

THE



President:	Chris Van Dornick	259-7917
Vice Pres:	Bob Browning	537-3391
Secretary:	Linda Anderson	255-3173
Treasurer:	Don Derebey	255-3422
Membership:	Nancy Marum	253-2385
Newsletter:	Pat Vassos	392-5450



HAPPY NEW YEAR



JANUARY 1988

MEETING: January 27, 1988 Recreation Park 8pm.

G'Day Eh!

Welcome to the New Year and all it has to offer! These cold months of January and February are primarily a time of planning. For those who enjoy winter sports, these months pass by all too quickly. But then there are those of us who shudder as the mercury drops and would rather snuggle than ski. As we stay warm, we plan for the things we'll do when the weather gets nicer. We plan vacations, what to plant in the garden this year and many other household projects. Likewise within the bike club we are planning riding season., Your help and suggestions are always appreciated.

Well in the meantime, there are football games to watch, hot cocoa to make and consume, new years resolutions to make and break and inevitably more snow to shovel.

Stay warm and hope to see you at January's meeting.

Chris

GOOD TIMES PAST

11 West Hawthorne - Arlington Heights

The fireplace was roaring, chestnuts were roasting and everybody was awaiting the arrival of a roly poly man in a red suit. The Schmitz' house was the scene of our annual Christmas party. Although the man in the red suit did not appear, his gifts were left prior to the arrival of the first guest. As usual there was trading of the gifts back and forth and the food was marvelous.

Thank's Cynthia and Charlie for opening your home to us at this very special season.

New Years Ride/Walk

Despite the cold temperatures and the early time set on January 1st, three (3) people came (2 on bikes) to join in a chilly walk through the north part of Rolling Meadows. After a little over a mile and a half walking through the bright crisp morning, we returned to the place of our origin for hot drinks, a light snack and light conversation.

L.A.W. CONVENTION

Interested in attending the L.A.W. convention? Here is some information. The convention will be held in Flagstaff, Arizona this year.

Date: Wednesday June 29, 1988
 Sunday July 3, 1988

There is a four (4) day pre ride tour from Grand Canyon, AZ beginning Sunday June 26.

An Amtrack train is tentatively scheduled from Chicago. More details next month or for further information now please contact Bob Lippold at 870-0337.

DUMB BIKE HELMETS



HALF WATERMELON



SINK



ARM



FLOWER POT



SALAD SPINNER



RAGGY BIKE HAT





HAPPY NEW YEAR



Sub zero weather and a foot of snow may keep us off our bikes but it doesn't prevent us from thinking about warmer weather and riding again. However, cold snowy weather doesn't necessarily have to stop us from enjoying our sport. Now is a good time to take care of preventive maintenance on our bikes or install some of the neat new accessories that are now appearing at the bike shops. It is also a good time to make plans for our 1988 ride schedule. In 1987 we have excellent participation on our Tuesday night rides with as many as 28 people showing up. WE had some really great week end rides but the attendance was low.

I have drafted a questionnaire that hopefully each member will complete and return; that should give us some insight into what you would like to see in a week end ride. If there are several riders in a family, please make copies of the questionnaire and everyone respond with their own answers and ideas. The results of these questions will be used when we plan our 1988 ride schedule. A special meeting will be held on February 10 at 7 pm in the West Room (upstairs) at Recreation park for all interested members who are willing to help set the ride schedule for 1988, help us check out ride routes or cue sheets that need to be updated or lead a ride. Just come and bring one good idea!

I will bring the club shirts to the January meeting. If you have not picked up your shirt or you would like to purchase one, the cotton/poly shirt is \$12.00 and the "Dazzle" is \$17.00.

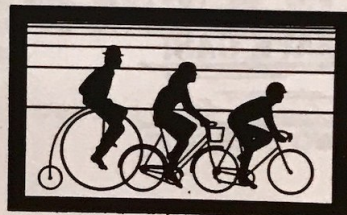
For anyone interested, I will lead a cross country ski outing at 10 am on January 30 at Ryerson Conservation Area, Deerfield. Entrance is on the west side of Riverwoods Rd. approximately 1 mile north of Deerfield Rd.

Bob Browning

537-3391



BICYCLE
★★USA★★



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

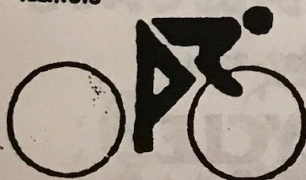
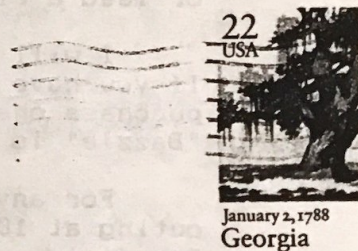
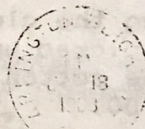
___Weekend tours ___Camping ___Motels

Make check payable to: Arlington Heights Bicycle Association

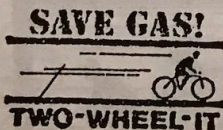
Mail To: Nancy Marum 207 S. Reuter Dr, Arlington Hts.
IL 60005 Questions? call at 253-2385



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



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



Donkers, Emil & Corinne
202 N. Gibbons Ave.
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Happy Valentine's Day

MEETING: February 24 Rec. Park 8pm

84

Howdy Ya'll

I'm sure everyone was eager to hear that the scruffy old groundhog came out of hiding to the cloudy, grey day we had on groundhog day. He actually did come out and didn't see his shadow so his method of prediction says "early spring". Whether or not it actually works, it's nice to believe spring will come early so we biking animals can enjoy a longer riding season.

February is a month that always seems busier because its so short. Even though this year has one extra day tacked on the end of this month, it seems this year especially there are more things squeezed into February. Besides the Holidays, Presidents Birthdays, Winter Olympics, the start of Lent and the Pro Bowl, there is another event which demands your attention: its the February meeting. Sure to be newsworthy and entertaining as well. The more the merrier; come and join in the festivities.

Also in February is Valentines Day. Show your sweetheart how much you care, get him/her to wear his/her helmet each time they hop on their bike!

Bike Safely,

Chris



Would you believe it? We really are having a program this month. Come and see some beautiful and fascinating slides of Bob Lippold's bike tour through Southern England. You'll see some of the friendly people and picturesque landscapes that made this a most memorable trip.

It was very enjoyable seeing everyone again at the January meeting after being away from regular meetings for a couple of months.

Participation by those at the meeting was outstanding. What makes a bike club or any organization successful is when its members are ready and willing to offer their ideas and support.

A January thaw put a damper on our cross-country ski trip through Ryerson Conservation Area but 3 hearty members showed up and we had a very enjoyable walk through the woods.

The questionnaires are still coming in with 36 received so far. This represents nearly 30 percent of the membership which is a very good response. I will have tabulated all of the results by the February meeting and have copies for those in attendance. A lot of very good suggestions have been made and will be used along with the survey results in shaping our ride schedule. One thing is definite - I intend to publish a full season ride schedule in the March newsletter. We may have to make a few changes in the schedule as the season progresses, but those can be published in the newsletter.

We are going to try to schedule a variety of rides so that everyone can select the rides that suit them best. I have volunteers who are willing to lead rides for new riders in order to help them build confidence and endurance.

The survey shows that a majority of our members prefer to ride at a 12-14 mph pace 41-50 miles and to a point of interest or scenic route. We also have a few "hot shoes" who like a faster pace and longer rides. We intend to provide some rides that will satisfy them too. Ideally we will begin the season with some easier rides and build both distance and increased pace as the season progresses so we will all be ready for a century in September!!

PLEASE NOTE: If you know of any invitational rides, please give me the details so we can publish them in the newsletter.

ATTENTION ATTENTION ATTENTION

BIKE SWAP April 23 and 24. Something for everyone. We need your help. There will be a sign up sheet at the February meeting. Lets all do our share and make this the biggest and best yet.

BIKES PLUS is scheduling a series of classes, "Basic Bike Repairs" on April 6, 13, and 20 and "Advanced Repair" on April 7, 14, and 21. A bike in good repair is more enjoyable and easier to ride plus the satisfaction of being able to do the up-keep on your bike brings even more enjoyment. Give them a call at 398-1650 and sign up.

BIKES PLUS at 1313 North Rand Road, Arlington Heights, will be having a "Super Sale" beginning at noon on Friday, March 25th and continuing through Sunday, March 27th. If you are interested in super prices on bikes, clothing or accessories, check it out!

INVITATIONAL - The Wheeling Wheelmen will have a St. Patrick's Day Ride on Sunday, March 20, 10:30 am. New 25 mile route starting from Wauconda Apple Orchards. Fee \$1.00 Call Andy Dane at 271-0808 for more information.

PAW or better known as Jerry Goldman has expanded this "PEDAL ACROSS WISCONSIN" tours for 1988. Plus, he is offering members of our club a \$10.00 discount on 4 weekend rides or \$20.00 on his weeklong ride if they register by Sunday, March 20th. For information, call Jerry at 695-7964.

THE ARIZONA ADVENTURE LAW NATIONAL RALLY 88

This is more info on the LAW Rally in Arizona! The pre-rally tour will leave on Sunday **June 26th**, biking along the west rim into the Grand Canyon when it is closed to vehicle traffic. The tour continues along the east rim into the canyon entrance. There are also many other majestic sites along the way to Flagstaff and also rides from Flagstaff ranging from 12 to 120 miles. The rally itself starts Wednesday, June 29th until July 3rd. Headquarters for the rally is at the Northern Arizona University where rally participants are housed and fed.

The pre-rally tour cost of \$50.00 includes some meals, entrance fee to the Grand Canyon, camping fees and sag service. The rally registration is \$42.50 for LAW members and \$62.50 for non-members. Room and board (Wed night to Sun noon, Thurs breakfast to Sun lunch) is \$150.00. If you go to the rally only, you can still take a bus trip to the Grand Canyon for an additional \$25.00. If you decide to fly into Phoenix, there is a bus service to the rally. Also there will be an Amtrak train for LAW participants from Chicago to within 2 blocks of the NAU campus. The cost of the train is not yet known. For registration forms or more info contact Bob Lippold 870-0337.

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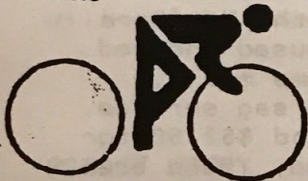
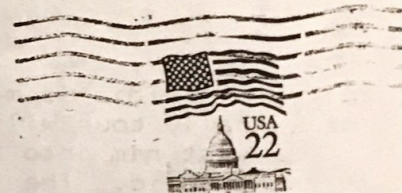
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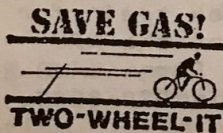
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MARCH 1988

Meeting: March 23 Recreation Park at 8:00 pm.



B'gosh and B'gory!
listen up all ye lads and lassies!

This is nearly the best time of year. The last piles of snow are slowly disappearing from site; the sun feels warm, a warmth you can feel even through a winter coat, and plants are bravely poking their shoots through the stiff, soggy ground as spring finally becomes a reality. As soon as the first day in the 50's hit, I wanted to get out and ride, but alas through my procrastination, my bike was not as ready as I. So, during the nice weekends we had in March, I was tuning up the bike instead of riding. All that behind me now, I'm glad I tuned up the bike before riding, it made the first time out all the more enjoyable. Maybe next year I'll tune it up in late fall instead.

There are other new things coming out besides the plants and birds: its the all new, 1988 Ride Schedule. Complete with a little something for everyone. Thanks to the great survey Bob Browning put out. I hope we have achieved a schedule of rides that cater to the novice and expert alike. I am looking forward to seeing some new leaders and participants. I would also like to see more people consider safety first as they head out to the wide open road. Wear a helmet, obey all traffic rules and watch out for your fellow cyclists. I hope that everyone can enjoy the upcoming rides while practicing safety on the road and trail.

And may the luck O' the Irish grace the young and old alike.

Your Prez

Chris

WANTED TO BUY



Burley child trailer. Please contact Chris or Sandy if you know of anyone who has a Burley to sell. Chris or Sandy 506-0691

Thanks to some unexpectedly warm days many of us have already been out riding - February riding is a first for me!

With the help of several people we have a 1988 ride schedule. Although we may make additions or changes to the schedule through the newsletter as the season progresses. We have tried to provide a variety of rides at different paces that were most popular according to our member's survey. We still have room for additional rides, particularly X or express rides if someone will volunteer to lead them. Also Elida has agreed to lead some rides for new riders.

We have scheduled one ride per weekend so there are plenty of open dates if anyone has a favorite ride they would like to lead.

We have added something new to the schedule this year to alleviate some problems we had last year and hopefully make the rides more comfortable for everyone. We have coded our rides based on riding pace as follows:

X - 15 + mph Y - 12-14 mph Z - 8-11 mph

These speeds are what you will normally see on your speedometer not distance covered. The vast majority of the club preferred a 12-14 mph pace so you will see many rides listed as pace Y.

I will maintain a log of miles ridden by each member on club rides lead by a ride leader. This will apply to evening rides, Wed. morning rides as well as Saturday and Sunday rides. Invitationals by other clubs will not be included in club mileage.

INVITATIONAL RIDES

Mar. 20 Sun. 10:30 a.m. 25 miles
Starting location: Wauconda Orchard, Wauconda
Invitational ride, first ride of the season. \$1 registration.
St. Pat's patch \$2. On Gossell Rd. 1/2 mi. west of Fairfield Rd.
Andy Dane 271-8888

A complete list of Invitational Rides and all pertinent data will be published in the April newsletter.

Bob

FOR SALE

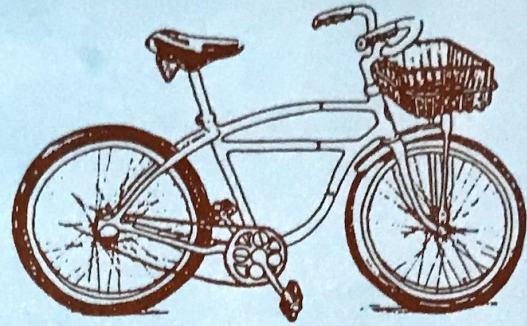
21" Raleigh - Gran Sport
Diamond Frame, 10 speed
\$85.00

Call Elida Derebey 255-3422

\$CASH ONLY

BICYCLE SWAP '88

FRONTIER PARK
Kennicott & Palatine Roads
Arlington Heights



Saturday April 23 & Sunday April 24
10-4

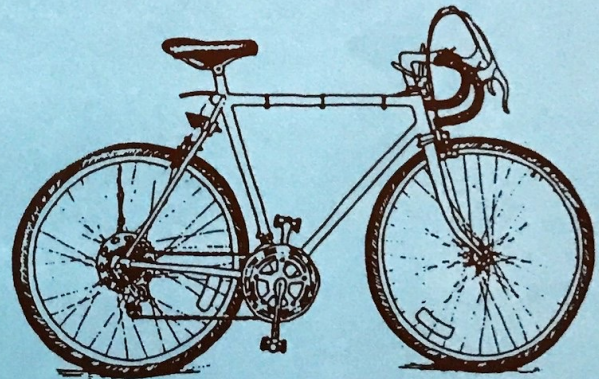
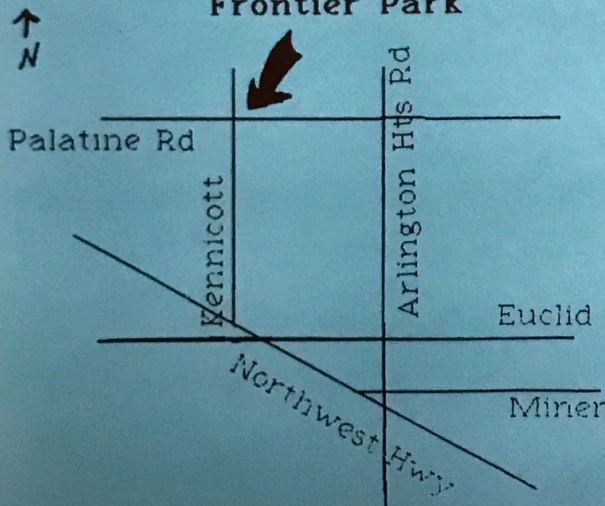
Perfect opportunity to clean out your garage or basement
and turn unwanted bikes and accessories into **\$\$\$CASH\$\$\$**

FIND A BARGAIN
FOR COMMUTING OR RECREATION!!
SELLERS: MERCHANDISE CAN BE DROPPED OFF SATURDAY 9-4

OR SUNDAY 10-NOON

NO SALES BEFORE 10

\$\$\$CASH ONLY\$\$\$



Arlington Heights Bicycle Association

For info: 392-1547 or 228-0064



CASH ONLY\$

MARK YOUR CALENDAR
SUPER
SALE



STARTS FRIDAY
MARCH 25, 1988
12:00 NOON

BIKES PLUS

1313 N. RAND RD
ARLINGTON HEIGHTS IL

There is an upcoming cyclists caucus to discuss the closing of Sheridan Road in Winnetka to cyclists. The Chicago Bicycle Federation is trying to get area cyclists together to discuss possible alternatives and lobbying efforts to establish an alternate bicycle route. Please come and share your opinions and comments.

Cyclists Caucus
March 25 - 7:30 pm
Winnetka Community House
620 Lincoln Avenue
Winnetka, IL

(At Pine and Lincoln off Green Bay Road. For more information contact Randy Neufeldt at 454-0400 Monday thru Wednesday in the office.)

MEMBERSHIP

Our dues run from March to March. They are due now. Please send to: Nancy Marum
207 S. Reuter Drive
Arlington Hts., IL 60005

A new roster will be included in the May newsletter.

If you are in need of any more information on the transportation to the Rally in Flagstaff, AZ contact Bob Lippold.
870-0337

SCHWINN "CYCLE MADNESS"
April 7-10th

Winkelman's Cyclery
200 W. Campbell
Arlington Hts.

AHBC members will get their normal
10% discount
on parts and accessories on top of the
great sale
prices.



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Single _____ \$6 (Must be 18 years or older)	Family Members _____	Age _____
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ARLINGTON HEIGHTS, IL
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AFFILIATED WITH
**BICYCLE
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THE LEAGUE OF AMERICAN WHEELMEN

SAVE GAS!

TWO-WHEEL-IT

~~_____~~
~~_____~~
~~_____~~
~~_____~~
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MEETING: April 27 Recreation Park 8 PM.

Hello Again,

When the weatherman says April showers bring May flowers, he's not kidding! How about that last big doozy we had on the 5th? A few of us on that first Tuesday nite ride thought we were really going to get soaked. But we only had a small taste of what followed later! Thanks, but I prefer a gentle spring rain to that one.

Spring throws such a mixed bag to us one never knows what to expect. You have to be prepared for the changes in this Chicago weather. Being prepared for a ride is something you can plan for. Make sure your tires are properly inflated, brakes and other items adjusted before you get to the ride start location. You'll feel better being in less of a hurry and your fellow riders will appreciate your promptness and preparation.

Don't forget about the BIKE SWAP this month and the Arlington 500, our club invitational ride, in May.

I know they both will be a huge success if we have enthusiastic help and participation.

If you have any suggestions regarding the club or rides, please speak up. You may call me at home or drop off an anonymous note. Let your best kept secrets be a benefit for everyone.

See you on the rides. Bike smart and safe.



Chris

1988 DUES

To insure that you receive the newsletter and are included on the club roster, please submit your dues to Nancy Marum by May 1st.

The ride season is well under way with a good turnout for our 1st Tuesday night ride as well as our 1st two weekend rides.

We will continue to start our Tuesday night rides from Rec Park at 6:30 PM thru the month of May. At the May meeting we will decide whether to continue at 6:30 or go back to 7 o'clock.

A correction to the listing for the evening rides leaving from Kurt Schoenhoff's home in Hawthorne Woods. These fast paced rides will leave at 5:30 PM sharp on Tuesday nights. Call Kurt at 540-0861 for further details.

Elida Derebey will lead a ride for new riders on April 30th at 10 AM from Rec. Park. This ride will be at a comfortable easy pace and the distance will be determined on the day of the ride based on the experience of the riders. If you are a new rider or you lack confidence riding with a group join Elida for a nice easy ride.

If you know of any invitational rides please give me the information on them so we can publish them in the newsletter.

APRIL & MAY RIDES

April 16 Sat. 25 miles Pace Z 8 a.m. Busse Woods bike trail
Starting location: Rec Park Great ride for new riders to
meet the other club members. Nancy Marum 253-2385.

April 24 Sun. 10 miles Pace Z 5:30 p.m. Post Swap Dinner
Ride. Relax with a short spin after the bike swap with
George and Pat Vassos 392-5450. (Start Frontier Park)

April 30 Sat. Pace very eZe 10 a.m. Beginners ride to build
confidence. Elida Dereby 255-3422.

May 1 Sun. 100 miles Pace XY 6:30 a.m. Lake Geneva Ride
Start Locatin: Frontier Park 100 miles or McHenry 50 miles.
Tune up for TOSRV. Dave VonBergen 398-1309.

May 7 Sat. 12 miles Pace Z 9 a.m. Deer Grove Breakfast
Ride. Start Location: Frontier Park A hearty breakfast
cooked outdoors in the park awaits the riders at the Grove.
Fee \$2.00 Pre-registration and fee required by May 2.
Contact Jane Gabriel 577-8798.

May 14 Sat. 35/65 miles Pace Y 9 a.m. PRE-ARLINGTON 500
Start location: Frontier Park Club members day to ride the
Arlington 500 - tomorrow we work!!!
35-Nancy Marum 253-2385, 65-Bob Hinkle 259-1423.

May 21 Sat. 41 miles Pace Y 8 a.m. Aunt Mary's ride to
Elgin. Start location: Disney Park from Biesterfield and
Wellington Ave. one block W. of Arlington Hts. Rd.
Hans Predel 255-4029.

May 28 Sat. 26 miles Pace Y 9a.m. Ride to Lambs Farm
Start Location: Potawatami Woods, north side of Dundee Rd.
just east of Milwaukee Ave. Bob Browning 537-3391.

APRIL & MAY INVITATIONAL RIDES

April 17 Folks on Spokes Easter Ride 25/62 miles \$8.00
call Miles Black 798-3954 or Joe Suarez 596-0129.

April 24 Silver Springs Sixty - Aurora Bicycle Club 25/50/60
miles 7:30-9:30 a.m. registration. \$8.00
Call T J Burdsall 896-0640.

May 7 KAL-HAVEN TRAIL BLAZER 25/40/60/90 miles.
Registration 7:30 a.m. to noon \$12.00 South Haven, Mich.
call 616 381-0135.

May 15 ARLINGTON 500 Registration 7-9 a.m. 35/65 miles
Frontier Park Arlington Hts. \$5.00 Call Chris 506-0691

May 28-29 Blackhawk Metric Century Blackhawk Bicycle Club
Rockford, Il. no details.

SEE YA AT THE SWAP - APRIL 23-24

Not only is the annual Bike Swap the largest event of the year for the Club, it has grown to become a major event in the Northwest suburbs. Last year more than 1000 people came to look, there were well over 500 bikes and accessories for sale, and we logged almost 500 actual sales.

Pat Schramm, who chairs the event, and Jeanie Gain, co-chair, still need volunteers. The difference between being hard work or a lot of fun is simply the number of workers. Last year more than forty members came by Frontier Park to help, and we had a wonderful time, almost like a party. It's a great opportunity to help the club, help the community, get some fresh air and sunshine, and have a good time doing it.

The Swap is open to the public from 10:00 to 4:00 both days. "Work Shifts: break out into four time segments: Saturday from 8:00-12:30 and 12:00-4:30, and Sunday from 9:00-12:30 and 12:00-5:00. Pat and Jeanie need volunteers for all of these time slots. If you can make any - or all - of these it would really help. If you can't make a whole segment, they especially need help from 4:00-5:00 each day, to put the bikes under cover on Saturday, and return the unsold items on Sunday. As an added treat, George and Pat Vassos are leading a Dinner Ride on Sunday, after it's all buttoned up.

If you haven't already signed up, please contact Pat Schramm at 228-0064.
Where else can you get a chance to have fun and do good at the same time?

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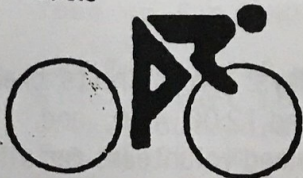
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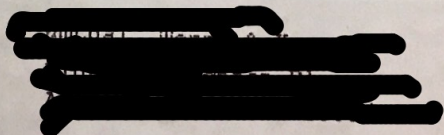
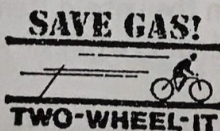
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MEETING: MAY 25 RECREATION PARK 8 PM.

Howdy all,

How often have you heard someone on a ride say that they're not sure where they are in the Northwest suburbs when they're at the mid point of the ride? Sometimes it only takes a few turns in a new subdivision or out-of-the-way area to confuse and disorient a person. Due to this common problem, I'm naming the rest of May and June as "Plan a Bike Ride Months". It doesn't take much to plan a ride. Start with a map and plan a general direction of a favorite destination then get out and ride or drive in the direction of your choice with your pen, paper and map. Choose roads that are infrequently traveled if possible and plan to cross major routes at a signaled intersection. Make changes as necessary to avoid construction or poor roads. Before you know it you'll have covered several miles and have a good ride for a Tuesday night or a Saturday/Sunday ride. Try it with a sense of adventure and see how enjoyable it is!

Spring is a great time to get out and ride. Flowers are blooming and have scented the air; trees are beginning to blossom and leaf. You have a choice of riding in the cool, crisp morning or evening or in the warmth of the midday sun. Try to set a realistic goal or ride a little longer and further each time you depart.

As you set out on a solo ride or with a group, remember to follow the rules of the road

1. Use you hand signals for turns and stops.
2. Ride on the extreme right hand side of the road.
3. Obey all traffic rules.

When riding with a group:

4. Point out hazards. i.e.: glass in the roadway, pot holes, etc.
5. Warn others about traffic; car back, car up, etc.
6. Let the ride leader know if you need to leave the group.
7. Ride single file.
8. Most of all; Wear your helmets and other safety equipment at all times.

Ride smart and safe,
Chris



BIKE MONTH

BICYCLE USA News



Congratulations



To Elida and Don Derebey, they are proud Grandparents of twins.
Christopher and Joshua

Never Sell Your Body Short

By George Sheehan, M.D.

The warnings about the dangers of excessive exercise are no more than a current manifestation of an old human failing: our tendency to see man as a fallen creature with limited powers. We emphasize these imagined limitations rather than recognize our almost limitless potential.

"I think it fair to say," wrote psychologist Abraham Maslow, "that human history is a record of the ways in which human nature has been sold short."

The same could be said of medical history. It's a record of the ways the body has been sold short.

A rush to fitness occurred in the 1890s when bicycling became popular. Then as now, some physicians viewed this phenomenon with alarm. The body, they said, was not capable of meeting the demands of this unnatural machine. This apparently is the reflex response of doctors confronted with a new mode of conditioning.

In a letter to the *New England Journal of Medicine*, Dr. Mark Sherman of Springfield, MA, has reported his research on the medical reaction to cycling. This "hygiene of the wheel," said Sherman, began in the early 1890s, and physicians constantly found reasons to suppose such activity dangerous.

Medical journals ascribed all sorts of ailments to cycling. Even a new medical category was developed: the diseases of cycling.

Dr. George Sheehan, *body poet*, is *Medical Editor of the The Runner*.

Curvature of the spine, considered an inevitable outcome, was discussed extensively as "cyclist's figure," "cyclist's spine" and "cyclist's stoop." Some doctors worried that this disorder would be transmitted from the cyclists to their offspring. Manufacturers were urged to develop a "health bicycle" propelled by a person sitting erect. You may laugh, but nearly a century later runners are warned that their "unnatural" activity may cripple them permanently.

Cyclists were thought to have a greater tendency to appendicitis and hernia. They were also cautioned against "cyclist's throat" due to cold air, dust and bacteria. Runners are now told that the harmful effects of air pollution outweigh any advantage from running.

Physicians of the 1890s worried about the cyclist's grim countenance. "Bicyclist's face" was characterized by the peculiar strained look produced, said the doctors, because of the excessive tension on two-wheeled machines. These days, I hear the same observation from many of my medical colleagues, who say, "I have never seen a smiling runner."

That women should indulge in cycling was special cause for alarm. "As women took to the wheels," writes Sherman, "great concern was expressed by society in general and the medical establishment in particular." The worry was about such things as uterine displacement, distorted pelvic bones, hardened pelvic floor and restricted birth channels. We now hear

such worries about female runners.

And, of course, then as now there was concern for the heart. "Bicycle heart," the physicians speculated, could be caused by rapid pulse. Runners are warned now that there are just so many beats in the heart muscle, and running will use them up prematurely.

Fortunately, there are always those who recognize that actual benefits outweigh any speculative risks. In an 1894 editorial, "The Dangers of Cycling," the *Boston Medical and Surgical Journal* took a stand: "Too many good things result for physicians to be easily alarmed and dissuaded from believing in 'wheeling.'"

The same can be said about today's runners and other exercisers. They no longer can be alarmed or dissuaded. Too many good things are happening. They are becoming athletes. They are learning the farther reaches of their physical natures. They will never sell themselves short again.

Maslow suggested that we would learn our own possibilities for spiritual growth, value growth and moral growth by studying our most moral, ethical and saintly people. What these good people think is good is good indeed.

Similarly, physicians should be discovering our physical possibilities by studying the best physical people. Through observing excellence, they can learn how excellence is attained. By finding out what makes for the athletic life, they can teach their fellow citizens to be athletes. ♥

NOTE: We are making the Blackhawk Metric Century a club ride. See the Insert in this newsletter for more information. We will be leaving from Frontier Park at 6:30 AM on Sunday May 29th. If you plan to attend and/or need a ride get information to Chris VanDornick no later than May 17th.

WHAT:

**BLACKHAWK BICYCLE CLUB
METRIC CENTURY RIDE**

WHEN:

Sat. May 28 & Sun. May 29.
Registration 7-10 a.m.

WHERE:

Atwood Homestead Forest Preserve.
8900 Old River Road. North of
Rockford.

ROUTE:

Well-marked country roads in
northern Ill. and southern Wis. 50 or
100 kilometer routes. (Same both
days)

FEE:

If postmarked before May 22:

Individual ----- \$6.00
3 Family members ----- \$14.00
Each additional member ----- \$2.00

After May 22:

Individual ----- \$7.00
3 Family members ----- \$16.00
Each additional member ----- \$2.00

SERVICES:

Map & cue sheet, marked route, sag
wagon, rest stops stocked with home
made cookies & cool drinks.

Decorative patch and hot lunch (at
end) included in registration fee.

AT THE SWAP "88"

To all you swappers
Young and old
Tall and short
Big and small
Here and there
You know who you are!!!

THANK YOU

A special thanks to John Amling of
Winkelman's Bike Shop for his generous
donation of the scrumptious coffee
cakes on Saturday morning.

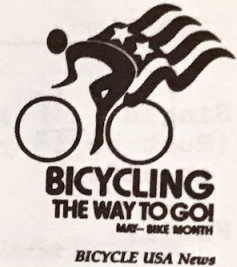
FOR SALE:

Cannondale 23" custom touring. Racks,
bags, computer and fenders. Campy hubs,
Deore XT derailleurs, much more.
Excellent condition, asking \$800.00.
Call Bob Hall or John at 253-0350

WANTED TO BUY:

Tandem 23" x 21" Call collect after 4 PM.
Stephen Grube --- 309-745-8085

Tandem: Call Maureen Harris 815-344-2994



DEADLINE FOR THE JUNE NEWSLETTER IS MAY 29.

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	_____	_____
	_____	_____

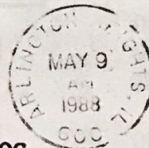
Interested in: Rides 10-25 miles 25-50 miles 50-100 miles
 Weekend tours Camping Motels

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



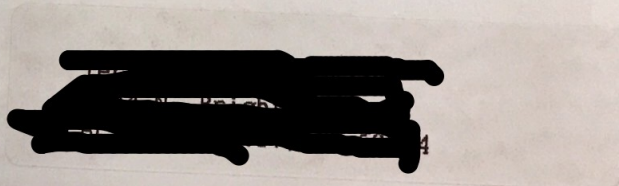
ARLINGTON HEIGHTS BICYCLE ASSOC
660 NORTH RIDGE AVENUE
ARLINGTON HEIGHTS, IL
60004



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

SAVE GAS!

TWO-WHEEL-IT



THE



President:	Chris VanDornick	259-7917
Vice Pres:	Bob Browning	537-3391
Secretary:	Linda Anderson	255-3173
Treasurer:	Don Derebey	255-3422
Membership:	Nancy Marum	253-2385
Newsletter:	Pat Vassos	392-5450

MEETING: June 22 Recreation Park at 8:00 PM.

DEADLINE: July newsletter is June 30.

Hello again:

I'm glad to see improvements occurring within this club. We're getting more people out on the rides, new people as well as the more familiar faces. People are asking neighbors and friends out to join us for a ride. More people are riding smart and wearing their helmets. New people have gotten involved in our club functions. I am very encouraged by the support and participation of this club.

Now that it appears summer is here, it is important to realize the change in the amount of fluids your body needs. During the outings and activities in warm weather, your body needs more fluids to help regulate body temperature and improve digestion. Light meals with plenty of fluids are best during the summer. Plan ahead for a warm day ride by freezing your water bottle the night before. Drink plenty of liquids like fruit juices and water prior to a warm day ride and make sure you'll have enough to make the ride.

Also remember, the sun can sap your energy. Wear lightweight light-colored clothing and protect your skin with a sun-block. Fellow bikers, remember to bike smart and safe.

Your Prez, CHRIS

ARLINGTON 500 PRE-RIDE

Over twenty bicyclists participated in the Arlington-500 pre-ride on Saturday May 7. Many of our new members showed up including some of our Tuesday night riders. Six members elected to ride the metric century route and check the arrows for clarity and accuracy. The route was well marked and easy to follow.

However on Sunday a new arrow pointing away from the route appeared on Oakwood Drive near Wauconda. Several riders on the long route rode in circles before discovering someone had changed the route.

Bob Hinkle

The 1988 season started off with a very good turnout for both Tuesday night rides and our weekend rides. We are averaging 14 riders on Tuesday night with a high of 20 riders. We had 23 riders on the pre-Arlington 500 ride, 22 riders on the "Aunt Mary's Ride" and 25 riders on the Lambs Farm Ride. The encouraging thing is that we are seeing a lot of new faces on our rides with a fresh sense of enthusiasm and eagerness to increase their skills and endurance.



Beginning June 7th Tuesday night rides begin at 7 p.m. Pat and George Vassos will be the Tuesday ride leaders for the month of June and Linda Anderson will lead Tuesday night rides during July.

Dottie Tockey will lead Wednesday morning rides beginning July 13 from Rec Park at 9 a.m., call Dottie at 392-2709 to confirm the exact starting location which may vary from week to week.

The June 11 & 12 overnite trip to Chain O Lakes State Park has been changed to "WHITEWATER WEEKEND" a Jerry Goldman ride that has received rave reports from several members. See the enclosed flyer for more details.

Another addition to the schedule will be a ride to Brookfield Zoo led by Dave & Chris Van Dornick on July 31- more details in the next newsletter.

There is plenty of room in our ride schedule for additional rides. Usually only one ride has been scheduled for each weekend, so if you have a favorite ride that you would be willing to share with us please see me about including it in our schedule. We have started the ball rolling with increased interest and participation in our rides - Now lets keep it up.

We will try to get our ride leaders to write a brief synopsis of their rides to be included in the newsletter. If anyone has any constructive ideas on how to improve our rides or our program please discuss it with one of the officers or bring it up at the next meeting.

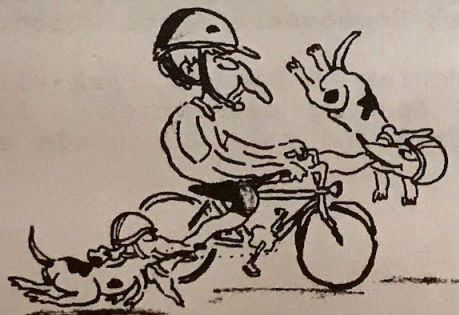
We will have a guest speaker at our June 22nd meeting - so let's be on time. Keith Kingbay a retired executive with Schwinn and our Region 8 Director for LAW will talk about touring and how to properly pack your gear. Keith has also raced his Schwinn Paramount all over the world and will share some of his experiences with us.

Bob

RIDE SCHEDULE

- JUNE 4** Sat. 25 miles Pace Z 9:30a.m. Fox River Trail. Starting location St. Charles. Follow Indiana St. down to the foot bridge at the river. Enjoy spring along the Fox River thru historical river valley towns.
Linda Anderson 255-3173
- JUNE 11-12** Sat.-Sun. 50 or 75 miles Pace YZ Whitewater Weekend. Starting location - Genoa City, WI. Overnight at University of Wisconsin, Whitewater.
\$44.00 fee includes buffet dinner Sat. and breakfast Sun., baggage truck, picnic and "bikers hour" at rides end. For more info. contact:
Jerry Goldman 695-7964
- JUNE 12** Sun. 36 miles Pace Z 9a.m. North to Botanical Gardens. Starting Location Parking lot Devon and Caldwell Ave. Enjoy a nice easy ride on the bike trail and see how your flower garden SHOULD look. Lunch at Botanical Garden bring or buy.
Ralph Cochrane 991-9096
- JUNE 18** Sat. 46 miles Pace Y 9 a.m.. Covered Bridge Ride - Starting Location Frontier Park. Interested in Covered bridges? Come on and ride with us to see them. Bring a lunch or eat at the Penney Tap.
Elida Derebey 255-3422
- JUNE 26** Sun. 60 miles Pace Y 8a.m. Crystal Lake Regatta - Starting Location. Frontier Park. Watch the cardboard fleet float or sink.
Bob Hinkle 259-1423
- JULY 3** Sun. 30 miles Pace Y 8a.m. Breakfast Ride to Barrington. Starting Location Frontier Park. Back before noon.
Chris and Dave VanDornick 259-7917
- JULY 4** Mon. 5 miles Pace ZZZZZZZZZZ Ride in the Arlington July 4th parade.

BICYCLE USA



Warren Solomon—Freewheeling Australia



Semi diamond 1889

Do not feel eccentric. Helmet use cuts across class barriers.



Village of Arlington Heights

MUNICIPAL BUILDING • 33 S. ARLINGTON HEIGHTS ROAD 60005

Area 312/253-2340

Press Release

NEW BIKEWAY TO OPEN

Arlington Heights and Rolling Meadows bicyclists who've longed for a convenient way to ride to the bike trail in Busse Woods have their wish. A new bikeway between Pioneer Park in Arlington Heights and the Golf Road underpass at the Northwest Tollway will officially open with a short ceremony at 4 p.m. on Saturday, June 18, 1988 in Busse Woods near the Golf Road parking area. The rain date is Sunday, June 19 at 4 p.m.

The new bikeway provides direct access to the popular bike trail in Busse Woods. The bikeway travels over Village streets and designated sidewalks as it makes its way from Pioneer Park to Busse Woods. Signs are posted along the route identifying it and giving bicyclists direction.

Bicyclists are reminded that they should use extreme caution when crossing the busy intersections on the bikeway and observe all traffic laws. When riding on sidewalks, crosswalks and bicycle paths bicyclists are required to give the right-of-way to pedestrians and give an audible warning to pedestrians before overtaking and passing them.

The new bikeway is a cooperative effort between the Village of Arlington Heights, the City of Rolling Meadows and the Rolling Meadows and Arlington Heights Park Districts, and was funded, in part, by contributions from homeowner groups and businesses, including Union Oil and Marquette Properties, Surrey Ridge West Homeowners Association and Heritage Park Homeowners Association.

A bike ride from the site of the ceremonies to Pioneer Park will begin at the conclusion of the grand opening ceremonies. All interested persons are invited to attend and take advantage of the newest area bicycle feature.

NEW MEMBERS

Sandra G. Arron
414 W. Elm Street
Arlington Hts., IL 60004
255-1682

Bette & Merrill Clark
1112 N. Princeton
Arlington Hts., IL 60004
259-7243

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

Marylou Cook
2702 Oriole Lane
Rolling Meadows, IL 60008
398-2568

Bob Groves
1836 N. Chestnut
Arlington Hts., IL 60004
259-4139

Jerry Hill
787 E. Overland Ct.
Roselle, IL 60172
393-3149

Ken Janhke
301 Harriet St.
Thornton, IL 60476
877-6542

Herb & Mary Jensen
886 Parkview Lane
Des Plaines, IL 60016
824-0712

Andy Levine
9643 Kedvale
Skokie, IL 60076
675-2298

Bob Lippold
1634 N. Evergreen
Arlington Hts., IL 60004
870-0337

Helen (Scotty) Moorman
445 S. Cleveland Ave.
Arlington Hts., IL 60005
255-3256

Mary Reinhart
225 S. Rohlwing Rd. #107
Palatine, IL 60067
934-4764

Alva Thomas
4159 Bloomington Ave. #204
Arlington Hts., IL 60004
577-9755

Donald & Barbara Tyrell
1019 N. Drury Lane
Arlington Hts., IL 60004
253-4043

Chris Wagner
2746 College Hill
Schaumburg, IL 60173
397-7217

Jim & Anita Netzel
5237 W. Washington St.
Skokie, IL 60077
674-1282

Dick & ME Spirek
1313 N. Rand Road
Arlington Hts., IL 60004
398-1650

Village Cycle & Sports
61 Park & Shop
Elk Grove Village, IL 60007
439-3340

TOP 20 MILEAGE LEADERS THRU MAY 29

1.	Bob Hinkle	304	11.	Elida Dereby	134
2.	Gervase Hill	274	12.	Don Dereby	121
3.	Bob Browning	203	13.	Roy Euclide	105
4.	Hans Predel	192	14.	Jane Gabriel	99
5.	Jim Shoemaker	187	15.	Sandi Hayden	97
6.	Chris VanDornick	178	16.	Earl Mason	96
7.	Greg Konieczny	159	17.	Chris Wager	94
8.	Emil Donkers	152	18.	Bob Lippold	92
9.	Dave VanDornick	143	19.	Esther Barringer	89
10.	Al Purzycki	140	20.	Geri McPheron	85
			20.	Dave VonBergen	85

ARLINGTON "500" UPDATE

Despite the inclement weather (Thunder, lightning and a downpour) our "500" was a rousing success. 232 riders endured the elements to enjoy our routes.

The success of our "500" depends on many things, among them is the assistance of our membership to help with the routes, registration and sags. Give yourselves a great big round of applause, I couldn't have done it without you.

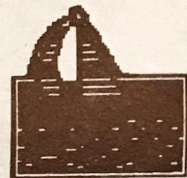
This year we had a new element to assist us with the communications. Three (3) area ham radio operating clubs were involved. A special thanks to all of the ham radio operators who volunteered their time and talent to provide us with communication.

When the ride was over and all money and treats counted, we had an excess of apples and bananas. They were donated to Maryville, a home in Des Plaines for children; they were very appreciative of our gift.

Again, thanks to all of you who volunteered your time and talent to make our "500" such a success. If you have any comments or constructive criticisms, please call and let me know as I wish to make this ride a bigger and better one next year.

THANKS,

CHRIS HAYDEN



ATTENTION: All persons planning to ride to Crystal Lake for the cardboard boat races on June 26. Tickets are necessary to view the races. I have purchased 14 (fourteen) which will be available on a first-come, first-serve basis. If more tickets are necessary, they can be purchased at Spies store or Citicorp Savings. Call me at 259-7917 with any inquiries.

CHRIS VAN DORNICK

The Tuesday night rides will be at 7 PM beginning June 7. At the June meeting it will be discussed whether the starting time will remain at 7 PM or return to 6:30 PM for the July rides.

Emil Donkers has planned to ride BAMMI this year and asked for sponsors. The Arlington Heights Bicycle Association has sponsored him for \$100.00.

NOTE: There are Biking videos available at the Library for any residents who have an Arlington Hts. Library card.



BICYCLE USA News



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

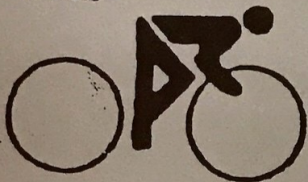
Interested in: Rides ___10-25 miles ___25-50 miles ___50-100 miles
___Weekend tours ___Camping ___Motels

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

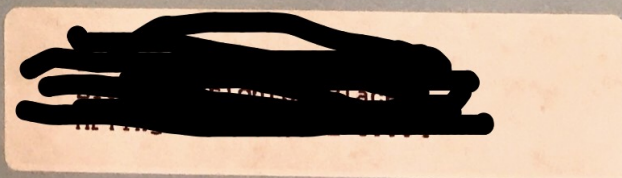


ARLINGTON HEIGHTS BICYCLE ASSOC
660 NORTH RIDGE AVENUE
ARLINGTON HEIGHTS, IL
60004



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

SAVE GAS!

TWO-WHEEL-IT



THE



SPOKEN
WORD

President:	Chris VanDornick	259-7917
Vice Pres:	Bob Browning	537-3391
Secretary:	Linda Anderson	255-3173
Treasurer:	Don Derebey	255-3422
Membership:	Nancy Marum	253-2385
Newsletter:	Pat Vassos	392-5450

MEETING: JULY 27 RECREATION PARK AT 8:00 PM.

DEADLINE FOR AUGUST NEWSLETTER IS JULY 29

HOWDY FOLKS:

Has anyone ever questioned you about why you ride? What do you tell them? Maybe its the challenge of going farther each time or pushing yourself more, or possibly a convenient way to exercise and see friends at the same time. You may not have an answer, especially on a day when weather conditions are not the kindest and you think of 101 other things that it may be better to be doing. It may not be something that can be explained with one simple statement. Each person may have his own reasons. Whatever it is, we must enjoy it or we wouldn't keep at it.

I am pleased with the larger number of people coming out on Tuesday and weekend rides. With these larger numbers, safety becomes a more prominent issue. Just a few tips for your safety on any ride are: ride single file especially on frequently traveled streets, plan ahead where you would adjust your position in the lane should traffic increase, watch out for car doors opening on parked cars as well as cars pulling out into traffic, warn fellow cyclists of potholes or glass or oncoming traffic which may cause them to react suddenly or have to change their position in a hurry. Don't follow too close either; if the person riding in front of you stops suddenly you could run into him or her and cause others to injure themselves.

The next time someone asks you why you wear a helmet - tell them you have enough brains to want to protect them!

See the note in this newsletter on the upcoming club picnic to be held August 21st.

Bike smart and safely,
The Prez, Chris

Summer is upon us and we have been blessed with great biking weather. In fact, we have seen so little rain that a group on Tuesday night last week decided to ride all the way out to Dundee and Kennicott in the rain just to celebrate.

At the last meeting Keith Kingbay gave an excellent presentation on the proper fit of your bike and how to set it up for the best comfort and efficiency. I think most of us gained something from the presentation whether we were new or experienced riders. In keeping in step with a program to help us enjoy our sport more the next logical step is how to handle basic maintenance on your bike. After all a bike that operates properly, brakes that will stop you safely, shift easily and rolls easily is a pleasure to ride.

Bikes Plus will conduct a clinic at our next meeting on maintenance that you can do on your bike.

I have updated our mileage log for rides through June 26 and listed the top 20 again. I hope that someone will challenge Bob Hinkle for the lead. How about it Don Dereby or Jerry Hill?

I have also put together a list of Invitational rides that may be of some interest to you. September is traditionally century month for LAW and many of us are looking forward to earning a patch signifying that achievement. There are several rides listed that will help you build up your stamina for a 100 miler.

See you at the next meeting.

Bob

CRYSTAL LAKE REGATTA RIDE

By far the toughest ride of the year was the Crystal Lake Regatta Ride. The temperature reached 103 and riding into the teeth of a brisk west wind made the going tough. McDonald's and shade trees were welcome, but the hills weren't. We arrived at Crystal Lake just in time to see the first heat begin.

There were all kinds of cardboard boats: A Viking boat, the Yellow Submarine, the Big Cheese, one shaped like a Whale, another like a Van, then there were the Three Little Pigs, etc. Some boats were very sea worthy; others tipped, spilling their occupants into the lake; and a few boats simply disintegrated and disappeared under the water. My son's "Kwiki Boat" lived up to its name "Going Nowhere". It didn't, but at least it didn't sink.

The thirty mile ride back to Arlington Hts. was still hot but made easier with a tail wind. A special thanks to Jim Shoemaker who followed us in his car providing us with water and seeing to it that we all made it back safely.

Bob Hinkle

RIDE SCHEDULE

- JULY 9 SAT. 60 MILE PACE Y 8 A.M. SEARCH FOR THE 25 CENT ICE CREAM CONE. STARTING LOCATION - FRONTIER PARK - MYSTERY RIDE.
BOB HINKLE 259-1423
- JULY 16 SAT. 58 MILE PACE Y 8 A.M. VOLO BOG RIDE. STARTING LOCATION FRONTIER PARK OR 40 MILE RIDE FROM KILDEER SCHOOL AT 9 A.M. EXPLORE THE ONLY REMAINING QUAKING BOG IN ILLINOIS WITH A QUARTER MILE WALK ON A FLOATING BOARDWALK. BRING LUNCH.
BOB LIPPOLD 870-0337
- JULY 23 SUN. 36 MILE PACE Y 9 A.M. SIDE STREETS TO FT. SHERIDAN. STARTING LOCATION - CORNELIA LUNT PARK, CHURCH AND JUDSON STREETS, EVANSTON. A PLEASANT RIDE ALONG THE TREE LINED STREETS OF THE NORTH SHORE. VIEW MANY OF THE OLD MANSIONS ALONG THE LAKE FRONT.
BOB BROWNING 537-3391
- JULY 30 SAT. 55-60 MILE PACE Y 8 A.M. BROOKFIELD ZOO. STARTING LOCATION- LIONS PARK IN MOUNT PROSPECT.
CHRIS VAN DORNICK 259-7917
- AUG 7 SUN. 40 MILE PACE Y 8 A.M. OVALTINE RIDE. STARTING LOCATION BUSSE WOODS PARKING LOT, HIGGINS RD. AND ARLINGTON HTS. RD., BY THE ELK. NEW RIDE TO ELMHURST.
CHRIS AND SANDY HAYDEN 586-0691
- AUG 13 SAT. 39 MILE PACE Y 8 A.M. SCENIC TOUR OF BARRINGTON. STARTING LOCATION - NORTH PARKING LOT HARPER COLLEGE. NORTH AND SOUTH BARRINGTON, BARRINGTON HILLS AND THE SPRING LAKE FOREST PRESERVE ARE ALL INCLUDED IN THE SCENIC AND PLEASANT RIDE. AND A SUPER BONUS: WALTER PAYTON'S HOME!! BRING LUNCH OR BUY AT THE PENNY TAP.
CAROL PANCYK 394-1983
- AUG 21 CLUB PICNIC AT BUSSE WOODS. THIS DATE WILL BE AIMED AT FAMILY FUN AND HOPEFULLY WILL INCLUDE SOME ACTIVITIES OTHER THAN BICYCLING. LOOKING FOR PERSONS WITH OUTDOOR GAMES SUCH AS VOLLEYBALL, HORSESHOES, CROQUET, ETC. ALSO LOOKING FOR SOMEONE TO BE FOOD CHAIRPERSON TO ACTUALLY GO AND PURCHASE THE FOOD. IF NO ONE COMES FORWARD I WILL APPOINT SOMEONE TO BE FOOD CHAIRPERSON. THE CLUB WILL BE PAYING FOR IT AS AGREED TO AT THE MEETING IN JUNE. OTHER IDEAS ARE ALWAYS WELCOME.
CONTACT CHRIS VAN DORNICK AT 259-7917

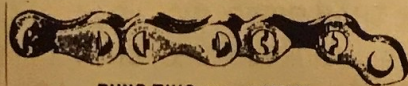
TOP TWENTY CLUB

1.	BOB HINKLE	528	11.	HANS PREDEL	230
2.	JERRY HILL	434	12.	JANE GABRIEL	225
3.	BOB BROWNING TIE	372	13.	AL PURZYCKI	220
3.	JIM SHOEMAKER TIE	372	14.	GERI MC PHERON	182
5.	CHRIS VAN DORNICK	329	15.	EARL MASON	164
6.	GREG KONIECZNY	322	16.	ROY EUCLIDE	156
7.	EMIL DONKERS	283	17.	RALPH WALLACE	146
8.	DAVE VAN DORNICK	266	18.	SANDI HAYDEN	143
9.	DON DEREBEY	261	19.	BOB LIPPOLD	138
10.	ELIDA DEREBEY	261	20.	CECILLY ROOD	130

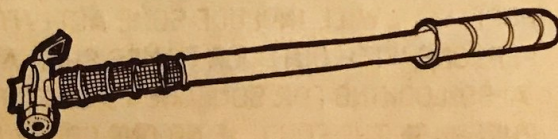
INVITATIONALS

- JULY 24** SUN - CAPRON, IL; MONEY METRIC CENTURY; 9 AM AT LEGION HALL; 50,100 KM. FLAT; \$5; INCL. MAP, PATCH, ROUTE MARKINGS, FOOD; T-SHIRT AND BANQUET ADDITIONAL; ULTRA-WEEK, LON HALDEMAN, P.O. BOX 73, HARVARD, IL 60033 (815)943-3171
- JULY 31** SUN - GLEN ELLYN, IL; METRO METRIC VIII; 6:30 AM. AT COLLEGE OF DUPAGE; 31,62,100 MI.; FLAT TO ROLLING; \$6 TILL JULY 15, THEN \$8; INCL. MAP, SAG, ROUTE MARKINGS, FOOD, FANNY FLAG; L.A.W. PATCHES; ELMHURST B.C., STEVE WESSELN, P.O. BOX 902 ELMHURST, IL 60126; (312)393-6894
- JULY 30-31** AMISHLANDS AND LAKES, HOWE, IN; 50 MI DAILY; 9 AM; \$9 TO JUNE 30, THEN \$12; MICHIANA BICYCLE ASSOC., JOHN GARDNER 56085 CEDAR RD., MISHAWAKA, IN 46545; (219)256-6735
- AUG 7** MANITOWOC, WI; ICE AGE CENTURY; 7-10 AM. AT SILVER LAKE COLLEGE; 32,64,100 MI.; FLAT TO VERY HILLY; \$8 TILL JULY 17, THEN \$11; INCL. MAP PATCH, SAG, ROUTE MARKINGS, FOOD: LAKESHORE PEDALERS, BILL MONKA, 1037 - 28TH ST., TWO RIVERS, WI 54241; (414)793-2047

THE AUGUST TUESDAY NIGHT RIDES WILL BE LED BY DON AND ELIDA DEREBEY FROM RECREATION PARK BEGINNING AT 7 P.M.



RUNS THIS → WAY



TUESDAY NIGHT RIDES WILL CONTINUE AT 7 P.M. THROUGH THE MONTH OF JULY. LEADER IS LINDA ANDERSON 255-3173

WEDNESDAY MORNING RIDES TO COMMENCE JULY 13. DOTTIE TOCKEY WILL BE LEADING THE WEDNESDAY MORNING RIDES BEGINNING AT 9 A.M.. PLEASE CALL HER TO VERIFY EXACT STARTING LOCATION WHICH WILL VARY FROM WEEK TO WEEK.

DOTTIE TOCKEY 392-2709

GOOD SAMARITAN AWARD

THE GOOD SAMARITAN AWARD GOES TO JERRY HILL WHO CAME TO THE AID OF ONE OF OUR CLUB MEMBERS ON THE BUSSE WOODS TRAIL. THANKS FOR STOPPING!

IF YOU HAVE HAD A SIMILAR EXPERIENCE, DROP A LINE TO OUR NEWSLETTER EDITOR SO WE CAN GIVE OUR OUTSTANDING MEMBERS RECOGNITION.

MEMBERS NEW AND RENEW

MR. & MRS. R. AUMULLER
930 N. KENNICOTT
ARL. HTS., IL 60004

PATRICIA BASQUEZ
501 E. PROSPECT AVE
MT. PROSPECT, IL 60056

THOMAS BYRNE
2624 N. FORREST LN.
ARL. HTS., IL 60004

JOHN & PAT COLEMAN
2440 WALDEN LANE
ARL. HTS., IL 60004
577-7262

SUE & RICHARD LEVERENZ
105 S. VAIL
ARL. HTS., IL 60005
259-1768

AL NAVICKAS
904 RIDGE SQ. #110
ELK GROVE VLG. IL 60007

NORA PLICHTA
909 E. CENTRAL RD.
MT. PROSPECT, IL 60056

ROBERT W. REES
601 E. PROSPECT 1B
MT. PROSPECT, IL 60056

SUSAN REINERT
225 S. ROHLWING RD. #107
PALATINE, IL 60067

BILL RICHARDSON
721 S. BEVERLY LN.
ARL. HTS., IL 60005
253-1285

CHARLIE & CYNTHIA SCHMITZ
11 W. HAWTHORNE
ARL. HTS., IL 60004
392-9268



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

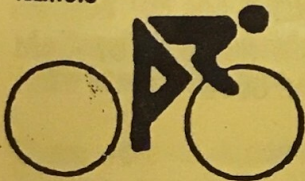
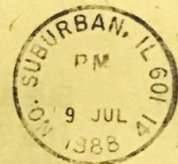
___Weekend tours ___Camping ___Motels

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



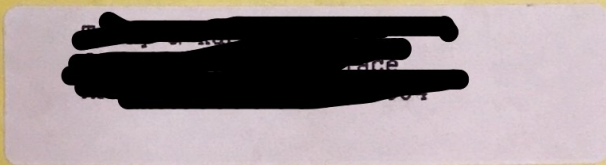
ARLINGTON HEIGHTS BICYCLE ASSOC
660 NORTH RIDGE AVENUE
ARLINGTON HEIGHTS, IL
60004



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

SAVE GAS!

TWO-WHEEL-IT



THE


SPOKEN
WORD

President.	Chris VanDornick	259-7917
Vice Pres:	Bob Browning	537-3391
Secretary:	Linda Anderson	255-3173
Treasurer:	Don Derebey	255-3422
Membership:	Nancy Marum	253-2385
Newsletter:	Pat Vassos	392-5450

MEETING: SEPTEMBER 28TH RECREATION PARK AT 8:00 PM

DEADLINE FOR THE NEXT NEWSLETTER IS SEPTEMBER 30TH

Hey Everybody:

As far as events go, they point to signs of fall being here already. I see students returning to school, football season starts soon, the White Sox are just about mathematically eliminated from the pennants race again (Sorry Sox fans!) and daylight is slipping away faster each evening. Temperatures have been just about perfect, though, for outdoor ventures. Fall is a beautiful time of year to ride. And what do you know: there are still plenty of rides left to enjoy without those hot sticky days we had!

Many other activities start up in the fall. Just as a reminder here are a few: 1. The Hilly Hundred and many other century rides occur in September and October. 2. The Annual Awards Banquet with prizes and awards for everyone who attends is coming up in November, and 3. The Christmas Party in December. Final dates of upcoming events will be published in next months newsletter.

Fall also means elections. The club will be looking for nominations for all offices including President, Vice President, Ride Chairperson, Secretary, Treasurer, Newsletter person, Membership, Bike Swap and Arlington 500 chairpersons, and a Social events - program - refreshments chairperson. Nominate your favorite biker. Lets have some competition this year. Make it exciting!

Many ideas have already surfaced for improvements next year in the ride schedule and other club events. Keep on speaking up! If I forget about something, remind me again!

Remember each time you pedal down the road, keep your eyes and ears open and common sense with you. Bike Smart and Wear your helmet.

Your Prez,
Chris



SPEAKER AT THE SEPTEMBER MEETING WILL BE BOB LIPPOLD WITH SLIDES OF
THE L.A.W. CONVENTION IN ARIZONA

TOP TWENTY CLUB

1.	Jerry Hill	944		12.	Ralph Wallace	398
2.	Bob Hinkle	842		13.	Elida Derebey	384
3.	Jim Shoemaker	795		14.	Jane Gabriel	Tie 282
4.	Greg Konieczny	694		14.	Roy Euclide	Tie 282
5.	Dave Van Dornick	690		16.	Nora Plichta	280
6.	Chris Van Dornick	649		17.	Pat Vassos	268
7.	Bob Browning	599		18.	Hans Predel	266
8.	Emil Donkers	591		19.	Geri McPheron	260
9.	Al Purzycki	463		20.	Earl Mason	237
10.	Don Derebey	462		21.	Bob Lippold	225
11.	Cecily Rood	408		22.	Steve Jenny	212
				23.	Nancy Marum	196

Summer vacations and the hot weather helped turn the mileage chart inside out in August. Jerry Hill has captured the #1 spot plus there has been a considerable shake up in the top 10. All of the ride logs are in except for one (1) Tuesday night in August and the Club picnic ride. I extended the list to the top 23 this month just to add a little extra incentive to everyone to come out for the balance of the season and make the top 20 list.

BOB BROWNING



WALK SITTING DOWN

Long Feathers was one of the first of his race to become civilized. Not long after the white man came to the Oregon Country, Long Feathers joined him and moved to town.

One of the Indian's favorite pastimes was to sit cross-legged at the blacksmith shop, blanket wrapped around his shoulders, intently watching the smithy work the bellows. He was transfixed by the roaring fire and the way the innovative smithy fabricated metal parts for wagons and farm implements, and the way he was able to fit a shoe on even the most stubborn horse.

Long Feathers was a regular fixture all winter. When work was scarce the smithy dug out a pattern and began building a strange metal contraption from spare parts. Long Feathers watched as slowly, over the course of several weeks, the smithy built a bicycle. The wheels were made from wagon wheels cut down in size and altered to make them lighter. The seat was fashioned from a number of interlocking horse shoes.

When the project was finally completed the blacksmith wheeled it outside for a test run. He pushed off, pedaled the length of main street, made a big circle and returned to his shop.

Long Feathers was waiting. He took a thoughtful series of puffs on his pipe, blew away the smoke and addressed the blacksmith, "Hmph! White man plenty smart. Him find way walk sitting down."

ARLINGTON 500

CHOICE OF 2 ROUTES



65 MILES • 35 MILES

- ENJOY THE SIGHTS & SOUNDS OF SPRING
- RIDE ROLLING COUNTRYSIDE IN BARRINGTON INVERNESS BARRINGTON HILLS
- PATCH, CUESHEET, SAGSTOPS

REGISTRATION INFORMATION

Date: **SUNDAY MAY 15TH**

Time: **7-9 AM**

Fee: **\$5.00**

Place: **FRONTIER PARK**

KENNICOTT & PALATINE RDS

ARLINGTON HTS., IL



HELMETS
RECOMMENDED

* For more information contact chris@ 506-0691

MILWAUKEE RIDE* AUGUST 28TH

Only three others came for the ride besides Dave and myself. But those who did were pleased with the ride. We biked south along the lakefront in Milwaukee then west through more rural areas of Milwaukee's south side, then north through beautiful parkways. We took a break at the Botanical Gardens just off the trail, then continued mostly north then east on the bike path and some streets then south to the Marina where we began. Great temperatures and a gorgeous day made this ride a memorable one.

Chris Van Dornick



INVITATIONALS

SEPT. 18 THE NORTH SHORE CENTURY, 25, 50 or 100 miles; Contact Evanston Bicycle Club, P.O. Box 1981, Evanston, IL 60204-1981; 866-7743

SEPT. 25 THREE OAKS, MICHIGAN; APPLE CIDER CENTURY; daybreak at River Valley H.S.; 25, 50, 75, 100 miles; flat to mod. hilly; \$20 till July 31, then closed; incl. map, patch, sag, route markings, food, dinner, camping; Three Oaks Spokes, Bryan Volstorf, 110 N. Elm, Three Oaks, MO 49128; (616) 756-3361

SEPT. 25 FIFTEENTH ANNUAL FALL FRENZY; 30, 62 or 100 miles; Include patch, map, sag, rest stops with adequate rest room facilities, and a chicken dinner. Contact T.J. Burdsall, Aurora Bicycle Club, Box 972, Aurora, IL 60507; 896-0640.

RIDE SCHEDULE

Sept. 17/18 Sat. & Sun. 64 miles Pace Y 11 a.m. Elroy-Sparta Trail. Starting Location Campground near Wilton, WI. The old Chicago and Northwestern Railroad bed has been converted to a hiking/bicycling trail. The trail is 32 level miles in length and passes through 3 tunnels and beautiful hills of the Hidden Valleys Country. Tunnel Trail Campground 608-435-6829, Route 1 Box 185, Wilton, WI. Bring flashlights for the tunnels.
Ralph Wallace 394-0233

Sept. 24 Sat. 30 miles Pace Y 10:30 a.m. Kurt's Apple Cider ride. Starting location 16 James Ct., Hawthorne Woods. Joint ride with Wheeling Club. Picnic after ride.
Kurt Schoenhoff 540-0861

Oct. 2 Sun. 36 miles Pace Y 10 a.m. College Campus Cruise. Starting location Chamber Park, Wheeling, Wolf Rd., north of Dundee Rd. Ride through 3 campuses and the prettiest parts of Lake Forest. Magnificent buffet lunch served at Lake Forest College for an unbelievably low price.
Don Derebey 255-3422

Oct. 8 Sat. 40 miles Pace Y 9 a.m. McHenry Dam Ride. Starting location - Kildeer school. Bring lunch. Country roads through Lake County to McHenry Dam State Park.
Ralph Wallace 394-0233

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

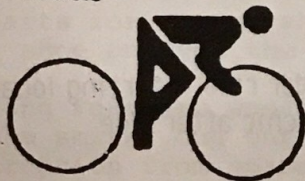
Interested in: Rides __10-25 miles __25-50 miles __50-100 miles
____Weekend tours ____Camping ____Motels

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Treasurer:	Don Derebey	255-3422
Membership:	Nancy Marum	253-2385
Newsletter:	Pat Vassos	392-5450

Meeting: Recreation Park at 8:00 PM October 26, 1988
Deadline for the next Newsletter is October 30, 1988

Hi All You Biking Folks,

Yes, it is October already. Where in the heck has the summer gone? Now we have to prepare for all the weird things that this beginning month of fall can mean. You could leave on a ride in the morning, having to dress for near winter-like conditions, strip down later to accommodate a warm sunny day, and maybe later have to put on the rain gear as a storm moves in! You practically need to pack a suitcase for a day long ride!

There are a couple of very good rides left on our ride schedule which can offer the scenic beauty of fall in the Northwest suburbs. One has been added to the original schedule on the weekend of October 21-22. (Check the newsletter for the pertinent information). The current schedule was run through the end of this month. No rides were scheduled for November. However, that does not mean there won't be any. If you have a favorite ride that you would like to repeat, give me or someone else in the club a call to get the ball rolling. Weather is usually an important factor in planning a ride, so most rides would probably best be scheduled on a short notice basis. This is a beautiful time to ride, so don't waste it!

Just a few notes from the Chicago Bicycle Federation News. The CBF is still trying to get the Winnetka Village Board to rescind the ban on bike traffic to Sheridan Road. Several informational pamphlets are available from the CBF for the cost of a postage stamp. They are: Consumer's Guide to Bicycle Helmets, Chicago Lakefront Path Guide and Map, Safe Bicycling in Traffic, and Bicycle Clubs of Northeastern Illinois. To receive one of these, send a self addressed, stamped envelope along with the name of the pamphlet to: Chicago Bicycle Federation, P.O. Box 64396, Chicago, IL 60664-0396.

As the biking season winds down, start thinking about next year and the new ride schedule. Please consider being a ride leader. Many of the rides taken in the past by the club already have a ride cue sheet so it is easy to follow. If you are asked to lead a ride, think about how easy and enjoyable it can be!

Be prepared for anything and remember to wear your helmet at all times when you are out riding.

Your Prez (for a couple more months)
Chris



1989 SLATE OF OFFICERS

President	Robert Hinkle	If anyone is interested in filling one of these positions, please call Chris VanDornick, Bob Browning, Linda Anderson or Don Derebey.
Vice President		
Secretary	Cecily Rood	
Treasurer	Don Derebey Roy Euclide	



LETS HAVE A REAL ELECTION THIS YEAR!!!!



RIDE SCHEDULE

Oct. 8, Sat. 40 miles Pace Y 9am. McHenry Dam Ride.
Starting location - Kildeer School. Bring lunch. Country
roads thru Lake County to McHenry Dam State Park.
Ralph Wallace 394-0233

Oct. 16, Sun. 85 miles Pace Y 7:30am. Woodstock Jailhouse
ride. Starting location - Frontier Park, 37 miles Broken
Oar near Rawson Bridge Rd., 10am. Pretty ride thru rolling
countryside areas of Crystal Lake, Bull Valley and
Woodstock. Lunch at the very unique Old Jailhouse.
Bob Lippold 870-0337

Oct. 22, Sat. 39 miles Pace Y 9am. Old Fashioned Ice Cream
ride. Starting location - Frontier Park. Pretty ride thru
Forest Preserves, Horse country and areas of beautiful
homes. Lunch at the Ice Cream and sandwich shop or eat your
own in the Park across the street.
Don Derebey 255-3422

Oct. 29, Sat. 30 miles Pace Y 9am. Nancy's Halloween
Hullabaloo. Starting location - Rec. Park. Ride to a
cemetary, 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.
Nancy Marum 253-2385 COSTUME OPTIONAL



A woman who is visually impaired has asked if we know of
anyone who has a tandem and is in need of a stoker. If you
know of anyone who fills those requirements, please contact
Annette Nowakowski at: Home: 902-3529 Work: 744-6991

Here is your chance to help someone and have a great time.

The Bike Route to Busse Woods is now complete. Many thanks
to all who contributed their time, talent and energy to this
worthwhile undertaking. Special thanks to all who
participated in the preparation of the route.

One of our members is looking for anyone who has tickets to
the Hilly Hundred and is unable to attend. She will gladly
buy a ticket from you. Contact: Rosemary Donkers at
537-1521. If no answer, leave message.

COMING EVENTS

Saturday Nov. 19 Armando Q - Annual Recognition Dinner
Cost \$ 8.00 per person

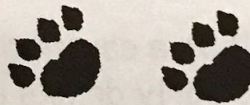
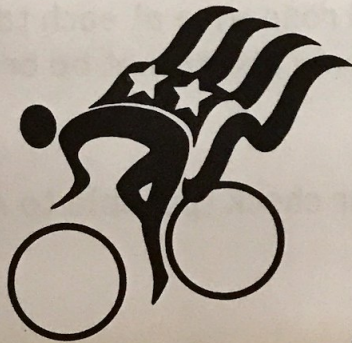
Registration form enclosed



Saturday Dec. 10 Knights of Columbus -
Annual Christmas Party
Pot Luck - The club will purchase
the Entree. More information in the
next newsletter.

COLLEGE CAMPUS CRUISE: This ride to and thru Lake Forest
combines little known Bike paths, three campuses and many
beautiful homes to make up one of the most interesting rides
of the year. The dinner at Lake Forest college, for only
\$3.00, is rivaled only by Bob Hinkles \$.25 ice cream cone!
This is a beautiful ride in a new direction that is
guaranteed to please everyone. Lets do it again in the
Spring and have more of you join us.

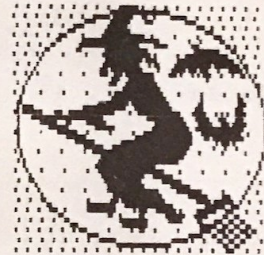
Don Derebey



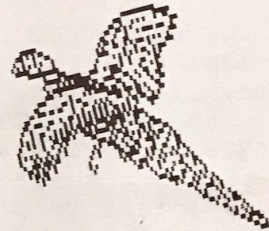
Annual Recognition Dinner

When : Saturday November 19, 1988

Where : Armando Q
310 W. Rand Road
Arlington Hts., IL



Menu : Family Style Dinner
Chicken Vesuvio w/Roast Potatoes
Roast Sirloin of Beef w/Beans Almondine
Minestrone Soup
Fresh Tossed Salad
Mostaccioli with Meat Sauce
Dessert with Coffee, Tea or Sanka



\$8.00 per person.

The Bike Club is picking up the remainder of the cost.

There will be a carafe of white and rose wine at each table.
There are early drinks at the bar only and cannot be brought
to our Dining Room.

Please submit this reservation form with your check (payable to AHBA)
to: Linda Anderson
123 N. Forest
Arlington Hts., IL 60004

Name(s): _____

Number of persons: _____

TOP TWENTY CLUB

1.	Jerry Hill	1043		11.	Don Derebey	479
2.	Bob Hinkle	889		12.	Al Purzycki	472
3.	Jim Shoemaker	883		13.	Elida Derebey	402
4.	Greg Konieczny	770		14.	Nora Plichta	361
5.	Chris VanDornick	716		15.	Roy Euclide	325
6.	Dave VanDornick	715		16.	Geri McPheron	308
7.	Bob Browning	693		17.	Earl Mason	299
8.	Emil Donkers	617		18.	Hans Predel	283
9.	Cecily Rood	510		19.	Jan Gabriel	282
10.	Ralph Wallace	505		20.	Pat Vassos	277

HONORABLE MENTION

21.	Nancy Marum	247		23.	Bob Lippold	225
22.	Steve Jenny	237				

Jerry Hill is still leading the club with 1043 club miles ridden thru Sept. 27. Jim Shoemaker is closing in on Bob Hinkle, only six miles behind, Chris and Dave VanDornick are battling it out for 5th place and Ralph Wallace and Cecily Rood are moving up fast.

Those riders in 15th place on down had better watch out for Bob Lippold - he is leading an 85 mile ride to Woodstock Oct. 16 and I'm betting that rain or shine that ride will go on.

I plan to give certificates to the top 20 riders at the banquet with your miles and final standing, so lets keep pushing to improve our standing.

Don Derebey has agreed to lead an Old Fashioned Ice Cream ride on Oct. 22nd. We will leave Frontier Park at 9am and ride 39 miles thru the beautiful homes of the horse country to our destination.

Lets all come out and join Don and show him our appreciation for coming thru for the club by filling in several holes in our ride schedule.

There are approximately 250 club miles still to be ridden in our ride schedule - come out and join us and enjoy the refreshing cool weather.

BOB BROWNING

The A.H.B.A. received a certificate of appreciation for sponsoring Emil Donkers on BAMMI.

The September meeting was made more enjoyable thanks to Bob Lippold for the lovely slide presentation of the L.A.W. Rally in Flagstaff, AZ. Bob is quite a photographer. The scenery was magnificent in the pictures, it must have been breathtaking if you were there in person. Thanks!!!!!!!



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	_____	_____
	_____	_____

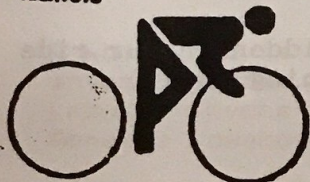
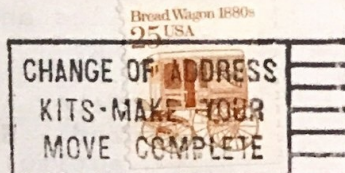
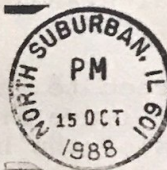
Interested in: Rides 10-25 miles 25-50 miles 50-100 miles
 Weekend tours Camping Motels

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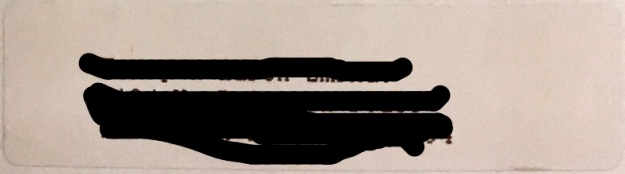


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660 NORTH RIDGE AVENUE
ARLINGTON HEIGHTS, IL
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Treasurer:	Don Derebey	255-3422
Membership:	Nancy Marum	253-2385
Newsletter:	Pat Vassos	392-5450

**Meeting: Recreation Park at 8:00 PM Nov. 23rd.
Deadline for the next Newsletter is November 30, 1988**

Hello Everybody,

I know you've heard me talk about it before and write about it frequently, but here I go again. I cannot stress the importance of helmet use enough. The statistics have proven over and over again that chances of injury to your head decrease phenomenally with the proper use of a helmet. As far as I'm concerned weather should not even be a factor as to whether or not its a good time to wear one. But I've heard it often said, especially during the past summer when we had temperatures at the unbearable stage for weeks at a time that it was "too hot to wear a helmet". You also might say that it is personal choice as to whether you feel that it is OK to wear one. What about the people who would be affected if you were injured from a fall? Think about it! And while you're thinking about it, use you head and secure your investment every time you ride with the use of a helmet!

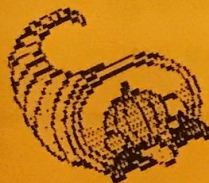
As long as I'm griping, I'll bring up one more issue that bothers me. Often times at a meeting I'll hear a suggestion about an upcoming ride or club event or even the way the club is run. Too often the suggestion falls on deaf ears, or so it seems. The suggestion may be brought up at a subsequent meeting only to get no response at all! If you've got an opinion, even if its negative, at least speak up and let someone know about it. Maybe there's another side of the story that no one else has thought about.

Enough on all that business!

Just a reminder to everyone that the Banquet and the Christmas party are fast approaching. See this newsletter for more details. If you've got any questions about either event, give one of the current board members a call.

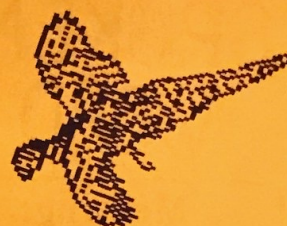
Also remember: No more meetings until 1989 (January)!

Your Prez,
Chris



At the October meeting the club voted on the Officers for 1989. Our new Officers are:

PRESIDENT	BOB HINKLE
VICE PRESIDENT	GERRY HILL
SECRETARY	CECILY ROOD
TREASURER	ROY EUCLIDE



I want to welcome the new Officers and wish them a fantastic year of riding and fellowship.

Our new President is looking for a few good volunteers. We have openings for the following chairpersons: Program, refreshments, patch, safety and Arlington "500". Anyone interested in filling one or more of these slots, please contact Bob Hinkle at 259-1423.

HALLOWEEN RIDE REPORT - SATURDAY OCT. 29



Witches and Goblins braved low temperatures to ride the Halloween Hullabaloo Trail through Arlington Heights, Busse Woods, Elk Grove Village and Itasca to make a brief stop at the Lutheran Church of St. Luke Cemetery. On the return route, a treat of pumpkin bars was found waiting for us at the Wilkersons. Though the winds were brisk, the ride was enjoyed by all.

Nancy Marum

TOP TWENTY CLUB FINAL TALLY

1. Jerry Hill	1215	11. Ralph Wallace	554
2. Bob Hinkle	1099	12. Al Purzycki	515
3. Jim Shoemaker	1006	13. Elida Derebey	496
4. Greg Konieczny	770	14. Nora Plichta	489
5. Chris VanDornick	752	15. Roy Euclide	374
6. Bob Browning	742	16. Geri McPheron	351
7. Dave VanDornick	715	17. Hans Predel	326
8. Don Derebey	691	18. Bob Lippold	305
9. Cecily Rood	643	19. Earl Mason	299
10. Emil Donkers	617	20. Nancy Marum	285

ABC CYCLERY * BOB'S BIKE SHOP * VILLAGE CYCLE & SPORT

PRESENT

THE BICYCLE SHOP

"GARAGE SALE"

Saturday November 19th ONLY

from 10am 'til 5:30pm ONLY

BARGAIN PRICES ON BICYCLES

BARGAIN PRICES ON ACCESSORIES

BARGAIN PRICES ON ALL SORTS OF STUFF!

1 DAY ONLY * 1 DAY ONLY * 1 DAY ONLY

AT

ABC CYCLERY * 45 SOUTH DUNTON * ARLINGTON HTS. * 253-7700

CHRISTMAS PARTY

Entree will be chicken.

KNIGHTS OF COLUMBUS HALL

Bring a pot luck dish to pass

15 NORTH HICKORY

Contact Chris VanDornick

ARLINGTON HEIGHTS

259-7917

SATURDAY DEC. 10TH

OPTIONAL: BRING A GIFT TO EXCHANGE

DINNER 7PM

(MAX \$7.00)

PRESS RELEASE

Schwinn Bicycle Company, Winning and Triathlete magazines present an exciting new idea in bicycle racing competition. Between November 10-20, you have the opportunity to race the "88 Summer Games road race course practically in your own backyard! The race course starts and finishes at either Spoke N Pedal Cyclery in Niles or Winkelmans Schwinn Cyclery in Arlington Heights. The Schwinn Velodyne TM at either location simulates a portion of this event with all the natural elements you'd encounter in this race: wind resistance, pack tactics, hill climbing and, best of all, the competition. Ride on your own bike and race against yourself and others nationwide to compete for prizes totalling over \$100,000!!!

A \$5 entry fee entitles you to a single ride on the simulated race course, a free copy of Winning magazine, a free water bottle and the opportunity to win prizes. Prizes will be awarded on both a local and national level. Prizes will be awarded to national winners for 1st through 3rd place and, in recognition of their achievement, Winning Magazine will photograph and feature the top three finishers in a special article commemorating this event. The national prizes are; a Dura Ace equipped Kestrel bicycle, a Schwinn Aluminum Pro 974 racing bicycle, and a Schwinn Prologue frameset. Local prizes will include Paramount Design Group helmets, computers, gloves and water bottle cages.

Contestants should call Winkelmans a 253-0350 or Spoke N Pedal at 692-4260 for further details or to reserve race times.

The final ride totals are in and Jerry Hill has decisively earned the #1 spot with 1215 club miles ridden. Congratulations Jerry on not only being our top rider but also being elected Vice President/Ride Chairman for 1989.

I thoroughly enjoyed my term as Vice President/Ride Chairman and that was a direct result of all the help and cooperation I received from our members who volunteered to lead rides. I received help from so many people that it would be impractical to list all their names, but two people really need to be singled out for special thanks - Don and Elida Derebey. Elida volunteered to lead beginners rides this spring and Don volunteered to fill in the holes in our ride schedule this fall. That was in addition to the rides they were scheduled to lead. Don and Elida always seemed to be there to help out, lead rides, work the "500" or any other club activity, quietly doing what ever needed to be done; not looking for thank you's. Don and Elida we appreciate you - THANKS!

It was a real pleasure to see our ride attendance increase this year, particularly on our weekend rides. We had many rides this year with over 20 riders, one ride had 25 riders. Our night rides are still increasing too with a turnout of 39 riders on July 19th.

I'm glad to see our new club members becoming active riders too. I suppose we should call Jerry Hill our "Rookie of the Year". New members this year, Cecily Rood, Greg Konieczny, Al Purzycki and Nora Plichta all made the top twenty. Nora would have been even higher on the list except that she rode with us for a couple of months before she joined the club.

New and active members are what it takes to make a club grow and prosper. I am happy to see two of those people, Jerry and Cecily elected as officers for 1989.

Lets all get behind them with the support they need to make this club an exciting and fun organization.

I will publish some additional statistics about of 1988 rides in the next newsletter.

Bob Browning



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

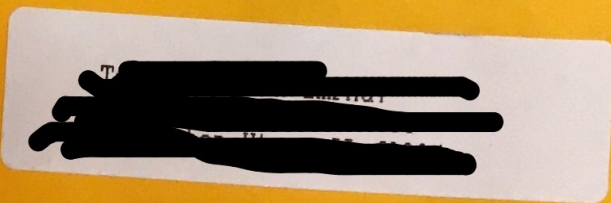
Mail To: Nancy Marum 207 S. Reuter Dr, Arlington Hts.
IL 60005 Questions? call at 253-2385



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



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



THE
SPOKEN
WORD

President:	Chris VanDornick	259-7917
Vice Pres:	Bob Browning	537-3391
Secretary:	Linda Anderson	255-3173
Treasurer:	Don Derebey	255-3422
Membership:	Nancy Marum	253-2385
Newsletter:	Pat Vassos	392-5450

December 1988
Deadline for the next Newsletter is Dec. 30

Hi Everyone,

This is the last time you'll be hearing from me in this form. I have definitely learned in my year long episode as president of this club. When I first was asked to be the president, I don't think I had any idea on what I was in for. I just hope that maybe I inspired a few people to do some thinking in the right direction. Now that winter is upon us and for some of us it means the end of the outdoor cycling season, it is time to start thinking about next year and all those ideas that you've kept suppressed throughout this year. I hope you'll all come out for the first meeting of the new year with a friend and your favorite route sheet. This great idea came from next year's pres, Bob Hinkle. There are also plans to have some cross-country ski outings to make this winter proceed quickly but not without having some fun with it. Don't hibernate this year during the cold season. Turn over a new leaf and get out and do something!

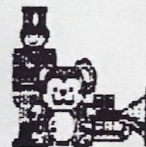
I want to thank everyone who came out to the awards banquet in November. I believe that everyone had a good time and certainly should not have left empty handed. The food was excellent and company was not lacking. Don't forget to come to the Christmas party on December 10 (Saturday).

Thank you for your support throughout the year. It has been a very enjoyable one for me.

Signing Off,

Chris

ANNUAL BIKE SWAP



The Bike Swap will be April 29th and 30th so please plan to give us some of your time.

It is not only a fund raiser for the club, but a public service for the community. Lots of people are happy to have a place to sell their old bikes and get others for the growing kids.

More later, but please, Mark Your Calendars!

Al & Jeanie Gain Swap Chairmen

It's that time of year again for the winter blah's. The cold, rain and snow interfere with our biking fun. Are you worried that the fitness you worked so hard to get this summer will be quickly lost?

In December's Bicycle Guide, Gary Legwold writes "Don't worry too much about losing your training edge". A reasonable winter training schedule can keep you in good shape. If you do nothing at all, it takes a week or two to get out of shape; three to five weeks to "get soft"; and ten weeks to "go to pot", depending on how far from pot you are now. However, if you do some aerobic training, you can maintain fitness for five to fifteen weeks or longer. As long as you maintain intensity and train three times a week.

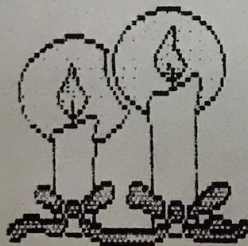
Even though rollers and wind trainers allow you to get the aerobic exercise to keep your muscles in tone, it can get mighty boring. Pedaling in front of the television watching the bicycle tapes of Vermont brings back the memories and fun of last years rides. Don't despare, the Arlington Heights Bicycle Association has a cure. The traditional New Year's Day Presidents Ride.

I have ridden out-of-doors on New Years Day for the last five years. Come rain, snow or shine, there will be a ride even if the driveway has to be shoveled to do it. The weather will determine the length and route. So dress for the weather and come enjoy the fun and chase away those winter blahs. New Year's Day patches will be available and refreshments will be served.

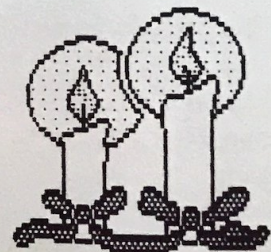
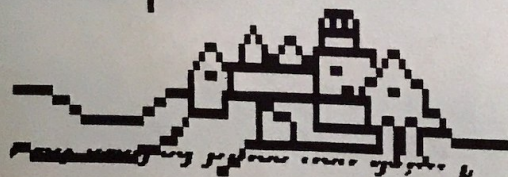
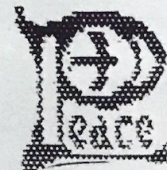
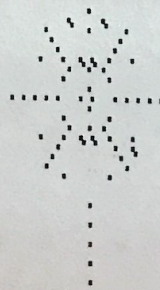
BOB HINKLE

Jan. 1, 1989 New Years Day Ride: 10AM meet at Bob Hinkle's house,
935 N. Mitchell
Arlington Hts.
259-1423

Z Ride
Refreshments



Silent
Night

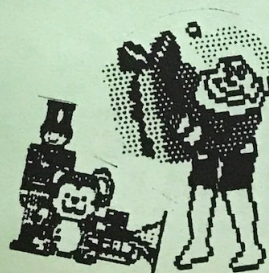
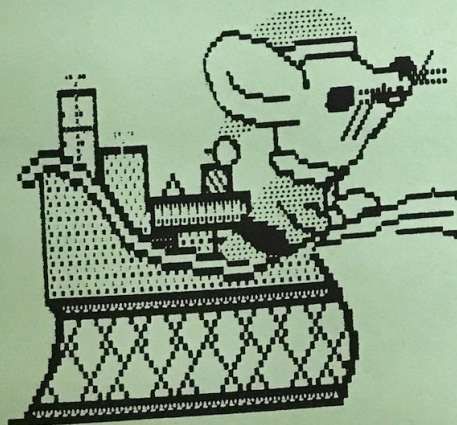
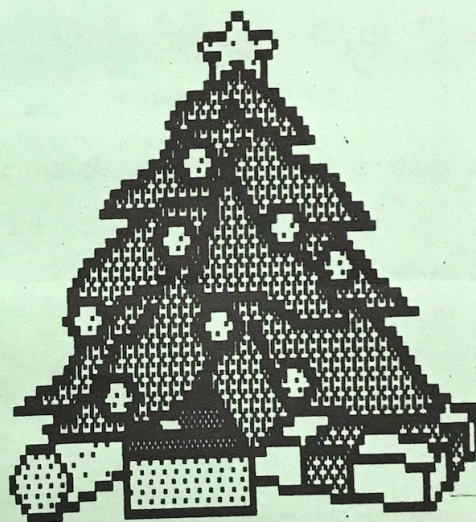
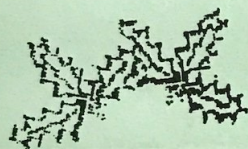


The District 214 Spring Education Brochure, which is due to be mailed out in December, will be offering a Bicycle Maintenance and Repair Class.

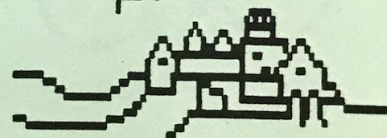
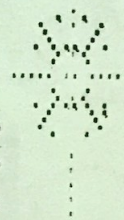
Frank Dypold will again be teaching the 8 week class which starts on February 13, 1989. He has been teaching this class for about 15 years and, as he so well put it, "If you are interested about bicycle maintenance and repairs, this is the class for you!... a modest statement, as any of his past students will tell you.

The class will meet at Rolling Meadows High School on Mondays from 7 PM to 10 PM. The cost will be \$40.00, a modest price for 24 hours of class time. Look for your copy of the brochure in the mail for registration information. If you want to call the District 214 Continuing Education office, their number is 437-4600.

You can spend some of those cold winter nights close to your bicycle after all...getting to know your bicycle this well will give you loads on confidence by the time riding season arrives!



Silent
Night



CHRISTMAS PARTY
KNIGHTS OF COLUMBUS HALL
15 NORTH HICKORY
ARLINGTON HEIGHTS
SATURDAY DEC. 10TH
DINNER 7 PM

Entree will be chicken Cash Bar
Bring a pot luck dish to pass
Contact Chris VanDornick
259-7917
OPTIONAL: BRING A GIFT TO EXCHANGE
(MAX \$7.00)

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

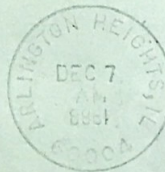
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 Weekend tours Camping Motels

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SAVE GAS!

TWO-WHEEL-IT

