p.m. from Recreation Park. There is no better way to spend a warm summer evening than touring our area on a bike. Come try our 10-15 mile, pleasantly-paced rides --you'll love it!

July 1	Jeanie Gain	392-1547
July 8	Joel Fisher	259-0039
July 15	Ron & Marylou Cook	398-2568
July 22	Chris & Sandy Hayden	506-0691
July 29	Nancy Marum	253-2385

Tuesdays Special Rides from Hawthorn Woods

5:30 p.m. sharp! Starting with Daylight Saving Time, when roads are dry, ride until sunset at a 12-13 mph pace. Distances vary with length of day - 20-47 miles. Rides will continue each Tuesday through the 26th of August. Kurt Schoenhoff, 16 James Ct., Hawthorn Woods. 540-0861

Wednesday Morning Rides

9 a.m. Destination - Varies according to group desire. Call Dottie Tockey at 392-2709 with your suggestions, starting location, etc., before Tuesday night.

Ride Reports -- Don Derebey

Rawson Bridge. Randy Jones led a hilly, but scenic tour of the Fox River Valley. The weather was great, and the lunch stop at the Broken Oar, on the river bank, was fun. There was lots of boat activity on the river for us to watch.

Harms Woods. The bike path was not crowded and the ride through the woods was pleasant. Ron and Geri McPheron labored long and hard to produce the most complex route sheet of the season! If you have not been to the Botanical Gardens you have missed one of the finest treats in all Chicagoland.

McHenry for Lunch. The day dawned threateningly but, after a 30-minute start delay, five hardy riders, including two on a tandem, joined Evie Weber to brave drizzle, fog, puddles, and mud. The lunch was exceptional, and the day turned warm and sunny for a lovely ride home.

Long Ride to Long Grove. A pack of ten left Rec Park on a cool, clammy Father's Day morning. We rode 16 miles and arrived in Long Grove for lunch at the Pond View Cafe. We dispersed for a half hour...in search of dessert...or a little browsing. We then regrouped for a leisurely ride home (in the sun!).

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

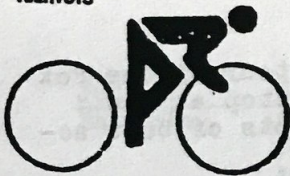
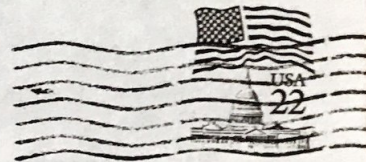
Weekend tours Camping Motels

Make check payable to: Arlington Heights Bicycle Association

Mail to: Earl Mason, 124 North Gibbons, Arlington Heights, IL
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Secretary	Elida Rech	394-5990
Treasurer	Emil Donkers	253-0881
Membership Chairman	Jeanie Gain	392-1547
Newsletter	Russ Carpenter	255-3256

AUGUST 1986

AUGUST MEETING: THURSDAY, AUGUST 7, 8:00 pm, Recreation Park
 SEPTEMBER MEETING: WEDNESDAY, SEPTEMBER 24, 8:00 pm, Rec Park

Roadside Views

Hi again! A BIG thanks to all the members who made our progressive dinner ride a success: the Schoenhoffs for appetizers - the Jensens for soup - the Roberts for salads - and Elida Rech for such great desserts. Because of their efforts, we enjoyed five delicious courses, and had a lovely ride of about 26 miles.

The weather looked menacing at the start but quickly cleared to a sunny, warm day, so we could all ride to the second course. To those of you that didn't make the ride, we missed you.

Dottie Tockey will present the program at the August meeting, Thursday, August 7. It will be a potpurri of slides from three different rides that she and Mike took during '84 and '85. They include scenes along the Mississippi River including Nauvoo and Hannibal (attention all you Hannibal '86 Bike Tour riders), scenes from CATSUP 1984 (St. Louis - Missouri Ozarks - Colleges Tour), and a few Ozark mountain scenes (including Herman on the Missouri River) from their trip between Galesburg, Ill. and Tulks, Okla.

The August meeting is our last Thursday night meeting. Starting in September, our monthly meetings will move to the fourth Wednesday of the month, still at Recreation Park, and still at 8:00 pm.

God Bless - Good Biking:

George

Video Viewing

The Club recently voted to donate a copy of the videotape "Guide to Bicycle Touring" to the Arlington Heights Memorial Library for its loan collection. If you are interested in viewing it (VHS format) before that, call Dave VonBergen at 398-1309. He'll make the donation after the September meeting.

Ride Reports -- Don Derebey

Hot Air Balloon Ride. A group from Frontier Park met a group at the Masters home and we all rode out to Fox River Grove. The only problem was that there was a summer ski meet at the Norge Center and no balloons went up! We enjoyed a picnic supper in a nearby field, and had a nice ride home. When you go by bike, no ride is ever a waste. The balloons would have been great, but we had a fine time anyway.

The Arlington 500. One Hundred Forty-Eight paying riders made it possible for the Club to cover all but \$8 of the loss on the rained-out original 500. Forrest & Marilyn Roberts report that three people slipped by without paying, or we would be \$1 in the black! Thanks to them, and all who helped, for a successful effort.

Search & Solve Ride. Folks who took part in this game report that it was lots of fun, with many people involved. The Gain Brains had to scratch for clever clues, and the hard work paid off!

The Progressive Dinner. The sky was threatening, but 22 hungry bikers enjoyed excellent food, and it never did rain. Three riders completed the entire 48-mile route, while the rest rode all but the Schoenhoff leg--a total of 26 miles. Thanks much to the hosts: you treated us very well indeed!

Algonquin for Lunch. The official report on this ride is not in, but the word is that the 95 deg. temperature caused some to ride just to the Wauconda Orchards, while others continued on to complete the whole ride. Riding in full sun at 95 deg. is not very pleasant.

New Members, Chairman

A hearty Club welcome to three new members:

Bette & Merrill Clark (Family)
1112 North Princeton
Arlington Heights, IL 60004
259-7243

Jane Holmgren-Newell (Family)
222 West Lincoln
Libertyville, IL 60048
362-1902

Jane Bacon
870-B Yosemite Trail
Roselle, IL 60172
894-5832

And a hearty "Welcome Back" to Jeanie Gain who has re-upped as Membership Chairman. You can reach her at 392-1547.

August 24 Kallberg's Ice Cream Ride

Sunday 9:30 am. 48 miles from Harper College. Park near Tennis courts. Kallberg's was famous in Dundee, and is now just as good in Elgin. This ride will include both towns and Algonquin, too. Bring or buy lunch. Ralph Wallace, 394-0233.

August 30 Fox River Ride

Saturday 10:00 am. 25 miles from St. Charles (75 miles if you ride down; call Don Derebey, 255-3422 if interested). Meet on the west side of the Fox River in St. Charles, 4 blocks south of Main St. (Route 64). Follow Indiana street down to the footbridge by the river for parking. This is a super ride along the river and through historical river valley towns. Lunch at the Firehouse or the Erik & Me Tavern/Restaurant. Glen Butler, 359-0829.

Sept. 6 Lunch with Masi & Bob

Saturday 9:30 am. 45 miles from Frontier Park. Enjoy lunch while overlooking the Fox river in downtown Dundee. Masi's Restaurant has excellent food. Bob Hinkle, 259-1423.

Sept. 13-14 Getaway Weekend - Kickapoo Valley

Saturday & Sunday Put your bikes on the car rack Friday night (Sept. 12) and drive 5 hours to a bicycle rider's paradise in southwestern Wisconsin. Because it is unglaciated, the Kickapoo River Valley presents some of the most challenging cycling in the Midwest--a roller coaster of hard, uphill pulls and exhilarating downhill. This is also the perfect ride for flatlanders who don't like hills and would like a scenic, leisurely ride, as just a few miles north of Wildcat Mountain is the popular Elroy-Sparta trail, an abandoned railway bed complete with tunnels that has been converted into a bikeway. For a change of pace, you might choose to spend some time canoeing on the popular Kickapoo, the winding river that drains this valley. (This area was featured in Getaway Weekend in the August issue of Bicycle Rider) We will stay at Beautiful View Resort on Wildcat Mountain, Ontario, Wisc. Camping \$1.25 per person per night. Cabins: 2 people \$24, 4 people \$32. Sorry, motel units are full. Make reservations soon with Marilyn Wilkerson, 439-4496.

Sept. 14 Tour of Bull Valley

Sunday 8:00 am. 75 miles from Frontier Park. 8:45 am, 60 miles from Kildeer School in Long Grove. Out beyond the Fox River Valley is a beautiful area called Bull Valley. A perfect place for a late summer ride. Mike Winterpacht, 392-3593.

Coming Rides!

August 3 The Barrington Tour
Sunday 9 a.m. 39 miles from North parking lot at Harper College (Euclid & Roselle Rd.). North and South Barrington, Barrington Hills, and the Spring Lake Forest Preserve are all included in the scenic and pleasant ride. And a super bonus: Walter Payton's home! Bring lunch or buy at the Penny Tap. Carol Panczyk, 394-1983.

August 9-16 Hannibal '86 Bike Tour
Annual weeklong tour beginning on Saturday, August 9 with a bus ride to Hannibal, Missouri. Sunday tour Hannibal plus a Dinner Cruise on the Mark Twain Riverboat. Beginning Monday a scenic ride north along the mighty Mississippi to the Quad Cities on Thursday, then east toward home, arriving in Arlington Heights on Saturday afternoon, August 16. So far, 28 have signed up; a few more can be accommodated. Total price is \$145; tell Jim Netzel (674-1282 evenings) no later than the August meeting.

August 10 Pizza or Whatever!
Sunday 9 a.m. 40 miles from Frontier Park. Pizza by the slice, subs, shakes, etc. are all available at Garibaldi's in Hoffman Estates. A nice tour of the Northwest area will prepare you for the feast! Joel Fisher, 259-0039.

August 17 Breakfast Ride to Algonquin
Sunday 7:00 am. 50 miles from Frontier Park. Fast-paced ride will work up a real appetite. Dave has inside info on some of the beautiful houses on the way. Dave VonBergen, 398-1309.

August 17 Lunch with Elida
Sunday 9:30 am. 25-30 miles from Frontier Park. If the time and the fast pace for the Breakfast Ride turn you off, try Elida's more sensible approach to biking. Come ride a moderate pace and enjoy a pleasant lunch. Elida Rech, 394-5990.

Tuesday Night Rides

7:00 pm from Recreation Park. How anyone can stay home on a pleasant summer evening when he could be riding a bike is hard to understand. We average about 20 riders when the weather is good -- it should be a hundred! Rides are 10-15 miles, pleasantly paced.

August 5	Don Derebey	255-3422
August 12	Cindy Cochrane	991-9096
August 19	Forest & Marilyn Roberts	392-3465
August 26	Bob Hinkle	259-1423

Tuesdays Special Rides from Hawthorn Woods

5:30 p.m. sharp! Starting with Daylight Saving Time, when roads are dry, ride until sunset at a 12-13 mph pace. Distances vary with length of day - 20-47 miles. Rides will continue each Tuesday through the 26th of August. Kurt Schoenhoff, 16 James Ct., Hawthorn Woods. 540-0861

Wednesday Morning Rides

August 6 & August 27 35 miles to Lake Forest via bike trails. Route will take us thorough Ravinia Park, Botanic Gardens, and Fort Sheridan. We will stop at the weekly "Farmer's Vegetable Market" in Highland Park, and eat at Canitari's (The only Kosher Deli Restaurant/Health food store around). 9:00 am at Miami Woods parking lot - 3 blocks north of Oakton on Caldwell - Morton Grove. Dottie Tockey, 392-2709. (Ride duplicated both dates.)

For Sale

Wind Trainer. Used 3 times. \$35. 439-1644
Gitane Tandem. 23" x 19". \$450. 398-1309

OUR THANKS FOR YOUR CONTINUING SUPPORT

ABC Cyclery 45 So. Dunton Arl. Hghts., IL 253-7700	Bikes Plus 1313 N. Rand Rd. Arl. Hghts., IL 398-1650	Village Cycle & Sports 61 Park & Shop Elk Grv. Vil., IL 439-3340	Winkelman's Schwinn Cyclery 200 W. Campbell Arl. Hghts., IL 253-0349
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Remember: These shops extend a 10% discount to AHBA members.

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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

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SEPTEMBER 1986

SEPTEMBER MEETING: WEDNESDAY, SEPTEMBER 24, 8:00 pm, Rec Park

OCTOBER MEETING: WEDNESDAY, OCTOBER 22, 8:00 pm, Rec Park

Roadside Views

Not much to say except that the View from the Road from my crutches is sane to the point of boredom.

On a positive note, elections will be held at the October meeting, with installation of the new officers to be at the Awards Banquet.

The Banquet is set for Saturday, November 8, at Arlington Lakes. Cocktails at 6:30, dinner at 7:30. More details to follow.

God Bless - Good Biking.

George

August Meeting

A nice turnout of about 30 members and two guests attended the regular monthly meeting on August 7 at Recreation Park.

Forrest Roberts reported that the Arlington 500 re-run, held on July 5, was successful, and suggested that the club might consider an invitational ride during the July 4th holidays another year.

There was a discussion on Bike Route signs, and a request to send any suggestions to Dottie Tockey who serves on the Village committee.

President George Vassos noted that elections are scheduled for the October meeting, and appointed Jim Krupa as chairman of the Nominating Committee to offer a slate of candidates for that election. Discussion followed on plans for entertainment at the Annual Banquet to be held in November.

And a warm Club thanks to Nancy Marum for delicious refreshments. The next meeting will be at 8 p.m. on Wednesday, September 24, at Rec Park.

Ride Reports -- Don Derebey

The Barrington Tour. The day was very nice, and a few easy hills added some challenge, but the Penny Tap was closed, and Walter Payton was in London! The group lived on air until it found a small cafe a few miles down the road. All's well that ends well.

Pizza or Whatever. The group followed Joel Fisher (though sometimes the other way around) to Garibaldi's. Rain threatened and, on Otis, it actually started to rain. But the wind blew the clouds East, the group rode West, and no one got wet. After a great lunch, the group had a pleasant ride home under blue skies.

Hannibal '86 Bike Tour. If the slides are ready, you will see and hear details of this fine tour at the September meeting. Jim Netzel did a great job seeing to it that 26 bikers had lots of fun, good food, and interesting riding. A special thanks to Rick Spirek and Bikes Plus for providing sag service. Rick really took us under his wing: repairing bicycles, carrying weary or disabled riders, and keeping in touch with the group during each day's ride. One more thing: if Jim Netzel ever tells you that a road is "poor," take your bike home and get a Land Rover!

Breakfast Ride to Algonquin. When a guy as big as Bill Turner can't finish a stack of pancakes, you know that Reese's serves very large portions! The ride past Mr. Duchossois's horse farm and home added interest to this scenic ride. As the group entered Long Grove the sky unloaded, but it was warm and all survived.

Lunch with Elida. Seven bikers headed North through Arlington Heights and Buffalo Grove to Port Clinton road. This road terminates at Route 83, just South of the Country Smoke House restaurant. The group got inside under threatening skies, enjoyed lunch, and were greeted by blue sky when they came back out. As promised, this was a leisurely, flat ride.

Kallberg's Ice Cream Ride. For those of you who have fond memories of the old Kallberg's in Dundee, we can assure you that the one in Elgin is just as good. The owner informed us that a new bike path is under construction; it will start in Dundee and connect with the one in St. Charles. Ralph Wallace actually found a few "new" roads for us to ride on which made it all the more interesting.

Fox River Ride. Some biked down, but most drove to St. Charles to enjoy the best attended ride this year! Twenty rode to Aurora and back over riverside trails that few even knew existed. Glen Butler is new to our Club this year, and is to be congratulated for leading a unique and interesting ride.

Ron Berry Report

Member Ron Berry underwent surgery in August at Lutheran General Hospital, reports his wife Marion. He is spending about three weeks recuperating at home and will return, in mid-September, for additional surgery. You can send cards, notes, and good wishes to 656 Lakeside Circle Drive, Wheeling, IL 60090.

Coming Rides!

Sept. 13-14 Getaway Weekend - Kickapoo Valley

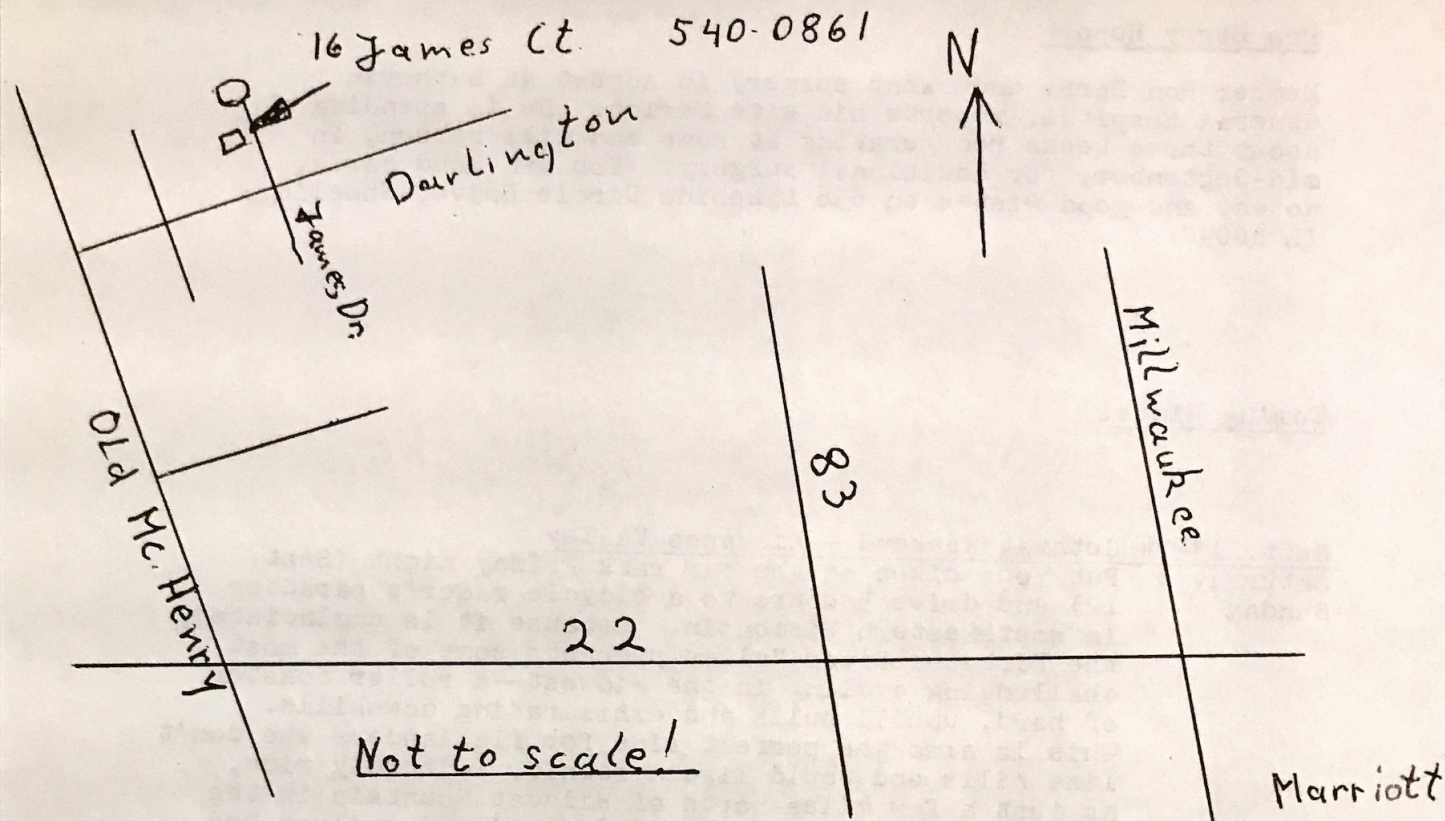
Saturday & Sunday Put your bikes on the car rack Friday night (Sept. 12) and drive 5 hours to a bicycle rider's paradise in southwestern Wisconsin. Because it is unglaciated, the Kickapoo River Valley presents some of the most challenging cycling in the Midwest--a roller coaster of hard, uphill pulls and exhilarating downhills. This is also the perfect ride for flatlanders who don't like hills and would like a scenic, leisurely ride, as just a few miles north of Wildcat Mountain is the popular Elroy-Sparta trail, an abandoned railway bed complete with tunnels that has been converted into a bikeway. For a change of pace, you might choose to spend some time canoeing on the popular Kickapoo, the winding river that drains this valley. (This area was featured in Getaway Weekend in the August issue of Bicycle Rider) We will stay at Beautiful View Resort on Wildcat Mountain, Ontario, Wisc. Camping \$1.25 per person per night. Cabins: 2 people \$24, 4 people \$32. Sorry, motel units are full. Make reservations soon with Marilyn Wilkerson, 439-4496.

Sept. 14 Tour of Bull Valley

Sunday 8:00 am. 75 miles from Frontier Park. 8:45 am, 60 miles from Kildeer School in Long Grove. Out beyond the Fox River Valley is a beautiful area called Bull Valley. A perfect place for a late summer ride. Mike Winterpacht, 392-3593.

Sept. 21 Schaumburg Surprise

Sunday 8 a.m. 25 miles from Recreation Park. This is a Breakfast Ride and the surprise is which of the many eating places in Schaumburg is Irv's favorite. He is known to frequent those with dancing girls on the table, though, so maybe we have a clue! Irv Campbell, 392-4309.



Directions to find start of Apple Cider Ride

Sept. 28 Apple Cider Ride
 Sunday 10:30 a.m. 30 miles from Kurt's home, 16 James Court, Hawthorn Woods. Picnic lunch in back yard after the ride. Bring your own food and lawn chairs. Weber grill is available. If you pack a lunch and ride out, add about 26 miles round trip from Rec Park. Kurt Schoenhoff, 540-0861.

Oct. 4 Woodstock Jailhouse Ride
 Saturday 7:30 a.m. 85 miles from Frontier Park. 10 a.m. 37 miles from the Broken Oar near Rawson Bridge. Pretty ride through rolling country--side areas of Crystal Lake, Bull Valley, and Woodstock. Lunch at the very unique Old Jailhouse. Bob Lippold, 870-0337.

Oct. 12 Chicago Lakefront
 Sunday 10:30 a.m. 25 or 45 miles from Foster Avenue parking lot. Ride to McCormick Place or on to the University of Chicago. Lunch at the Planetarium or in the University area. There are no crowds at this time of year and this is, indeed, one of the most interesting rides in the Chicagoland area. It is only 20 miles from Rec Park to the lake--an easy drive or bicycle ride. Jack Baker, 253-1036.

Report on the Hannibal '86 Bike Tour -- by Jim Netzel

The week-long Bike Ride is now history. Twenty-six bikers enjoyed the "River Ride" from Hannibal, Missouri to Arlington Heights. Those who accepted the challenge to feel the exhilaration of victory were:

Terry Bauer	Dick Marr	Pat Vassos
Laura Caravello	Bill Netzel	Paul Vassos
Don Derebey	Jim Netzel	Donna Weber
Sue Fields	Ray Nitch	Evie Weber
Al Gain	Carol Panczyk	Rich Weber
Jeanie Gain	Chris Panczyk	Marilyn Wilkerson
Kitty Hayes	Mel Sandahl	Debbie Witherbee
Bob Hinkle	Dottie Tockey	Norma Witherbee
Mary McNair	Mike Tockey	

The biking days were good, with the highest temperature of 86 degrees. We had sunshine on Monday and Tuesday, light rain on Wednesday and Thursday, and partly cloudy on Friday and Saturday.

A special thanks to Bikes Plus for the use of their van and Rick Spirek, who helped run the sag. There will be pictures and slides at the September meeting.

The Top 15 in Mileage

1. Don Derebey	720 miles	9. Marge Papajesk	227 miles
2. Elida Rech	658	10. Geri McPheron	223
3. Glen Butler	432	11. Emil Donkers	214
4. Nancy Marum	368	12. Chris Hayden	193
5. Sandy Hayden	363	13. Dolores Schauer	184
6. Bob Hinkle	334	14. Joel Fisher	183
7. Dave VonBergen	255	15. Earl Mason	182
8. Bob Lippold			

Here is a list of the top 15 riders as of September 1. The mileage shown is that ridden on scheduled Club rides, including the Tuesday night rides. Not included in the above totals, however, is the mileage ridden during the week-long Hannibal River Ride.

OUR THANKS FOR YOUR CONTINUING SUPPORT

ABC Cyclery	Bikes Plus	Village Cycle	Winkelman's
45 So. Dunton	1313 N. Rand Rd.	& Sports	Schwinn Cyclery
Arl. Hghts., IL	Arl. Hghts., IL	61 Park & Shop	200 W. Campbell
253-7700	398-1650	Elk Grv. Vil., IL	Arl. Hghts., IL
		439-3340	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

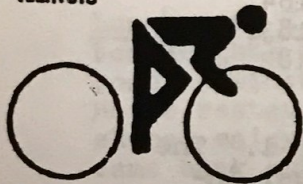
___ Weekend tours ___ Camping ___ Motels

Make check payable to: Arlington Heights Bicycle Association

Mail to: Jeanie Gain, 717 North Beverly Lane, Arlington Heights,
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AFFILIATED WITH
**BICYCLE
★ ★ USA ★ ★**
THE LEAGUE OF AMERICAN WHEELMEN

Emil & Corinna Donkers
202 N Gibbons
Arlington Hts IL 60004

THE


SPOKEN
WORD

President -	George Vassos	392-5450
Vice President	Don Derebey	255-3422
Secretary	Elida Rech	394-5990
Treasurer	Emil Donkers	253-0881
Membership Chairman	Jeanie Gain	392-1547
Newsletter	Russ Carpenter	255-3256

OCTOBER 1986

OCTOBER MEETING: WEDNESDAY, OCTOBER 22, 8:00 pm, Rec Park

NOVEMBER MEETING: ANNUAL RECOGNITION DINNER, NOVEMBER 8, 6:00 pm

Roadside Views

The weather was lousy, it was a Wednesday night, and sensible people were at home, staying warm and dry. But since bikers don't always have both oars in the water, we had an excellent turnout for the September Club meeting. One member even came on Thursday!

Remember, elections will be held at the October meeting. Call Jim Krupa at 398-5618, or come to the October meeting, to add your name to those already in nomination for one of the four elected officer positions.

See you at the October rides, and the October meeting.

God Bless - Good Biking.

George

Nominations for 1987 Officers

The Nominating Committee, under the leadership of Jim Krupa, is submitting the following slate of officers for the 1987 Club Year (December 1986 to November 1987):

President: Chris Hayden
 Vice President: Ray Nitch
 Secretary: Linda Anderson
 Treasurer: Erwin Campbell

These names will be offered into nomination by the Committee at the October meeting, Jim Krupa reports. Additional nominations may be made by any member in good standing at that time.

At the close of nominations, the election will be held. Installation of the new officers will be at the "Hub-Bub", the Annual Recognition Dinner to be held November 8, at the Arlington Lakes Golf Club clubhouse. The Reservation Form is in this issue.

Ride Reports -- Don Derebey

Lunch With Masi and Bob. September 6. When only six members turn out for a ride as well planned as this one, it has to raise a lot of questions in a ride leader's mind. Bob Hinkle found some different ways to get to and from the excellent lunch in Dundee. And Bob never even had an opportunity to demonstrate his unique dog-dodging technique!

Kickapoo Valley Weekend. September 13-14. Lack of member response, and a crowded pre-wedding schedule (her daughter's), resulted in the cancellation of this ride by Marilyn Wilkerson.

Tour of Bull Valley. September 14. Considering the promised long (75 mile) length of this ride into a known hilly area, the turnout was good. Mike Winterpacht managed to avoid the two worst hills, and he even agreed to an unscheduled lunch stop in McHenry. The weather threatened but, except for one brief shower, it was o.k. A few folks failed to watch the Route Sheet, and got lost for a while, and Mike had a flat tire. But, All's Well that Ends Well, and it turned out to be a great ride.

Schaumburg Surprise. September 21. The big surprise was to be from Mother Nature. Heavy rain forced the cancellation of this ride. See October 19 for the re-run.

BIKE CLUB HUB-BUB

(Annual Recognition Dinner)

Saturday, November 8 Social Hour: 6:00 pm Dinner: 7:00 pm

Members - \$10.00 Non-Members and Guests - \$13.00

Arlington Lakes Golf Club, 1211 S. New Wilke Road, Arlington Hts.

Names _____
of _____
each _____
person _____
attending _____

How Many _____ Roast Sirloin of Beef au jus

_____ Chicken a la Kiev w/ Rice Pilaf

Bring this reservation form, with check payable to Arlington Heights Bicycle Association, to the October meeting (October 22) or send it, with check, no later than November 3, to Emil Donkers, 202 North Gibbons, Arlington Heights, IL 60004.

Apple Cider Ride. September 28. It looked like rain, but 13 riders came for a leisurely ride over back roads to the Wauconda Orchards. After the ride some of the riders relaxed on the Schoenhoff's patio.

Woodstock Jailhouse Ride. October 4. Rained out but re-scheduled. See October 18 in the Ride Schedule.

Coming Rides!

October 12 Chicago Lakefront

Sunday 10:30 a.m. 25 or 45 miles from Foster Avenue parking lot. Ride to McCormick Place or on to the University of Chicago. Lunch at the Planetarium or in the University area. There are no crowds at this time of year and this is, indeed, one of the most interesting rides in the Chicagoland area. It is only 20 miles from Rec Park to the lake--an easy drive or bicycle ride. Jack Baker, 253-1036.

October 18 Woodstock Jailhouse Ride

Saturday 7:30 a.m. 85 miles from Frontier Park. 10 a.m., 37 miles from the Broken Oar near Rawson Bridge. Pretty ride through rolling countryside areas of Crystal Lake, Bull Valley, and Woodstock. Lunch at the unique Old Jailhouse. Bob Lippold, 870-0337.

October 19 Schaumburg Surprise (Again!)

Sunday 8 a.m. 25 miles from Recreation Park. Such a great Breakfast Ride deserves a second chance. Maybe Irv's dancing girls can avoid the rain dance this time. Irv Campbell, 392-4309.

October 25 Ride to the Pumpkin Patch

Saturday 11 a.m. 25 miles from the Masters's home in Barrington, near Palatine & Ela Roads. Or, 10:15 a.m., 40 miles, from Frontier Park. If enough people are interested in buying pumpkins, a van will be available to carry them. Tom & Sherry Masters, 358-7797.

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Arl. Hghts., IL
253-7700

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398-1650

Village Cycle
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200 W. Campbell
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(Must be 18 years
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Family Members _____

Age _____

Family _____ \$8

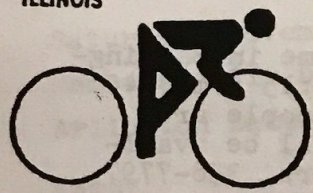
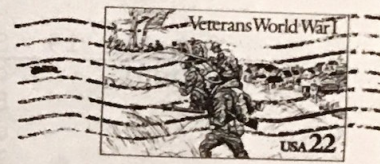
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THE

SPOKEN WORD



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Membership Chairman	Jeanie Gain	392-1547
Newsletter	Russ Carpenter	255-3256

NOVEMBER 1986

NOVEMBER MEETING: ANNUAL RECOGNITION DINNER, NOVEMBER 8, 6:00 pm

Roadside Views

November signals the end of the biking weather and time to reflect on our 1986 season. Because of a sick foot, I rode too few rides and logged too few miles. But, being an optimist, I'm already saying "Wait 'till next year!" The season ended on the wet side, but riding in the rain adds new dimensions and challenges to the sport.

The election of next year's officers was held at the October meeting. The slate submitted by the Nominating committee ran unopposed--and won by a landslide! Thanks to Jim Krupa for his efforts.

The officers for 1987 are:

President	Chris Hayden
Vice President	Ray Nitch
Secretary	Linda Anderson
Treasurer	Erv Campbell
Newsletter	Sandy Hayden
Membership	Nancy Marum

In an organization such as ours, the President receives the glory and everyone else gets the hard work. Without the loyal support of the Board and membership, this past year would have been tough.

Thanks: To Don Derebey for his aggressive approach to improving our ride participation and for his leadership on the Invitational; to Elida Rech for her excellent and concise minutes; to Emil Donkers for balancing our books; to Russ Carpenter for his fine work on the newsletter; to Pat Schramm for coordinating the Swap; to Earl Mason and Jeannie Gain for keeping membership in order; to Jim Netzel for leading the long ride, and to all of you for a fun year.

Good luck to the new Board.

God Bless - Good Biking.

George

October Meeting

Some 22 members and guests turned out for the monthly meeting on October 22 at Rec Park. Nominating committee chairman Jim Krupa presented the slate of officers for 1987, and asked if there were additional nominations; there being none the vote was taken, and the slate was elected unanimously.

A proposal that the four Club officers, plus the Membership chairman, the Bike Swap chairman, the Arlington 500 chairman, and the Newsletter editor each receive a complimentary ticket to the Annual Recognition Dinner, beginning next year, was put forth by president George Vassos. "After all, the intent of the Recognition Dinner is to show appreciation to those members who have expended extra time and effort for the Club over the preceding year," he explained.

The members agreed, casting a unanimous vote for the proposal. It will take effect with the 1987 Recognition Dinner.

Following the business meeting, and delicious refreshments by Nancy Marum, Bob Lippold showed exciting slides from a bicycling trip through the mountains of Colorado in September by him, Bob Van Bergen, and a non-club-member friend.

The Recognition Dinner, November 8, will take the place of a regular November meeting. A Reservation Form for the Dinner is included in this issue.

1986 Official Mileage

Here are those Club members who have ridden 200 Official Miles or more this year. The total mileage shown includes these Club rides only: weekends, local Tuesday evenings, and Kurt's Tuesday evenings.

	<u>No. of rides</u>	<u>Miles Ridden</u>
Don Derebey	32	958
Elida Rech	31	853
Bob Hinkle	15	563
Kurt Schoenhoff	13	482
Sandy Hayden	17	477
Nancy Marum	20	450
Glen Butler	10	432
Chris Hayden	11	388
Dottie Tockey	11	377
Bob Lippold	7	348
Dave VonBergen	6	336
Emil Donkers	15	311
Earl Mason	12	236
Marge Papajesk	10	227
Geri McPheron	9	223

Coming Ride!

November 27 Annual Thanksgiving Ride. 10 miles or more,
Thursday weather dependent, from the Gains's home at 717
North Beverly Lane in Arlington Heights. Burn
off some calories, and make room for the big
turkey dinner. Al & Jeannie Gain, 392-1547.

Ride Reports -- Don Derebey

Chicago Lakefront. October 12. Cold and drizzling weather
caused a cancellation. There is no time to reschedule, so
look forward to it next year.

Woodstock Jailhouse Ride. October 18. The weather was superb
this time. The group enjoyed a brisk pace, and some of the
best Fall colors of the season. If anyone finds Sandy Hayden
out there looking for the broken oar, please send her home!

Schaumburg Surprise. October 19. A cool, crisp morning
sharpened the appetites for breakfast. The trip back was
warm and pleasant, and it ended in plenty of time to get home
and watch the Bears lose.

Ride to the Pumpkin Patch. October 25. Four crazies rode in
the rain from Frontier Park to the Masters's home in Barrington.
Tom & Sherry, of sane minds, promptly called the ride
off. One nice thing did happen--it rained much harder during
the ride back! There is one disturbing thought: One of these
strange bikers is destined to be the leader of our club for
the coming year.

Reflections on the 1986 Ride Program.

Of particular satisfaction to this Ride Chairman is the fact
that about 40 members took part in the Ride Leadership program.
Many of these folks had not led a ride before. Future Ride
Chairmen should be able to tap this reservoir of leaders, and
thus make the future scheduling job a lot easier.

The real payoff in this job is that I have gotten to know all
of these people very well by working and riding with them
during the year. Ride turnouts were not as high as I had
hoped (we averaged about 12 per ride), but about 115 different
individuals did attend at least one ride.

Those of you who came out often met some very fine people, and
I surely hope more of the members will take advantage of the
opportunity during the 1987 biking season.

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Arl. Hghts., IL	Arl. Hghts., IL	61 Park & Shop	200 W. Campbell
253-7700	398-1650	Elk Grv. Vil., IL	Arl. Hghts., IL
		439-3340	253-0349

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

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Name(s) _____

Street Address _____

City/Zip _____ Phone _____

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

Family _____ \$8 _____

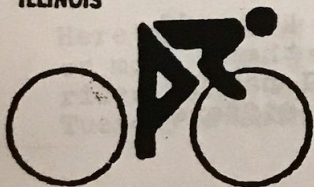
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 Weekend tours Camping Motels

Make check payable to: Arlington Heights Bicycle Association

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THE

SPOKEN WORD



President
 Vice President
 Secretary
 Treasurer
 Membership Chairperson
 Newsletter Chairperson

Chris Hayden 506-0691
 Ray Nitch 253-8760
 Linda Anderson 255-3173
 Irv Campbell 392-4309
 Nancy Marum 253-2385
 Sandy Hayden 506-0691



DECEMBER 1986

CHRIS'S BIKING BRIEFS

Howdy Sport's Fans,

Thanks for the unanimous vote during the October meeting. I hope we can do as well this year as George and his crew did this past year.

While your new board has not had a meeting yet to establish our goals for the coming year, I have several ideas and plans. These include:

- 1) Continue to strive to increase rider participation.
- 2) Increase bicycle safety awareness within the community and in the club.
- 3) Bring in new members.

The bottom line of these goals is to have fun. Fun is sharing safe biking with friends. Try a Saturday on one of our rides and you'll see what I mean.

In order to get people out to the rides, we need your input as to what kind of rides to have...tell me what you want.

In order to make the club work for everyone, we need everyone's ideas and help...tell me how you want to help.

I hope everyone can make the Christmas party (thanks Charlie and Cynthia) as well as the president's ride January 1st. Looking forward to seeing all of you.

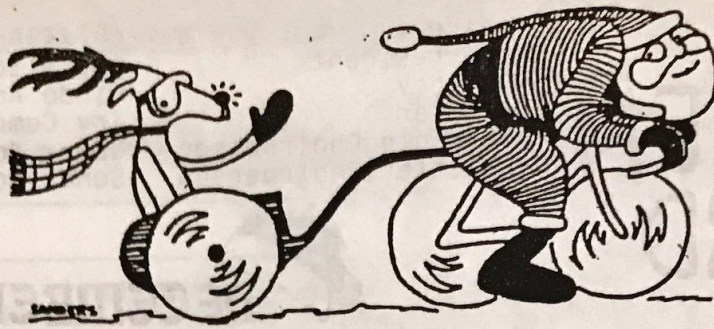
Bike safely,

Chris



NEW YEAR'S RIDE

The annual New Years President's Polar Bear Snowman Freeze Your ? Ride is scheduled for the first day of the year at 11:00 AM. The ride begins at the Hayden's home (509 S. Highland) and anyone wanting to stay for the bowl games is welcome. More information can be obtained at the Christmas party or by calling the prez at 506-0691.



MARK YOUR CALENDARS ! ! !

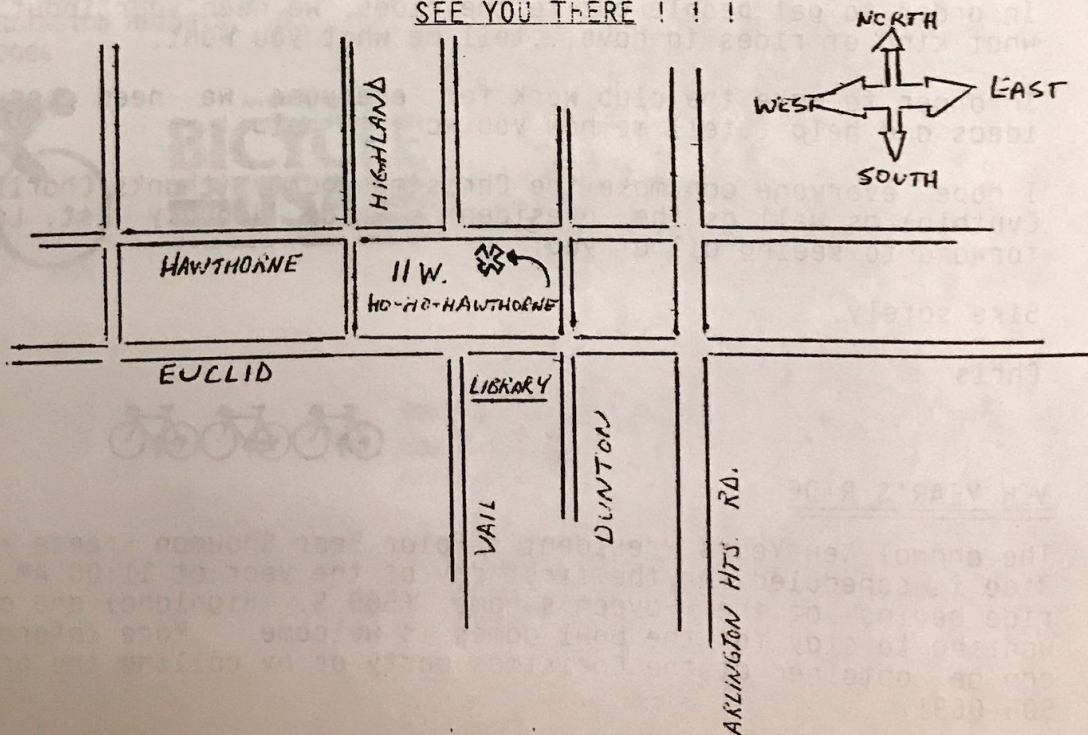
Our December Meeting will be in the form of a Pot-Luck Christmas Party on December 13th at 6:30 p.m. The party is being hosted at Cynthia and Charlie Schmitz' home at 11 W Hawthorne Lane, Arlington Heights. See the map to their home below. Plenty of food and fun for all is in store, and remember, the more, the merrier!

A sign-up sheet for the food categories was circulated at the Recognition Dinner. For those who did not have an opportunity to sign it, please call Cynthia Schmitz at 392-9268 or Chris Hayden at 506-0691 to sign it and join in the festivities. The club will provide punch and table service, please feel free to BYOB. Also -

THE MOST IMPORTANT THING!!!

Be sure to bring a grab bag suitable for male or female for \$5.00 and under. You haven't lived until you've played the Hayden's Christmas Grab Bag Game.

SEE YOU THERE ! ! !



tidbits:



Happy Holidays fellow bikers! How about this cold weather? Can spring be far away? Even though it's only November, it feels like January, and I'm afraid we're in for a long winter. So lets chase the blues away by getting involved on committee and plan for next years exciting season.



42 people attended the Bike Club Hub-Bub (Annual Recognition Dinner) at Arlington Lakes and enjoyed fine food, beverages and "entertainment". The awards committee did a fine job of preparing, organizing and presenting mementos to the sometimes-unsuspecting "victims". We missed Dotty and Mike Tockey, but don't worry, your award will be presented when you least expect it!

A special thanks is extended to Elida Rech for soliciting the fabulous door prizes, and once again, we would like to extend our thanks to the Bike Shops that generously donated items for awards: Bikes Plus, ABC Cyclery, Winkleman's and Village Cycle and Sports.

Great Christmas Gift Ideas - Bike Repair Classes!

Village Cycle and Sports - 6 weeks beginning in January, meeting once a week, Class limit 8 people, Bring your own bike or use one they have. Covers: Part identification, change tires, adjust brakes, gears, wheels, bearings. \$40.00 for the course, will offer 2 courses this winter if possible. Call Joe Eberhardt 439-3340.

ABC Cyclery - 3 weeks beginning the first Tues. in January. Meets Tues and Thurs at 8pm. Bring your bike, tear it down and put it back together again. Covers hubs, maintenance, brakes etc. \$60.00 includes bike repair manual to keep. 4 - 6 people /class. Call Jim or Bill at 253-7700 to reserve your spot.



On a very sad note: The Club wishes to extend our deepest sympathy to Nancy Marum, who's husband, Ed, passed away in November.

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ABC Cyclery 45 So. Dunton Arl. Hghts., IL 253-7700	Bikes Plus 1313 N. Rand Rd. Arl. Hghts., IL 398-1650	Village Cycle & Sports 61 Park & Shop Elk Grv. Vil., IL 439-3340	Winkelman's Schwinn Cyclery 200 W. Campbell Arl. Hghts., IL 253-0349
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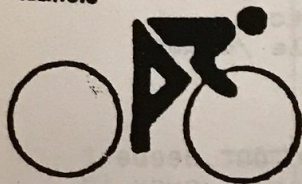
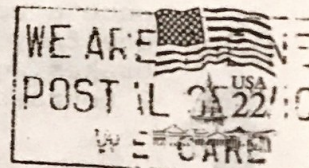
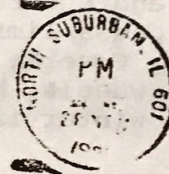
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