

THE

January 1996

Arlington Heights Bicycle Association

SP
KEN
WORD

BILL'S BIKE RIDE DREAMIN

Z Z Z Z Z Z Z Z

The tall pines stand like silent sentries beside the road providing shade and that sweet pine scent as you glide by. You've been riding in the north woods for a few days now coming from Chicago. Then suddenly you begin to see a spire peaking above the pine tops. As the spire grows the sloping cables of a magnificent suspension bridge come into view. The view of the bridge grows over the next hour until you see the entire five mile arch as you and your bike board the ferry.

The next stop is an island with paved roads and no cars (yeah)! You spend the day seeing attractions and riding all over the island. On the perimeter road there are no cars, few other riders and sparkling waves to greet you everywhere. With the sun just above the waves the ferry takes you to the other end of the bridge for the evening.

Z Z Z Z Z Z Z Z

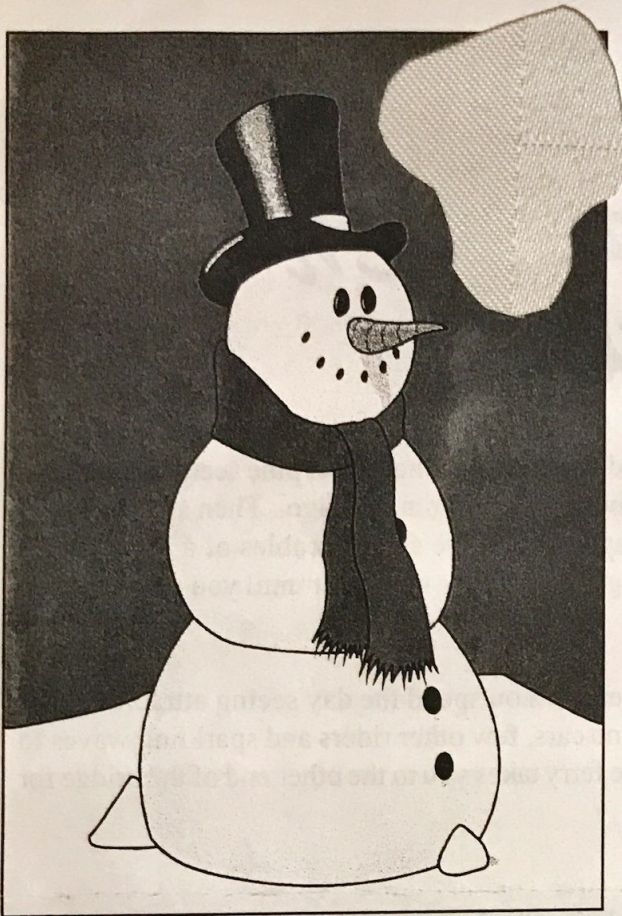
Happy New Year to everyone! I hope your New Year resolutions include a lot of bike riding. Twenty club members were up by 10:30 AM to begin the year with a ride in the balmy 34 degree weather. We took a leisurely 11 mile tour of Arlington Heights and Mount Prospect with no spills on the slightly slick streets before returning to enjoy some warm glogg and other comestibles. Thanks to Jeanie and Al Gain for bringing the glogg and to Chris And Dave for providing the coffee.

In case you didn't make the ride because Santa forgot your new bike, you may want to mark your calendar for the **Chicago Area Bicycle Dealers Association (CABDA) Consumer Bicycle Show** on February 24 & 25 at the Rosemont Expo Center.

We have recently received thank you letters from the League of American Bicyclists and Adventure Cycling for our donations of \$250 and \$100 respectively. The League is busily working for a bicycle friendly transportation bill in 1997 that continues some form of funding for bicycle projects. The current bill (ISTEA) provides 3% of total funds for non-motorized transportation projects. The League recommends writing your Senator and Congressman urging a renewal of this bill. Adventure Cycling will assign us one mile of the Great Divide Mountain Bike Route for our donation. They also are adding our name to the Along The Great Divide newsletter to keep us abreast of developments. Look for the newsletter at club meetings if you want to consider riding an exciting long distance mountain bike trail.

Finally, I hope to see you at our members meeting on Wednesday, January 24 at 7:30 PM. Bob Hinkle will tell us all about his coast to coast ride across the Southern U.S. last summer.

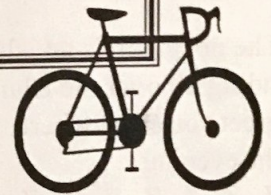
See you on the road.



Show-n-go rides of 30-45 miles, providing the pavement is relatively dry and the temperature is at 32 degrees or above will continue through mid-March of 1996 when the regular ride schedule will begin. Rides will start at 10:00 a.m. from Frontier Park. Mileage accumulated from the beginning of November will count to the 1996 total.

Call Dave or Chris VanDornick for more information at 259-7917.

Tuesday night rides will begin on the first Tuesday in April 1996.



President:	Bill Kragh	255-2814
Co-Vice Presidents:	Dave Van Dornick	259-7917
	Chris Van Dornick	259-7917
Secretary:	Mary Fitzwater	394-4999
Treasurer:	Ron McPheron	
Membership:	Cecily Rood	398-7448
Newsletter Editor:	Barb Swasas	459-8065
Newsletter Mailing:	Jim Shoemaker	259-1692
Bike Swap:	Al Gain	392-1547
	Jeanie Gain	392-1547
Refreshments:	Marilyn Wilkerson	439-4496
Arlington 500:	Greg Konieczny	398-4633
Program:	Roy Euclide	437-0442
	Rene' Schreiner	215-7626

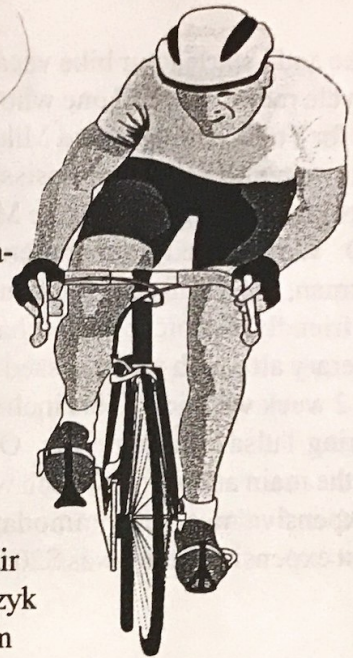
I finally concluded that all failure was from a wobbling will rather than a wobbling wheel.

-- Frances Willard, 19th-century cyclist, women's rights advocate and author

BACKPEDALING

Excerpt from October 1985 Newsletter

Members of AHBA have been interested in touring since the beginning of the organization. For several years the week long ride was THE Tour for most of the members. It remains a great tour but many members have joined other tour groups or gone off to do their own thing. A list of our touring members follows. If names have been omitted, it is because no one turned them in.



On "THE" Tour, Mackington Rides Again were:

Amy Gray	Bob Hinkle	Bob Lippold	Mary McNair
Dick Marr	Bill Netzel	Jim Netzel	Caroll Panczyk
Chris Panczyk	Judy Sandahl	Mel Sandahl	Pat Schramm
Bill Turner	Pat Vassos	Paul Vassos	Dave Von Bergen
Evie Weber	Marilyn Wilkerson	Norma Witherbee	Paul
Andy	Debbie Witherbee	Sue	

Louise Lauing, Earl Mason and Nancy Top joined the Euro-Bike Tour in Europe. We were sorry to hear about Earl's accident but glad to see him looking so well at the September meeting. As the old saying goes, "Bikies heal fast".

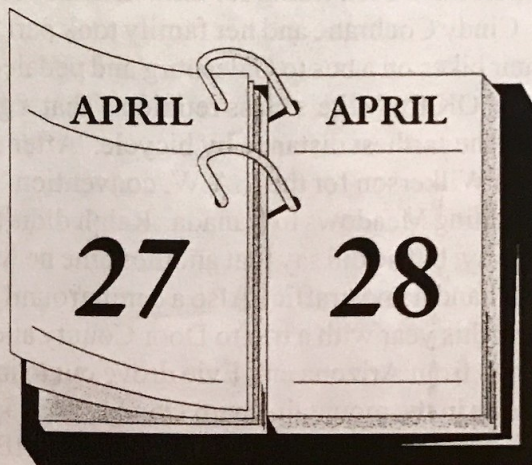
Mike Nisen did it! Pedaled all the way from Seattle, WA to Arlington Hts. Elida Rech and Don Dereby rode on TOBRAW again this year but on a different route from last year. Marilyn and Forrest Roberts planned to tour in Michigan. I haven't seen them - did they return? I think Dick and M-E Spirek and their van participated in BAMMI along with Bill Turner. Emil Donkers wasn't able to ride it this year so his daughters have been riding for him. Bill also rode to Whitewater on one of Jerry Goldman's weekend trips. Cindy Cochrane and her family took part in Jerry's New Glarus weekend. Dottie and Mike Tockey put their bikes on a bus to Galesburg and pedaled along the Mississippi and up and down over the Ozarks to Tulsa, OK for Mike's class reunion. That's going with real class and I'll bet they won the prize for coming the farthest distance by bicycle. After that Dottie found it a piece of cake to ride to Madison with Marilyn Wilkerson for the L.A.W. convention. Ralph and Ed Wallace were on the road three weeks riding from Rolling Meadows to Canada. Ralph didn't complain much about eating Ed's dust or seeking his back all the way, but he did say that another time he would skip the Trans Canada Highway where there is no shoulder and heavy traffic. Also a campground guide would have been helpful. Evie Weber stayed close to home this year with a trip to Door County and the Rocky Mountains after Mackington. Rich rode to Colorado from Arizona and Evie drove out to meet him with her bike and new tires for his bike so they could ride in the mountains with Donna. Rich appeared to be part mountain goat when climbing. I think they should plan a week long tour there for AHBA. Lynn Jones was one in a thousand when she went back to Michigan to join PALM. Her husband, Randy, rode DALMAC over Labor Day weekend. Bob Lawson and Bob, Jr. did CATSUP ride in Missouri along with Don Dereby. Congratulations to Don on his retirement. Now he can live on his bicycle.

1985 BIKE TOURING, BY DOTTIE TOCKEY:

Mike and I started our bike vacation with a tour bus ride to Galesburg, Illinois for Railroad Days and the bicycle races. We had one whole bus by ourselves, for our boxed bikes. After touring Galesburg, we set out for Tulsa, OK to attend Mike's High School Senior Class reunion. We intended to use Bikecentennial's Great Mississippi River route and the Ozark - Plains route. Our route along the Mississippi included sightseeing the Mormon settlements in Nauvoo, IL and Mark Twain's town of Hannibal, MO. We deviated from our tentatively planned route to include the scenic German community of Herman, MO (museum and wineries) and to detour around a "Bridge out". The people of the Ozark area are friendly; the bicycling is challenging. Onandago and Merrimac Caves can also be included in the itinerary although we bypassed them because we had recently visited them. We bicycled 650 miles on our 2 week vacation. This included some sightseeing days with very little mileage plus a full day of touring Tulsa by automobile. Oral Robert's University, Gilcrease Art Museum and Will Rogers museum are the main attractions which we enjoyed. We had intended to camp all the way but discovered very inexpensive motel accommodation in out-of-the-way towns on our route (\$14 to \$20 for a double). Our most expensive motel was \$20 for cable TV and a waterbed.

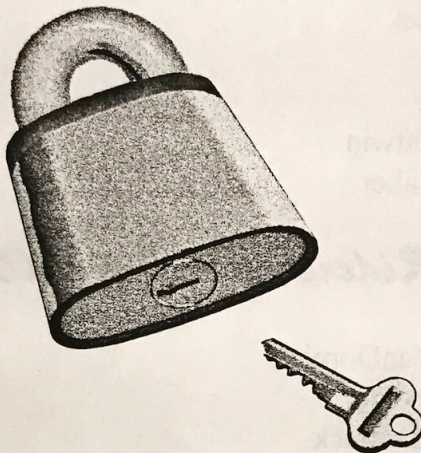
Hope you enjoyed this new column. In this, AABA's 25th year, we thought we would do a little reminiscing by publishing past articles. Our hope is to continue this new column throughout 1996.

SWAP TIME is only a few months away, so
MARK YOUR CALENDARS
and plan to have a good time!
It's fun to help!



Lock Your Bike *(by Al Gain)*

I ride my bicycle to work as often as I can, weather permitting, and I lock it up to a sign post in front of the building. Having used the same sign post for many months, many of the details of what signs were on this post were lost from my memory and it really did not matter other than the post was taller than what over and seemed to be firmly in delivery driver causes me to be many hours at a time, and as I that my bicycle was still there. returning to the building, but I could not identify it. My thought nothing more about it. and went to may bike with bike As I walked up to my bike, I been disturbed around the wonder, but I continued to put the bag to the rear rack. As I me. The sign post was been a green rusty U-shaped metal post. Now it was a bright yellow round post with two shiny new signs on it. My bicycle was still locked as I had left it that morning. I stood and looked at this in disbelief and delight.



anyone could life the bicycle the ground. My job as a away from the building for returned, I could always see One day in particular, as I was something seemed different, bike was where I left it, so I I finished up, punched out, bag and water bottle in hand. noticed that the ground had post. This started me to the bottle in its cage and attach started working the lock, it hit different! This morning it had

The following day I learned that a friend had watched the state workers as they carefully removed the old post and put the new post in place leaving my bicycle locked up exactly as it had been. As they inspected their finished work, they all had a good laugh.



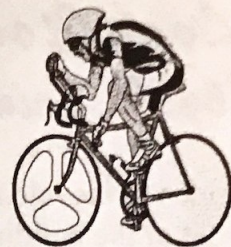
*Next club meeting will be the 4th
Wednesday of January at:*

*7:30 p.m.
Recreation Park
500 E. Miner Street
Arlington Heights*



Top 10 Tuesday Riders for 1995

1.	Greg Konieczny	311
2.	Don Derebey	300
3.	Christine VanDornick	300
4.	Roy Euclide	297
5.	Steven Jenny	268
6.	Paula Matzek	237
7.	Bill Kragh	233
8.	Bob Hinkle	229
9.	Clarence Littwin	211
10.	Jim Shoemaker	201



Top 25 Riders for 1995 (Overall)

1.	Christine VanDornick	2501
2.	Greg Konieczny	1800
3.	David VanDornick	1743
4.	Jack Edwards	1404
5.	Roy Euclide	1032
6.	Bob Hinkle	1010
7.	Lezley Jacobson	962
8.	Don Derebey	952
9.	Paul Jacobs	949
10.	Paula Matzek	903
11.	Don Maloof	899
12.	Jerry Hill	852
13.	Jim Shoemaker	843
14.	Emil Donkers	795
15.	Karen Zmrhal	761
16.	Earl Horwitz	754
17.	Curtiss Barron	728
18.	Clarence Littinin	709
19.	Charlotte O'Donnel	707
20.	Marilyn Wilkerson	680
21.	Mary Fitzwater	653
22.	Barb Swasas	596
23.	Jim Barr	590
24.	Bill Kragh	582
25.	Chris Wager	570



*Continuation of "Use Your Head"
article from The Daily Herald*

Statistics paint a grim picture

■ More than 1 million bicycle injuries are treated annually.

Source: U.S. Department of Transportation, National Highway Traffic Safety Administration.

■ 1,200 bicyclists are killed each year; 75 percent of those are because of head injury.

Source: U.S. Department of Transportation, National Highway Traffic Safety Administration.

■ Each year, about 400 children 14 and under are killed in bicycle-related incidents.

Source: National Highway Traffic Safety Administration.

■ Universal use of bicycle helmets could prevent one death every day and one brain injury every four minutes.

Source: Journal of the American Medical Association, 1991.

■ Young bicyclists can reduce the risk of head injury or death by up to 85 percent if they wear a helmet.

Source: The Consumer Product Safety Commission.

■ The first body part to fly forward in a collision is usually the head.

Source: National Safety Council.

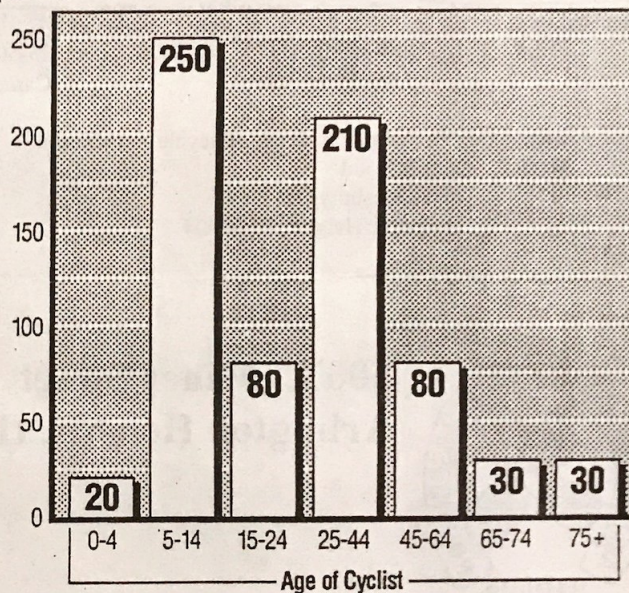
■ Seventy percent of all hospitalized cyclists are treated for head trauma.

Source: National Center for Health Statistics, Public Health Service, U.S. Department of Health and Human Services, 1985.

Bicycling Fatalities Highest Among Young People

Bike helmet use can save lives.

Deaths per Year



According to the National Safety Council, 700 bicyclists are killed on the nation's roads each year. Children ages 5 to 14 are most vulnerable. The Consumer Product Safety Commission says young bicyclists can reduce the risk of death or injury by 85 percent if they wear bike helmets.

Information supplied by Bell® Bicycle Helmets

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 Association officers and members, are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. 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 Association 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 Association.

Signature(s) _____ Date _____

Single _____ (\$6) Family Members Under 18 _____ Age _____

(Must be 18 yrs. or older) _____

Family _____ (\$8) _____

Interested In: _____

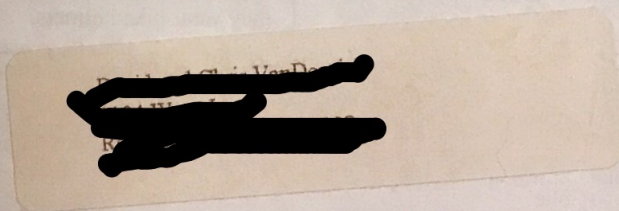
Rides _____ 10-25 Miles _____ 25-50 Miles _____ 50-100 Miles
_____ Weekend Tours _____ Camping _____ Motels

Make check payable to: Arlington Heights Bicycle Association

Mail to: Cecily Rood
505 Kingsbury Dr.
Arlington Heights, IL 60004



500 E. Miner Street
Arlington Heights, IL 60004



Arlington Heights Bicycle Association

THE



February 1996

SPOKEN WORD

BILL'S BIKE RIDE DREAMIN Z Z Z Z Z Z Z Z Riding in Big Sky country with moderate temperatures and a slight tailwind you pass through towns with names of wild rose, antelope and plentywood. All names that probably brought joy to the senses of early pioneers just as experiencing this huge state by bicycle still does. Stopping in the Plentywood grocery store to get something for lunch the clerk tells you of a spot ten miles out of town on some cliffs along the river that makes a nice picnic stop. The group agrees to eat there and starts out of town on the deserted county road.

About five miles out it happens. Coming over a low rise you look upon a narrow valley of green grass with a sea of grayish white flowing across the road. A rancher's flock of sheep has broken down fences on both sides of the road and is crossing over. The flock stretches as far as you can see and probably numbers more than ten thousand. The hard hoofs of the sheep slip and slide on the road's pavement causing quite a sight and making the road impassable with no nearby alternates. The four foot high rock beside the road quickly becomes the cliff overlooking the river as you eat lunch. After eating you can literally count sheep while enjoying an after lunch siesta in the warm mid day sun. Finally the flock passes and traffic resumes. The suggested picnic spot is pretty but how often do you get to watch a river of sheep from the cliffs? **Z Z Z Z Z Z Z Z**

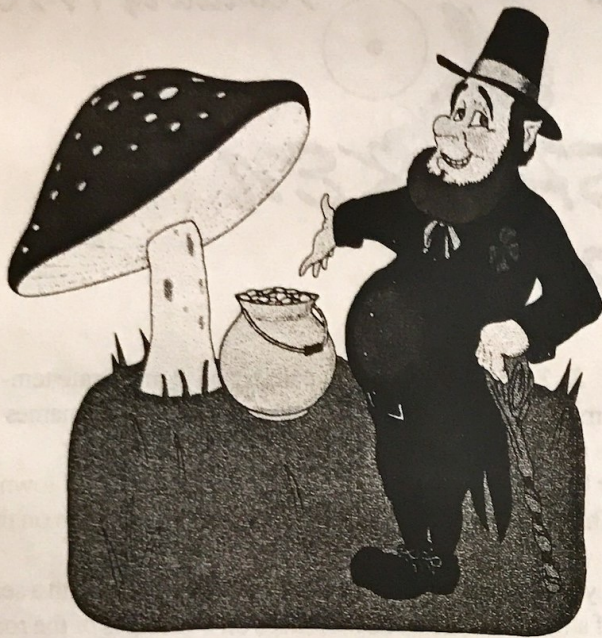
Hello during this cold February. I hope this weather induces you to plan some riding holidays for the summer or has sent you south with your bicycle for some mid winter getaway riding. If not Chris and Dave are running as many Saturday morning show and go rides as possible. February 10th brought a brief window of warmth and sixteen members showed up to take advantage of the nice day and enjoy the company of fellow club members. Watch those forecasts on Friday evening or call Chris and Dave if you aren't sure if there will be a ride.

On Wednesday January 24th we had our first club meeting of the year and talked about several upcoming events. As I mentioned last month the Midwest Bicycle Show takes place on February 24th and 25th at the Rosemont convention center. Don Maloof suggested that we meet at Recreation Park on Saturday at 10:00am and carpool down. If you want to join us meet by the flagpole at 10:00am and we'll plan on returning about 2:00 to 2:30 (I hope this gets to everybody in time.)

Our next major event to mark your calendar for is the annual Bicycle Swap to be held on April 27th & 28th. Jeanie and Al have some flyers if you need them for friends, neighbors or local businesses. Please sign up to help your club with its major fund-raiser of the year. You'll have a lot of fun and get a free lunch to boot. Al & Jeanie will talk about the swap for new members and have sign up sheets for all of us at the next members meeting. If you can't make the next members meeting call Jeanie and Al and ask where you can help.

Other upcoming events you may want to mark your calendar for now are the Arlington 500 on May 19th, the annual Club Picnic on July 13th and our 25th Anniversary Celebration on August 3rd.

We discussed some tentative plans for our 25th anniversary celebration at our January meeting and voted unanimously to order T-shirts for all active members heralding our anniversary celebration. A committee is also beginning to plan our August celebration. If you would like to be part of this team please give me a call. Hope to see you at our next members meeting on Wednesday February 28th at Recreation Park.

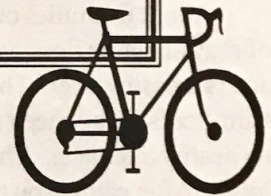


Happy St. Patrick's Day

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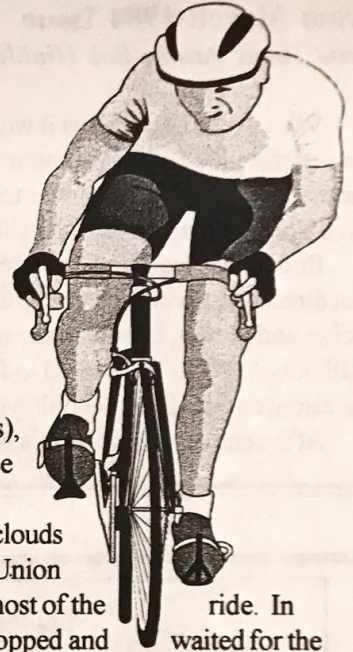
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BACKPEDALING



From October 1983 Issue

The Fateful President's Training Ride (or how to start in beautiful weather and end up wet) by Bob Lippold

Once upon a time (Sat., Sep. 17) in a galaxy far, far away (Arlington Heights), 11 innocent and enthusiastic bikers started out on a soon-to-be eventful experience and never-to-be forgotten bike ride.

It was a beautiful sunny, slightly cool, morning with a few scattered cumulus clouds dotting the blue sky. I had planned a pretty 45-mile ride through Crystal Lake to Union for a camping weekend with lots to do. Dave and I were at the front of the group most of the ride. In Crystal Lake, Dave, Jim, Rob and I caught up to Gretchen and Emily where we stopped and waited for the rest. After about 20 minutes, we decided to continue even though the other bikers hadn't caught up yet. We continued to Union, set up tents, showered and waited till 2:00 p.m. for the others.

Since we were on the verge of starvation, we decided to go into town, eat lunch, and go out looking for the missing in action (we had cars since Diane, Nancy, Phyllis, and Ralph had driven out). Right in the middle of lunch, a mile cheer went up as George, Pat, Jim & Sharon walked in. Almost immediately, however, we noticed George wasn't so much walking as he was hobbling. We thought he looked slightly different than when we last saw him on a bike. He had very large white padded bandages wrapped around each knee and his left arm was wrapped in a black sling. We finished munching as George told his story. Basically what happened was (you can ask George for details), Jim slowed down, George hit Jim and flipped over the handlebars hitting his helmeted head on Jim's rear bike rack sending Jim sprawling. George's left hand went into the rear wheel spokes of Jim's bike and bent the strut supports. The gravel truck loaded with sand that precipitated the accident, ran over and literally flattened George's bike. (He may bring the bike to the meeting as evidence.) Jim escaped with minor bumps and bruises.

After lunch, George, Pat, Jim & Sharon drove home (they drove out to let us know what happened). By this time, I was too late to go to the railroad museum, so we walked up to the historical society museum. We soon learned it is only open on Wed. and Sun. We went back to the campground and started to think about our dinner as the sky slowly got darker. As it started sprinkling, the Shoemakers decided (wisely as it turned out) not to wait for dinner, so they drove home. The rain came down harder as the wind picked up to join the thunder and lightning. After mopping up leaking tents, we decided to go up to the game room to wait an hour or two until the storm blew over. We ended up in the laundry room where, with Gretchen's insistent organization, we passed the time playing charades.

Somewhere in there, Dick Marr showed up soaking wet and started drying all his clothes while he wrapped himself in a towel. Finally, the rain stopped and we started cooking the bratwurst and corn. Our reprieve was short lived. Again came the thunder, lightning, wind and rain — this time stronger than before. After the rain put out our charcoal, we started moving everything up to the main shelter to finish cooking. By this time, the rain was very heavy at times mixed with hail and the lightning was becoming more of a threat. About the time we had to yell to hear each other over the din of the rain and hail against the steel roof of the shelter, we voted to pack up a few essentials in the cars and head home. The next day we drove back out to pick up the wet and blown-over mess.

Through it all, I think we all had a really good time just because of the fun group of people who got together and made the best of the bike ride weekend.

From March 1984 Issue
Good Times Past by Bob Hinkle

Who would believe that it would be bright, sunny and temperatures in the mid-60's on February 12. Well, it was, and a perfect day for the Valentine's Day Ride. Gene and Jeanne Sauter were the first to arrive, followed by Laura Caravello. Two father/daughter teams also showed up - Jim and Carrie Shoemaker and Emil and Rosemary Donkers. Dave Von Bergen stopped by on his way home from Long Grove and rode a short distance with us.

Bob Hinkle lead the 13.5 mile ride through Rolling Meadows, Palatine and Arlington Hts., primarily in an east-west direction to avoid riding into the strong south wind. Rivulets of water were cascading off the fields, filling the ditches and gutters, but the roads were clear of standing water. Elida Rech caught up with a group as we started back on Illinois Avenue. We waved to Jim and Sharon Krupa who went by us going the opposite direction. Don Dereby was also seen riding too. Would you believe when we saw Earl Mason who was riding in his car and not on his bike?

At the end of the ride, Bob's wife, Shirley, invited everyone in for cider, cookies, and peanut brittle.

If anyone has the chance,
this is one experience that
should not be missed.
- Tom Pasquale, New Jersey

LEAGUE OF AMERICAN BICYCLISTS



PEDAL
FOR
POWER

A LONG-DISTANCE TOURING PROGRAM

Pedal for Power was founded in 1989 to support L.A.B.'s education and advocacy work. The program was designed to offer bicyclists the opportunity to participate in a long-distance tour, while supporting the League's mission. Today, the League continues to work for bicycling and Pedal for Power is offering some of the finest tours available anywhere. *All rides include:*

ACROSS AMERICA
MAY 11-JUNE 25, 1996
LOS ANGELES TO BALTIMORE
\$3,995

ACROSS AMERICA WEST
MAY 11- MAY 24, 1996
LOS ANGELES TO SANTA FE
\$1,500

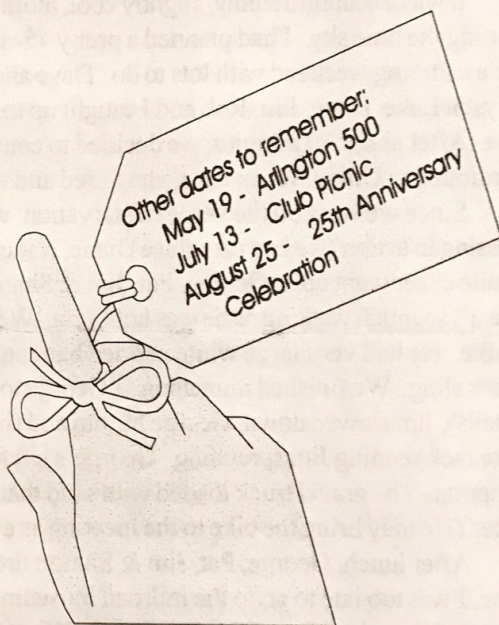
ACROSS AMERICA EAST
JUNE 12-JUNE 25, 1996
CHAMPAIGN, IL TO BALTIMORE
\$1,500

RIDE THE COAST
SEPT. 20-OCT. 12, 1996
MAINE TO FLORIDA
\$2,250

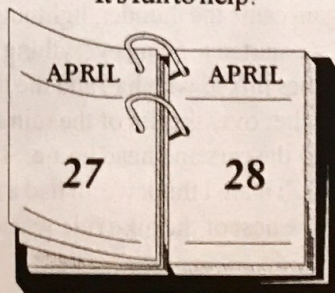
- Hotel accommodations.
- No tents or sleeping bags. No hassles!
- Breakfast and dinner on riding days.
- Experienced supportive staff.
- Daily cue sheets and route info.
- Scheduled sag stops with snacks.
- Luggage transport.
- One-year L.A.B. membership.
- Event jersey and t-shirt.

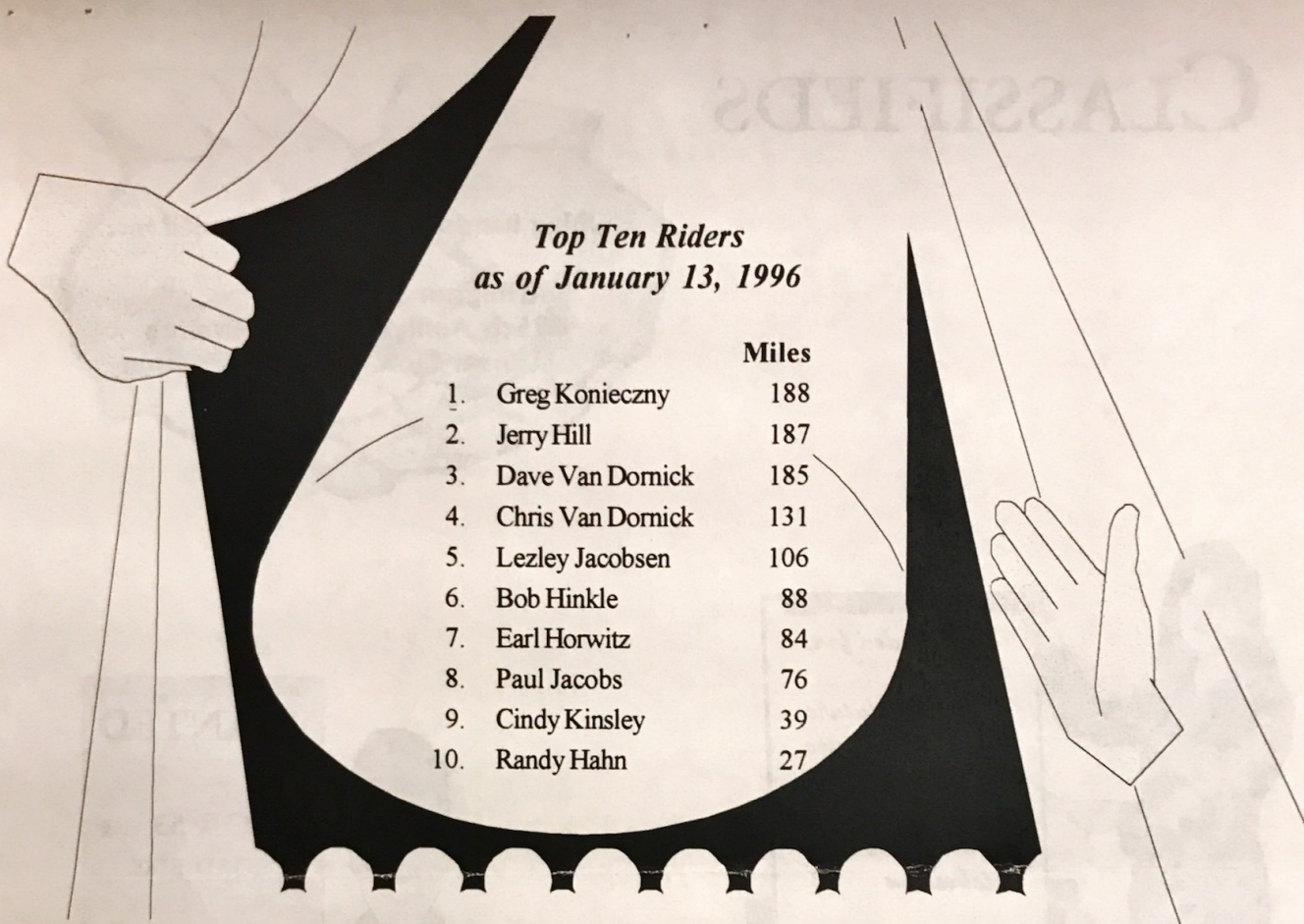
FOR MORE INFORMATION CALL
(800) 288-BIKE

LEAGUE OF AMERICAN BICYCLISTS
BUILDING BICYCLE FRIENDLY
COMMUNITIES AND A NATIONAL
COMMUNITY OF BICYCLISTS.



SWAP TIME is only a few months
away, so **MARK YOUR
CALENDARS**
and plan to have a good time!
It's fun to help!





*Top Ten Riders
as of January 13, 1996*

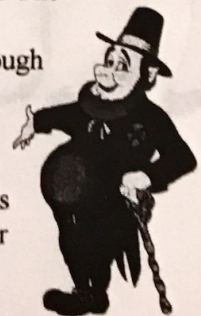
		Miles
1.	Greg Konieczny	188
2.	Jerry Hill	187
3.	Dave Van Dornick	185
4.	Chris Van Dornick	131
5.	Lezley Jacobsen	106
6.	Bob Hinkle	88
7.	Earl Horwitz	84
8.	Paul Jacobs	76
9.	Cindy Kinsley	39
10.	Randy Hahn	27

Christine and Dave will be preparing the ride schedule soon. They are asking for volunteers to lead the Tuesday night rides in blocks of two weeks at a time or split throughout the month. The rides will begin on Tuesday, April 2, at 6:30 p.m. at Recreation Park.

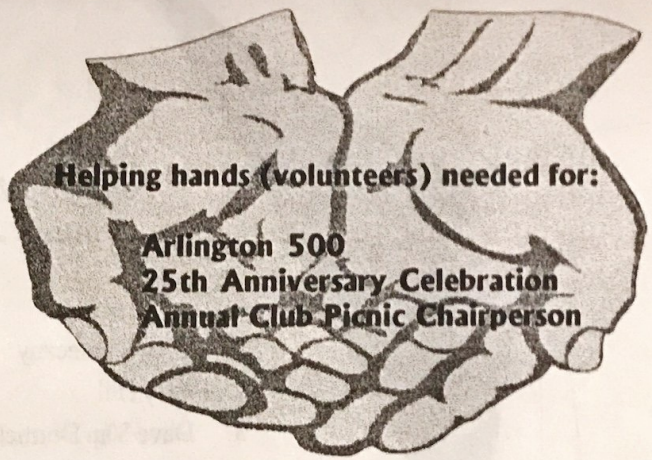
The Saturday, 10:00 a.m. Show-n-Go rides from Frontier Park will continue through March 9, 1996.

On March 17, 1996, the Wheeling Wheelmen are hosting the St. Patrick's Day ride from Wauconda Apple Orchards on Gossel Road. The cost is \$3.00 for the two 17 mile loops. Registration is from 9:30 a.m. to 11:00 a.m. As a club, we will use this as our first official weekend ride. We will try to meet at 10:15 a.m. and may go out for breakfast or lunch after the ride, depending on everyone's hunger.

Other rides will be scheduled for the Saturdays or Sundays, as weather and ride leaders permit. For questions on the ride schedule and to **GET INVOLVED**, contact Christine or Dave Van Dornick at 259-7917.

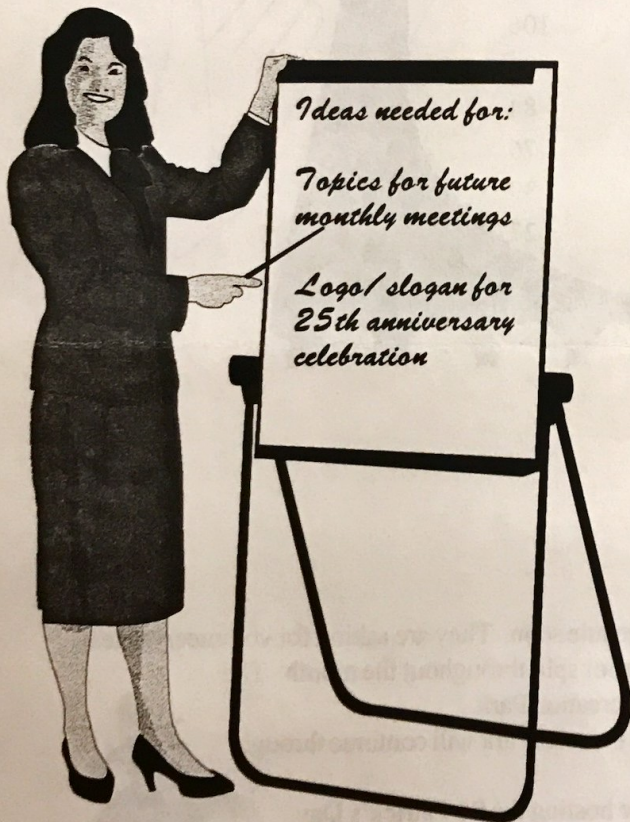


CLASSIFIEDS



Helping hands (volunteers) needed for:

Arlington 500
25th Anniversary Celebration
Annual Club Picnic Chairperson



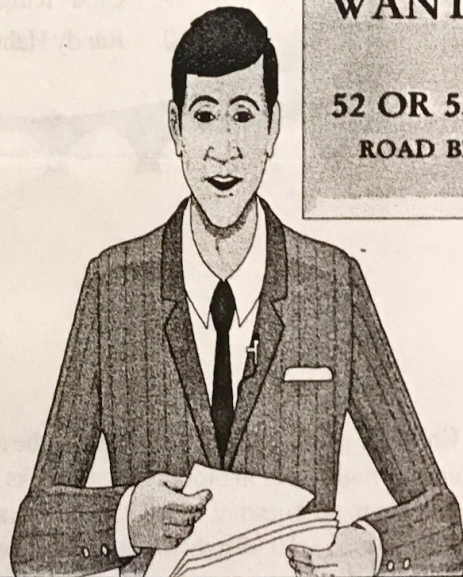
Ideas needed for:

*Topics for future
monthly meetings*

*Logo/ slogan for
25th anniversary
celebration*

WANTED

**52 OR 53 CM
ROAD BIKE**



Can be a TREK Softride, Cannondale; STI Groupo or better component system.

If you have any information on this type of bike, please contact: Jeff Sweet at 577-9492. Jeff will be participating in the Twin Cities Chicago AIDS Ride, July 1-6, 1996

Tidbits from a Cranker

(The Mountain Bike from Hell)

by Don Maloof

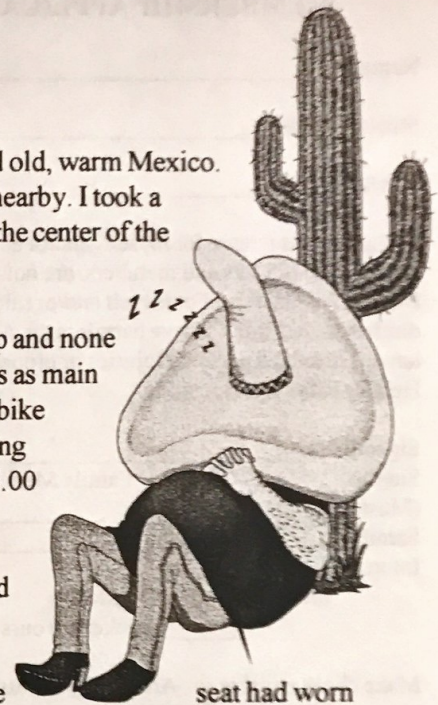
Last November, I enjoyed the good fortune of two weeks vacation in good old, warm Mexico. Some friends were down there for their winter hiatus and I decided to encamp nearby. I took a furnished apartment (no t.v. or phone) in the mountains at 5,000' elevation near the center of the country and away from the tourist Mecca.

I took my helmet, gloves and a few tools with me. I looked for a bike shop and none were to be discovered, although I saw many Mexicans riding horses and bicycles as main sources of transportation. Anyway, ambling along I spotted a beat up mountain bike leaning against the wall of a car mechanic's shop — the workers were also leaning against the wall. I stopped by and, with fractured Spanish, struck a deal for \$15.00 (their suggested tariff) for 10 days use.

The bike had 2 chain rings, 1 badly bent, which I straightened out, a taced front wheel, but it was OK, 1 working brake, and 2 speeds that worked on the rear derailleur. After 2 days of riding on the cobblestone streets and steep hills (Bill you would have been proud), I got the bike running pretty well. However, the through on the left side with a protruding spike that kept me awake. I rode sidesaddle and it worked OK.

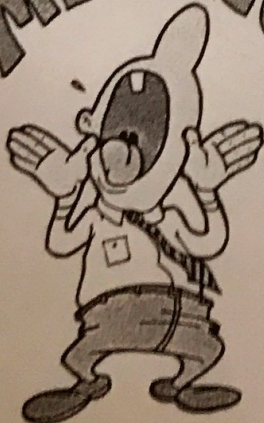
The Mexicans were warm, friendly and gracious. They are pleasant people, loving to their children and elderly parents. The church at the center of each village was a focal point and their lives, as I saw them, was tranquil and low key. I think that they gave up on government long ago, as they are a nation of entrepreneurs, not expecting anything from the big Kahunas. The family unit and good morals were very much evident everywhere I visited on the bike. I racked up about 300 miles plus or minus and narry a smooth street was to be found.

Greetings for 1996 and Happy Riding To You.



seat had worn

MEETING!!



NEXT MONTHLY MEETING WILL BE:

Wednesday, February 28
Recreation Park
7:30 p.m.

Ted Saunders will be discussing what's happening with IS TEA (Intermodal Surface Transportation Efficiency Act). Also discussed will be how Federal and local monies can be made available for bicycle trails.

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 Association officers and members, are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. 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 Association 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 Association.

Signature(s) _____ Date _____

Single _____ (\$6) Family Members Under 18 _____ Age _____

(Must be 18 yrs. or older) _____

Family _____ (\$8) _____

Interested In:

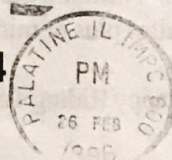
Rides _____ 10-25 Miles _____ 25-50 Miles _____ 50-100 Miles
Weekend Tours _____ Camping _____ Motels _____

Make check payable to: Arlington Heights Bicycle Association

Mail to: Cecily Rood
505 Kingsbury Dr.
Arlington Heights, IL 60004



**500 E. Miner Street
Arlington Heights, IL 60004**

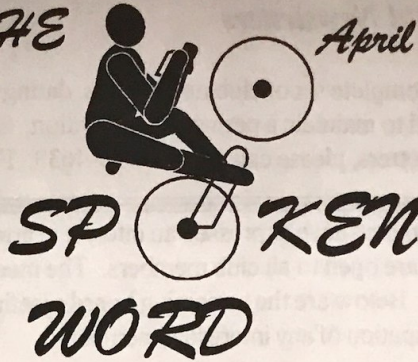


_____ VanDornick

Arlington Heights Bicycle Association

THE

April 1996



BILL'S BIKE RIDE DREAMIN

Z Z Z Z Z Z Z Z

We've been following the river north for a few days through rolling hills and farm communities. The river keeps getting narrower as you go north. In addition to the river there are thousands of lakes up here. Most of them are lined with hundreds of brightly decorated five foot by five foot huts. The pictures in local stores and restaurants reveal these huts to be ice fishing houses. The blue glistening lakes that provide visual delight while riding, turn into entire towns on ice with miles of roads during the winter (Some winter with the studded tires on the bike this may have promise).

In the meantime, the state park containing our destination has appeared on our left. Turning in we follow the river through dense forest over gentle rolling hills. After three or four miles the dense forest opens upon a beautiful lake from which the river comes. We have made it to Lake Itasca and the headwaters of the Mississippi River. Here you can ride across the river without a bridge and only get your tires wet. It's neat to see how something so big and strong down where we live starts out so small and fragile. Sort of reminds you of how most of us start each bicycling season. Let's hope that after we roll awhile this year we end up big and strong with an eventful riding season.

Z Z Z Z Z Z Z Z

Hope you've had a chance to get out and ride on one or more of the nicer days this past month. The Tuesday night rides are already attracting twenty plus people, so come out and join us if you haven't.

Please remember the Bicycle Swap is on April 27 & 28. Jeanie and Al have already been putting in a lot of work and now they need our help. Saturday's registration always needs a lot of people so if you can be there between 8:15 a.m. and 8:30 a.m. and Greg will show you how to receive a bike for sale. We start registering bikes at 9:00 a.m. Also, there will be instruction sheets available at our members meeting on Wednesday, April 24 (7:30 p.m. Recreation Park). Hope to see everyone there for a fun time.

I'm pleased to inform you that the Village of Arlington Heights has informed us that we will be awarded a 1995 Environmental Award for our efforts in recycling bikes at the swap and promoting an environmentally friendly form of transportation. The award will be presented May 20 at the Village Trustee meeting by President Mulder. Jeanie and Al will be accepting the award on the club's behalf. It might be fun for a group of us to be there when the award is presented. I'll have more details at the members meeting.

Please remember May 19 will be our invitational ride, The Arlington 500. Greg would appreciate calls offering to help at a rest stop, the registration desk or as a sag wagon driver.

It has been suggested that we should have an official club photographer for our rides and events. If anyone would like to volunteer to be official club photographer, please talk to me or another board member. The club would be willing to pay for film and developing costs.

Finally, it is with great sadness that I inform you that Emil Donkers, a 25 year member of our club, passed away on March 30. Please take a moment to remember Emil in your own way. If you would like to express your sympathy in writing, Corrine's address is 202 N. Gibbons, Arlington Heights, IL 60004.

Hope to see you on the road and at our next members meeting on Wednesday, April 24, 7:30 p.m. at Recreation Park.

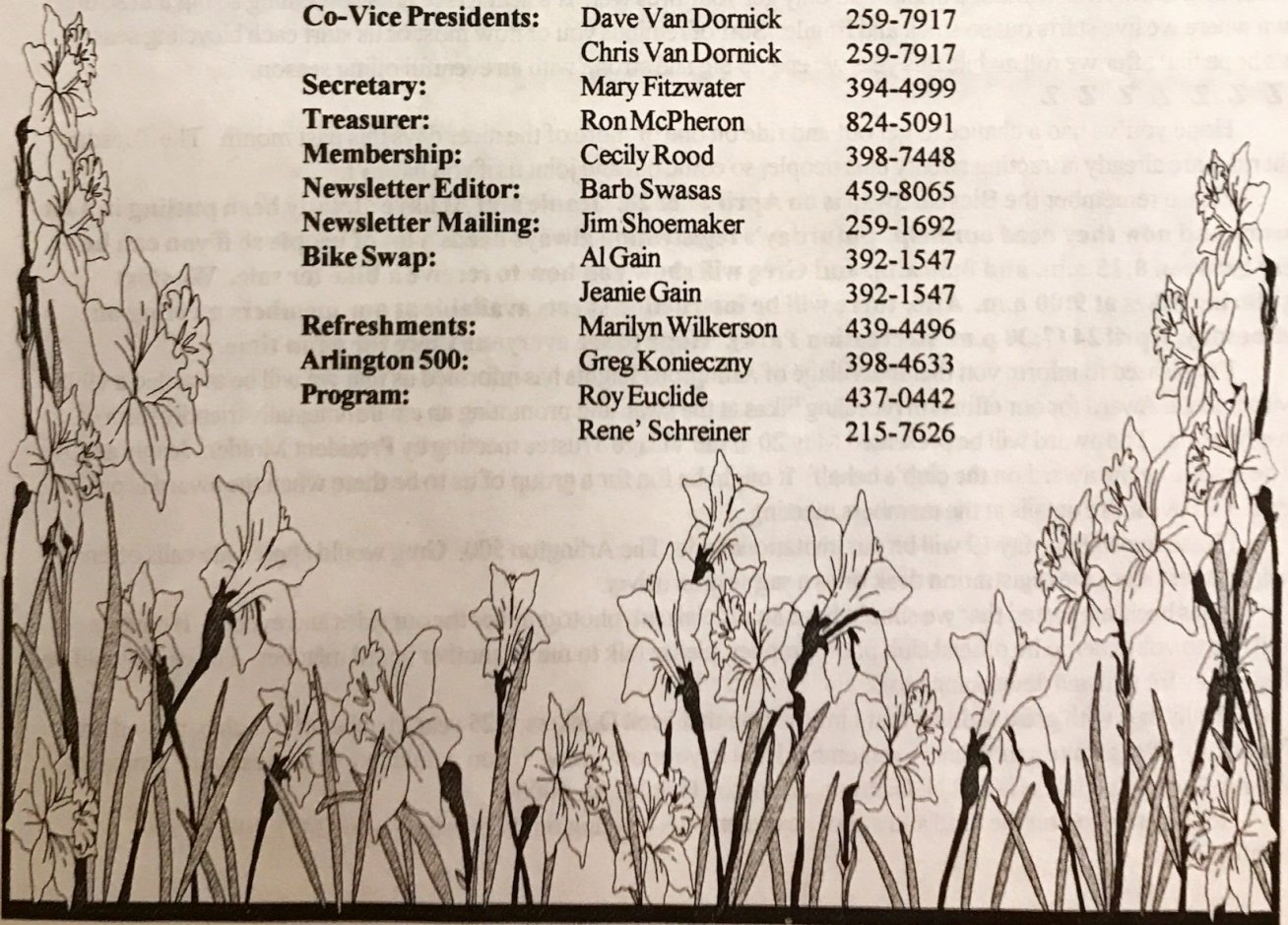
WANTED - Your Old Newsletters

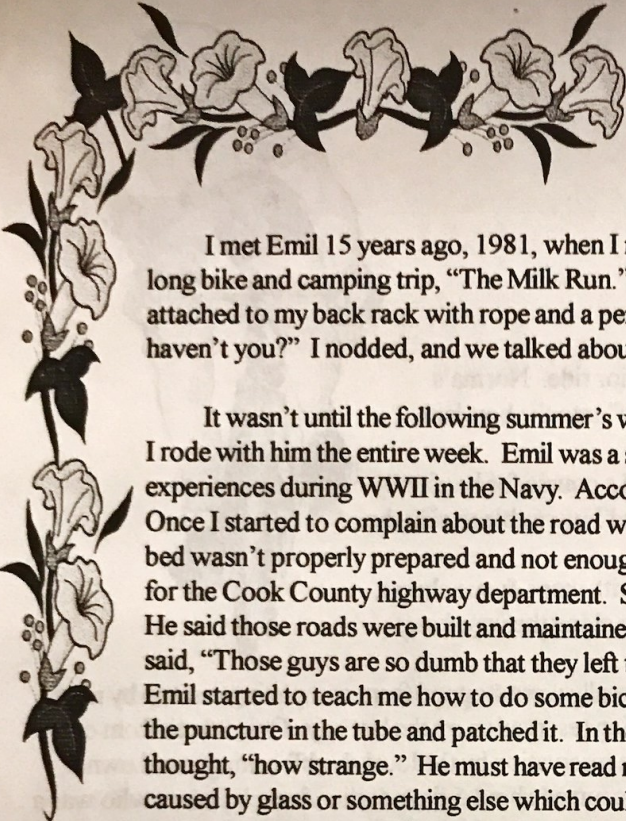
I'm trying to get a complete set of club newsletters, dating back to 1971. These will be used for articles for the Backpedaling column and to maintain a permanent collection. So far, I have everything from 1982 to the present. If you have any prior newsletters, please call Greg at 398-4633. I'll make copies of what you have and then return them.

Some members have expressed an interest in attending club board meetings. Board meetings are open to all club members. The meetings are held at Recreation Park at 7:00 p.m. Below are the remaining board meeting dates for this year. We welcome the participation of any interested members.

May	5/6/96	September	9/9/96
June	No Meeting	October	10/7/96
July	7/8/96	November	No Meeting
August	No Meeting		

President:	Bill Kragh	255-2814
Co-Vice Presidents:	Dave Van Dornick	259-7917
	Chris Van Dornick	259-7917
Secretary:	Mary Fitzwater	394-4999
Treasurer:	Ron McPheron	824-5091
Membership:	Cecily Rood	398-7448
Newsletter Editor:	Barb Swasas	459-8065
Newsletter Mailing:	Jim Shoemaker	259-1692
Bike Swap:	Al Gain	392-1547
	Jeanie Gain	392-1547
Refreshments:	Marilyn Wilkerson	439-4496
Arlington 500:	Greg Konieczny	398-4633
Program:	Roy Euclide	437-0442
	Rene' Schreiner	215-7626





Remembering Emil

by Bob Hinkle

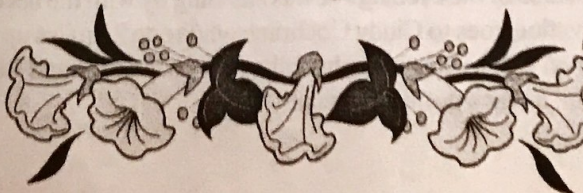
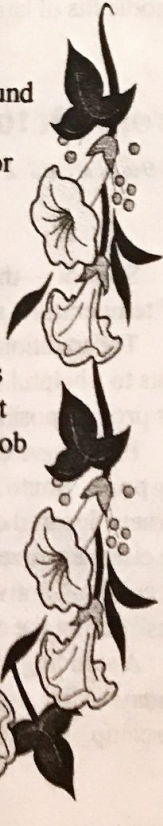
I met Emil 15 years ago, 1981, when I rode with my two sons on the Arlington Bike Club's week long bike and camping trip, "The Milk Run." He saw my army surplus pup tent and sleeping bag neatly attached to my back rack with rope and a perfect diamond hitch. "Been involved with the Boy Scouts haven't you?" I nodded, and we talked about our scouting experiences.

It wasn't until the following summer's week long club ride in Wisconsin that I really got to know Emil. I rode with him the entire week. Emil was a storyteller and I loved to listen. He told me about his military experiences during WWII in the Navy. According to Emil, he kept Lake Michigan safe from the enemy. Once I started to complain about the road we were riding on and Emil proceeded to tell me that the road bed wasn't properly prepared and not enough asphalt was used for the job. I found out that he worked for the Cook County highway department. So I started to complain about some of the roads in Illinois. He said those roads were built and maintained by Illinois Department of Transportation (IDOT). He said, "Those guys are so dumb that they left the other I out of their name." It was also on that ride that Emil started to teach me how to do some bicycle repairs. My son had a flat tire. I took the tire off, found the puncture in the tube and patched it. In the meantime, I saw Emil inspecting the inside of the tire. I thought, "how strange." He must have read my thought for he said, "The puncture might have been caused by glass or something else which could still be stuck in the tire. If so, your tire would go flat again as soon as you pumped it back up."

It seemed that there was a time Emil was permanent treasurer of the Arlington Heights Bicycle Association. He got a reputation for being stingy or as he would like to say "thrifty". When it came time to vote on spending money, it seemed as if Emil would always cast a negative vote. On the 1984 week long ride, "The Great River Ride," Emil found out that we would be charged at a rate of one tent per campsite. He said, "Let me go in to pay the bill." He came out smiling. He had renegotiated the deal and we only had to pay for three campsites. By the end of the trip we had saved almost a hundred and fifty dollars.

Some saw Emil as a quiet introvert not wanting to draw attention to himself. It's true he did squirt children with his water bottle during the Fourth of July parade. However, you never saw him wearing a costume on the Halloween rides. But Emil did have a flasher side. It was on "The Great River Ride" that Emil emerged from his tent in the morning wearing his brand new red polka dot riding jersey. Bob Lippold and myself allowed Emil to ride in front of us. Way in front! As we got close to Wabasha, MN, a car full of teenage girls passed Bob and I. But, when it reached Emil, the brake lights went on and they leaned out the window and whistled and hooted at Emil. Emil had a big smile on his face the rest of the day.

Emil was friendly and could, and would, talk to anyone. No one else I know, after a long hot ride, could go into a campground amongst total strangers and come back to our campsite with two cold cans of beer. One for him and the other for me. I'll miss you Emil.



BACKPEDALING

From September 1982 Issue

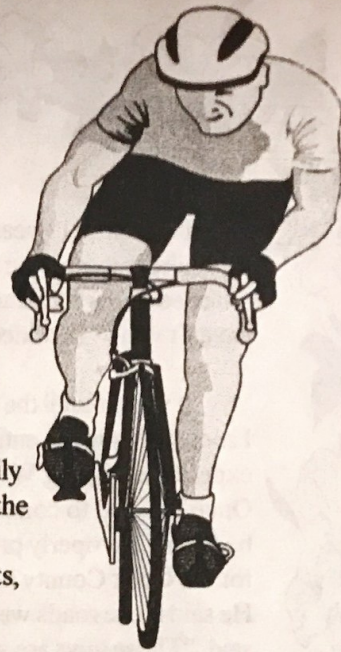
The Big Trip by Evie Weber

Well, Norma, Rich & I (Evie) didn't make our Lake Superior ride. Norma's daughter, Beth, was sick. Kids sure know how to put a "tire iron" into the best laid plans.

A big thanks to Linda Levine who had previously chartered a course for her family from the Wisc./IL border to intersect with the club ride. Rich and I were able to ride the first week of August.

We set out on Monday morning, August 2, and equipped with maps & cue sheets, beautifully done by Linda, we rode approx. 250 mi. encountering along the way, heat, headwinds, microwave bars, rain, lots of cornfields & Indians.

I realize that this is an unbelievable (but true) story, but we really were stopped from completing our trip by modern-day Indians. Our route took us through the Menominee Indian reservation on the last day. Only 38 mi. from our destination, we were strongly discouraged not to ride through the reservation by the local sheriff, campground owner, restaurant owners & saloon keeper. A very brutal slaying had occurred about 5 days earlier & each person who was a native of there said, "I've lived here all my life & I would never ever consider doing what you want to do!" Well, the alternative was an additional 40 mi. making it a 78 mi. day. Well, we wimped out & were picked up by Norma on Sat. night. We drove the rest of the way. As we arrived at the campground very early on Sunday (1:30 am), we had periodic fits of laughter because who would ever believe in this day & age Indians stopped us!!



From October 1984 Issue

Good Times Past - Terry Andrae Weekend by Evie Weber

Sooooo—this is Terry Andrae! Are you sure it is not Alaska? AHBA has the hardest Bike Club around. Rain, 37° temperature, and maybe a few snow flurries could not keep 18 cyclists from the September campout.

The traditional 25 mile Saturday morning ride to Port Washington was done in one hour and thirty-five minutes, tanks to a helpful tailwind. We met Sylvia Daletski's hubbie, Bill, in town—he had just caught a 25 lb. Chinook and was proudly posing for pictures.

If you have ever gone on a ride led by Norma or Evie, you know that there will be a great restaurant at the half-way point. Smith Brothers Fish Shanty was Saturday's Epicurean delight, whereas on Sunday, it was lunch at Craft Corners, located on the edge of the Kettle Moraine Northern Unit. Only six people were left for Sunday's ride, everyone else was frozen solid. Temperatures on Saturday nite kept dropping. The three huge campfires we used to cook our corn and brats on were not even adequate to keep ourselves warm. I thought for sure we would have a few "hot seats" during the course of the evening—I was standing by with the necessary beer to douse any "burning bikie".

A standing ovation goes to Cindy Cochrane who rode 25 miles up hill and into the wind most of the way on Sunday. After a great lunch, she turned her bike over to her husband Ralph, who then had an easy ride down hill and into camp. All in all, it was a good weekend.

1996 April/May/June Ride Schedule

Tuesday Night Rides 6:30 p.m. (sharp)			
Meet at Recreation Park, Arlington Heights		- For additional information call Dave at 259-7917	
Saturday, April 13 30+ miles	Barrington for Breakfast (Y)	Curtis Barron (255-1446) 9:00 a.m.	Frontier Park
Saturday, April 20 34 miles	Short Route Arlington 500 (Y)	Greg Konieczny (398-4633) 9:00 a.m.	Barrington H.S. at Lake Cook Rd. & Hart Rd. - Tour the quiet roads of Western Lake County
Saturday, April 27 Sunday, April 28	A.H.B.A. Annual Bike Swap	Al & Jeanie Gain (392-1547) 7:00 a.m. to 5:00 p.m.	Show your support for our Club by volunteering for our fundraiser and community service
Sunday, April 28 10-15 miles	Post Swap Ride Option & Dinner (Y)	T.B.A. 5:30 p.m. approx.	1336 N. Dunton, Arlington Hts. Short trip through the hoods to Barnaby's for pizza!
Saturday, May 4 44 miles	Covered Bridge Ride (Y)	Earl Horwitz (398-2177) 9:30 a.m.	Frontier Park, A.H. Several covered bridges to traverse and, of course, a lunch stop!
Saturday, May 11 55 miles	Bob's Surprise Ride (X, Y)	Bob Hinkle (259-1423) 8:30 a.m.	Frontier Park, A.H. Route was unknown at press time so meet us at the park if you are curious
Saturday, May 18 30/40/65 miles	Arlington 500 pre-ride (X, Y, Z)	Greg Konieczny (398-4633) 9:00 a.m.	Barrington H.S. at Lake Cook Rd. & Hart Rd. - Several route options & lunch stops on this one
Sunday, May 19	ARLINGTON 500 INVITATIONAL	Greg Konieczny (398-4633)	Another opportunity for you to show your support by volunteering as we host an event for invitational oriented riders.
Saturday, May 25 Sunday, May 26 32/64 miles	Blackhawk Stateline 60 - Rockford, IL (X, Y, Z)	Dave & Chis VanDornick (259-7917) Saturday, 7:30 a.m.	In the past, we've met at Recreation Park in Arlington Hts. & carpoled to Rockford for a 9:00 a.m. approx. start time. Location info on Rockford available.
Sunday, June 2 45 miles	Embers Breakfast Ride (Y+)	Dave & Chris VanDornick (259-7917) 9:00 a.m.	Frontier Park. The long way to the Embers Restaurant for a good breakfast then short hop back.
Saturday, June 8 40 miles	Fox River Ride (Y)	Greg Konieczny (393-4633) 9:30 a.m.	St. Charles in Mt. St. Mary's Park next to the piano factory. Take I-90 West to Route 25 South into St. Charles. Right at Main Street (Route 64) Cross Fox River, then left on 1st st. south 3 blocks to Prairie St. Left on Prairie into Park.
Saturday, June 15 50+ miles	Volo Bog Ride (Y)	Karen Zmrhal 8:30 a.m.	Frontier Park. Ride to view spring in lie action at the bog. Lunch on the way.

Z = 8-11 mph Y = 12-15 mph X = 16+ mph



TOP 15 RIDERS AS OF 3/30/96

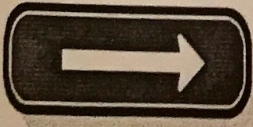
		Miles
1.	Jerry Hill	388
2.	Dave Van Dornick	386
3.	Greg Konieczny	351
4.	Chris Van Dornick	332
5.	Lezley Jacobsen	236
6.	Bob Hinkle	189
7.	Cindy Kinsley	160
8.	Paul Jacobs	147
9.	Paula Matzek	130
10.	Marilyn Wilkerson	119
11.	Earl Horwitz	117
12.	Mary Fitzwater	109
13.	Bill Minch	100
14.	Jack Edwards	97
15.	Chris Wager	92



DIRECTIONS TO PARKS WHERE RIDES START:

Recreation Park is located on Miner Street in Arlington Heights, 3 blocks east of Arlington Heights Road. Miner Street is the first signal north of Rte 14, as it intersects with Arlington Heights Road.

Frontier Park is located at the northeast corner of Palatine Road and Kennicott Street. Kennicott is the first signal east of Rte. 53 as you are heading east on Palatine Road toward Arlington Heights.





TIME'S RUNNING OUT...

VOLUNTEERS STILL WANTED

Bicycle Swap

April 27-28

The busy time is 8:30 a.m. to 1:00 p.m. on Saturday. At the end of Saturday, 4:00 p.m. and the beginning of Sunday, 9:00 a.m., we need lots of help taking the bikes to the gym for overnight - and back out in the morning.

It is important to have it staffed all day, to have a wrench to put a saddle down or just answer simple questions.

So call and let us know what times you're available to help.

Al and Jeanie Gain (392-1547)

1996 Arlington 500 Update

The ride is scheduled for May 19. We still need more volunteers to help out at registration, the sag stops and sag vehicle drivers. Also, we need to borrow several portable cellular phones for the sag stops and vehicles. We'll pay for the air time. Call Greg at 398-4633 if you can help. Let's hope for a warm, day.



UPCOMING INVITATIONALS FOR YOUR INFO!

Sunday, May 19, 7th Annual Cycle Classic, Wheaton, IL
18 - 32 - 47 - 65 mile routes (847) 668-6464
Sponsored by Greater Wheaton Chamber of Commerce

Sunday, June 23, Riveredge River Valley Ride, Newburg, WI
8 - 16 - 30 - 50 mile routes, T-shirts for early registrants before 6/7/96
(414) 375-2715

June 29 - July 26 GRABAAWR XI
Approximately 70 miles/day (500 miles week long) (608) 935-7433



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 Association officers and members, are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. 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 Association 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 Association.

Signature(s) _____ Date _____

Single _____ (\$6) Family Members Under 18 _____ Age _____

(Must be 18 yrs. or older) _____

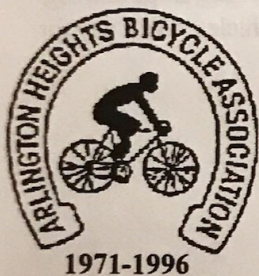
Family _____ (\$8) _____

Interested In:

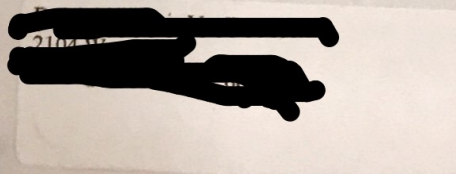
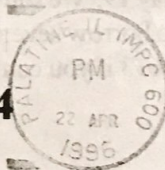
Rides _____ 10-25 Miles _____ 25-50 Miles _____ 50-100 Miles
Weekend Tours _____ Camping _____ Motels _____

Make check payable to: Arlington Heights Bicycle Association

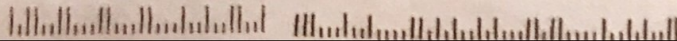
Mail to: Cecily Rood
505 Kingsbury Dr.
Arlington Heights, IL 60004



500 E. Miner Street
Arlington Heights, IL 60004



April
1996



Arlington Heights Bicycle Association

THE



May 1996

SPOKEN
WORD

BILL'S BIKE RIDE DREAMIN

Z Z Z Z Z Z Z Z

Headed south out of the land of the wild onion and just over the state line to the east, you can find the placid Iroquios River. Following the roads east out of a local town puts you on lightly traveled, well paved but narrow roads where if you look closely the car coming your way might be a model T. Nothing else has been produced yet. These roads of dreams lead you past the Tippacanoe River (sight of William Harrison's political rally in 1840) and into the big town of Wabash with its magnificent limestone mansions.

Here you meet the gently flowing Wabash River and the railroad tracks. Following the tracks out of town you head for the next eastern town on the river. The weather is nice and the traffic is light. The tracks and the river constantly intertwine in your view, but don't be mesmerized by this sight or you may here the rush of a train coming in haste. These are the same tracks that Casey Jones hurled his train down trying to make up lost time. He may have been in a hurry but if you're not this is a pretty area close to home to roll back in time with.

Z Z Z Z Z Z Z Z

Let me start with a great big "THANK YOU" to all the club members who made our annual bike swap a great big success. It was great to see all the help on Saturday morning for check in and in the evening to put away the bikes. Sunday morning again had a great number of helping hands that made light work for all. It seemed to me that every thing went really smooth. I had a lot of fun and I hope you did too. A special thanks to Al and Jeanie for organizing everything.

Another "thank you" goes to Evie Weber and her sister Norma who at our April meeting made a multimedia presentation of their bike trip to California from Arlington Heights. It was a "golden" presentation enjoyed by all who attended.

May 19 is our other big club event the Arlington 500. Greg has been working hard on our invitational ride and would still welcome any calls offering to help out on the 19th. If you can't help out directly please pray or wish for a nice sunny day.

Monday, May 20th at 8:00pm the club will be presented The 1995 Village of Arlington Heights Environmental Award at the regular village trustee meeting. The meeting starts at 8:00pm and the awards are the first item on the agenda. Al and Jeanie Gain will be receiving the award on our behalf. Anyone who would like to attend the ceremony should meet outside the village hall on the Sigwalt street side at 7:50pm and then we could proceed in and sit together. The village hall is located on the southeast corner of Sigwalt and Arlington Heights Rd. Sigwalt is the first light south of the train tracks. Parking is available in two village lots adjacent to the village hall.

At our May members meeting we hope to have a discussion to consider the purchase of cellular phones by the club for emergency use on club rides. If you have input or suggestions please try to attend the members meeting on May 22. If you can't attend but have an opinion or suggestion please call me prior to the meeting.

Finally, our 25th anniversary T-shirts should be arriving soon. Each registered member who attends club events is entitled to one shirt free. Please see a club officer for your shirt. If we have extra's and you want a second one they will be made available at a nominal cost.

Hope to see you on the road and at our next members meeting on Wednesday May 22nd 7:30pm at Recreation Park.

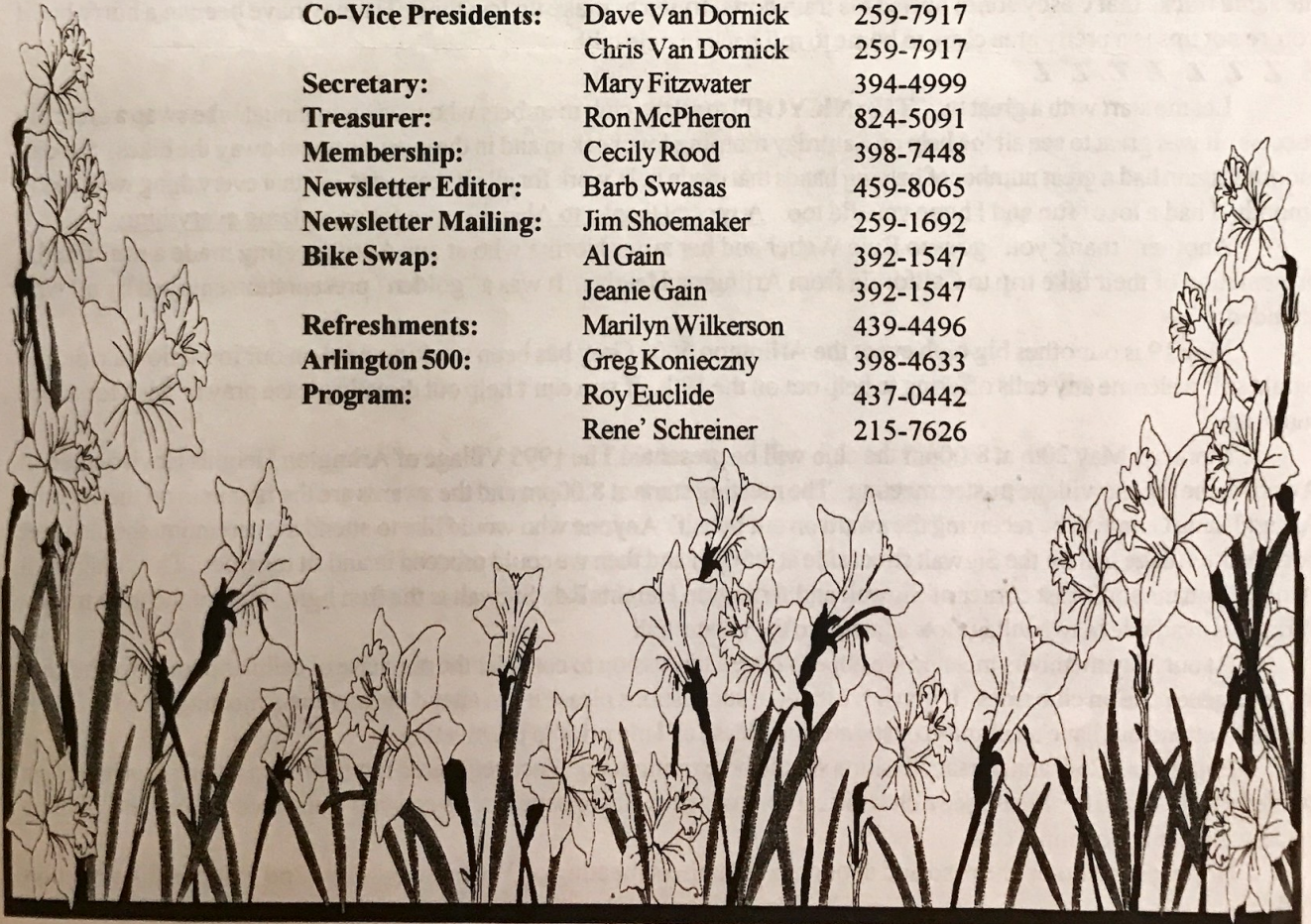
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Some members have expressed an interest in attending club board meetings. Board meetings are open to all club members. The meetings are held at Recreation Park at 7:00 p.m. Below are the remaining board meeting dates for this year. We welcome the participation of any interested members.

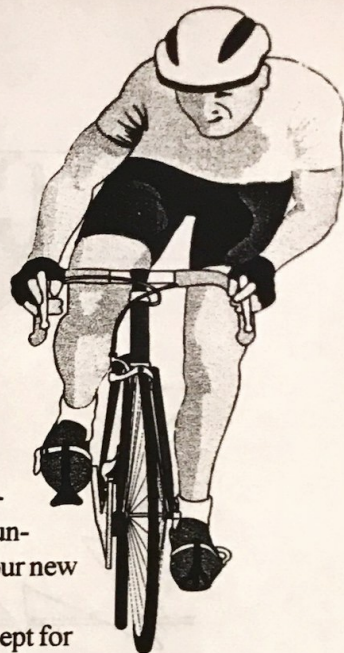
June	No Meeting	September	9/9/9
July	7/8/96	October	10/7/96
August	No Meeting	November	No Meeting

President:	Bill Kragh	255-2814
Co-Vice Presidents:	Dave Van Dornick	259-7917
	Chris Van Dornick	259-7917
Secretary:	Mary Fitzwater	394-4999
Treasurer:	Ron McPheron	824-5091
Membership:	Cecily Rood	398-7448
Newsletter Editor:	Barb Swasas	459-8065
Newsletter Mailing:	Jim Shoemaker	259-1692
Bike Swap:	Al Gain	392-1547
	Jeanie Gain	392-1547
Refreshments:	Marilyn Wilkerson	439-4496
Arlington 500:	Greg Konieczny	398-4633
Program:	Roy Euclide	437-0442
	Rene' Schreiner	215-7626



BACKPEDALING

From May 1987 Issue
Bike Swap '87



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

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

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

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

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

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

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

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

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

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

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

COMING SOON!

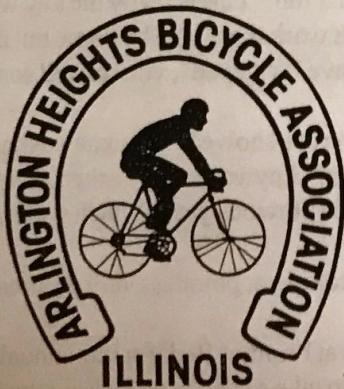


CHOICE OF 2 ROUTES

65 MILES • 35 MILES

ENJOY THE SIGHTS AND SOUNDS OF SPRING AS YOU RIDE THROUGH THE COUNTRY, THE ESTATES OF BARRINGTON & INVERNESS, AND PERHAPS CATCH A GLIMPSE OF THE PONIES WORKING OUT AS YOU PASS ARLINGTON PARK RACE TRACK. *5

REGISTRATION INFORMATION



Date: **SUNDAY MAY 17TH**

Time: **7-9 AM**

Fee: **\$5.00**

Place: **FRONTIER PARK**
KENNICOTT & PALATINE RDS
ARLINGTON HTS., IL

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

MEETING!!



*Next club meeting will be the
4th
Wednesday of May at:
7:30 p.m.
Recreation Park
500 E. Miner Street
Arlington Heights*

*Come and see a slide presentation by Bob Lippold
"Three Wild and Crazy Guys Do Colorado". Bob and
company crossed the Continental Divide every day
during a week long bike tour, including riding to the top
of the highest paved road in the world (Mt. Evans).
Join Bob to see beautiful scenery and a fantastic biking
trail.*

UPCOMING INVITATIONALS FOR YOUR INFO!

Sunday, June 23, Riveredge River Valley Ride, Newburg, WI
8 - 16 - 30 - 50 mile routes, T-shirts for early registrants before 6/7/96
(414) 375-2715

June 29 - July 26 GRABAAWR XI
Approximately 70 miles/day (500 miles week long) (608) 935-7433



1996 April/May/June Ride Schedule

Tuesday Night Rides 6:30 p.m. (sharp)			
Meet at Recreation Park, Arlington Heights		- For additional information call Dave at 259-7917	
Date/Distance	Event/Pace	Leader/Start Time	Starting Point/Specifics
Saturday, May 25 Sunday, May 26 32/64 miles	Blackhawk Stateline 60 - Rockford, IL (X, Y, Z)	Dave & Chis VanDornick (259-7917) Saturday, 7:30 a.m.	In the past, we've met at Recreation Park in Arlington Hts. & carpoled to Rockford for a 9:00 a.m. approx. start time. Location info on Rockford available.
Sunday, June 2 45 miles	Embers Breakfast Ride (Y+)	Dave & Chris VanDornick (259-7917) 9:00 a.m.	Frontier Park. The long way to the Embers Restaurant for a good breakfast then short hop back.
Saturday, June 8 40 miles	Fox River Ride (Y)	Greg Konieczny (398-4633) 9:30 a.m.	St. Charles in Mt. St. Mary's Park next to the piano factory. Take 1-90 West to Route 25 South into St. Charles. Right at Main Street (Route 64) Cross Fox River, then left on 1st st. south 3 blocks to Prairie St. Left on Prairie into Park.
Saturday June 15 50+ miles	Volo Bog Ride (Y)	Karen Zmrhal (398-2636) 8:30 a.m.	Frontier Park Ride to view Spring in live action at the bog. Lunch on the way.
Saturday, June 22	Botanical Gardens Ride (Y)	Chris & Dave VanDornick (259-7917) 9:00 a.m.	Beck Lake Forrest.Preserv. in Des Plaines. On Central Road north side about 1/2 mile East of the entrance to Oakton College. See what green thumbs can create.
Saturday, June 28 40-45 miles	Cardboard Boat Regatta Ride (Y) Joint ride with Mt. Prospect	Casey Worchester	
Saturday, July 6 50+ miles	Elmhurst Ride (Y) Joint ride with Mt. Prospect	Roy Euclide (437-0442) 9:00 a.m.	Juliet Lowe School in Arlington Hts. off Highland, 1 block South of Noyes St. (3 blocks north of Golf, 2 blocks East of A.H. Road) Enjoy good ethnic food in downtown Elmhurst.
Saturday, July 13 20-25 miles	Picnic (Y-Z)	Dave & Chris Van Dornick (259-7917) Picnic gathering 10:00 a.m. Ride 10:30 a.m.	Busse Woods, bring a salad or desert to pass club provides burgers, etc. and condiments. Ride, socialize, Goof-off HAVE FUN DAY.
Sunday, July 14 35 miles	Lake County Ride (Y)	TBA 9:00 a.m.	Kildeer School, on Old McHenry Rd., 1/4 mile NW of Long Grove. Ride off your picnic food.
Sunday, July 21 76 miles	Milwaukee Ride (Y)	Dave & Chris Van Dornick (259-7917) 8:30 a.m.	McKinly Marina Milwaukee, WI. Yes this is the one. See Milwaukee's beautiful lakefront and park system. We ride up on Saturday and return on Monday. Call for more info.
Sunday, July 28 55 miles	Cantigny Ride (Y)	Jerry Hill (708) 893-3149 8:30 a.m.	The Pavillon, Elk Grove Village. South of Biesterfield at Wellington. Ride to view history and the scenic gardens around Cantigny.

Z=8-11 mph Y=12-15 mph X = 16+ mph



TOP 15 RIDERS AS OF 5/9/96

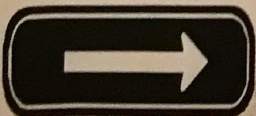
		Miles
1.	Jerry Hill	516
2.	Greg Konieczny	482
3.	Chris Van Dornick	475
4.	Dave Van Dornick	458
5.	Bob Hinkle	332
6.	Lezley Jacobsen	317
7.	Cindy Kinsley	229
8.	Paul Jacobs	228
9.	Earl Horwitz	223
10.	Paula Matzek	217
11.	Bill Minch	194
12.	Karen Zmrhal	153
13.	Roy Euclide	150
14.	Jack Edwards	144
15.	Chris Wager	139



DIRECTIONS TO PARKS WHERE RIDES START:

Recreation Park is located on Miner Street in Arlington Heights, 3 blocks east of Arlington Heights Road. Miner Street is the first signal north of Rte 14, as it intersects with Arlington Heights Road.

Frontier Park is located at the northeast corner of Palatine Road and Kennicott Street. Kennicott is the first signal east of Rte. 53 as you are heading east on Palatine Road toward Arlington Heights.



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 Association officers and members, are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. 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 Association 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 Association.

Signature(s) _____ Date _____

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: Cecily Rood
505 Kingsbury Dr.
Arlington Heights, IL 60004



500 E. Miner Street
Arlington Heights, IL 60004



May

1996

Arlington Heights Bicycle Association

THE



July 1996

SP
KEN
WORD

BILL'S BIKE RIDE DREAMIN

Z Z Z Z Z Z Z Z

Ah, the ninety degree plus days of July and August are upon us! Riding can be great if you and your bike don't melt into the pavement. But imagine for a moment a ninety degree plus July or August ride like this.

You begin at 9:00 with a clear sky and a comfortable temperature. The wind is calm and the traffic is light. Today's ride will take you sixty miles across Iowa corn farms. You quietly glide through the first two small towns and the third brings you to the sights and sounds of a local carnival. Taking a short break you enjoy an ear of corn and a piece of home baked pie before continuing on. At 1:00, the group meets at a peaceful highway restaurant for lunch. After lunch the fields are bathed in a soft light for the final twenty miles as you silently roll on by. Arriving at your hotel at 4:00, the hotel clerk is a little confused about how to charge you since you won't be staying overnight. Closing the curtains to get some sleep, you glimpse the first rays of the hot sun just beginning to peek over the horizon.

An all night ride on a summer moonlit evening can be a rewarding way to enjoy a ride without experiencing heat exhaustion or absorbing all those sun rays. The hustle and bustle of the day is gone and best of all you don't need sun screen or your sunglasses. If there is any interest, we could do a club insomnia ride or there are sponsored insomnia rides along the Chicago lakefront. Let me know and stay cool on your rides.

Z Z Z Z Z Z Z Z

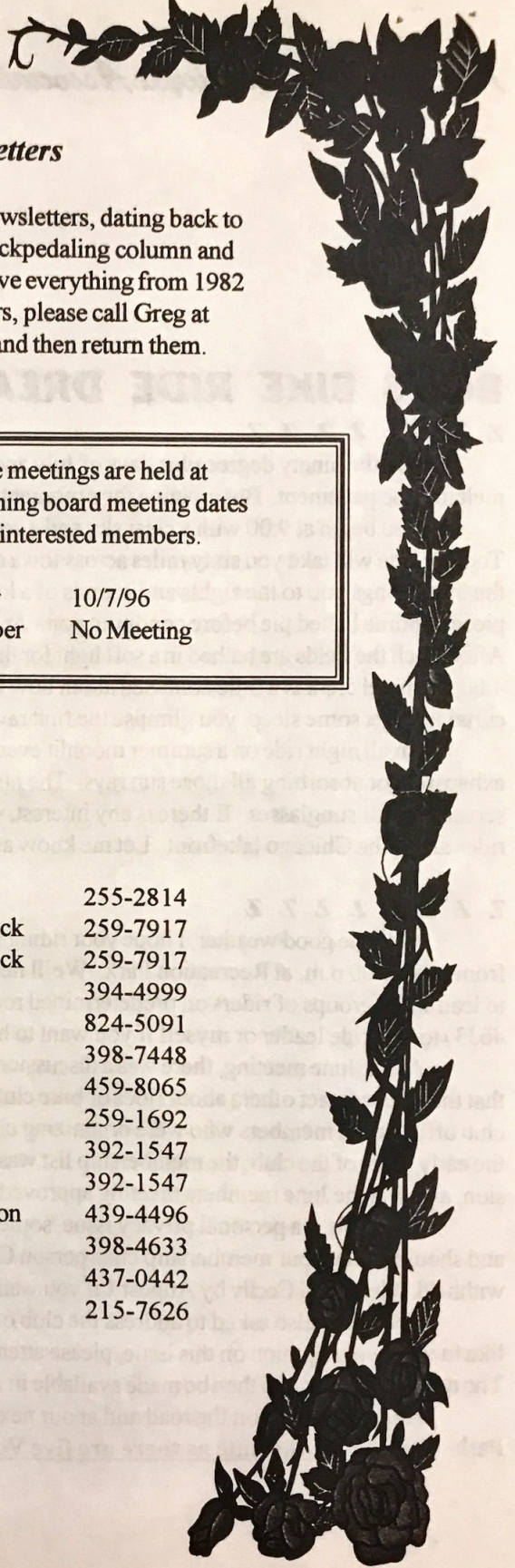
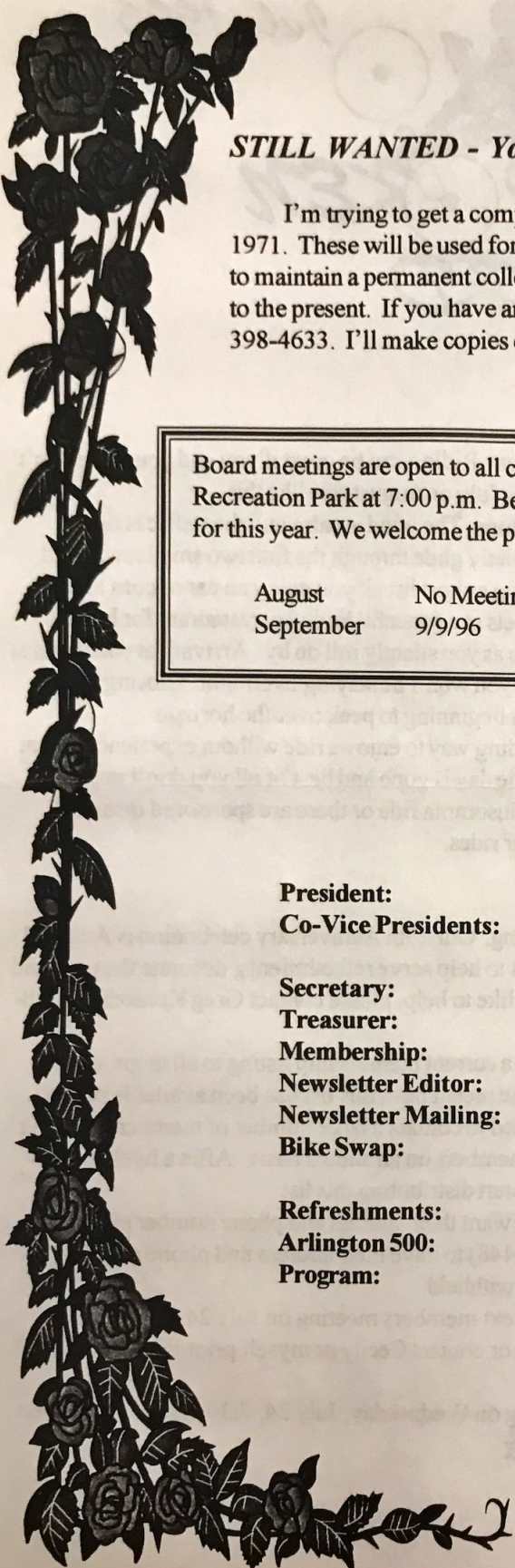
With the good weather, I hope your riding season is in full swing. Our 25th Anniversary celebration is August 3 from 1:00-4:00 p.m. at Recreation Park. We'll need some volunteers to help serve refreshments, decorate the park and to lead small groups of riders on predetermined routes. If you would like to help, please contact Greg Konieczny (398-4633) to be a ride leader or myself if you want to help in other ways.

At our June meeting, there was a discussion about distributing a current membership listing to all members so that they can contact others about rides or bike club events. During the recent past, this list has been available only to club officers and members who were organizing club events and needed to contact a large number of members. During the early years of the club, the membership list was distributed to all members on an annual basis. After a lively discussion, a vote at the June members meeting approved a motion to again start distributing this list.

Since this is a personal privacy issue, some members may not want their address and phone number published and should contact our membership chairperson Cecily Rood (398-7448) to have their address and phone number withheld. Please call Cecily by August 1 if you want your information withheld.

Cecily has also asked to address the club on this issue at our next members meeting on July 24. If you would like to voice your opinion on this issue, please attend the next meeting or contact Cecily or myself prior to the meeting. The membership list will then be made available in August.

Hope to see you on the road and at our next members meeting on Wednesday, July 24, 7:30 p.m. at Recreation Park. **Please note the date as there are five Wednesdays in July.**



STILL WANTED - Your Old Newsletters

I'm trying to get a complete set of club newsletters, dating back to 1971. These will be used for articles for the Backpedaling column and to maintain a permanent collection. So far, I have everything from 1982 to the present. If you have any prior newsletters, please call Greg at 398-4633. I'll make copies of what you have and then return them.

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Treasurer:	Ron McPheron	824-5091
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THE HAWTHORN CENTER RIDE by Paula Matzek

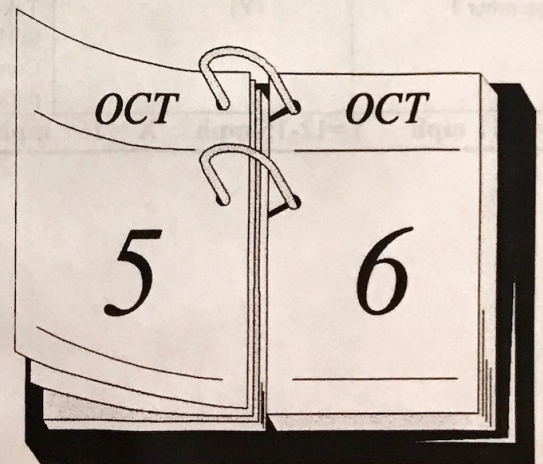
There is no truth to the rumor that Volo Bog has been moved to Vernon Hills. The reality is that ride leader Karen Zmrhal took pity on all of us wimpy June riders and changed her scheduled Volo Bog Ride, which would have totaled approximately 65 miles, to a much more manageable 46-mile ride to Hawthorn Center. (Our lack of preparedness for the longer ride can presumably be blamed on the lousy spring weather this year.) The sunny 80-degree weather on June 15 brought out a group of 20-some enthusiastic riders.

Just to make things interesting, the Mt. Prospect Bike Club had listed a later starting time for the ride than the Arlington Heights club. Remarkably, when the Mt. Prospect contingent arrived at Hawthorn one half-hour after the rest of the group, there was still some food left at the Food Court restaurants, although it is rumored that the bourbon chicken was in short supply at the Cajun Grill.

In even shorter supply after we rode by was the lemonade that a young Vernon Hills entrepreneur was selling at a street-corner stand. We depleted her entire stock quicker than you can say "More Country Time, Grandpa?"

During the ride, Char and Paula struggled to come up with a suitable way to commemorate the one-year anniversary of the Great Prairie Path Rescue. Bena suggested a refreshing dip in a roadside retention pond, but Mary and several others felt that the lawn sprinklers in the Buffalo Grove office park would be a wiser alternative. Karen, however, kept such good tabs on us that the only water we had time to immerse ourselves in was that which we poured on ourselves from our own water bottles.

MARK YOUR CALENDARS:



Ride in beautiful scenic Wisconsin October 5 & 6. We will ride in the Spring Green area on Saturday. Stay in the Super 8 Motel (with swimming pool) in Richmond Center that night and visit an apple orchard when we join the Ocooch Mountain Fall Bike Tour on Sunday. Watch for details in future newsletters.

1996 July/August/September Ride Schedule

Tuesday Night Rides 6:30 p.m. (sharp)			
Meet at Recreation Park, Arlington Heights		- For additional information call Dave at 259-7917	
Date/Distance	Event/Pace	Leader/Start Time	Starting Point/Specifics
Sunday, July 21 76 miles	Milwaukee Ride (Y)	Dave & Chris Van Dornick (259-7917) 8:30 a.m.	McKinly Marina Milwaukee, WI. Yes this is the one. See Milwaukee's beautiful lakefront and park system. We ride up on Saturday and return on Monday. Call for more info.
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Saturday, August 3	25th Anniversary Celebration (ZZ)	Contact any of the club officers. Our nos. are in the newsletter.	Event begins at 1:00 p.m. Need Ride Leaders to lead groups.
Saturday, August 3 25 miles	Pedal & Putt Ride (Y)	Dave & Chris Van Dornick (259-7917) 8:30 a.m.	Recreation Park. Ride into Des Plaines for a short ride and a round of min-golf.
Sunday, August 4 25, 35 or 60 miles (2 loops)	Kettle Moraine (Y)	Jack Edwards (joint ride with Mt. Prospect Club) 635-7806 9:00 a.m.	Start at the General Store in Lagrange, WI. This is at the intersection of Route 12 and County Highway H.
Saturday, August 10 55 or 110 miles	Lake Geneva Ride (X - Y)	Dave & Chris Van Dornick (259-7917) 7:30 a.m. Frontier Park 10:00 a.m. Veteran's Park (Pearl St. & Park in McHenry)	If you plan to do the long route, bring a snack for on the way. Lunch at Popeye's in Lake Geneva. For Veteran's Park - take Route 12 to Route 120 West into McHenry, cross the Fox River, Right turn on Park St. - 1 block to Veteran's
Saturday, August 17 35-40 miles	Progressive Dinner Ride (Y - Z)	Dave & Chris Van Dornick (259-7917) 1:30 P.M. - You must call before 8/14 to register so our hosting homes know how many mouths to feed. Call also if you want to assist at a host house.	732 Plum Tree Court in Wheeling South of Lake Cook Road, Turn on Lexington. Then East on Sandlewood to Plum Tree Court. 4 COURSE MEAL ON WHEELS.
Saturday, August 24 70 miles	Volo Bog Ride (Y)	Karen Zmhral 8:30 a.m.	Frontier Park. Some hills. Lunch on the way.
Sunday, September 1	Burlington Ride (Y)	Greg Konieczny (398-4633) Take I-94 to WI Route 50 West to Highway 83, North to Congress, Right on Congress to parking lot.	Riverside Park in Burlington, WI Anything but flat! Moderate to challenging hills. Good lunch in Eagle, WI

Z = 8-11 mph Y = 12-15 mph X = 16+ mph



Thank You For Making The Swap A Success

THANK YOU FOR MAKING THE SWAP A SUCCESS!

We generally measure the success of the Swap by the number of smiling faces leaving with that "new" bike or helmet or rack and there were plenty of smiling faces this year. The good weather helped with that success by putting everyone in a good mood.

All aspects of the swap went well because of the many helping hands that made each task go quickly. The long lines moved quickly because of all those who checked bikes in or set them out for display. The line at the cash register moved quickly because buyers were prepared with cash in hand. The office worked hard to get the tickets in order to be ready to give the sellers their money and the police moved the traffic along even for the garage sale across the street.

Put away on Saturday was done in record time and Sunday morning was ready to open at 10:00 because we had lots of help. Sales were steady the rest of the day. Of course, lunch was great! Even though the weather was good, a warm lunch tasted great.

Most of the bikes were picked up those not lucky enough to sell. The Willow Creek Church Bike Club picked up the bikes "left over" which they fix up and give away to those who cannot afford a bike.

Yes, it was a successful Swap!

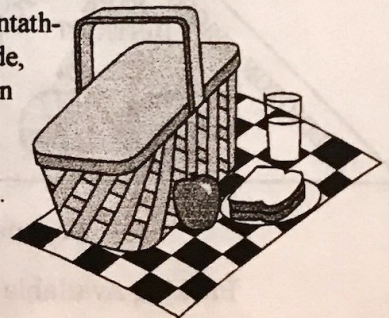
Al & Jeanie

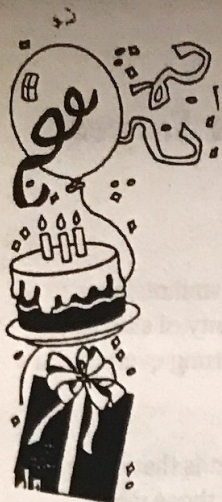
JOINT BIKE CLUB PICNIC

On a warm and sunny July 13 about forty-five members of the Mount Prospect and Arlington Heights bicycle clubs met at Busse Woods grove #3 for the annual joint club picnic. Greg led us on a 28 mile ride through the suburbs south of Busse Woods. On our way out of Busse Woods on the bike path, we found several other club members who were searching for the secluded picnic grove #3. This made for a large but careful riding group.

Upon our return to the picnic grove, Chris had the grills going and it wasn't long before everyone was eating. After everyone finished eating, we conducted a five event (pentathlon) bike rodeo in this Olympic year. The events were a slow race, a straight line ride, newspaper delivery, a one hand wheel balancing race and an obstacle course. Kevin Moore was our overall rodeo winner, but Diane Moran impressed us all with her newspaper delivery skills. Of two attempts to throw a newspaper into a basket while riding, she made both of them while all other contestants missed both attempts.

Hope to see everyone back next year to challenge Kevin into defending his title.





25th Anniversary 1971 - 1996



... and Still Rolling

Arlington Heights Bicycle Association

Saturday August 3, 1996

1-4 pm

Come help us celebrate our 25th Birthday Bash Recreation Park



500 E Miner

Join us on a neighborhood ride, bring your bike & helmet.

Rides begin at 1:30

Presentations 3:00

Door Prizes

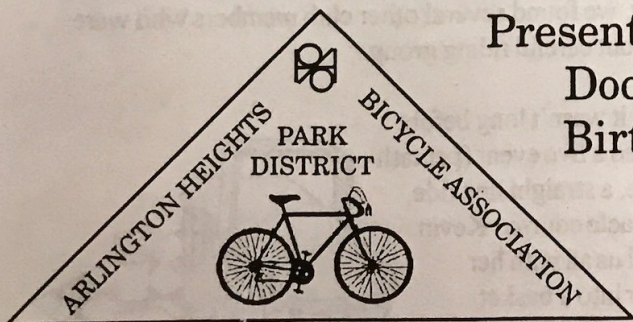
Birthday cake to follow!

Sponsored by the
Arlington Heights
Bicycle Association

Rain date Sunday August 4

Anyone under 18 must be accompanied by an adult

Parking Available in the Parking Garage at Miner and Arlington Hts Road





TOP 20 RIDERS AS OF 7/12/96

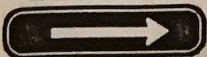
		Miles
1.	Chris Van Dornick	950
2.	Dave Van Dornick	763
3.	Greg Konieczny	753
4.	Jerry Hill	686
5.	Lezley Jacobsen	609
6.	Paul Jacobs	455
7.	Earl Horwitz	450
8.	Bob Hinkle	446
9.	Bill Minch	438
10.	Paula Matzek	399
11.	Roy Euclide	350
12.	Karen Zmrhal	333
13.	Steve Jenny	289
14.	Barb Swasas	284
15.	Mary Fitzwater	274
×16.	Cindy Kinsley	249
17.	Curtis Barron	225
×18.	Bena Gerber	220
×19.	Don Derebey	219
20.	Bill Kragh	216



DIRECTIONS TO PARKS WHERE RIDES START:

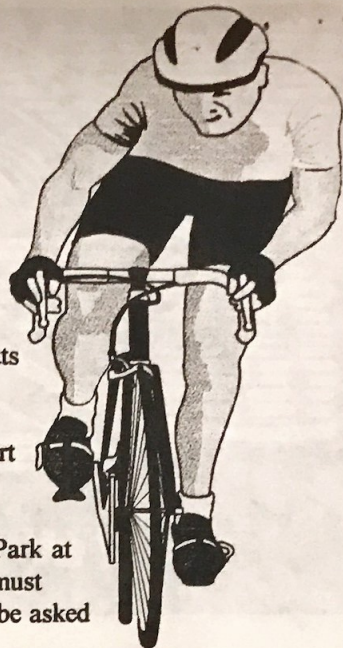
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Frontier Park is located at the northeast corner of Palatine Road and Kennicott Street. Kennicott is the first signal east of Rte. 53 as you are heading east on Palatine Road toward Arlington Heights.



BACKPEDALING

Ride Schedule From 1983



- Sun May 1** Dutch and Danish Ride 50 Miles. Leave Recreation Park at 9:00 AM Ride to Reeses in Algonquin, if you beat Jim, he buys coffee and Danish, if he beats you, it's Dutch treat. Leader Jim Shoemaker
- May 7-8** Dick Marr's TOSRV Alternative. Ride a double century. See insert for details. Leader Dick Marr.
- Sat May 7** Annual Park District Breakfast Ride. 12 miles. Meet at Frontier Park at 7:30 AM. Ride the Palatine Bicycle Trail to Deer Grove. Everyone is invited, but you must register at the May meeting or at Recreation Park in person or phone. Members may be asked to lead small groups to Deer Grove. Leader Jeanie Gain.
- Sun May 8** Lambs Farm Ride. 35 Miles. Meet at Potawatomi Woods (Dundee Rd. & Des Plaines River in Wheeling). Starting time is 9:30 AM. Lambs Farm has a restaurant and bakery. Leader Kitty Hayes.
- Sat May 14** Pre-Arlington 500. 15-30-60 miles. Meet at Frontier Park at 8:00 AM. Choice of one of three rides. We will be checking to make sure the routes are clearly marked. Leader Bob Hinkle.
- Sun May 15** Arlington 500 Invitational. Everyone helps. We still need home baked cookies. Assignment details at meeting. Leaders Marilyn Wilkerson, Jeanie Gain.
- Sun May 22** Evie's Birthday Brunch. 50 Miles. Leave Frontier Park 8:00 AM. Arrive by 10:30 Port Edwards, Algonquin. Brunch Buffet \$7.95, includes glass of wine. Leader Evie Weber.
- Sun May 22** Pedal In. 25-50-100 Miles. Registration 7:00 AM in the Field Shopping Center, Morton, IL Cost \$6.00. Sponsored by Ill. Valley Wheelmen.
- Mon May 30** Memorial Day Parade. Starting place Davis St. East of Arlington Heights Road (by Village Hall). Assemble 9:00 AM, parade begins 9:30 AM.
- Mon May 30** Memorial Day Ice Cream Ride. 20 Miles. Meet at Recreation Park at 12:00 (after parade). Patches are available, cost \$1.50. Leader Bob Hinkle.
- Sat June 4** Progressive Dinner Ride. 3:00 starts with appetizers at 608 S. Newbury Place, Arlington Hts.
- Sun June 5** Liberty Metric. 38/62 Miles. Ride starts Don Wright Jr. High School, 1370 Riverwoods Rd., Lake Forest, IL (North of Rte. 22 between Milwaukee Rd. & Interstate 94). Registration 6:30 AM to 9:00 AM. Fee \$5.00 or \$12.00 for family. Sponsored by Mt. Prospect Bike Club.
- Sat June 11** Busse Woods Picnic. 20 Miles. Meet at 10:00 AM at Busse Woods. Enter from Arlington Heights Rd., one block south of Landmeir Rd. Meet at the first parking area. Bring your own lunch. Ride Leader Bill Eilers.
- Sat June 18** Father's Day Ride. 25 Miles. Meet at Frontier Park 9:00 AM. Ride to Lincolnshire, lunch at Dennys. Ride Leader Geo Vasso.

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 Association officers and members, are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. 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 Association 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 Association.

Signature(s) _____ Date _____

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

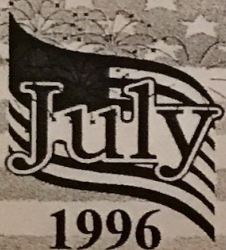
Mail to: Cecily Rood
505 Kingsbury Dr.
Arlington Heights, IL 60004



500 E. Miner Street
Arlington Heights, IL 60004



David and Chris VanDornick
2104 Wren Ln
Rolling Meadows IL 60008



Arlington Heights Bicycle Association

THE



August 1996

SPOKEN
WORD

BILL'S BIKE RIDE DREAMIN

Z Z Z Z Z Z Z Z

During this hot month of August, the first day of your week long summer bicycle trip finds you pedaling along the seacoast with a gentle breeze on your back and flocks of seagulls overhead. The second day finds you climbing gentle mountain switch backs to a lake in the clouds and a spectacular view of the sea. The third and fourth days find you pedaling through old mining towns stopping to descend one of the old shafts with a tour group. The fifth day you leave your bike behind to take a ferry boat to an island national park with no cars, roads or commercial attractions. That night is spent in a beautiful cabin in the woods. The following afternoon and seventh day are spent pedaling along the peninsula coast back to your car.

A trip with mountains, the sea and an island national park all less than a day's drive from your house. Sounds to good to be true, well it isn't. The mountains are the Porcupine Mountains along the inland sea of Lake Superior in the upper peninsula of Michigan. The mining towns are copper mines on the peninsula that leads to copper harbor. And the national park is Isle Royal. Dreams can sometimes be close to home.

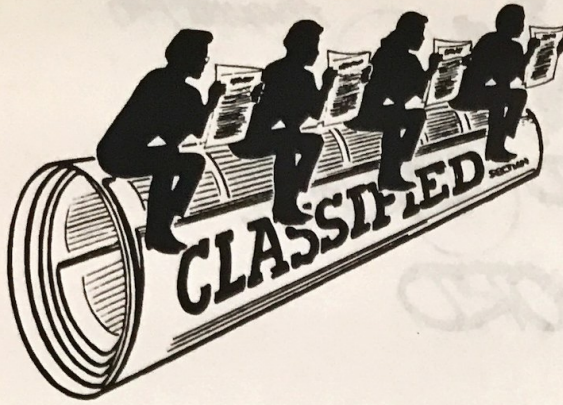
Z Z Z Z Z Z Z Z

I trust your getting in all the riding you want. The weather has been cooperating. Some of our longer rides have been attracting a good number of riders. Just recently the Milwaukee ride had eighteen riders and the Lake Geneva ride brought out twenty-three members. AN interesting note is that between these two rides I figure the club just about rode across the country by totaling 1400 miles on the Milwaukee ride and 1600 miles on the Lake Geneva ride.

On a sunny August 3rd about eighty people attended our 25th anniversary celebration. Many old officers including our first president Bob Prior and his family stopped by. If you weren't able to attend be sure and come to the annual banquet in November as all the posters with all the memorabilia and pictures will be on display one last time. Also, if you were an officer or event chairperson (such as newsletter editor or Arlington 500 organizer) at any time in the club's history the club has a small commemorative gift for you. Please see me for your gift if you haven't received it already. Finally, I would like to thank all the people who helped gather and organize the materials on display. Specifically, thanks go to **Al & Jeanie Gain, Mary Fitzwater, Marilyn Wilkerson, Paula Matzek, Chris Van Dornick, Greg Konieczny, Roy Euclide and Bob Hinkle**. Also on the day of the party in addition to the people above I would like to thank **Don Derebey** for the neighborhood ride route and being a ride leader, **Jim Shoemaker** for running the bike rodeo and **Earl Horwitz** for taking pictures and video recordings.

Following up from our June members meeting about distributing our membership listing, Cecily Rood spoke to us at our July members meeting. After listening to Cecily a motion was carried to make members lists available at monthly members meetings or by request to Cecily and she will mail you one.

Hope to see you on the road and at our next members meeting on Wednesday **August 28th** 7:30pm at Recreation Park.



FOR SALE

Girls bike, 20 inch wheels, white & pink w/white basket (size for a 6-8 yr. old). Priced very reasonable.

WANTED

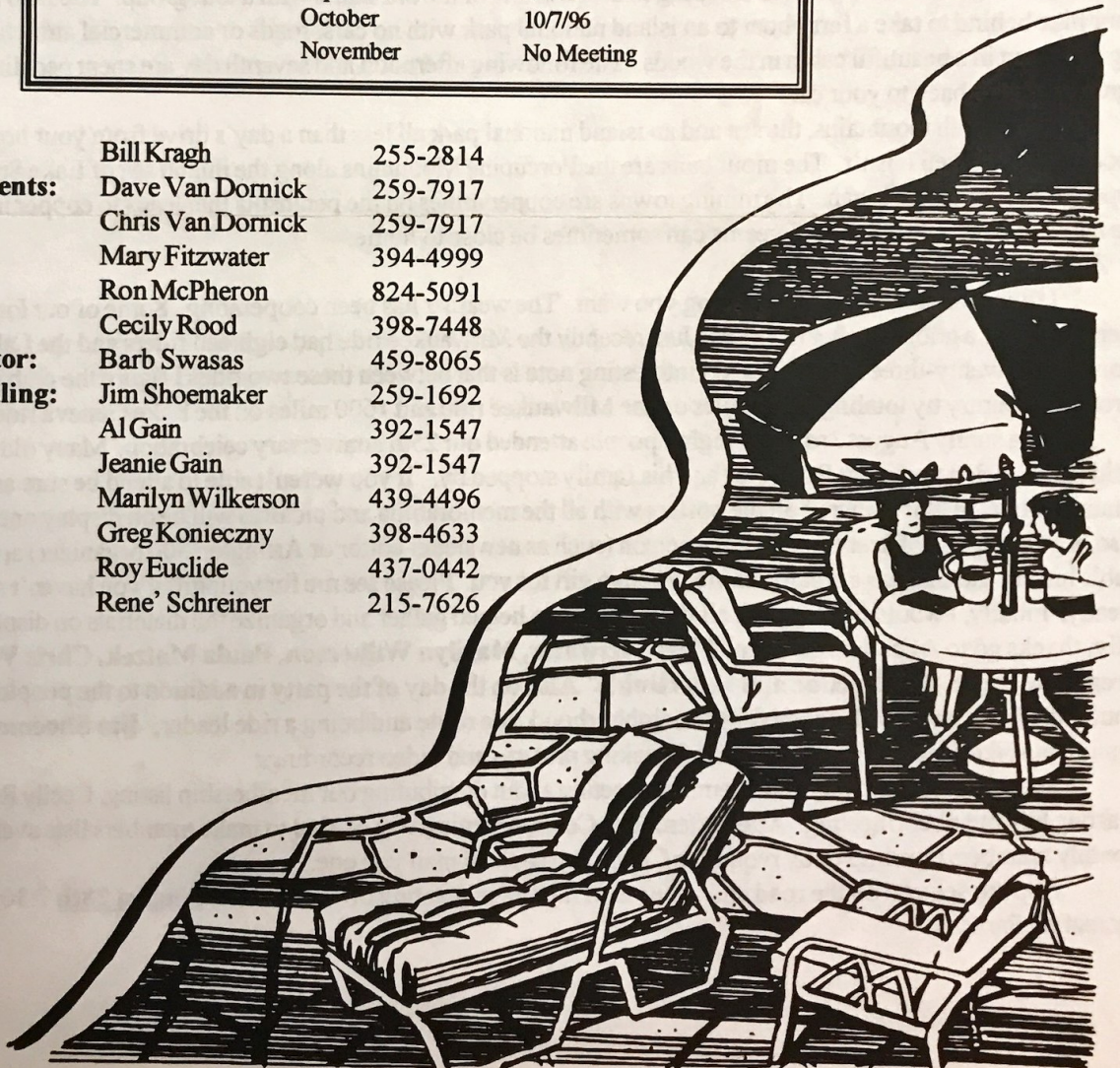
Men's bike, 25 inch frame, 5 or 10 speed, in good working condition (for a commuter bike to the train station).

Call Chris VanDornick at 259-7917 if interested.

Board meetings are open to all club members. The meetings are held at Recreation Park at 7:00 p.m. Below are the remaining board meeting dates for this year. We welcome the participation of any interested members.

September	9/9/96
October	10/7/96
November	No Meeting

President:	Bill Kragh	255-2814
Co-Vice Presidents:	Dave Van Dornick	259-7917
	Chris Van Dornick	259-7917
Secretary:	Mary Fitzwater	394-4999
Treasurer:	Ron McPheron	824-5091
Membership:	Cecily Rood	398-7448
Newsletter Editor:	Barb Swasas	459-8065
Newsletter Mailing:	Jim Shoemaker	259-1692
Bike Swap:	Al Gain	392-1547
	Jeanie Gain	392-1547
Refreshments:	Marilyn Wilkerson	439-4496
Arlington 500:	Greg Konieczny	398-4633
Program:	Roy Euclide	437-0442
	Rene' Schreiner	215-7626

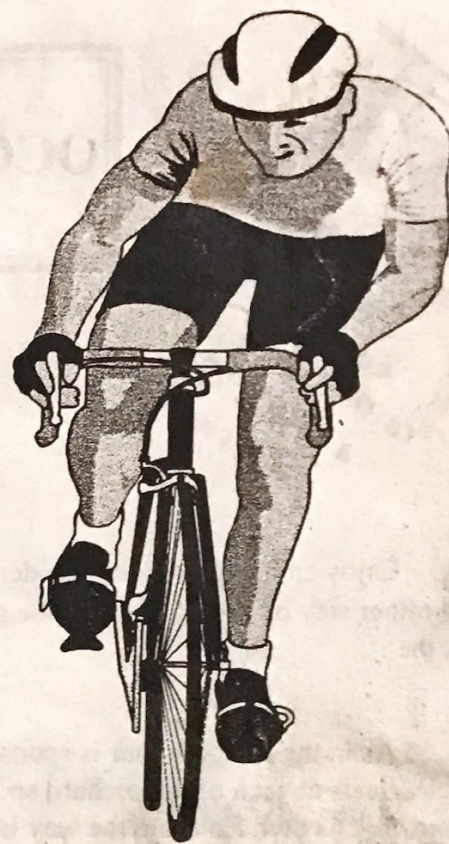


BACKPEDALING

Top 20 Mileage Club Through July 23, 1988

(Compare these mileages to the current list in the newsletter)

1.	Bob Hinkle	711
2.	Jerry Hill	629
3.	Jim Shoemaker	552
4.	Bob Browning	490
5.	Emil Donkers	478
6.	Greg Konieczny	334
7.	Chris Van Dornick	334
8.	Don Derebey	316
9.	Elida Derebey	307
10.	Al Purzycki	280
11.	Jane Garbriel	270 Tie
11.	Ralph Wallace	270 Tie
13.	Hans Predel	254
14.	Cecily Rood	215 Tie
14.	Roy Euclide	215 Tie
16.	Pat Vassos	212
17.	Bob Lippold	198
18.	Geri McPheron	194
19.	Earl Mason	181
20.	Sandi Hayden	143





Pre-registrants
will be
entered in a
raffle drawing for
a TREK 730
Bicycle

The 14th Annual
OCOOCH FALL BICYCLE TOUR
Richland Center, Wisconsin

Sunday, October 6, 1996
University of Wisconsin-Richland
Campus located on Hwy. 14 West
7:30 to 9:30 a.m. start

Enjoy an apple or glass of cider while taking in the beautiful vistas from one of Richland County's ridgetop orchards. Or if you'd rather stay on the flats, enjoy the gently rolling hills of the Pine River. Either way, we are sure that you and your family will enjoy the . . .

1996 Ocooch Fall Bicycle Tour

As in the past, the tour is sponsored by the Richland Medical Center. It includes sag wagon support service by Backroad Bicycle, treats at each of the orchard sponsored stops, 100% cotton t-shirt, chili dinner, and a post ride swim/sauna/whirlpool at the Symons Rec Center. En route the way is marked with signs and white painted road arrows and the volunteers from Richland Rails to Trails will be at various parts of the route to help guide you. The cost is very reasonable \$18 per person and can be even lower if you opt not to take a shirt.

Sound too good to be true? Just read what others have said about our tour. "Great ride, the BEST in Wisconsin." (Tomah) . . . "Very nicely run tour!" (Hillsborough, North Carolina) . . . "We LOVE this tour and come from Milwaukee each year just for it." (Milwaukee).

Better yet, ask anyone who has participated in our tour in the past. Rain or shine, a grand time has been had by all! In addition to our activities, you can buy a pancake breakfast at our registration site courtesy of Richland Rotary and can enjoy the other activities of the local Centerfest.

The 14th annual Ocooch Fall Bicycle Tour is Sunday, October 6, 1996 with the tour start from 7:30 to 9:30 a.m. The tour registration and site of the dinner and swim is the University of Wisconsin-Richland campus (Highway 14 West). Tour lengths are somewhat dependent on highway construction but will offer distances of approximately 10, 30, or 50 miles, each nested together so that each rider or group can find an appropriate tour.

Costs: Total Tour Package - \$18 (add \$3 if registering after September 25)
Tour without shirt - \$8
Extra T-shirts will be available for purchase on the day of the ride as long as supply lasts.

Hotel Phone
608-647-8988



TOP 20 RIDERS AS OF 8/8/96

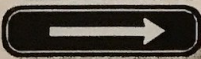
		Miles
1.	Chris Van Dornick	1,249
2.	Dave Van Dornick	1,052
3.	Greg Konieczny	1,029
4.	Lezley Jacobsen	784
5.	Jerry Hill	686
6.	Barb Swasas	578
7.	Paula Matzek	559
8.	Paul Jacobs	555
9.	Jim Barr	548
10.	Earl Horwitz	544
11.	Bill Minch	477
12.	Jack Edwards	472
13.	Bob Hinkle	463
14.	Roy Euclide	426
15.	Karen Zmrhal	416
16.	Bill Kragh	372
17.	Steve Jenny	371
18.	Curtis Barron	360
19.	Marilyn Wilkerson	354
20.	Mary Fitzwater	317



DIRECTIONS TO PARKS WHERE RIDES START:

Recreation Park is located on Miner Street in Arlington Heights, 3 blocks east of Arlington Heights Road. Miner Street is the first signal north of Rte 14, as it intersects with Arlington Heights Road.

Frontier Park is located at the northeast corner of Palatine Road and Kennicott Street. Kennicott is the first signal east of Rte. 53 as you are heading east on Palatine Road toward Arlington Heights.



1996 September/October/November Ride Schedule

Tuesday Night Rides 6:30 p.m. (sharp)			
Meet at Recreation Park, Arlington Heights - For additional information call Dave at 259-7917			
Date/Distance	Event/Pace	Leader/Start Time	Starting Point/Specifics
Sunday, September 1 60 miles	Burlington Ride (Y)	Greg Konieczny (398-4633) 9:00 a.m.	Riverside Park in Burlington, WI Anything but flat! Moderate to challenging hills, Good lunch in Eagle, WI. Take I-94 North to WI Route 50 West to Highway 83, North to Congress, Right on Congress to parking lot.
Saturday, September 7 60 miles +	Mundelein Ride (Y)	Bill Kragh (255-2814) 9:00 a.m.	Recreation Park. Ride through NE areas to places we don't normally ride through. Lunch stop.
Saturday, September 14 49 miles	Stratford Square (Y)	Roy Euclide (437-0442) 9:00 a.m.	Juliet Lowe School, A.H. At the intersection of Highland and Victoria Streets (n. of Golf, W. of A.H. Road) Lunch at the food court <u>or shop at will</u>
Saturday, September 21 70 miles	Woodstock Ride (Y)	Chris and Dave Van Dornick (259-7917) 9:00 a.m.	Lakewood Forest Preserve. Take Fairfield North to Ivanhoe (South of Route 176). Breakfast early, and fun in the hills later.
Saturday, September 28 46 miles	North Shore Ride (Y)	Chris Van Dornick (259-7917) 9:00 a.m.	Dawes Park, Evanston. See the residences of the rich and somewhat famous, lunch on the way.
Sat-Sun, October 5-6 30-50 mls each day	Ride in Spring Green, WI (Y)	Marilyn Wilkerson	See other information in this newsletter on this weekend ride.
Saturday, October 12	Chain o' Lakes Ride (Y)	Don Derebey (255-3422) 8:30 a.m.	Frontier Park. Ride to see the aquatic areas of this part of the state.
Saturday, October 19 45 miles	Rawson Bridge Ride (Y)	Chris & Dave VanDornick (259-7917) 9:00 a.m.	Frontier Park. A Familiar route with lunch on the way.
Saturday, October 26 36 miles	Apple Cider Ride	Kurt Schoenhoff Time TBA <i>10 AM</i>	Kildeer School, on Old McHenry Road, 1/4 mile NW of Long Grove Joint ride w/Wheeling
Z =8-11 mph Y=12-15 mph X = 16+ mph			

From November to March, join us for Show 'N' Go Rides, 10:00 a.m. Saturdays, leaving from Frontier Park. Distance varies from 30-45 miles, usually for breakfast. If pavement is dry and temperatures are above freezing, we ride! Call Chris or Dave VanDornick for more information at 259-7917.

Tuesday night rides end on September 24. Please wear reflective clothing for the last few.

Call AL & LEANIE about Traverser City Stew Ride

MEMBERSHIP APPLICATION FOR ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) _____

Street Address _____

City/Zip _____ Phone _____

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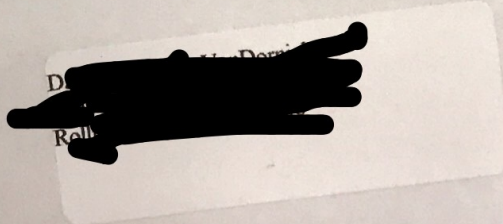
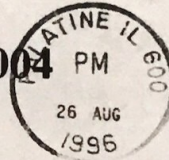
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Make check payable to: Arlington Heights Bicycle Association

Mail to: Cecily Rood
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Arlington Heights, IL 60004



500 E. Miner Street
Arlington Heights, IL 60004



Arlington Heights Bicycle Association

THE



September 1996

SP
WORD

BILL'S BIKE RIDE DREAMIN

Z Z Z Z Z Z Z Z

Already it's the month of September. The month of apples. We eat apples, drink apple juice, meet at apple orchards and ride the Apple Cider Century. Imagine spending the day riding among apples. Orchard after orchard of apples set in a river valley several miles wide with sheer cliff walls on both sides. The miles roll by 10, 20, 30 miles and more of orchards. Apple trees of all kinds growing in the sandy soil are being watered by large sprinklers in the afternoon sun. Through the constant mist of the sprinklers small parts of the rainbow are visible. At the end of the day, you climb out of the valley to a small resort town with a mountain stream fed lake and a backdrop of snow covered mountains. If you're ever in the state of Washington, take this pretty ride through the Yakima river valley. If not, you can dream while eating an apple.

Z Z Z Z Z Z Z Z

With September, we enter the final two months of the 1996 riding season, but there are still new things happening in the club. First, in case you cannot get enough riding miles in during the day, please note that the club has scheduled its first insomnia ride on September 25 starting at 11:00 p.m. See the ride schedule for future details. I hope to see you under a harvest moon for a fun night of riding.

Second, all club members should be aware that the club now has two cellular phones available for emergencies on club rides. Greg Konieczny and the Van Dornicks have graciously agreed to care for the phones and see that they are available on club rides. The telephone numbers are 847/542-0650 and 847/542-0651. The purpose in publishing the numbers is to provide two way access for help. If a rider should become separated from the group in an unfamiliar area, it would be possible for them to call these numbers and possibly reconnect with the group to continue riding. The primary purpose of these phones will be to allow us to summon help for an injured rider.

Next, through the work of Dick Marr and Bob Hinkle, the club's sponsorship of the Emil Donkers Helmet Safety Award at Windsor school will begin on September 30. Corinne Donkers will draw the first winner from "the do bees" container of names submitted by faculty members. Information about the winner will be published in the club newsletter.

September is also nominating month for next year's club officers. Officers are then elected at October's meeting and installed at the November banquet. If you would like to be nominated for one of the four elected positions: President, Vice President, Secretary or Treasurer, please contact one of the current officers. Also, we will be in need of a new newsletter editor. If anyone can help in this capacity, please let me know.

Finally, our year-end banquet is being tentatively scheduled for November 16. Please mark your calendar and watch for details in the October newsletter.

Hope to see you on the road and at our next members meeting.

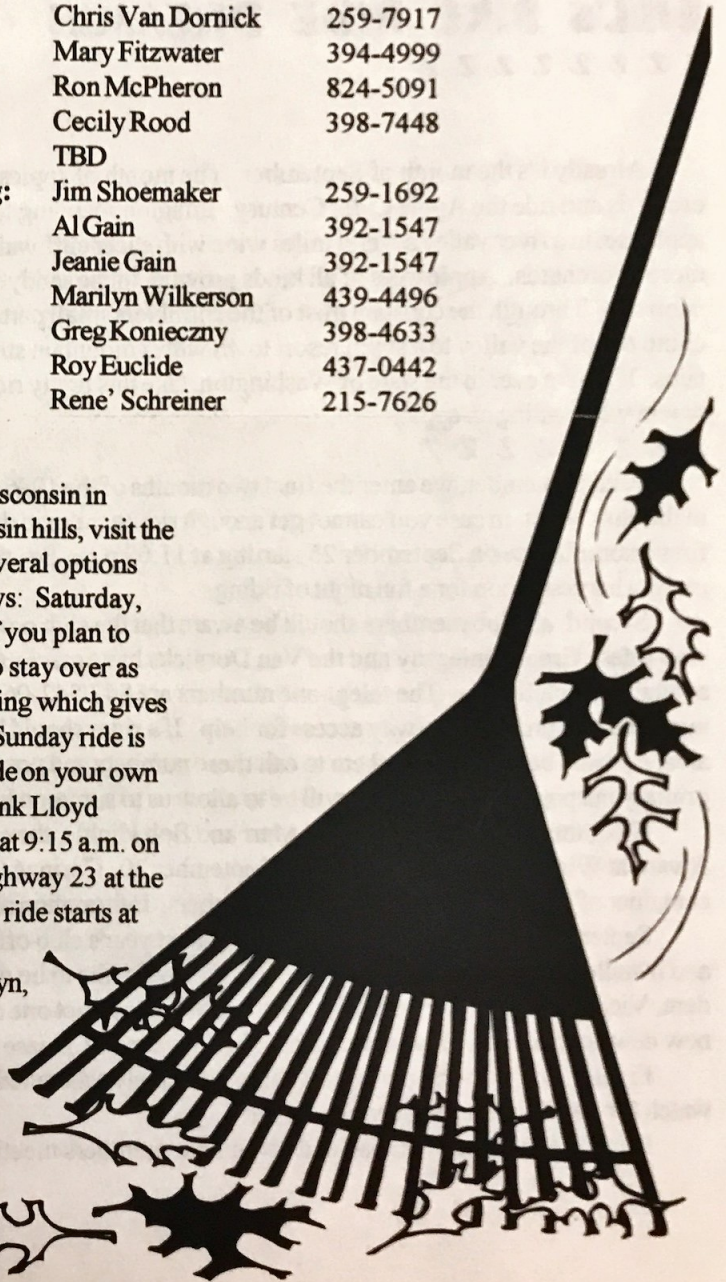
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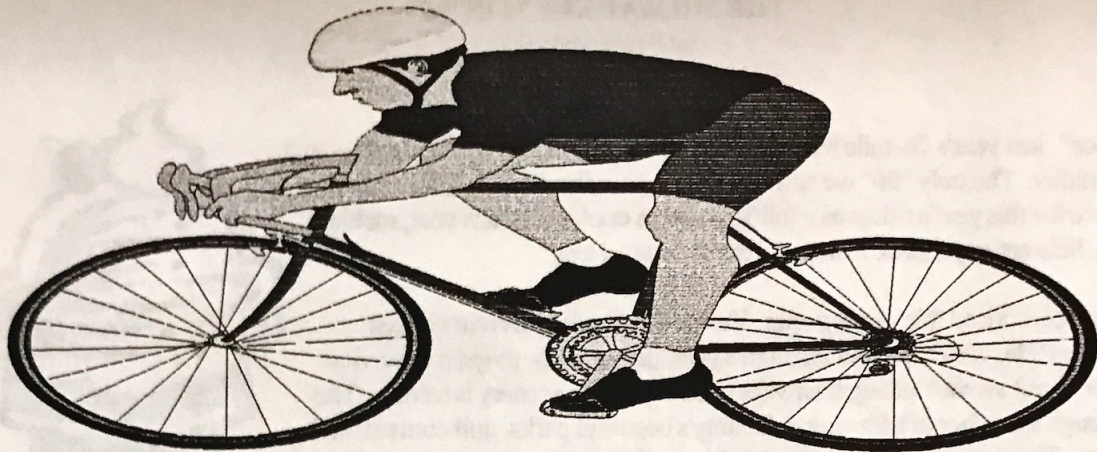
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Secretary:	Mary Fitzwater	394-4999
Treasurer:	Ron McPheron	824-5091
Membership:	Cecily Rood	398-7448
Newsletter Editor:	TBD	
Newsletter Mailing:	Jim Shoemaker	259-1692
Bike Swap:	Al Gain	392-1547
	Jeanie Gain	392-1547
Refreshments:	Marilyn Wilkerson	439-4496
Arlington 500:	Greg Konieczny	398-4633
Program:	Roy Euclide	437-0442
	Rene' Schreiner	215-7626

OCTOBER WEEK END

There's still time to plan your trip to Wisconsin in October to ride in the beautiful Wisconsin hills, visit the orchards and browse in the shops. Several options are open. You can ride one or two days: Saturday, October 5, and Sunday, October 6. If you plan to ride for just one day, you don't need to stay over as the ride starts 9:30 a.m. Saturday morning which gives you time to drive up from home. The Sunday ride is an invitational which means you can ride on your own time schedule. We will meet at the Frank Lloyd Wright Visitor Center in Spring Green at 9:15 a.m. on Saturday. The center is located on Highway 23 at the intersection of County C. The Sunday ride starts at the University of Wisconsin Richland campus in Richland Center. Call Marilyn, 439-4496, for motel information.





1996 October/November Ride Schedule

Date/Distance	Event/Pace	Leader/Start Time	Starting Point/Specifics
Saturday, October 5	Breakfast in Itasca (aka the Brite Spot) (Y)	Chris Van Dornick (259-7917) 9:00 a.m.	Frontier Park. For those who are not going to Spring Green 40 miles
October 5-6 30-50 mls each day	Ride in Spring Green, WI (Y)	Marilyn Wilkerson	See other information in this newsletter on this weekend ride.
Saturday, October 12	Chain o' Lakes Ride (Y)	Don Derebey (255-3422) 8:30 a.m.	Frontier Park. Ride to see the aquatic areas of this part of the state.
Saturday, October 19 45 miles	Rawson Bridge Ride (Y)	Chris & Dave VanDornick (259-7917) 9:00 a.m.	Frontier Park. A familiar route with lunch on the way.
Saturday, October 26 36 miles	Apple Cider Ride (Y)	Kurt Schoenhoff (634-2634) 10:00 a.m.	Kildeer School, on Old McHenry Road, 1/4 mile NW of Long Grove Joint ride w/Wheeling

Z=8-11 mph Y=12-15 mph X = 16+ mph

From November to March, join us for Show 'N' Go Rides, 10:00 a.m. Saturdays, leaving from Frontier Park. Distance varies from 30-45 miles, usually for breakfast. If pavement is dry and temperatures are above freezing, we ride! Call Chris or Dave VanDornick for more information at 259-7917.

TUESDAY NIGHT RIDES ENDED ON SEPTEMBER 24.

BANQUET: Saturday, November 16. Mark your calendar. More info next newsletter.

THE MILWAUKEE 76 IN '96

by Paula Matzek

As you may recall, last year's 76-mile Milwaukee Ride was ridden in 96-degree heat and 96 percent humidity. The only "96" we saw this year was in the date: July 21, 1996. The temperature for this year's ride was a full 30 degrees cooler than last year, making the ride quite a different experience from last year's "survival test."

Seventeen riders comprised this year's group. Ten of these were survivors of last year's Milwaukee Ride, who came out again this year, presumably, to get a clear view of the scenery without sweat blurring their vision. And yes, the scenery is terrific. The route goes through a number of Milwaukee County's beautiful parks, golf courses, and residential areas. There are also a few Lake Michigan vistas along the way.

Ride leaders Chris and Dave Van Dornick did an exceptional job once again of keeping everyone together and "on track." Judging by the riding pace they maintained, one of their goals must have been to make up for the time lost last year when we had to slow down a bit due to the heat.

At Kopp's Custard (a major motivating draw for many of the riders) Bill Kragh demonstrated his presidential timber by successfully taking on a three-scoop cone. Bill Clinton couldn't have done any better.

Again this year, ride mishaps were at a minimum -- one flat tire, one clipless pedal "initiation" fall, and one bee sting.

Two mysteries remained at the end of the ride:

1. Has the Haagen Dazs vendor at the Botanical Gardens retired, or does he only work when temperatures are in the 70's and 80's?
2. Why was this year's 76-mile ride only 75 miles? (Jim Barr's theory is that the heat last year expanded the pavement, whereas the cooler weather this year contracted the pavement, thus shortening the route.)

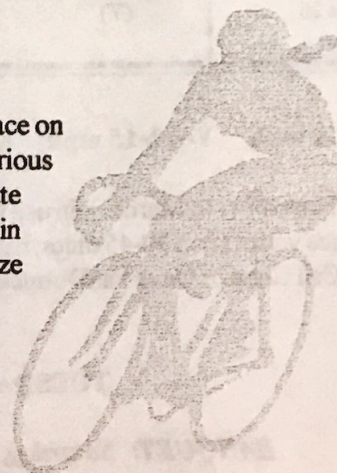


VOLO BOG RIDE

by Paula Matzek

The 67-mile Volo Bog Ride, which Karen mercifully postponed in June, finally took place on August 24. Fourteen riders started the ride together. Gradually throughout the day, various "express" groups rode ahead or skipped rest/food stops, enabling Karen to demonstrate her versatility, as she switched with ease from ride leader to sweep, eventually bringing in the remaining four Y-pace riders. (Contrary to popular opinion, the dwindling group size had nothing to do with Cindy T.'s failure to do her laundry.)

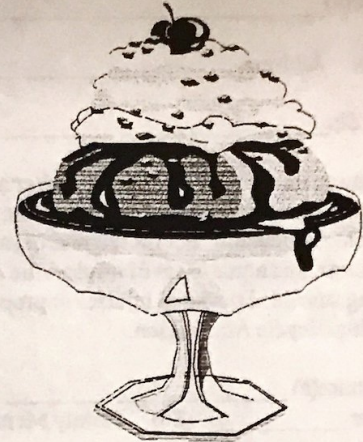
While we did encounter a fair number of hills on the ride, many riders are still looking for the promised "fun hills." Jerry Hill assumed, of course, that we were talking about his relatives. Greg's only comment regarding the hilliness of the route was, "What hills?" which is why he was the perfect choice to lead the following weekend's "far from flat" Burlington Ride.



MUNDELEIN RIDE

by Paula Matzek

If an award category for the Ride with the most U-turns is ever proposed, I would like to nominate Bill's September 7 Mundelein Ride. Although some riders would have lost confidence in a ride leader who made so many U-turns in one day, our faith in Bill's leadership was restored when he demonstrated his superior meteorology credentials and when, at lunch, he successfully took on the challenge of a large frozen yogurt sundae from the salad bar. (If dessert consumption is one of the key qualifications for the presidency of the club, several other potential candidates also emerged that day.)



The riders' fears about the unsettled weather that day were eased somewhat by Jim B. when he revealed that most of the "thunder" which we had been hearing that morning was in reality his stomach growling with hunger. However, new fears arose when Jim inquired as to whether the club has any food restrictions for the ride leader and sweep similar to the airlines' regulation that the pilot and co-pilot eat different menu selections.

The lunch stop proved very educational as Mary explained how to convert an empty film canister into a portable (Gatorade) shot glass. Ken (a.k.a. "Money Bags") discussed with the group the best receptacle for carrying all of one's essentials on a ride. (Note: If Ken continues his winning ways, the lunch stop on next year's Mundelein Ride will be held at his mansion on Lake Michigan.)

Although the jinx of past Mundelein rain-outs was, for the most part, broken on this year's ride, the day was not without its mishaps. One member fell and suffered an injury on an unimproved section of the North Shore Bike Path. Later problems involved alleged trespassing on "sacred" land, lost riders, and a flat tire. So lengthy had some of the delays become that the group actually voted to SKIP the proposed afternoon snack stop and ride straight home!

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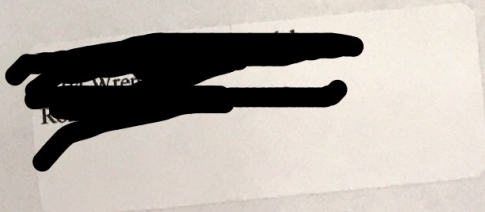
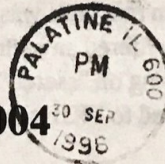
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Arlington Heights, IL 60004



500 E. Miner Street
Arlington Heights, IL 60004




September
1996



Newsletter of the
**Arlington Heights
Bicycle Association**

October 1996



Bill's Bike Ride Dreamin'

Z Z Z Z Z Z Z Z

The leaves crackle under your tires. First, the crackle grows louder and faster, then it evens out and finally it slows to almost nothing. The crackle is replaced by puffs of heavy breathing as you labor up the next hill. It's the middle of October and the green mountain state is ablaze in color everywhere. Its plentiful hardwood trees produce beautiful shades of squash yellow, pumpkin orange and crimson red leaves. The weather is sunny and moderate. The small towns are prim and proper with brick buildings and tall church steeples. The people are cheerful and friendly just like Norman Rockwell would portray. Lunch is served on a sunny church lawn. It offers a huge buffet of lunch time offerings spread on a red and white checkerboard cloth. Evening brings you to a bed and breakfast with a garage for bicycles. Dinner is a candlelight meal with the rest of your cycling friends.

Hope you take time to get out and enjoy this special time of year.

Z Z Z Z Z Z Z Z

It's October time to enjoy a few nice fall rides before either getting out the cold weather riding gear or putting the bike away till spring. October is also the month we elect club officers. The elections take place at our monthly meeting on Wednesday October 23, 7:30pm at Recreation Park. This year's officer nominations are Mary Fitzwater for President, Chris and Dave VanDornick for Vice President, Ron McPheron for Treasurer and at printing time the position of Secretary is open. If any other members want to be nominated for an elected position please contact me prior to the October 23, meeting.

If you enjoy the benefits of riding with your club please consider offering your help to maintain it over the next year. If you can, consider becoming an officer or event chairperson. If you can't make a regular commitment then consider offering your help with a special project. Remember many helping hands make light work for all.

At this time I would like to **thank** the individuals who have served as club officers this year. **Chris and Dave VanDornick** have done an excellent job as vice presidents and ride chairman. **Mary Fitzwater** as secretary has faithfully recorded our meetings. **Ron McPheron** as Treasurer has carefully managed our funds. Also I would like to **thank** our event chairpersons. **Jeanie and Al Gain** directed yet another successful bike swap. **Greg Konieczny** organized a sunny and enjoyable Arlington 500 ride. **Barb**

Swassas kept us informed by editing our newsletter. **Jim Shoemaker** for mailing our newsletter. **Roy Euclide** arranged for very interesting and entertaining programs at our club meetings. **Marilyn Wilkerson** for providing refreshments at our meetings. **Cecily Rood** for maintaining our membership listing. Without the leadership and efforts of these individuals are club would not function as well as it does. Again **thank you** for another year of service.

In other club news, the annual awards banquet will be at Hans Bavarian Lodge at 6:30 p.m. on November 16. See the related article for all the details. Chris VanDornick still has 25th anniversary T-shirts available. Remember each club member is entitled to on free T-shirt. So call Chris and pick one up if you haven't already. Thank you to Marilyn Wilkerson for organizing the weekend ride in Spring Green and watch out for those Wilkerson Bikers. Ask Marilyn about this if you weren't there.

Hope to see you on the road and at our next members meeting on **Wednesday, October 23rd 7:30 p.m.** at Recreation Park. Bob Lippold will be presenting his Colorado bike ride. See the related article for more information.

October General Meeting

- Election of Officers
- Presentation:

THREE WILD AND CRAZY GUYS DO COLORADO!

At the October meeting, Bob Lippold will be showing his slides of a 1986 bike tour through the Rocky Mountains of Colorado. Bob, Dave VonBergen and Steve Sohn started their trip in Boulder going over the continental divide each day and ending up in Glenwood Springs they even managed to make it to the top of the highest (14,261 ft.) paved road in the world - Mt. Evans. Come to see some spectacular scenery and share interesting experiences they found in the mountains.



1996 Awards Banquet

November 16, 1996

Cocktails and Conversation
6:30 p.m. Cash Bar

Dinner

Family style Chicken and Rouladen of Beef.
7:30 p.m.

Han Bavarian Lodge

931 North Milwaukee Ave, Wheeling
Just north of Lake Cook Road
on the East side of Milwaukee

Awards • Door Prizes • Fun
Laughter • Great Companions

Cost

\$8.00 per person

Call by November 6, 1996 to reserve your spot.

Make checks payable to the
Arlington Heights Bicycle Association

Send to our president

Bill Kragh

505 E. St. James

Arlington Heights, IL 60004

Any questions contact

Chris VanDornick at 259-7917



Top 20 Riders as of October 5

1.	Chris VanDornick	2020
2.	Greg Konieczny	1667
3.	Dave VanDornick	1564
4.	Jerry Hill	1218
5.	Lezley Jacobsen	1094
6.	Paula Matzek	915
7.	Paul Jacobs	868
8.	Earle Horwitz	828
9.	Bob Hinkle	788
10.	Bill Kragh	739
11.	Barb Swassas	661
12.	Roy Euclide	645
13.	Karen Zmrhal	641
14.	Jack Edwards	630
15.	Jim Barr	604
16.	Mary Fitzwater	524
17.	Steve Jenny	523
18.	Cindy Kinsley	497
19.	Cindy Trent	478
20.	Bill Minch	477

BackPedaling

Presidents Message: Dots Jots
By Dottie Tockey, October 1984

This board's term in office is about over except for this month's voting and the installation of new officers in November, which doesn't leave much for Dot to Jot!

This month would like to discuss biking in Pennsylvania — or — you can't believe everything you hear! Quote "Bad road surfaces, steep graded and run-a-way coal trucks" unquote. In actuality Pennsylvania turned out to be an absolute delight. Scenic roads and fantastic vistas. Gettysburg Battlefield Bike Route including Eisenhower's farm, Lancaster Co. with the Amish homes, Strassburg Railroad, Philadelphia, charming bed and breakfast accommodations, very few coal trucks on our selected routes — and even though the interstate went through the mountains while we had to go over them, none of the passes were that bad! (Possibly because we did get a lot of local advise on the "least hilly" way to our destination each day.)

Eastern Pennsylvania (east of the Susquehanna River) is a great biking area. We were following highway markings a great deal of the time — not to mention following parts of the 1984 RAAM route — Gettysburg, Hanover, Benjamin Franklin Bridge across the Delaware River. We had a partial cue sheet that a friend had gotten from Penceres Parents. In the Penn./N.J. area, It seemed to me, that about every 10th car was set up for transporting bicycles. The people are avid bicyclists and they leave their bike racks on permanently, apparently with a minimum of vandalism or theft.





Ride Schedule

October/November 1996



Day Date	Start Time	Miles Pace	Event Start Location	Leader	Details
Sat. Oct. 19	9:00 a.m.	45 y	Rawson Bridge Ride Frontier Park	Dave & Chris VanDornick 259-7917	A familiar route with lunch on the way.
Sat. Oct. 26	10:00 a.m.	36 y	Apple Cider Ride Kildeer School, Long Grove	Kurt Schoenhoff 634-2634	Ride w/Wheeling Wheelmen
Sun. Oct. 27	1:00 p.m.	20 y	Traverse City Stew Ride Gains', 1336 N. Dunton	Al & Jeanie Gain 392-1547 Stew Coordinator Chris: 259-7917	Call if you can contribute to the stew (veg-gies mostly)
Sat. Nov. 2	9:30 a.m.	45 y	Breakfast Ride to Elgin. The Pavilion, E. G. V. SW Corner of Biesterfield and Wellington.	Greg Konieczny 398-4633	1st ride counts toward 1997 mileage.
Thur. Nov. 28	9:00 a.m.	4 - 20 y	Thanksgiving Day Ride. Gains', 1336 N. Dunton	Al & Jeanie Gain 392-1547	Length of ride depends on weather. Ride before you stuff yourself.

Z = 8-11 mph, Y = 12-15 mph, X = 16+ mph

From November to March, join us for Show 'N' Go Rides, 10:00 a.m. Saturdays, leaving from Frontier Park. Distance varies from 30 - 45 miles. Usually for breakfast. If the pavement is dry and the temperature is above freezing, we ride! Call Chris or Dave VanDornick for more information at 259-7917.

Officers and Staff

President:	Bill Kragh	255-2814
Vice Presidents:	Dave & Chris VanDornick	259-7917
Secretary:	Mary Fitzwater	394-4999
Treasurer:	Ron McPheron	824-5091
Membership:	Cecily Rood	398-7448
Newsletter Editor:	Al & Jeanie Gain	392-1547
Newsletter Mailing:	Jim Shoemaker	259-1692
Bike Swap:	Al & Jeanie Gain	392-1547
Refreshments:	Marilyn Wilkerson	439-4496
Arlington 500:	Greg Konieczny	398-4633
Program:	Roy Euclide	437-0442
	René Schreiner	215-7626



Bicycle Helmet Program

(Reprinted from *The Windsor Watch* — the newsletter of the Windsor School PTA)

The Arlington Heights Bicycle Association has established a program to award one bicycle helmet each month of the school year to a Windsor student who strives to follow the Windsor theme of "Respect, Responsibility, Resourcefulness." The theme is integrated throughout the school day. All students who are identified as making contributions to the well being of themselves and others will



have their names placed in a container. For example, the fourth and fifth grade students who have assisted during the lunch hour will be eligible for the drawing. They have been particularly helpful to first grade students. Each month a bike helmet will be presented to an outstanding Windsor student. The Arlington Heights Bicycle Association has established this living memorial to Emil Donkers, a former member of the Arlington Heights Bicycle Association. His four children were former students at Windsor. On September 30, Emil Donkers' wife, Corinne, drew Tim Gaddini's name from our collection of names. Congratulations, Tim, for being one of Windsor's finest!

MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) _____

Street Address _____

City, St., 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 Association officers and members, are not insurers of any participant's personal safety during any activity of the Arlington Height Bicycle Association. 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 Association 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 Association.

Signature(s) _____ Date _____

Single (Must be 18 yrs. or older) _____ \$6.00; Family _____ (\$8.00) , Number _____

Family Members Under 18 _____ Age _____

_____ Age _____

_____ Age _____

Interested in:

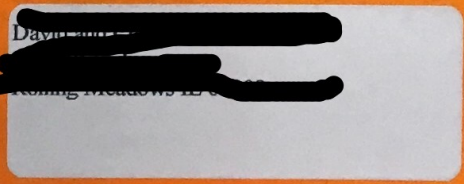
Rides: _____ 10-25 miles _____ 25-50 miles _____ 50-100 miles
_____ Weekend Tours _____ Camping _____ Motels

Make check payable to: Arlington Heights Bicycle Association

Mail to: Cecily Rood
505 Kingsbury Dr.
Arlington Heights, IL 60004



500 E. Miner Street
Arlington Heights, IL 60004





Newsletter of the
**Arlington Heights
Bicycle Association**

December 1996



THE SPOKEN WORD'S Reflections

Greetings... and welcome to my first newsletter as your president. I am really looking forward to a fun year. How can I miss with all the good company I will be keeping? I know you have lots to do and so little time in making preparations for the holidays, so I will be brief.

We don't usually do a newsletter in December, but we wanted to touch base with you before our January newsletter come out. Briefly, we have recapped events which have occurred since our October edition such as the remake of the Traverse City stew ride, the banquet, the Thanksgiving day celebration and also to let you know of some upcoming events. We have also included a couple of articles you will find interesting.

In the past we have all really enjoyed the write ups by members, in particular those concerning our rides. As always, we encourage this kind of contribution to the newsletter and ask that you feel free to submit them to Al by the 10th of each month. (Please identify yourself on each article you submit.) Any questions, please call Al, or myself...

I hope that all of your holidays are joyous and that you are surrounded by the ones you love. See you on January 1 at the Van Dornick's. Glug - Glug...



Merry Christmas



Happy New Year

What's Happenin'

Tee-shirts with the 25th anniversary logo on them are available to all club members. One shirt is free; additional 25th anniversary logo shirts are available at \$10.00 each. Colors are heather grey, bright yellow and sky blue. Contact Christine Van Dornick for a shirt. at (847) 259-7917.

The annual **New Years Day Ride** will initiate from 2104 Wren Lane in Rolling Meadows (V.P.'s home). The ride begins at 10:30 a.m. and will be variable in length depending on the temperature and pavement conditions. Snow does not stop us! Extreme cold (0 degrees) might slow us down! Come for the ride or just some refreshments, conversation and goodies. Bring something to share if you like. Call 259-7917 for weather update and length of ride.

January 6, 1997 Board Meeting

Beginning Thursday, January 9, 1997, I will lead "**Walk and Be Fit**" for anyone interested especially you couch potatoes. This will consist of a 30 to 45 minute fitness walk followed by stretching and light exercise. Walk begins at 7:00 p.m. from Recreation Park in Arlington Heights. This will continue until March 13 or as long as interest persists. Wear good walking shoes and dress in light layers. For more information, contact Christine V. at 259-7917.

On Saturday January 18, 1997, in lieu of the **show 'n' go** ride we plan a (snow 'n' go) cross country ski outing at Morraine Hills State Park. Morraine Hills is located on River Road south of McHenry. If you do not have equipment. it can be rented from Bikes Plus in Barrington, 203 W. Northwest Hwy, (phone 847- 382-9200, open 9 - 5 on Saturdays). Meet at Morraine Hills Parking lot at 10:30 a.m. If there is no snow, the ride will go on as usual.

January 22, 1997 General Meeting

At the Swap

Mark your calendar: April 26 and 27.

Officers and Staff

President:	Mary Fitzwater	394-4999
Vice Presidents:	Dave & Chris Van Dornick	259-7917
Secretary:	Milo Plavec	693-2889
Treasurer:	Ron McPheron	824-5091
Membership:	Cecily Rood	398-7448
Newsletter Editor:	Al Gain	392-1547
Newsletter Mailing:	Jim Shoemaker	259-1692
Bike Swap:	Al & Jeanie Gain	392-1547
Refreshments:		
Arlington 500:	Greg Konieczny	398-4633
Program:	Roy Euclide	437-0442



At the Meetings

January 22

Mike Ulm will discuss bicycle trails around Illinois. He rode the grand Illinois trail.

February 26

Sleep in the bush with elephants roaming around? Geez, this new AHBA member didn't know how to camp! Come along with old neophyte, **Pat Marshall**, as she and her husband participate in a cross-country, cross-cultural adventure in Botswana, Africa.

This 600 mile, 3 week, Botswana Bike & Build was coordinated by Habitat for Humanity International to raise funds, homes, and awareness for Habitat's work building decent, affordable housing

March 26

Bill Kragh will discuss basic first aid. This is the kind of first aid you may have learned many years ago and probable should hear again.

April 23 To be announced

May 28

Bob Hinkle will discuss his coast to coast bicycle trip.

We want the AHBA members to know that it was such a pleasure to attend the 25th Anniversary Award Dinner at Hans Bavarian Lodge.

We enjoyed it all - the fun, the food, the friends and the "fotos."

Bob Hinkle's tribute to Emil was especially meaningful.

Thank you all!

Dorothy and Jim Huggins
and

Corinne Donkers

Amtrak Improves Bike Access

Amtrak is readying a plan to make it easier to transport bikes on five cross-country train lines that originate in Chicago. The plan, which was proposed by the League of American Bicyclists (LAB), calls for several Amtrak trains to be equipped with special bike racks. This is a major change from Amtrak's current requirement that all bikes must be boxed.

The new service will cost \$10.00 per bike. Reservations (for you and for our bike) can be arranged by calling your travel agent for Amtrak at 800/USA-Rail. Amtrak will waive the fee for LAB members who book their tickets through Professional Travel Corporation (800/425-4055).

Since 1993, LAB Government Relations Director Allen Greenberg has been urging Amtrak to tap the potential for increasing ridership and revenues by improving on-board bicycle accommodation.

This year, CBF Executive Director Randy Neufeld and LIB Executive Director Al Sturges joined Greenberg in Chicago meetings with Amtrak Intercity Division representatives to discuss the new accommodations.

The new service is scheduled to begin this fall for these five lines that start in Chicago:

- California Zephyr via Denver to Oakland
- Capitol Limited via Cleveland to Washington DC
- Cardinal via Cincinnati to Washington DC
- City of New Orleans via Memphis to New Orleans
- Southwest Chief via Albuquerque to Los Angeles.

(Reprinted from Newsletter of the League of Illinois Bicyclists, Fall 1996)

CBF Outlines Bikes on Trains Test

The Chicagoland Bicycle Federation has sent a proposal to Metra for a Bikes on Trains demonstration project. Key elements of the proposal, for implementation in an April to October, 1997 test, are:

- Bicycles could be taken on board during off-peak times - weekends, evenings, and middays.
- One car per train would be designated for bikes.
- Bicyclists would stay with their bikes.
- A limited number of bikes would be allowed on each train; on the last train of the day, additional cars would be opened so bicyclists weren't left behind. Cyclists would buy a fixed-fee single-use "Boarding Permit" for their bicycles, in addition to their fare.

(Reprinted from Newsletter of the League of Illinois Bicyclists, Fall 1996)

Rides Gone By...

October 26, The Travers City Stew Ride

This ride took on new meaning to the word adventure. We began from Al and Jeanie's house with a different ride leader for each portion of the ride as we picked up items for the stew. Bob Hinkle was first looping us through Arlington Heights to his house. Bill Kragh was next taking the long way to his place. Chris Van Dornick wound her way into Rolling Meadows where we attempted to pick up the stew pot. Chris tried her luck as strapping it to the rear rack, however, within the first block, the pot hit the pavement. Another attempt at strapping it to the vacant seat on Bill Kragh's trailbike was more successful. Al and Jeanie lead via the tandem to the Jewel where we picked up some of the final products for the stew. Then it was onward to our destination to cook up the stew. All the while we were riding, Bill picked up some action video from the seat of his bike. Talk about trick riding and excellent balance! The stew was slow cooked in the dented pot with all the ingredients that were picked up on the ride.

Meanwhile we viewed the video that Bill had put together for the 25th anniversary (and consumed wine as is the tradition). The stew and dinner guests were both delightful. We are determined to try this again!

November 2, Breakfast Ride to Elgin

It was cold and pretty blustery for a ride but that didn't stop some of us. The wind whipped into faces almost all the way there. After a hot breakfast we zoomed back to the Pavilion in Elk Grove Village.

November 9, The first show 'n' go.

As some of you know, our show 'n' go winter rides are dictated not only by temperature but by direction of wind. It is almost always our goal to ride into the wind first. Thus on this cold overcast day, we rode straight out into the occasional flurries to the Koffee Kup in Lake Zurich. Also as you may know, we don't always have cue sheets for these shorter rides. Dave V. got ahead of us by making it through a traffic signal with one other rider in tow. He waited but the rest of us made a wrong turn and ended up finding a new route to the restaurant. Roy E. on the other hand, was not confident in our new route so he went off in search of someone for directions. As luck would have it, we all made it to the restaurant at the same time. Our breakfast conversation was something like "which way did you go?"

November 16, 2nd show 'n' go.

The day was nearly balmy for November with a southeast wind, so we did a little longer ride heading south into the town of Addison for the most filling pancakes on this side of the Mississippi. Almost too stuffed to ride but knowing that there was a Bike Club awards banquet to attend that evening, we moved back to our starting point in Arlington Heights.

November 23, 3rd show 'n' go.

It was a damp overcast day that made you uncertain as to how to dress. The temperature was nearly 40 but the damp southwest wind put a chill in the air. We headed south again only this time to Itasca to one of my favorite breakfast places simply because of its owner's cheerful service. Its no wonder the place is called the Bright Spot! Some one had a flat on the way back which forced us to use our cold weather tire changing techniques; that is, either help in the tire changing or jump up and down to stay warm!

November 28, Thanksgiving Day.

I know there was a ride on the schedule this day. But there was this newly fallen white stuff on the ground and a short red line of mercury in my thermometer. Did that stop the Van Dornick's from riding? Nope! But we could not find anyone else to ride with. So we went off in search of other riders. We stopped at several houses of club members in the area but it was pretty clear that they had all left for more important things like... TURKEY!

November 30, 4th show 'n' go.

It wasn't exactly the best day for riding. With the temps just above freezing and south wind to blow the damp air around, it was a day to keep moving. And so we did. The forecast was for occasional drizzle, and that's what it started to do. I was ready to call it a day after a short loop in Arlington Heights, when it quit drizzling and was beginning to look brighter (OK so I'm optimistic!). I began on another loop and then realized that we would want food eventually. We ended up at the tiny Plaza Lane restaurant in Rolling Meadows. We spotted another club member riding by and grabbed him to come in for a hot cup of coffee. WE all decided to call it a day because the weather had actually taken a turn for the worse again.

December 7, 5th show 'n' go.

When D. and C. Van Dornick rolled up, the rest of crew had almost decided to leave without them. We decided on this brisk and sunny day to head into the wind towards Barrington via Palatine and Hoffman Estates. The Egg Harbor Cafe was our destination. It just so happened that whomever was doing the exterior decorating for the holidays left his work unfinished. So we decorated our locked up bikes with the evergreen bows and wreath. He must have been a scrooge because while we were having our breakfast, he undecorated our bikes and decided that the building would look better with the trimmings. Jerry H. was astounded with the selection of hot teas and we drew art for Christmas on the napkins with the crayons that were on the table. I still think our bike decorations looked great!

Chris Van Dornick

MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) _____

Street Address _____

City, St., 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 Association officers and members, are not insurers of any participant's personal safety during any activity of the Arlington Height Bicycle Association. 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 Association 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 Association.

Signature(s) _____ Date _____

Single (Must be 18 yrs. or older) _____ \$6.00; Family _____ (\$8.00) , Number _____

Family Members Under 18 _____ Age _____

_____ Age _____

_____ Age _____

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: Cecily Rood
505 Kingsbury Dr.
Arlington Heights, IL 60004



500 E. Miner Street
Arlington Heights, IL 60004



~~_____~~
~~_____~~
~~_____~~