

THE

# SPOKEN WORD



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Chris Hayden 506-069  
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 Nancy Marum 253-238  
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## JANUARY 1987

JANUARY MEETING - WEDNESDAY, JANUARY 28, 1987 8:00 pm, Rec Park

### President's Column

Howdy Sport's Fans,

Thanks to Sandy, Bill, Marilyn, Emil, Earl, Nancy, Bob, Don, Jeanne, Elida, Gene, Randy, Chris, Cynthia and Charlie for making the year start out the right way. Although my Cateye and Elida's feet froze, it was great to get outside on the bikes.

I have noticed many people riding their bikes when the roads are clear of snow. The current issue of Bicycle Rider has an excellent article on winter cycling. It covers clothing, bike handling, cycling times and the art of being seen. Biking during winter requires more caution than warm weather biking just as driving a car during winter requires extra caution. I'll bring the issue to the January meeting.

This month's newsletter introduces a new column devoted to bicycling safety. Please take the time to read the articles.

Finally, does anyone know how to thaw out a Cateye?

Bike safely,

Chris

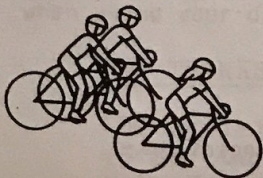
### Christmas Party Report

Over twenty jolly souls joined in the fun for the December Bike Club meeting and Pot Luck Dinner at Cynthia and Charlie Schmitz' beautiful home. The mood was indeed festive; the halls were decked with boughs of holly and the roaring fireplace added a touch of the holiday spirit as chestnuts were roasted on the open fire.

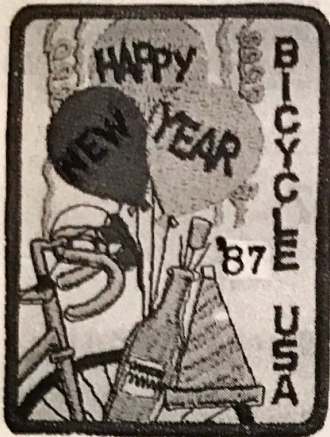
And then the mood turned ugly. . . .

We began the infamous "Haydens Christmas Grab Bag Game" where the participants learned the true meaning of Grab. Hey Paul, how's the puzzle coming? We love our new photo album. Thanks again!!!

Seriously, we all had a wonderful time. Thanks again, Cynthia and Charlie.



The Annual New Years President's Polar Bear Snowman  
Freeze Your ? Ride Report



Thirteen people (including our fearless leader) donned cold weather gear and went on a refreshing and icy ride January 1, 1987. The ride planned was too long for the conditions, and a 45-minute tour of Arlington Heights was substituted at the last minute by Randy Jones. After the ride, all were treated to a hot lunch of Chili and sandwiches for the cold ride home.

Bob Lippold was quick to point out that for the time being, this was the only time of the year that any of us have more mileage than Don Dereby. Several people had to ride farther to get to the starting point than Don did.

It was a great way to start the new year. Legend states that what you do on the first day of the year is what you'll do for the rest of the year, and I can't think of a better way than biking with friends and eating!

HAPPY NEW YEAR TO ONE AND ALL!!!!

It's not too early to mark your calendars. We have received the following information on upcoming rides in the area:

February 1, 1987 - McHenry Bicycle Club Fourth Annual Roller Races

Springhill Mall, West Dundee - Open team sprints over 500 meters and 1500 meters. Final of four teams riding for an hour. Sponsored by McHenry Bicycle Club  
Call 658-6034

April 26, 1987 - Botanical Gardens

Leisure ride on bike path between Dundee & Lake Cook Roads  
Sponsored by Chicagoland Bicycle Federation  
Call Cathy Winslow at 433-1124

June 5-6-7, 1987 - Lake Trek

Weekend bicycle trip sponsored by the DuPage/McHenry Lung Association. Lodging at Illinois Beach Resort and the Abby.  
Call Ellen Ziehr at 469-2400

June 28, 1987 - Snow White 60

30, 60, and 100 mile distance for WOMEN only.  
Men are encouraged to enjoy assisting with ride.  
call M-E Spirek at 398-1650

July 5, 1987 - Arlington Triathlon

Sponsored by Arlington Heights Festival  
Call M-E or Lisa Spirek at 398-1650

August 2 - 9, 1987 - B.A.M.M.I

Week long bicycle trip sponsored by Chicago Lung Association.  
Call Mary Jo Pryble at 243-2000

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For Sale

Schwinn bike rack - Ruth Carlson 640-1832

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## SANDY'S SAFETY CORNER

With the onset of winter, the laws of-nature bring shorter days and longer nights. While that may make some Bear happy in the woods, it makes us bikers a wee bit grumpy to say the least.

As one of those "unlucky" commuters, I do a fair amount of walking, and it disturbs me that Arlington Heights has poorly-lit streets. It disturbs me even more to see commuters ride home on their bicycles without headlights and ride totally oblivious to safety mandates.

The November/December issue of Bicycle Rider Magazine has an article of note for all of those commuters out there. It's entitled "Bring on the Light". The article states that legally, the requirements for riding at night are a headlamp and a rear reflector. Many people do not want to be bothered with a headlamp, so bicycle manufacturers promoted an all-reflector system, so the bicycle could be seen from any angle. This is a poor substitute for the headlamp.

The article states that "80 percent of the car/bike collisions caused by darkness required a headlamp for prevention, and that 20 percent required a rear reflector or a rear lamp". So you see, you need both. Technically, the "headlamp should be visible for 70 degrees on each side of the center line to alert motorists on the side streets. The rear reflector should be 3-inch diameter, amber reflector that is sold for motor vehicle use under a Society of Automotive Engineers (SAE) standards."

Be aware that there are different headlamps for different purposes. There are generator lamps, battery lamps and lamps with rechargeable batteries. Generator lamps are good for normal roads, rechargeable lamps are recommended for commuter use.

Whatever you chose, please, use a headlamp and reflectors on your bicycle when riding at night. Headlamps do not have to be permanently mounted to your headset to be effective, there are removable lamps which can store easily in a pack when not in use. Most are inexpensive forms of insurance, when you consider the alternative.

To quote a phrase "Lets Be Careful Out There".

Since club members are extended a 10% discount by the area bike shops, we need to review how the discount is to be used.

1. The discount is offered as a courtesy on bicycle accessories and clothing only - it does not apply to bicycles.
2. The discount does not apply to merchandise unrelated to bicycling such as skate boards, x-c ski equipment, etc.
3. Present the membership card before the merchandise is rung on the register.
4. Be discreet, do not ask for the discount loudly in front of other customers.
5. The discount does not apply to sale merchandise.
6. Use cash or check only, credit cards will not be accepted with the discount because the merchant needs to pay a percentage to the credit card company.

We want to continue to have a good relationship between the area bike shops and the club members, so please use these guidelines when using your discount card.

### OUR THANKS FOR YOUR CONTINUING SUPPORT

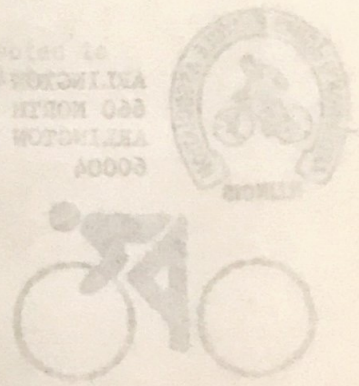
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Arl. Hghts., IL  
253-7700

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

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  
\_\_\_\_\_  
\_\_\_\_\_

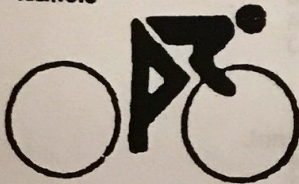
Interested in: Rides  10-25 miles  25-50 miles  50-100 miles  
 Weekend tours  Camping  Motels

Make check payable to: Arlington Heights Bicycle Association

Mail to: Jeanie Gain, 717 North Beverly Lane, Arlington Heights,  
Illinois 60004. Questions? Call her at 392-1547.



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



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

Emil & Corinna Donkers  
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 Linda Anderson 255-3173  
 Frv Campbell 392-4309  
 Nancy Marum 253-2385  
 Sandy Hayden 506-0691

FEBRUARY 1987

FEBRUARY MEETING - WEDNESDAY, FEBRUARY 25, 1987 8:00 pm REC PARK

## President's Column

Howdy Sport's Fans,

Only in Chicago.

Last Saturday, Sandy and I went to Deer Grove for some cross-country skiing. It was great, perfect weather! Then Sunday turned out so great that I went cycling. A nice combination.

With the weather so nice, I can't help but think of the coming year. Linda Anderson came up with the idea of establishing goals for the year. Here are mine:

- 1) Ride a double metric century.
- 2) Ride back-to-back 100 mile days.
- 3) Learn something about bicycle repair and maintenance.

To accomplish the second goal, I want to ride TOMRV (Tour Of The Mississippi River Valley). This is June 13 & 14. If anyone is interested in going, please call me.

This week Marilyn Wilkerson took Sandy and me to the Wheeling club meeting. I've never been there before and found everyone very nice and the meeting very similar to ours. However, I did find that my brownies are better than theirs.

If anyone has any ideas on rides, events or projects for the club, let me know. There are still several opportunities to get involved, including Program Chairperson, Refreshments, Arlington 500 Chairpeople and Week-long Trip Organizer. Even if you are new, please get involved. By having you involved, you make the club enjoyable for myself and others.

Finally, the weather has been so nice that we can take advantage and have rides now. The newsletter has rides in the area, including the St. Pat's Ride with Wheeling. Anyone wanting to lead a club ride should call Ray as soon as possible.

Take care and bike safely,

Chris

P.S. Get well soon George!



February's Program - American Youth Hostels - Chicagoland's best kept secret.

Outdoor Adventures with Metro Chicago AYH

Don't let the "Youth" in American Youth Hostels fool you. This organization is for active people of every age.

Don't be misled by "Chicago." Many members live in the suburbs.

DO COME to the February meeting and become acquainted with AYH. Learn why hostels are a good place to stay when traveling by bicycle. See a new informative slide show presented by Julian Babad of the exciting day, evening, weekend, and vacation trips available to AYH members.



A very special thank you is extended to Marilyn Wilkerson who went above and beyond the call of duty to bring this program to us on such short notice.

# Dues are Due

Dues are due in March. Please make checks payable to the Arlington Heights Bicycle Association. Send to our Membership Chairperson - Nancy Marum at 207 S. Reuter Drive Arlington Hts 60005.

## Rides

### Bike Club Dates

#### March 15, 1987 - Club Ride

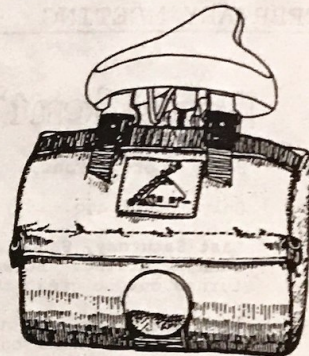
St. Patrick's Day Ride with Wheeling Wheelmen  
11 am at Wheeling High School 1.00 fee  
St. Patrick's Day Patch available for \$2.00.

#### April 25 and 26 - Bike Swap

This is your chance to contribute to a good cause - ours! It's our main fund raiser for the year and we're counting on each member to pitch in and help. More info will be available at the meetings, and the April program will focus on this event.

#### May 17 - Arlington 500 Invitational

#### July 11 - Progressive Dinner



June 13 and 14 - TOMRV - Tour of Mississippi River Valley  
(alternative to TOSRV) Write for registration: Quad City  
Bicycle Club c/o Joanie Richards TOMRV 10 Secretary  
2839 E. 32nd St. Davenport, IA 52807

June 20 - 26 TOGIR VI - The Other Great Iowa Ride  
College to college to college etc. A nice alternative to  
RAGBRAI. Limited to 300 riders.

July 11 and 12 - LION III-Loop Iowa's Outstanding Northwest  
Start and end at Luther College in Decorah, Iowa

July 31, August 1 and 2 - BEAR II - Bicycle Early Agricultural  
Roads  
College to college to college. Begin and end at Central College  
in Pella, Iowa.

August 8 and 9 - TIGER IV - Tour Iowa's Great Eastern Region

Write for the brochures listed above - special early bird discounts  
on registration fees: TOGIR Tours  
2325 Fulton Ave.  
Davenport, IA 52803



One new member, Laura Schilf, and a visitor, Ron Moravick were among the attendees at the January meeting. Welcome !!! We always like to see new faces!!

#### Positions filled -

Patch chairman - Bob Lippold

Anyone wishing to purchase commemorative Bicycle USA

patches - contact Bob. Patches are available for the New Year's Day Ride and also Valentines Day if you ride.

#### Volunteers Needed -

Arlington 500 Chairpersons

Refreshment Chairperson

Progressive Dinner Organizers/Hosts

Week Long Trip Organizers

T-shirt Committee Members

## SANDY'S SAFETY CORNER

### Winter Riding Guidelines

The January/February issue of Bicycle Rider magazine has an excellent article on How to Ride Through Winter in Safety and Comfort. Although we've had a wonderfully mild winter, a few points were made in this article that bear repeating.

#### Guideline One - See and Be Seen

Visibility for both drivers and riders is obscured somewhat in winter conditions. Forget fashion and dress for high visibility. Wear bright yellows and oranges or highly reflective colors. Add reflective tape to your panniers, wear reflective leg bands and helmet stickers. You want to stick out like a sore thumb, and not blend into snow banks and gray winter skies. Don't forget that headlamp and bike reflector system we discussed in last month's column. Get a pair of clear goggles or safety glasses - snow in your eyes on a downhill can be very dangerous.

#### Guideline Two - Choosing Routes and Times To Ride

This guideline surprised me at first, but makes sense. During warm weather, cyclists opt for the side roads with less traffic, however these same roads may very well be the last roads to be plowed and salted. They recommend main throughfares for safer travel.

It is sometimes safer to ride in the autos' right tire track than on the shoulder with the snow. Ride in a straight line, plan the ride for mid-day when commuter traffic is at a minimum.

#### Guideline Three - Dress for the Worst

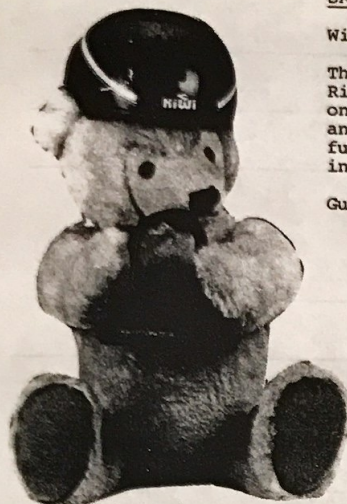
Layer those clothes and shed a few layers as you warm up. Pay particular attention to your hands, feet and head. Wear face masks if necessary, and be sure your mittens or gloves will allow you to brake and shift effectively. Cover your helmet's vent holes with tape to keep out the breeze. Your arms, legs and torso should stay warm even with only one layer, as they produce their own heat. Wool is ideal, as it insulates and Goretex also come recommended

#### Guideline Four - Bike Handling

Go Slower.  
Avoid painted stripes and manhole covers - they are slick as glass. If you find yourself riding into a slippery surface, just coast. Do not brake or peddle, and hope for the best.  
Be cautious at intersections - snowy streets are especially slippery and "polished".  
Shift your weight to the back of your saddle a bit for more traction on your rear wheel when you start up from a stop.  
Lower your seat so your center of gravity is lower.  
Pump your brakes rather than clamping them on the wheels when the pavement is wet.

#### Guideline Five

Be sensible and cautious.  
Don't take unnecessary risks.  
Give yourself more time.  
Enjoy yourself.



### Odds and Ends

In the Feb. 1 Chicago Tribune there was an interesting article on women's bicycle frames. The frames are designed by Georgena Terry, a former Xerox product engineer. The tube is shorter between the seat and handlebars, the front wheel is smaller the seat wider, toeclips shorter and handlebars shorter. Frames begin at 17 inches - men's frames begin at 19 inches.

Available only at Oak Park Cyclery, ranging from \$319.00 to \$1,399.00. For more information write: Terry Precision Bicycles for Women 140 Despatch Drive East Rochester, NY 14445 or call 716-385-6398

According to a letter to the Editor in Bicycle Rider - try this! When changing the battery on a computer, there is a way to retain the total mileage. Simply connect two separate three-volt batteries parallel to the contacts during the battery change.

ABC is scheduled to air the RAAM '86 program on 3/1/87 on its Wide World of Sports show. RAAM '87 will begin 6/20/87 and will start in San Francisco ending in Washington DC. Total: 3,100 mi.

### OUR THANKS FOR YOUR CONTINUING SUPPORT

ABC Cyclery  
45 So. Dunton  
Arl. Hghts., IL  
253-7700

Bikes Plus  
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Name(s) \_\_\_\_\_

Street Address \_\_\_\_\_

City/Zip \_\_\_\_\_ Phone \_\_\_\_\_

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

Family \_\_\_\_\_ \$8 \_\_\_\_\_

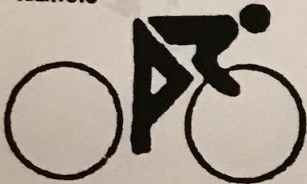
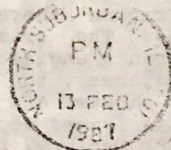
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   Weekend tours    Camping    Motels

Make check payable to: Arlington Heights Bicycle Association

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 506-0691

MARCH 1987

MARCH MEETING - WEDNESDAY, MARCH 25, 1987 8:00 pm REC PARK

## President's Column

Howdy Sport's Fans,

Last year, Nancy Marum told Sandy and me about a week-long ride she went on with a group called Pedal Across Wisconsin. She said she had a great time and we should try at least one of their weekend rides. We decided to give it a shot and registered for a New Glarus weekend.

We arrived on a cool October Saturday. While driving we noticed the terrain changing producing a gentle roller coaster effect and we joked about the "hills of Wisconsin."

Jerry Goldman of Pedal Across Wisconsin checked us in, gave us some cookies and a cue sheet and sent us on our way. As is my custom, I got lost trying to get out of New Glarus, much to Sandy's amusement.

Once on the road, we took in the beautiful countryside and met several hills heading towards Mt. Horeb with a few of them making me talk to myself (I will NOT stop! I will NOT walk!). We continued up and down to Little Norway. A few of the hills along the way made us remark that we must be in Vermont. Sure enough! We passed a sign for the town of Vermont, Wisconsin.

It was time to head back, get cleaned up and head downtown for a buffet dinner. A few other club members made the trip as well (Elida Rech, Don Dereby, Randy Jones and his son Chris) and we all had dinner then retired to the local high school gymnasium.

The second day was little too cold and a little misty. Sandy and I rode a shorter distance through an even more scenic area and then headed home. Like Nancy, we had a great time and we vowed to make the ride again.

This month, the program at our meeting will be given by Jerry Goldman who will describe the Pedal Across Wisconsin rides, show some slides and answer questions.

I predict that the meeting will be fun so please attend

*Thanks - Chris*

## Dues are Due

### DUES ARE DUE

Last year, a motion was passed to make all annual dues payable in March. Please make checks payable to Arlington Heights Bicycle Association and submit them to our membership chairman Nancy Marum at 207 S. Reuter Drive, Arlington Hts, IL 60005. Once she processes the dues, you will receive your membership card which will entitle you to 10% off merchandise at the local bike shops. Please be sure to abide by the guidelines outlined in the January newsletter when using the discount card. Anyone who did not get a copy can obtain one from Nancy Marum.

### MARCH MEETING - PEDAL ACROSS WISCONSIN

A Presentation by Jerry Goldman will be featured at our March Meeting. He will discuss week-end trips and a week long ride scheduled for the 1987 biking season. Information will be available on:

Whitewater Weekend	June 13, 14
Door County Weekend	June 26, 27, 28
Heart of Wisconsin Ride	July 11-17
New Glarus Weekend	October 9,10,11

As many of you know, Jerry runs fine rides with good accommodations at very reasonable prices, and Wisconsin is a great place to ride. Come learn of the details!

## Volunteers Needed

**HAVE YOU EVER** been on a ride and wished for company? Do you have a special route you'd like to share with friends? Do you believe in "the more, the merrier?" Well, **HERE'S YOUR CHANCE!** Be the first on your block to earn that ride leader patch! We're looking for ride leaders for Weekend rides and Tuesday evenings.

The Tuesday evening rides will begin in April weather permitting. Begin a 8-10-15 mile route at Rec Park or your desired location. Lead a recreational ride around our neighborhoods and chat with friends. Pedal the day's worries away.

Weekend rides - Saturday or Sunday, take your pick! Name your starting time and place! Lead 25-50-75 miles or anywhere in between! Take us on that secret route you've always wanted to share with friends, Lead the route you've enjoyed most last year. Discover a new route and share it! Least year's route sheets are available for use by someone wanting to lead a ride without the hassle of planing it. It's fun!

Call Ray Nitch @ 253-8760 and name your day! The more ride leaders, the more interesting this year's ride schedule will be!

Pat and George Vassos are supplying refreshments for the March meeting. However, we still are in need of a refreshment chairman. Now's your chance to get involved.

BIKE SWAP '87  
SAT.- SUN. APRIL 25 & 26  
NEW LOCATION -- FRONTIER PARK.

Attached is a flyer advertising the Swap. Give it to an interested friend or neighbor, or put it up at work, etc. If you would like more, we'll have them at the March and April meetings, or call Jeanie (392-1547).

Don't forget to look through your house - I'm sure there is something bike-related you've wanted to get rid of - now is the time to do it. Don't let another year go by. Do it now!!!

The Swap is a club effort -- so we need your help for at least four hours Saturday or Sunday. Save that weekend -- mark it on your calendar -- and join your friends for a good time "At the Swap".

Be there or be square,  
Pat Schramm

## Rides

### March Ride Schedule



March 15 - St. Patrick's Day Invitational  
20 miles from Wheeling High School  
11:00 a.m. \$1.00 fee

St. Patrick's Day patches will be available at the ride or through our patch chairman Bob Lippold at the March Meeting.

March 28 - Ride with Wheeling Wheelmen  
30 leisurely miles through Lake County  
10:00 a.m. from Kildeer School in Long Grove  
Call Kurt Schoenhoff @ 540-0861

For Sale: Men's 58cm Schwinn Paramount  
Campy and Dura-Ace  
Beautiful Bike \$900.00  
253-0349



Anyone knowing the whereabouts of a silver cake server mistakenly taken at the Christmas Party, please contact Nancy Marum, and she will exchange it for the server she has.

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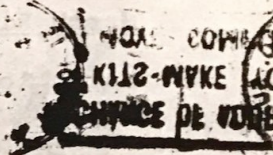
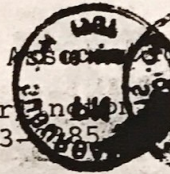
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Family _____ \$8	_____	_____
	_____	_____

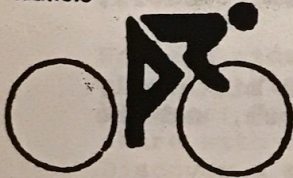
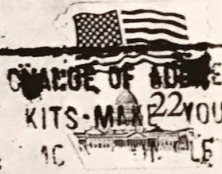
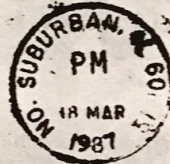
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Sandy Hayden 506-0691

APRIL 1987

APRIL MEETING - WEDNESDAY, APRIL 22, 1987 8:00 p.m. REC PARK

## President's Column

Howdy Sport's Fans'

Let's go to the swap...Oh baby.

Let's go to the swap.

There are two important bike club events coming. The Bike Swap is at the end of this month, and the Arlington 500 is Sunday, May 17.

Help is still needed for each event to make them successful. Please devote a little time to join in on the fun.

I want to thank all the people who showed up at the last meeting--all 50 of you. Now, please tell me what kind of rides you want so we can have 50 people show up on rides. Better yet...why not lead a ride?

Congratulations to the Jones' on their new addition to the family. Also, congrats to Don and Elida.

Hope you all enjoy the good biking weather and join us on a ride.

Bike safely,  
*Chris*

BIKE SWAP '87  
SAT.- SUN. APRIL 25 & 26  
NEW LOCATION -- FRONTIER PARK

Don't forget to look through your house - I'm sure there is something bike-related you've wanted to get rid of - now is the time to do it. Don't let another year go by. Do it now!!!

The Swap is a club effort -- so we need your help for at least four hours Saturday or Sunday. Save that weekend -- mark it on your calendar -- and join your friends for a good time "At the Swap".

Be there or be square,  
Pat Schramm





## APRIL MEETING

This will be an important meeting for all. We will be discussing the Bike Swap procedures in detail, so please be sure to be there. Also, we will be planning the Arlington 500 Invitational which is on May 17, and will be asking for volunteers to help run the sag stops, etc. Please see the notice enclosed in the newsletter. We will also be discussing the week-long trip plans, tentatively scheduled for July 11-17. And finally, we will have our contest for club logo design for jerseys and t-shirts. Everyone is invited to bring an idea for us to vote on. Camera ready artwork is not mandatory, just bring an idea.

## GROUP RIDING RULES

GROUPS RIDE DOUBLE AT ALL TIMES WITH THE FOLLOWING EXCEPTIONS:

1. NARROW STREETS, HEAVY TRAFFIC
2. NARROW INDEPASSES AND BRIDGES
3. STREET REPAIRS

GROUPS SPLIT UP WHILE RIDING AS FOLLOWS:

1. HEAVY TRAFFIC
2. CONGESTED AREA WITH FREQUENT TRAFFIC LIGHTS

## RULES OF RIDING

1. WEAR A HELMET
2. KEEP 3 OR 4 FEET BEHIND THE CYCLIST AHEAD OF YOU.  
DO NOT DRAFT
3. PASS ONLY ON THE LEFT
4. CROSS ALL RAILROAD TRACKS AT RIGHT ANGLES.
5. OBEY TRAFFIC SIGNALS AND LIGHTS
6. AVOID SUDDEN STOPS
7. DO NOT GANG UP AT STOP LIGHTS, KEEP TO THE RIGHT
8. USE HAND SIGNALS
9. USE VERBAL SIGNALS SUCH AS "CAR UP, CAR BACK, STOPPING" ETC.
10. POINT OUT ANY DEBRIS ON THE ROAD SUCH AS GLASS, HOLE ETC.
11. USE COMMON SENSE AND STAY IN A GROUP. STAY WITH THE RIDE LEADER AND LET THE RIDE LEADER KNOW IF YOU LEAVE THE GROUP FOR ANY REASON.

Club Calendar April/May

Tues.	April 7	5:30pm	Kurt Schoenhoff Ride 540-0861 (see notice below)
Tues.	April 7	6:30pm	Rec Park Show & Go - Chris Hayden
Sunday	April 12	1:00pm	Frontier Park - Randy Jones 394-2792
Tues	April 14	5:30pm	Kurt Schoenhoff Ride
Tues	April 14	6:30pm	Rec Park Show & Go
Sun	April 19	9:00am	College Cruise - Don Dereby- 255-3422 50 miles from Rec Park
Tues	April 21	5:30pm	Kurt Schoenhoff Ride
Tues	April 21	6:30pm	Rec Park Show & Go - Don Dereby
Wed	April 22	8:00pm	Club Meeting - Bike Swap Program
Sat	April 25		Bike Swap - All Day Frontier Park
Sun	April 26		Bike Swap - All Day Frontier Park
Sun	April 26		Bike Swap - Dutch Dinner after Swap
Tues	April 28	5:30pm	Kurt Schoenhoff Ride
Tues	April 28	6:30pm	Rec Park Show & Go - Elida Dereby 255-3422
Sat	May 2	9:00am	Rec Park - 35 miles
Sun	May 3	6:30am	To Lake Geneva and Back - 110 miles total or 55 miles each way. Call Bill Turner 255-1710 or Dave VonBergen 398-1309
Sun	May 3	8:00am	Schaumburg Surprise - Breakfast Ride 25 miles Frontier Park Randy Jones 394-2792
Tues	May 5	5:30pm	Kurt Schoenhoff Ride
Tues	May 5	7:00pm	Rec Park Show & Go
Sat	May 9	9:00am	Frontier Park - 35 miles
Sun	May 10		No ride - Mother's Day
Tues	May 12	5:30pm	Kurt Schoenhoff Ride
Tues	May 12	7:00pm	Rec Park Show & Go
Sat	May 16	9:00am	Arlington 500 Pre-Ride Frontier Pk. 35 miles - Don Dereby 255-3422 60 miles - Bob Hinkle 259-1423
Sun	May 17		Arlington 500 Invitational
Tues	May 19	5:30pm	Kurt Schoenhoff Ride
Tues	May 19	7:00pm	Rec Park Show & Go

## OTHER RIDES

April 26 - Botanical Gardens - Ride on Bike Path between Dundee & Lake Cook Rds Chicagoland Bicycle Federation - Cathy Winslow 433-1124

April 26 - Silver Springs Sixty - Aurora Bicycle Club 30, 50, 62 miles call 466-7482

May 9 - Wheel and Meal - Arlington Hts. Park District Preregistration and \$1.00 fee required by May 4. Call 640-2576. All Ages, 9:00am from Frontier Park 6 miles along the Palatine Trail to Deer Grove Forest Preserve for breakfast.

May 16 - Wright Plus (Non Bike Ride) Explore 10 of Oak Park's most beautiful historic homes. 848-1978

May 17 - Normal, IL McLean County Wheelers Spring Metric 33,65,100 miles call 309-454-1541

## Tuesday Evening Rides From April 7 - Labor Day

Every Tuesday when roads are dry - ride leaving from 16 James Court in Hawthorne Woods at 5:30pm sharp till sunset. Pace 12 mph, distance 15 - 45 miles depending on time of year. Call Kurt Schoenhoff @ 540-0861



# COMING SOON!

## ARLINGTON 500

BIKE RIDE



Patch ~ cuesheet ~ sagstops

## CHOICE OF 2 ROUTES

65 MILES • 35 MILES

ENJOY THE SIGHTS AND SOUNDS OF SPRING AS YOU RIDE THROUGH THE COUNTRY, THE ESTATES OF BARRINGTON & INVERNESS, AND PERHAPS CATCH A GLIMPSE OF THE PONIES WORKING OUT AS YOU PASS ARLINGTON PARK RACE TRACK.

## REGISTRATION INFORMATION

Date: **SUNDAY MAY 17<sup>TH</sup>**

Time: **7-9 AM**

Fee: **\$5.00**

Place: **FRONTIER PARK**

**KENNICOTT & PALATINE RDS  
ARLINGTON HTS., IL**



\* For more information contact Don @ 255-3422  
Bob @ 759-1423

## Arlington 500 Update

The Arlington 500 will be Sunday, May 17, starting at Frontier Park. Registration will be from 7 - 9 am for the 65 mile route and 7 - 10 for the 35 mile route. Cost is \$ 5.00 which includes patch, cuesheet and sagstops. No lunch will be served this year.

Enclosed in your newsletter is an Arlington 500 flyer. Please find a place to display it and mention the ride to your friends.

The Arlington 500 committee will soon be looking for volunteers. We need helpers for 3 sag stops, early registration, awarding patches and collecting fanny flags, roving sag and sweeps for both routes. Beat the rush and volunteer early. Call Don 255-3422; George 392-5450; or Bob 259-1423.



## BIKE COMMISSION

Wouldn't you just love to get involved in helping to organize the bikeways in Arlington Heights? If you would, there just happens to be an opening starting in May for a position on the Arlington Heights Bicycle Advisory Commission. This commission was formed a year ago and has seven members. The commissioners must live in Arlington Heights and this is a volunteer (unpaid) position. Thus far, we've been instrumental in forming (soon to be finished) the bikeway through Arlington to Busse Woods. We've also developed a much more extensive bikeway system linking all parks and points of interest in Arlington Heights. If you're interested in getting involved or would like more information, please contact Bob Hinkle, Dottie Tockey or Bob Lippold. We need your help.

## 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

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  
\_\_\_\_\_

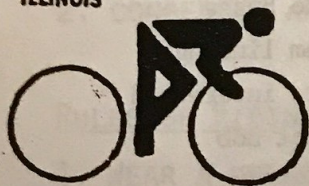
Interested in: Rides \_\_\_10-25 miles \_\_\_25-50 miles \_\_\_50-100 miles  
\_\_\_\_\_Weekend tours \_\_\_\_\_Camping \_\_\_\_\_Motels

Make check payable to: Arlington Heights Bicycle Association


Mail To: Nancy Marum 207 S. Reuter Dr, Arlington Hts.  
IL 60005 Questions? call at 253-2385



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



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

**SAVE GAS!**  
\_\_\_\_\_  
  
**TWO-WHEEL-IT**

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

THE

# SPOKEN WORD

President  
 Vice President  
 Secretary  
 Treasurer  
 Membership  
 Newsletter

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

MAY MEETING - WEDNESDAY, MAY 27, 1987 8:00 p.m. REC PARK

## President's Column

MAY 1987

Howdy Sport's Fans,

I just wanted to make a couple of comments. First, thanks to Pat Schramm and Al and Jeanie Gain for excellent preparation for the Bike Swap.

Also, I had fun working again this year. Thanks to everyone who worked the swap.

Please remember the Arlington 500 May 17th. The pre-ride on Saturday will be for both the 35 and 62 mile routes. You can choose what distance you would like to ride.

Sandy and I went to Door County a few days ago and enjoyed wonderful weather and hospitality. If anyone is interested in staying at a great Bed and Breakfast Inn, try The White Lace Inn in Sturgeon Bay.

The Inn is an early 1900's Victorian Mansion with two other houses nearby. Each room is filled with antiques and queen size beds. Our room also had a fireplace.

Thanks again to everyone for the swap and the great attendance at the meetings. I hope you will have some time to enjoy one of the rides on the ride schedule. Hope to see you on one.

Bike safely,

Chris

The Arlington 500 Invitational Ride will be run Sunday May 17th. 65 mile and 35 mile routes. Registration begins at 7:00am at Frontier Park, so all volunteers, PLEASE be on time. Please call Don Dereby at 255-3422 or Bob Hinkle at 259-1423 if you have any questions.

## MAY MEETING

We will be discussing the results of the Bike Swap and the Arlington 500 Invitational. Also, we will discuss the week-long ride and the artwork for club jerseys and t-shirts. Ride reports and upcoming ride schedules will be mentioned. We look forward to seeing one and all.

## Bike Swap '87

The SWAP was tremendous fun this year, besides making some operating dough for our club. A big "THANK YOU" to each one of you who spent that beautifully warm and sunny weekend AT THE SWAP! (Oh yes, for those who never saw sunlight--trust me, it was wonderful!) Your commitment, the warm, sunny weather, and our new facility at Frontier Park made it all ideal.

Comments from the people attending were very positive and appreciative (except for the mad crunch on Saturday morning when there was an actual traffic jam for several blocks around Frontier Park!

The overall experience we have gained in previous years showed this year. Everything went smoothly--check-in, displaying, providing advice and adjustments, security, overnight storage, handling the merchandise, pick-up, check-out, and paying the sellers. We had real cooperation and teamwork. We done good! Give yourselves a hand...

The biggest change this year was the facility. Frontier Park is ideal for our SWAP. The bikes showed off well. Even the kiddies enjoyed the wading pool. The "test track" was accessible and manageable, and everyone could test-ride to their heart's desire. The check-in area outside the gate controlled the flow of people, and allowed us to check in faster.

The inside cashier booth worked beautifully. We were able to pay people in an orderly, business-like fashion. And who wouldn't want to spend the entire weekend inside a box with no outside window or fresh air? Are we crazy or what?

We have a commitment to do the best we can, not only to ourselves, but also to the community and the Park District. People are already asking the dates of next year's SWAP. They count on us every year. And we keep growing, in part this year because people driving past on Palatine Road saw our sign and stopped in.

To you new members who participated for the first time--wasn't it fun? That is really the key word--FUN. I know I have a hard time describing what the SWAP is all about and what work there is to be done, but now you understand. It's something you have to experience. And now that you have "swapped", you can tell someone else how it's done!

And to that cadre who have "swapped" year after year, your expertise showed. You knew what had to be done and you did it. Maybe I'm getting experience in asking. Who knows? Anyway, it all worked. The new facility worked, our team of bike club members worked, and the experience of the previous years--which we learned a lot from--worked.

And now the good news. You only have to get through 49 grim, colorless, pointless, dull weekends until next year's FUN SWAP!

Mark your calendar now: April 23-24, 1988 have already been reserved at Frontier Park for our annual BIKE SWAP. Reservations are now being accepted from those people who don't want to take a chance on missing the highlight weekend and the most FUN of 1988.

Just see me. Meanwhile, I'm Pat Schramm, and I thank you all very much for your help.

## RIDE REPORTS

Palm Sunday Ride Randy Jones reports: A beautiful Palm Sunday saw 8 members (including a tandem and a 9 year old) pedal our way through Long Grove for a quick stop for apple treats, and on to Lake Zurich and back, for a grand total of 26 miles.

Campus College Cruise Don Dereby reports: Twenty-seven riders (5 club members) enjoyed biking on a summer-like day through three campuses and the prettiest parts of Lake Forest. The highlight was the magnificent buffet served at Lake Forest College for the unbelievably low price of \$3.00. Come join our rides, folks, we are doing some very special things!

Post Bike-Swap Ride to Baker's Square Only a few die-hard members had the energy to ride to Bakers Square after a long, good day's work at the swap. 20 hungry people had a wonderful dinner with great conversation after a most successful swap. Thanks again to all of those who worked so hard to make it that way!

Shoe Factory Express 4 members rode this 35 mile ride lead by Don Dereby. The weather looked doubtful, but turned out well. All enjoyed a nice country ride and got back by noon so that they all could be home for lunch.

Lake Geneva and Back Dave Von Bergen reported that a whopping 15 riders (8 club members) turned out for this long ride. That's the largest turn-out for this ride ever! Several people make it a shorter route by riding to McHenry and back. Despite the foul weather, the turn-out was great and all had a good time.

Schaumburg Surprise Randy Jones led this ride for a total of 22 miles. The biggest surprise for the Schaumburg Surprise was 6 people who struggled through cold, wind and rain on a truly surprising ride without a route sheet. All enjoyed breakfast at the Village restaurant in Schaumburg, and pushed on for a tiring 12 mile return into wind and rain. 4 new members had a rather trying initiation ride, but we hope they will join us again.

## COMING RIDES



May 16      Arlington 500 Pre-Ride    Both routes leave from Frontier  
Sat            Park at 9:00 am. Bob Hinkle will lead the long ride of  
65 miles. Please bring plenty of water. Bring your  
lunch or by lunch en route. Don Dereby will lead the  
short ride of 35 miles. Help check out the routes for  
the Big Event. All of you new members get out there  
and show your stuff!

May 17      Arlington 500 Invitational  
Sun            7:00am - 9:00am registration at Frontier Park

Tues.	May 19	5:30pm	Kurt Schoenhoff Ride 540-0861
Tues.	May 19	7:00pm	Rec Park Show & Go - Nancy Marum

May 23 \*St. Charles Ride - 24 miles along the scenic Fox river  
Sat on a bike path. Begin in St. Charles at the  
Manufacturer's Outlet Mall on 1st street. (Take Route  
64 to First Street, park behind Erik & Me restaurant.  
Stop at Fire Barn restaurant for lunch.: Call Linda  
Anderson 255-3173 If you want to ride to St. Charles,  
total mileage should be 75 miles. Call Chris Hayden  
506-0691

May 24 \*Blackhawk Century - Rockford.  
Sun Dave Von Bergen will meet AHBA members at a specific  
location and make this an interesting club ride.  
35-62 miles Call 398-1309

Tues May 26 5:30pm Kurt Schoenhoff Ride  
Tues May 26 7:00pm Rec Park Show & Go

Wed May 27 8:00pm Club Meeting Rec Park

May 30 Covered Bridge Ride - 9:00am 46 miles from Frontier  
Sat. Park Covered bridges in our area? Come See! Bring a  
lunch or eat at the Penney Tap. Don Dereby 255-3422

May 31 Breakfast Ride to Algonquin - 7:00am at Frontier Park.  
Sun 50 miles Dave Von Bergen 398-1309

Tues June 2 5:30pm Kurt Schoenhoff Ride  
Tues June 2 7:00pm Rec Park Show & Go

June 6 Udder Century Invitational - McHenry County College  
Sat 7:30am 32,50,63 or 100 miles

June 7 Liberty Metric Invitational - Mt. Prospect Bike Club  
Sun 6:30am from Dan Wright High School. 38 - 62 miles flat  
to rolling. \$6.00 registration includes sags, food etc.  
Call Lol Uhnavy at 299-4720

Tues June 9 5:30pm Kurt Schoenhoff Ride  
Tues June 9 7:00pm Rec Park Show & Go

June 13 Volo Bog Ride - 58 miles from Frontier Park leaving at  
Sat 9:00am. or 43 miles from Kildeer School in Long Grove  
leaving at 9:45am. Bring a lunch and plenty of water.  
We plan to go out to the bog and see it "up close and  
personal". If we're lucky we'll see a pitcher plant.  
Bob Hinkle 259-1423

June 14 Barrington Tour - 9:30am from the North Parking lot at  
Sun Harper College (Euclid and Roselle Roads). 39 miles  
through Barrington, Barrington Hills and past Walter  
Payton's home! Bring at least 2 water bottles and your  
lunch as there is no place to stop to refill on these  
country roads. It was the best ride of 1986 in my  
book. Randy Jones 392-2792

Tues June 16 5:30pm Kurt Schoenhoff Ride  
Tues June 16 7:00pm Rec Park Show & Go

\*indicates commemorative patch is available from Bob Lippold



OTHER RIDES

May 23-25 Tokrv - Sponsored by AYH 587-8629

June 5-7 - Lake Trek - DuPage McHenry Lung Assoc. 469-2400 miles  
3 Lakes in 3 days to raise money for charity

June 5-7 Michigan Spring Weekend Bike Trek - Chicago Lung Assoc.

June 13-14 Whitewater Weekend sponsored by Pedal Across Wisconsin. Jerry Goldman 695-7964

June 13-14 TOMRV 10 - Tour of Mississippi River Valley  
(319) 359-4878

June 20-21 Michigan National 24 hour Challenge 2212 College S.E.  
Grand Rapids, MI 49507

June 20-21 Kettle Moraine, South Region 68 and 64 miles  
(414) 383-5563

Tuesday Evening Rides From April 7 - Labor Day

Every Tuesday when roads are dry - ride leaving from 16 James Court in Hawthorne Woods at 5:30pm sharp till sunset. Pace 12 mph, distance 15 - 45 miles depending on time of year. Call Kurt Schoenhoff @ 540-0861

Bob Hinkle Says.....

We need help for the Triathlon on July 5th. We need volunteers to be traffic marshals to keep crowds away from participants. We also need people to be checkers - to record numbers as they go by. Please call Bob at 259-1423 and volunteer.

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

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

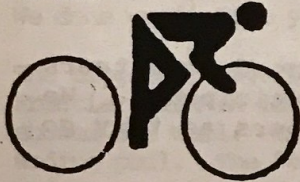
Interested in: Rides \_\_\_10-25 miles \_\_\_25-50 miles \_\_\_50-100 miles  
\_\_\_Weekend tours \_\_\_Camping \_\_\_Motels

Make check payable to: Arlington Heights Bicycle Association


Mail To: Nancy Marum 207 S. Reuter Dr, Arlington Hts.  
IL 60005 Questions? call at 253-2385



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



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

**SAVE GAS!**  
\_\_\_\_\_  
\_\_\_\_\_  
  
**TWO-WHEEL-IT**

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

THE



**SPOKEN  
WORD**

President  
Vice President  
Secretary  
Treasurer  
Membership  
Newsletter

Chris Hayden  
Ray Nitch  
Linda Anderson  
Erv Campbell  
Nancy Marum  
Sandy Hayden

506-0691  
253-8760  
255-3173  
392-4309  
253-2385  
506-0691

JUNE MEETING - WEDNESDAY, JUNE 24, 1987 8:00 p.m. REC PARK

## President's Column

Howdy Sports Fans,

Bicycle safety is written and talked about at bike clubs, in magazines and in newspapers. There are numerous stories of accidents and many of us have seen close calls while riding or driving. Why then do many bikers not pay attention to their own safety?

I have seen bikers blast through intersections expecting cars to avoid them. Too many people ride at night without a light or during the day without a helmet.

A biker not following sensible bicycle safety practices can get seriously hurt, in addition, every time someone ignores a car and expects them to move out of the way or stop, it creates a bad impression of all bicycle riders. And that bothers me.

There should be no "them versus us" attitude between bicyclists and drivers. Two guesses which one will win in a physical confrontation.

It seems to me that bicyclists leave themselves vulnerable to many misfortunes. Believe me, it is never "too hot" to wear a helmet. There is never a need to ride through town like it was the Tour de France. An mirrors weren't designed only for cars.

For those of you who follow biking common sense, thank you and please continue to set a good example. For those others who show room for improvement, please try.

Bike safely,

*Chris*

## JUNE MEETING

Club shirts will be voted on at this meeting. come and cast your vote for jerseys, t-shirts or golf shirts. We will be discussing upcoming rides and the 4th of July parade participation. See you there!

Arlington 500 Report: 357 Riders made the Arlington 500 a huge success. Thanks again to all volunteers and especially Don Dereby, Bob Hinkle and George and Pat Vassos for organizing the event.



## RIDE REPORTS

Arlington 500 Pre-Ride Bob Hinkle/Don Dereby The routes were clearly marked, and 4 riders rode the long route, while 12 opted for the shorter distance. Erv Campbell demonstrated how to fall off his bike without major damage to rider or bicycle.

St. Charles Ride Linda Anderson reported that even though the weather could have been better, 10 people (including a 2 year old) had a great time. the ride along 25 miles of bike path was enjoyable. The 2 year old decided on where to eat lunch, and the Fire Barn Restaurant was the place of choice.

Blackhawk Metric Century Dave VonBergen reported that 13 riders rode routes of 35 - 65 miles on these challenging routes featuring more hills and different terrain. It was a brisk day, and all riders did well.

Covered Bridge Ride Don and Elida Dereby report: 11 riders rode 47 miles. Not only did we ride through three covered bridges, but we also toured areas of Long Grove, Kildeer, Barrington Hills and South Barrington. Drooling over the beautiful homes made the beer at the Penny Tap taste even better.

Algonquin for Breakfast Dave VonBergen lead 8 people through scenic Lake Zurich and along the river in Algonquin for breakfast at Reese's Restaurant. After good food and conversation, they pedaled back home for a total of 50 miles. Nancy VonBergen was the only female on this ride - ladies, let's get out there and be noticed!

The following information is being reprinted with Jerry Goldman's permission regarding the week long ride.

## ♥ HEART OF WISCONSIN ♥

*a One Week Tour of the State's Most Desired Routes. . .*  
(lodging in 4 college dorms and 2 high schools)

### ♥ SATURDAY, July 11 - KETTLE MORAIN TUNE-UP

We gather on the Whitewater campus to renew old acquaintances and make new ones. Scenic afternoon tune up ride thru Kettle Moraine State Park. Buffet dinner, breakfast, and lodging provided on campus. A most enjoyable way to begin a memorable week. (Those who are not among us this day in Whitewater may check in at 8:00 a.m. Sunday.)

### ♥ SUNDAY, July 12 - WHITEWATER TO MADISON

The ride from Whitewater to Madison provides a pleasant blend of gently rolling, scenic segments of America's dairyland...little enough traffic to work up a thirst...enough towns to quench it...Ahead, Madison, our nation's biking capitol...What a treat to glide thru a town where the cyclist enjoys equality...our host is the Towers, located one block from Lake Mendota. Dinner and breakfast at the Towers...Distance 60 miles.

### ♥ MONDAY, July 13 - MADISON TO PARDEEVILLE

From the shores of Lake Mendota to the shores of the Wisconsin River where we cross by ferryboat...We rest, snack, and swim at beautiful Devils Lake State Park...After a brief climb, we coast downhill into the town of Baraboo where we follow the Wisconsin River Valley to Pardeeville...Once again, the Lions Club will be our gracious hosts for dinner, breakfast, and lodging at Pardeeville High School...Distance 78 miles.

### ♥ TUESDAY, July 14 - PARDEEVILLE TO MADISON

Madison revisited: 50 milers will arrive early enough to explore, swim, shop, sail, or rest...75 milers may cycle the extra 25 in the Madison area or thru the states newest Amish farmland north of Pardeeville...Our return route to the capitol is shorter, without steep climbs, but not without its own beauty...Choose your own style for dinner. Breakfast in a.m....Distance 54 miles [longer option available].

### ♥ WEDNESDAY, July 15 - MADISON TO NEW GLARUS

Onward to New Glarus—America's "Little Switzerland"...We cycle thru some of the states most scenic valleys...Enjoy a few "you can see forever" hilltop views...All enroute to one of the most charming villages in mid-America...Abundant sightseeing opportunities or swim time before a delicious buffet dinner at one of our favorite stops, the New Glarus Hotel...overnight at New Glarus School; buffet breakfast at the Landhaus...Distance 48 miles [longer/shorter options available].

### ♥ THURSDAY, July 16 - NEW GLARUS TO ROCKFORD

We follow the beautiful Sugar River Valley, refreshing ourselves with both scenery and snacks in Monticello, Albany, and Brodhead...Quiet back roads, charming towns, and great companionship make this a day to remember...sightsee, swim, or relax at up to date Rockford College...Bountiful dinner at the Polish American Buffet...Lodging and breakfast on campus...Distance 75 miles.

### ♥ FRIDAY, July 17 - ROCKFORD TO WHITEWATER

We turn for home thru the rolling charm of the south central dairyland...The only flaw in this day's route is that it is the last...We return to Whitewater with backpacks full of memories, the happiness of newfound friends, and of course, the desire to do it again...Food, showers, and dorm rooms all available on campus...Distance 69 miles.

♥ The Heart of Wisconsin Tour is a superb blend of town and country...Seven days of central Wisconsin's finest routes...Tour Madison...Blue Mounds and Devils Lake State Park...Cross the Wisconsin river by ferry...Enjoy "Little Switzerland" and Pardeeville, gateway to the states newest Amish community...

♥ Saturday afternoon tuneup ride thru Kettle Moraine State Park leaves from the campus of U. of Wisconsin at Whitewater. Meals, lodging, and social hour on campus that night. If you prefer to begin the trip Sunday instead, subtract \$15.00 on the registration form. Lodging available on campus Friday night at trips end. Meals and showers also available at trips end.

♥ Based on the experience of past years' participants, many of whom stated it was the best trip they were ever a part of, we urge you to join us this season.

Please call Chris Hayden 506-0691 for Jerry Goldman 695-7964 for registration. If you mail in registration, mark AHBA member so we can arrange for car pools with other members to Whitewater. This is an organized club trip with a comfortable limit of 50 riders. Jerry is extremely accommodating to riders, and those who have never been on a week-long trip will find him to be helpful in every way. The cost is extremely reasonable - 175.00 for the week - which includes lodging, food, sags, etc. The routes are challenging, but the challenges are spaced far enough apart so you're not lost in the hills. Some days there are no hills at all. There will be a baggage truck and a sag truck for your convenience, For a real club experience, please, give it a try.

## COMING RIDES

- June 13 Volo Bog Ride - 58 miles from Frontier Park leaving at  
Sat 9:00am. or 43 miles from Kildeer School in Long Grove  
leaving at 9:45am. Bring a lunch and plenty of water.  
We plan to go out to the bog and see it "up close and  
personal". If we're lucky we'll see a pitcher plant.  
Bob Hinkle 259-1423
- June 14 Barrington Tour - 9:30am from the North Parking lot at  
Sun Harper College (Euclid and Roselle Roads). 39 miles  
through Barrington, Barrington Hills and past Walter  
Payton's home! Bring at least 2 water bottles and your  
lunch as there is no place to stop to refill on these  
country roads. It was the best ride of 1986 in my  
book. Randy Jones 392-2792
- June 20 Brookfield Zoo Ride - 50 miles 8:00 am from Forest  
Sat. View High School. Spend the day at Brookfield Zoo with  
Dick Marr! Leave early, pedal to the Zoo and bring a  
bike lock, as we plan to spend a few hours with the  
other animals at the zoo. Dick Marr 593-2639
- June 27 Woodstock Jailhouse Ride 7:30am from Frontier Park  
Sat (80 miles) or 9:45 from the Broken Oar (30 miles)  
Have lunch in Woodstock in an old jailhouse. Call Bob  
Lippold 870-0337
- June 28 Swedish Days Invitational Ride 25-50-75-100 miles  
Sun Start at LeRoy Oakes Forest Preserve. 1/4 Mile  
east of Hwy 64 on Randall Road.
- June 28 Snow White 60 Invitational for women only. 30-60-  
Sun 100 mile routes. Registration begins at 8:00am at Bikes  
Plus and the ride begins from there at 9:00am.
- July 3 \* Bike Rally "Search and Solve" Ride - Come join the fun!  
Fri Part of the Frontier Days Festival.  
10:00am from the tennis courts at Rec Park, work in  
teams of- 5 to solve clues and get back to the finish  
line. Jeannie & Al Gain 392-1547
- July 4 \* Ride in the Parade! Show your support!  
Sat Come to the June meeting for details.
- July 5 \* Arlington Triathlon If you've signed up to  
Sun participate - best of luck! Those who have volunteered  
as Marshals, be on time! The rest of you - get out  
there and cheer those swimmers/riders/runners on and  
enjoy the festivities of Frontier Days.

## COMING RIDES CONTINUED

July 11-17 Week-long trip Pedal Across Wisconsin's Heart of Wisconsin Tour. See details in this newsletter.

July 12 Sunday Breakfast Ride with Chris  
Sun 25-30 miles from Frontier Park. Begin at 8:00am. Do a bit of pedaling before breakfast, be home before noon and do that yard work. Chris Hayden 506-0691

\*indicates commemorative patch is available from Bob Lippold

Tuesday night rides - Every Tuesday from Rec Park at 7:00pm

Tuesday Evening Rides From April 7 - Labor Day

Every Tuesday when roads are dry - ride leaving from 16 James Court in Hawthorne Woods at 5:30pm sharp till sunset. Pace 12 mph, distance 15 - 45 miles depending on time of year. Call Kurt Schoenhoff @ 540-0861

### OTHER RIDES

June 13-14 Whitewater Weekend sponsored by Pedal Across Wisconsin. Jerry Goldman 695-7964

June 13-14 TOMRV 10 - Tour of Mississippi River Valley  
(319) 359-4878

June 14 Chain of Lakes Ramble - Bike Club of Lake County  
30-60-100 mile routes Registration 7am - 10am  
call 312-546-6728

June 20-21 Michigan National 24 hour Challenge 2212 College S.E.  
Grand Rapids, MI 49507

June 20-21 Kettle Moraine, South Region 68 and 64 miles  
(414) 383-5563

June 21 Kankakee - Two Rivers Century 35,65,100 miles  
815-932-9182 John Braundemeir

June 26-28 Door County Weekend 25-50-75-100 mile routes  
Pedal Across Wisconsin Jerry Goldman 695-7964

July 1-5 National Rally Bicycle USA at Michigan State Univ.  
Write: '87 National Rally P.O. Box 25114  
Lansing, MI 48909

July 11-12 Lion III Togir Tours Inc. 2325 Fulton Ave  
Davenport, IA 52803

July 11-12 Double Trouble . 200 miles each day Crystal Lake  
to Champagne and back. Scott Offord 312-639-9228

## **SAFETY CORNER**

The following is an excerpt from an article one member submitted that may be of interest to some of you. It's entitled "How to Beat the Heat - Myths You Shouldn't Believe In"

**Myth: Drinking water before exercising gives you cramps**

There is a slight chance it may happen, but cramps are more likely to happen because you haven't drunk enough water. By the time you're thirsty, you've already lost 1% - 2% of your body weight in water. Drink before, during and after exercising to avoid cramps.

**Myth: One sign of heat stroke is profuse sweating**

Classic signs of heat stroke are hot, dry skin, elevated body temperature and mental confusion.

**Myth: Drinking a cold beer on a hot summer day is a good way to replace lost fluids**

Beer is a good thirst quencher, but because it's alcoholic, it's also a diuretic. Therefore, you lose as much water through urination as you take in. Beer is great now and then, but good ol' water is best for replacing fluids.

**Myth: You should take salt pills when it's hot**

Most Americans get enough salt in their diet, so there's rarely any need to take salt pills to replace the salt you lose when you sweat.

## **CLUB NOTES**

Dottie Tockey is our club historian and is asking if anyone has negatives or slides from past week-long rides. Please bring them to the meeting or to her home. She will make prints and add them to the club album.

Thank you to Emil Donkers and Earl Mason for hand delivering all of the monthly newsletters for the Arlington Heights residents.

Remember ride leaders, the club copier is at your disposal for route sheets. Just drop by Chris & Sandy Hayden's and run them off.

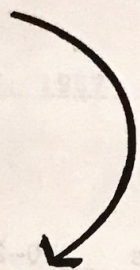
**EVERYBODY/SOMEBODY/ANYBODY?/NOBODY**

This is a story about four people: Everybody, Somebody, Anybody, and Nobody. There was an important job to be done and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it.



Somebody got angry about that because it was Everybody's job. Everybody thought Anybody would do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody, when actually Nobody asked Anybody.

-The Moorings Presby. Church  
Naples, FL.



Sound familiar? Case in point is the Progressive Dinner. George Vassos made a plea at the last meeting for a chairperson for this event which was scheduled for July 11. It would be a shame to forgo this club event due to lack of organization. Our club is having its best year financially. This is a chance to use some of those funds on a club event. All food would be paid for by the club. All we need is one chairperson and 5 host families. Come on, let's get involved!

Bob Hinkle Says.....

We need help for the Triathlon on July 5th. We need volunteers to be traffic marshals to keep crowds away from participants. We also need people to be checkers - to record numbers as they go by. Please call Bob at 259-1423 and volunteer.

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

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

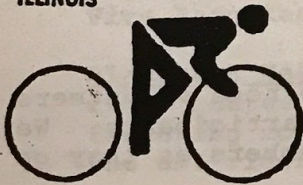
Interested in: Rides  10-25 miles  25-50 miles  50-100 miles  
 Weekend tours  Camping  Motels

Make check payable to: Arlington Heights Bicycle Association

Mail To: Nancy Marum 207 S. Reuter Dr, Arlington Hts.  
IL 60005 Questions? call at 253-2385

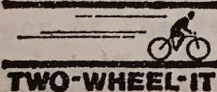


ARLINGTON HEIGHTS BICYCLE ASSOC  
660 NORTH RIDGE AVENUE  
ARLINGTON HEIGHTS, IL  
60004



AFFILIATED WITH  
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USA**  
THE LEAGUE OF AMERICAN WHEELMEN

**SAVE GAS!**



**TWO-WHEEL-IT**

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

THE

# SPOKEN WORD

President  
Vice President  
Secretary  
Treasurer  
Membership  
Newsletter

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

JULY 1987

NEXT MEETING - WEDNESDAY, JULY 22, 1987 AT 8:00 REC PARK

## President's Column

Howdy Sports Fans! Just a quick thanks to all who showed up to ride in the parade. We had a tandem, a mountain bike, a recumbant, a bugger and numerous touring bikes. The water fights were refreshing, and the people in the reviewing stand will be ready with umbrellas next year if they're wise. The t-shirt committee is doing a bang-up job, and will have all sorts of info at the next meeting. So I hope to see you all there!

Bike Safely,

## DUMB BIKE HELMETS



HALF WATERMELON



SINK



ARM



FLOWER POT



SALAD SPINNER



RACEY BIKE HAT

© 1985 Donna Sakson, Richard Stein

BICYCLE USA

## JUNE MEETING REPORT

We persisted in the warm room but finally voted on the club t-shirt situation. The members voted for retaining the current club logo - the horseshoe with a cyclist inside. (see back of newsletter for example). A small horseshoe will go on the front of the shirt, and a large horseshoe on the back. There will be a choice of shirts - a "pocketee" shirt (t-shirt with three pockets in the back) and a Jersey. Marilyn Wilkerson volunteered to chair a committee which will select color, quality and manufacturer of the shirts and jerseys. Samples and prices will be at the July Meeting for a final vote and we can begin to place an order. The club will pay for the artwork, and the cost of the logo being applied to the shirt, club members will pay for the cost of the shirt or jersey - whichever they choose.

## JULY MEETING

Will finalize discussion on the club shirt selections, and will discuss upcoming rides.

## RIDE REPORTS

BARRINGTON TOUR On a hot, sunny day, 15 riders set out to enjoy the hills and gawk at Walter Payton's home. The big guy himself was outside in his back yard, enjoying the sunshine, and it was a day our President won't soon forget. Klehm's Nursury was kind enough to supply some "agua" for riders who consumed approximately six water bottles per person during the ride.

BROOKFIELD ZOO RIDE An unfortunate turn-out of two (yes - one ride leader and one rider) caused the cancellation of this ride. Our thanks and sympathy is extended to Dick Marr, who went to the trouble of planning this ride.

WOODSTOCK JAILHOUSE RIDE Eight riders rode from Frontier Park to Woodstock and back for a total of 81 miles. Three more riders joined the group at the Broken Oar for 36 miles round trip. The Jailhouse Saloon was closed - the guy with the key didn't show up to open the shop, so the Jailhouse Inn was where they ate and the food was great. There were headwinds on the way out, and wonderful tailwinds on the way back, which made it easier pedaling home.

### Volo Bog Ride

What is a bog? Ask any one of the riders who went on the Volo Bog ride. They all saw a pitcher plant and a sun dew, plants which eat insects. They neatly side stepped the poison sumac growing over the board walk. And they saw many other interesting plants including a native endangered orchid. The day was hot making water stops and shaded roads popular. The biggest challenge came when one rider changed her 18 speed into a single speed and tried to ride back from the bog.

### COMING RIDES

July 11 Week long trip - Heart of Wisconsin



July 12 Breakfast ride with Chris

Sun 8am from Frontier Park 25 - 30 miles Do a bit of pedaling before breakfast, be home before noon and do that yard work. Chris Hayden 506-0691

July 19 Ever heard of the play "Sunday in the Park with George"?

Sun Well, this is our version - "Sunday on the Bike with George" Leave 8am from Recreation Park for 26 miles of riding with a breakfast break at one of George's favorite spots. George Vassos at 392-5450

July 26 Rawson Bridge Ride - A classic. This is a longer ride for people who have been cycling regularly. Depart 9am from Frontier Park for a 55 mile journey featuring challenging hills, woods, horse farms, streams and rivers. Bring or buy your lunch. Randy Jones 394-2792

The following members are reporting address changes. Please make a note of them

44 The Schlif Family  
1633 N. Chestnut  
Arlington Hts, IL 60004  
577-2529

Shellah Sokeland  
1525 Mayfield  
Hoffman Estates, IL 60195  
885-8079

The following members have joined the club since the membership list was printed. Please add these names to your roster.

Pat Basquez  
501 E. Prospect Ave. #2K  
Mt. Prospect, IL 60056

43 Bill & Marge Richardson  
721 S. Beverly Ln.  
Arlington Hts., IL 60005  
253-1285

Gerald Breuss  
1155 Sterling Apt. #218  
Palatine, IL 60067  
934-7542

Mike Sackheim  
1571 Hunter, Apt. 3A  
Wheeling, IL 60090  
259-5216

40 Linda & Bill Cherney  
502 N. Stratford Rd.  
Arlington Hts., IL 60004  
577-4616

Lynn Sherman  
10114 Old Orchard Ct., Apt. 1B  
Skokie, IL 60076  
677-2571

Kevin & Mary Eagan  
824 Colfax  
Elmhurst, IL 60126  
279-1224

45 Dottie & Mike Tockey  
210 S. Mitchell  
Arlington Hts., IL 60005  
392-2709

41 Joel & Eve Fisher  
809 N. Princeton  
Arlington Hts., IL 60004  
259-0039

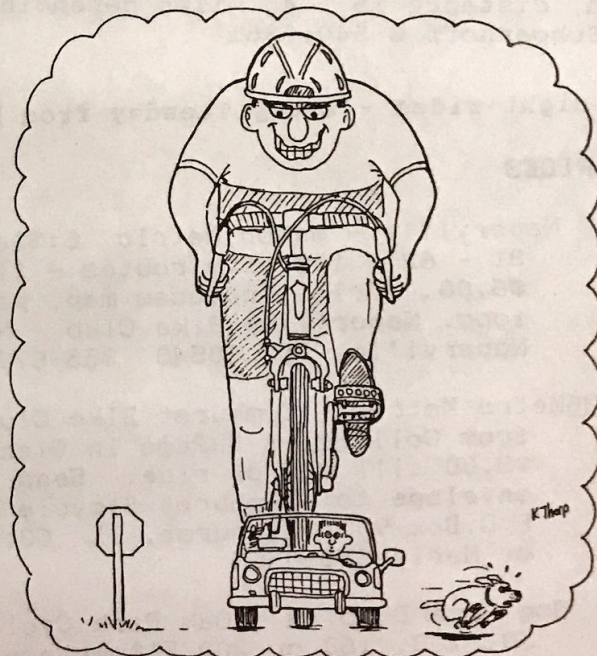
42 Mark & Pat Hartmann  
127 N. Forrest Ave.  
Arlington Hts., IL 60004  
255-8193

Helen C. Heyden  
357 Countryside Dr.  
Roselle, IL 60172  
529-1551

Gervase G. Hill  
787 E. Overland Ct.  
Roselle, IL 60172  
893-3149

Justin Milici & Family  
5031 W. Agatite  
Chicago, IL 60630  
286-8878

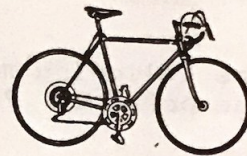
Barbara & Jeff Radebaugh  
415 Carol Lane  
Mt. Prospect, IL 60056  
952-0492



WHEN CYCLISTS DREAM...

Aug 1 Apple Cider Ride - Normally run the last weekend of September, this is being run early due to scheduling conflicts. Leaves 10am from Kurt Schoenhoff's home at 16 James Court in Hawthorne Woods. 30 mile ride then back to his home for a B.Y.O.F. (bring your own food) picnic. A Barbeque grill is available for a great morning/afternoon get together.  
Sat Kurt Schoenhoff 540-0861

August 9 Lunch in Dundee w/Nancy Marum and Crabtree  
Sun Nature Center. 9:00am from Frontier Park approx. 45 miles round trip. Bring or buy your lunch.



Aug 16 McHenry for Lunch - Pick your distance  
Sun 9am from Frontier Park - 54 miles round trip  
9:45am from Kildeer School in Long Grove - 38 miles rd trip  
10:30am from Lakewood Forest Preserve - 22 miles round trip  
Enjoy your lunch in McHenry - bring or buy your lunch.  
Randy Jones 394-2792

#### WEDNESDAY DAY RIDES

Wednesday Day Rides, starting July 15th until Labor Day.  
Wednesday - 9:00 a.m. Call for starting point and destination.

Dottie Tockey 392-1709

#### Tuesday Evening Rides From April 7 - Labor Day

Every Tuesday when roads are dry - ride leaving from 16 James Court in Hawthorne Woods at 5:30pm sharp till sunset. Pace 12 mph, distance 15 - 45 miles depending on time of year. Call Kurt Schoenhoff @ 540-0861

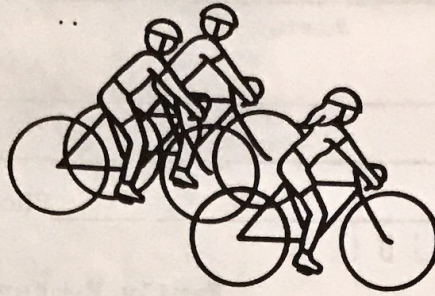
Tuesday night rides - Every Tuesday from Rec Park at 7:00pm

#### OTHER RIDES

July 12 Naperville - Melon Metric 6:30am at 421 W. Martin Ave  
Sun 31 - 62 - 100 mile routes - flat. \$5.00 till July 7, then \$6.00. Price includes map, patch, sag, route markings, and food. Naperville Bike Club Nan Newlon 137 N. Center St. Naperville, IL 60540 355-6791

July 26 Metro Metric - Elmhurst Bike Club 30 - 60 - 100 Mile Routes  
Sun from College of DuPage in Glen Ellyn. \$6.00 till July 15, \$8.00 till day of ride. Send self-addressed stamped envelope to: Elmhurst Bicycle Club Metro Metric 7 P.O.Box 902 Elmhurst, IL 60126 call Susan 788-8303 or Marie 653-4555

Aug 16 Dog Daze Doubles - Oak Park Cycle Club  
Sun 50, 100, 160 or 200 Kilometers. From Engstrom Family Park in Batavia, IL Registration begins at 7am, closes at 8am for the 200 km riders, 9am for the 160km riders, 10am for the balance. \$7.00 if received by Aug 1, \$9.00 after Aug. 1 Price includes custom t-shirt. Oak Park Cycle Club P.O. Box 468 Oak Park, IL 60303 524-1215



### Cardboard Capers

There are boat races all over the world, some of the more famous are the America's Cup and the Chicago to Mackinac. Visiting Australia to watch the America's Cup is costly. The Mackinac Races are more practical. The thrills and excitement of these events is available much closer to home.

On Sunday June 28, Pat and I had the pleasure of going to The 3rd Annual America's Cardboard Cup Regatta held in Crystal Lake. Before you laugh; please note that ABC, NBC, CBS, INN, CNN, WGN, UPI, AP and other news gathering teams were in attendance. There was one event that stood out among the 30 odd races, The celebrity race! It featured Jim McMahon of the Chicago Bears and a few teammates in one boat; Frankie Avalon and Hollywood celebrities in another boat, and the third boat featured the Crystal Lake J.C's. Due to poor navigation and/or boat handling the local J.C's won that event.

Also present was the Sewfast from OshKosh B'Gosh clothing, Becky Thatcher from Stone Container, A Viking ship, the Ugly Duckling and several entries from the McDonalds Corporation. In all there were 150 entries.

Adding to the excitement were two boats capsizing, two sinkings and one valiant boat went down in flames.

Next year we are planning on leading a ride to Crystal Lake for this charitable event.

#### 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

_____	_____
_____	_____

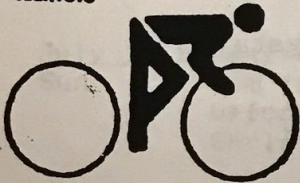
Interested in: Rides  10-25 miles  25-50 miles  50-100 miles  
 Weekend tours  Camping  Motels

Make check payable to: Arlington Heights Bicycle Association


Mail To: Nancy Marum 207 S. Reuter Dr, Arlington Hts.  
IL 60005 Questions? call at 253-2385



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



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USA**  
THE LEAGUE OF AMERICAN WHEELMEN

**SAVE GAS!**  
\_\_\_\_\_  
\_\_\_\_\_  
  
**TWO-WHEEL-IT**

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

THE

# SPOKEN WORD

President  
Vice Pres  
Secretary  
Treasurer  
Membership  
Newsletter

Chris Hayden  
Ray Nitch  
Linda Anderson  
Erv Campbell  
Nancy Marum  
Sandy Hayden

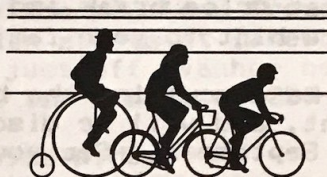
506-0691  
253-8760  
255-3173  
392-4309  
253-2385  
506-0691

AUGUST 1987

NEXT MEETING - WEDNESDAY AUGUST 26, 1987 at 8:00PM REC PARK

## President's Column

Howdy Sport's Fans,



I need a little help this month. Citicorp is sponsoring a series of bike races this fall called the Citi Circuit Bicycle Challenge. They are importing bike racers from around the world for races in Downers Grove, Evanston and Chicago. Citicorp is planning events beforehand to spark interest in biking and the bike races. The events in Chicago are co-sponsored by WLAK and Schwinn.

The local Citicorp bank is planning an event for August 30 as a promotion. A large tent will be at Rand and 83 to house booths and contests (including exercise bike races and an adult tricycle race). Winklemans will have a booth and will offer free air.

We have been invited to have a booth, free of charge, to talk about bike routes in the area, what activities we have and to solicit members.

I need some help to man the booth on Sunday, August 30 from 11 to 4 PM. Preferably some people who have ridden a bike (which shouldn't cut out too many).

Please let me know if you are interested. We will also discuss this opportunity at the August meeting.

Finally, as an aside, as of the time this is being written, I'm still not a dad. Hopefully soon.

Bike safely,

### ADDRESS CHANGE

Please change the following address on your membership list:

Ralph and Cindy Cochrane  
146 S. Brockway  
Palatine, IL 60067 991-9096



## JULY MEETING REPORT

9 people (including 1 board member) attended the July meeting. It was a hot evening, however an important one. Bob Browning gave an excellent presentation on the club jerseys, complete with samples and prices. A report and order form are enclosed in this newsletter.

## AUGUST MEETING - August 26

We will have a sample of the Dazzle Jersey (which will be solid yellow) selected by the club for those of you who did not see it last month. Orders for jerseys should be placed by August 27, the day after the meeting so please attend and bring your checkbook. If you want a Jersey but cannot attend the meeting, please call Chris Hayden at 506-0691 or Bob Browning at 537-3391 and place a verbal order. We encourage each member to purchase one to show club support, but it's not mandatory to membership. We're getting a great price break and the larger the order - the better. Give a hint to your family - they make great gifts!

We will also be discussing the booth at the City Circuit Bicycle Challenge Tent, and will be discussing tuesday evening ride schedule for September. See you there!

## RIDE REPORTS

### WEEK LONG TRIP - JULY 11-17



Pedal Across Wisconsin was a first class ride. For the money, it couldn't be beat. The ride was sagged and all of our baggage carried by van and delivered to the hallway in front of our college dorm rooms. We were all fed, both breakfast and dinner, lunch was on your own. The route was excellent, very little traffic. The terrain went from flat to rolling, to some hills, especially around New Glarus and Devil's Lake. Getting lost was almost impossible since we were given the cue sheets, maps and the pavement for the entire route was marked.

The ninety degree weather broke the first day of the ride and we had ideal cycling weather the rest of the week.

One of the highlights of the trip was the stay in Pardeeville, Wisconsin. They opened up their high school gym for us and the local Lions Club put on a chicken dinner/corn roast in the park. We ate dinner with town's people, swapped stories and learned a little about their town. "Did you know that Pardeeville is the home town of the Chicago Bears' Mark Bortz?" After dinner one of the Lions brought out his accordian and we sang and danced a few polkas and of course did everyone's favorite - "the chicken".

I would recommend Jerry Goldman's Pedal Across Wisconsin week-long ride for next year's club ride, if no volunteer can be found to set up a week-long ride.

Bob Hinkle

### Apple Cider Ride Kurt Schoenhoff

8 members enjoyed this ride for a total of 31 miles. The ride left at 10am from Kurt's home and the riders enjoyed a scenic tour of country roads and residential streets. A BYOF picnic was enjoyed at Kurt's home after the ride.

## COMING RIDES

- August 16 McHenry for Lunch - Pick your distance  
Sunday 9am from Frontier Park - 54 miles  
9:45 from Kildeer School in Long Grove 38 ml  
10:30 from Lakewood Forest Preserve 22 miles  
Enjoy your lunch in McHenry - Bring or buy  
Randy Jones 394-2792
- August 23 Chain - 0 - Lakes Ride  
Sunday 60 or 43 miles of country riding. Bring a lunch  
or buy a snack at the concession stand in the  
State Park. The 60 mile route begins at Kildeer  
School on Old McHenry Road in Long Grove at 8am,  
while the 43 mile route starts at Lakewood Forest  
Preserve parking lot just off Ivanhoe near  
Fairfield Road. Call Bob Hinkle at 259-1423
- August 30 Non-stop, Low-cal Exercise Ride.  
Sunday Here's something a little different for those who  
want miles, not calories. 25 miles from Rec Park  
at 9am. No food stops, just a nice 25 mile ride.  
If you've been wanting a longer version of Tuesday  
night rides, here it is! Elida Derebey 255-3422
- Sept 5 Need ride leader  
Saturday
- Sept 6 Need ride leader  
Sunday
- Sept 12 Barrington for Breakfast with Bob Hinkle  
Saturday 30 miles. Ride with Bob to one of his favorite  
restaurants for breakfast and return home before  
noon. Leave Frontier Park at 7:30am.  
Bob Hinkle 259-1423
- Sept 13 The Harmon Hundred - Wheeling Wheelmen's Invita-  
Sunday tional 25, 50, 75 or 100 miles from Wheeling High  
School.



## OTHER RIDES

- Aug 16 Dog Daze Doubles - Oak Park Cycle Club  
Sun P.O. Box 2332 Oak Park, IL 60302
- Sept. 20 Lon Haldeman Hundred - Blackhawk Bicycle Club  
Sun P.O. Box 6443 Rockford, IL 61125
- Sept 20 Fall Frenzy Century 25, 50, 100 miles  
Sun through Fox River Valley. Aurora Bicycle Club  
P.O. Box 972 Aurora, IL 60507 312-466-7482

Breakfast Ride - Schaumburg Surprise

Chris Hayden led hungry riders to the Spring Cove Restaurant in Schaumburg for a hearty breakfast on a steamy Sunday morning. We started early and were able to enjoy the coolest part of the day. Ralph Wallace demonstrated how to change a tire (3 times). He also is in the market to buy a new pump (it broke) and a new derailleur (it broke, too). Dottie Tockey took pictures to archive the moment. A ride through Busse Woods finished off the ride and we ended at Frontier Park before noon.

TwoPeeAre Pat Vassos

We gathered at Rec Park at 8 AM. It was hot, humid, sunny and windy. Seven people braved the scorching streets in search of food. After a ride of 11 miles we arrived at the Park Ridge Pancake House. The food was good-the company fun and we were ready to come back home through some lovely areas of Park Ridge.

Wednesday Day Rides - Until September 2

Wednesdays 9am - Call Dottie Tockey for a starting point and destination. 392-1709

Tuesday Evening Show and Go from Recreation Park

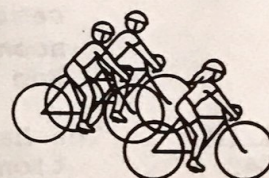
7pm every tuesday evening through the end of September if possible. We will be discussing termination date of the rides at the August Meeting.

Tuesday Evening rides from Kurt Schoenhoff's home - Until Sept 1

5:30pm sharp till sunset when roads are dry. Distance varies with length of the days. Leave from 16 James Court in Hawthorne Woods.

**FOR SALE** Contact: Anthony Fraina  
(815)726-9138

1987 Miyata 1000  
63cm or 25in.  
SIS Shimano Biopace  
Sealed Hubs & Headset  
\$550.00



**LOST**

A marshall at the Triathlon mistakenly took a red flag. Please return it to Chris VanDornick or Bob Hinkle 259-1423. Thank you.

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
---	---	--	--

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

WE LOOKED AT SEVERAL TYPES OF FABRIC AND STYLES OF JERSEY'S AT THE JULY MEETING AND SLELETED TWO AS THE OFFICIAL CLUB SHIRTS.

IN ALL THE COMMITTEE CONTACTED 8 DIFFERENT MANUFACTURERS AND/OR DISTRIBUTORS OF JERSEY'S FOR PRESENTATION TO THE CLUB. FABRICS INCLUDED LYCRA, COTTON/POLYESTER, COOLMAX, DAZZLE AND SEVERAL VARIATIONS OF THE SAME FABRICS UNDER DIFFERENT LABELS. LYCRA WAS CONSIDERED BUT EVERYONE AGREED THAT DUE TO THE FORM FITTING CHARACTERISTICS OF THIS FABRIC THAT IT WAS FLATTERING ONLY TO THOSE WITH THE PHYSIQUE OF A RACER. IN ADDITION THE SILK SCREEN COMPANY INDICATED THAT LYCRA WAS DIFFICULT TO SCREEN AND DID NOT HOLD UP AS WELL OR AS LONG AS COTTON OR POLYESTER.

THE CLUB SELECTED TWO MODELS MADE BY PACE. THE FIRST A CYCLE JERSEY MADE FROM A COTTON/POLY BLEND FEATURES A 4 INCH ZIPPER AT THE NECK, ELASTIC WAIST AND THREE REAR POCKETS FOR \$12.00. THE SECOND MODEL IS MADE FROM A NEW FABRIC CALLED DAZZLE. (ALSO CALLED COOLMAX BY ANOTHER MAUFACTURER) THIS MATERIAL IS A SPECIAL WEAVE OF COTTON AND POLYESTER THAT PLACES THE COTTON NEXT TO YOUR SKIN AND THE POLY ON THE OUTSIDE FOR AN ATTRACTIVE SHINY FINISH. ANOTHER FUNCTION OF DAZZLE IS THAT IT LIFTS MOISTURE OFF THE SKIN AND PUSHES IT TO THE OUTSIDE LAYER WHERE IT WILL BE EVAPORATED BY THE SUN AND THE WIND. THE DAZZLE JERSEY FEATURES THE SAME STYLE ZIPPER AND 3 REAR POCKETS AND WILL COST \$17.00.

THE JERSEYS WILL BE AVAILABLE IN SMALL, MEDIUM, LARGE AND EXTRA LARGE. THE COTTON/POLY BLEND SHIRT WILL HAVE MORE STRETCH AND BE SLIGHTLY MORE FORM FITTING THAN THE DAZZLE. A LARGE DAZZLE SHIRT WILL BE AVAILABLE AT THE AUGUST MEETING.

THE CLUB IS GOING TO PAY FOR SILK SCREENING OUR LOGO ON THE BACK OF THE SHIRT AS WELL AS A SMALLER VERSION ON THE FRONT. WE PLAN ON PLACING OUR ORDER WITH THE MANUFACTURER ON AUGUST 20, 1987 WHICH IS THE DAY AFTER OUR NEXT CLUB MEETING SO DON'T DELAY IN PLACING YOUR ORDER.

-----  
PLEASE USE THE FOLLOWING ORDER FORM FOR MAKING YOUR SELECTIONS:

NAME \_\_\_\_\_ PHONE# \_\_\_\_\_

CYCLE JERSEY, COTTON/POLY \$12.00 EACH

SMALL \_\_\_\_\_ MEDIUM \_\_\_\_\_ LARGE \_\_\_\_\_ EXTRA LARGE \_\_\_\_\_ TOTAL \_\_\_\_\_

\*\*\*\*\*

CYCLE JERSEY, "DAZZLE" \$17.00 EACH

SMALL \_\_\_\_\_ MEDIUM \_\_\_\_\_ LARGE \_\_\_\_\_ EXTRA LARGE \_\_\_\_\_ TOTAL \_\_\_\_\_

PLEASE ATTACH YOUR CHECK FOR THE TOTAL NUMBER OF JERSEYS ORDERED AND SEND TO BOB BROWNING 18 LINDEN AVE. WHEELING, IL. 60090  
PHONE # 537-3391

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 \_\_\_\_\_

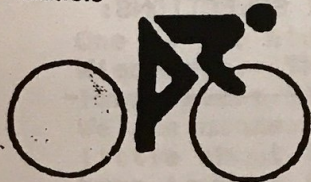
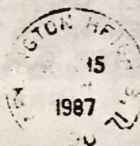
Interested in: Rides \_\_\_10-25 miles \_\_\_25-50 miles \_\_\_50-100 miles  
\_\_\_Weekend tours \_\_\_Camping \_\_\_Motels

Make check payable to: Arlington Heights Bicycle Association


Mail To: Nancy Marum 207 S. Reuter Dr, Arlington Hts.  
IL 60005 Questions? call at 253-2385



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



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

**SAVE GAS!**  
  
**TWO-WHEEL-IT**

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

THE

# SPOKEN WORD

President  
Secretary  
Treasurer  
Membership  
Newsletter

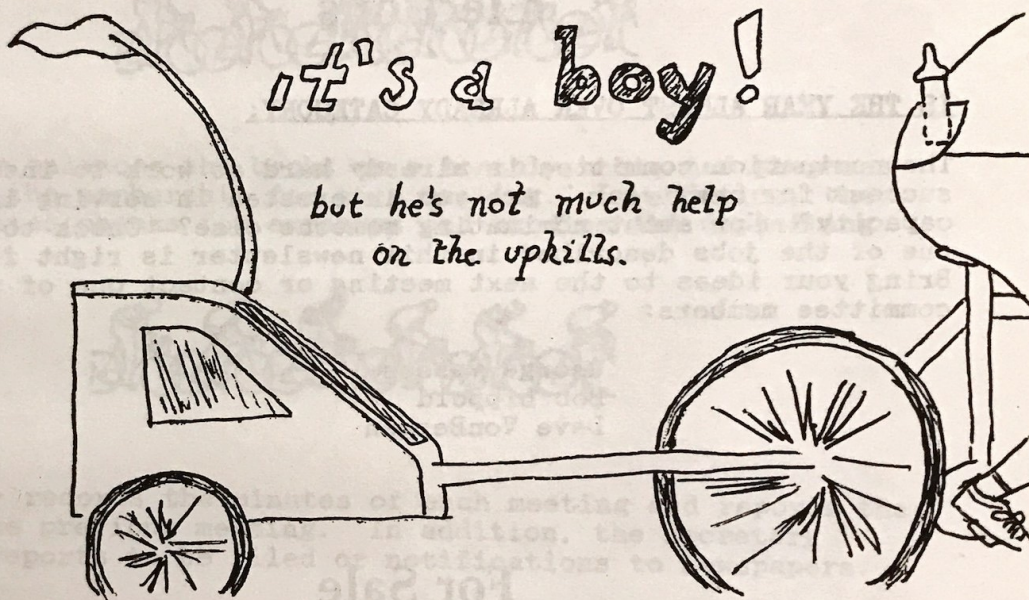
Chris Hayden  
Linda Anderson  
Erv Campbell  
Nancy Marum  
Sandy Hayden

506-0691  
255-3173  
392-4309  
253-2385  
506-0691

SEPTEMBER 1987

PLEASE SEE PAGE TWO FOR INFORMATION REGARDING OUR NEXT MEETING  
SEPTEMBER 23, 1987

## President's Column



• Adam Christopher

• August 21, 1987

• 7lbs, 11oz

Born to: Sandy & Chris Hayden

### A SPECIAL NOTE

Thank you to everyone who sent the card and the gift for Adam. Nancy has already given him a membership card for the club. Just remember that one of my goals this year was to increase membership...I've done my part!

*Chris*

# Meeting

SEPTEMBER 23 MEETING: Recreation Park, 8:00PM, downstairs

Now is your chance! Have some of the rides this year been too long, too hilly, too slow, too short, too fast or not where you wanted to go?

In order to get the type of rides everyone will enjoy and participate in, the month of October is being devoted to **YOUR KIND OF RIDES.**

Come to the September meeting and help me plan our rides for October. Don't worry, just because you have some ideas your not going to be forced to lead a ride. I just want to produce rides that more people will enjoy.

Bring a friend, refreshments will be served.

## Elections

IS THE YEAR ALMOST OVER ALREADY CATEGORY:

The nomination committee is already hard at work to insure success for next year. Are you interested in serving in some capacity? How about nominating someone else? Check to see if one of the jobs described in this newsletter is right for you. Bring your ideas to the next meeting or contact one of the committee members:

George Vassos  
Bob Lippold  
Dave VonBergen

## For Sale

---

21" FUJI ESPREE BICYCLE.

QUICK RELEASE WHEELS, BIOPACE CHAINRING  
WATER BOTTLE, PUMP, SEAT PACK,  
TIRE IRONS & SPARE TUBE  
\$125.00

Call BILL at: 397-4836 or 303-0240

---

1987 21" TREK 400T BICYCLE.

TRIPLE CHAINRING, SHIMANO SIS.  
WATER BOTTLES, PUMP & VETTA COMPUTER.  
& MONTHS OLD. \$400.00

Call Joe at: 520-3645 or 537-2254



# Officers

## **PRESIDENT:**

The president is responsible for coordinating the activities of the club and make sure each activity has enough support from the club members. Each meeting is prepared and run by the president. In addition, if there are policy questions, the president decides on how the issue will be addressed and resolved.



## **VICE-PRESIDENT:**

The vice-president is the ride chairperson. This person plans the ride schedule for the year and finds members to lead rides. This takes someone who is organized and motivated. The vice-president also runs the meetings in the event the president is not present.



## **TREASURER:**

The treasurer balances the books on a monthly basis and prepares a report for the membership for each meeting. In addition, the treasurer writes checks for expenses and handles the depositing of money.



## **SECRETARY:**

The secretary records the minutes of each meeting and reports the minutes of the previous meeting. In addition, the secretary handles any reports to be filed or notifications to newspapers.

## **OTHER TASKS:**

**NEWSLETTER:** Prepare the monthly newsletter and mail them.

**MEMBERSHIP:** Receive new members forms and dues. Receive membership renewals and prepare and maintain the membership list.

**PROGRAM CHAIRPERSON:** Plan and coordinate the programs for the monthly meetings.

**REFRESHMENTS:** Prepare the refreshments for the monthly meetings.

**ARLINGTON 500:** At least one person to plan and coordinate the Arlington 500 Invitational.



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

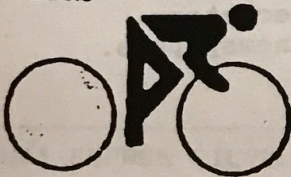
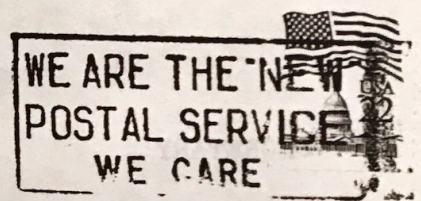
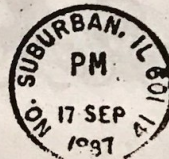
Make check payable to: Arlington Heights Bicycle Association

Mail To: Nancy Marum 207 S. Reuter Dr, Arlington Hts.  
IL 60005 Questions? call at 253-2385

DO NOT  
REPLY



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THE

# SPOKEN WORD

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Chris Hayden  
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Nancy Marum  
Sandy Hayden

506-0691  
253-8760  
255-3173  
392-4309  
253-2385  
506-0691

OCTOBER 1987

NEXT MEETING - WED. OCTOBER 28, 1987 8:00PM REC PARK

## President's Column



Howdy Sports Fans,

I've griped about the sparse attendance at our weekend rides this year, but I won't again. I'm a born-again bike rider.

Last weekend my two brothers (who are not regular riders) and I went to the Apple Cider Century to ride 100 miles. Beforehand, they prepared themselves by tuning up their bikes, buying helmets and riding clothes, and learning technique.

We went up on Saturday together in a van, and my brother Gary gave us T-shirts he had made that read "Team Hayden". Everything was set for the 100 miles.

On Sunday, 5000 registered riders rode in the Apple Cider Century, but I wasn't there to ride with 4,997 of them. My brothers and I rode together all day long. Gary needed support through some hills, my brother Rick had problems with a tire and I got tired. We finished and when we crossed the finish line, there weren't many riders with us. But, the three of us were together.

We planned to ride the ACC months in advance and converged upon Three Oaks Michigan to ride together for reasons only brothers understand. The number of people didn't matter to me, only who I was with.

So, I'm leading a ride this month. Come if you want to ride with some friends. Come share the colors and the friendship of riding with others who want to ride with you. Maybe only a half dozen riders will ride. It doesn't matter because at least 6 people will be having a good time.

Bike safely, and thanks for the year.

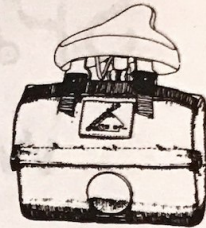
*Chris*



## SEPTEMBER MEETING

Nominations for the 1988 Board were announced. They are:

President	Chris Van Dornick
Vice Pres	Bob Browning
Secretary	Linda Anderson
Treasurer	Don Derebey
Membership	Nancy Marum
Newsletter	Pat Vassos
Arlington 500	Chris Hayden and Nancy Marum



Positions still needed to be filled are: Program Chairman, Refreshments Chairman, Patch Chairman. Volunteers will be appreciated for these enjoyable positions.

It was reported that 45 Dazzle jerseys and 12 poly/cotton shirts have been ordered by club members. 15 extra Dazzle and 6 extra poly/cotton shirts were ordered for inventory - if anyone wishes a shirt, and didn't order one, please contact Bob Browning.

## OCTOBER MEETING

Voting for the 1988 board will take place at the October meeting. The meeting will be the last regular meeting for the 1987 board.. We will discuss the Recognition Dinner, and Chris Van Dornick will report on the Chicagoland Bicycle Federation Caucus she attended in October.

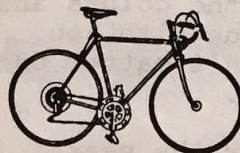
## NOVEMBER MEETING (RECOGNITION DINNER)

The November meeting will take place at the Recognition Dinner and the new board will be "sworn in" at that time. The awards committee consisting of: Chris Hayden, George Vassos, Bob Hinkle, Chris Van Dornick and Dave Van Dornick will have an "Awards" Ceremony as entertainment at the dinner. Hope to see all of you there. Please see the registration sheet for details.

*Courtesy to Dinner 7<sup>th</sup>*

## DECEMBER MEETING

The December meeting will be a pot luck Christmas Party at Cynthia and Charlie Schmitz' home. The date will be decided on at the October meeting, and additional information will be in the November newsletter.



We would like to extend good wishes to Emil Donkers, and wish him a speedy recovery from heart surgery. We miss you, Emil, and look forward to seeing you on your bike real soon.

## UPCOMING RIDES

October 11  
Sunday Bike Trail to Elgin Long route 55 miles from Frontier Park, leave at 9am. Short route 20 mi from Algonquin. Leave at 11am from school parking lot across from the McDonalds 1/2 mile east of Algonquin on route 62. Take a new bike trail from Algonquin to Elgin. Bring or buy your lunch  
Don Derebey 255-3422

October 18  
Sunday President's Fall Frenzy Farewell  
Approx. 45 miles from Frontier Park. Depart 9am and enjoy some hills, horses and fall foliage. Bring your lunch for a fall picnic. 15 mph Pace.  
Chris Hayden 506-0691

October 31  
Saturday Marilyn's Halloween Hullabaloo  
Leave 9am from Rec Park in costume for a Halloween ride to a cemetery. Approx. 30 miles through the Forest Preserve, past Hamilton Lakes and on toward Nordic Hills. Stop at the Wilkersons for some pumpkin pie and hot spiced cider on the return ride. Marilyn Wilkerson 439-4496

## OTHER RIDES

October 9-11 New Glarus Fall Fantasy Weekend with Pedal Across Wisconsin. Lodging at New Glarus School.  
25-50-75 mile routes. Call Jerry Goldman 695-7964

## 1987 Mileage Chart

The following is a mileage listing of the top 10 male and female riders. These are based on mileage sheets that were turned into Sandy Hayden. I know more of you have ridden this year, and this list is incomplete. If any ride leaders have not turned in mileage sheets, please do so, so members can receive credit. Thank you.

### WOMEN TOP TEN

Elida Derebey	403
Geri McPheron	200
Nancy Marum	191
Cindy Cochrane	173
Chris Van Dornick	173
Nancy Von Bergen	119
Linda Anderson	115
Cynthia Schmitz	91
Sharon Krupa	84
Freda Brown	82

### MEN TOP TEN

Don Derebey	378
Bob Hinkle	270
Bill Turner	194
Steve Jenney	173
Dave Van Dornick	161
Chris Hayden	161
Dave Von Bergen	154
Emil Donkers	147
Hans Predel	137
Ron McPheron	134



## 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 \_\_\_\_\_  
\_\_\_\_\_

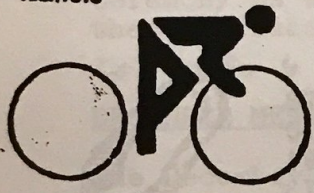
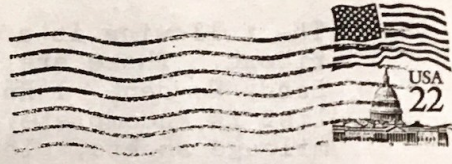
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Make check payable to: Arlington Heights Bicycle Association

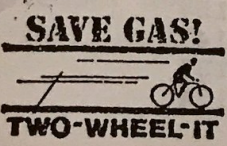
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THE



**SPOKEN  
WORD**

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Vice Pres  
Secretary  
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Membership  
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Erv Campbell  
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Sandy Hayden

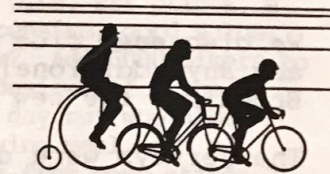
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253-2385  
506-0691

NOVEMBER 1987

## President's Column

EXTRA! EXTRA!

Did you hear about the latest news items?



All the stores in downtown Evanston are closing because a few have been robbed and it is easier to close them than to protect them all.

The Eisenhower and the Kennedy expressways are being banned because some people speed and there have been accidents.

Sound ridiculous?

Why then was a portion of the ravine by Sheridan Road closed to bicyclists? Because some bicyclists are careless, go faster than the posted 15 mph and create a hazard. Is that a reason to condemn all bicyclists? If so, the Kennedy should become the best bicycle path to Chicago.

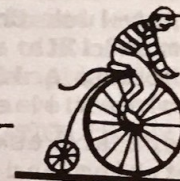
The approach should be to enforce the laws which are designed to protect us, not restrict our actions because it "is easier". If the ravine is restricted, then is Cuba or Shoe Factory road next?

Any actions designed to reduce the freedom of bicyclists should be strongly opposed. Through groups such as our club and the Bicycle Commission we can voice our feelings to our representatives in government.

Keep in touch with issues and let's work together to protect our rights.

Bike safely,

*Chris*



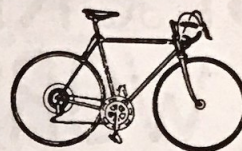
### November Banquet

The Recognition Dinner will be held Saturday November 21st at the Radisson Hotel, with cocktails being served at 6pm and dinner at 7pm. The dinner is being catered by Sages Sages, and entrees are \$13.95 for beef and \$12.95 for chicken. Deadline for signing up is Nov. 7. Please call Linda Anderson for your reservation. See you there!

## October Meeting

The board was voted in unanimously by the membership. We wish the new board a hearty welcome:

President: Chris Van Dornick  
Vice Pres: Bob Browning  
Secretary: Linda Anderson  
Treasurer: Don Derebey  
Membership: Nancy Marum  
Newsletter: Pat Vassos



We discussed ride schedules the the next year, and if there are any additional ideas for rides, please contact Bob Browning, the new ride chairman.

The Jerseys were distributed at the October meeting. Please contact Marilyn Wilkerson or Bob Browning if you have not picked up your Jersey. Marilyn also reported that there are 124 small AHBA decals available at Bullshirts (Randhurst Mall). If anyone wishes to put them on golf shirts, etc, take your item in to Bullshirts and they will be happy to put your decal on your item.

The following are the final mileage standings as turned in to Sandy Hayden for the year:

### Women

Elida Derebey	523
Nancy Marum	265
Gerl McPheron	244
Cindy Cochrane	203
Chris Van Dornick	173
Nancy Von Bergen	119
Linda Anderson	115
Dotty Tockey	108
Marilyn Wilkerson	98
Cynthia Schmitz	91

### Men

Don Derebey	498
Bob Lippold	335
Bob Hinkle	320
Chris Hayden	201
Bill Turner	194
Hans Predel	181
Ron Mc Pheron	178
Steve Jenney	173
Dave Van Dornick	161
Dave Von Bergen	154

## December Christmas Party

The pot-luck Christmas party will be held on Saturday December 12th at Charlie and Cynthia Schmitz' home at 11 W. Hawthorne, Arlington Hts. The festivities begin at 6:30pm. The club will supply the main dish and beverages, the members are asked to supply the appetizers, salads, vegetables and desserts. Please call Cynthia at 392-9268 to sign-up for your dish. Please bring a grab-bag gift (\$5.00 limit) and join in the fun. See you there!!!

## HILLY HUNDRED WEEKEND

by Marilyn Wilkerson

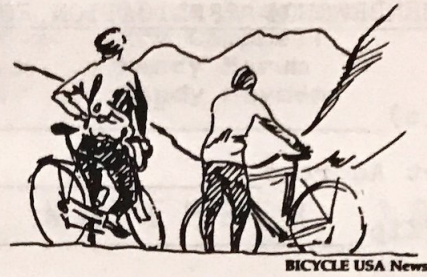
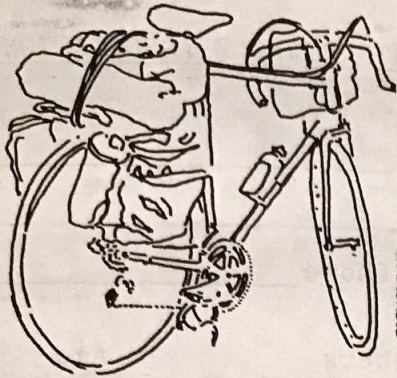
Blacktop roads winding through the countryside and state forest, following ridges, climbing hills, swooping into valleys, brilliant fall colors reflected in clear lake water. Cider, unlimited apples, cheese and crackers, salami, ice cream bars, all you can eat chili supper, big breakfast, fried chicken, potato chips. Live music - English brass band, country western, rock and roll, dixieland, barbershop. Juggler, mime, slide show, trophies, patches, T-shirts, sweatsuits, pins, art prints, a tent full of vendors from New York to Florida. Inexpensive, good value, economical. Does this sound like a bikers wild dream? Add 5000 bikers to this scene and you have the HILLY HUNDRED WEEKEND, "designed for the cyclist who likes a challenge on the bike during the day but who also likes to finish the day with a warm shower, a satisfying meal, and a chance for entertainment and fellowship with cyclists from many states." Because of this philosophy, the Hilly ranks with many as the top invitational in the country.

It was in 1968 that Hartley Alley started this ride with 54 riders. Hartley and Jean flew in from Boulder this year for the ride's 20th anniversary. I enjoyed meeting and visiting with them and was able to thank them for the TC Pannier I have enjoyed using for many years. They are retired now from their Touring Cyclist mail order bicycle shop. Ross Faris took over as tour director in 1973 which was my first Hilly. It was still at the Poplars Hotel then with 693 riders and a mass start. Since then he has added many new features and a limit has been set at 5000 riders.

I describe the ride as being in the front seat of a roller coaster with 50 miles on Saturday and 50 on Sunday. It is easier to ride up a hill when you know a dixieland band and fried chicken are at the top. The hills are challenging and a good place to test your granny gears. In 1973 I met lots of interesting people while walking many hills. After more experience I still had to walk Mt. Tabor and Greasy Creek until I had my gears changed. Now I can stay upright at 2 mi./hr! At the top of Mt. Tabor I heard a young man chuckling that he walked past someone who was riding. (There must have been someone else like me just behind me.) Each year I look forward to seeing some of the same people again, seeing myself in the slide program from slides developed that day, a quick round of shopping in Nashville, a rest stop at Lake Lemon, but most of all the beautiful cycling in Indiana. 1987 was the best ride ever because of perfect weather and our dragon fly costumes. Seven brilliant dragon flies complete with wings and deely bobber antennae were quite noticable and drew such entertaining comments such as the surprise registered when seeing the beard on our leader and being told we were the talk of the ride. In fact, we had so much fun that we have our costumes planned for next year and hope to have a larger group. Would you believe there were about 20 people from the ARLINGTON HEIGHTS BICYCLE ASSOCIATION there?

The date for next year is not set yet as it depends on home games of Indiana U. and Bloomington North H.S. Applications come out in August and you need to make motel reservations early or sleep on the gym floor or camp. If you are interested in going in a brilliant costume, let me know. Once again we will try for the trophy. Thanks to Central Indiana Bicycle Association (CIBA) and 150 volunteers who made the ride so much fun for me.





## RIDE REPORTS

### Bike Trail to Elgin Ride by Don Derebey

With cold toes and warm hearts a hearty group rode to Algonquin and then, via the new eight mile long bike trail (paved) on to Elgin. More of the trail is under construction to the Northwest and another leg is done from South Elgin to St. Charles. A great ride awaits us for next season!

### Presidents Fall Frenzy Farewell by Chris Hayden

On a beautiful day, 4 riders enjoyed a scenic ride through hills, country roads, and neighborhood streets for a total of 40 miles. The fall colors were at their peak, and the temperature was a balmy 65. All riders enjoyed this ride and were home before 1pm to enjoy the balance of the day.

### Marilyn's Halloween Hullabaloo by Sandy Hayden

It was quite a sight seeing 5 dragonflies on bicycles, 1 karate expert and several avid cyclists pull in our driveway on Halloween. Bob Lippold won the prize for best costume - a dragonfly with the most beautiful wings I've ever seen. The day was gorgeous, and it was a great way to end the cycling season.

A hearty welcome back to Emil Donkers! It was great to see him at the meeting and back on his bicycle!

If you want a copy of the 1988 LAW Mileage Chart, contact the ride chairman.

## 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

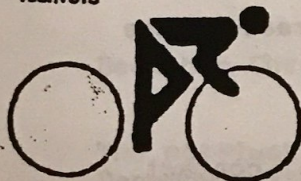
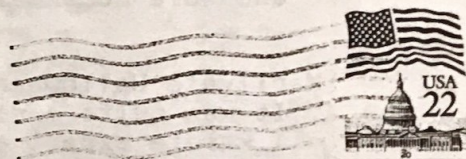
\_\_\_Weekend tours \_\_\_Camping \_\_\_Motels

Make check payable to: Arlington Heights Bicycle Association

Mail To: Nancy Marum 207 S. Reuter Dr, Arlington Hts.  
IL 60005 Questions? call at 253-2385

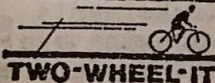


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660 NORTH RIDGE AVENUE  
ARLINGTON HEIGHTS, IL  
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Donkers, Emil & Corinne  
202 N. Gibbons Ave.  
Arlington Hts. IL 60004

THE



**SPOKEN  
WORD**

President: Chris Van Dornick  
Vice Pres: Bob Browning  
Secretary: Linda Anderson  
Treasurer: Don Derebey  
Membership: Nancy Marum  
Newsletter: Pat Vassos

DECEMBER 1987

**Chris' Corner**

Hi Everyone,

I can't believe this is the last newsletter of '87 already! Some how it seems like the last part of November and the whole month of December are only half as long as the calendar says with all the preparation for the holidays. I don't know how the rest of you are, but I have many things to do yet for the Christmas and New Year festivities. One is to tune up my bike, so I'll be ready for next year's rides including the President's New Year's Day Ride! Yes folks, it's the Pres' turn to try her hand at leading the way. Hope you all come out for a chilly spin!

Hope all who came out for rides this year thoroughly enjoyed themselves. With the New Year comes a brand new schedule of rides, in which I hope for a bigger and better time in the saddle. I'm looking forward to all the help and suggestions for a successful '88 riding season. I appreciate any comments from anyone on how we as a club can get more people involved in club rides and functions.

Take Care and Bike Smart

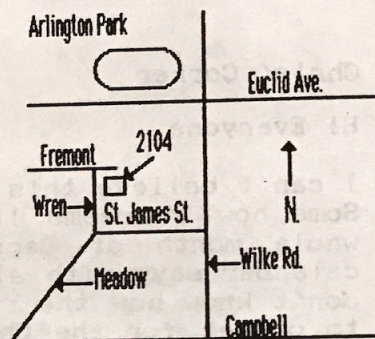
Chris

**CHRISTMAS PARTY**

The Schmitz' are again hosting the Christmas party. The festivities will be at 11 W. Hawthorne, Arlington Hts. beginning at 6:30PM. The club will supply the main dish and beverages, the members are asked to supply the appetizers, salads, vegetables and desserts. Please call Cynthia at 392-9268 to sign-up for your dish. Please bring a grab-bag gift (\$5.00 limit) and join in the fun. See you there!!!

## New Years Day Presidents Choice Ride/Walk

8:30 AM January 1st. Leave from 2104 Wren Lane, Rolling Meadows (See Map Below). If we ride, it will be about 5 miles returning to the VanDornick residence. If we walk due to inclement weather it will be 1 to 2 miles. Call ahead to find out at 259-7917. Bundle up and join us for the ride or walk followed by a warm up by the fire with hot drinks and goodies!



## GOOD TIMES PAST

On Saturday the 21st. of November, 27 people attended the Annual Recognition Dinner. The Raddison Hotel was very accommodating and the food was excellent. There were awards for all who attended. Some of the more notable were:

The Queen Dragonfly received a supportive unmentionable. A former Treasurer was surprised by his award which he considers as only being a rental.

The Hosts of our Christmas party this year and last will now be able to plan their 1988 ride schedule.

Our most recently wed club members have their relative positions clarified.

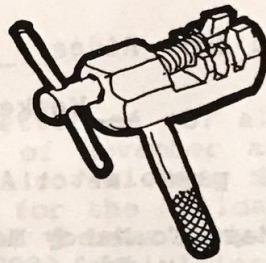
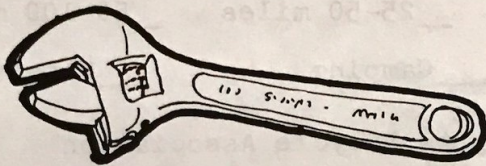
The youngest attendee is now armed for next years rides. A former President is the proud owner of new protective footwear.

To find out who the recipients of these great awards are, attend the Christmas party on December 12th at 6:30PM.

Anyone interested in bike repair classes? Well now is the perfect time to think about getting your bike ready for the new season. Two bike shops in the area are offering classes for the beginner and the more experienced in bike maintenance and repair.

ABC Cyclery is offering a comprehensive repair class. Completely rebuild your own bike from tear down to reassembly. To have personal attention the class size will be limited to 4 or 5 people. To eliminate the problem of transportation, the bikes may be left at the shop. The classes will be held every Tuesday and Thursday beginning Jan. 5th thru Jan. 21st from 8 to 10PM. The cost will be \$65.00.

For further information call 253-7700.



Winkelman's will have a beginner repair class in December and an intermediate class beginning in January. Call the shop for details at 253-0349. Ask for Miguel or Paul.

#### HELP WANTED

Part time sales help. Evenings and weekends. Inquire at Winkelman's, 200 West Campbell or call 253-0349.

#### FOR SALE

McLain Load Wind Trainer - In box \$55.00.  
Call MaryLou Cook at 398-2568.



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  
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