

THE


**SPOKEN
WORD**

President:	Greg Konieczny	398-4633
CO-Vice Pres:	David VanDornick	259-7917
	Jim Shoemaker	259-1692
Secretary:	Cecily Rood	398-7448
Treasurer:	Roy Euclide	437-0442
Membership:	Chris VanDornick	259-7917
Newsletter:	Dottie Tockey	392-2709

MEETING: RECREATION PARK AT 8:00 P.M. , JANUARY 24, 1990
DEADLINE FOR NEXT NEWSLETTER IS JANUARY 31, 1990

!!!!!!HAPPY NEW YEAR!!!!!!



Presidents Message:

Early January is a great time to start planning out the year ahead and making some decisions about what you want to accomplish in the coming months. Now when the snow is flying and you're getting reacquainted with the term "wind chill factor", it's difficult to think about bike riding. But this is still a good time to set some biking goals for yourself.

Maybe this is the year you finally break the 1000 total mileage barrier or complete your first century or half century ride. 1990 may be the year you finally learn how to fix those pesky flat tires or take a complete bike maintenance course. Or maybe you'll just resolve to trade in your old mount for a sleek new model.

As a bike club, we are also beginning to make our plans for the new year. Soon we'll be developing our 1990 ride schedule and working out the details for the bike swap. Later we'll be taking a look at what's needed to resurrect the Arlington 500 for 1991.

As president of our bike club, I'll be doing my best this year to make this an enjoyable biking season for all of us. If you aren't having fun and think something can be done to change that, bring it up to one of our officers or at a club meeting.

Have a safe and enjoyable year of bicycling in 1990!!

Greg Konieczny



NEW YEARS DAY RIDE

Going to a January 1st bike ride is about as iffy as attending a Cub home opener in April. But 10 riders and 2 walkers were undaunted by the weather and showed up anyway to find the streets in fine biking condition. After briefly giving thanks to the Arlington Heights snow removal guys (I know AHBA was thought of when they did that extra good job on Saturday and Sunday) we set out to turn our first wheel of the decade.

About 2/3 through this 14 mile ride we realized that January bicycling is not quite as comfortable as a Tuesday night ride in July and quickly took refuge in Cecily's house. After relaxing and warming up on coffee and cake we completed the ride to Greg's place where we feasted on more sweets and hot chocolate.

Greg and Cecily's neighbors are still trying to figure out what those strange markings are in the snow on the front lawns.

WANTED

One kind, unselfish person to be our refreshment chairman this year and provide hungry bike club meeting attendees with cookies, brownies, lemonade, coffee, etc. (at club expense).



Please volunteer at our next club meeting or talk to one of the officers.

JANUARY MEETING AND PROGRAM

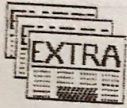
There's no better way to chase away the mid-winter blues than to attend a bike club meeting. Join us for our first meeting of the year at Recreation Park on January 24th, at 8:00 p.m. We'll be discussing some ongoing projects and talk about our plans for developing the 1990 ride schedule.

The folks from Bikes Plus will be on hand to give us a program on cold weather cycling tips and how to dress for riding or skiing during the winter months. You'll learn about miracle fabrics that will make you feel like it's mid-June, in January.



RIDE SCHEDULE

Sat. Jan. 20 10:30 a.m. Meet at Dottie T.'s house (210 S. Mitchell, A.H.). Leisure ride, 12-15 miles. Back to Dottie T.s for Chili. Will be cancelled if street conditions are unsafe for riding. Phone 392-2709.



* * * * *



Following is a reprint from April 1989 LAW "League Volunteer":

BIKES ON TRAINS?

For just over a year, Amtrak and Indiana travel agent Bob Harris have been carrying out an experiment to judge the effect of allowing bikes as carry-on luggage on their superliner services in and out of Chicago.

Prior to the experiment, which Harris estimates has already brought in \$40,000 in new business, bikes could be taken only as checked baggage on trains with baggage cars. Citing liability problems and not wanting to have "inconsistent rules", Amtrak has decided to terminate the program, with \$42,000 worth of business already booked for 1989.

Those wishing to protest the decision should write Jack Gordon, Vice President of Sales, Amtrak, 400 N. Capitol Street NW, Washington, DC 20001. Please send copies to your elected official and to Bob Harris at 1101 Franklin Street, Michigan City, IN 46360.



MEMBERSHIP APPLICATION FOR ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Names (s) _____

Street Address _____

City/Zip _____ Phone _____

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

Family _____ \$8 _____ _____

Interested in:

Rides ___ 10-25 miles ___ 25-50 miles ___ 50-100 miles

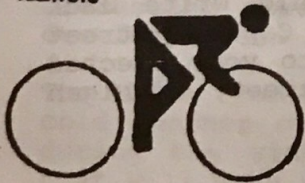
___ Weekend tours ___ Camping ___ Motels

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

ARLINGTON HEIGHTS

BICYCLE ASSOCIATION

FEBRUARY 1990 NEWSLETTER

!!!!!!HAPPY FEBRUARY!!!!!!



President's Message:

When was the last time you heard someone say something good about this month? March is the beginning of Spring - April has its showers - May has its flowers. Everyone loves the summer months of June, July and August; September and October have the autumn colors while November, December and January have their holidays. But think of February and you picture a month mired in the grip of winter, with endless days of greyness and gloom. You might say the only good thing about February is that it just last 28 days.

However, if you enjoy being outside, you must realize that the outdoors has something to offer during all seasons, even during the month of February. This has been an unusually warm winter so how about a mid-winter impromptu club ride. Schedule one through the newsletter, at a club meeting or by contacting one of our officers. We've got a club phone tree and will relay your plans to other members.

If you're like many of us who can't enjoy riding until the thermometer crests 50 degrees, there are other possibilities for outdoor activities. If you like to ski, this is the best time to do your thing. The lack of snow around here has been irritating but there's plenty of the good stuff in northern Wisconsin and the Upper Peninsula. Closer to home, you might take a drive to Rock Island to see bald eagles congregating over the open waters of the Mississippi. Or, how about a walk in the forest preserves to enjoy them free of the summer crowds.

If all this doesn't cheer you up, peek inside for a look at our planned 1990 rides. Jim and Dave worked overtime to publish this list, a month ahead of schedule. As you'll see, they mixed in many of our old favorite with new rides, invitationals and joint rides with the Mt. Prospect club. It's going to be a fun year of bicycling. If we can only get through this darn month of February.

Greg

MEETING: RECREATION PARK AT 8:00 P.M., FEBRUARY 28, 1990
DEADLINE FOR NEXT NEWSLETTER IS FEBRUARY 28, 1990



President:	Greg Konieczny	398-4633
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FEBRUARY MEETING AND PROGRAM

Often you may hear about big organizations like the League of American Wheelmen and Chicagoland Bicycle Federation and wonder what these groups are doing for bicyclists. Well, come to our February 28 meeting and find out. Ted Sanders, President of Chicagoland Bicycle Federation, will be there to tell us about the activities of CBF and how they're improving the bicycle environment, in the Chicago area.





BIKE SWAP

Now is the time of year for all good club members to volunteer to work at the 1990 Bike Swap. The swap is scheduled for April 28 and 29. Al and Jeanie Gain will again be running the swap for us this year. You can sign up to help at the February, March or April meetings or by contacting Al and Jeanie at 392-1547.

Week-long Trip - June 23 to July 1st, 1990

Tour along the Scenic Illinois River and the mighty Mississippi! Explore the marvelous turn-of-the-century river towns as you meander along the country roads. some of the plans include staying on "a working farm" dating from the 1820's. Charles Dickens stayed there too, the Pere Marquette State Park, some bed and breakfast homes, as well as camping. This will be a circular tour beginning north of st. Louis, heading along the Illinois River, with a turn-around point at Hannibal, Missouri and then riding south, following the Mississippi River. Total Distance (?), not certain, probably 40-60 miles per day. terrain - flat to gently rolling. If you have never been on a week-long tour, it will be your best vacation ever. For those of you who have gone on Mackington, Milk Run and other club week-long tours, come and renew old friendships. We need an idea of the number of interested riders. Please join us at the February meeting. Norma Witherbee 674-0523 or Evie Weber 392-6288.

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ARLINGTON HEIGHTS BICYCLE ASSOCIATION
PRELIMINARY RIDE SCHEDULE 1990

Rides	Rate Dist.	Start From	Leader	Comments
March 18 St. Patricks Day Wheeling Club Invitational	xyz 28	Apple Orchard on Gossell Road 10:30 a.m.	Andy Dane 312/271-5718 Wheeling Wheelman	Meet at 10:30 a.m.
April 1 Show/Go Busse	20	Recreation Park 9:30 a.m.	Jim Shoemaker 259-1692	
April 7 Long Grove Tune-up	zy 25	Recreation Park 9:00 a.m.	Chris & Dave VanDornick 259-7917	Ride Familiar area
April 14 Park Ridge Pancakes	zy 25	Recreation Park 9:00 a.m.	Jim Shoe 259-1692	"Get ready to eat season" Nice early season ride for all levels, will combo with Mt. Prospect Bicycle Club
April 21 Aunt Mary's in Elgin.	y 40	Elk Grove Park on Biester- field 9:00 a.m.	Greg Konieczny 398-4633	Eat Hearty
April 28-29 Bike Swap				Need Volunteers
May 5 AH Park Dist. Breakfast Ride	z 12	Frontier Park 9:00 a.m.		Help support Village. Ride bike trail to Deer Grove. \$3.50
May 6 Palatine Taragon	Y 40	Recreation Park 9:00	Dave & Chris V. 259-7917	Lunch at Taragon, near Harper College
May 12 AH 500 1/2 Metric Route	zy 35	Frontier Park 9:00	Nancy Marum 253-2385	Combo with Mt. Prospect. Bring Lunch.
May 19 Lamb's Farm	zy 25	Potawatomee Park 9:00	Bob Browning 537-3391	Well known popular ride, for all levels.
May 26 Blackhawk Rockford Inv.	y 50 xy	Rockford	Blackhawk Bicycle Club	Car-pool/Van to Rock- ford. Rec. Pk. 7 a.m. More details to follow

ARLINGTON LEIBNIZ BICYCLE ASSOCIATION
MEMBERSHIP RIDE SCHEDULE 1990

<u>Rides</u>	<u>Rate</u> <u>Dist.</u>	<u>Start</u> <u>From</u>	<u>Leader</u>	<u>Comments</u>
June 2 Lake Opeka in DesPlaines	zy 25	Recreation Park 10 a.m.	Jim Shoe 259-1692	Nice DesPlaines Park Easy Social ride-warm up for Metric Century tomorrow
June 3 Mt. Prospect Inv., Liberty Metric	xyz 35 62	Dan Wright School Riverwoods Road 8:00 a.m.	Mt. Prospect Bike Club Karen Fraki 394-0684	Great ride area. Law patch available Water bottle, sag, cue, route markings \$8
June 10 Ice Cream Search	y 45	Frontier Park 9:00 a.m.	Bob Hinkle 259-1423	Follow-The-Leader Try and guess where and how.
June 16 Brookfield Zoo	zy 50	Lions Park Mt. Pros. 8:00 a.m.	Dave & Chris V. 259-7917	Como W/MPBC. Lunch with the animals.
June 23 Penny Tap	y 46	Frontier Park 8:30 a.m.	Elida D. 255-3422	Lunch at Penny Tap. Historical Spot
July 1 St. Charles North	zy 40	St. Charles Parking lot 9:30 a.m.	Greg K. 398-4633	Ride 90% bike path eat in Algonquin- Reese or Mac's D.
July 4 Parade				Ride together in club shirts.
July 8 Addison Surprise Ride	y 40	Frontier Park 9:00 a.m.	Dave & Chris V. 259-7917	Sort of New Place
July 14 North Shore Ride.	y 26	Evanston Park on Judson St. 9:00 a.m.	Bob Browning 537-3391	Scenic -North- western Campus Highland park Fort Sheridan. \$\$\$ Wear your most expensive outfits.
July 22 Covered Bridges or	y 43	Frontier Park 9:00 a.m.	Elida D. 255-3422	Old favorite
Bill's Pizza	y 50	Frontier 9:30	Jim Shoe 259-1692	New route, going east to go home.

Rides	Rate Dist.	Start From	Leader	Comments
July 29 Elmhurst Metro Metric	xyz 25-50 75-100	Glen Ellyn College of Dupage 8:30	Elmhurst Bike Club	Invitational Over 1000 riders. Social and fun.
August 5 North Shore 1/2 century	y 50	Northbrook TBA 8:00 a.m.	Bob Browning 537-3391	New route/ride
August 12 Milwaukee Tour	y 76	McKinley Marina Milwaukee 9:30 a.m.	Dave & Chris V. 259-7917	Don't miss this one. Voted one of the best of 1989.
August 18 Chain-O- Lakes	y 58 70	Long Grove Kildeer 9:00 a.m. Frontier 8:00 a.m.	TBA	Lunch at Chain-O-Lakes Concession stand or bring lunch.
August 25 Catigny	y 50	Disney Pk. Elk Grove 8:00	Jerry Hill 893-3149	Visit war museum - bring lunch
Sept. 2 College Campus	y 35	Frontier Park 9:30	Don Derebey 255-3422	"The most popular ride" Lake forest cafeteria - much food
Sept. 9 Harmon 100 Inv.	xyz 25-50 100	Wheeling High School	Wheeling Wheelmen Hans Predel 255-4029	"Think Century" Ask about preparing for 100 mi. ride from exp. riders in club.
Sept. 15 Union Ill. RR Museum	y 50	Lakewood Forest Preserve 9:00 a.m.	Leader Bob Hinkle 259-1423	Visit the Railroad Museum
Sept. 23 St. Charles West	yz 50	Piano Fac- tory parking lot 9:00 a.m.	Greg Konieczny 398-4633	S.W. Kane co., part of Swedish Day ride of 1989
Sept. 30 Lake Geneva	y 100	Recreation Park/ McHenry	Chris & Dave V. 259-7917	Double start, nice place for lunch. Details to follow.

<u>Rides</u>	<u>Rate</u>	<u>Start</u>	<u>From</u>	<u>Leader</u>	<u>Comments</u>
	<u>Dist.</u>				
Oct. 7 McHenry Dam	y 50 40	8AM 9AM	Frontier or Kildeer	Ralph Wallace 394-0233	Bring lunch/eat at McHenry dam. Times TBA
Oct. 13 Illinois Beach State Park	y 70		Frontier Park 8AM	Greg Konieczny 398-4633	Details TBA
Oct. 21 Woodstock	y 85	7AM 8:30	Frontier or Broken Oar	Bob Lippold 870-0337	Details TBA
Oct. 27 Halloween Halabaloo	y 30		Recreation Park 9:30 a.m.	Marilyn Wilkerson 439-4496	Snacks follow Classic eats. Season's final Official ride. Gourmets attend!

TUESDAY NIGHT RIDES

Rides start at 7:00
April-May-September rides start at 6:30

Ride leaders as follows:

- April Cecily Rood/Dottie Tockey
- May Bob Hinkle
- June Chris and Dave VanDornick
- July George Vassos/Jim Shoemaker
- August Greg Konieczny
- September Jim Shoemaker



RIDE SCHEDULE

Sat. Feb. 17 Meet at the Tockey's (210 S. Mitchell, A.H.)
10:30 a.m. Leisure ride, 15-20 miles. (Palatine, Inverness,
Barrington & Rolling Meadows) Back to the Tockeys for
Chili. Will be cancelled if street conditions are unsafe
for riding. Phone Dottie at 392-2709.

Other Rides: 16th Annual Silver Spring Sixty (Aurora Bicycle Club)

Mark your calendars early.

Sunday April 22, 1990 - Enjoy an early season bicycle tour on one of three routes on rural roads offering low traffic volume with flatlands and rolling hills of the picturesque Fox River Valley. The three routes of 25, 45, and 62 miles start and finish at Beecher Community Center in Yorkville, IL, about 10 miles southwest of Aurora. Sag wagon, Spaghetti dinner, patches, and t-shirt. Entry forms may be obtained by sending a stamped, self-addressed envelope to:
Silver Springs Sixty, Aurora Bicycle Club, P. O. Box 792, Aurora, IL 60507. If you need further information, phone 708/739-6058 weekday evening between 7:00 p.m. and 10:00 p.m.

We are saddened by the news that Kaete Schoenhoff passed away January 13th. Our sincere condolences to Kurt and the rest of her family.

Our club has sent a contribution to the American Cancer Society in her memory.



MEMBERSHIP APPLICATION FOR ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Names(s) _____

Street Address _____

City/Zip _____ Phone _____

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

Family _____ \$8 _____

Interested in:

Rides _____ 10-25 miles _____ 25-50 miles _____ 50-100 miles

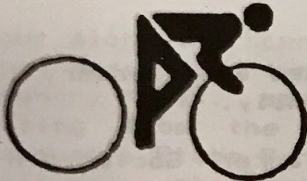
_____ Weekend tours _____ Camping _____ Motels

Make check payable to: Arlington Heights Bicycle Association

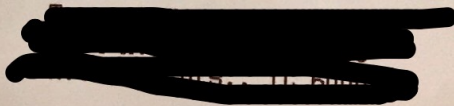
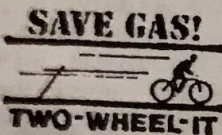
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ARLINGTON HEIGHTS BICYCLE ASSOC
660 NORTH RIDGE AVENUE
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AFFILIATED WITH
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USA**
THE LEAGUE OF AMERICAN WHEELMEN



THE
SPOKEN
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ARLINGTON HEIGHTS

BICYCLE ASSOCIATION

MARCH 1990 NEWSLETTER



!!!!!!IT'S TIME TO GET OUT AND RIDE!!!!!!

President's Message:

The longer days and warmer temperature of March signal the start of the bicycling season for many of us. If you've spent the winter doing basement rides on a wind-trainer, you must be anxious to put on some highway miles. Those of us that passed the time as arm-chair quarterbacks, point guards, goalies etc., might find our legs a little rusty right now. But with a bit of March riding, they'll be as good as new.

Once you start cycling again, you might decide to work at improving your riding ability. Bicycling is a sport that offers many levels of participation, from your typical family 'cruise around the neighborhood' riders on up to triathletes and ultra-marathoners. Most of us ride somewhere between those two extremes. If you want to improve yourself to the next level, you've got to put some effort into it. And now is the time to start.

One of the best training techniques is to ride at an all out sprint for 3 to 5 minutes followed by 5 to 10 minutes of easy riding and then repeating this sequence several times. If you don't think that this sounds like a lot of fun, you're probably right. An hour of this type of riding would cause many of us to question our sanity.

If all this talk of training makes your body ache, don't be discouraged. You really don't have to go through a strenuous regimen to improve your bicycling ability. All you've got to do is ride; as far as you can and as often as you can.

Our club ride schedule was planned out to feature shorter and easier rides earlier in the season. We'll be gradually increasing the mileage throughout the summer months.

Do all these rides and you should be ready for those monster trips of 70, 85 and 100 miles during September and October. You'll become a better rider and we'll have another member in our 1000 mile club.

Greg

MEETING: RECREATION PARK AT 8:00 P.M., MARCH 28, 1990
DEADLINE FOR NEXT NEWSLETTER IS MARCH 31, 1990

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MARCH MEETING AND PROGRAM

Our next club meeting will be on March 28 at 8:00 p.m. at Recreation Park. The meeting will include some spring tune-up tips to help you get your machine in shape for the long riding season ahead.

THE BIKE SWAP

Mark those calendars. April 28 and 29 are the dates for the swap. We need all the help we can get for this one. Sign-ups begin in earnest at the March meeting - - or call Al Gain at 392-1547.



MEMBERSHIP RENEWALS

It's that time of year again. Your club membership expired at the end of February. But don't panic, we'll send you a few more newsletters as reminders to renew. Please use our new membership form enclosed in this newsletter.

CLUB BIKE SHORTS

It's happened. After months of diligent effort by Chris VanDornick, the club bike shorts are on order. We will have 30 pairs of shorts in an assortment of sizes selling for \$20 each. These are high quality shorts which will have our club emblem printed on them. So if you're in the market for a new pair of shorts, hold off on a purchase until you see one of ours. They should be available in time for the summer riding season.

Week-long Trip - June 23 to July 1st, 1990

If you are interested in the tour along the scenic Illinois River and the mighty Mississippi (details were in the February newsletter), please contact Norma Witherbee before March 23, 1990 and let her know. **IMPORTANT - RIDE WILL BE CANCELLED IF THERE ARE NOT ENOUGH PARTICIPANTS.** Phone 674-0523



Mention the Fourth of July to most people, and they'll regale you with stories of especially memorable holidays spent barbecuing, swimming, and relaxing. This year consider the 1990 National Rally as a way to build memories for the years to come.

Hosted by the Outspokin' Wheelmen of Youngstown, Ohio, and the Western Pennsylvania Wheelmen of Pittsburgh, Pennsylvania, this year's rally takes place in rural Slippery Rock, Pennsylvania. Known for unbeatable cycling appropriate for cyclists of all skills, Slippery Rock is an ideal home for a rally. Year after year, the Rock—as locals affectionately call it—attracts a loyal band of cyclists for one of the region's favorite organized events, known as WAG. Attend the Rally this year, and you'll discover why.

As with any rally, the focus of this event is cycling. Each day will bring a cornucopia of rides to choose from, from short to long and flat to hilly. You won't find a more diverse collection of options anywhere! Western Pennsylvania's rural countryside is ideal for day rides, with miles of traffic-free roads and varying scenery. Perhaps you will opt for an easy ride through Amish country, over gently rolling hills in lush farmlands. If so, be sure to stop in New Wilmington or Volant Mills, and bring your appetite. Or perhaps the challenge of the Bonkberry Century, the region's toughest, is just the ticket to test your mettle. It's your choice,

at this year's Rally at the Rock.

Of course, a good National Rally is not merely cycling. A varied schedule of workshops, led by luminaries in all aspects of cycling, will delight and inform you. Everything from nutrition to new products and health to high-wheelers is on tap to be explored. Broaden your horizons by selecting some of the many workshops scheduled throughout the day and evening for your convenience.

At Gear-Up 1983, we made the regular exhibit feature famous by holding a mini-trade show featuring heads of industry. At this year's rally, expect the same quality! Plan to spend more than a few passing minutes examining the latest wares, representing leading-edge companies and quality craftspeople from around the nation.

Every evening will be an opportunity to celebrate a great day of riding with special musical entertainment geared to all tastes. There's nothing better than song and instruments, new-found friends, and food and drink to cap a great day of riding and relaxing. From the opening brass band parade to the closing events, you won't have to slow down once (unless you want to).

Most participants will want to squeeze in a little time for eating and sleeping, naturally, and no shortcuts are being taken here, either. For years Slippery Rock University has been a focal point for regional cycling events because of its quality accommodations and, yes, good

food! We recognize that most cyclists ride more to eat more. A warning: Don't come to the Rally expecting to shed a few pounds, or we'll disappoint you.

While this five-day event is designed especially for you to relax among fellow cyclists, you may want to take a longer hiatus from everyday life. A series of pre- and post-tours are planned, each to fully explore the treasures of western Pennsylvania and eastern Ohio. Tour the wine country of Lake Erie on a northern tour. View the majesty of Pennsylvania's Grand Canyon on some of the most scenic roads in the U.S., and tame the back country of Allegheny National Forest, one of the largest woodlands in the Middle Atlantic States. You can even delve deeper into the Amish country of eastern Ohio. Whatever you choose, you'll leave the humdrum behind in this cycling paradise.

If you're ready to park your car and put life on hold for a few days, sign up now for the 1990 National Rally, July 4th to 8th. Forms are in the 1990 *Almanac* or the January/February issue of *BI-CYCLE USA*. You may write to 1990 L.A.W. National Rally, P.O. Box 838, Youngstown, OH 44501 for a form or more information. Remember, this is one memory-in-the-making you won't want to miss!

Dave Willard is the Publicity Director for the National Rally and a member of the Western Pennsylvania Wheelmen.

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ARLINGTON HEIGHTS

BICYCLE ASSOCIATION

APRIL 1990 NEWSLETTER



COME JOIN US THIS YEAR

President's Message

With the coming of April, our club activities go into high gear. Those of you who have participated in the club before pretty much know what to expect. But what if you're a new or prospective member who doesn't have any idea what the club is all about. Maybe you're wondering if it's worth your time to participate in our group. What you really need is a sales pitch for the Arlington Heights Bike Club.

I guess it's safe to assume that everyone reading this newsletter enjoys bicycling or has a good reason to ride such as maintaining fitness or commuting to work. Others may be new to the sport and want to learn more about it. So let's look at some ways that our bike club can maximize your enjoyment of cycling or help you attain your goal of fitness or bicycling efficiency.

Perhaps the best reason to join a bike club is to have a group of people to ride with. Many of us have friends that are not interested in cycling or are just not available when we get the urge to ride. Solitary riding can get boring after a while. So you need a club to offer you group rides on a regular schedule.

Bicycling in a group is a great way to socialize and meet people who have similar interests. Our club usually rides at a pace that makes it easy to carry on conversations with fellow riders (while keeping an eye and ear out for traffic of course). And as many of our newer members can attest, our club has always had a reputation for being a friendly bunch.

Now that you've got a group to ride with, you've got to have a place to ride. Club rides follow carefully planned out routes that avoid the hazards of high traffic highways or poor road conditions. You don't have to spend a lot of time mapping out your own route when you want to ride. All you got to do is follow our ride leader. This avoids the possibility of getting lost, especially on a long ride. Group riding also offers a certain degree of support in case of mechanical breakdowns.

There's a lot more to bicycling than just hopping on a mount and riding. A good knowledge of the sport can improve your cycling efficiency and enjoyment. A bike club is a great way to obtain information from experienced riders. Our club meetings usually have a program devoted to some aspect of cycling. In the past, we've had programs discussing bicycle selection, cold weather cycling tips, bicycle gearing, and maintenance topics (tire changing, chain repair, lubrication, etc.).

So you can see that our club has a lot to offer. And with over 70 events this year ranging from the Tuesday night rides on up to the Bike Swap and banquet, you'll probably find something that interests you. See you on our rides!

Dreg

MEETING: RECREATION PARK AT 8:00 P.M., APRIL 25, 1990
DEADLINE FOR NEXT NEWSLETTER IS APRIL 30, 1990

ARLINGTON HEIGHTS BICYCLE ASSOCIATION OFFICERS



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APRIL MEETING AND PROGRAM

Our next club meeting will be April 25 at 8:00 at Recreation Park. Our program this month will be "The Art of Bicycling Touring" as presented by Marilyn Wilkerson. Marilyn will give us some tips on the many details that can make bike touring a joy to do.

!!BIKE SWAP!!!!BIKE SWAP!!!!BIKE SWAP!!!!BIKE SWAP!!!!BIKE SWAP!!

A final reminder. Don't forget the Swap dates of April 28 and 29. We really need your help to make this Swap another success. You can sign up at our April meeting or by calling Al Gain at 392-1547. After the Swap on Sunday, relax and enjoy a 10 mile bike ride with George and Pat Vassos. This includes a stop for a bite to eat.

WE KNOW YOU'RE OUT THERE... SOMEWHERE

Nancy Marum is desperately seeking two long lost riders who attended the Halloween ride last year and never picked up their patches. Please end Nancy's search by calling her at 253-2385 to get your patch.

WEEK LONG TRIP

Because of a lack of interested participants, the week long trip has been cancelled. Norma Witherbee is considering a trip for 1991. If you are interested, contact her at 674-0523 with any suggestions.

CLUB BIKE SHORTS

The shorts have arrived!! We are getting the club emblem printed on them at this time. They will be available in assorted sizes for \$20 each at the April meeting. So bring those crisp \$20 bills to the meeting or contact Chris VanDornick at 259-7917 to get your very own pair.

MEMBERSHIP RENEWALS

Don't forget, all 1989 club memberships have expired. Please renew your membership by filling out the form on the back of this newsletter and sending it to Chris VanDornick.

ARLINGTON HEIGHTS BICYCLE ASSOCIATION
 RIDE SCHEDULE

<u>Rides</u>	<u>Rate</u>	<u>Start</u>	<u>Leader</u>	<u>Comments</u>
	<u>Dist.</u>	<u>From</u>		
April 21 Aunt Mary's in Elgin.	Y 40	Disney Park on Biesterfield at Wellington. 1 Block west of Arlington Hts. Rd. 9:00 a.m.	Greg Konieczny 398-4633	Eat Hearty
April 28-29 Bike Swap			Al Gain 392-1547	Need Volunteers
May 5 AH Park Dist. Breakfast Ride	z 12	Frontier Park 9:00 a.m.		Ride bike trail to Deer Grove. Must make reservation at any park. Let's support our village. \$3.50.
May 6 Palatine Taragon	Y 40	Recreation Park 9:00	Dave & Chris Van Dornick 259-7917	Lunch at Taragon, near Harper College.
May 12 AH 500 1/2 Metric Route	zy 35	Frontier Park 9:00	Nancy Marum 253-2385	Combine with Mt. Prospect. Bring a lunch.
May 19 Lamb's Farm	zy 25	Potawatomee Park N. Side of Rt. 68 E. of Rt. 21 (Milwaukee) E. of the River. 9:00 a.m.	Bob Browning 537-3391	Well known popular ride, for all levels.
May 26 Blackhawk Rockford Invitational	y 50 xy	Rockford	Blackhawk Bicycle Club	Car-pool/Van to Rockford. Meet at Recreation Pk. at 7 a.m. Phone Jim Shoe 259-1692 More info to follow.



Jim Shoemaker would like some feedback on the Mt. Prospect/Arlington Heights "combination" rides. We will ride together and the sweep will be for both clubs. If you have an interest in more of these rides let him (259-1692) or Elida (255-5835) know.

TUESDAY NIGHT RIDES Recreation
 Park

Summer Rides start at 7:00 - Rides in April - May - September rides start at 6:30

Ride leaders as follows:	April	-	Cecily Rood/Dottie Tockey
	May	-	Bob Hinkle
	June	-	Chris and Dave VanDornick
	July	-	George Vassos/Jim Shoemaker
	August	-	Greg Konieczny
	September	-	Jim Shoemaker

MEMBERSHIP APPLICATION FOR ARLINGTON HEIGHTS BICYCLE ASSOCIATION

NAME(S) _____

STREET ADDRESS _____

CITY/ZIP _____ PHONE _____

In signing this release for myself, and/or a named participant under the age of 18, I understand that the Arlington Heights Bicycle Assn. officers and members, are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Assn. For myself and/or said minor, my (and minor's) heirs and assignees, I hereby waive all claims for, forever discharge, and agree to save harmless the Arlington Heights Bicycle Assn. officers and members from any and all liability from having sustained personal injuries or property damage by reason of their negligence in furthering the activities of the Arlington Heights Bicycle Assn.

SIGNATURE(S) _____

SINGLE _____ \$6 FAMILY MEMBERS UNDER 18 AGE
(Must be 18 yrs or older)

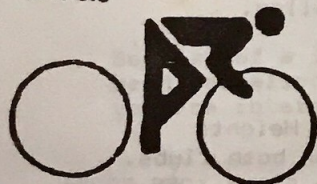
FAMILY _____ \$8 _____

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, Illinois 60008



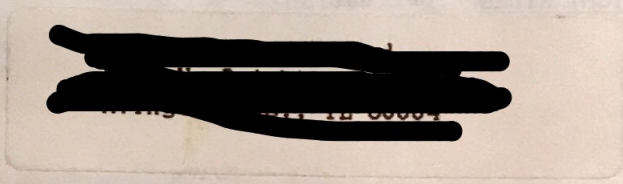
ARLINGTON HEIGHTS BICYCLE ASSOC
660 NORTH RIDGE AVENUE
ARLINGTON HEIGHTS, IL
60004



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

SAVE GAS!

TWO-WHEEL-IT



THE
SPOKEN
WORD

ARLINGTON HEIGHTS

BICYCLE ASSOCIATION

May 1990 NEWSLETTER



REFLECTIONS FROM THE BIKE SWAP

Presidents Message

Throughout the months leading up to the Swap, Al Gain had promised us that it wouldn't rain on our parade. But Saturday wasn't exactly a perfect day for weather. Ominous looking clouds rolled across the sky throughout the day. And when the wind shifted and a cool breeze whipped up, I thought we were in big trouble. But the heavy rains stayed away and the crowds kept coming throughout the weekend.

Everyone seemed to enjoy themselves including the club members who helped out. Though the Swap is a lot of work, it can be a lot of fun. I enjoyed working with our customers, many of whom needed a little initiation to the sport of bicycling.

Overall I think our club made a great impression on the community during the Swap. Anytime you deal with the public you're bound to get someone who walks away dissatisfied. However, these instances were kept to a minimum by the professional way that the Swap is run. The whole thing is really a tribute to Al and Jeanie Gain and their core of volunteers. They have graciously run the Swap for so many years, finetuning it a little bit each year. I know that they would appreciate it if other club members would take a greater interest in the Swap to distribute the work load. Something to think about for next year.

Now that we've taken care of business, it's time to enjoy the rest of the club riding season. The turnout for our rides so far has been fantastic. And there's plenty more to come. Let's get out and ride!

Greg

MEETING: RECREATION PARK AT 8:00 P.M., May 23, 1990
DEADLINE FOR NEXT NEWSLETTER IS May 31, 1990



American Wheelmen

President:	Greg Konieczny	398-4633
Co-Vice Pres:	Dave VanDornick	259-7917
	Jim Shoemaker	259-1692
Secretary:	Cecily Rood	398-7448
Treasurer:	Roy Euclide	437-0442
Membership:	Chris VanDornick	259-7917
Newsletter:	Dottie Tockey	392-2709



MAY MEETING AND PROGRAM

Our next club meeting will be May 23 at 8:00 at Recreation Park. Mr Thomas Higgins of Parkside Sports Medicine Center will be at the meeting to give a slide presentation and discussion about techniques for avoiding sports related injuries. Mr. Higgins will also talk about the services of a sports medicine center and how they can help if an injury occurs.

CHICAGO BOULEVARD LAKEFRONT TOUR

Chicagoland Bicycle Federation will be sponsoring the Lakefront Boulevard Tour on June 17, 1990. This ride follows the old system of scenic tree lined boulevards in the city of Chicago. The route is a 35 mile loop starting at the University of Chicago. CPF expects over 3000 riders on the Tour. If you would like to ride, pick up a ride brochure at our May meeting or call CBF at 312-42-PEDAL. You must register before May 31. The ride cost is \$12. If you're not interested in riding, consider helping out at one of the sag stops. Call CBF to volunteer. Whether you ride or not, CBF deserves our support. They're an organization that's doing a lot to improve the environment for bicyclists in the Chicago area.

CLUB BIKE SHORTS

These things sold like hotcakes during the April meeting when they first became available. They actually delayed the start of the meeting for 10 minutes when some members tried on their pair for the perfect fit. The good news is that we still have an ample supply of the shorts available. Pick up your pair at the May meeting for \$20 or contact Dave VanDornick at 259-7917. And don't forget the club jerseys. We still have a good supply of large and extra large in stock. If yours is getting a little tattered, pick up one at the May meeting or by contacting Dave.

WANTED - A REMBRANT, VAN GOGH, Renoir OR MICHELANGELO

to do a little art work for our membership brochure. Our supply of brochures has just about run out so we'll be producing a new one soon. You don't really have to be a world class artist, just someone who can embellish the brochure with bicycle related drawings. If you or someone you know can help, please contact Greg Konieczny at 398-4633.

THE 1991 ARLINGTON 500

It's time to start thinking about next year's Arlington 500. First we have to revise our route to have a new starting point and third sag stop. If you would like to work on this or just have some suggestions to offer, contact Greg Konieczny at 398-4633.

Bicycle Swap '90

Thank you to everyone who made the Bicycle Swap successful. Thank you to the office staff, all those who checked bikes in, those who helped with traffic, those who answered questions, lowered a saddle, stood security watch, put away and took out again. Having enough workers makes it a fun day. It is great to see all those kids who got a bike and the happy parents who got rid of some of the unused bikes in the garage.

Hope everyone enjoyed the chili and sloppy joes, it made it easier for us to make sure all posts were covered during the lunch time. Thanks to Amlings for coffee cakes in the morning.

Thanks to Bob Lippold, Chuck Bencic, Pat & George Vassos, Tom & Sherry Masters, Kurt Schoenhoff, Don & Elida Dereby, Hans Predel, Brad Bray, Terry, Karen, Peggy & Penny Zmrhal, Greg Konieczny, Emil & Corinne Donkers, Earl Mason, Bob Hinkle, Bob Browning, Nancy Marum, Rosemary & Dorothy Donkers, Marilyn Wilkerson, Nora Plichta, Marilyn Roberts, Cecily Rood, Jim Shoemaker, Marti Marra, Janice Scheeler, Al Purzycki, Tom Byrne, Will Kozlowski, Bert Saxon, Bill Distel, Roy Euclide, Joan Siebenaler, Dave Von Bergen and anyone who didn't sign in. Also thanks to Chris and Dave VanDornick who didn't help that day but store to pool board all year and help transport the leftover bikes, and to Evie Weber who got publicity out through her company mailer.

We're still putting details in the computer, we'll have more next month.

Thanks again,

Al & Jeanie

BLACKHAWK INVITATIONAL RIDE

This year, we will again be doing the Blackhawk Bicycle Club invitational in Rockford as a club ride. We meet at Recreational Park on Saturday May 26 at 7AM sharp. Amling's Cycle and Fitness will have a van available at the park to transport bikes to Rockford for the ride. The club will do the 50 mile route. A 35 mile route is also available. This is a beautiful ride through the rolling hills of northern Illinois and southern Wisconsin farm country. It's one of the best invitationals in the Chicago area. A sloppy Joe lunch afterwards is included in the ride cost of \$10, payable to the Blackhawk Bike Club at the start of the ride. Those riders who would like to carpool to Rockford should contact Dave VanDornick at 259-7917 or Jerry Hill at 893-3149. If you do the ride without our group, contact Dave or Jim Shoemaker to get your club mileage.

COMING SOON - TO A HIGHWAY NEAR YOU

The Mount Prospect Bike Club Liberty Metric Invitational - June 3, 1990
Starting at easy to reach Dan Wright School in Lincolnshire.

Be there for sure!!!

Keep an eye out at the first rest stop for John and Anne K., Cecily Rood and Jim Shoemaker. They will be toiling for the Mount Prospect Club. If you do the ride, let Jim or Dave VanDornick know to get your club mileage.

BIKE TO WORK DAY

Don't forget Chicagoland Bike-to-Work Day on May 15. Contact Chicagoland Bicycle Federation at 312-42-PEDAL for details about the day's activities.

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To be penciled in on your tentative ride schedule.

Progressive Dinner - Saturday, July 28, 1990 -

Details to follow in next newsletter.



MEMORIES OF RIDES PAST

TUESDAY NIGHT RIDE - MAY 1, 1990

27 riders took a 10 mile tour of Arlington Heights and Rolling Meadows which featured the homes of various bike club officers. It was kind of like a house walk ride. Next time, tell us you're coming so that we can have cookies, cake, lemonade, chicken, barbecued ribs, etc. available for refreshments. The weather was great, but a little too chilly for ice cream afterwards. So 5 riders went to Arlington Market for yogurt.

ARLINGTON HEIGHTS PARK DISTRICT WHEEL AND MEAL RIDE - MAY 5, 1990

What can consume 16 dozen eggs, 14 pounds of bacon, 8 large loaves of toast, bananas, apples, and gallons of lemonade, coffee, and hot chocolate, all in about 1 1/2 hours? 45 hungry bike riders, that's what. This was the turnout for the annual Park District ride. 15 AHBAers were among the ranks which included riders of all ages on a 14 mile excursion.

TARAGON BREAKFAST RIDE - MAY 6, 1990

27 riders showed up on a cool bright Sunday morning for this 45 mile ride to the Taragon restaurant in Palatine. After a brief jaunt through Busse Woods, we traversed the subdivisions of Schaumburg and then the roads of rural Cook County. Now a cup of coffee or tea before the ride and a cool day can tax many a man's bladder. The outhouse was a popular spot at the first rest stop 20 miles out. After the break, the ride continued at a spirited pace to the Taragon. Several riders arrived a little later, slowed by a flat tire and mechanical breakdowns. The Ingenuity Award of the Day has to go to Roy Euclide who scrounged the highway to find material for repairing his broken rear carrier. A small piece of clothesline did the job. A hearty breakfast at the Taragon helped to "recharge the batteries" for another spirited ride back to Rec Park. Many thanks to Chris and Dave for leading another great ride.

.....AND MORE MEMORIES

Long Grove Tuneup '90 - Boy, was it cold out (28 degrees when we started), and there was a real nasty west wind to make things interesting! But the sun was out for a change and it felt warm anyway. Despite the temperature, 15 serious rider turned out for 29 maintenance free miles through parts of Kildeer, Buffalo Grove and Arlington Heights as well as Long Grove. 9 out of the 15 riders also stuck around for a fine breakfast/lunch at Grannies Restaurant in Arlington Heights. Wow! What a waitress! This was led by Chris & Dave.

Aunt Mary's Pancake Ride - Cloudy with mist at start, clearing into beautiful day for biking. 22 riders enjoyed breakfast even though the service was rather slow for Chris and Dave. Emil Donkers had a flat on his 1st ride of the season. Nice ride, thanks Greg K.

Park Ridge Pancakes - 23 riders from our combined clubs (A. H. and M. P.) Excellent food at the Pickwick Restaurant in Park Ridge. 2 flat tires on this ride and 1 crash requiring a sag home (Thanks to John Korth). Jim Shoe and Don Ami did an excellent job of sweeping this merry group. Thanks to everyone who joined in this social event!

Post swap ride - Easy 7 miles - 6 bike riders and 4 "air polluters" enjoyed a meal at Baker's Square!

Tuesday night rides - Everyone is anxious to ride. We've had about 30 riders. Thanks to Dottie for 8 miles around the race track, Cecily's windy 10 miles, nice route with a great finish at "Eros" for ice cream. Some said it was an "official board meeting" -- come on now!!! And how about trying for fourteen lakes before dark. Rain drops were a little large at one point (although brief). Thanks Don Derebey. If you are not joining us on Tuesday evening, you are missing a lot of fun!!!!

TOP MILEAGE LEADERS
(Through April 25, 1990)

Greg Konieczny	198	Joan Siebenaler	91
Cecily Rood	198	Craig Reider	89
Jim Shoemaker	198	Betty Bond	74
Chris VanDornick	198	Patricia Herrmann	71
David Vandornick	184	Dottie Tockey	71
Jerry Hill	162	Steve Jenny	65
Nancy Marum	162	Lucy Wathen	64
Bob Hinkle	150	Emil Donkers	60
Bill Minch	146	Nora Plichta	56
Clarence Littwin	92	Mark Hoffman	47

As you can see, there is a definite battle going on for the top spot. It's a little early to tell yet, but I predict that the Van Dornicks should finish one and two at the end of the year! If you would like to challenge this statement, there is only one way:

Come to the bike rides!

Dave



LAURELS TO:

All the members who made Bike Swap '90 a big success (Jeanie and Al worked very hard on this); Dottie & Cecily for leading April Tuesday nite rides; Marilyn Wilkerson for the great talk and demo on bicycle touring; and to Chris, Dave, Jim and Greg for leading the weekend rides in April.

THE BENEFITS OF BICYCLE COMMUTING:

.....

Health: Bicycle commuting is a great way for busy people to squeeze regular exercise into their schedules. Instead of sitting, frustrated in congested traffic you are using that time to stay in shape. Don't be surprised if bicycle commuting gets you to work on time more often, puts you in a better mood at work and helps you perform your job better. Being in better physical shape also will mean being sick less often.

Improved Air Quality: It is short automobile trips, precisely the ones bike-riding could replace, that create the most air pollution, because a cold engine does not fire effectively and releases unburned hydrocarbons into the air. In the Chicago area one half of commuters drive less than four miles to work or to the train, pedaling to work or to mass transit could have a dramatic effect on Chicago's ozone and smog problems.

Economics: Add up what you spend getting to work everyday. Bicycle commuting saves you parking fees, fuel costs, auto maintenance costs and transit fares. If you drive to work in the loop, that could mean a savings of over \$200 per month on parking alone. A new bicycle and cycling gear would pay for itself in a few months.

Increased numbers of bicycle commuters would save everybody money on transportation and business costs by reducing traffic and parking congestion. Gas taxes only begin to cover the costs of road building, maintenance, traffic regulation, police services, and accident losses. If the real taxpayer subsidy were reflected in fuel taxes, a gallon of gasoline might cost as much as \$4.50.



THE CHALLENGES OF BICYCLE COMMUTING:

Time and Distance: As a rule, in urban areas, bicycle commuting is faster than other modes for distances less than four miles, and takes about the same time for distances between four and five miles. For longer distances you still may be saving time by combining your exercise time and your commute time. The average bicycle commuter travels at about 10 miles per hour in traffic. If you live too far from work to make a bicycle commute practical, consider cycling to the bus, METRA, or CTA stations. Or drive part of the way to work with your bike on the car on the rack; then cycle the last few miles.

Parking: If your employer does not provide bicycle parking find out whether you can take your bike up to your work place. Maybe there's an available closet or a storage room somewhere in the building. If you park outside use a good U-lock through the rear wheel, the frame and around a parking meter or sign post. The front wheel, if quick-release, needs to be secured with a cable, or removed and taken with you or locked to the rear wheel.

Clean-up: If you ride at a leisurely pace, you probably won't need anything more than a place to wash up and change your clothes. However some cyclists like to ride hard and get a good work out making shower facilities necessary. If your company doesn't provide them, check with the maintenance people in your building about using their showers or try a nearby health club.

Employer Participation: Perhaps you and your co-workers who are cyclists or runners can persuade your employer to provide showers, bike parking and other bicycle commuter incentives. After all, with your increased alertness and physical fitness your employer will benefit almost as much as you. Contact the Chicagoland Bicycle Federation for more suggestions on what employers can do to encourage bicycle commuting.

Equipment: Any bike that is the right size and adjusted to fit you will work, remembering that good maintenance is more important when you rely on your bike to get you to work on time. A good bicycle shop can be quite useful.

Fats can be prevented. Try Kevlar belted tires or tube liners such as Mr. Tuffy. One of the prime causes of punctures is riding on under-inflated tires. Look for the recommended pressure stamped on the tire sidewall.

Get something to carry your stuff. Carrying things in your hands is inconvenient and dangerous. A basket, a rack and panniers (saddlebags), or a fanny pack work well. Backpacks may be a pain in the back and shoulders.

Make sure you have good front and rear lights, and reflectors so that you can be seen when coming home after dark.

Weather: Fenders, rain gear, and a couple of a plastic bags will keep you and your gear dry through most storms. It is very difficult to find something that will keep the rain out, while still allowing perspiration to evaporate. The expensive approach is to buy one of the Gore-tex or similar fabric rain suits which almost live up to their claims. The inexpensive approach is to use a cycling rain poncho or any jacket that sheds water and some comfortable pants treated with Scotchguard. In either case you will end up sweating more than you had hoped. Other options are to get wet and then change your clothes upon your arrival. (You will be surprised how rarely it actually rains during your commute) or some commuters simply decide not ride when rain threatens.

Once you get hooked you might find yourself getting equipped for winter cycling as well. For cold weather, the layered approach is best; your movements will be less restricted and you can shed the outer jacket after you warm up.

Clothing: Clothing specially designed for cycling is now widely available. Any comfortable clothing will work just fine. Bright colors make you more visible and thus safer.

Chances are you will need to change into something more professional once you get to work. If you carry your work clothes with you, try rolling instead of folding to keep things from getting wrinkled. Some bicycle commuters keep several suits or dresses at work and use a cleaners near their workplace or take items back and forth on days they don't ride.

Cycling gloves will protect your hands from road vibrations and scratches in case of a fall.

Choosing a Route: On your day off, try a couple of different routes to work. Surprisingly, you may discover that the best route is not necessarily the one with the least traffic. Other considerations are directness; smoothness of pavement; amount of bus or truck traffic; and the number of traffic signals and stop signs. Just as stop and go traffic is hard on car engines, it is tiring for cyclists. If the outside lane is wide enough for a car to pass you within it, that street may be more comfortable for cycling than a narrower road with less traffic. For trips over five miles it might make sense to look at a map that recommends the preferred bike routes. Find out what maps are available by contacting the Chicagoland Bicycle Federation.

Safety: Bicycling is safest when you ride visibly and predictably, that means behaving like other vehicles on the roadway and obeying the law. An excellent source of cycling survival skills is the brochure "Safe Bicycling in Traffic," available for a SASE from the address below. Wear a helmet. The most common bicycle accident threat is a head injury from a fall

z = 8 to 11 mph
 y = 12 to 15 mph
 x = 16 + mph

ARLINGTON HEIGHTS BICYCLE ASSOCIATION
 RIDE SCHEDULE

<u>Rides</u>	<u>Rate</u>	<u>Start</u>	<u>Leader</u>	<u>Comments</u>
	<u>Dist.</u>	<u>From</u>		
May 19 Lamb's Farm	zy 25	Potawatomee Park N. Side of Rt. 68 E. of Rt. 21 (Milwaukee) E. of the River. 9:00 a.m.	Bob Browning 537-3391	Well known popular ride, for all levels.
May 26 Blackhawk Rockford Invitational	y 50 xy	Rockford	Blackhawk Bicycle Club	See details in another section of the Newsletter.
June 2 Lake Opeka in DesPlaines	zy 25	Recreation Park 10 a.m.	Jim Shoemaker 259-1692	Nice DesPlaines Park Easy Social ride-warm up for Metric Century tomorrow
June 3 Mt. Prospect Inv., Liberty Metric	xyz 35 62	Dan Wright School North of Route 22 on Riverwoods. Lincolnshire. 8:00 a.m.	Mt. Prospect Bike Club Karen Fraki 394-0684	Great ride area. Law patch available Water bottle, sag, cue, route markings \$8
June 10 Ice Cream Search	y 45	Frontier Park 9:00 a.m.	Bob Hinkle 259-1423	Follow-The-Leader Try and guess where and how.
June 16 Brookfield Zoo	zy 50	Lions Park Mt. Pros. 8:00 a.m.	Dave & Chris Van Dornick 259-7917	Combination ride with Mt. Prospect. Lunch with the animals.
June 23 Penny Tap	y 46	Frontier Park 8:30 a.m.	Elida D. 255-3422	Lunch at Penny Tap. Historical Spot.
July 1 St. Charles North	zy 40	Piano factory parking lot. 4 blocks s. of Hwy. 24. St. Charles. 9:30 a.m.	Greg K. 398-4633	Ride 90% bike path eat in Algonquin- Reese or Mac's D.
July 4 Parade		Details in next newsletter.		Ride together in club shirts.
July 8 North Shore Ride	y 26	Cornelia Lunt Park (Church & Judson) Evanston 9:00 a.m.	Bob Browning 537-3391	Scenic - Northwestern Campus, Highland Park, Fort Sheridan. \$\$\$\$. Mansions of the North Shore.

TUESDAY NIGHT RIDES - Recreation Park

Rides in May start at 6:30 p.m. Leader - Bob Hinkle
 Rides in June start at 7:00 p.m. Leader - Chris and Dave VanDornick



MEMBERSHIP APPLICATION FOR ARLINGTON HEIGHTS BICYCLE ASSOCIATION

NAME(S) _____

STREET ADDRESS _____

CITY/ZIP _____ PHONE _____

In signing this release for myself, and/or a named participant under the age of 18, I understand that the Arlington Heights Bicycle Assn. officers and members, are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Assn. For myself and/or said minor, my (and minor's) heirs and assignees, I hereby waive all claims for, forever discharge, and agree to save harmless the Arlington Heights Bicycle Assn. officers and members from any and all liability from having sustained personal injuries or property damage by reason of their negligence in furthering the activities of the Arlington Heights Bicycle Assn.

SIGNATURE(S) _____

SINGLE _____ \$6 FAMILY MEMBERS UNDER 18 AGE
(Must be 18 yrs or older)

FAMILY _____ \$8 _____

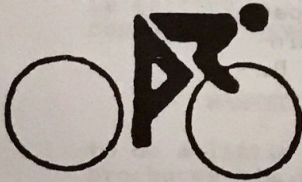
INTERESTED IN:

RIDES: _____ 10-25 miles _____ 25-50 miles _____ 50-100 miles
_____ Weekend Tours _____ Camping _____ Motels

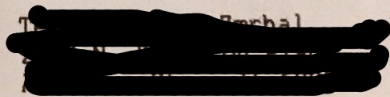
Make check payable to: Arlington Heights Bicycle Association
Mail to: Chris Van Dornick - 2104 Wren Lane
Rolling Meadows, Illinois 60008



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



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



THE
SPOKEN
WORD

ARLINGTON HEIGHTS
BICYCLE ASSOCIATION

June 1990 NEWSLETTER



LET'S BE CAREFUL OUT THERE

PRESIDENT'S MESSAGE

With the coming of the warm weather months, many of us will start increasing our cycling mileage. This is a good time to consider what you can do to become a safer cyclist. While it's important to obey traffic laws, a law abiding cyclist is not necessarily a safe one. A safe cyclist is one that uses his smarts to avoid trouble.

The first thing that you've got to do is protect your smarts. A race car driver or pro football player would never even think of participating in their sport without first strapping on the headgear and neither should you. If you still don't think that a bicycle helmet is necessary, just realize that there are two kinds of cyclists, those that have fallen off the bike and those that will someday take a fall. Since a helmet can reduce the chance of a serious head injury by 80%, wearing one is the smart thing to do.

Now that we've got you wearing your helmet, what else can be done? Way back when you were in drivers ed. the instructor talked about defensive driving techniques. You remember... aim high in steering, leave yourself an out, keep your eyes moving etc. These techniques can also be used on the bike to stay out of trouble.

Your eyes are probably the best accident avoidance mechanism. But sometimes we can get into the habit of fixing our vision on a patch of ground about 10' in front of the bike. By looking farther down the road you can spot obstacles and hazards long before your bike meets them. Since problems can come from any direction, you've got to keep those eyes moving to spot them. Traffic from the front or rear and approaching from the side are all potential hazards that can be avoided if you're looking for them. Also, during group rides it's important to know the position of adjacent riders. This helps you to avoid cutting someone off, turning into them or colliding when you must take evasive action to avoid a hazard.

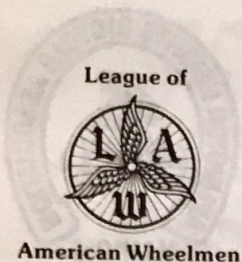
That drivers ed. instructor also talked about maintaining proper interval. But often on club rides we see cyclists tightly bunched together with less than 2' separating the bikes. This severely limits visibility and decreases the reaction time needed to avoid obstruction on the road. And of course, there's the likelihood of a rear end collision if the bike in front stops suddenly. By opening up the interval a little you'll be more comfortable and safer.

The last thing to consider is maintaining concentration on controlling the bike when you ride. My personal crashes have always occurred after a severe case of brain fade. This malady will put a rider on the ground quicker than anything else. It's great to socialize and enjoy the scenery when riding but minding the business of bike control has to be done all the time.

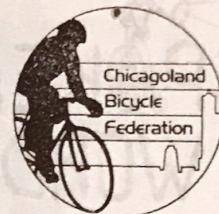
There's a lot more that could be said about bike safety. But the most important thing is to think about it whenever you ride. This is second nature for an experienced rider but takes some practice for a new one. It's your only guarantee for enjoying many trouble free miles.

Dreg

MEETING: RECREATION PARK AT 8:00 P.M., June 27, 1990
DEADLINE FOR NEXT NEWSLETTER IS June 30, 1990



ARLINGTON HEIGHTS BICYCLE ASSOCIATION OFFICERS



President: Greg Konieczny 398-4633
Co-Vice Pres: Dave VanDornick 259-7917
Jim Shoemaker 259-1692
Secretary: Cecily Rood 398-7448
Treasurer: Roy Euclide 437-0442
Membership: Chris VanDornick 259-7917
Newsletter: Dottie Tockey 392-2709

JUNE MEETING AND PROGRAM

Do you know what the difference is between a racing and touring bike? Could you tell a sport bike from a triathlon bike? If not, come to our next meeting on June 27, 1990 8:00 at Recreation Park. Vince from Village Cycle Sport will be there to explain how to match a bike to your personal riding style.

WARNING !!! WARNING !!! WARNING

Attending a club ride without first checking the latest ride schedule can be hazardous to your cycling plans. There's been some minor but very important changes to the original preliminary ride schedule published in February. These changes affect starting times and dates and ride destinations. So check your latest newsletter for up to date information. We'll publish a 6 week listing of rides each month.

HELP!

The Salt Creek Rural Park District of Palatine and Bikes Plus are sponsoring the Twin Lakes Triathlon and need volunteers to help out at the event. The Triathlon consists of a 1/2 mile swim, 13.4 mile bike ride and a 4.9 mile run. It will be held on July 1, 1990 at Twin Lakes Recreation Area starting at 6:30 am. If you can help, contact M-E Spirek at Bikes Plus at 398-1650. Also contact M-E if you would like to participate in the event.

DOUBLE HELP!!

The Evanston Bike Club has invited 7 Soviets to a cycle tour from Chicago to Washington scheduled to leave on July 6, 1990. Since the riders do not own or have access to the equipment necessary for such a tour, the Evanston Club is seeking donations of good quality bicycles or bike accessories (water bottles, helmets, touring packs and racks, etc.). If you can give these items or make a cash donation, contact Steve Sidell at (708) 328-2252

MEMORIES FROM THE BLACKHAWK RIDE

17 riders escaped to the country to enjoy a day of cycling free of potholes, glass studded roads and angry motorists. On the way out, a light mist covered the windshield at times but the ride itself was free of moisture; just a cool, gloomy kind of day. A scenic route and delicious cookies at the rest stops made up for the lack of sunshine. Although some riders originally talked about only doing the 35 mile route, everyone did 60 miles. Thanks again to Amling's Cycle and Fitness for providing the van to transport our bikes.

z = 8 to 11 mph
 y = 12 to 15 mph
 x = 16 + mph

ARLINGTON HEIGHTS BICYCLE ASSOCIATION
 RIDE SCHEDULE

<u>Rides</u>	<u>Rate</u>	<u>Start</u>	<u>Leader</u>	<u>Comments</u>
	<u>Dist.</u>	<u>From</u>		
June 16 Brookfield Zoo	y 50	Lions Park Mt. Pros. 8:00 a.m.	Dave & Chris Van Dornick 259-7917	Combination ride with Mt. Prospect. Lunch with the animals.
June 17 Boulevard Lakefront tour	x y z	Chicago, U. of C. 8:00 a.m.	Chgo. Bicycle Federation	Follow Blvds. linking seven city parks & the lakefront. Info. 312-42-pedal
June 23 Crystal Lake Regatta Ride	y 60	Frontier Park 8:00 a.m.	Jerry Hill 893-3149	Cardboard boat races. Combo W/Elmhurst Club Purchase tickets there.
July 1 St. Charles North	y 40	Hwy. 64 to 31. Left on 31 to Illinois. Left to 2nd st. Right to Piano Factory Parking lot. 9:30 a.m.	Greg K. 398-4633	Ride 90% bike path eat in Algonquin- Reese or Mac's D.
July 4 Parade	z	5 miles. Meet at 9:30 near Oakton & & Highland	Dave V. 259-7917	Look for all the club shirts. 15 mile ice cream ride after the parade
July 8 North Shore Ride	y 26	Cornelia Lunt Park (Church & Judson) Evanston 9:00 a.m.	Bob Browning 537-3391	Scenic - Northwestern Campus, Highland Park, Fort Sheridan. ****. Mansions of the North Shore.
July 14 Addison Surprise Ride.	y 40	Frontier Park. 9:00 a.m.	Dave & Chris Van Dornick 259-7917	Sort of New Place.
July 22 Bill's Pizza	y 50	Frontier Park 9:30	Jim Shoe 259-1692	New route, going east to go home.
July 28 Progressive Dinner	yz	505 Kings- bury, A.H. 2:00 p.m.	Dottie Tockey 392-2709	See details in another section of this newsletter.
July 29 Elmhurst Metro Metric	xyz 25-50 75- 100	Glen Ellyn College of Dupage 8:30	Elmhurst Bike Club. Directions at July meeting.	Invitational Over 1000 riders. Social and fun.

TUESDAY NIGHT RIDES - Recreation Park 7:00 p.m.

June - Leaders - Chris and Dave VanDornick
 July - Leaders - George Vassos & Jim Shoemaker 259-1692

MEMBERSHIP APPLICATION FOR ARLINGTON HEIGHTS BICYCLE ASSOCIATION

NAME(S) _____

STREET ADDRESS _____

CITY/ZIP _____ PHONE _____

In signing this release for myself, and/or a named participant under the age of 18, I understand that the Arlington Heights Bicycle Assn. officers and members, are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Assn. For myself and/or said minor, my (and minor's) heirs and assignees, I hereby waive all claims for, forever discharge, and agree to save harmless the Arlington Heights Bicycle Assn. officers and members from any and all liability from having sustained personal injuries or property damage by reason of their negligence in furthering the activities of the Arlington Heights Bicycle Assn.

SIGNATURE(S) _____

SINGLE _____ \$6 FAMILY MEMBERS UNDER 18 AGE
(Must be 18 yrs or older)

FAMILY _____ \$8 _____

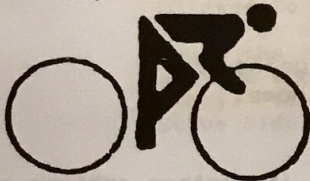
INTERESTED IN:

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, Illinois 60008

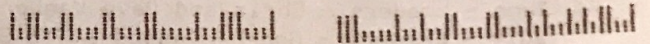
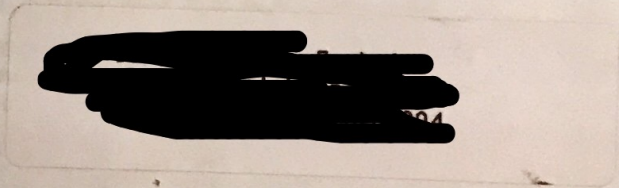


ARLINGTON HEIGHTS BICYCLE ASSOC
660 NORTH RIDGE AVENUE
ARLINGTON HEIGHTS, IL
60004



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

SAVE GAS!

TWO-WHEEL-IT



THE
SPOKEN
WORD

ARLINGTON HEIGHTS

BICYCLE ASSOCIATION

July 1990 NEWSLETTER



DON'T FORGET TO SHARE THE ROAD

President's Message

So far this year most of our club rides have attracted a good number of riders. It's great to show up for a ride and see 20 to 30 cyclists. However, with larger turnouts some of the problems of group riding become more noticeable. Our problems are related to safety and proper use of the road.

If you ride much by yourself, you probably know the importance of sharing the road and respecting traffic. Most experienced riders will stay as close to the side of the road as possible. They are aware of automobile traffic and make every effort to stay out of its way. Moving directly into the traffic pattern is done only when necessary.

This might seem unfair since a bicyclist has the same right to use the highway as anyone else. But since your bike moves much slower than the cars you must yield to them as much as possible. Cars often have to yield to bikes but it's foolish to assume that they'll do so. Bicycles are difficult to see and most drivers don't even bother to look for them. If you value your life, you don't want to take the right of way unless you're sure that the driver is going to give it to you.

Now when we ride as a group the situation changes. Most drivers can easily see us. So some members get a little lax and use more of the road than they should. We end up dominating the traffic and make it difficult for anyone to pass us in either direction. I'm sure that this makes a lot of bicycle enemies and poor publicity for our club. Don't forget, we're wearing those Arlington Heights jerseys.

Also, the traffic law says 2 abreast max so let's avoid those groups of 3 or 4 across. Many of you may not realize it but in Rolling Meadows we must ride single file due to city ordinance.

Another problem has been happening at 4 way stops. We can easily tie up the intersection for 30 seconds or more while our strung out group passes through without stopping. You've got to give the cross traffic a break. Often one rider stops and waves the cross traffic through only to have an adjacent rider shoot through the intersection. This has to be terribly frustrating for the motorist.

Left turns have become safety hazards. Many riders don't even bother to check back before crossing trafficlanes to making the turn. Just because the guy in front did it, don't assume it's safe unless you check for yourself.

And when we ride as a club, don't forget to call out "car back, hole, glass, etc." and echo it throughout the group so everyone can hear. This will make the ride safer for all of us.

No one likes to criticize other riders but when we ride as a club we expect everyone to be responsible cyclists. Let's ride properly and give our club a good name.

Greg

MEETING: RECREATION PARK AT 8:00 P.M., July 25, 1990
DEADLINE FOR NEXT NEWSLETTER IS July 31, 1990

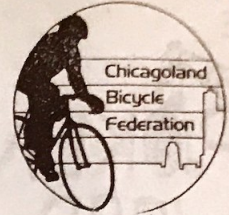
League of



American Wheelmen

ARLINGTON HEIGHTS BICYCLE ASSOCIATION OFFICERS

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 Co-Vice Pres: Dave VanDornick 259-7917
 Jim Shoemaker 259-1692
 Secretary: Cecily Rood 398-7448
 Treasurer: Roy Euclide 437-0442
 Membership: Chris VanDornick 259-7917
 Newsletter: Dottie Tockey 392-2709



JULY MEETING AND PROGRAM

The next club meeting will be July 25, 1990 8:00 at Recreation Park. Our very own Dottie Tockey will talk about her recent bicycle trek to the wilds of Pennsylvania for the LAW convention.

A REALLY GOOD DEAL!

For sale. Men's Raleigh Competition GS 10 speed. 25" 531 frame, Campi gears, Weinmann brakes and rims. Very nice. Asking \$260. Contact Bill at 640-7721.

WANT TO BECOME A BETTER CYCLIST? JOIN A BOWLING LEAGUE

After attending all those club rides, you've developed into a world class cyclist. Now you have to maintain that competitive edge throughout the winter months. You need to join a bowling league. The benefits of cross-training with a league are well known within the pro cycling ranks. And recent tests by a leading university show that regularly hoisting a 16 pound ball during a 4 step approach strengthens the cycling muscles. If you're convinced that a league is the way to go, we've got the perfect one for you. The Saturday night mixed league meets every other Saturday from Sept. 15 to May 18 6 pm at Arlington Heights Lanes, 3435 N. Kennicott. Contact Greg Konieczny at 398-4633 to join. If all this sounds ridiculous, take a look at our top 20 list. The first 5 riders are all members of this league. So if you want to ride with the upper echelon, you better bowl with them. Call Greg today!

WHERE'S ALL THE CLUB'S PROPERTY?

If you are storing any items that belong to the club, please contact Cecily Rood at 398-7448. We're trying to get an inventory so we know what's available and where it's located.

RIDE SCHEDULE CHANGE

On September 1, Greg Konieczny will lead a 40 mile tour of southeastern Wisconsin starting at 9.00. The ride will start somewhere in southeastern Wisconsin (Wilmont, Burlington, Silver City etc.). Obviously all the details haven't been figure out yet. They'll be in the next newsletter. This replaces the Sept. 2nd College Campus ride in the original schedule.

TOP RIDERS as of June 23.

1 Chris Van Dornick	646	11 Nora Plichta	395
2 Jim Shoemaker	629	12 Bob Browning	337
3 David Van Dornick	620	13 Lucy Wathen	328
4 Cecily Rood	617	14 Betty Bond	291
5 Greg Konieczny	540	15 Steve Jenny	262
6 Bob Hinkle	486	16 Mark Hoffman	261
7 Nancy Marum	485	17 Marti Marra	258
8 Jerry Hill	473	18 Roy Euclide	255
9 Bill Minch	451	19 Don Derebey	234
10 Clarence Littwin	424	20 Elida Derebey	228

There have been 122 different riders on the rides. Of those, 77 have ridden more than once and 44 rode four times or more! It is great to see all the new riders as well as the regular crowd! Keep up the good work.

Dave

LAST MINUTE RIDE NOTES:

North Shore Half Century: The starting location for this ride will be Dan Wright School on Riverwoods Road just north of Half Day Road (Rte 22). 8/5

Chain-O-Lakes Ride: Don Derebey will lead this ride (255-3422). 8/18

RIDES PAST

The 4th of July Parade was fun.....HOT but fun. We rode a little over 2 miles in only an hour and a half! After, Chris VanDornick led us on a Dairy Queen expedition.

What a great way to start out a holiday.

Bob Browning took us, in 95 degree weather, thru the North Shore a few Saturdays ago. The scenery was beautiful; Bob chose great side streets and the Deli we ate at had good food and wonderful Yogurt milkshakes. Only one person had an orange-eyed cicada land on her and no one had a flat. Such a nice ride!!!!

ADDISON BREAKFAST CRUISE

Dave VanDornick found Aunt Millie's Pancake House in Addison on his Brookfield Zoo ride last year. Well, now he has developed an ABC ride because of it.....Addison Breakfast Club Ride!!! If you like pancakes, you will looove Aunt Millie's and even more, you'll really enjoy Dave's choice of back roads to get us there and back. Good job; hope you lead us again next year.

PROGRESSIVE DINNER July 28 - Approximately 35 miles.

This is a change-of-pace activity for us and will no doubt be lots of fun, especially because our non-riding spouses/friends can share this event with us. Corrine Donkers will be driving her car over to the restaurant after leaving my house and welcomes anyone who would like to ride with her. Hope to see you all!!!

Cecily

Start at 2 p.m., Saturday, July 28, from 505 Kingsbury, A.H. (Suggestion, leave your car or van at 2104 Wren Ln. and bike to Cecily's to avoid bicycling back to your car in the dark.)

Hors D'Oeuvres at the home of Cecily Rood, 505 Kingsbury, Arl. Hts., 398-7448. Ride to the Vulcan's Forge Restaurant at Nordic Hills for the soup, salad and main course. Dessert will be at Chris & Dave Van-Dornick's home at 2104 Wren Ln. Rolling Meadows, 259-7917.

Cost is \$10.00 per person. (\$1.00 is reimbursed if you bicycle the whole route.)

Please make check payable to Arlington Heights Bicycle Association and mail to Roy Euclide, 1345 S. Evergreen, Arl. Hts. Il 60005, with the following information.

Name _____

Number of people _____

Amount of check _____

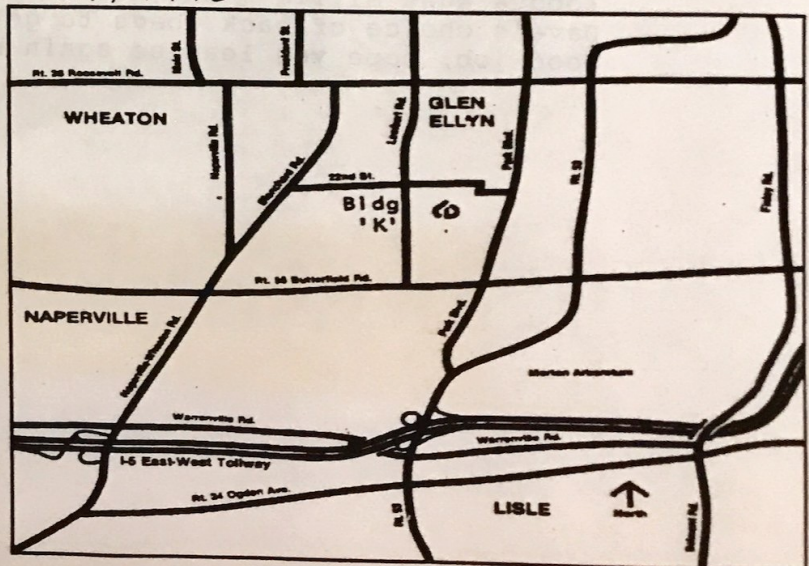
METRO METRIC INVITATIONAL
JULY 29, 1990

WHERE:

The ride will begin at the West campus of the College of DuPage. Use parking lot #10 located west of Lambert Road on 22nd Street. Registration will be near building K.

FROM THE WEST on I-88 (East-West Tollroad), EXIT at Naperville Road; go North to Butterfield Road (Rte.56); go East on Butterfield to Lambert; go North to 22nd St.; At 22nd street go West to Parking Lot #10.

FROM THE EAST on I-88 (East-West Tollroad), EXIT at Route 53 North; go North to Butterfield Road (Rte.56); go West on Butterfield to Lambert; go North to 22nd St.; At 22nd street go West to Parking Lot #10.



ARLINGTON HEIGHTS BICYCLE ASSOCIATION
RIDE SCHEDULE

z = 8 to 11 mph
y = 12 to 15 mph
x = 16 + mph

<u>Rides</u>	<u>Rate</u> <u>Dist.</u>	<u>Start</u> <u>From</u>	<u>Leader</u>	<u>Comments</u>
July 14 Addison Surprise Ride.	y 40	Frontier Park. 9:00 a.m.	Dave & Chris Van Dornick 259-7917	Sort of New Place.
July 22 Bill's Pizza	y 50	Frontier Park 9:30	Jim Shoe 259-1692	New route, going east to go home.
July 28 Progressive Dinner	yz	505 Kings- bury, A.H. 2:00 p.m.	Dottie Tockey 392-2709	See details in another section of this newsletter.
July 29 Elmhurst Metro Metric	xyz 25-50 75- 100	Glen Ellyn College of Dupage 8:30	Elmhurst Bike Club. Directions at July meeting.	Invitational Over 1000 riders. Social and fun.
August 5 North Shore 1/2 century	y 50	<i>Wright Jr. Hi</i> Northbrook TBA 8:00 a.m.	Bob Browning 537-3391	New route/ride
August 12 Milwaukee Tour	y 76	McKinley Marina Milwaukee 9:30 a.m.	Dave & Chris V. 259-7917	Don't miss this one. Voted one of the best of 1989.
August 18 Chain-O- Lakes	y 58 70	Long Grove Kildeer 9:00 a.m. Frontier 8:00 a.m.	TBA	Lunch at Chain-O-Lakes Concession stand or bring lunch.
August 25 Catigny	y 50	Disney Pk. Elk Grove 8:00	Jerry Hill 893-3149	Visit war museum - bring lunch
Sept 1 Southeast Wisconsin	y 40	Southeast Wisconsin 9:00	Greg Konieczny 398-4633	Details in August Newsletter
Sept. 9 Harmon 100 Inv.	xyz 25-50 100	Wheeling High School	Wheeling Wheelmen Hans Predel 255-4029	"Think Century" Ask about preparing for 100 mi. ride from exp. riders in club.
Sept. 15 Union Ill. RR Museum	y 50	Lakewood Forest Preserve 9:00 a.m.	Leader Bob Hinkle 259-1423	Visit the Railroad Museum

TUESDAY NIGHT RIDES - Recreation Park 7:00 p.m.

June - Leaders - Chris and Dave VanDornick
July - Leaders - George Vassos & Jim Shoemaker

August Leader - Greg Konieczny

MEMBERSHIP APPLICATION FOR ARLINGTON HEIGHTS BICYCLE ASSOCIATION

NAME(S) _____

STREET ADDRESS _____

CITY/ZIP _____ PHONE _____

In signing this release for myself, and/or a named participant under the age of 18, I understand that the Arlington Heights Bicycle Assn. officers and members, are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Assn. For myself and/or said minor, my (and minor's) heirs and assignees, I hereby waive all claims for, forever discharge, and agree to save harmless the Arlington Heights Bicycle Assn. officers and members from any and all liability from having sustained personal injuries or property damage by reason of their negligence in furthering the activities of the Arlington Heights Bicycle Assn.

SIGNATURE(S) _____

SINGLE _____ \$6 FAMILY MEMBERS UNDER 18 AGE
(Must be 18 yrs or older)

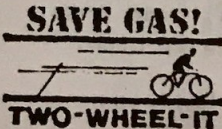
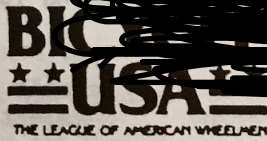
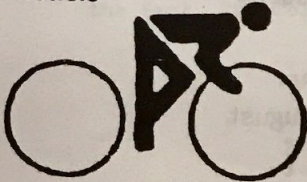
FAMILY _____ \$8 _____

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, Illinois 60008



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



Terry & Karen Zmrhal
2104 N. Brighton Place
Arlington Hts., IL 60004

THE
SPOKEN
WORD

ARLINGTON HEIGHTS
BICYCLE ASSOCIATION



August 1990 NEWSLETTER

ARE WE DOING THIS JUST FOR FUN?

President's Message

Have you ever stopped to think why you ride? If you're a casual rider, you probably don't have much of a reason. It's just one of the many recreational activities that's available to choose from. But the devoted cyclist who puts on many miles each year has to have some good reasons to do this.

Maybe he's fascinated by the bicycle itself. It's hard to think of another machine that's so simple and uncompromising in design. When a proficient rider saddles up, the bike almost becomes a part of himself. It allows him to feel the exciting sense of speed and gracefulness that few other sports can offer.

But there still have to be other reasons to ride. Many of us enjoy travel and use the bike as our vehicle of choice. There's no better way to get that wind in the face feeling and see what lies beyond the next hill or bend in the highway. Bike touring gives us a chance to see the country "up close and personal" rather than from the window of a speeding car or high flying airplane.

Many of us ride simply because it gives us another chance to enjoy the outdoors. We'll be on the road in good or bad weather because a day spent outdoors sure beats a day being cooped up inside. There's nothing quite like the feeling of biking down a country road beneath a canopy of trees with plenty of open space and fresh air around you.

See you on our next ride.

Greg

MEETING: RECREATION PARK AT 8:00 P.M., August 22, 1990
DEADLINE FOR NEXT NEWSLETTER IS August 31, 1990

League of



American Wheelmen

ARLINGTON HEIGHTS BICYCLE ASSOCIATION OFFICERS

President: Greg Konieczny 398-4633
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Jim Shoemaker 259-1692
Secretary: Cecily Rood 398-7448
Treasurer: Roy Euclide 437-0442
Membership: Chris VanDornick 259-7917
Newsletter: Dottie Tockey 392-2709



AUGUST MEETING AND PROGRAM

The next club meeting will be August 22, 1990 8:00 at Recreation Park. After we take care of business, we'll enjoy some refreshment and watch a video on the joys of mountain biking.

PROBLEMS, PROBLEMS, PROBLEMS

Our club still has a tendency to hog the road, especially on those Tuesday night rides with over 40 people in the group. Please make an effort to ride as far to the right as possible and never more than 2 abreast.

DON'T FORGET THAT BOWLING LEAGUE

The days are getting shorter. There's a cool crispness to the morning air. Leaves are beginning to turn colors. This is the time of year that many men think bowling. If you're anxious to hit the lanes, why not join your fellow bike club members on the Saturday Night Mixed League. This league meets every other Saturday from Sept. 15 to May 18 6 pm at Arlington Heights Lanes, 3435 N. Kennicott. Contact Greg Konieczny at 398-4633 to join.

!!!! IMPORTANT RIDE SCHEDULE CHANGE !!!!

The St. Charles West ride originally scheduled for September 23 will be run on Saturday September 22 instead. Starting location and time will be the same. See details in the ride schedule included with this newsletter.

SOUTHEAST WISCONSIN RIDE - SEPTEMBER 1, 1990

This ride will start at 9am at Riverside Park in Burlington, Wisconsin. To get there, take I94 west to Wis. Hwy 50. West on 50 to Wis. Hwy 83. North on 83 to Burlington. Or simply take Ill. Hwy 83 north to Wis. Hwy 83 and north to Burlington. In Burlington, follow 83 north to Congress St. Congress is the second street beyond the bridge where 83 crosses the Fox River backwaters. Watch for Adrian's Frozen Custard stand at the corner of 83 and Congress. Make a right turn at Congress and follow the street to the parking lot at the dead end. We'll start the ride there. This is a 45 mile loop over the scenic backroads of Racine and Kenosha Counties. We'll stop for lunch at the Wilmot Cafe. For more information contact Greg Konieczny at 398-4633.

PROGRESSIVE DINNER

Twenty-four gourmets showed up for this ride. The Hors d'oeuvres at Cecily's were out of this world. I don't think she had a crumb left on the table when we left for the next stop. The weather was great as we followed Marilyn Wilkerson's Halloween ride route which goes through Busse woods and on southwest to Nordic Hills. Everyone had a great time cooking their own entree over hot coals at the Vulcan's Forge restaurant. And.....then on to "healthy" desserts at Dave and Chris' home. No, "healthy desserts" is not an oxymoron. Delish!!!! We gorged on fruit, frozen yoghurt, chocolate cereal snacks, and cookies. Those rain clouds let loose as soon as we got off our bikes, which made it a perfect day!!!

Dottie



Chris Van Dornicks Progressive Dinner Recipe:

CHOCOLATE SCOTCHEROOS

- 1 CUP SUGAR
- 1 CUP LIGHT CORN SYRUP
- 1 CUP PEANUT BUTTER
- 6 CUPS RICE KRISPIES
- 1 CUP (6 OZ.) SEMI-SWEET CHOC. CHIPS
- 1 CUP (6 OZ.) BUTTERSCOTCH MORSELS

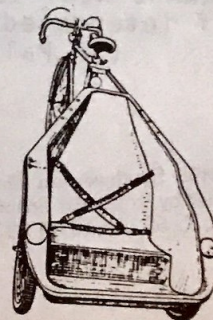
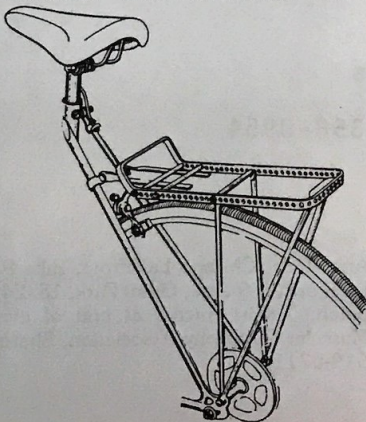


Combine sugar and syrup in 3 qt. saucepan. Cook over moderate heat, stirring frequently until mixture begins to bubble. Remove from heat. Stir in peanut butter. Add Rice Krispies, stir until well-blended. Press mixture into a buttered 13" x9" pan. Melt chocolate and butterscotch morsels together over hot (not boiling) water, stirring until well-blended. Remove from heat and spread over Rice Krispies mix. Cook until firm. Slice into squares and savor!!!!

. . . and one from Marti Marra:

VEGETABLE PIZZA

Pinch 2 cans crescent rolls together on a pizza pan to form the crust. Follow the directions on the can for baking. (Approximately 12 minutes.) Mix together 1/2 cup mayonnaise, 1/3 cup sour cream, 3 oz cream cheese and 1 envelope (powdered) Hidden Valley Ranch Dressing. Spread this mixture onto the cooled pizza crust. Top with your choice of veggies - cauliflower, celery, green peppers, cucumbers, olives, etc. Last, sprinkle with shredded cheddar and shredded carrots. Ummmmmm!!!!



TOP TWENTY RIDERS

Jim Shoemaker	931	Bill Minch	601
Chris Van Dornick	910	Lucy Walthen	505
Cecily Rood	909	Roy Euclide	470
Greg Konieczny	767	Bob Browning	442
David Van Dornick	750	Steve Jenny	383
Nancy Marum	644	Marti Marra	365
Nora Plichta	634	Elida Derebey	348
Bob Hinkle	620	Betty Bond	345
Clarence Littwin	616	Mark Hoffman	332
Jerry Hill	610	Don Derebey	316



A TIP OF THE HELMET TO . . .

Dave & Chris and Cecily for volunteering their homes and preparing food ... and Marilyn W. for the cue sheets, for the Progressive Dinner. Also, the cook's helpers!!! George Vassos & Jim Shoemaker for leading the Tuesday rides in July and Greg Konieczny for leading in August.

Note from the "GymShoe"

Bike races every Thurs. 7:30 in Northbrook. Jim Has a Van. Want to go? Phone Jim 259-1692



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BIKE FOR SALE:

21" Raleigh Capri with 27" Wheels
BRAND NEW! 10 speed black frame
If interested contact Tom at 708-358-0954
(in Palatine)

*Evanston, Ill.; North Shore Century; 6 a.m. at Chandler Comm. Center; 25, 50, 100 mi.; flat; \$10; incl. patch, sag, snacks; Evanston B.C., Kenneth Licht, 7518 N. Ridge Blvd., Chicago, IL 60645; (312) 764-6756. 9-16-90

October 12-15, Belleville, Southwestern Illinois Regional LAW Rally, must register by 9/15, Art Scholbe, 1217 St. Michael Dr., Chahokia, IL 62206, (618) 337-5030.

August 26, Chicago Lakefront, Bike Path Inaugural Tour De Front', 7-9 a.m., Grant Park, 18/24/36 mi., sag, map, patch, T-shirt, picnic at end of event, 7-Eleven and Muscular Dystrophy Association, Sharon Kirkwood, (708) 519-0711.

z = 8 to 11 mph
 v = 12 to 15 mph
 x = 16 + mph

RIDE SCHEDULE

<u>Rides</u>	<u>Rate</u> <u>Dist</u>	<u>Start</u> <u>From</u>	<u>Leader</u>	<u>Comments</u>
August 18 Chain-O- Lakes	y 58 70	Long Grove Kildeer 9:00 a.m. Frontier 8:00 a.m.	Don Derebey 255-3422	Lunch at Chain-O- Lakes Concession stand or bring lunch.
August 25 Catigny	y 50	Disney Pk. Elk Grove 8:00	Jerry Hill 893-3149	Visit war museum - bring lunch
Sept. 1 Southeast Wisconsin	y 50	Burlington, Wisconsin	Greg Konieczny 398-4633	See details in another part of this August newsletter.
Sept. 9 Harmon 100 Inv.	xyz 25-50 100	Wheeling High School	Wheeling Wheelmen Hans Predel 255-4029	"Think Century" Ask about preparing for 100 mi. ride from exp. riders in club.
Sept. 15 Union Ill. RR Museum	y 50	Lakewood Forest Preserve 9:00 a.m.	Leader Bob Hinkle 259-1423	Visit the Railroad Museum
Sept. 22 St. Charles West	y 50	Piano Factory parking lot 9:00 a.m.	Greg Konieczny 398-4633	S.W. Kane co., part of Swedish Dav ride of 1989
Sept. 30 Lake Geneva	y 100	Recreation Park McHenry	Chris & Dave V. 259-7917	Double start, nice place for lunch. Details to follow.
Oct 7 McHenry Dam	y 50 40	Frontier or Kildeer	Ralph Wallace 394-0233	Bring lunch/eat at McHenry dam. Times TBA
Oct. 14 Algonquin/ Reeses	y 50	Frontier Park	Jim Shoe 259-1692	Details TBA
Oct. 21 Woodstock	y 85	Frontier or Broken Oar	Bob Lippold 870-0337	Details TBA

TUESDAY NIGHT RIDES - Recreation Park - 7:00 p.m. - August
 - 6:30 p.m. - September

August Leader - Greg Konieczny
 September Leader - Jim Shoemaker



MEMBERSHIP APPLICATION FOR ARLINGTON HEIGHTS BICYCLE ASSOCIATION

NAME(S) _____

STREET ADDRESS _____

CITY/ZIP _____ PHONE _____

In signing this release for myself, and/or a named participant under the age of 18, I understand that the Arlington Heights Bicycle Assn. officers and members, are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Assn. For myself and/or said minor, my (and minor's) heirs and assignees, I hereby waive all claims for, forever discharge, and agree to save harmless the Arlington Heights Bicycle Assn. officers and members from any and all liability from having sustained personal injuries or property damage by reason of their negligence in furthering the activities of the Arlington Heights Bicycle Assn.

SIGNATURE(S) _____

SINGLE _____ \$6 FAMILY MEMBERS UNDER 18 AGE
(Must be 18 yrs or older)

FAMILY _____ \$8 _____

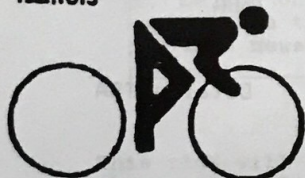
INTERESTED IN:

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, Illinois 60008

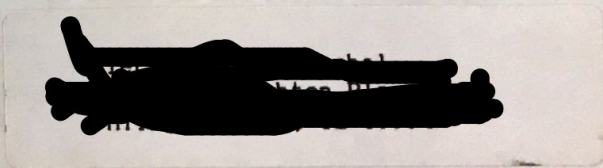


ARLINGTON HEIGHTS BICYCLE ASSOC
660 NORTH RIDGE AVENUE
ARLINGTON HEIGHTS, IL
60004



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

SAVE GAS!
TWO-WHEEL-IT



THE
SPOKEN
WORD

ARLINGTON HEIGHTS
BICYCLE ASSOCIATION



SEPTEMBER 1990 NEWSLETTER

CALLING ALL VOLUNTEERS

President's Message

We've reached the time of year when the ride schedule is winding down. This is also the time to start thinking about club activities for next year. Judging by the attendance numbers on club rides, our group is providing something that is worthwhile to many of us. In order to keep this thing rolling along, we need a few people to volunteer some time to run the club next year.

Now I know that many of you have busy schedules and would find it hard to spend a lot of time doing this. But our club is really a simple organization that pretty much runs itself. It doesn't take more than 2 or 3 hours a month on anyone's part to keep things going. So let's look at who we need.

A Membership Chairman who processes new and renewal applications to keep a current membership list and provides club information to prospective members.

A Newsletter Chairman to produce a master copy of the newsletter each month. A PC is handy for this but a plain typewriter will do the job if you're a good typist. We also have to fold, address and stamp the newsletters, but this work can be done by others.

A secretary to record minutes at the meeting and handle occasional club correspondence.

A Treasurer who can write 3 or 4 checks a month, balance our checkbook, and doesn't have a criminal record.

A Vice President to develop our ride schedule and monitor it throughout the year for any changes. He's responsible for providing ride leaders at the weekend and Tuesday night rides and keeping track of mileage. This year we had 2 Vice Presidents to split the duties.

A President to run the meetings, take care of an occasional administrative task and oversee the jobs of other officers.

If you can help us next year, please give me a call at 398-4633. We especially need to get volunteers for the officer positions of President, Vice President, Treasurer, and Secretary by the Sept. 26 meeting. At that time, we'll present them for nomination to be voted on at the October meeting.

Just remember that if no one volunteers, we can't have a club next year. And that would be a loss for all of us.

Dag

MEETING: RECREATION PARK AT 8:00 P.M., September 26, 1990
DEADLINE FOR NEXT NEWSLETTER - September 30, 1990

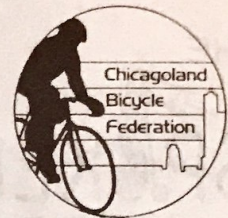
League of



American Wheelmen

ARLINGTON HEIGHTS BICYCLE ASSOCIATION OFFICERS

President: Greg Konieczny 398-4633
 Co-Vice Pres: Dave VanDornick 259-7917
 Jim Shoemaker 259-1692
 Secretary: Cecily Rood 398-7448
 Treasurer: Roy Euclide 437-0442
 Membership: Chris VanDornick 259-7917
 Newsletter: Dottie Tockey 392-2709



SEPTEMBER MEETING AND PROGRAM

Our next club meeting will be September 26, 1990 8:00 at Recreation Park. Our program this month will be a discussion about the importance of proper nutrition, especially when preparing for long rides.

ARLINGTON HEIGHTS BICYCLE ASSOCIATION AWARDS BANQUET

The club banquet will be held this year on November 17, 1990 at 6:30 pm. Everyone is invited to attend. The location hasn't been determined yet. Look for all the details in the October newsletter.

!!!! IMPORTANT RIDE SCHEDULE CHANGE !!!!

The St. Charles West ride originally scheduled for September 23 will be run on Saturday September 22 instead. Starting location and time will be the same. See details in the ride schedule in this newsletter.

Top 20 Riders as of 8-14-90

Chris Van Dornick	1,206	Bill Minch	699
Jim Shoemaker	1,191	Jerry Hill	610
Cecily Rood	1,121	Bob Browning	579
Greg Konieczny	1,015	Marti Marra	565
David Van Dornick	978	Roy Euclide	502
Clarence Littwin	876	Betty Bond	494
Nancy Marum	801	Steve Jenny	440
Nora Plichta	783	Don Dereby	425
Lucy Wathen	770	Elida Dereby	419
Bob Hinkle	717	Bernal Quesada	365

152 different riders to date.
60 riders have ridden 5 or more times.

Top 10 weekend riders eff. 8-12-90 Top 10 Tues. night riders eff. 8-14-90

Chris Van Dornick	984	Jim Shoemaker	242
Jim Shoemaker	949	Roy Euclide	229
Cecily Rood	901	Chris Van Dornick	222
Dave Van Dornick	864	Cecily Rood	220
Greg Konieczny	804	Nancy Marum	212
Clarence Littwin	682	Greg Konieczny	211
Lucy Wathen	621	Bob Hinkle	196
Nora Richta	621	Clarency Littwin	194
Jerry Hill	597	Steve Jenny	193
Nancy Marum	589	Nora Plichta	162

z = 8 to 11 mph
 y - 12 to 15 mph
 x = 16 + mph

Arlington Hts. Ride Schedule

<u>Ride</u>	<u>Distance</u>	<u>Start From</u>	<u>Leader</u>
Sept 15. Union Ill. RR Museum	y 50	Lakewood Forest Preserve 9:00 a.m.	Bob Hinkle 259-1423

Visit the Railroad Museum

Sept. 22 St. Charles West	y 50	Piano Factory Parking Lot(St Charles) 9:00 a.m.	Greg Konieczny 398-4633
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S. W. Kane Co., part of Swedish Day ride of 1989. - Lunch in Sycamore

Sept 30 Lake Geneva	y 100	Frontier Park/McHenry	Chris & Dave VanDornick 259-7917
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First start will be from Frontier Park at 7 a.m. sharp! The second start is from Veteran's Memorial Park in McHenry at 9:45 a.m. Veteran's Park is located 1 block north of Rte. 120 and 1 block west of Riverside Drive. (Next to Napa Auto Parts store, corner of Pearl & Park. Plenty of free parking on Park or Broad St.) Long route riders will be able to stop for a light snack just outside of McHenry. There will be a lunch stop at the Board Room Restaurant in Lake Geneva. Riders may want to bring some snacks with them for the return route. The terrain is flat to rolling hills with a few steep hills. The pace will be between 12-14 MPH average. Long route will be about 120 miles, short route (from McHenry) will be 51 miles. Plan on 12 hours for the long ride.

Oct. 7 McHenry Dam	y 50 or 40	Frontier at 8 a.m. Kildeer School in Long Grove at 9 a.m.	Ralph Wallace 394-0233
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Bring lunch/eat at McHenry Dam.

Oct 14 Apple Cider	yz 37	Kildeer School 9:30 a.m.	Kurt Schoenhoff 634-2634
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15th annual Apple Cider Ride - Leisure ride - Kurt will lead from the sweep position so no one will be left behind.

Oct 21 Woodstock	y 65	Lakewood Forest Preserve 9:00 a.m.	Bob Lippold 870-0337
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Hilly but pretty and we will have lunch on the square in Woodstock.

Oct 27 Halloween	yz 25 - 30	Recreation Park 9:30 a.m.	Dottie Tockey 392-2709
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Season's final official ride.

September Tuesday night ride leader is Jim Shoemaker -6:30 Recreation Park.

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NAME(S) _____

STREET ADDRESS _____

CITY/ZIP _____ PHONE _____

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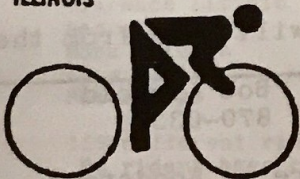
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