

THE  
  
SPOKEN  
WORD

President:	Bob Hinkle	259-1423
Vice Pres:	Jerry Hill	893-3149
Secretary:	Cecily Rood	398-7448
Treasurer:	Roy Euclide	437-0442
Membership:	Chris VanDornick	259-7917
Newsletter:	Pat Vassos	392-5450

**Meeting: Recreation Park at 8:00 PM March 22**  
**Deadline for the next Newsletter is March 31**

### **Presidents Message:**

Spring is here and it is time to get back into riding shape. Forget those why I can't ride excuses, and do something for yourself! Make the time to ride, it's an excellent form of exercise.

The Arlington Heights Bicycle Association will be using the X,Y,Z symbols this year to designate its' rides. Express rides are indicated by X and are 15 mph+ pace with few or no stops. Y rides are from 12 - 14 mph with stops and a sweep. Z rides are from 8 - 11 mph, an easy family type ride with frequent stops and a sweep.

Please consider these designations when choosing your rides. If you are a beginner or haven't gotten into riding shape, don't ride the express rides. As you start to improve your riding skills, ride one of the shorter Y pace rides before going on the longer Y rides. This will give you a chance to evaluate your riding abilities. For those who are experienced riders and in biking shape, don't ride the Z rides unless you are willing to ride at the Z pace with frequent stops. Check the ride schedule and monthly newsletter and pick your rides to fit your abilities. We have rides for everybody.

Now that we have a new club jersey, why not wear them on our club rides, at the bike swap, working the Arlington 500, July 4th parade, club meetings or just our riding on your own. It's a good way to advertise our club and attract new members. If you need a jersey, call Jerry Hill (893-3149) for sizes and cost. Bull shirts at Randhurst also sell yellow T-shirts which can be imprinted with our club logo.

Don't forget to bring an item(s) that you found while cycling to the March meeting.

### **Bob Hinkle**

We still need someone to volunteer to be in charge of refreshments. This is a relatively easy job in which you bring the coffee pot, instant coffee, cups, snacks, etc. to the meeting. The club will reimburse you for the costs. Contact Bob Hinkle for more information.



At the March meeting there will be a sign up sheet for the Blackhawk Metric Century. It has been suggested that we make this a club ride and car pool or rent a van to drive to Rockford. We had a number of our members at last years ride, but because of so many driving by themselves we never really got together. This year let's make sure the Rockford club knows who we are.

## ON THE BOOKSHELF

Recently, I read a new book "Major Taylor", by Andrew Ritchie. A.H>B>A> members should find the extraordinary career of this champion bicycle racer of particular interest.

He was a champion in America and Europe long before Greg LeMond was born.

World Champion at 20 years of age  
American Sprint champion three years in a row.  
1 Mile record holder

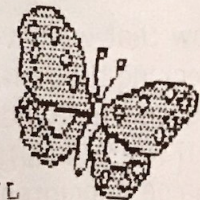


DON'T MISS THIS ONE!!!! JERRY HILL

Prior to bike touring in Arizona last year, I talked on the phone several times to Rich Corbett, A traffic engineer with the City of Tucson. Rich is very active locally, regionally and nationally in many bicycling organizations and is an avid bicycle tourer. He wrote the following article for his bike club which he gave me permission to reprint in our newsletter. I think it will give us all something to think about and hopefully apply to our bike riding habits.

Bob Lippold

See Insert



\* \* \* CLUB NIGHT \* \* \*

AT BIKES PLUS, 1313 N. RAND RD., ARLINGTON HEIGHTS IL

THURSDAY NIGHT, MARCH 30, 1989, 6:30 - 9:00 P.M.

CLUB NIGHT WILL BE A SPECIAL EVENT FOR CLUB MEMBERS ONLY.  
NO ONE WILL BE ADMITTED WITHOUT A CLUB MEMBERSHIP CARD OR  
THEIR NAME ON A CURRENT CLUB MAILING LIST. CLUB NIGHT IS  
THE NIGHT BEFORE "SUPER SALE" AND AS A CLUB MEMBER YOU GET  
THE FIRST CRACK AT GREAT DEALS ON BIKE CLOTHING AND  
ACCESSORIES. REFRESHMENTS WILL BE SERVED.



## WHY OBEY THE LAW ??

I was amazed, disappointed, flabbergasted - you name it! Why? I had just witnessed a respected long-time Club member break seven traffic laws in less than 1/2 mile...

The guilty cyclist had pedaled through three stop signs, turned left from the right side of the road, and gave no signal or indication of his intentions at three intersections where he turned. I felt angry. Angry because there are few enough cyclists who understand why it's important to obey the law, and angry because someone I thought was one of these few people apparently wasn't.

Why get so worked up, you might ask. What's the big deal about running a few stop signs? And doesn't everyone know that only nerds give turn signals? Bicycles are light, fast, and maneuverable, stop fast, and can avoid hazards real easy you say.

Well, believe it or not, there are some real good reasons for cyclists to obey traffic laws. Let's look at them.

- \* Law-abiding actions send a message to drivers: "I belong here and I'm going to share the road in a predictable, courteous way, the same as I expect you to". We'll all get along so much better on the road if we know what to expect of each other. We shouldn't try to claim our rights if we don't acknowledge and live up to our responsibilities.

- \* Law-breaking actions ALWAYS put you in a position of liability. If you injure someone or damage their property, you pay. If someone else injures you or damages your property, they may not have to pay at all, or only partially, if you were not obeying the law at the time.

- \* Our traffic laws work mostly because of the "honor system". There's always some potential to get "caught", with the consequences of a monetary fine. Mostly though, the incentive is a societal one - we've got to have overwhelming adherence to traffic laws by road users, or the streets will become chaos. Imagine if you can, motor vehicle operators driving through stop signs, turning from the wrong lane, running traffic signals, etc. Bicyclists must adhere to and be a part of this "honor system", or else we're contributing to, and approving of, chaos on our streets.

- \* Our system of traffic laws, rules of the road, and traffic control devices are designed essentially for one purpose - to keep traffic (including bicyclists) moving smoothly and SAFELY. Knowing and following traffic laws and the rules of the road will go a long way toward keeping you out of accidents. For example, people who make a habit of running stop signs tend to get careless, and sooner or later unexpectedly encounter traffic, sometimes with direct contact. (A person I work with crashed right in front of a car, narrowly escaping being run over. He routinely ran the stop sign at this intersection, since there was "never" any traffic. On this day a car surprised him, he jammed on the brakes, and flew over the handlebars directly into the car's path. Only an alert motorist saved him from serious injury or even death.) ANY traffic violation increases your danger of accident involvement.

- \* Children emulate the example set by adults. What we do on the road, whether legal or illegal, is surprisingly often observed by children. We have a parental (or if not a parent, societal) obligation to model acceptable behavior for children. As adult bicyclists, I believe we have an even greater than normal responsibility, because of the large numbers of children who bicycle.

The next time you're on your bicycle, and are tempted to break some traffic law, PLEASE think twice. I sincerely hope you'll remain in or join the ranks of bicyclists who are determined to share the road legally and safely.





# C. C. CYCLE

BIKES · PARTS · REPAIRS

307 W. DUNDEE RD.  
BUFFALO GROVE, IL 60089

312-541-3133

**FREE CLINIC**  
**BIO MECHANICS OF THE KNEE,**  
**FOOT, AND ANKLE AS RELATED**  
**TO CYCLING**

**INJURY: TREATMENT AND**  
**PREVENTION**

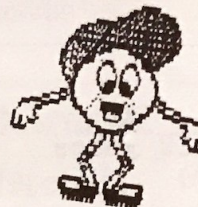
**PRESENTED BY DOCTOR JARED**  
**FRANKEL**  
**FELLOW OF THE AMERICAN**  
**COLLEGE OF FOOT SURGEONS**  
**AND MEMBER OF THE AMERICAN**  
**COLLEGE OF PODIATRIC SPORTS**  
**MEDICINE**

**HELD AT C.C. CYCLE**  
**307 W. DUNDEE BUFFALO GROVE**  
**APRIL 8 10:00-12:30 am**  
**1:00- 2:30 pm**



At our March 22nd meeting we will be educated about Effective Cycling. Ted Sanders, the new president of the Chicagoland Bicycle Federation will be presenting the information as outlined in Effective Cycling by John Forrester. He will cover a pre-ride inspection as well as how to ride a bike safely as a vehicle.

## APRIL RIDE SCHEDULE



Tuesday nite ride leader for April is Bob Hinkle. Rides will start at 6:30 pm.  
(Ride leader is needed for Tuesday nite April 4th)

April 2 Sunday Long Grove from Rec. Park - 8:30 am - 25 miles Pace Y  
Chris and Dave VanDornick 259-7917

April 8 Saturday Busse Woods from Rec. Park - 9:00 am - 25 miles Pace Z  
Nancy Marum 253-2385

April 16 Sunday Algonquin Breakfast Ride from Frontier Park - 8:00 am -  
50 miles Pace X. Bob Hinkle 259-1423

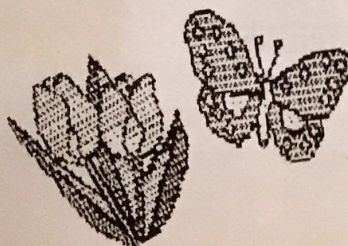
April 23 Sunday Aurora Bicycle Club Silver Springs Sixty  
25, 50 & 60 miles

April 30 Sunday Post Swap ride with Pat & George Vassos 392-5450



Tuesday Nite rides beginning April 4th to August 31 - starting 5:30 pm  
20-45 miles - Pace X every tuesday nite. Starting location - 16 James Court, Hawthorne  
Woods. A fast paced ride with no cue sheets. If you break down, stay where you are. You will  
be picked up after the ride.  
Kurt Schoenhoff 540-0861

For Sale: 1987 Paramount Neon Orchid frameset with 2  
matching bottle cages and frame pump. 51.5cm CtoT. hardly  
ridden-like new. \$400. 253-0350 (John) Will build to  
suit if desired.





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

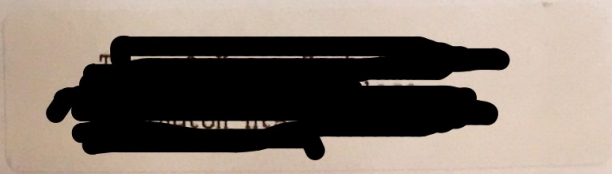
Mail to: Chris Van Dornick - 2104 Wren Lane  
Rolling Meadows, IL 60008



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



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





THE

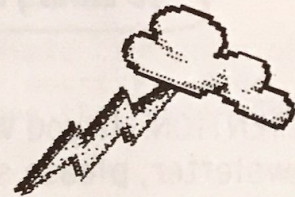
  
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**Meeting: Recreation Park at 8:00 PM April 26**

**Deadline for the next Newsletter is April 30**

Presidents Message:



Now that the riding season has finally arrived, lets ride in a safe and sane manner. Bob Lippold, in his commissioners report stated that someone was hit by a car while riding on the bike path along Busse Road by Down the Hatch Restaurant going to Busse Woods. I would have had the same thing happen to me if I had been riding fast. The driver coming out of the driveway slowed down looking to the left but not to the right, where she would have seen me, until after she started to cross the bike path. Fortunately, I could stop.

Did you know that there is an eight mile per hour speed limit on the Busse Woods Trail? It makes good sense to slow down when the trail is heavily used such as on the week- ends and early evenings. If you find yourself on the wrong side of the center line when going around a curve you are going too fast. Don't forget to let walkers and slower bikers know when you are going to pass them. A simple "On your left" will do. The trail crosses parking lots and driveways with a variety of hazards. The most obvious hazard is cars crossing the trail and hikers on the trail. But don't forget to look for the posts in the center of the bike trail at each driveway crossing. These crossings are also noted for being rough. Some are real rim benders and spoke breakers. Just because you ride on a bike trail, don't assume you are free from accidents. RIDE SAFELY !

The April 26th meeting is important. It is the last meeting before the Bike Swap April 29 - 30 and the Arlington 500, May 21. The committees have worked hard getting these two events set up and now we need everyone's help. These events can not happen without your support. Come to the April 26th meeting and sign up to help run the Swap and the Arlington 500. If you can't attend the meeting but still want to volunteer your help, call Jeanie at 392-1547 for the Swap and Bob at 259-1423 for the Arlington 500.

Also don't forget to bring a biking cartoon, joke or amusing anecdote to share at our April 26th meeting.



## Rides Past

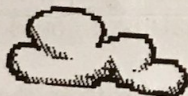
The official riding season opened with a combined Wheeling/Arlington ride through Lake County. Kurt starts his rides . . . time and leads them from the rear. In that way, according to Kurt, everyone can ride at their own pace. The thirty mile left Kildeer School in Long Grove and followed a route rarely traveled by our club up to Wauconda and back. The wind slowed us down going but that was offset by a scenic route with little traffic.

Bob Hinkle

## CONGRATULATIONS !!!!!!!

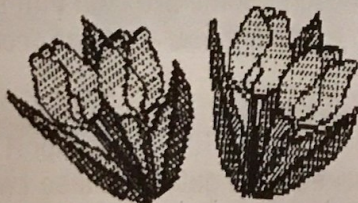
To Sandy and Chris Hayden on the birth of their daughter .

ATTENTION: If you wish to be on the 1989 roster and continue to receive the newsletter, please submit your payment to Chris VanDornick before May 1. Any questions call me at 259-7917.



## BIKE SWAP 1989

To have a successful Swap we need everyone's help on April 29th & 30th.  
Please call or sign up at the meeting on April 26th.  
Al & Jeanie Gain / Swap Chairmen 392-1547



For our April 26th meeting the Executive Director of the Chicagoland Bicycle Federation, Mr. Randy Neufeld will present information on what the federation is doing and why it is important to us. He will introduce us to an organized system for reporting road hazards and effectively getting them repaired.

Kurt Schoenoff regrets he will not be able to continue leading his Tuesday night express rides.

We are definitely making the Blackhawk Metric Century a club ride. Be at the April meeting to sign up for car pooling.



May 7 Sun. 6:30 am 100 or 50 miles Pace YX LAKE GENEVA RIDE/  
OR MC HENRY Starting Location -- Frontier Park  
Need Ride Leaders!

May 13 Sat. 9:00 am 26 miles Pace Y RIDE TO LAMB'S FARM  
Starting Location -- Potawatami Woods (north side of Dundee Rd.  
just east of Milwaukee Ave.) Easy ride thru northern suburbs  
Ride Leader -- Bob Browning (537-3391)

May 20 Sat. 9:00 am 65 or 35 miles Pace Y PRE-ARLINGTON 500  
Starting Location -- Frontier Park Club members day to ride the  
Arlington 500....tomorrow we work!

May 27/28 Sat./Sun. BLACKHAWK BICYCLE CLUB METRIC CENTURY RIDE  
Come enjoy the beauty and quiet of spring in the country. Ride  
through quaint villages, past neat farms and along the scenic Sugar  
River.  
For information call Jerry Hill (893-3149)

June 3 Sat. 9:00 am 46 miles Pace Y COVERED BRIDGE RIDE  
Starting Location -- Frontier Park Interested in covered bridges?  
Ride with us and you'll see them....bring a lunch or eat at the  
Penney Tap  
Ride Leader -- Elida Dereby (255-3422)

June 10 Sat. 9:00 am 36 miles Pace Y NORTH SHORE RIDE  
Starting Location -- Cornelia Lunt Park (Church & 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  
Ride Leader -- Bob Browning (537-3391)

June 17 Sat. 9:30 am 25 miles Pace Z 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  
Ride Leader -- Linda Anderson (255-3173)

June 24 Sat. 8:00 am 60 miles Pace Y CRYSTAL LAKE REGATTA  
Starting Location -- Frontier Park Watch the cardboard fleet  
float or sink  
Ride Leader -- Jerry Hill (893-3149)

June 25 Sun. Invitational Snow White 60 Bicycle ride for Women only  
(Good natured Men to help run the ride) Call or stop in at Bikes Plus  
for a registration brochure. Spirek's 398-1650



July 1/2 Sat./Sun. OPEN!

July 4 Tues. 5 miles Pace Z RIDE IN THE ARLINGTON JULY 4th  
PARADE

July 8 Sat. 9:00 am 42 miles Pace Y NORTHERN ROUTE FOX RIVER  
TRAIL

Starting Location -- St. Charles (behind Erik & Me)

Ride Leader -- Greg Konieczny (398-4633)

July 16 Sun. 8:00 am Pace Y BROOKFIELD ZOO RIDE

Starting Location - Lion's Park Enroute to the zoo, cycle thru  
quiet residential areas with beautiful landscaping....then enjoy  
the antics of the zoo residents

Ride Leaders -- Dave & Chris Van Dornick (259-7917)

July 22/23 Sat./Sun. OPEN!

July 29/30 Sat./Sun. OPEN!

Aug. 6 Sun. 8:00 am 30 miles Pace Y BREAKFAST RIDE TO BARRINGTON  
Starting Location -- Frontier Park Work up an appetite....enjoy  
breakfast....be home before noon  
Ride Leaders -- Dave & Chris VanDornick (259-7917)

Aug. 12 Sat. 8:00 am 58 miles Pace Y VOLO BOG RIDE  
Starting Location -- Frontier Park (or 40 miles from Kildeer  
School starting at 9:00 am) Explore a quaking bog in Illinois  
with a quarter mile walk on a floating boardwalk....bring lunch  
Ride Leader -- Bob Lippold (870-0337)

Aug. 20 Sun 9:30 am 76 miles Pace Y SPIRIT OF 76  
Starting Location -- McKinley Marina, Milwaukee Take a tour of  
Milwaukee by bike path and low traffic boulevards with Dave & Chris  
VanDornick (259-7917)

Aug 26/27 Sat./Sun. OPEN!



Sept. 2/3 Sat./Sun. 11:00 am 64 miles Pace Y ELROY-SPARTA TRAIL  
Starting Location -- Campground near Wilton, WI The old Chicago  
& Northwestern Railroad bed has been converted to a hiking/bicycling  
trail....the trail is 32 level miles in length and passes thru 3  
tunnels and beautiful hills of the Hidden Valleys Country....bring  
flashlights for the tunnels  
Tunnel Trail Campground (1-608-435-6829) Route 1, Box 185, Wilton,  
WI Ride Leader -- Ralph Wallace (394-0233)

Sept. 9/10 Sat./Sun. OPEN!

Sept. 16/17 Sat./Sun. OPEN!

Sept. 23/24 Sat./Sun. OPEN!

Sept. 30 Sat. 10:30 am 30 miles Pace Y KURT'S APPLE CIDER RIDE  
Starting Location -- 16 James Ct., Hawthorne Woods Joint ride  
with Wheeling Wheelman....picnic after ride.  
Ride Leader -- Kurt Schoenhoff (540-0861)

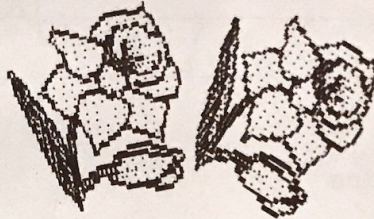
Oct. 7 Sat. 9:00 am 40 miles Pace Y MC HENRY DAM RIDE  
Starting Location -- Kildeer School Country roads thru Lake  
County to McHenry Dam State Park....bring a lunch  
Ride Leader -- Ralph Wallace (394-0233)

Oct 15 Sun. 7:30 am 85 miles Pace Y WOODSTOCK JAILHOUSE RIDE  
Starting Location -- Frontier Park (or 37 miles from Broken Oar  
near Rawson Bridge Rd. starting at 10:00 am) Pretty ride thru  
rolling countryside areas of Crystal Lake, Bull Valley, and  
Woodstock....lunch at the very unique Old Jailhouse  
Ride Leader -- Bob Lippold (870-0337)

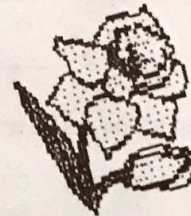
Oct. 21/22 Sat./Sun. OPEN!

Oct. 28 Sat. 9:00 am 30 miles Pace Y MARILYN'S HALLOWEEN  
HULLABALOO Starting Location -- Rec Park  
Ride in costume for a Halloween ride to a cemetery....thru a forest  
preserve, past Hamilton Lakes, on toward Nordic Hills....stop at  
the Wilkerson's for some pumpkin pie and hot spiced cider on the  
return ride  
Ride Leader -- Marilyn Wilkerson (439-4496)





## 1 9 8 9 R I D E S C H E D U L E



April Tuesday nite rides will begin at 6:30 at Recreation Park.  
For further information call Bob Hinkle 259-1423

April 2 Sun. 8:30 am 25 miles Pace Y LONG RIDE TO LONG GROVE  
Starting Location -- Rec Park  
Spring tune-up ride with Chris & Dave VanDornick (259-7917)

April 8 Sat. 9:00 am 25 miles Pace Z BUSSE WOODS BIKE TRAIL  
Starting Location -- Rec Park Enjoy a pleasant ride thru  
suburban streets and the Busse Bike Trail....a great ride for new  
riders to get acquainted with other club members  
Ride Leader -- Nancy Marum (253-2385)

April 16 Sun. 8:00 am 50 miles Pace X ALGONQUIN BREAKFAST RIDE  
Starting Location -- Frontier Park Work up your appetite with a  
fast-paced ride with Bob Hinkle (259-1423)

April 30 Sun. 5:30 pm 10 miles Pace Z POST SWAP RIDE  
Relax with a short spin after the Swap with George & Pat Vassos  
(392-5450)



MEMBERSHIP APPLICATION FOR ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

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

City/Zip \_\_\_\_\_ Phone H: 398-2636

B: 402-6795

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

Family Members \_\_\_\_\_ Age \_\_\_\_\_

Family X \$8

~~\_\_\_\_\_~~  
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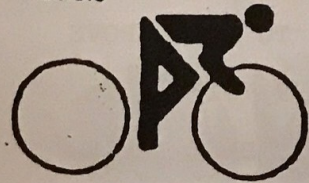
Interested in: Rides X 10-25 miles X 25-50 miles X 50-100 miles  
   Weekend tours    Camping X Motels

Make check payable to: Arlington Heights Bicycle Association

Mail to: Chris Van Dornick - 2104 Wren Lane  
Rolling Meadows, IL 60008

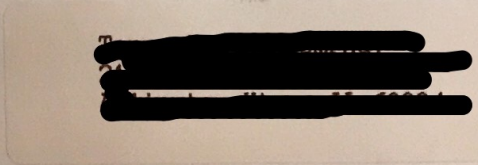


ARLINGTON HEIGHTS BICYCLE ASSOC  
660 NORTH RIDGE AVENUE  
ARLINGTON HEIGHTS, IL  
60004



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

SAVE GAS!  
  
TWO-WHEEL-IT





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**Meeting: Recreation Park at 8:00 PM May 24th.  
Deadline for the next Newsletter is May 31st.**

Presidents Message:

It was good to see so many of you at the last monthly meeting. To get the maximum benefits from being an Arlington Heights Bicycle Association member you should also attend the meetings. Our meetings are informative, interesting and fun. Those that attend are kept informed of last minute changes in the ride schedule and learn of impromptu rides and other events which may not be submitted in time to be published in the newsletter. A wealth of bicycling tips, ideas, stories and good times are exchanged between members at each meeting. Also we have interesting programs after the business meeting.

Be sure to attend the May 24th meeting and find out what the proposal was that the Bicycle Commissioners made to the Village, how well we did at the bicycle swap and the Arlington 500, what are the last minute adjustments to the ride schedule including transportation to the Blackhawk Century, what kind of embarrassing moments our members had while bicycling and in the program you will learn how to use your gears.

**BRING TO MAY MEETING:** Please bring an account of your most embarrassing moment bicycling to share with our membership. For me that is easy. After writing an item in the newsletter about wearing club shirts on club rides, I was caught not wearing it on the breakfast ride to Algonquin. When the day started warming up and the jackets were coming off I discovered that my shirt was at home.



IF YOU THOUGHT BICYCLE GEARING WAS BORING OR ONLY FOR THE EXPERTS, COME TO THE MAY MEETING, MAY 24TH. DICK MARR WILL DISCUSS "BICYCLE GEARING, SOMETHING FOR EVERYONE" DICK WILL BE INTRODUCING HIS NEWLY PUBLISHED BOOK, "BICYCLE GEARING: A PRACTICAL GUIDE", WHICH INCLUDES GREAT ILLUSTRATIONS BY RICK WEBER. DICK HOPES TO HAVE HIS BOOK "HOT OFF THE PRESS" AT A REDUCED PRICE TO INTERESTED BIKE CLUB MEMBERS.

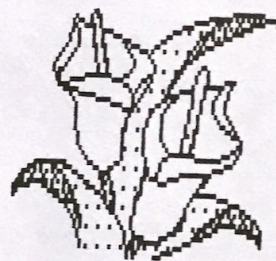


## RIDES PAST

Express to Algonquin 4/16/89 - The express ride to Algonquin left Frontier Park at 8:00 sharp. Five minutes later Bill caught up with us in his van. After finding a place to park the van Don suggested a route change. An alternate route with a new road or two was found. Reese's restaurant was filled, however the Chinese restaurant across the street was open. What type of food does a Chinese restaurant serve for breakfast? Garbage potatoes. Ask Dave how they tasted. Bob Hinkle

Second Impromptu Ride 4/23/89 - The second impromptu ride, a thirty two mile breakfast ride to Barrington was a success. The weather forecast of rain didn't materialize. There was a strong east wind coming back. Therefore a partial route revision was made to make the ride home easier. Bob Hinkle

Safety Officer's  
Corner  
by  
Don  
Derebey



Now that March and April have rolled by more of us will be out on the roads enjoying spring. I have been thinking about some of the accidents that I have seen or heard about that might serve as experience for us without our being individually involved. We all have had moments when the road tried to steer the bike for us, so I have decided to comment on this problem.

It is easy to dismiss railroad tracks and highway cracks as threats only to the novice rider. But not too long ago a friend of mine, a superb rider, flipped out on a wet railroad crossing and was badly shaken up. Only last year another friend caught his wheel in a pavement joint, fell forward, and broke his collar bone. He is an officer in one of the area clubs and an experienced rider.

Recently I rode west on Dundee Road from the Botanic Gardens to Milwaukee Ave. It caused chills to run up my spine to see so many slotted sewer covers, some three feet from the curb, lined up in my direction. If my attention had been diverted at the wrong time I would have been in real trouble. I kept thinking about the poor soul who might ride this stretch at night!

What all this boils down to is that we must be ever vigilant for these dangers. Always cut across any slotted surface at a right angle. If you see a rut or pothole too late to turn, take a firm grip on the handlebars and yank up to jump the front wheel over it. I have read that some experienced commuters can even jump both wheels at once!

However you handle it, please avoid swerving out into traffic because that could hurt most of all and maybe put you in your final pothole - six feet deep!



C L U B R I D E S

May 7 Sun. 9:00 am 60 miles Pace Y BREAKFAST RIDE TO BARRINGTON  
Starting Location -- Parking lot at Arlington Heights & Higgins Rds.  
(next to the elk herd) New route designed by Dave Van Dornick....  
good food!  
Ride Leaders -- Dave & Chris Van Dornick (259-7917)

May 13 Sat. 9:00 am 26 miles Pace Y RIDE TO LAMB'S FARM  
Starting Location -- Potawatami Woods (north side of Dundee Rd. just  
east of Milwaukee Ave.) Easy ride through northern suburbs  
Ride Leader -- Bob Browning (537-3391)

May 20 Sat. 9:00 am 35 or 65 miles Pace Y PRE-ARLINGTON 500  
Starting Location -- Frontier Park Club members day to ride the  
Arlington 500....tomorrow we work!

May 27 Sat. 9:15 am 50 or 35 miles Pace Y COLLEGE CAMPUS CRUISE  
Starting Location -- Frontier Park (or from Community Center on Wolf  
Rd. north of Dundee Rd.) Ride through three campuses and the  
prettiest parts of Lake Forest....magnificent buffet lunch served at  
Lake Forest College for an unbelievably low price  
Ride Leader -- Don Derebey (255-3422)

May 28 Sun. 7:00 am 31 or 62 miles Pace Y BLACKHAWK METRIC  
CENTURY Meet at Recreation Park at 7:00 am....we plan to do this  
as a club ride  
For information call Jerry Hill (893-3149)

June 3 Sat. 9:00 am 46 miles Pace Y COVERED BRIDGE RIDE  
Starting Location -- Frontier Park Interested in covered bridges?  
Ride with us and you'll see them....bring a lunch or eat at the  
Penney Tap  
Ride Leader -- Elida Derebey (255-3422)

June 10 Sat. 9:00 am 36 miles Pace Y NORTH SHORE RIDE  
Starting Location -- Cornelia Lunt Park (Church & 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  
Ride Leader -- Bob Browning (537-3391)

M A Y T U E S D A Y N I G H T R I D E S

Tuesday Night Rides will start at 6:30 pm at Recreation Park....  
for further information call Jerry Hill (893-3149)

I N V I T A T I O N A L S

May 7 Sun. WINDY 60 Dekalb County Bicycle Club  
Registration: 9 - 10 am Fee: \$8.00 40 or 62 miles  
\*\*\*\*\* Northern Illinois University Fieldhouse \*\*\*\*\*  
Food Stops....Sag....Map....Route Markings....T-Shirt  
Contact Lance Farris (815-758-8879)

May 21 Sun. ARLINGTON 500 Arlington Heights Bicycle Association  
Registration: 7 - 9 am Fee: \$7.00 35 or 65 miles  
\*\*\*\*\* Frontier Park \*\*\*\*\*

(cont.)



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: Chris Van Dornick - 2104 Wren Lane  
Rolling Meadows, IL 60008

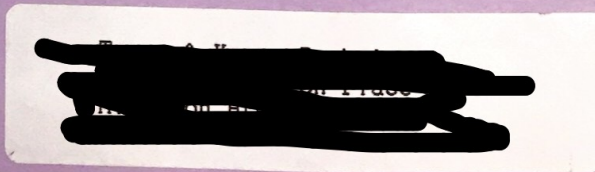


ARLINGTON HEIGHTS BICYCLE ASSOC  
660 NORTH RIDGE AVENUE  
ARLINGTON HEIGHTS, IL  
60004



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

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



5794  
5394



THE



**SPOKEN  
WORD**

*Oakton*

<b>President:</b>	<b>Bob Hinkle</b>	<b>259-1423</b>
<b>Vice Pres:</b>	<b>-Jerry Hill-</b>	<b>893-3149</b>
<b>Secretary:</b>	<b>Cecily Rood</b>	<b>398-7448</b>
<b>Treasurer:</b>	<b>Roy Euclide</b>	<b>437-0442</b>
<b>Membership:</b>	<b>Chris VanDornick</b>	<b>259-7917</b>
<b>Newsletter:</b>	<b>Pat Vassos</b>	<b>392-5450</b>

Meeting: Recreation Park at 8:00 PM June 28

Deadline for the next Newsletter is June 30

**PRESIDENTS MESSAGE:**

We have reached the midway point of this riding season. Our popular Tuesday nights have been increasing in ridership. The starting time has been pushed back one half hour later to 7 pm so that more can participate. The week-end rides are also showing an increase in the number of riders. The recent College Campus Cruise drew twenty eight riders and we are just beginning to get to some of our favorite rides. The Fox River Ride, Volo Bog Ride, Search for the .25 Ice Cream Cone Ride, Apple Cider Ride, Jailhouse Ride and many more. Many of our members have participated in invitationals and we had twelve members take advantage of the van and car pool to the Blackhawk Metric Century in Rockford.

The Bicycle Swap and the Arlington 500 invitational were a great success. The revenues generated by these events will cover the cost of running the club and keep our membership dues low. We had many favorable comments and also some suggestions to make these events even better next year. The fact that both sign-up sheets for working the Swap and 500 were passed around at the April meeting didn't prevent some members from volunteering to work both events. Thanks to all who helped.

The attendance at our monthly meetings is improving. The business meetings are being kept short and members are actually talking to one another, giving cycling tips and exchanging and sharing experiences. The programs have been interesting and informative. Last meeting Dick Marr gave an excellent presentation on gearing that even a beginner could understand. If you have any questions on gearing, talk to Dick at our next meeting.

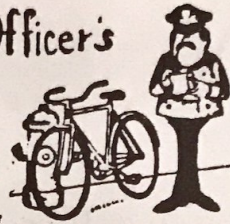
The following comment was overheard on a recent ride, "Those people in the back are really slowing us down". Remember the ride classifications; X = Express, Y = Touring, and Z = Slow. Try to ride within your capabilities. However, if it were not for the encouragement and cycling tips I got from members of this club, I would not be doing the caliber of riding I am today. Someone took the time to show me about riding techniques, bicycles, accessories, gearing, maintenance and clothing. If these people didn't take the time to do this, I wouldn't be your president today. Who knows, someone you have the patience to ride with and encourage today may turn out to be your best cycling buddy later.

PLEASE BRING TO THE JUNE MEETING INFORMATION OR STORIES ON DOGS; what to do about them, how to keep them from attacking or running into you, and horror or humorous dog stories related to bicycling.



## Safety Officers' Corner

by Don  
Derebey



### SAFETY OFFICERS' CORNER HAND SIGNALS

This column has dealt with right and left hand turns as well as the importance of proper hand signals to let the motorist know what you are up to. However, until I attended an Effective Cyclist seminar at GEAR-South I did not know that the old fashioned hand signals are no longer recommended. The argument is that, unlike a motorist, the cyclist has both arms free and visible and can show his intentions more directly. Besides, with turn signals as standard equipment for so many years, how many motorists are sure of the meaning of the old hand signals? Would you stake your life on it?

John S. Allen, author of "Bicycle Commuting", takes the position that the person on a bicycle should think of himself as a policeman directing traffic. These people use both arms and wave them about very emphatically to tell us exactly what they want us to do. Some states have recognized the needs of cyclists and have made it legal to use either arm for signaling.

The whole thing makes sense to me and, since returning from GEAR-South, I have been using the two arm system exclusively. I simply point, arm fully extended, in the direction of my turn. Once you get both arms moving you will find that signals for lane changing, slowing down, waving cars to pass, etc. come naturally and are very effective. There is a new confidence, for me, that the motorist knows what I am up to. This fact, as always, contributes to my chances for survival! It is important that you signal far enough ahead of your move so that both hands can be on the bars during the maneuver. No state requires that you signal at the expense of safety.

Perhaps there is a little theatre in all of us because it is kind of fun to sit there and wave your arms around just like a traffic cop! Give it a try - I think you will like it.

DISPUTED:: \*\*\*\*\* Roy Euclide is the new club milage leader. Roy managed to run up over 1,300 miles during the 1st half of a ride thanks to a new untested computer.



C L U B R I D E S

June 10 Sat. 9:00 am 36 miles Pace Y NORTH SHORE RIDE  
Starting Location -- Cornelia Lunt Park (Church & 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  
Ride Leader -- Bob Browning (537-3391)

June 17 Sat. 9:30 am 25 miles Pace Z FOX RIVER TRAIL  
Starting Location -- St. Charles (follow Indiana St. down to the  
foot bridge at the river) Enjoy spring along the Fox River  
Ride Leader -- Greg Konieczny (398-4633)

June 24 Sat. 8:00 am 60 miles Pace Y CRYSTAL LAKE REGATTA  
Starting Location -- Frontier Park Watch the cardboard fleet  
float or sink  
Ride Leader -- Jerry Hill (893-3149)

July 2 Sun. 9:00 am 42 miles Pace OLD FASHIONED ICE CREAM RIDE  
Starting Location -- Frontier Park Enjoy riding thru Forest Preserves and past horse farms  
on this pleasant ride to historic East Dundee. Lunch at an antique ice cream parlor.  
Ride Leader -- Don Derebey (255-3422)

July 4 Tues. 5 miles Pace Z RIDE IN THE ARLINGTON HEIGHTS  
JULY 4th PARADE

July 8 Sat. 9:00 am 42 miles Pace Y NORTHERN ROUTE FOX RIVER  
TRAIL  
Starting Location -- St. Charles (behind Erik & Me)  
Ride Leader -- Greg Konieczny (398-4633)

July 16 Sun. 8:00 am Pace Y BROOKFIELD ZOO RIDE  
Starting Location -- Lions Park Enroute to the zoo, cycle thru  
quiet residential areas with beautiful landscaping....then enjoy  
the antics of the zoo residents  
Ride Leaders -- Dave & Chris Van Dornick (259-7917)

J U N E T U E S D A Y N I G H T R I D E S

Tuesday Night Rides will start at 7:00 pm at Recreation Park.....for  
further information call Jerry Hill (893-3149)

I N V I T A T I O N A L S

June 11 Sun. CHAIN O' LAKES RAMBLE Bicycle Club of Lake County  
Registration: 7 - 10 am Fee: \$7.00 31 or 62 miles  
\*\*\*\*\* David Park \*\*\*\*\*  
21st St.  
Zion, IL

Food Stops.... Sag.... Map.... Route Markings....Patch  
For information call (223-9539)

June 25 Sun. SWEDISH DAYS RIDE Fox Valley Bicycle Club  
Registration: 6:30 - 10:30 am Fee: \$10.00 or Family \$22.00  
25, 50, 75 or 100 miles

(cont.)



INVITATIONALS (cont.)

\*\*\*\*\* American Legion \*\*\*\*\*

Wasco, IL

take North Ave. (64) west to Wasco....turn right on LaFox Rd.

....follow it to the left around curve to Legion

Food Stops.....Sag....Map....Route Markings....Patch....Light Lunch  
(on longer routes)

Contact Dennis (584-1414)

June 25 Sun. SNOW WHITE 60

Bicycle ride for Women only....good natured Men to help run the ride

Call or stop in at Bikes Plus for a registration brochure

Spikek's (398-1650)

July 9 Sun. MELON METRIC The Naperville Bicycle Club

Registration: 6:30 - 10 am Fee: \$8.00 or Family \$20.00

31, 62 or 100 miles

\*\*\*\*\* Naperville Park District Barn \*\*\*\*\*

421 W. Martin Ave.

Snacks....Watermelon....Sag....Map....Post Massage Therapy

Contact Dennis Motl (416-0152)

T O P M I L E A G E L E A D E R S

(through May 31, 1989)

Jerry Hill	442	Bob Lippold	186
Chris Van Dornick	394	Emil Donkers	154
Bob Hinkle	386	Geri McPheron	143
Don Derebey	339	Bob Browning	129
Dave Van Dornick	338	Hans Predel	129
Greg Konieczny	239	Ray Henry	109
Nancy Marum	220	Sue McPheron	103
Cecily Rood	209	Nora Plichta	100
Elida Derebey	204	Rich Waters	97
Roy Euclide	189	Steven Jenny	93

> tie

Again, some of these numbers are quite close together....and there is one tie. Note that the ladies represent 4 of the TOP TEN and 7 of the TOP TWENTY. Chris was in first place at the May A.H.B.A. Meeting. Unfortunately, she missed the College Campus Cruise and Jerry got the No. 1 spot back again. Who will be No. 1 next month?

Jerry



## R I D E S P A S T

BREAKFAST IN PALATINE (May 7).....Six riders worked up a healthy appetite enroute to the Terragon Restaurant in Palatine. The food was good....and everyone was delighted when Jim Shoemaker joined us at the Terragon....his first outing since his release from the hospital. The elk herd greeted us on our return to Busse Woods.

RIDE TO LAMB'S FARM (May 13).....Eleven riders enjoyed a slightly overcast day and mild temperatures. We all sampled the "health food" at Lamb's Farm Pastry Shop.....before turning back toward our starting point.

ARLINGTON 500 PRE-RIDE (May 20).....Eight riders rode the 65 mile route.....Four riders rode the 35 mile route. Both groups checked the routes and additional arrows were added where necessary. The C Group was a lone rider, Greg Konieczny. After a stop at ABC Cyclery to replace a broken cable, Greg finished with a flat tire and a broken spoke very late in the day. It was a long day!

COLLEGE CAMPUS CRUISE (May 27).....Twenty seven riders enjoyed the marvelous weather....a super route....and very good food. Who could ask for anything more? Lake Michigan was a giant blue mirror. We even spotted a Red-tailed Hawk along the way.

BLACKHAWK METRIC CENTURY (May 28)....."The best laid plans of mice and men....". Taking advantage of a very late start and a strong headwind, thirteen riders enjoyed the quiet backroads of northern Illinois and southern Wisconsin. We encountered some challenging hills as well. Everyone enjoyed the homemade cookies and a barbecue at ride's end.

NOTE: There have been big turnouts for the Tuesday Night Rides. Obviously, club members are enjoying these evening rides. However, we need more Ride Leaders. The rides cannot take place unless we have someone to lead them.

Jerry

COLLEGE CAMPUS CRUISE (May 27) ..... A fine turn-out of twenty eight cyclists enjoyed perfect weather and beautiful scenery during this unique ride. Huge Lake Forest homes, hidden bike paths, and an unbelievable \$3.00 dinner at Lake Forest College rewarded all who came along.  
Don Derebey



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

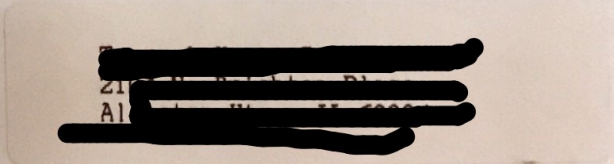
Mail to: Chris Van Dornick - 2104 Wren Lane  
Rolling Meadows, IL 60008



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:	Bob Hinkle	259-1423
Vice Pres:	Jerry Hill	893-3149
Secretary:	Cecily Rood	398-7448
Treasurer:	Roy Euclide	437-0442
Membership:	Chris VanDornick	259-7917
Newsletter:	Pat Vassos	392-5450

**Meeting: Recreation Park at 8:00 PM July 26**  
**Deadline for the next Newsletter is July 31**

Dear Sirs,

I saw in the Daily Herald the other day the article and picture relating your concerns about the extension of route 53 through your village. There you were out on Cuba painting stripes where route 53 would cross. Since my earliest bicycle riding days I have been riding to Long Grove.

I share with you the joys of rural America. Nothing can revive your spirit as much as a peaceful, quiet ride in the country. I rode to the spot on Cuba road where you marked in big yellow letters Rt 53 and put the stripe indicating the exact location where Rt 53 will cross Cuba road. The smell of fresh mown hay and the sound of a singing meadow lark filled the air. What a shame that this area will become an expressway.

As I rode west on Cuba road the farmland quickly gave rise to a new housing development. At the corner of Cuba and Quentin roads the bulldozers spewed diesel exhaust into the air and Quentin's country road charm will be just a memory when car after car whiz by on the new expressway.

I turned around and rode back down Cuba road to its end at Old McHenry road. As I rode into Long Grove on Old McHenry road I again noticed and increase in traffic. On my final leg back to Arlington Heights riding south of Long Grove on Schaefer road I remembered how it used to be. This area had lightly traveled roads with farmland and marshes on either side. You could see, hear and smell the country. Now there are large estates each with three car garages. In fact, all around Long Grove houses are being built on what was once rural America. The only way these people can go anywhere is by car. Along with these houses are going to come strip shopping centers and the truck traffic to service them.

I think I saw what you saw. A piece of rural America, quiet and serene; and like you, I will hate to see it disappear. However, the only reason this strip of undeveloped land exists today is that it is earmarked for the extension of Rt 53 and cannot be developed.

Route 53's extension is not what's attacking the rural area. It's urban sprawl and Long Grove is in the middle of it. It seems everyone wants their place in the country and when that happens, the country disappears.



The Program for the July meeting should be an enlightening experience. "Hot Weather Cycling" Heat exhaustion, what are the symptoms and how to prevent them. Don't say it could never happen to me. I caught my son just before he hit the ground the year I rode BAMMI. Fortunately we were in the campground and the paramedic happened to be walking by at the time. He recognized the heat exhaustion symptoms and treated him accordingly.

Sept. 2 & 3 Labor Day Weekend Overnight Trip. For a ride, camping gear or more information call: Ralph Wallace at 394-0233.

Ride the Elroy-Sparta bike trail in Wisconsin. Overnight camping at the City of Wilton park or use the bed & breakfast or motel accommodations available in the area. Three different levels of rides are available. The Elroy-Sparta bike trail is about 240 miles from Arlington Hts. by I90. This is an old railroad turned into a bike trail. There are three tunnels on the trail. The grade is gentle and the path is 32 miles of crushed limestone. This is the nicest place that I have ever ridden.

Friday: Ralph Wallace will set up camp in the park for those people who will camp.

Saturday: All rides will leave the City of Wilton at 11:00. X riders will ride the smooth milk roads over the Eagle Run north, county LL and X to Sparta, and ride back on the trail. 50 Miles. Y riders will ride the trail to Sparta for an ice cream, then ride the trail back. 40 Miles. Z riders will ride the trail to tunnel #3, the northmost tunnel, walk through the tunnel, and ride the trail back, stopping at the trailside cafe in Norwalk for a snack. 20 Miles. After a shower, we will cook dinner over a campfire and roast marshmallows for dessert.

Sunday: Breakfast at Wilton's Lion Club's famous all you can eat pancake breakfast at the city park. Rides leave the City of Wilton's park at 10:00. The rides are shorter to allow time to return to Chicago. X riders challenge the Eagle Run south and county P to Elroy, then ride the trail back. 45 Miles.

Y riders ride the trail to Elroy and back. 30 Miles.

Z riders ride the trail to the trail head at Kendall, check out the souvenirs and pop machines, the ride back on the trail. 20 Miles.

Some people may elect to stay over on Monday night and drive back to Chicago on Monday.

Ralph Wallace



I N V I T A T I O N A L S

July 30 Sun. METRO METRIC Elmhurst Bicycle Club  
 Registration: 6:30 - 9:30 am Fee: \$8.00 31, 62 or 100 miles  
 \*\*\*\*College of DuPage\*\*\*\*

Glen Ellyn, IL

use Parking Lot #10 located west of Lambert Rd. on 22nd St.

...registration will be near Building K

Map....Cue Sheet....Numbered Fanny Flag....Homemade Baked Goodies  
 and other healthy refreshments at all Rest Stops....Sag....Newly  
 Designed Patch....Free Therapeutic Massage for all riders courtesy of  
 the Chicago School of Massage Therapy  
 Contact Susan Kilgore (788-8303)

T O P M I L E A G E L E A D E R S

(through June 26, 1989)

Jerry Hill	578	Bob Lippold	247
Chris Van Dornick	488	Roy Euclide	241
Don Derebey	450	Bob Browning	219
Bob Hinkle	427	Marguerite Elkins	169
Dave Van Dornick	417	Geri McPheron	143
Greg Konieczny	390	Hans Predel	141
Cecily Rood	293	Nora Plichta	133
Emil Donkers	292	Steven Jenny	126
Elida Derebey	269	Sue McPheron	115
Nancy Marum	265	Tom Byrne	113

Hey guys, the women are gaining on us. We had 7 in the Top Twenty last month....now we have 8. Congratulations!

We've got a large number of club members who are consistently making the weekend and Tuesday night rides. I am still in need of volunteers to lead a ride. If anyone is interested, please give me a call at 893-3149.

Jerry

R I D E S P A S T

COVERED BRIDGE RIDE (June 3)....Four hours in pouring rain, with a flat tire to keep the ride interesting, proved that at least one club member is not a wimp! There will be no discussion regarding the intelligence of that member.

Don Derebey

NORTH SHORE RIDE (June 10)....Twelve riders enjoyed a ride through Northwestern University Campus, admired the lovely homes along the North Shore, passed Ravinia, and then cycled through Fort Sheridan. There was a choice of lunch at a Deli or McDonald's.



R I D E S P A S T

(cont.)

FOX RIVER TRAIL (June 17)....Fifteen riders started the ride in St. Charles. Unfortunately, I blew a tire and missed the lunch. Bob Hinkle and I rode home together....now he has a new "Dog Story" to tell.

CRYSTAL LAKE REGATTA (June 24)....Nine riders enjoyed a much cooler day than last year's 105°. It was a great ride....the Ride Leader only got lost once. Two Great Blue Herons were sighted enroute to Crystal Lake. The Cardboard Fleet including a camoflauge tank, a Holiday Inn, the Batmobile, and the Exxon Valdez afforded both entertainment and laughter.

Jerry



Kangaroo, 1883

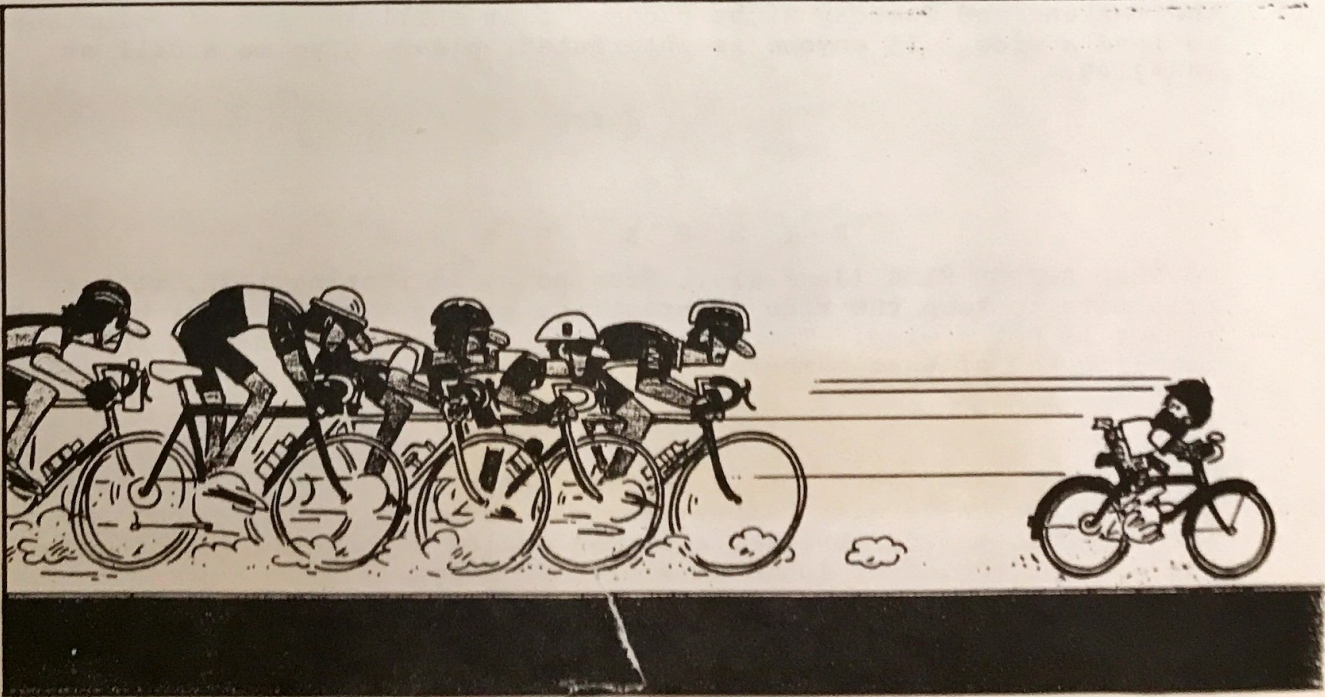


BICYCLE USA News



American Star, 1880

BIKING WORLD





C L U B R I D E S

July 16 Sun. 8:00 am 50 miles Pace Y BROOKFIELD ZOO RIDE  
Starting Location -- Lions Park A brand new route designed by Dave  
Van Dornick....enroute to the zoo, cycle through quiet residential  
streets with beautiful landscaping....then enjoy the antics of the  
zoo residents  
Ride Leaders -- Dave & Chris Van Dornick (259-7917)

July 22 Sat. 9:00 am 50 miles Pace Y SEARCH FOR THE 50¢ ICE  
CREAM CONE Starting Location -- Frontier Park  
Inflation has struck!....the 25¢ ice cream cone is now 50¢....the  
size of the ice cream cone is still very large....and it's a great  
ride....come join us  
Ride Leader -- Bob Hinkle (259-1423)

July 29 Sat. 9:00 am 30 miles Pace Y HAMILTON HUMMER  
Starting Location -- Frontier Park An enjoyable ride through the  
Busse Woods Bike Trail as well as the bike trails around the Hamilton  
Ride Leader -- Chris Van Dornick (259-7917)

Aug. 6 Sun. 8:00 am 30 miles Pace Y BREAKFAST RIDE TO BARRINGTON  
Starting Location -- Frontier Park Work up an appetite....enjoy  
breakfast....be home before noon  
Ride Leaders -- Dave & Chris Van Dornick (259-7917)

Aug. 12 Sat. 8:00 am 58 miles Pace Y VOLO BOG RIDE  
Starting Location -- Frontier Park (or 40 mile ride from Kildeer  
School starting at 9:00 am) Explore a quaking bog in Illinois with  
a quarter mile walk on a floating boardwalk....bring lunch  
Ride Leader -- Bob Lippold (870-0337)

Aug. 20 Sun. 9:30 am 76 miles Pace Y SPIRIT OF 76  
Starting Location -- McKinley Marina (Milwaukee, WI) Take a tour  
of Milwaukee by bike path and low traffic boulevards with Dave &  
Chris Van Dornick (259-7917)

J U L Y T U E S D A Y N I G H T R I D E S

Tuesday Night Rides will start at 7:00 pm at Recreation Park....for  
further information call Jerry Hill at 893-3149

The Elmhurst Bicycle Club invites A.H.B.A. members to  
ride THE SLOW 100! Aug. 6 Sun. (Rain Date is Aug. 13)  
5:45 am (PROMPT) 100 miles Pace 10 - 12 mph Starting  
Location -- The Depot (York Rd. & The Prairie Path)  
Our ride will be sagged....we will be stopping to rest  
every 15 to 20 miles....ride will take ALL day  
Ride Leader -- Betty Mix (383-5146)



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

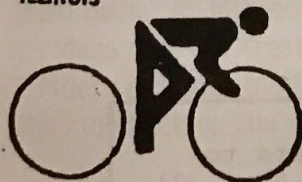
Interested in: Rides  10-25 miles  25-50 miles  50-100 miles  
 Weekend tours  Camping  Motels

Make check payable to: Arlington Heights Bicycle Association

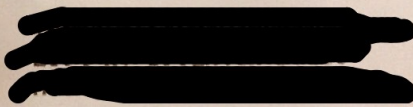
Mail to: Chris Van Dornick - 2104 Wren Lane  
Rolling Meadows, IL 60008



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WORD

President:	Bob Hinkle	259-1423
Vice Pres:	Jerry Hill	893-3149
Secretary:	Cecily Rood	398-7448
Treasurer:	Roy Euclide	437-0442
Membership:	Chris VanDornick	259-7917
Newsletter:	Pat Vassos	392-5450

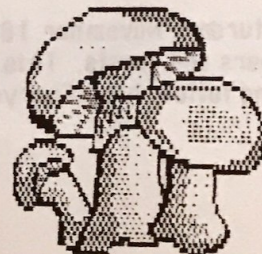
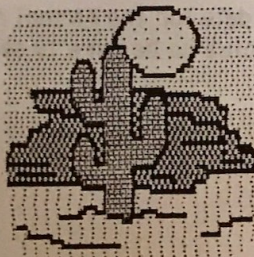
Meeting: Recreation Park at 8:00 PM Aug. 23rd  
Deadline for the next Newsletter is Aug. 30th

President's Message:

It is time to make some decisions about the Arlington 500 Invitational bicycle ride. Should we continue to host it and if so what changes if any need to be made? The Arlington 500 is not a big money raiser nor was it ever intended to be. It is our way of saying thank you to those cycling clubs in the area that sponsored invitational rides and to attract new members to our club. This year we had the second largest crowd, about 350 riders.

Several things need to be discussed:

1. Volunteers - We need a chairman and a committee to start planning right now. Does our club have enough workers? Over 3/4 of our membership don't show up for meetings and that means a lot of time calling members to get volunteers.
2. Starting location - The parking facilities at Frontier Park are not large enough for all the cars we had this year. Should the starting point be moved to accommodate larger crowds? If so, should it be in Arlington Heights or elsewhere? This decision should be made by December so that the information can get to the agencies which list the invitational rides. They want the information in January.
3. Route - Some of the roads we are now using have increased in traffic volume and need to be changed. Due to road construction the third sag stop is no longer present. Will the route next year have toilet facilities at the sag stops? If so, this will make it harder to find a route.
4. Accidents - This is the second year that a rider has fallen and was taken to the hospital. Fortunately they were not seriously hurt, but this brings up the question of liability. Even though the riders sign an affidavit absolving us of liability, could we still be sued if someone gets seriously hurt? What are our legal rights if someone rides the route who failed to sign the affidavit or a person under the age of 18 yrs. old? Are we held responsible?





## **AUGUST PROGRAM**

Jim Andresen from ABC Cyclery will present a program on bicycle maintenance. If you have any maintenance questions bring them to the meeting and ask Jim.

## **IN THE FUTURE**

The club has agreed to sponsor Emil Donkers on the BAMMI RIDE for \$120.00.

In the previous month there was a column in the Chicago Tribune by Mike Royko regarding bicyclists. That column has garnered a lot of very unfavorable comments. Mike Tockey is going to compose a letter to Mike Royko for publication in the Tribune refuting the information attributed to bicyclists. He would appreciate any and all comments on incidents or accidents that concern bicycling.

## **TUESDAY NIGHT RIDES**

The Tuesday night rides will continue to leave Recreation Park at 7:00 PM through August. However, Tuesday, September 5th & 12th, rides will begin at 6:30 PM & the last two Tuesday night rides, September 19th & 26th will leave at 6:15 PM.

## **RIDES PAST**

**BROOKFIELD ZOO RIDE:** (July 16) In all eleven riders turned out for a beautiful sunny day of riding and sightseeing. There were no mechanical difficulties and Thank Goodness, no rain through the entire trip. Not at all like last year's ride! It was nice to see so many members with their club jerseys on (9 of 11), one of the nonconformists being of course, our club president!

**IN SEARCH OF THE \$.50 ICE CREAM CONE:** Seven members let their stomach rule over common sense and set out for the "Search for the \$.50 Ice Cream Cone Ride" in the rain. However, the skies cleared as soon as we left Arlington Heights and we had good weather the rest of the ride. The scoops of ice cream were generous and tasted good especially after the 24 mile ride out. A chiropractor was giving free spinal checks and of course, we had our's checked too. The interesting thing we found out was that each one of us had more weight on their left foot than the right foot. Could this be due to all the ice cream sitting in our stomach, which is located on the left side of our bodies?

## **MARK YOUR CALENDAR NOVEMBER 18, 1989**

Circle Saturday, November 18 on you calendar now. This is the date for the Annual Awards Banquet for members and guests. This is the major social event for our club so be sure to set that night aside for fun and fellowship. Everyone attending will get an award.



At our July meeting Peggy Florey gave an excellent talk on the effects of heat exhaustion and heat stroke. Do you know the difference between the two? If you don't, it could be very detrimental to your health.

#### HEAT EXHAUSTION

Headache  
Dizzy  
Lite headed  
Faint  
Rapid Breathing  
Sweating profusely

#### HEAT STROKE

Headache  
Faint  
Rapid Breathing  
Body temperature rises  
Dry Skin  
Goose Flesh  
Nausea

As you can see the symptoms are similar. The main difference between heat exhaustion and heat stroke is the fact that instead of sweating and losing heat, the skin becomes very dry and nausea sets in. Heat stroke can be fatal. In order to minimize the chance of heat exhaustion or stroke, drink plenty of fluids, (preferably water) don't ride in the heat of the day and take a break every so often and sit in the shade of an OLD OAK TREE.

#### VOLUNTEERS NEEDED

##### ANNUAL AWARDS BANQUET

Needed volunteers to think up gifts, awards or gags for the Banquet. It's fun and doesn't take much time. If you have a sense of humor and enjoy a joke, we need you.

##### ELECTION COMMITTEE

To call people and ask them to serve their Bike Club for the year of 1990 as an Officer or chairman of a committee. We will need a slate to vote on by the October meeting.

Please let anyone of the Officer's know if you are interested in either one of the committee's.

The following is an article from the current (August) issue of Bicycling Magazine. "Keeping Drivers Friendly" is an excellent article and one that I would like to see followed by every member of our club. Pat Vassos

CYCLING SHORTS: Should we, as a club invest in cycling shorts for the membership? These shorts are from the Pace Company and will match our jerseys. The price for these shorts is tentatively set at \$18 to \$20 each.



T O P M I L E A G E L E A D E R S

(through August 2, 1989)

Jerry Hill	687	Roy Euclide	321
Chris Van Dornick	678	Nancy Marum	303
Bob Hinkle	617	Jim Shoemaker	248
Dave Van Dornick	607	Bob Lippold	247
Don Derebey	561	Marguerite Elkins	199
Greg Konieczny	521	Hans Predel	198
Cecily Rood	375	Steven Jenny	195
Elida Derebey	355	Marti Marra	169
Emil Donkers	343	Geri McPheron	156
Bob Browning	330	Sue McPheron	140

Chris is getting mighty close to the No. 1 spot! This month several of the numbers are very close together. Missing even one Club Ride can make a big difference in the standings.

Jerry

C L U B J E R S E Y S

Club Jerseys.....yellow with the A.H.B.A. logo in black.....are still available to those who are interested in buying them. Dazzle jerseys are \$17.00 and are available in sizes M, L, and XL. Poly/Cotton jerseys are \$12.00 and are only available in size M. Jerseys are for sale at our Monthly Club Meetings. Please make your check payable to Arlington Heights Bicycle Association. For additional information regarding jerseys, call Jerry at 893-3149.

I N V I T A T I O N A L S

Aug. 27 Sun. DOG DAZE DOUBLES Oak Park Cycle Club  
 Registration: Opens at 6:30 am  
 Closes at 8:00 am for the 124 mile riders  
 Closes at 9:00 am for the 100 mile riders  
 Closes at 10:00 am for all other riders  
 Fee: \$10.00 31, 62, 100 and 124 miles  
 \*\*\*\*\*Engstrom Family Park\*\*\*\*\*  
 Batavia, IL  
 Marked Route....Map....Sag....Rest Stops

Sept. 10 Sun. HARMON 100 Wheeling Wheelman



# KEEPING DRIVERS FRIENDLY

EIGHT COMMON SENSE TIPS FOR SHARING THE ROAD

BY JAMES HARGETT

**I**t may sound crazy, but it's time cyclists start thinking of ways to make life easier for motorists. After all, it's in our own self-interest to make the road a safer, more pleasant place. Even though we all fantasize about retaliating against rude or aggressive drivers, it's seldom an option at the time. A better policy is to minimize the chance for conflict in the first place. Here are 8 easy ways to do so that are particularly effective for novice or casual cyclists who lack the necessary confidence, fitness, or bike-handling ability to be assertive in traffic.

## Hand signals are a courtesy and an important part of safe cycling.

**1. Keep right**—This most basic rule of sharing the road with motor vehicles is the one that cyclists are most casual about. If there's a wide, clean shoulder, use it. Barring potholes, storm grates, parked cars, glass and other hazards, most of the time it's easier (and safer) to ride to the right. One thing that always irritates motorists is a cyclist riding in the middle of the roadway for no apparent reason. Besides, why take unnecessary risks? You can never be sure the driver behind isn't a short-fused nut.

**2. Use common sense about riding 2 or more abreast**—All of us know how enjoy-

able it is to ride side-by-side with a companion and carry on a conversation. But road and traffic conditions may be such that vehicles back up behind you when they could otherwise get by. Thus, restrict side-by-side riding to quiet, secondary roads.

A good idea in any case is to allow a long backup to clear out. On a narrow, winding road where visibility is limited, steer to the right and wave vehicles by when the path is clear.

**3. Don't force vehicles to repass you needlessly**—You're riding along a narrow, busy road and motorists are having trouble getting by you. There's a half dozen cars waiting at the next red light, all of which have already patiently overtaken you. Do you maintain your place in line, or do you zip past everyone on the right so you'll get the jump when the light changes? If you do the latter, you might gain 50 feet and save a few seconds, but you'll also probably create 6 anti-bicyclists when they get caught behind you again.

Admittedly, the scenario becomes trickier if, by hanging back, you miss the light. There are 2 tactful ways around this: One is to only move up in line far enough to just make the light. The other is to ride to the light, but move out slowly and slightly to the right when it turns green, letting the cars through the intersection first. One other courtesy at traffic lights: Avoid blocking drivers who want to turn right on red.

**4. Ride predictably**—This one's easy. Ride in a straight line when you're cruising, and use hand signals when turning or changing lanes.

If you're riding erratically, it's difficult for drivers to know when to pass. They may let several relatively safe opportunities go by before becoming exasperated and taking a dangerous chance.

Hand signals are a courtesy and an important part of safe cycling. Motorists feel more comfortable dealing with cyclists who communicate their intentions.

More important, drivers tend to show them more respect.

**5. Avoid busy roads**—It's surprising how often you see cyclists on a busy highway, ruffling the delicate feathers of already edgy commuters. An alternate route doesn't have to be a residential street with stop signs every 1/4 mile, or a glass-littered, jogger-strewn bike path. Examine a detailed map of your area and you'll probably be surprised at the many quiet roads available nearby.

**6. Make yourself visible**—In conditions where motorists might not readily see you (an overcast day, for example), it's a courtesy and plain good sense to wear brightly colored clothes. Drivers will never blame themselves when they almost pull into your path after a too-casual look. Unfair, yes; but you can greatly enhance your safety by dressing to be seen.

At night, it's a different story. Drivers who encounter cyclists riding without lights and reflectors are right to consider them menaces.

**7. Be careful about "provocative" actions**—At a red light, even friendly drivers are likely to be irritated by a cyclist riding in circles in front of them. Many view it as a challenge to their right-of-way, even when none is intended. Similarly, if you lean on a vehicle at a stoplight, be aware that most drivers consider their cars extensions of themselves. You wouldn't want someone leaning on your bike, would you?

**8. Return the favor**—Cyclists come to appreciate little unexpected courtesies from motorists. For instance, we all nod a thank you to the driver who has the right-of-way but waves us through anyway. Try returning the favor. You might, for example, motion a driver to make his turn in front of you if you'll be slow getting underway. Who knows? That driver might look a bit more favorably on the next cyclist down the road. ■



## RIDE SCHEDULE

Aug. 26, Sat. 9:00 AM 46 miles Pace Y COVERED BRIDGE RIDE

Starting location - Frontier Park. Interested in covered bridges? Ride with us and you'll see them...bring a sack lunch or eat at the Penney Tap.

Ride Leader Bob Hinkle 259-1423

Sept. 9, Sat. 8:00 AM 40 miles Pace Y SURPRISE BREAKFAST RIDE

Starting location - Frontier Park.

Ride Leader Dave VanDornick 259-7917

Sept. 17, Sun. 8:30 AM 50 miles Pace Y CANTIGNY WORLD WAR I MUSEUM

Starting location - Disney Park at Biesterfield Rd. & Wellington - Elk Grove Village. The Park is just East of Alexian Brothers Hospital.

Ride Leader Jerry Hill 893-3149

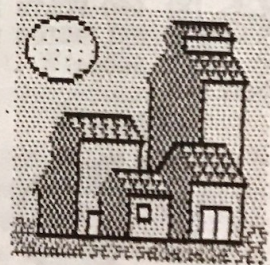
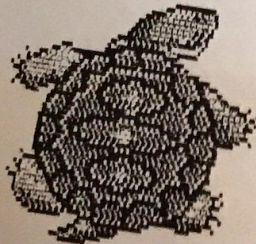
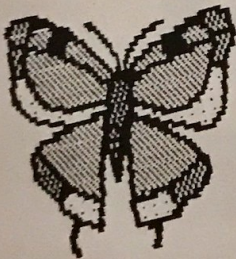
Sept. 24, Sun. 8:30 AM 75 miles Frontier Park Pace Y CHAIN-O-LAKES

9:15 AM 60 miles Kildeer School

Ride Leader Bob Hinkle 259-1423

When was the last time you inspected your bike? Most cyclists overhaul, adjust and tighten components at the start of the cycling season, but what shape is your bicycle in now?

Rattlings, clickings and other unusual sounds may indicate loose parts. Tighten all components with an allen key, wrench or screwdriver. Inspect the tires. They should be firm. If you squeeze the tire and it "gives", fill it with the recommended pressure as indicated on the sidewall. Is the tire tread worn or does it have slivers of glass imbedded in it? Do your brake pads grip the entire rim of your wheels but not your tire when the brake levers are pulled? Keep your chain well lubricated and free of debris. If you don't see a spot of tacky residue on your fingers when you touch it, lubricate the chain. Assess any problems, if such things as broken spokes, brake pads that rub against the rim, gears that don't shift smoothly and frame damage are beyond your capability to fix, let the bike shop handle it.





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	_____	_____
	_____	_____

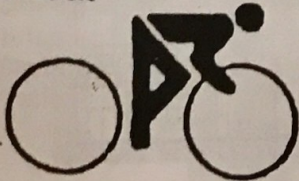
Interested in: Rides    10-25 miles    25-50 miles    50-100 miles  
   Weekend tours    Camping    Motels

Make check payable to: Arlington Heights Bicycle Association

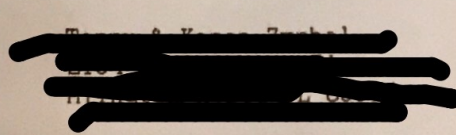
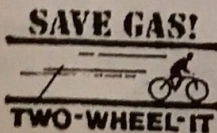
Mail to: Chris Van Dornick - 2104 Wren Lane  
Rolling Meadows, IL 60008



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:	Bob Hinkle	259-1423
Vice Pres:	Jerry Hill	893-3149
Secretary:	Cecily Rood	398-7448
Treasurer:	Roy Euclide	437-0442
Membership:	Chris VanDornick	259-7917
Newsletter:	Pat Vassos	392-5450

**Meeting: Recreation Park at 8:00 PM Sept. 27th**  
**Deadline for the next Newsletter is Sept. 30th**

#### PRESIDENTS MESSAGE

The ride schedule is winding down, however we are approaching the most beautiful time of the year. Because of the rains we had all summer long the fall leaf coloration should be quite spectacular. What is a better way of viewing natures handiwork than from the seat of your bicycle? Picture it: riding on a crisp sunny morning, the roadside ablaze with yellow, orange and fiery red leaves of the elm, maple and oak trees. A slight breeze begin's to rustle the leaves and they slowly and lazily come floating to the ground. Don't miss this fall spectacular, consult the ride schedule and plan to ride as many of the remaining rides as possible

It's that time of year again. To borrow a phrase from President Kennedy, "Ask not what your bicycle club can do for you, but what you can do for your bicycle club". The club needs volunteers to run for officers and committee positions. If you would be willing to serve as president, vice president, secretary, treasurer, membership chairman or newsletter please contact Jim Shoemaker 259-1692, Greg Konieczny 398-4633 or Dave VanDornick 259-7917

The Arlington 500, one of the oldest invitationals in the northwest suburban area was discussed at the August meeting. Since there were no volunteers to work out the problems as outlined in the August newsletter, or a volunteer to chair the Arlington 500, a vote was taken and passed that the Arlington 500 not be held next year. If you feel strongly about continuing the Arlington 500 and volunteer to work out the problems and serve as the chairman, there is still time to resurrect the ride.

Finally, I want to comment on Mike Royko's column and the reply of Randy Neufeld of the Chicagoland Bicycle Federation. Both men agree upon the same point that bicyclists should follow the rules of the road. How many times have club members been warned about blowing off stop signs? What about riding in the middle of the road even after someone yells "Car back"? Remember, you are very vulnerable on your bicycle and thanks to Royko's column, there may be motorists out there wanting to use his recommended "splat technique". Follow the rules of the road, ride safely and smart.



AWARDS BANQUET

Don't forget the awards banquet Saturday November 18th. There will be more information at the September meeting. Also please fill in the following questionnaire and give it to Bob Hinkle at the meeting or mail to:

Bob Hinkle  
935 N. Mitchell  
Arlington Hts., IL 60004

WHICH MEMBER OF THE AHBA

1. Is the most improved rider? \_\_\_\_\_
2. Rides the fastest but goes nowhere? \_\_\_\_\_
3. Most talkative on rides? \_\_\_\_\_
4. Led the best ride? \_\_\_\_\_
5. Had the most flats? \_\_\_\_\_
6. Went to the greatest length to find routes no one had ridden? \_\_\_\_\_
7. Most likely to ride without a helmet? \_\_\_\_\_
8. Loses track of time while riding? \_\_\_\_\_
9. Tells the best biking stories? \_\_\_\_\_
10. Has the sexiest legs? \_\_\_\_\_
11. Attracts the most dogs? \_\_\_\_\_
12. Stops the most while riding? \_\_\_\_\_
13. Packs the most junk? \_\_\_\_\_
14. Can not pass a restaurant? \_\_\_\_\_
15. Has the latest biking equipment? \_\_\_\_\_
16. Has the best excuse for not riding? \_\_\_\_\_
17. Is the best dressed rider? \_\_\_\_\_
18. The most likely to get lost? \_\_\_\_\_
19. Has the prettiest bike? \_\_\_\_\_
20. Falls most gracefully? \_\_\_\_\_





C L U B R I D E S

(cont.)

Oct. 15 Sun. 7:30 am Pace Y 85 miles WOODSTOCK JAILHOUSE RIDE  
 Starting Location -- Frontier Park (or 37 miles from Broken Oar near  
 Rawson Bridge Rd. starting at 10:00 am) Pretty ride through  
 rolling countryside areas of Crystal Lake, Bull Valley, and Woodstock  
 ....lunch at the very unique Old Jailhouse  
 Ride Leader -- Bob Lippold (870-0337)

Oct. 22 Sun. 9:20 am Pace Y 35 miles PIZZA RIDE  
 Starting Location -- Frontier Park  
 Ride Leader -- Jim Shoemaker (259-1692)

Oct. 28 Sat. 9:00 am Pace Y 30 miles MARILYN'S HALLOWEEN HULLABALOO  
 Starting Location -- Recreation Park  
 Ride in costume for a Halloween ride to a cemetery....through a  
 forest preserve, past Hamilton Lakes, on toward Nordic Hills....stop  
 at the Wilkerson's for some pumpkin pie and hot spiced cider on the  
 return ride  
 Ride Leader -- Marilyn Wilkerson (439-4496)

I N V I T A T I O N A L S

Sept. 10 Sun. HARMON HUNDRED Wheeling Wheelman  
 Registration from 6:00 to 10:00 am Fee: \$10.00 25, 50, 75 & 100 miles  
 \*\*\*\*\*WHEELING HIGH SCHOOL\*\*\*\*\*  
 Wheeling, IL  
 [west parking lot at Hintz & Elmhurst (Rt. 83) Rds.]  
 Marked Route....Cue Sheet.... Sag....Refreshments....Patch  
 Contact Duane Regenfuss (878-2363)

Sept. 24 Sun FALL FRENZY Aurora Bicycle Club  
THE RIDE IS LIMITED TO 1,000 RIDERS  
 Fee: \$9.00 25, 50, 75 & 100 miles

To provide you with a route with low traffic volume and rural roads,  
 we have moved our new start/finish location to the Camp Kedeka Lodge  
 on Kedeka Rd. off Rt. 47 in Sugar Grove, IL.... just 3 miles west of  
 Aurora. This new location will allow you to ride on all rural roads  
 which have a minimum amount of vehicle traffic. The route includes  
 rolling to hilly terrain with a beautiful view of the Fox Valley  
 scenery

Marked Route....Map....Sag....Rest Stops  
 Contact 896-1337 for further information

Sept. 24 Sun. LON HALDEMAN HUNDRED Blackhawk Bicycle Club  
 Registration from 7:00 to 10:00 am Fee: \$10.00 50 & 100 Miles

\*\*\*\*\* ROCKFORD LUTHERAN HIGH SCHOOL \*\*\*\*\*  
 3411 N. Alpine Road  
 Rockford, IL

Marked route, cue sheet, sag, refreshments, patch, and lunch.  
 For more information contact Brian Seago 815-623-6129



T O P M I L E A G E L E A D E R S

(through September 1, 1989)

Chris Van Dornick	995	Elida Derebey	465
Jerry Hill	910	Roy Euclide	463
Dave Van Dornick	910	Emil Donkers	405
Bob Hinkle	785	Marti Marra	340
Greg Konieczny	716	Hans Predel	310
Don Derebey	671	Bob Lippold	247
Cecily Rood	603	Steven Jenny	240
Bob Browning	518	Bill Minch	224
Jim Shoemaker	486	Eluyra Locke	209
Nancy Marum	486	Sue McPheron	200

Congratulations to Chris Van Dornick who has moved into the No. 1 spot! This month we have two ties....between Jerry Hill and Dave Van Dornick ....and between Jim Shoemaker and Nancy Marum.

During September, some of our members will break 1,000. Keep up the good work!

Jerry

T U E S D A Y N I G H T R I D E S

Just a reminder....September Tuesday Night Rides will be starting at Recreation Park earlier in the evenings. September 5th and 12th the rides will start at 6:30 pm. September 19th and 26th the rides will start at 6:15 pm.

C L U B R I D E S

Sept. 9 Sat. 8:00 am Pace Y 40 miles SUPRISE BREAKFAST RIDE  
Starting Location -- Frontier Park  
Ride Leader -- Dave Van Dornick (259-7917)

Sept. 17 Sun. 8:30 am Pace Y 50 miles CANTIGNY WORLD WAR I MUSEUM  
Starting Location -- Disney Park (Biesterfield & Wellington in Elk Grove Village.....the park is just east of Alexian Brothers Hospital)  
Ride Leader -- Jerry Hill (893-3149)

Sept. 24 Sun. 8:30 am (75 miles from Frontier Park) or 9:15 am (60 miles from Killdeer School in Long Grove) Pace Y CHAIN-O-LAKES RIDE  
Ride Leader -- Bob Hinkle (259-1423)

Sept. 30 Sat. 9:00 am Pace Y 35 miles APPLE CIDER RIDE  
Starting Location -- Killdeer School (in Long Grove)  
Ride Leader -- Bob Hinkle (259-1423)

Oct. 7 Sat. 9:00 am Pace Y 40 miles MC HENRY DAM RIDE  
Starting Location -- Killdeer School Country roads through Lake County to McHenry Dam State Park....bring a lunch  
Ride Leader -- Ralph Wallace (394-0233)



## PROGRAM FOR SEPTEMBER

How many times have people remarked to you after they find out you ride a bicycle, "Oh you race bikes" Come to the meeting September 27th and find out the ins and outs of bicycle racing. The speaker will be Shawn Casey, a sanction bicycle racer

### RIDES PAST

**COVERED BRIDGE RIDE** If you want lots of riders to show up for a ride, have it on a cloudy, rain threatening day. One of the larger weekend rides rode through three covered bridges in our area. As one rider put it, "it doesn't matter if it rains or not, the bridges have a roof on them". Fortunately, it didn't rain as we rode between the bridges.

**VOLO BOG RIDE** This ride was quite an adventure. Before the ride even started, Jim Shoemaker had a blowout, 10 miles out, Mike Hill had the first of two flats; Rockne Koch had to turn back because of tire problems taking Rosemarie's lunch, money and Q sheet. Poor Chris VanDornick ended up near Fox River Grove, but found her way back to us (David had her Q sheet). We made it back in 3 separate groups fighting our way past the Kemper's PGA. Almost all of us made it back before the rain. This ride has never run without a hitch, but is always enjoyable.

Reprinted from the *Chicago Tribune*, July 25, 1989

#### Voice of the people

### Sharing the Road with Bicyclists

CHICAGO—It was irresponsible to publish Mike Royko's aggrandizement of violence toward bicyclists. Death threats against legitimate road users have no place on the pages of the *Tribune*. Bicyclists have a difficult enough time dealing with the dangers of riding in traffic without newspaper columns inciting drivers to run us off the road.

Frustrations felt by automobile drivers caused by increasingly gridlocked traffic will not be relieved by taking it out on bicyclists. Bicycles are an important part of the solution to traffic congestion and auto pollution in the Chicago area. Increased numbers of cyclists should be interpreted as part of the way out of these problems. As utilitarian and recreational bicycle use increases, it becomes increasingly important to deal with the problems caused by scofflaw bicyclists. While the Chicagoland Bicycle Federation works hard to persuade all cyclists to obey the law, this task is impossible without support from law enforcement. Think what would happen to the behavior of automobile users if it were almost impossible to get a traffic ticket.

The Chicagoland Bicycle Federation would welcome a reversal of the present police practice of ignoring traffic law violations by bicyclists and would publicly support enforcement efforts. Programs that have been successful in other parts of the U.S., offering court-ordered classes for bicyclists who have violated traffic laws and motorists at fault in a bicycle accident, could be reproduced here.

The *Tribune* should encourage cyclists and motorists to safely share the road rather than fostering hostilities. Here are some suggestions:

Bicyclists should:

- Obey all traffic signals, stop signs and pavement markings.
- Ride with traffic, never against it.
- Ride in a straight line a door's width away from parked cars. Don't weave between parked cars.
- Ride single file in traffic. State law permits riding two abreast as long as you don't block traffic.
- Whenever possible use hand signals when turning or stopping.
- Never ride on the sidewalk (unless you are 12 years old or younger.)

Motorists should:

- Watch for bicyclists at all times, especially at intersections, when turning or changing lanes, when entering or leaving a parking space or driveway, when opening vehicle doors.
- Respect bicyclists' right to use the road.
- Give bicyclists at least three feet of clearance. They may swerve to avoid obstacles.
- Use moderate speed when passing a bicycle.

Motorists and bicyclists are encouraged to write for a free brochure, "Safe Bicycling in Traffic," by sending a self-addressed, stamped envelope to the Chicagoland Bicycle Federation, P.O. Box 64396, Chicago 60664.

Randy Neufeld





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	_____	_____
_____	_____	_____

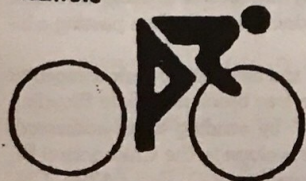
Interested in: Rides  10-25 miles  25-50 miles  50-100 miles  
 Weekend tours  Camping  Motels

Make check payable to: Arlington Heights Bicycle Association


Mail to: Chris Van Dornick - 2104 Wren Lane  
Rolling Meadows, IL 60008

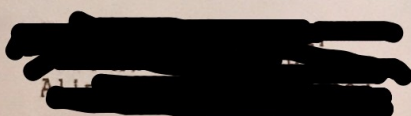


ARLINGTON HEIGHTS BICYCLE ASSOC  
660 NORTH RIDGE AVENUE  
ARLINGTON HEIGHTS, IL  
60004



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

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





THE  
  
SPOKEN  
WORD

President:	Bob Hinkle	259-1423
Vice Pres:	Jerry Hill	893-3149
Secretary:	Cecily Rood	398-7448
Treasurer:	Roy Euclide	437-0442
Membership:	Chris VanDornick	259-7917
Newsletter:	Pat Vassos	392-5450

**Meeting: Recreation Park at 8:00 PM October 25th**  
**Deadline for the next Newsletter is October 31st**



YELLOW JACKET

This fall has seen a great increase in the number of encounters with stinging insects. I was stung when a bee got caught between my helmet strap and cheek. Other members have also been stung. One when the insect flew down his shirt, another on the hand and yet another on his neck and one inside his mouth.

The principal stinging offenders are honeybees, yellow jackets, wasps and hornets. Contrary to popular belief these insects don't bite but sting using their ovipositor, an egg laying apparatus. Connected to the upper end of the stinger are the venom sacs. The honeybee has barbs on it's stinger thus the stinger remains buried in it's victim after being stung. To escape, the bee must leave the tip of her abdomen embedded in the victim. Gutted, she will die several hours later. When removing the stinger avoid grasping the upper end of the apparatus. Usually the venom sac is attached and you could increase the extent of envenomation. Use a long finger nail, credit card or pocket knife to scrape the stinger free getting as close to the surface of the skin as possible. Don't squeeze the skin around the wound. Yellow jackets, wasp and hornets do not have barbed stingers thus they can sting more than once.

For most people these insect stings cause pain and swelling. These symptoms can usually be relieved by ice or over-the-counter products such as Campho-Phenique, Calamine lotion or After Bite. Even Adolph's meat tenderizer made up into a paste and applied to the sting area can reduce the pain. Antihistamines such as Benadryl and Allerest can reduce the swelling.

However about 2% of the population are severely allergic to bee, wasp, hornet and yellow jacket venom. Many who are sensitive are adults who when stung as children had no reactions. With each sting they begin to develop their allergic reaction. Within just 5 minutes after being stung the allergic person will undergo a generalized reaction which involves the whole body. There may be itching and hives over the body; victims may feel dizzy and weak, wheeze and have trouble breathing. Their blood pressure may fall suddenly resulting in shock, unconsciousness and even death.

The standard stinging remedies don't work for allergic people. It is recommended that an allergic person carry an epinephrine injector. Epinephrine will give the stung victim time to get to a hospital for proper medical attention. Allergists can now immunize people who are allergic by building up antibodies against the toxins in the venom.



This course of action is highly recommended especially if you do a lot of biking.



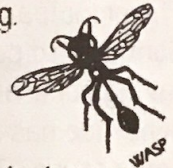
Ways to reduce your chances of being stung while on bike tours include:



- A. Don't go outside disguised as a flower. Wear either white or subdued shades of green, tan or khaki, no bright colors, including our club jersey.
- B. Wear a cycling jersey with a zipper collar and shorts that have elastic around the legs. This will keep the insect from getting caught under your clothes.
- C. Don't wear perfumes or scented hair sprays, cosmetics or suntan lotions particularly if you will be in areas where there are stinging insects.
- D. Don't invite bees to lunch, keep food covered. Stay away from trash containers. Eat indoors.
- E. If insects hover nearby, do not strike at them. Walk slowly away and keep your head down. Sometimes bees, wasps, and yellow jackets give off chemicals that will attract other of their kind if disturbed.

Soon nature will help reduce the number of these stinging pests. Most of them will die as a result of the first hard frost. Then we can ride without fear of being stung.

### PROGRAM FOR THE OCTOBER 25TH MEETING



One of our members, Randy Jones, participated in the Annual Fitness Bike Ride Across America. As Randy told me about his trip and the adventures he had, I thought this would be an exciting program to end the last meeting. Find out what cross country touring is like.

### L.A.W. PRESIDENT VISITS NORTHWEST SUBURBS

The League of American Wheelmen president, John Torosian, will visit our area this fall. He is an entertaining and accomplished speaker as well as an ardent cyclist. John will speak to Northwest area cyclists on Sunday, Nov. 12 at 3:00 P.M. in the Wheeling High School Auditorium. The school is located at 900 S. Elmhurst Rd. (Rt. 83) between Dundee and Hintz roads.

### SUMMER TOUR !!!!!!!!!

We have two volunteers, Evie Weber and Norma Witherbee, to put together a week long bicycle tour during the summer months, if there is enough interest by club members. They call the proposed ride FABB (fishing, antiqueing, bed and breakfast) tour. The ride would go from Hannibal to St. Louis and then back to Arlington Hts. and would average 30 to 50 miles per day. Evie said that it would be an expensive ride. Bed and breakfast are not cheap. If interested, please contact Norma Witherbee at 674-0523.



## R I D E S P A S T

**CANTIGNY RIDE** It was a memorable ride! Before we left Disney Park, Celeste Hill was stung by a bee. She left the ride to get first aid at home. We cycled through Roselle making a brief stop at Lynfred Winery. The rest stop at Pratt-Wayne Woods was one of the shortest in the club's history. An army of mosquitos descended on us. Arriving at Cantigny, the ladies toured the beautiful gardens while the boys played on the tanks. To everyone's surprise, Celeste arrived at Cantigny just as we were getting ready to leave for the return journey. At an unscheduled rest stop, Bill Distel got two bee stings. Then, Clarence Littwin's chain broke. Thanks to Bob Hinkle, we managed to repair the chain.

**LOOP THE LOOP 9/2** Two bicycle trails to choose from. What do you do? Ride both of them. From Frontier Park, 12 riders rode the twelve mile loop on the Palatine/Deer Grove bicycle trail and then followed the bike signs from Frontier Park to Busse Woods Bicycle Trail. It was a nice 35 mile ride through forest preserves and residential side streets.

**CHAIN OF LAKES 9/24** Ten riders set out on a very cold day for the Chain-of-Lakes State Park. The temperature barely reached 60, but even this cool temperature couldn't keep the yellow jackets from being pesty. Lunch at the park was eaten carefully to avoid an unexpected zip in the mouth. A strong headwind going home made for some tired bicycle riders by the time they completed the 75 mile ride.

**APPLE CIDER RIDE 9/30** What a glorious day for a bicycle ride. That's what 21 members thought when they showed up for the Apple Cider Ride. They were not disappointed. Bob Hinkle led the ride in true Kurt Schoenhoff fashion. We left on time and Bob led the ride from the rear. Everyone was able to ride at their own pace and enjoy the scenery. Lunch at the apple orchard was highlighted by a variety of apple desserts and of course the famous apple cider milk shake. The return trip back to Kildeer School was just as nice, and for once no one had a flat.





T O P M I L E A G E L E A D E R S  
(through October 1, 1989)

Chris Van Dornick	1213	Elida Derebey	550
Dave Van Dornick	1108	Nancy Marum	547
Jerry Hill	1106	Emil Donkers	465
Bob Hinkle	1012	Marti Marra	458
Greg Konieczny	909	Elvyra Locke	324
Don Derebey	795	Hans Predel	321
Cecily Rood	789	Marguerite Elkins	307
Jim Shoemaker	699	Lucy Wathen	304
Bob Browning	610	Bob Lippold	280
Roy Euclide	565	Bill Minch	257

C L U B R I D E S

Oct. 7 Sat. 9:00 am Pace Y 40 miles MC HENRY DAM RIDE  
Starting Location -- Killdeer School Country roads through Lake  
County to McHenry Dam State Park....bring a lunch  
Ride Leader -- Ralph Wallace (394-0233)

Oct. 15 Sun. 7:30 am Pace Y 85 miles WOODSTOCK JAILHOUSE RIDE  
Starting Location -- Frontier Park (or 37 miles from Broken Oar near  
Rawson Bridge Rd. starting at 10:00 am) Pretty ride through  
rolling countryside areas of Crystal Lake, Bull Valley, and Woodstock  
Ride Leader -- Bob Lippold (870-0337)

Oct. 22 Sun. 9:20 am Pace Y 35 miles PIZZA RIDE  
Starting Location -- Frontier Park  
Ride Leader -- Jim Shoemaker (259-1692)

Oct. 28 Sat. 9:00 am Pace Y 30 miles MARILYN'S HALLOWEEN HULLABALOO  
Starting Location -- Recreation Park  
Ride in costume for a Halloween ride to a cemetery....through a  
forest preserve....past Hamilton Lakes....on toward Nordic Hills....  
stop at the Wilkerson's for some pumpkin pie and hot spiced cider on  
the return ride  
Ride Leader -- Marilyn Wilkerson (439-4496)





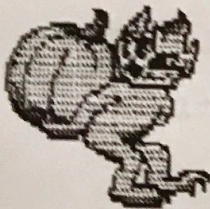


# 1990 ELECTIONS

Elections for the officers will be held at the Oct. 25th meeting. The following members have been nominated for the following offices:

- PRESIDENT: Greg Konieczny
- VICE PRESIDENT: David VanDornick  
Jim Shoemaker
- TREASURER: Roy Euclide
- SECRETARY: Cecily Rood

Nominations will also be accepted from the floor at the meeting.



## BANQUET NOVEMBER 18, 1989

- Who: Every member of the Arlington Heights Bicycle Association and their guest. (Even if you didn't ride.)
- What: Awards Banquet
- Where: Armandos Q Ristorante - 310 W. Rand Road - Arlington Hts., IL (Rand and Ridge Rd)
- When: Saturday November 18, 1989      6:30 - 7:00 Cocktails  
7:00 Dinner
- Why: To have a good time and see who wins?
- Cost: \$8.00 per person - Dinner - Beef and Chicken

### RESERVATION FORM (PLEASE PRINT)

NAME: 1. _____	\$8.00 _____
2. _____	_____
(Spouse or guest)	
3. _____	_____
4. _____	_____
TOTAL	_____

Make check payable to: A.H.B.A.

Please send form and check by Nov. 3, 1989 to: Cecily Rood  
505 Kingsbury Drive  
Arlington Heights, IL 60004



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

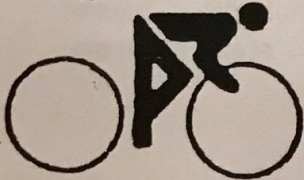
Interested in: Rides \_\_10-25 miles \_\_25-50 miles \_\_50-100 miles  
\_\_Weekend tours \_\_Camping \_\_Motels

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Mail to: Chris Van Dornick - 2104 Wren Lane  
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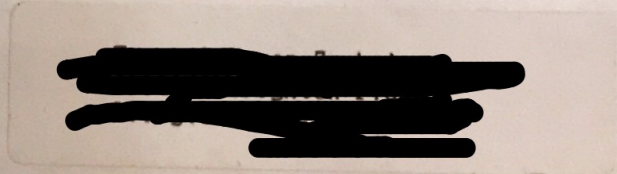
AFFILIATED WITH  
**BICYCLE  
USA**  
THE LEAGUE OF AMERICAN WHEELMEN



November 21, 1989  
North Carolina



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





THE  
  
SPOKEN  
WORD

President:	Bob Hinkle	259-1423
Vice Pres:	Jerry Hill	893-3149
Secretary:	Cecily Rood	398-7448
Treasurer:	Roy Euclide	437-0442
Membership:	Chris VanDornick	259-7917
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**NOVEMBER / DECEMBER 1989**

**Meeting: Recreation Park at 8:00 PM Jan. 24, 1990**  
**Deadline for the next Newsletter is Dec. 31, 1989**



Presidents Message:

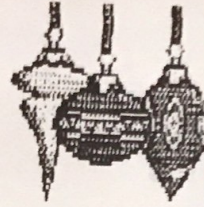
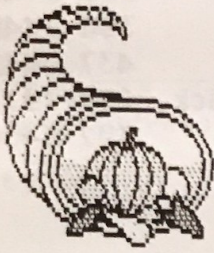
As this riding year draws to a close, I want to thank this years officers. Jerry Hill for putting together the ride schedule and keeping track of the mileage leaders, Cecily Rood for taking the minutes and sending out all the correspondence, Roy Euclide for handling our finances and promptly paying our bills, Chris VanDornick for keeping track of our membership and getting the membership flyers to the local bike shops and Pat Vassos for putting out the newsletter. Others who have contributed include Jeanie and Al Gain, chairing the successful bicycle swap; Dave VanDornick and George Vassos who helped chair the Arlington 500; Bob Browning for his bicycle demonstrations at the meetings; Celeste Hill for providing refreshments at the meetings; Don Derebey for his safety articles for the newsletter; Nancy Marum - patch chairman and Bob Lippold - our Arlington Hts. Bicycle Commission representative. Also many others helped at the bicycle swap, the Arlington 500, led rides or served on special committees. Without you volunteering your time and talents we wouldn't have had this great year.

There will be fewer chances to ride outside as winter approaches. Don't become a couch potato. If it is not raining or snowing and the temperature is above freezing, dress for the weather and ride out-of-doors. Even a short ride is better than no ride. A good work out on a wind trainer or rollers indoors for a half hour three to four times a week can also give you the aerobic exercise needed to keep in shape until the spring riding season.

I have enjoyed being your president and look forward to riding with you this spring.

*Bob Hinkle*





### RIDES PAST OCT. 14 WOODSTOCK RIDE

Sunday morning seven (7) hearty (or is that hardly?) riders awoke to a partly cloudy rather windy day and left from Frontier Park. About 25 miles out we met two (2) more bikies at the Broken Oar. We then made our way through Crystal Lake to Woodstock (bypassing several notorious hills because the ride leader hasn't been in the saddle enough this year). Naturally, we met Bob's 96 year old Grandmother in the restaurant as we always do. After lunch, the sun was out strong and we rode back on a different route through the 85 degree partial headwind. The fall colors were beautiful and the scenery was pretty as usual.

*Bob Lippold*



### BICYCLE HELMET USE SHOULD BE REQUIRED

Bicycle helmets are so effective at preventing head injuries that a major campaign should be launched to encourage riders to wear them, a report published in the New England Journal of Medicine concludes.

The report, based on a study of injuries treated at five Seattle area hospitals over a one-year period, shows that riders with helmets had an 85 percent reduction in their risk of head injury and an 88 percent reduction in their risk of brain damage.

The study was directed by Dr. Robert S. Thompson of the Group Health Cooperative in Seattle. "Safety helmets are effective, but they are not being used enough," the researchers wrote. "The time has come for a major campaign to increase their use."



### **JANUARY 1, 1990 THE FIRST RIDE OF THE SEASON**



Our new president is continuing the tradition of a New Years Day Ride. It will begin at 10 AM at 117 S. Patton Avenue. That is South of Sigwalt and four (4) blocks west of Ridge. The length of the ride will depend on the weather. Call Gregg Konieczny at 398-4633 for more info.



1 9 8 9 T O P M I L E A G E L E A D E R S

Jerry Hill	1,306	Nancy Marum	611
Chris Van Dornick	1,277	Elida Derebey	584
Dave Van Dornick	1,252	Emil Donkers	499
Bob Hinkle	1,156	Marti Marra	494
Greg Konieczny	939	Marguerite Elkins	421
Cecily Rood	853	Bob Lippold	394
Don Derebey	829	Elvyra Locke	388
Jim Shoemaker	763	Lucy Wathen	368
Bob Browning	680	Bill Minch	343
Roy Euclide	629	Hans Predel	321



The Halloween Hullabaloo, October 28th, marked the last scheduled Club Ride of the 1989 season....and with it our final totals.

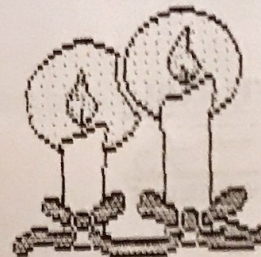
I think it should be noted that last year there were 6 ladies in the Top Twenty....this year there are 8! Congratulations to all the members who finished in the Top Twenty for 1989.

How did we do compared to last year? Both Chris and Dave Van Dornick had 500 more miles than last year. Those who were in the Top Twenty in 1988....and are in the Top Twenty in 1989 had more miles this year. Jim Shoemaker managed 763 miles even though illness kept him from riding for 2 months. Hans Predel got in 321 A.H.B.A. Club Miles while serving as President of the Wheeling Wheelmen.

With the 1989 Ride Schedule coming to an end, now is a good time for everyone to reflect back on the 1989 rides. What did you like or dislike about the rides? Pass your suggestions on to Dave and Jim for the 1990 Ride Schedule. Please give them your support....when they call on you to serve as Ride Leaders in 1990. Let's make 1990 even better than 1989.

I put together the 1989 Ride Schedule. However, the Ride Leaders and members who showed up for those rides are the people who made those rides memorable. Thanks to all of you!

Jerry





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	_____	_____
	_____	_____

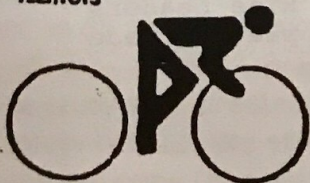
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