



Newsletter of the  
**Arlington Heights  
Bicycle Association**

January 1996



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## Happy New Year and Welcome to 1997!

Here we are again; another year and all those pesky resolutions to keep. To help you stick to that one you made to get that bike cleaned up and ride for fun and fitness (you did make that resolution didn't you?), we already have some very interesting rides and events scheduled for you. For example: walking program, cross country skiing (pray for snow!), the swap, the 500, 2nd annual nocturnal ride, the picnic, progressive dinner, tuesday night rides, saturday rides, and weekend rides. Whew! We are going to be busy bikers (or is that Wilkerson Bikers). Ary you ready for a wonderful cycling year and miles and miles of riding fun?

Did you know that good friends can make a cold Wednesday in January seem like a warm summer day? Come to Rec. Park on January 22 at 7:30 for our first meeting and you'll see for yourself. We'll be there and looking for you too!

Keep those wheels a-rollin'.

Mary

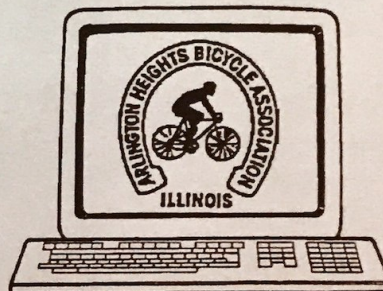


## Of Wheels and Webs

Can't go riding today but still want to go crusin'? Misplaced your newsletter but still want to go on the ride? Not exactly sure where the ride starting point is or would like to take a map with you just in case? Want to consult the latest official weather for the area before you and your clean machine take off on that overcast morning? Want to get a membership form for a friend or provide them with some information about our club? Want to send someone an application for the Arlington 500? Well these are a few of things you can do at the new Arlington Heights Bicycle Association official World Wide Web site. The Arlington Heights Bicycle Association has been invited to set up a home page on the World Wide Web at no cost to us. This offer is being presented by Cindy Trent and High School District 214. The web site is up in its humble beginnings as of Friday January 10th. So cruise on by at <http://rmhs.dist214.k12.il.us/community/ahbike/> and take a look. Also let us know what you think. You can e-mail Cindy with your thoughts right from the web site. In the near future we hope to add more information about club meetings and speakers, pictures of outings, maps to starting points and connections to other cycling related sites such as the Chicago Bicycle Federation and the Illinois Dept. of Transportation county map unit. Let us know if you have other ideas or would be able to help us maintain the site. No experience is necessary. Just contact Cindy Trent (847) 392-6750; [ctrent@dist214.k12.il.us](mailto:ctrent@dist214.k12.il.us) or Bill Kragh (847) 255-2814; [amk52959@aol.com](mailto:amk52959@aol.com).

**TIME FOR SOME GIGGLES**

*Why are there interstate highways in Hawaii?*



## Officers and Staff

President:	Mary Fitzwater	394-4999
Vice Presidents:	Dave & Chris Van Dornick	259-7917
Secretary:	Milo Plavec	639-2889
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
Web Site:	Cindy Ternt	392-6750

<http://rmhs.dist214.k12.il.us/community/ahbike/>

## 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

**Jim Shoemake:** Maintenance.

### April 23

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

### May 28

**Bob Hinkle** will discuss his coast to coast bicycle trip.

## 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.

On Saturday January 18, 1997, in lieu of the show n' go ride, we plan a **cross country ski outing at Morraine Hills**. This is located on River Road south of McHenry. If you do not have equipment, it can be rented from Bikes Plus in Barrington. They are on N.W. Hwy in Barrington (phone 847-382-9200, open

9:00-5:00 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. If there is interest, we will reschedule this event for Saturday, February 8, 1997, if the snow is present. Times will be the same.

Beginning Thursday, January 9, 1997, I will lead "**Walk and Be Fit**" for anyone interested especially you winter 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. Also, if there is interest, we could schedule a walk or hike through Deer Grove Forest Preserve on a couple of Sundays during the winter. Let me or one of the other board members know.

**Tuesday night rides** begin on Tuesday, April 8 6:30 p.m. (Daylight Savings Time begins on April 6) from Recreation Park in Arlington Heights. Distance of ride depends on daylight available. Pace is approximately 12 to 14 mph.

The regular ride schedule will begin the weekend of March 15. On the 15th, we will have a ride of about 25 to 30 miles. Then on Sunday the 16th, we will ride Wheeling Wheelman's St. Patricks Ride from Wauconda Orchards. More information to follow. Call your ride chairpersons to schedule your favorite ride.

We plan to schedule slower paced rides on Saturdays or Sundays beginning in May. There have been requests for shorter and slower paced rides to be added to the schedule. I will attempt to have a ride and leader every other weekend from May to August. If you are interested in leading a shorter or slower paced ride, contact Dave or Chris Van Dornick, your ride chairpersons, at 259-7917. Planned pace is about 12 mph. and distance of 30 to 40 miles.

## Rides Gone By...

December 14, 1996, 6th **show n' go**. It was a rather calm day with the temps just below 40 for this Saturday. With a hint of a breeze from the southeast, we rolled off in the direction of Park Ridge via the south. Breakfast was fast but delicious at the Park Ridge Pancake House. On the return, I blew a turn, but Bob H. was quick to help me out and get us through some busy areas without getting on the busy roads. Who says its tough to be a ride leader! Not when you've got experience like that along. Thanks again Bob!

December 21, 1996, 7th **show n' go**. Most people including myself thought that 20 some degrees with a stiff wind was a little too cold to go out riding. Besides there was last minute Christmas shopping to be done

or gifts to wrap. But two guys who are a little strange went anyway for a short ride to Long Grove and I heard later how "brutal" that wind was. I won't even list the initials of the two who rode, but I will say that we did give them credit for their mileage.

December 28, 1996, 8th show n' go. A little warmer than last weekend proved to make the roads kind of messy from melting snow. The breeze blew from the south, so into it we rode down to Itasca to Millie's. I think when the hostess saw our dirty jackets, she didn't want us to sit down with them. We carefully hung them up during our meal so as not to get anything else dirty. I know when Dave and I got home, we cleaned up virtually everything that we rode in and on.

**New Years Day Ride:** At first riders arrived in just a trickle, but soon the driveway was full of riders with colorful attire and good spirits for the new year. Many who we hadn't seen in a while came to show that they had the stuff to ride following a night when most are up later than usual. I think Dave V. wins the prize for the least amount of sleep at just 3 1/2 hours. We cruised through Rolling Meadows wishing all who were out a "Happy New Year" or just a good natured "hello". We rolled into the driveway of the Glug provider, just to let him know that we were on our way back to the start. All who came were greeted by our black furry 'boys' and the 'boys' gave lots of attention to everyone in return. There was coffee, hot tea, hot cocoa with whipped cream and tiny marshmallows, and of course the glug. Other goodies to chew on were brought by the guests. A total of 19 riders came out for the annual event.

January 4, 9th show n' go. Who says you can't go riding in shorts in January So what if the weathermen had predicted 100 % chance of rain! It was not raining at 10:00 a.m. so where were the rest of you? We rode in shorts in January all over the place, 9 different municipalities to be exact. It was 60 degrees and only drizzled on us once as we were in Elk Grove at the time. Only 7 people came out, but we turned a few heads to see those white legs pumping on the pedals.

## TOP TEN RIDERS AS OF 1-6-97

	Miles
1. Jerry Hill . . . . .	248
2. Christine Van Dornick . . . . .	248
3. Terry Zmrhal . . . . .	218
4. David Van Dornick . . . . .	212
5. Greg Konieczny . . . . .	147
6. Bob Hinkle . . . . .	89
7. Kurt Schoenhoff . . . . .	77
8. Jack Edwards . . . . .	71
9. Diane Moran . . . . .	55
10. Karen Zmrhal . . . . .	53

Note: A couple of November '96 rides still need to be added in yet! Don't worry we will credit your mileage appropriately. Mileage for 1997 began adding up as of November 2, 1996.

## North Shore Bike Trail Accident Follow-up

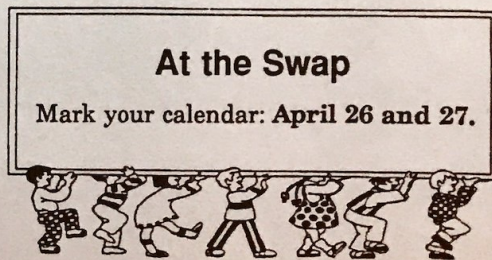
by Bill Kragh

As some of you may remember I was leading a ride this fall through Mundelein when one of our members had an accident on the North Shore Trail that required an ambulance ride to the hospital. The accident occurred on the undeveloped section of the trail between I-94 and Old Rockland road by Lamb's Farm. Here the trail is a single track rutted dirt groove that can be difficult to navigate. The other riding option is to get off the trail cross route 176 and ride in front of the exit ramps from I-94 and then cross back to Old Rockland road without the benefit of an intersection. Not exactly the best alternative. Right after the ambulance pulled away many of us began to wonder why this short stretch of the trail is not developed. So, as you may recall Paula Matzek graciously drafted a letter to Congressman John Porter asking if this was federal land under the interstate or what exactly the problem was in completing this section of the trail. Many of us signed the letter at the October members meeting and off it went.

Well on December 6th we received a letter from Congressman Porter informing us that this matter does not fall under federal jurisdiction but that he had forwarded our letter to the president of the Lake County Forest Preserve District, Mr. Robert Buhai.

On December 10th we received a letter from Martin G. Buehler, Director of Transportation of Lake County. He informed us that funds to develop this section of the trail were approved in November of 1996. The development has been held up by the need to acquire one parcel of land along the right of way. The actual start date of developing this portion of the trail is dependent on acquiring this land parcel. He goes on to state that at this time it is their goal to resolve this issue and begin construction as early as possible in 1997. He also gave us the number of the trail manager to contact if we want an update on the progress being made.

Hopefully, our 1997 Mundelein fall ride will only have to contend with threatening skies and flat tires. Hope to see you there so we can see for ourselves if this gets done. If you're on the trail earlier and construction is under way let us know at a club meeting.



# Fit for the Road

By John Waltz

Sitting on a bicycle saddle for more than a few minutes let alone for hours, can be torture for new and veteran bicyclists alike. Just the thought is often a big turn-off for many would-be bicyclists. Saddle comfort varies from brand to brand and since women's "perch bones" or sitz bones" are farther apart than men's, women should consider a saddle designed to accommodate the female anatomy. This month's Notebook provides step by step saddle adjustments which can improve overall bicycling comfort—especially at this critical point of contact. The two keys to saddle comfort are: where on the saddle your sitz bones are to be placed and how to keep them (your keester) planted there.

## Frame Fit

Correct frame size is the first requirement for comfortable riding, followed by proper adjustments to accommodate a comfortable posture. Visit your local bike shop to make sure your bike is the correct size for you. If there's a doubt, get a second opinion.

## Height

Start by setting the saddle height to allow full leg extension with the heel on the pedal at the bottom of the pedal stroke. Then slide the seat rails forward or back so that the front knee is over the pedal spindle when cranks are horizontal. This fixes the knee, femur, and pelvis position in proper relation to the bike frame and the cranks. Bicycle-fit professionals use a "FitKit" to scientifically, determine these positions. Some bicycle shops have this service available.

## Angle

Holding the saddle level, look at it from the side. Notice if there is a 'low point'. (Figure 1.) Observe if the shorter 'side' is sloping, you will slide down and 'hang' in the low point. Looking again at the saddle, tip the front (nose) up so that this short 'side' is level. This broad area of the saddle should be level when you sit on it, not the overall saddle. (Figure 2.) Depending on your saddle, it may be necessary to tilt the nose of the saddle up—no more than 5 degrees. Leveling this broad area prevents you from sliding forward. It plants you firmly on the saddle and cradles you while riding. You may need to lower the seat height slightly to compensate for this angle adjustment.

## Bar Height

There are varying schools of thought on this, but I subscribe to a more upright posture (back at 45 degrees) while on top of the bars. Achieved this by raising the stem and/or rotating the handlebars with brake hoods slightly upward. You lose slight aerodynamics, but you can remedy this when you go onto the drops when necessary. You will also breathe more easily, gaining oxygen capacity by not compressing your lungs as when you are leaning over more.

This seat positioning will help alleviate pain in the hands and forearm caused by continual pushing backward after sliding forward on an incorrectly adjusted saddle. All in all you'll feel more comfortable and have more fun!

Contributors to this article include Bill Moritz, Bud Melton, Jerry Hoffengardner, Bill Hoffman, and John McClun.

Reprinted from League of American Bicyclists • *Bicycle USA* • November/December 1966.

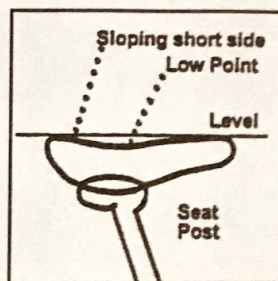


Figure 1

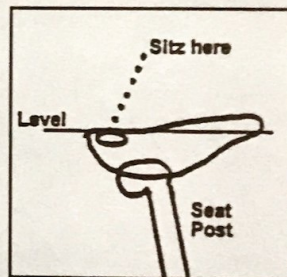


Figure 2

## State to Fund ECI Training Seminars

On October 1, the League of Illinois Bicyclists (LIB) was approved to enter into a \$20,000 contract with IDOT, the Illinois Department of Transportation, to hold two seminars to train Effective Cycling Instructors (ECIs) who will work with children in school or park district settings.

Under the contract, LIB would train about 25 ECIs in two sessions—one each in Central Illinois and in the Chicago area. LIB will subcontract with the League of American Bicyclists (LAB) for instructor training.

The program has been designed to encourage experienced cyclists who work for or are volunteers for schools, park districts, 4-H and scouting groups to obtain sponsorship from one of these organizations to become certified instructors to teach children.

Costs for ECI training, normally \$285-380, plus a lodging allowance, will be paid by the contract. A \$50 deposit (to be returned upon completion of the training) will be required.

Contact Al Sturges, 708-481-3429, Fax 708-481-3583, E-mail albikeil@aol.com.

## Safe Bicycling in Illinois

The Illinois Department of Transportation (IDOT) has published *Safe Bicycling in Illinois*—a free, 32-page booklet with “practical, accurate information...about riding safely on and off road.” “Cycling requires responsibility,” said Governor Jim Edgar in a cover note, “That’s why the Department of Transportation has developed this booklet.”

Safe Bicycling in Illinois was written by Effective Cycling Instructor Dave Glowacz, who had earlier written *Safe Bicycling in Chicago*. It used humor, color and lots of photos and drawings to lure readers into an otherwise pedestrian topic.

“I’ve said it before: Safety’s not sexy,” says Glowacz. “But now, at least it has nice clothes.”

Safe Bicycling in Illinois was written for adult and teen bicyclist, but could be shared with children by an adult. Copies may be obtained by writing to Illinois Department of Transportation, Map Sales, Room 121, 2300 South Dirksen Parkway, Springfield, IL 62764.

## Interagency Council Safety Study

The Illinois Interagency Bikeway Council is planning to commission a study to evaluate the Illinois Bicycle Safety Program and make recommendation for future direction. The study would review Illinois bicycle accident data, current bicycle safety materials and services and “best-of-practice bicycle safety programs in a minimum of five other state.”

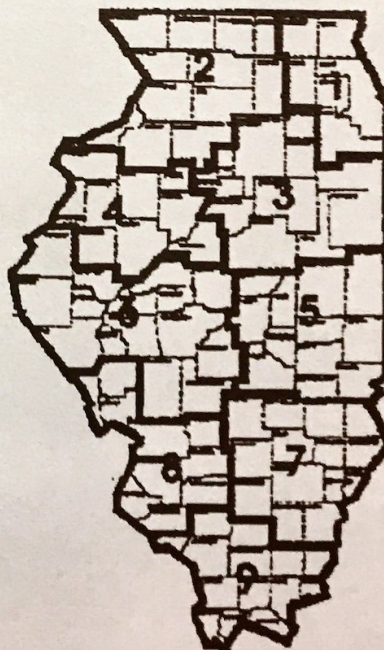
The one-year study was proposed to the Council by its Safety Committee at the Council’s October 3 meeting. Members of the Safety Committee are Bob Young, IDOT Traffic Safety, Chair; Jim Churchill, State Board of Education; Ed Hoffman, IL Department of Natural Resources; Jody Hovey, Secretary of State; Randy Neufeld, CBF; Al Sturges, LIB; Jeff Sunderlin, Governor’s Council on Physical Fitness; Sam Walker, Department of Public Health; Craig Williams, IDOT Design and Environment and Sgt. Terry Winson, State Police.

## Bike Maps

### District e Maps now Available

Bike maps covering all of Illinois except for Districts 1, 5 and 7 are now available.

The free maps are available by contacting Illinois Department of Transportation, Map Sale, 2300 S. Dirksen Parkway, Springfield, Illinois 62764. Coming soon—county maps on the IDOT web page. Use the link from the LIB page



# 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 \_\_\_\_\_

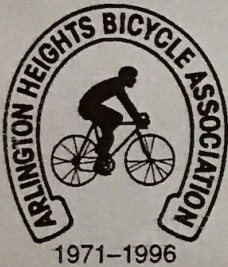
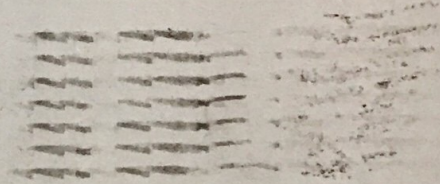
\_\_\_\_\_ Age \_\_\_\_\_

Interested in:

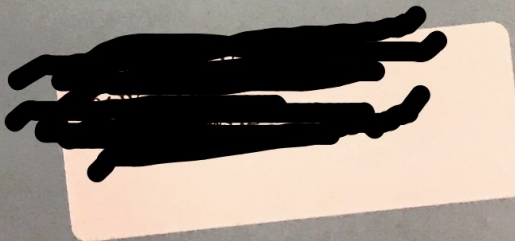
Rides: \_\_\_\_\_ 10-25 miles \_\_\_\_\_ 25-50 miles \_\_\_\_\_ 50-100 miles  
\_\_\_\_\_ Weekend Tours \_\_\_\_\_ Camping \_\_\_\_\_ Motels

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

February 1997



## THE WATERS' Reflections

Hello again,

How's winter treating you? What are you doing to get/keep yourself in shape for the upcoming riding season? Are you getting cabin fever? It won't be long now - believe it or not - tuesday night rides begin in less than 2 months and the Swap follows close behind.

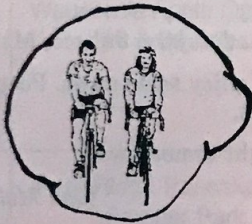
What is February all about?

- Fun in the snow!
- Eating all that valentine candy.
- Brushing snow off your car.
- Reving up that engine.
- Understanding what cold is all about.
- Avoiding potholes.
- Reading your newsletter.
- Yearning for spring.

We finally got the answer to the question of "Where in the world is Don Maloof? Read on to find out... See you at Recreation Park February 26 at 7:30 p.m, for the general meeting. Pat Marshall's program will be v e r y interesting...

Rolling right along

Mary



### TIME FOR SOME GIGGLES

Why do we drive on parkways and park on driveways?

## BIKES BELONG

BY ED MCKINLEY

WASHINGTON — What's in a name? Plenty, according to the cycling advocates lobbying here to keep federal money available for bike lanes, trails and racks.

Their campaign, formerly called "Another Billion for Bikes," has been renamed **Bikes Belong** to emphasize bicycling's growing importance in the nation's transportation system.

The advocates' task? Getting Congress to renew bike-friendly provisions of the Intermodal Surface Transportation Efficiency Act, or "ISTEA." The law, which has resulted in billions for cycling and pedestrian-related public works projects in the last five years, expires in October. The battle cry of **Bikes Belong** is "Preserve ISTEA for Family Friendly Communities!"

Beth Kirsh, a veteran of successful environmental campaigns in Alaska and the Northwest, has been hired as campaign manager by three of bicycling's national organizations — the Rails to Trails Conservancy, the League of American Bicyclists and the Bicycle Federation of America. The campaign is advised by a steering committee that includes two representatives from the Thunderhead Alliance, a national coalition of state and local bicycle advocacy groups that CBF's Executive Director Randy Neufeld helped found last summer.

ISTEA's 1991 passage took the highway lobby by surprise. The bill contained public involvement, environmental and other planning requirements that more care fully considered transit, walking and bicycling. It also set up two new programs, Enhancements and CMAQ, which have been the major sources of bicycle project funds. All these provisions are now under assault by an awakened and re-organized highway lobby.

In the coming year, **Bikes Belong** advocates will be working to maintain cycling's share of the \$175 billion at stake in ISTEA's reauthorization. The name's changed, but the goal of billions more for better bicycling remains.

(Reprinted from Chicago Bicycle Federation's News)

## OFFICERS AND STAFF

President:	Mary Fitzwater	394-4999
Vice Presidents:	Dave & Chris Van Dornick	259-7917
Secretary:	Milo Plavec	639-2889
Treasurer:	Ron McPheron	824-5091
Membership:	Cecily Rood	398-7448
Newsletter Editor:	Al Gain	392-1547
Newsletter Mailing:	Jim Shoemaker	259-1692
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Web Site:	Cindy Trent	392-6750

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### April 23

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### May 28

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## WHERE IN THE WORLD IS DON MALOOF?

*(The following is excerpted from a recent letter from Don)*

I am enjoying blissful retirement since July last and it is quite nice. My son moved to Boulder after 24 years in Chicago in '96; I had suffered enough brutal Chicago winters and yearned for something else. I gave up my Mt. Prospect flat; sold my furniture; stored my car and loving Trek triple-crank bicycle ( my other son) at my friend's farm in Indiana; flew with a one-way ticket to Guadalajara whereby I would stay for about 1 or 2 months fly to Phoenix for 1 or 2 months and Las Vegas for 2 months to check out retirement environs and bicycling possibilities. Guadalajara welcomed me with open arms... I located a modest manse and planted myself.

Life here is wonderful... Bicycling is impossible... There are hundreds of storm sewers that swallow bikes and babies... The countryside roads are narrow and the Mexicans drive at excessive speeds, forget it.

Hope that the coming season is enjoyable and accident free for all of you. Miss the great pie at Marilyn's and the berserk chocolate fantasies at Bena's. Never did get any of the cool watermelon at the end of the hot rides. Who started those lies, anyway? Anyone wishing to may write me at

APDO 5-845  
C.P. 45042  
45042 Guadalajara, Jalisco, Mexico

Would dearly enjoy some news. Postage is 40 cents and takes 2 weeks.

Yours for bright tomorrows:

*Don Maloof*

## AT THE SWAP

Mark your calendar: April 26 and 27.



HOLLYWOOD





## 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.

On Saturday January 18, 1997, in lieu of the show n' go ride, a cross country ski outing was held at Morrairie Hills. Through the grape vine, I heard that about 8 persons participated since the weather was more conducive to skiing than riding. It was a bright sunny day but the temps hovered close to 10 degrees. Good thing the wind had died from the night before. Conditions were very good on the trails and fun was had by all.

"Walk and Be Fit": Due to only one person participating since this began in January, I will not continue the program. I had hoped to encourage you to get out and do some aerobic conditioning prior to the official start of the ride schedule in March. Try to get out when you can to walk or run or get out on your bike even if it is for a short distance. The ride schedule begins on March 15, 1997, with a scheduled ride. On Saturday March 16, we will participate as a group in the Wheeling Wheelmen's spring invitational leaving from Wauconda Apple Orchards. See more information in the ride schedule below.

Mileage will be updated in the next newsletter since little change has taken place due to regular winter temperatures and snow.

## RIDES GONE BY...

Saturday February 1, 1997, Show n' go: Yes it finally got warm enough to head out on two wheels again. It was overcast but above freezing as the three of us decided to head up toward Lake Zurich for that huge mug of coffee at the Koffee Kup. We sort of decided our route on the way and changed a few streets just to avoid some spots that we thought might be covered with ice or snow yet. The wind was relatively light so it was almost "comfortable" to be riding. Breakfast was good and fast and we cruised on home.

Tuesday night rides begin on Tuesday, April 8, (with Daylight Savings Time beginning on April 6) 6:30 p.m. from Recreation Park in A.H. Distance of ride depends on daylight available. Pace is approximately 12 to 14 mph.

We plan to schedule slower paced rides on Saturdays or Sundays beginning in May. There have been requests for shorter and slower paced rides to be added to the schedule. I will attempt to have a ride and leader every other weekend from May to August. If you are interested in leading a shorter or slower paced ride, contact Dave or Chris Van Dornick, your ride chairpersons, at 259-7917. Planned pace is about 12 mph. and distance of 30 to 40 miles.

*Bill K  
Terry Z volunteered*

Sat March 15 9:00 a.m.	NW Burbs Cruise Recreation Park 27 miles	Chris Van Dornick 259-7917 Pace Y	Mostly flat breakfast ride through local areas in AH, Wheeling and MP
Sun March 16 10:15 a.m.	St. Patrick Day Invitational Wauconda Apple Orchards 18 & 34 miles	Offered by Wheeling Wheelman Nominal fee. 2 loop course Do one or both; some hills on both Wheeling contact Wayne Segedie 847-426-4376 Your own pace	Wauconda Orchards is located off Fairfield Rd. on Gossell. Meet out in front of the Orchard to ride as a group.
Sat March 22 9:30 a.m.	Park Ridge Pancake Ride Frontier Park 34 miles	TBA Pace Y	Mostly flat ride to the Park Ridge downtown area
Sat March 29 9:30 a.m.	Lake Opeka Ride Recreation Park 30 + miles	TBA Pace Y <i>Terry Z 923-7320</i>	Mostly flat ride into Des Plaines
Sat April 5 9:00 a.m.	Long Grove Tune-Up Recreation Park 30 miles	Chris & Dave Van Dornick 259-9717 Pace Y	Rolling hills to flat to Long Grove for a quick snack stop and back

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

Recreation Park is located at 500 E. Miner (about 3 blocks east of Arlington Heights Rd.) in Arlington Heights. On street parking is available.

Frontier Park is located at the Northeast corner of Palatine Rd. and Kennicott Rd. in Arlington Heights (north side). Parking is available in the parking lot.

## MAP YOUR WAY TO A GREAT RIDING SEASON

by Bill Krugh

Planning a big weekend ride but your route has a few rough spots that you would like to find a way around. Going out of town and want to know exactly where your hotel is located (oh say within 50 ft.). Taking your bike on vacation and want a map of some of the local roads in the area so you can do some riding. Just a reminder to everyone that the club owns a copy of DeLorme's MapExpert and Street Atlas software. These are the same folks who publish the big state map books that are available in Rand McNally and Kroch's and Bertano's.

These products claim to have every street in the US (Alaska and Hawaii included). To run them on your computer you need an IBM compatible PC with 4MB ram and a CD ROM and a 386 or higher processor. With this software you can trace a route, research a route or print a map of a selected area. All of this can be done at sixteen different magnitudes ranging from about 400 miles per inch down to one block per inch. You can locate a place by name, zip code, telephone area code and exchange or street address. You can import addresses from digital phone discs or enter them by hand. You can customize maps by adding bike trails, new roads, street names or map notes. You can save the customizing you do to a file and add it to a new map in the future or revise it. Maps can also be exported to the windows clipboard to be pasted in a word processor or can be saved as a bitmap file to be used as wallpaper or a graphic image.

Delorme just released version 4.0 of Street Atlas of which I obtained a copy. This has higher system requirements as it is a 32 bit application but it offers more features. In addition to the above it displays topographical information, printable route directions (like cue sheets), zip code boundaries and demographics, on-line road construction and conditions and you can download parts of the map database to your hard drive so you don't need the CD ROM. These last two items need a little clarification. After you highlight a route you can check for road construction by clicking on a route information icon. This will then ask for your internet provider's telephone number and link you to DeLorme's web site where it will check your route. The map data download allows you to place the map data for selected counties, cities or states on your hard drive. However, the disk space requirements are quite high usually 45MB to 100MB.

If anyone would like to borrow our club's software please give me a call at 255-2814. I'm also willing to provide you with a short lesson on how to use the software. The later versions actually come with a tutorial on the CD ROM. Also if you don't have a computer you're welcome to come over and try mine. I am also willing to provide you with a printout of selected areas if you want.

Happy Mapping



### BICYCLE SWAP

The Bicycle Swap works well because there are many wonderful volunteers who come each year and support the club and the community. Many of these volunteers who return year after year speak of the good times they have had and the people they have met during the swap.

There are times during the swap when it is critical that there are many helping hands and times when it appears that there is an excess of people. During those seemingly slower times it is still important to have that positive presence of many members ready to lend a hand where assistance is needed.

In recent years lunch has been provided and will be again this year. Also there is generally coffee and hot water for tea or hot chocolate. If you would like to bring some homemade treat, please coordinate with Chris Van Dornick at the next general meeting or call her (259-7917).

We will have sign-up sheets at the February general meeting; sign up please! If you cannot be at the meeting, call us at 392-1547.

*Al & Jeanie*



**First ride of the year proves to be popular.**

## EVANSTON BICYCLISTS UNITE!

Several Evanston bicycling improvements have been talked about for some time. Fixing that narrow, dangerous lakefront path by the cemetery just north of Chicago; increasing parking at Northwestern, the train stations and downtown or installing bike lanes on some of the roads that access the downtown and the university.

Several CBF and Evanston Bicycle Club members are planning to get together to figure out how to start moving some of these issues from "talked about" to "done." You are invited! Bring your ideas on how to improve bicycling in Evanston to help brain storm and prioritize possibilities and develop an action plan. The date is March 4 – the location is to be announced. Call Randy at the CBF office for more details (312-42PEDAL).

## THE NORTH LAKEFRONT BUG NEEDS YOU!

As a new cycling season rounds the corner, cyclist will be able to turn the corner where Ardmore meets the north end of the Lakefront Path more safely. The Chicago Park District has begun a project to eliminate that dangerous bottleneck. Then, west of Sheridan Road, the Chicago Department of Transportation's first-ever counter-flow bike lane will get cyclist off the sidewalk and safely on the route to Evanston.

And on both projects, the North Lakefront BUG (Bicycle Users Group) helped by raising creative ideas and sharing them with local decision-makers. Now, we're ready for more!

Want to help? Join us on Thursday, April 10 from 7:00 – 9:00 p.m. at the Boardway Armory (5917 N. Broadway). Bring your ideas and enthusiasm about other improvement to the North Side's cycling environment. Call Corey at 773/275-3879 for more info.

*(Above reprinted from Chicago Bicycle Federation's News February/March 1997)*

## OLD PLANK ROAD TRIAL

The Old Plank Road Trail will have more than 12 miles of the current 20 miles of purchased right-of-way paved early this summer. The Old Plank Road Trail has been in development for the past 20 years on a former railway. The trail will run from south suburban Park Forest to near New Lenox following a course roughly parallel to US Route 30. Eventually, planners hope the trail will extend to Joliet and Chicago Heights becoming a significant east-west component of the Grand Illinois Trail.

## LOST?

Global positioning systems (GPS) are getting smaller. Gramin's GPSII (\$386) is designed to be mounted on a bicycle.

*(Popular Science, March 1997, p. 69)*



**It's 9:30 Thanksgiving Day; there's only 2 inches of snow on the street, but no one wants to ride with us?**

# 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.

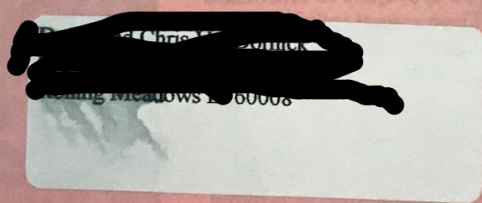
Signature(s) \_\_\_\_\_ Date \_\_\_\_\_  
Single (Must be 18 yrs. or older) \_\_\_\_\_ \$6.00; Family \_\_\_\_\_ (\$8.00) , Number \_\_\_\_\_  
Family Members Under 18 \_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_

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**

March 1997



## THE WATER'S REFLECTIONS

This is the month we eagerly await all winter long... The month when the days get longer, the sun shines more, the first signs of spring appear and we can finally say goodbye to those cabin fever blues. Even the Easter Bunny makes an appearance this month. It is the time when we take every opportunity to get out and pedal around town even if only for a short period of time.

By the time you get this newsletter, our riding season will have begun. We have so much to look forward to. Tuesday night rides begin April 8 and the Swap is just around the corner. Don't forget to sign up with Al and Jeanie at the next meeting or give them a call. They will need all the help they can get.

I heard from Barb Swassos. She misses everyone and is eagerly waiting for the several feet of snow to melt a little so she can get started riding Minnesota style.

We are very fortunate to have our own Jim Shoemaker give us some tips on bicycle maintenance at our next general meeting at Recreation Park on March 26, at 7:30 P.M. He will have some new products to show us too.

Did you know that good friends plus good times equals good memories?

Get those bikes a'rolling

Mary

## TOP TEN RIDERS AS OF MARCH 9

1.	Chris Van Dornick	454 miles
2.	Jerry Hill	400
3.	David Van Dornick	398
4.	Terry Zmrhal	390
5.	Greg Konieczny	319
6.	Jack Edwards	177
7.	Bob Hinkle	121
8.	Cindy Trent	88
9.	Kurt Schoenhoff	77
10.	Diane Moran	55

Note: 3 rides in November 96 were added in to the mileage total plus 1 in February and 2 in March. If you ride on a scheduled AHBA ride, we count! For those of you who are new, this is a friendly competition for top mileage. Certificates for the top 25 are dished out at the annual Awards Banquet in November each year.

## DUES DUE

March is the time for our annual membership renewal. Please use the form on the back of this newsletter (or a copy of) and send with your check to Cecily or bring it to the next meeting.

### TIME FOR SOME GIGGLES

Why is it when you're driving and looking for an address,  
you turn down the radio?



## OFFICERS AND STAFF

President:	Mary Fitzwater	394-4999
Vice Presidents:	Dave & Chris Van Dornick	259-7917
Secretary:	Milo Plavec	639-2889
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
Web Site:	Cindy Trent	392-6750

<http://rmhs.dist214.k12.il.us/community/ahbike/>



## AT THE MEETINGS

### March 26

**Jim Shoemaker:** Maintenance.

### April 23

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

### May 28

**Bob Hinkle** will discuss his coast to coast bicycle trip.

## WHAT'S HAPPENING

**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.

## RIDES GONE BY...

### Saturday, March 1.

Even though the day was mostly cloudy, March came in like a lamb. The wind blew lightly out of the southwest, so we rode into it as any good ride should be. Looking for something bright on this cloudy day which had originally been forecast as rainy, we headed to the "Bright Spot" in Itasca. Dave threw in a few changes to the route near the mid point and they turned out to be good ones as it kept us off Irving Park Road. After a hearty breakfast, Jerry went out to fix a pesky flat and with the help of a few others, we were on our way back again. As luck would have it, the wind was more westerly on the return, so we did have to ride into it again.

### Saturday March 8.

This was the last show 'n' go for the early part of spring as the regular ride schedule starts next week, I guess that a lot of people were up for the spirit of adventure as Dave led nine others, (yes I include myself even though where he goes, I follow on the tandem)! We went north and east into Buffalo Grove and looped around into Long Grove for a short hot cider stop. The air felt cold and a little on the blustery side, but the wind was not really a factor today. It was very evident that the meteorologists forgot to look out their window since instead of partly cloudy and 40's, we had overcast and 30's until after our lunch stop. Then the sun came out and soothed our cold tootsies. Some of the riders skipped the lunch part; I can't imagine what could have been that important as to skip a food stop!

Tuesday night rides begin on Tuesday, April 8, (with Daylight Savings Time beginning on April 6) 6:30 P.M. from Recreation Park in Arlington Heights. Distance of ride depends on daylight available. Pace is approximately 12 to 14 mph.

We plan to schedule slower paced rides on Saturdays or Sundays beginning in May. There have been requests for shorter and slower paced rides to be added to the schedule. I will attempt to have a ride and leader every other weekend from May to August. If you are interested in leading a shorter or slower paced ride, contact Dave or Chris Van Dornick, your ride chairpersons, at 259-7917. Planned pace is about 12 mph and distance of 30 to 35 miles.

## AT THE SWAP

Mark your calendar: April 26 and 27.



## 1997 ARLINGTON 500

Preparations are proceeding under full throttle for this year's Arlington 500. The ride date this year is May 18th. This year we're adding pre-registration. The ride fee is an incredibly low \$6.00 for pre-registration before May 11th and \$9.00 on the day of the ride. I have 3500 copies of the ride brochure. Let me know if you would like to distribute some or can recommend locations to leave brochures.

As always, we need volunteers to help on the day of the ride. We especially need sag vehicle drivers and someone to coordinate their activities. Also, we need to borrow several portable cellular phones for the drivers. We'll pay the air time. Call me at 398-4633 if you can help.

*Greg*

## CONGRESSMAN OBERSTAR & ISTEA

### Save Saturday, April 12<sup>th</sup>

Congressman Jim Oberstar is a Minnesota democrat and minority chair of the house transportation committee. He will share stories and strategies on the fight to maintain and strengthen the bike-friendly elements of ISTEA—the law that sets national policy for spending transportation dollars.

**Time:**

10:30 A.M. – 1:00 P.M.

**Location:**

Chicago Temple  
Pierce Hall  
77 W. Washington St  
Chicago IL

There will be related flyers and informational displays set up before hand.

Sat March 22 9:30 A.M.	Park Ridge Pancake Ride Frontier Park 34 miles	Chris & Dave Van Dornick 259-7917 Pace Y	Mostly flat ride to the Park Ridge downtown area
Sat March 29 9:30 A.M.	Lake Opeka Ride Recreation Park 30 + miles	Terry Zmrhal 923-7320 Pace Y	Mostly flat ride into Des Plaines
Sat April 5 9:00 A.M.	Long Grove Tune-Up Recreation Park 30 miles	Chris & Dave Van Dornick 259-9717 Pace Y	Rolling hills to flat to Long Grove for a quick snack stop and back
Sat April 12 9:30 A.M.	Barrington Breakfast Ride Frontier Park 30+ miles	Chris & Dave Van Dornick 259-7917 Pace Y	Mostly rural Lake and Cook County roads Breakfast at Egg Harbor
SAT April 19 9:30 A.M.	Roy's Rosemont Ride Rec Park 29 miles	Roy Euclide 437-0442 Pace Y	A new route south and east Lunch at Granny's at the end
Sat & Sun April 26 & 27 All Day	AHBA Bicycle Swap	Al & Jeanie Gain 392-1547	Volunteer your time and talents to our annual event.
Sat May 3 9:30 A.M.	Woodfield/Wyndham Woods Frontier Park 33 miles	Chris & Dave Van Dornick 259-7917 Pace Y	Lots of trails thru Busse Woods & Wyndham area Subway stop for lunch
Sat May 10 9:00 A.M.	Bob's Surprise Ride Frontier Park 45 miles	Bob Hinkle 259-1423 Pace Y	Be adventurous! Joint ride with MP Bike Club
Sat May 17 9:00 A.M.	Arlington 500 Pre-Ride Barrington HS 32, 42, 54, & 68 miles	Greg Konieczny 398-4633 Pace X, Y, Z	Help check the routes out. We'll find a food stop on the way.
Sun May 18 9:30 A.M.	AHBA Invitational Arlington 500	Greg Konieczny 398-4633	Support the Club and Volunteer!

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

Recreation Park is located at 500 E. Miner (about 3 blocks east of Arlington Heights Rd.) in Arlington Heights. On street parking is available.

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## CLASSIFIED

Trek 600, Reynolds 731 steel tubing, 21" frame,  
Campagnolo Super Record components, a classic,  
looks like new. \$700.00.  
Call Earle at (847) 398-2177

Trek 1100, Aluminum, 58cm. (23") frame, triple crank  
(for the hills), Look clipless pedals. \$400.00.  
Call Earle at (847) 398-2177

Vitus 979, Dural aluminum, 57cm. frame, all  
Shimano Dura-Ace components, Mavic wheels  
and Conti super sport tires, clipless pedals, runs  
smooth as silk. \$800.00  
Call Earle at (847) 398-2177

Join the fun...  
The Excitement...  
The challenge...



of an outstanding two days  
on two wheels.

Saturday, June 7, and Sunday, June 8, 1997

TOMRV, the Tour Of the Mississippi River Valley,  
means a Saturday of joining with 1200 bicyclists on a  
scenic 105 mile journey from Bettendorf, Iowa, across  
the Mississippi to Illinois and Wisconsin, and then to  
Dubuque, Iowa, for an overnight at Clarke or Loras  
Colleges. On Sunday, riders take a different route  
down the river and through Iowa's Grant Wood  
scenery back Bettendorf. On both days, shorter  
routes are available.

For further information and an application, send  
this from to TOMRV-20  
c/o Susie LaForce  
2023 E. 45th Street  
Davenport, IA 52807  
(319) 355-5530



Quad Cities Bicycle Club

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Bicycle Swap



If you haven't signed up to help at the Swap,  
please give us a call. We need lots of people to fill out  
tickets for the bikes coming in. If you are worried that  
they will ask you to help with a price, don't worry.  
There will be knowledgeable members there who will  
help. Most sellers have a price in mind.

We always need help to put bicycles and acces-  
sories into the building at 4:00 on Saturday afternoon  
and then to take them out again at 9:00 on Sunday  
morning.

It's fun to work the Swap; watch the faces of kids  
and adults who find a new bike, see friends and help  
the club.

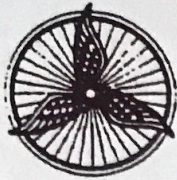
Come to the Swap...

*Al & Jeanie*





# Effective Cycling Instructor Training



*A Free Program for Illinois PE Teachers — and Others —  
Who Will Teach Effective Cycling to Children*

## Effective Cycling

The Effective Cycling (EC) Training Program, developed in 1976 by the League of American Bicyclists (LAB), is the comprehensive training course for bicyclists — classroom instruction combined with on-bike training for safe riding on streets. LAB intends that the EC bicycle safety education program be the equivalent of the Red Cross swimming and lifesaving programs. The program features classes customized for all ages of cyclists, from child to adult. Effective Cycling features "the only national certification program for the experienced cyclist who wants to become an instructor."

## Funding

Funding for the League of Illinois Bicyclists training seminars is provided by federal safety funds through the Illinois Department of Transportation. Costs for ECI training, normally \$285-380, plus a lodging allowance, initial course materials and an allowance to school districts for substitute teachers (if needed) will be paid through the funding contract. A \$50 deposit and membership in LAB (\$30) is required.

## Who Qualifies

Free training will be provided for experienced cyclists who (1) demonstrate a personal commitment to using the bicycle education curriculum in their programs for children or teens, (2) have the support of school, park district or organization officials, and (3) meet League of American Bicyclists standards for enrollment. Effective Cycling (EC) certification is a prerequisite. EC classes (nine hour) will be available prior to the three-day seminars.

## To Sign Up or For More Information

For program inquiries, enrollment information, and to arrange for Effective Cycling certification if needed, contact:

Al Sturges, Executive Director  
League of Illinois Bicyclists  
6 Chestnut Court  
Park Forest, IL 60466  
Phone: 708-481-3429  
Fax: 708-481-3583  
E-mail: albikeil@aol.com



*Space is limited to 25 people; sign up now*

Sessions are set for May 2 – 4 in Mundelein and May 9 – 11 in Champaign.

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:

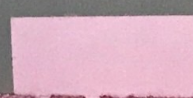
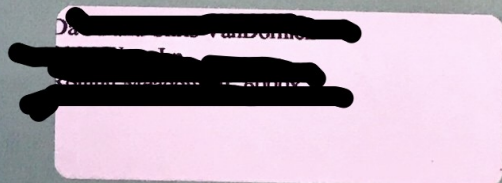
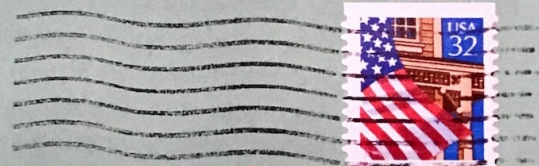
Rides: \_\_\_\_\_ 10-25 miles \_\_\_\_\_ 25-50 miles \_\_\_\_\_ 50-100 miles  
\_\_\_\_\_ Weekend Tours \_\_\_\_\_ Camping \_\_\_\_\_ Motels

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**

April 1997



**Eitz WATIEB'S** Reflections

Why do we love April? Well, it's not the wind or the ever present geese or the unpredictability of the Chicago weather. It's the first warm rain, birds singing, green grass again and the first flowers, but most of all it's that we are finally able to look forward to riding and enjoying these beautiful gifts of nature. I hope that you are getting in as much riding as possible whenever the weather co-operates. Your President has been unable to ride due to a minor injury and I am going crazy waiting for the green light to get out there riding with you.

We have a limited number of 25th anniversary mugs for purchase for those of you who have inquired about obtaining extras. Please contact me or Bill Kragh if you are interested. They will be sold on a first come first serve basis.

At our next general meeting at Recreation Park April 23, at 7:30 P.M., Bill Kragh will be giving us some instructions on first aid. We never know when we will be called upon either in our personal lives or when we are out riding, to give assistance to someone else in a medical situation. It always helps to be prepared.

Our general meetings for the months of June, July, and August will be held at locations other than at Rec Park. Our meeting in June will be at Van Dornick's where we will have a short business meeting followed by food and fun. If you have any ideas for entertainment, please let me or Roy Euclide know about it. Ah, those summer nights...

Tuesday night rides have begun, the SWAP is only a few days away, the 500 is approaching fast...life is good...

Keep those wheels a rolling!  
*Mary*

**TIME FOR SOME GIGGLES**

Why are cigarettes sold in gas stations  
where smoking is prohibited?



**Bicycle Swap  
April 26 & 27**



It isn't too late to come to the Swap... We need your help to make our club's annual event a big success. It is both a community service (people often tell us how happy they are that we do this every year) and our major money maker for the year. These funds allow us to sponsor events and make contributions to bicycle safety, bicyclists' rights and bicycle paths in our state.

It is also lots of fun—once they try it, most come back every year.

See you there!

*Al and Jeanie 392-1547*

**NEWS FLASH  
ARLINGTON 500 UPDATE**

Everything is just about set for the Arlington 500 on May 18th. Over 3500 ride flyers have been distributed all over the place including 515 mailed to participants from the last 4 years. I've been getting about 1 call a day requesting ride information. Earl reports that preregistrations are beginning to trickle in. Hopefully, we'll get at least 50 of these. Bill is working on consolidating the cue sheets since we've added the 54 mile option this year. All we need now is some decent weather. No snow like this weekend!

We could use additional tables at the registration area. Please let me know if you have a large folding table that we can borrow that day.

If you would like to help out on the day of the ride call me at 398-4633. We especially need sag drivers and someone to coordinate their activities. Also, we need to borrow several portable cellular phones for the drivers. We'll pay the air time. Call me if you can help.

*Greg*

**DUES DUE**

March is the time for our annual membership renewal. Please use the form on the back of this newsletter (or a copy of) and send with your check to Cecily or bring it to the next meeting.

## OFFICERS AND STAFF

President:	Mary Fitzwater	394-4999
Vice Presidents:	Dave & Chris Van Dornick	259-7917
Secretary:	Milo Plavec	639-2889
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
Web Site:	Cindy Trent	392-6750

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## AT THE MEETINGS

### April 23

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Call Earle at (847) 398-2177

Vitus 979, Dural aluminum, 57cm. frame, all Shimano Dura-Ace components, Mavic wheels and Conti super sport tires, clipless pedals, runs smooth as silk. \$800.00  
Call Earle at (847) 398-2177

Santana Solana, Tandem, Metallic Red 22/20, Caliper brakes F/R, Drum brake R, \$1200.00  
Call Jerry at (847) 255-9775

## WHAT'S HAPPENING

**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. Also available are the bike club jersey and shorts. The jersey is in bright yellow, Colmax fabric, with the club logo on front and back. Cost is \$17.00. The shorts are an 8 panel very good cut of medium weight lycra with a very adequate riding pad and the club logo on one leg. These are a great value at \$20.00. Call Christine for either one of these.

## TUESDAY NIGHT RIDES

Join us every Tuesday at 6:30 P.M. at Recreation Park, Arlington Heights. Distance of ride depends on daylight available. Pace is approximately 12 to 14 mph.

## RIDES GONE BY...

### Saturday, March 15

This was supposed to be the first regular scheduled ride. Unfortunately, no one informed Mother Nature. Thus she blew in a frigid day! Too cold to ride at 12 degrees and below zero wind chill.

### Sunday, March 16

At least 10 riders from the Arlington Club came out to Wauconda Orchards for the St. Pat's Day Ride sponsored by the Wheeling Wheelmen. It started out sunny with a slight wind but turned chillier for the second loop as we battled the wind that had kicked up and more cloudy conditions. The hot cider at the orchards really hit the spot to warm the "inners". It was a more challenging day to be out!

### Saturday, March 22

The weather forecasters had said partly sunny, but they did not indicate which part the sun would be in. I guess that we did see the sun once for about 30 seconds. The wind was from all over but light and was not a factor. The chow was good at the Pancake House in Park Ridge and we had our favorite food server who kept up with the hungry group. At one point the ride leader went off in search of the sweep; the sweep found the rest of the group leader-less and went to look for the leader. Eventually the leader got back to the group and the sweep caught up with the leader, and they all rode happily ever after.

### Saturday April 5, Long Grove Tune Up

It used to be that when the pavement was wet and there was a good potential for rain that no one would show up for the ride except for the leader. On this day, drizzle of varying rates was falling and still 7 people showed up. Did we get soaked? Not really. Was the wind bad? Not Really. Only when we were stopped for a break in Long Grove did it actually stop raining for a while. The good part was it was about 60 degrees! Not a bad ride even though it was in the rain.

See the ride schedule for all the latest ride pace,

place and times. The leaders phone number is typically printed too in case you have questions about the ride. The first of the slower paced shorter rides will be May 24. We will try to have two per month and a consistent starting place and time. Planned pace is about

12 mph. and distance of 30 to 35 miles. If you are interested in leading a shorter or slower paced ride, contact Dave of Chris Van Dornick, your ride chairpersons, at 259-7917.

Sat & Sun April 26 & 27 All Day	AHBA Bicycle Swap	Al & Jeanie Gain 392-1547	Volunteer your time and talents to our annual event.
Sat May 3 9:30 A.M.	Woodfield/Wyndham Woods Frontier Park 33 miles	Chris & Dave Van Dornick 259-7917 Pace Y	Lots of trails thru Busse Woods & Wyndham area Subway stop for lunch
Sat May 10 9:00 A.M.	Bob's Surprise Ride Frontier Park 45 miles	Bob Hinkle 259-1423 Pace Y	Be adventurous! Joint ride with MP Bike Club
Sat May 17 9:00 A.M.	Arlington 500 Pre-Ride Barrington HS 32, 42, 54, & 68 miles	Greg Konieczny 398-4633 Pace X, Y, Z	Help check the routes out. We'll find a food stop on the way.
Sun May 18 9:30 A.M.	AHBA Invitational Arlington 500	Greg Konieczny 398-4633	Support the Club and Volunteer!
SAT MAY 24 9:00 A.M.	Slower Paced Ride Recreation Park 30 miles	Dick Marr  Pace Y - Z (12 mph)	Local route at a more leisurely pace
Sat. & Sun. May 24 & 25 9:00 A.M.	Rockford Stateline 60 Rockford Area Riverside Park, 38 & 67 miles	Chris & Dave Van Dornick 259-7917 Pace X, Y, Z	Invitational, Fee required Great North IL & South WI Landscape, Info: Call.
Sat May 31 9:00 A.M.	Elgin Breakfast Ride The Pavilion*, Elk Grove 45 miles	TBA	Some rolling hills, great Breakfasts at Uncle Pauls? A familiar route
Sat. June 14 9:00 A.M.	Fox River Trail St. Marys Park in St. Charles 40+ miles	Greg Konieczny 398-4633 Pace Y	Follow the Fox North to Algonquin. Lunch at Reeses. Please call for Starting Point Info.
Sat. June 14 9:00 A.M.	Slower Paced Ride Rec Park 30 miles	TBA  Pace Y - Z	Local route at a more leisurely pace
Fri. June 20 10:30 P.M.	1 <sup>st</sup> 1997 Nocturnal Ride Rec Park 35 - 40 miles	Chris Van Dornick 259-7917 Pace Y	Ride though the full moon-lit evening. Wear reflective clothing, bring your head/tail lights. Breakfast or... 1/2 way
Sat. June 28 9:30 A.M.	Slower Paced Ride Rec Park 30 miles	Dick Marr  Pace Y - Z (12 mph)	Local route at a more leisurely pace
Sat. June 28 9:30 A.M.	Elmhurst Ride Juliet Lowe School** 45 miles	Roy Euclide 437-0442 Pace Y	Mostly flat route with your choice of lunch stops in downtown Elmhurst

\*Southwest Corner of Wellington and Beisterfield.

\*\*Highland and Victoria, Arlington Heights (2 blks north of Golf, 3 blks west of Arlington Heights road.

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

Recreation Park is located at 500 E. Miner (about 3 blocks east of Arlington Heights Rd.) in Arlington Heights. On street parking is available.

Frontier Park is located at the Northeast corner of Palatine Rd. and Kennicott Rd. in Arlington Heights (north side). Parking is available in the parking lot.

## WHAT YOU CAN DO FOR THE LEAGUE— AND WHAT THE LEAGUE CAN DO FOR YOU

By Barbara Stunges, LAB Regional Director

For years club cyclists (probably like yourself!) have been the backbone of the League of American Bicyclists. At one time councils of clubs formed the hierarchy governing the League. Now a Board of Directors governs the League and local clubs offer so much that new members may not become aware of LAB.

The League of American Bicyclists (LAB) and its first state-charter affiliate, the League of Illinois Bicyclists (LIB), are working to make this nation—and this state—better places for bicyclists.

LAB was founded in 1880 as the League of American Wheelmen and the name was recently changed. However, the founding goals to lobby for bicyclists' rights and improved roads united bicyclists then and is still doing so now. Current efforts include advocating for continued availability of funds for bicycle-friendly projects and teaching rights and responsibilities.

LAB's efforts to lobby for ISTEA (Intermodal Surface Transportation Efficiency Act) and for Federal funds for bicycle education carry increased weight with greater numbers of members—Congress pays more attention to 100,000 constituents than to 25,000! That's why LAB needs you!

LAB is working for you, the bicyclist, regardless of whether you are a member. As a member, you would also receive the excellent magazine bi-monthly; access to travel advice and networks; "Bikes Fly Free" when

certain airlines and travel agents are used; and invitations to events such as the upcoming National Rally in Lafayette, IN, in July. Rallies are a great opportunity for rides, workshops, meeting other cyclists, and a great cheap vacation. LAB even offers two events in Florida in the winter.

Illinois is the first state to have a state chapter affiliate of LAB—the League of Illinois Bicyclists (LIB). Therefore, if you live in Illinois and join LAB you are automatically a member of LIB and receive its quarterly newsletter and access to LIB advocacy training workshops as well as all the benefits of LAB membership.

LIB is the liaison between the Illinois Dept of Transportation (IDOT) and local bicyclists in implementing IDOT's policy of routing accommodation of bicycles in road construction projects if warranted. LIB is also coordinating Effective Cycling education in the state and has received an IDOT grant to train Effective Cycling Instructors to teach children. If you support these efforts—or want to be a part of them—join LAB/LIB.

Both the national and state organizations are benefiting you and all cyclists whether or not you join us. We would like to have your support for these efforts to add to the funds available and to add to the numbers we can say we represent. Joining will afford you the direct benefits described and also give you the good feeling of knowing you are part of the effort to improve conditions for bicyclists.

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### The Purpose of the League of Illinois Bicyclists is to:

- Educate about safe and effective bicycling
  - Teach and promote the rights and responsibilities of bicyclists
  - Promote bicycling for transportation and recreation
  - Inform state and local governments of bicyclists' needs
  - Coordinate and support local bicycle advocacy efforts
  - Advocate for on-road and off-road access rights.
- 

#### League of American Bicyclists/League of Illinois Bicyclists

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: (     ) \_\_\_\_\_

Memberships:  Individual \$30.00;     Family \$35.00

Make checks payable to:

League of American Bicyclists, 190 W. Ostend Street, Suite 120, Baltimore, MD 32340

or call 1-800-288-Bike (and tell them LIB sent you).

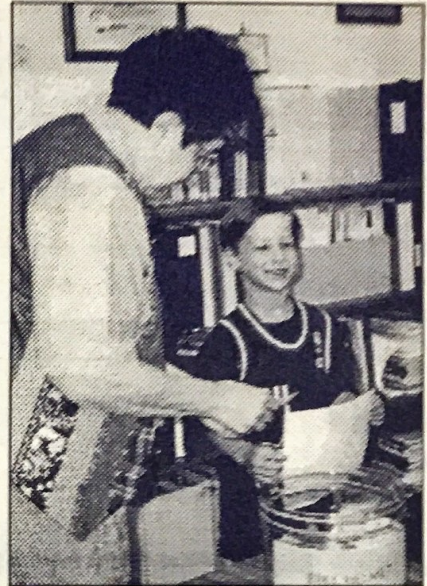
## EMIL DONKERS BICYCLE SAFETY HELMET AWARD

The sixth Emil Donkers Bicycle Safety Helmet drawing was held February 28, 1997, at Windsor School in Arlington Heights. The distribution of bicycle helmets to school children at Windsor School was set up by the AHBA as a living memorial to Emil Donkers. The aim of the program is to get bicycle helmets on the heads of the children. Student's who perform a service to the school have their names submitted for the monthly drawing.

Emil's wife, Corinne Donkers, drew the name of the first recipient, first grader Tim Gaddini, in September. Each monthly winner then draws the winner of the following month and their names are read over the intercom. Having the Bicycle Safety Helmet winner's name read over the intercom reinforces the importance of wearing a helmet when riding a bike. Tim Gaddini has brought his helmet to school to show his teacher and class mates even though it was too cold to ride his bike. Windsor School will be featured on cable television, channel 25, during the month of March. According to Dr. Meyers, principal at Windsor, Tim will be showing off his new helmet on TV.

The first six out of ten recipients of the of the Bicycle Safety Helmet award are as follows:

Name	Grade	Month
Tim Gaddini	1 <sup>st</sup>	Sept.
Beth Burgent	Kdgn	Oct.
Brent Viola	4 <sup>th</sup>	Nov.
Brad Thornton	5 <sup>th</sup>	Dec.
Ben Walton	4 <sup>th</sup>	Jan.
Holly Kasp	5 <sup>th</sup>	Feb.



Corinne Donkers presenting Tim Gaddini with the first Emil Donkers Bicycle Helmet award.

## WAY DOWN YONDER IN NEW ORLEANS

This is a multi-media slide program featuring Evie Weber and Norma Witherbee's 1200 mile self contained bicycle tour from Arlington Heights, Illinois to New Orleans, Louisiana. It's a trek about exploration, discovery and adventure. Via their slide program they will take you down the Dixie Highway, through Indiana, Kentucky and Tennessee where they cycle the Natchez Trace into Alabama, Mississippi and finally Louisiana.

They will introduce you to Mz. Lucy, a gracious lady who shared with them stories of their childhood working in the cotton fields. You'll see the elegant antebellum homes of the southland and watch the Delta Queen depart Natchez. When they arrive in New Orleans you'll get caught up in the beat of the Dixie Land jazz bands. This will be an evening of sharing these experiences. Remember—it's the journey not the destination that makes bicycle touring so enjoyable.

Evie and Norma will be sharing their adventure at the Arlington Heights Memorial Library on Thursday, May 15th, at 7:30 P.M. If you missed it when they shared it with us at a club meeting, here is a chance to experience it. Bring a friend!

## TOP TEN RIDERS AS OF MARCH 9

1. Chris Van Dornick 592 miles
2. Jerry Hill 510
3. David Van Dornick 508
4. Terry Zmrhal 494
5. Greg Konieczny 429
6. Jack Edwards 211
7. Bob Hinkle 136
8. Cindy Trent 130
9. Earl Horwitz 110
10. Diane Moran 89

Honorable Mention:

- |               |    |
|---------------|----|
| Glen Phillips | 76 |
| Benna Gerber  | 76 |

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:

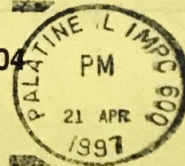
Rides: \_\_\_\_\_ 10-25 miles \_\_\_\_\_ 25-50 miles \_\_\_\_\_ 50-100 miles  
\_\_\_\_\_ Weekend Tours \_\_\_\_\_ Camping \_\_\_\_\_ Motels

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



Bill and Ann Kragh  
505 E St James  
Arlington Hts IL 60004





Newsletter of the  
**Arlington Heights  
Bicycle Association**

May 1997



## EITZ WATERS' Reflections

Here we are in the merry merry month of May. It appears as though the snow has finally decided to leave us for a few months... The flowers and trees are in full bloom and what better way to see it all than on our trusty bikes! Chris and Dave have pretty much filled our riding schedule up for the riding season. There are long rides, short rides, Tuesday night rides, Saturday and Sunday rides, nocturnal rides and yes even a mystery ride. In other words, something for everyone. Enjoy this wonderful time of the year with the best company you could ask for and join us.

How many ways can I say THANK YOU to all of you for helping to make the SWAP one of the most successful ever? Merci, Gracias, Vandanamulu, Dankasch in, Budunk, Mahalo, Arigato, Kam Sa Ham E Da, Salamats, Graci, well—you get the idea. It wouldn't be possible without Al and Jeanie who worked for months on the details, Chris and Dave who kept our tummies full, Bill and Ron and the paperwork crews, and all of you who gave so generously of your time and support (nice weather helps too). Without all of us working together, there would be no SWAP.

Our general meetings in June, July, and August will be held at the following locations:

June: Van Dornick's

July: Kragh's

August: Gain's

These meetings will start at 7:00 P.M. and will include a meal with a short business meeting and entertainment. (Contact Chris or myself if you can provide a dish to pass for the June meeting.) At Chris and Dave's we will be having a tire changing contest so start practicing—of course you will need your own bike. In July at Bill and Ann's we will view some video tapes from last year and what we have filmed so far from 1997 rides and events. In August at Al and Jeanie's we will be putting club photos in albums to preserve them for posterity. At our next general meeting on May 28, Bob Hinkle will be regaling us with his adventures on his cross country trip. See you there.

Keep on rolling...

Mary

## Left Turns can be Scary!

As both a ride leader or sweep or as a mid group rider viewing people proceeding through a left turn movement, I have often cringed in fear as cars are forced to avoid the riders as an alternate to striking them. Left turns, either from an automobile or cyclist perspective put you in the most awkward positions and the most vulnerable. There are ways that the cyclist can make this maneuver safer.

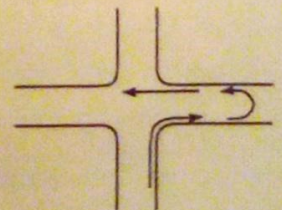
1. ALWAYS TURN TO LOOK FOR TRAFFIC, even if you trust the person who is in front of you. If your balance is such that you can not do this while riding, stop on the side and then turn to look.

2. SIGNAL AND ANNOUNCE YOUR INTENTIONS, if you are stopping to check for traffic, you will avoid having the person behind you run into you.

3. ALLOW PLENTY OF SPACE. If you are leading and believe that there is plenty of space for you, assume that at least the people who are immediately behind you may try to follow so you need ample space. If that space does not exist, pull off to the side and wait until there is adequate space.

4. IF THERE IS A STRIPED LEFT TURN BAY, USE IT! This sometimes means planning your turn before you get to the beginning of the turn.

5. IN HEAVY TRAFFIC OR IN MULTI-LANE ROADS, YOUR MAY NEED TO MAKE THE TURN IN TWO STEPS. Particularly at signalized intersections, it may be helpful to actually proceed to the intersection, turn right to the opposing street, turn around in a safe area, and proceed with the straight through traffic as the signal changes. (See diagram) While it does take a little additional time, safety is the key to enjoying riding as long as we are capable.



## Officers and Staff

President:	Mary Fitzwater	394-4999
Vice Presidents:	Dave & Chris Van Dornick	259-7917
Secretary:	Milo Plavec	639-2889
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
Web Site:	Cindy Trent	392-6750

<http://rmhs.dist214.k12.il.us/community/ahbike/>



## At the Meetings

May 28

Bob Hinkle will discuss his coast to coast bicycle trip

The following three meetings will start at 7:00 p.m. at the designated location for a meal, meeting, and fun.

June 25

At Van Dornick's—tire changing contest.

July 23

At Kragh's—video of past events.

August 27

At Gain's—Picture books.

## What's Happening

**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. Also available are the bike club jersey and shorts. The jersey is in bright yellow, Colmax fabric, with the club logo on front and back. Cost is \$17.00. The shorts are an 8 panel very good cut of medium weight lycra with a very adequate riding pad and the club logo on one leg. These are a great value at \$20.00. Call Christine for either one of these.

## Tuesday Night Rides

Join us every Tuesday at 6:30 P.M. at Recreation Park, Arlington Heights. Distance of ride depends on daylight available. Pace is approximately 12 to 14 mph.

## Rides Gone By...

March 29

**Lake Opeka Ride:** The ride was renamed to the Four Lakes (Twin, Busse, Opeka, and Arlington) Ride and to the joy of all, the 30+ miles advertised was actually a 44.4 mile route. Keeping with the theme of four, four flat tires were encountered on this ride, along with 2 dogs, 1 lost rider, and 1 closed rest stop. This ride marked the inauguration of the "turn map over" cue sheet entry. The Magnificent 7 who completed the ride did so only with the energy supplied by the four delicious chocolate Easter Eggs we each ate at the alternate rest stop (KFC). These eggs were provided by Bena Gerber, AHBA's own Sugar Queen. You really had to be there to appreciate all of this.

April 19

**Roy's Rosemont Ramble:** Who says the ride leader is always leading from the front!. Roy happened not to be there in front as our fearless leader at times when he thought his sweep was lost. The day was slightly on the occasionally drippy side until of course we finished the ride and were at breakfast. Despite the grey conditions our spirits soared as we pedaled to the beautiful fountain in Rosemont. Although it is surrounded by less than picturesque scenery, the fountain and excellent landscaping made up for the lack prior to that. Breakfast at Granny's was as always fantastic especially when you're as hungry as we were.

May 3

**The Woodfield Wyndham Woosh:** We rambled to the Woodfield area without the least thought of shopping on our minds. The geese around the Wyndham area were busy protecting their young and only hissed at us occasionally as we rode the trails around the hotel. The woosh part came several times; first as we cruised down Martingale road on the smooth pavement and with the strong north tail winds, and second on the return through Busse Woods as the wind shifted more westerly some of the gusts nearly blew us off the path. One Note about Shoelaces: Always remember to tuck them in securely both the bows and the ends as one rider found out!

Tuesday night rides

Start at 6:30 p.m from Recreation Park in Arlington Heights. Distance of ride depends on daylight available. Pace is approximately 12 to 14 mph. Always looking for leaders; contact the ride chairperson.

See the ride schedule for all the latest ride pace, place and times. The leaders phone number is typically printed too in case you have questions about the ride. The first of the slower paced shorter rides will be May 24. We will try to have two per month and a consistent starting place and time. If your are interested in leading a shorter or slower paced ride, contact Dave or Chris Van Dornick, your ride chairpersons, at 259-7917. Planned pace is about 12 mph and distance of 30 to 35 miles.

Sat May 24 9:00 a.m.	Slower Paced Ride Recreation Park 30 miles	Dick Marr Pace Y - Z (12 mph)	Local route at a more leisurely pace
Sat. & Sun. May 24 & 25 9:00 a.m.	Rockford Stateline 60 Rockford Area Riverside Park, 38 & 67 miles	Chris & Dave Van Dornick 259-7917 Pace X, Y, Z	Invitational, Fee required Great North IL & South WI Landscape, Info: Call.
Sat May 31 9:00 a.m.	Elgin Breakfast Ride The Pavilion*, Elk Grove 45 miles	Leader will be there Call Chris for info: 259-7917 Pace Y	Some rolling hills, great Breakfasts at Uncle Paul's
Sat June 7 9:30 a.m.	Fox River Trail St. Marys Park† in St. Charles 42 miles	Greg Konieczny 398-4633 Pace Y	Follow the Fox north to Algonquin. Mostly trail riding
Sat. June 14 9:00 a.m.	Slower Paced Ride Rec Park 30 miles	TBA Pace Y - Z	Local route at a more leisurely pace
Sat. June 14 9:00 a.m.	Bartlett Ride Frontier Park 50+ miles	Dave & Chris Van Dornick 259-7917 Pace Y+ (Avg. 15 mph rolling)	Joint ride with Mt. Prospect. Dave's way south and west Lunch along the way.
Fri. June 20 10:30 p.m.	1* 1997 Nocturnal Ride Rec Park 35 - 40 miles	Chris Van Dornick 259-7917 Pace Y	Ride though the full moon-lit evening. Wear reflective clothing, bring your head/tail lights. Breakfast or... 1/2 way
Sun. June 22 9:00 a.m.	North Shore 1/2 Century Cornelia Lunt Park, Evanston Church St & Judson, 48 miles	Chris Van Dornick 259-7917 Pace Y	See the homes you dream of owning. Mostly flat quiet streets
Sat. June 28 9:30 a.m.	Elmhurst Ride Juliet Lowe School** 45 miles	Roy Euclide 437-0442 Pace Y	Mostly flat route with your choice of lunch stops in downtown Elmhurst
Sat. June 28 10:30 a.m.	Slow paced ride Rec Park 30 miles	Dick Marr Pace Y - Z (12 mph)	Local route at leisurely pace
Sat July 5 8:30 a.m.	Addison Breakfast Cruise Frontier Park 43 miles	Chris Van Dornick 259-7917 Pace Y	Head south for the best pancakes this side of the Fox River at Millie's
Sun. July 6 9:00 a.m.	Algonquin Breakfast Ride Frontier Park 50 miles	Greg Konieczny 398-4633 Pace Y	Go west on 2 wheels Some hills but a good ride anyway
Sat. July 12 10:30 a.m.	AHBA Picnic Grove 2, Busse Woods 25 miles	Party! Party! Ride a little, play a little, eat and talk a lot. Bring a dish to share: A - H, Salads, I - P, Appetizers, Q - Z, Desserts.	Ride will begin at about 10:45 and return to the Grove to chow down. Club will provide meat and beverage.

\*Southwest Corner of Wellington and Beisterfield.

\*\*Highland and Victoria, Arlington Heights (2 blocks north of Golf, 3 blocks west of Arlington Heights road).

† On west side of Fox River, south of Route 64, east of Route 31

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

Recreation Park is located at 500 E. Miner (about 3 blocks east of Arlington Heights Rd.) in Arlington Heights. On street parking is available.

Frontier Park is located at the Northeast corner of Palatine Rd. and Kennicott Rd. in Arlington Heights (north side). Parking is available in the parking lot.

Poem about the AHBBA ride May 6, 1997

By Katie Krugh

Over the rivers and through the woods  
To Arlington Hts we go,  
The cyclists know the way to get them thru May  
By the green plain grass.

Over the rivers and through the woods  
Is that the Arlington Hts sign I spy?  
Hurrray for fun! Is the ride yet done?  
Hurrray for exercise!

**TIME FOR SOME GIGGLES**

If nothing ever sticks to teflon,  
how do they make teflon stick to the pan?

**Have five  
servings  
a day!**



**One serving is:**

- 1/2 cup of fruit**
- 3/4 cup juice**
- 1/2 cup cooked vegetable**
- 1 cup leafy vegetable**
- 1/4 cup dried fruit**



**Dues Due**

March is the time for our annual membership renewal. Please use the form on the back of this newsletter (or a copy of) and send with your check to Cecily or bring it to the next meeting.

**Top Riders as of May 3, 1997**

1.	Chris Van Dornick	692 miles
2.	David Van Dornick	570
3.	Terry Zmrhal	570
4.	Jerry Hill	510
5.	Greg Konieczny	496
6.	Jack Edwards	244
7.	Cindy Trent	231
8.	Bob Hinkle	196
9.	Earl Horwitz	172
10.	Paula Matzek	170
11.	Bena Gerber	152
12.	Steve Jenny	142
13.	Diane Moran	118
14.	Roy Euclide	114
15.	Hans Predal	109

**Classified**

Santana Solana, Tandem, Metallic Red 22/20, Caliper  
brakes F/R, Drum brake R, \$1200.00  
Call Jerry at (847) 255-9775

## Oberstar Challenges Bicyclists to Support NEXTEA at CBF Meeting

"One thing we (congressman) do very well is count votes," said U.S. Representative Jim Oberstar (D - MN), ranking minority member of the House committee now dealing with NEXTEA, the successor transportation bill to ISTEA.

Speaking at the Chicagoland Bicycle Federation's annual meeting, Oberstar said that bicyclists "have to be involved" in order to protect the bicycle friendly provisions of ISTEA. "We need you to be vocal" with your congressmen and senators.

"Bicyclists have cars, pay taxes to the highway trust fund, and have a right to say where those funds are spent."

Oberstar cited opposition to ISTEA from the "Road Gang" — those who want to be able to flex funding away from ISTEA's bicycle friendly Enhancements and CMAQ (Congestion Mitigation and Air Quality) programs to highway projects.

"Both Enhancements and CMAQ are vulnerable—if there aren't mandated set-asides for these programs," he said, "bike facilities won't be built."

"Write, fax, phone, see your Congressman and your Senators," said Oberstar. "Write Rodney Slater, the head of the U.S. Department of Transportation. He needs to know you support his efforts on behalf of ISTEA."

Oberstar's remarks were set up by Craig Williams, Illinois Transportation Bicycle Coordinator. Williams reviewed what Illinois bicyclists have gained under ISTEA—not only facilities, but also safety education initiatives, bike maps, plans, and policies.

Williams showed slides of new trails, the coming Grand Illinois Trail and American Discovery Trail networks, community-wide bike networks, bike parking, lanes, shoulders, and existing and planned facilities to overcome barriers such as waterways and major highways.

One slide showed that bicyclists had indicated where accommodations were needed by wearing down not one, but two paths along a very busy highway.

*Reprinted from Illinois Bicyclist Spring issue 1997.*

## Bicycle Swap

Saturday was beautiful for the Swap. Set up went smoothly; we had a great crew for check in so the line did not go half way to the street. We had our first campers at the head of the line to get into the Swap.

The line was long at the register but moved along quickly—a few people had to go for cash but most were ready to buy. Lunch was great; good hot soup, sandwiches, etc. What a feast!

Putting the bikes into the gym was done in record time along with getting them out again in the morning.

Sunday was a "drippy" day—not enough rain to stop sales but the second day is always slower. Sloppy Joes for lunch was terrific. Most of the unsold bikes were picked up by their owners and the rest were picked up by a charity to be fixed up and given to inner city kids.

Thank you to everyone who made up the more than 550 man hours of work that makes the swap **SUCCESSFUL!**

## Consider This

At our February general meeting, Pat Marshall gave us a very interesting report on her trip in Botswana, Africa. Some statistics she presented are reprinted here:

*If we could shrink the Earth's population to a village of 100 people...with all existing human ratios remaining the same, it would look like this:*

- There would be 57 Asians, 21 Europeans, 14 from the Western Hemisphere and 8 Africans.
- 51 would be female; 49 would be male
- 70 would be nonwhite; 30 white.
- 50% of the entire world's wealth would be in the hands of only 6 people
- All 6 people would be citizens of the United States
- 80 would live in substandard housing
- 70 would be unable to read
- 50 would suffer from malnutrition
- 1 would be near death and 1 would be near birth
- Only 1 would have a college education
- No one would own a computer

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  
\_\_\_\_\_ Weekend Tours

\_\_\_\_\_ 25-50 miles  
\_\_\_\_\_ Camping

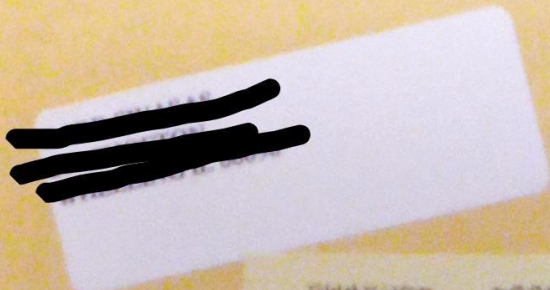
\_\_\_\_\_ 50-100 miles  
\_\_\_\_\_ Motels

Make check payable to: Arlington Heights Bicycle Association

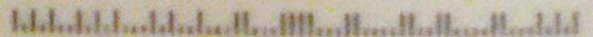
Mail to: Cecily Rood  
505 Kingsbury Dr.  
Arlington Heights, IL 60004



500 E. Miner Street  
Arlington Heights, IL 60004



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Newsletter of the  
**Arlington Heights  
Bicycle Association**

June 1997



## THE WATERS OF ARBITRARIUS

Hello again—welcome to the glorious month of June—the month in which we celebrate the birth of our flag, the summer solstice, graduations, weddings and just about anything we can during these longest days of the year. Whatever it is that you do to celebrate the summer, some of the most enjoyable times are those in which we commune with nature while out cycling. What better way to see the flowers and trees and children playing in the parks. Check out the summer evening concerts in the parks and ride to them. At least you won't have to worry about a parking space!

This month's newsletter contains a lot of information about upcoming rides/events and inspirational articles.

Remember that our general meetings for the summer will be held June 25 at Van Dornick's, (map in right column), July 23 at Krugh's, and August at Gain's. Each meeting will start at 7:00 p.m., with the main dish provided. Bring a dish to pass. There will be a brief business meeting, then on to the important stuff (socializing). This month's featured entertainment will be a tire changing contest, so bring your bike if you are going to participate. Who will be the tire-changing champ?

Thank you for all the overwhelming support that you gave to Greg for a very successful fall. The day was mostly a beautiful one and contributed to a no-complaint ride from our participants. When you get a chance, thank Greg for his fine efforts and for those of you who so willingly volunteered when he asked; put yourselves on the back... you deserved it!

On July 14 and August 14 we will be gathering at the Gain's at 7:00 p.m. (late arrivals are more than welcome) to begin organizing the club pictures to include in photo albums. Please come out and help; we have lots of memories from 26 years to preserve and the more hands we have, the quicker it will get done. We hope to have all the pictures ready to put in the albums by the August meeting.

See you on the road.

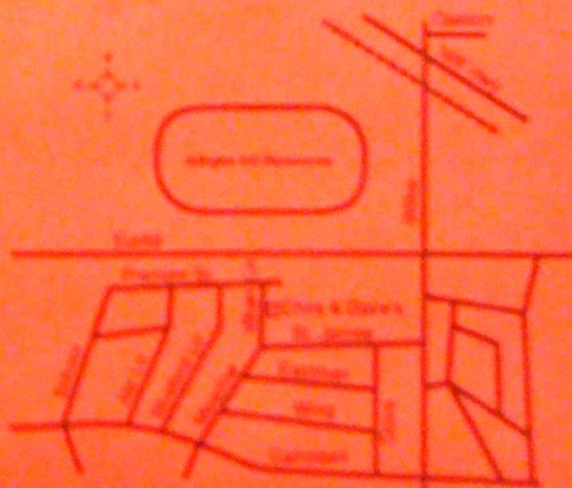
Mary

## What's Happening

### General Meetings:

June: Van Dornick's, 2104 Wren Ln, RM  
July: Krugh's, 505 E. St. James, AH  
August: Gain's, 1338 N. Duntan, AH

These meetings will start at 7:00 p.m. and will include a meal with a short business meeting and entertainment. Bring a dish to pass; contact the host couple or Mary Fitzwater with what you are bringing. At Chris and Dave's we will be having a tire changing contest so start practicing—of course you will need your own bike. In July at Bill and Ann's we will view some video tapes from last year and what we have filmed so far from 1997 rides and events. In August at Al and Jeanie's we will be putting club photos in albums to preserve them for posterity.



Site of Van Dornick's  
2104 Wren Lane  
Arlington Heights  
630-262-7

Editor: Mary

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## Officers and Staff

President:	Mary Fitzwater	394-4999
Vice Presidents:	Dave & Chris Van Dornick	259-7917
Secretary:	Mile Pivato	630-2889
Treasurer:	Rita McPherson	824-6091
Memberships:	Cecily Reed	394-7448
Newsletter Editor:	Al Olson	393-1347
Newsletter Mailing:	Jim Shoemaker	259-1692
Bike Swap:	Al & Jeanie Galt	392-1547
Refreshments:		
Arlington 500:	Greg Konieczny	398-4633
Program:	Ray Butzke	437-0442
Web Site:	Cindy Trent	392-6780

<https://mhhs.district14.k12.il.us/community/abbike/>



## At the Meetings

June 25

At Van Dornick's—tire changing contest.

July 23

At Krugh's—video of past events.

August 27

At Galt's—Picture books.

## AHBA Picnic

Party! Party! Ride a bike, play a little, eat and talk a lot. Bring a dish to share by the first letter of your last name: A-H, Salads; I-P, Appetizers; Q-Z Desserts. Grove #2 in Buzas Woods is found from the first entrance west of Arlington Heights on the north side of Higgins. (This is the same entrance road we used last year). The ride will start at 10:45 and be back just in time to eat; don't get lost. Check the ride schedule on page 3 and the map below.



## TIME FOR SOME CIRCLES

*Why is it that when we transport something by car it's called a shipment; when you transport something by ship, it's called cargo.*

Teeshirts 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. Also available are the bike club jersey and shorts. The jersey is in bright yellow, Colimax fabric, with the club logo on front and back. Cost is \$17.00. The shorts are an 8 panel very good cut of medium weight lycra with a very adequate riding pad and the club logo on one leg. These are a great value at \$20.00. Call Christine for either one of these.

## Baseball

If anyone is interested in joining the Mahomet Bike Club on August 3 for a ride to the Kane County Cougars game, please call their president, Mike Casentino, at 630-834-0214 for details. He needs a head count by the end of June.



## Top Ten + as of June 6, 1997

Chris Van Dornick	934 miles
Dave Van Dornick	749
Greg Konieczny	710
Terry Zorbal	703
Jerry Hill	610
Jack Edwards	589
Cindy Trent	528
Bob Hinkle	522
Bena Garber	510
Paula Motack	267
Geri McPherson	344
Steve Jenny	221
Earl Horwitz	218
Chris Wagner	204
Ray Butzke	193
Diane Moran	182
Hans Prudel	180
Betty Burstein	148
Jim Boyer	146
Bill Krugh	142



Fri. June 20 10:30 p.m.	1* 1997 Nocturnal Ride Rec Park 35 - 40 miles	Chris Van Dornick 259-7917 Y Pace	Ride though the full moon-lit evening. Wear reflective clothing, bring your head/tail lights. Breakfast or... 1/2 way
Sun. June 22 9:00 a.m.	North Shore 1/2 Century Cornelia Lunt Park, Evanston Church St & Judson, 48 miles	Chris Van Dornick 259-7917 Pace Y	See the homes you dream of owning. Mostly flat quiet streets
Sat. June 28 9:30 a.m.	Elmhurst Ride Juliet Lowe School** 45 miles	Roy Euclide 437-0442 Y Pace	Mostly flat route with your choice of lunch stops in downtown Elmhurst
Sat. June 28 10:30 a.m.	Slow paced ride Rec Park 30 miles	Dick Marr  Pace Y - Z ( 12 mph)	Local route at leisurely pace
Sat July 5 8:30 a.m.	Addison Breakfast Cruise Frontier Park 43 miles	Chris Van Dornick 259-7917 Y Pace	Head south for the best pancakes this side of the Fox River at Millie's
Sun. July 6 9:00 a.m.	Algonquin Breakfast Ride Frontier Park 50 miles	Greg Konieczny 398-4633 Y Pace	Go west on 2 wheels Some hills but a good ride anyway
Sat. July 12 10:30 a.m.	AHBA Picnic Grove 2, Busse Woods 25 miles	Party! Party! Ride a little, play a little, eat and talk a lot. Bring a dish to share: A - H, Salads, I - P, Appetizers, Q - Z, Desserts.	Ride will begin at about 10:45 and return to the Grove to chow down. Club will provide meat and beverage.
July 13 Sunday 1:00 p.m.	Short afternoon ride Rec. Park 35 - 40 miles	Chris Van Dornick 259-7917 Y Pace	Wear off the picnic chow or relieve the weekly stress
July 19 Saturday 9:00 a.m	Kettle Moraine General Store in LaGrange, Wis 2 Loops: 32 and 26 = 58	Jack Edwards 570-0495 Pace Y	The General Store is at the intersection of County H and Route 12 north of of Lake Geneva. Some hills but great scenery.
July 26 Saturday 7:30 Long 9:30 Short	Lake Geneva Ride Frontier Park 110 miles Veterans Park, McHenry. 54 mi	Chris & Dave Van Dornick 259-7917 1st & 4th section X Pace Short route Y Pace	For long route pack a snack for the route. Lunch in Lake Geneva at Pop Eyes
August 2 Saturday 12:30p.m.	Progressive Dinner Ride Start will be from dessert house TBA 35 miles approx	Chris Van Dornick 259-7917 Need host homes for Appetizers, Main Course and Dessert	A social event not for those on a special diet! Great participation on this one. Need to call to register so hosts know how to plan for
August 10 Sunday 8:30	Milwaukee Ride McKinley Marina in Milwaukee 76 miles	Dave & Chris Van Dornick 259-7917 Call for directions Y Pace	We again plan to ride up on Saturday. Start 9 a.m. at our house; return Monday. Call for total trip info or hotel info.

\*\*Highland and Victoria, Arlington Heights (2 blocks north of Golf, 3 blocks west of Arlington Heights road).

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

Recreation Park is located at 500 E. Miner (about 3 blocks east of Arlington Heights Rd.) in Arlington Heights. On street parking is available.

Frontier Park is located at the Northeast corner of Palatine Rd. and Kennicott Rd. in Arlington Heights (north side). Parking is available in the parking lot.

## Tuesday Night Rides

Join us every Tuesday at 6:30 P.M. at Recreation Park, Arlington Heights. Distance of ride depends on daylight available. Pace is approximately 12 to 14 mph.

## Rides Gone By...

by Chris Van Dornick

SATURDAY MAY 10

BOB'S SURPRISE RIDE

The day was sunny and pleasant and drew a good crowd. Part of the Surprise was that as Bob was checking out his rest stop, he found that, SURPRISE, the restaurant was closed. Bob opted for a more traditional route to Algonquin for breakfast.



SATURDAY MAY 17 THE 500 PRE-RIDE

A large group of riders assembled at Barrington High School to embark on a mission of checking out the route marked the week prior to see if it met our high standards. Members could choose any of the four distances, and I believe that each distance had at least one rider on it. About one quarter did the 67 mile route. The day was a deceptive one in two respects. While it was brightly sunny and the thermometer read about 65 for a high, the wind from the east was any thing but balmy. Likewise as long as one was riding with the wind, it was a friend. The other way meant tearing eyes, and runny noses. I for one was glad to be back in my heated vehicle upon our return to the school.

SATURDAY MAY 24 THE ROCKFORD STATE LINE 60

We chose this invitation to place on the ride schedule for a couple of reasons. One, the scenery is great and most of the roads are quiet. Two, did I mention the great homemade cookies! The last couple of years, this ride has been moderately attended either for the short or long route. For the two prior years, those who attended opted for the short route because of the inclement weather. This year was different. There were only six people who came up for the ride. The Weather was great with only a few sprinkles. And did I say great cookies in abundance not to mention fresh fruit, huge bagels smothered in the topping of your choice and a hot lunch to fill our tummies at the end. I understand that there were 13 riders on the first of our slower paced rides led by Dick Marr. That explains where some of you were!



SATURDAY MAY 31 BREAKFAST RIDE TO ELGIN

by Paula Matzek

The fourteen riders on May 31's Elgin Breakfast Ride declared it "a perfect day for bicycling"—sunny, nearly seventy degrees, with a light breeze (which, of course, became a little more than light as the day wore on).

Chris and Dave soon passed up the rest of the group, and, in spite of chain troubles on their tandem, they were already finishing their breakfast when the rest of us arrived at George's Restaurant. George's, by the way, was formerly known as Uncle Paul's. It is not true, however, that the reason that Don, Cindy, and Lisa headed back home before breakfast is that they were upset that Paul had passed the restaurant on to George instead of to Ringo. Regardless, the food was excellent, especially Greg's soup. Did he really think that if he left a full bowl of soup on the table it would still be there when he got back? He should know the group better than that!

On the return trip (most of which seemed to be through Streamwood—how big is that town anyway?), the group was in such good spirits that we didn't even wince about the road construction or the garbage can obstacle course. Greg and Earle had fun trading bikes, and Bena was disappointed that no one would trade with her. Jim Barr, obviously a veteran of many club rides, kept inquiring about the mileage; he was probably as surprised as the rest of us when the ride actually ended up totaling 47 miles, well within the promised "more than 45 but less than 50." And that 47 miles was a great achievement for newcomer April, who was on her first club ride of the season.

SATURDAY JUNE 7 FOX RIVER RIDE

Boy, you would think that the ride chair person would actually think to check the starting time on the ride before departing but they did not and got to Saint Charles early, and then searched the route for other club members thinking that they in fact were behind. The leader found no one and figuring the dismal day had turned most people away, himself went home. The two clowns who did the route made it almost 38 miles before encountering the heavy drizzle and then the downpour. By the way, breakfast was very good at Reese's.

See the ride schedule for all the latest ride pace, place and times. The leaders phone number is typically printed too in case you have questions about the ride. We will try to have two slower paced shorter rides per month and a consistent starting place and time. If you are interested in leading a shorter or slower paced ride, contact Dave or Chris Van Dornick, your ride chair persons, at 259-7917. Planned pace is about 12 mph and distance of 30 to 35 miles.

## Classified

Santana Solana, Tandem, Metallic Red 22/20, Caliper brakes F/R, Drum brake R, \$1200.00  
Call Jerry at (847) 255-9775

# Making Traffic Lights Turn Green

**T**raffic signals can be a boon or boondoggle to the bicyclist. They are a boon as they provide a controlled protected intersection for the predictable bicyclist arrives at a red signal which does not appear willing to turn green.

## What is a traffic detector?

Many traffic signals are controlled by a piece of wire, called a detector, buried in the street. This detector, similar to a metal detector, will determine the presence of metal objects. It will turn the light green when it detects a sufficient amount of metal disrupting the coils' frequency. Automobiles are large and create a large signal for the detector, therefore the light turns green readily for them. Obviously a bicycle does not have a large presence.

## Can a bicycle trigger a traffic detector?

Absolutely!

Traffic detectors have several designs. Unless a road has been repaved since the detector was installed, you will be able to see the shape as you approach the intersection. The placement of your bicycle is critical to you being able to successfully trigger the detector. If the cuts from a rectangle or square, stop directly over one that is parallel to your direction of travel. If the rectangle has an additional cut through the center, stop over the center. Some detectors have overlapping wires in the corner of the rectangle. Stop there.

## Bicycle Placement is Critical

Think for a moment about your bike. If the goal is to provide the largest area of metal to trigger the detector, will your front wheel accomplish that goal? Probably not. The amount of metal there is minimal. The frame, bottom bracket, cranks, and pedal areas have a larger quantity of metal. Align it carefully over the visible detector wires. You may be more successful placing that area of your bike over the areas outlined above or those that may contain overlapping wires as in the rectangle corners.

In some areas, motion detectors are now being used to "detect" traffic and trigger signals. These devices may be mounted on the signal light or pole next to the intersection and work similar to the motion detectors installed with home and business security systems and many automatic garage door openers. They project an invisible beam designed to trigger when the detect the movement of a particular sized object. Your challenge—ride through the invisible beam. A lazy "S" motion by the cyclist in the potential area of the beam should be the most successful at tripping the trigger.

## Uncooperative Traffic Detectors

Detectors of all types are, to varying degrees, effective devices for cyclist. They require careful calibration to detect all possible road users effectively without over sensitivity causing various malfunctions. Bicycles are vehicles. As the driver of that vehicle, you, the cyclist, are responsible for obeying traffic laws. A non-detecting signal prevents you from doing that. Report malfunctioning traffic detectors to the appropriate local traffic official.

You are over the wire. You are patient. The light doesn't turn. Now what? Wait a reasonable amount of time, even at a signal you know may not respond, then treat it as a stop sign and proceed when the crossroad is clear. And, definitely report that signal!



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# 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:

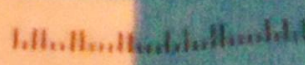
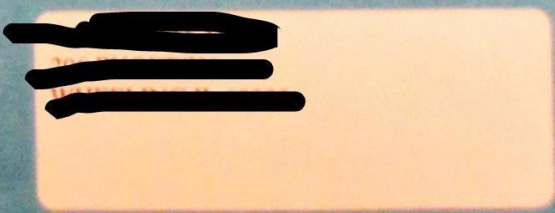
Rides: \_\_\_\_\_ 10 - 25 miles \_\_\_\_\_ 25-50 miles \_\_\_\_\_ 50-100 miles  
\_\_\_\_\_ Weekend Tours \_\_\_\_\_ Camping \_\_\_\_\_ Motels

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**

July 1997



**Eitz WATIEB'S** Deflections 

Tis the glorious month of July, that time of year when the days are long but not long enough to fit everything in them that we want to do in the nice weather. Hopefully, you are getting in a bit of riding during this time. When looking for a ride, all you have to do is check the ride schedule listed in the newsletter and show up. Thanks to Chris and Dave, we have an excellent variety to choose from geared to every level of rider. They have worked so hard to schedule the rides and arrange for ride leaders. Where would we be without them?

Our next **BIG EVENT** is the progressive dinner on August 2. Will you be there? We always have a lot of fun and it is a good excuse to eat all you want because you burn off the calories while riding to and from the hosts' homes...

We have made a lot of progress in dating and labeling pictures from past years, however, we still have a lot of work to do. Especially needed is the expertise of earlier club members in identifying some of the older pictures and riders. Please join us on August 14 at 7 p.m. at Al and Jeanie Gain's. We will have dinner and then get to fun. It really is enjoyable to see how the club has progressed through the years. At the August general meeting (August 27) at Gain's, we will be putting the pictures in photo albums.

I hope to see you at the next general meeting at 7 p.m. on July 23 at Ann and Bill Kragh's where we will be enjoying videos of the 25th Anniversary (the unedited version), 1996 events/rides, and those which Bill (and even Katie) have taken so far this year. Bring your appetite and a salad or dessert to share. The club will provide the main course.

The Emil Donker's Bike Safety Helmet program which was held during the 1996-1997 school year was a resounding success. The children at Windsor Elementary School not only benefitted by being able to participate in the contest but also learned a lot about the need for wearing safety helmets while riding. We are extremely grateful to Bob Hinkle for all his efforts with this program. We are hoping to continue the program but are looking for another member to volunteer to chair the program for the 1997-1998 school year. Please contact one of the club officers if you are interested in volunteering for this very worthy community project.



*Riding on Mary*

## What's Happening

General Meetings:

July: Kragh's, 505 E. St. James, AH  
 August: Gain's, 1336 N. Dunton, AH

These meetings will start at 7:00 p.m. and will include a meal with a short business meeting and entertainment. Bring a dish to pass; contact the host couple or Mary Fitzwater with what you are bringing. At Bill and Ann's we will view some video tapes from last year and what we have filmed so far from 1997 rides and events. In August at Al and Jeanie's we will be putting club photos in albums to preserve them for posterity.

		Euclid		
Arlington Hts Rd				
		Fremont		
	Pine	Belmont	Haddon	Douglas
		St. James		
		Eastman		
	Minor			
			Rec. Park	

*Bill and Ann Kragh  
 505 E. St. James  
 Arlington Heights*

## Officers and Staff

President:	Mary Fitzwater	394-4999
Vice Presidents:	Dave & Chris Van Dornick	259-7917
Secretary:	Milo Plavec	639-2889
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
Web Site:	Cindy Trent	392-6750

<http://rmhs.dist214.k12.il.us/community/ahbike/>



## At the Meetings

### July 23

At Kragh's—video of past events.

### August 27

At Gain's—Picture books. This is the last meeting at a special location; future general meetings will be held at Recreation Park Bldg.

### September 24

Karen Shimmers from Chicago Bicycle Federation will discuss various topics including: Bike on Metra Campaign.

### October 22

Richard and Frieda Liebold will show slides of their bicycle trip to Alaska.

## Classified

Santana Solana, Tandem, Metallic Red 22/20, Caliper brakes F/R, Drum brake R, \$1200.00  
Call Jerry at (847) 255-9775

## Bicycle Helmet Safety Program

The final drawing of the Emil Donkers Bicycle Helmet Safety Program was held at Windsor Elementary School on June 6th. May's winner, Chris Miller, drew fifth grader Kevin McCarthy's name. All ten recipients were then called to the principal's office for a group picture.

The students and faculty looked forward to the monthly drawings. Even though only ten helmets were awarded, the importance of wearing a bicycle helmet was reinforced over the school's intercom once a month. The goal of the program was to get children to wear bicycle helmets.

*Pictured below: Chris Miller drawing the helmet winner's name while principal, Dr. Meyer, describes what's going on over the intercom.*

*Pictured right: Bob Hinkle presenting Kevin McCarthy June's Helmet Award and Certificate.*

*Pictured below right: All ten Helmet Safety Program recipients for this school year.*



Saturday July 19 7:30 Long 9:30 Short	Lake Geneva Ride Frontier Park 110 miles Veterans Park, McHenry. 54 mi	Chris & Dave Van Dornick 259-7917 1st & 4th section X Pace Short route Y Pace	For long route pack a snack for the route, Lunch in Lake Geneva at Popeyes
Saturday July 19 9:00 a.m.	Slow Paced Ride Rec Park 25 miles	Dottie Tbckey  12 mph	Local route at a leisurely pace
Saturday July 26 9:00 a.m.	Kettle Moraine General Store in LaGrange, WI (North of Lake Geneva) 2 Loops: 32 and 26 = 58	Jack Edwards 570-0495 Y Pace	The General Store is at the intersection of County H and Route 12 north of of Lake Geneva. Some hills (speed Bumps) but great scenery.
Saturday August 2 12:30p.m.	Progressive Dinner Ride Wilkersons' 342 Banbury, EGV 35 miles approx	Chris & Dave Van Dornick 259-7917 Y Pace	Must call to register by 7-29-97 Start from desert house. From Rt.53 east on Beisterfield, south on Wellington to Banbury.
August 9 Saturday 9:00 a.m.	Slow Paced Ride Rec Park 25 - 30	TBA	Local route at a leisurely pace
Sunday August 10 8:30	McKinley Marina in Milwaukee 76 miles	Dave & Chris Van Dornick 259-7917 Y Pace	A great ride, several stops (If your are riding up Saturday with us and returning Monday, you must call to register)
Friday August 15 10:30 p.m.	Nocturnal Ride2 Rec Park 25-30 miles	Chris Van Dornick 259-7917 Y Pace	Wear reflective clothing to cruise through the night.
Sunday August 17 9:00 a.m.	Covered Bridge Ride Frontier Park 50 miles	TBA	Tbur in the local area to see the structural beauty of some bridges
Saturday August 23	Liberty Metric Route Dan Wright School, Riverwoods 8:00 a.m 65 miles. Wauconda Orchards 9:00 a.m. 35 miles	Joint Ride with Mt. Prospect Chris Van Dornick 259-7917  Y Pace	Lunch or breakfast in McHenry Note: 2 starting points and times

\*\*Highland and Victoria, Arlington Heights (2 blocks north of Golf, 3 blocks west of Arlington Heights road).

#5/10E  
300

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

Recreation Park is located at 500 E. Miner  
(about 5 blocks east of Arlington Heights  
Rd.) in Arlington Heights. On street park-  
ing is available.

Frontier Park is located at the Northeast  
corner of Palatine Rd. and Kennicott Rd. in  
Arlington Heights (north side). Parking is  
available in the parking lot.

## Tuesday Night Rides

Join us every Tuesday at 6:30 P.M. at Recreation Park, Arlington Heights. Distance of ride depends on daylight available. Pace is approximately 12 to 14 mph.

## Rides Gone By...

by Chris Van Dornick

### SATURDAY JUNE 14, THE LONG WAY TO BARTLETT

This ride had a very good turnout for this sunny breezy day. It felt cool at the start so we had to plan a stop to strip off a layer. The lunch stop at the Whistle Stop Cafe was delicious and some even enjoyed milk shakes and rootbeer floats with their lunch. I guess they felt it was necessary to battle what they figured was a tremendous headwind on the way back. The wind actually died down in the afternoon and was not as great of a factor. It was a very enjoyable day.

### FRIDAY JUNE 20, THE FIRST NOCTURNAL RIDE

The forecast was for thunderstorms and it was a steamy night. The moon was up there, visible through some of the thin hazy clouds. It rained, but only in scattered locations. Did the nocturnal ride take place? Yes it did! The leader and two other riders came out to enjoy the very balmy night air. The route was slightly modified being that there was distant thunder and occasional lightning around. There will be another nocturnal ride scheduled in August. Hopefully the weather conditions will be more favorable so more of you can enjoy it.

### SUNDAY, JUNE 22, THE ALMOST HALF CENTURY

The day was warm, and the scenery terrific as we cruised through the North Shore area. We managed to get to the Subway Sandwich Shop just after they opened and bought our lunch to go. We found some young entrepreneurs who gladly sold us some pink lemonade which hit the thirsty spot. We arrived at the forest preserve to eat our lunch and found that someone had the perfect place for a wedding reception in the pavilion. We ate quickly and excused ourselves from the reception area. The ride was altered at the end to obtain some ice cream in Glencoe.

### SATURDAY, JUNE 28, ROY'S ELMHURST RIDE

A very balmy day with light south breeze, there were only five riders out to enjoy this taste of very good German food. With this small of a group we arrived at the restaurant ahead of schedule and enjoyed the coolness of the lower level, the authentic food and the German music. After lunch as we headed back through Busse Woods, the Cook County Forest Preserve District had set up a booth for bicycle safety day. All riders were given a goodie bag with some treats, a map of the Busse Woods area, and a few advertisements. We were applauded at having helmets on and informed the Preserve people that we represented the Arlington Heights Bicycle group and that we do promote safe cycling at all events. They even made Earle H. a celebrity by taking his picture and promising him that it would be in the local paper.

See the ride schedule for all the latest ride paces, places and times. The leaders phone number is typically printed too in case you have questions about the ride. We will try to have two slower paced rides pre month on Saturdays at Recreation Park at 9 a.m. If you are interested in leading a shorter or slower paced ride, contact Dave or Chris Van Dornick, your ride chairpersons, at 259-7917. Planned pace is about 12 mph. and distance of 30 to 35 miles.

### SATURDAY, JULY 5, ADDISON RIDE

by Paula Matzek

A sunny day with temperatures in the mid-70's found 14 club members riding to Addison for breakfast at Millie's Pancake Shop. It was a beautiful day for a ride, and we arrived at the restaurant in record time. There we enjoyed an assortment of great pancakes, with the foursome sitting at the "annex" table (not to be confused with the "annex dorms" at U. of I.) doing some trading to come up with their own "combo platters."

On the trip home, we tested the effects of the various types of pancakes on riding speed. Why is it, we wondered, that the buckwheat pancakes seemed to slow some of us down, while, if anything, they caused Chris to speed up? It must have been the chocolate milk. Regardless, it is not true that some desperate member of the group deliberately slashed Chris's front tire in order to slow her down. Anyone could have predicted that even with duck tape wrapped around her tire and rim, Chris would keep us moving at a respectable pace. Jerry was impressed that Chris was able to time the trip perfectly so that we got a break in Roselle as the only daily freight train came through town. (Jim was impressed that the train engineer was able to talk on the phone and wave to us while still steering the train!)

Now that the tire-changing contest from the June meeting is over, the next scheduled club competition may be the syrup-eating contest. Top contenders are Bena, Paula, and Jim, and the event will most likely be held at Jim's House of Cinnamon Buckwheat Pancakes. Stay tuned for further details

**T**ee-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. Sizes available are L and XL in all colors and M in yellow. Contact Christine Van Dornick for a shirt at (847) 259-7917.

Also available are the bike club jersey and shorts. The jersey is in bright yellow, Colmax fabric, with the club logo on front and back. Cost is \$17.00. The shorts are an 8 panel very good cut of medium weight lycra with a very adequate riding pad and the club logo on one leg. These are a great value at \$20.00. Call Christine for either one of these.





By Cindy Trent

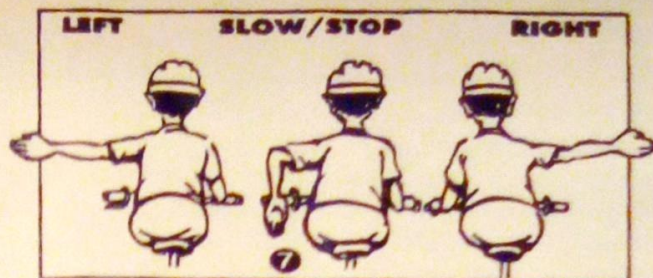
The trip brochure might have begun "See Wisconsin Like You've Never Seen It Before." Eight of us, Don Ami, Jack Edwards, Bernie Casada, Greg Konieczny, Diane Moran, Jeanette Sherwin, Dave Van Dornick, me, and Jeanette's friend Julie, ventured to Eagle River, Wisconsin to ride in the 500 mile GRABAAWR.

The brochure would have explained that GRABAAWR stood for GReat Annual Bicycle Adventure Along the Wisconsin River. Averaging about 70 miles a day, the group, along with about 1292 of their closest friends, will follow the Wisconsin River from Eagle River to Prairie du Chien.

The brochure might continue that the trip will include home cooked meals at schools and churches along the way and the much welcomed lemonade stands. Accommodations will include spacious gym floors, large tent cities and a motel room about halfway through. The weather will range from 90 degree scorchers to 50 degree chillers. 20+ mile an hour head winds will slow the group down on Day 4 (except for Don, who averaged over 15 mph that day in an attempt to stay warm and dry).

However, I doubt the brochure would include one of the most humorous moments. Coming out of Tomahawk, with daunting hills in sight, Jack, Greg and Dave got off to a late start. A 62 year old grandmother was about to embark at the same time. However, the three chivalypus gentlemen saw worry on "Grandma's" face. She was concerned about getting lost on the way out of town. Jack explained that Dave and Greg were very accomplished hill riders and rode the hills very quickly, but that he would be more than willing to ride with her at her own pace out of town. The last laugh, however, was heard as "Grandma" cruised past the three gentlemen on the way up the first hill, her pace never wavering from the flat to the hill, "Grandma" left our heroes in her dust. Dave chuckled to himself thinking that "Grandma" had many other men to humble that day. And who said chivalry is dead.

The brochure would conclude with a phone number for more information. For those of you with fear of Rear End Pain, just ask Jeanette about "The Liberator." Other questions might be about 4 foot high shower heads, phone lines, early morning dashes to stay dry, spaghetti, spaghetti and more spaghetti. Actually, I'm sure any of us will love to fill you in because no brochure could capture the great experience we had.



## Communicating

Bike are slower, quieter, and less visible than most other vehicles. So you should make drivers notice you, and try to communicate with them. And because of a lot of bicyclist don't follow traffic laws, driver don't always know what you'll do—even if you think it's obvious. Here are some ways to communicate.

### Use Hand Signals:

Whenever you change lanes or turn, signal with your arm.

*Marilyn Wilkerson submitted the above picture and article, without identifying the source.*

## Top 20 as of July, 1997

Chris Van Dornick	1322
Dave Van Dornick	968
Greg Konieczny	924
Terry Zmrhal	819
Cindy Trent	611
Jerry Hill	601
Bena Gerber	559
Paula Matzek	472
Jack Edwards	461
Chris Wager	443
Steve Jenny	376
Geri McPheron	360
Earl Horwita	349
Bob Hinkle	340
Roy Euclide	321
Glen Phillips	318
Don Dereby	297
Hans Predel	254
Bill Kragh	247
Lisa Nelson	243

## Hilly Hundred

October 17, 18, 19, 1997 in Bloomington, IN.  
Call Marilyn Wilkerson for more information at  
(847) 439-4496.

# 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



[REDACTED]



# Newsletter of the Arlington Heights Bicycle Association

August 1997



## It's WATER'S Reflections

Hello again to all of you! Here we are almost through this glorious summer. What have you been doing to enjoy it? If you're like me, you have been so busy trying to cram everything you can into these few weeks only to find out that time is running short and there are still many things to do before the cool weather sets in. I hope that you have been getting in a lot of riding whether on the organized rides or just on your own. Let's all hope that the weather continues to co-operate, there are lots of miles to cover yet. I for one do not ever pray for snow, since I am a true Leo and a fair weather rider. Give me summer forever!

My sincere thanks to all of the members who participated in progressive dinner. Special thanks go to Greg, Chris and Dave, Don, and Marilyn who so graciously hosted the different courses. A good time was had by all especially since everything was calorie free!

Our last meeting was such a lot of fun, thanks to hosts Ann and Bill Kragh. We had a super supper and afterwards lots of good laughs while viewing some of the club videos. We will try to arrange another night in the future to see the rest of the videos since we did not have enough time to see them all in one night. We have some great footage of past and current events and rides. Have you seen them yet? In order for our helmet safety program to continue, we will need a member to volunteer as chairperson. Please consider offering a couple hours of your time a month oversee this worthwhile program. Contact me or one of the other officers if you can help.

Our August general meeting will be held at Al and Jeanie Cain's home where we will continue the process of putting the many pictures from the club's 26 year history into photo albums. Dinner will start at 7:00 p.m. with a short business meeting afterwards. The club will provide the main course and we ask that you bring a salad, vegetable, or dessert to share. This will be the last meeting to be held at members' homes. The rest of the meetings will be held at Recreation Park starting at 7:30 p.m.

Keep racking up those miles...

Riding on *Mary*

P.S. Hey Karen, have you taken out any mail boxes lately?

## The Wilkerson Bikers Ride Again!

We're heading back to Wisconsin September 20 & 21. Some of you remember the fabulous weekend we had last year in the Spring Green area and the beautiful vistas and orchards on the Ocooch ride. Well, this year we are going for Flat, but still scenic, on Saturday to follow the route used but the **Menominee River Century**, metric that is (or less if you like). I have reserved some rooms at **Motel 6** in Green Bay for Friday night, September 19. Our Saturday ride starts in Marinette, WI, follows the Peshtigo River for a ways and 5 miles on Wisconsin's best Rustic Road. Then we cross to Michigan to River Road which winds along the Menominee River for 20 miles—one of Michigan's finest bicycle routes. Saturday night we will drive back down to the **Super 8** at Oshkosh where I also have reserved some motel rooms. On Sunday, September 21, we will join the **Janus Gourmet Bike Tour** in Neenah, WI. This ride, advertised as scenic country side in rolling terrain, was recommended to me by someone at the Ocooch ride a few years ago. The mileage is 15, 35, or 70 miles and includes rest stops, food, sag service, T-shirts, water bottle and all that good stuff. Call Marilyn Wilkerson at 847-439-4496 for room and/or ride info for this super get-away weekend and I will send you a registration form for the Sunday ride. You need to register before August 8 if interested in a T-shirt or by September 15 for free water bottle.

The Ocooch ride is October 5 for those of you who have inquired. If you rode last year you will receive info in the mail. Several of us are going to the **Hilly Hundred** (only 50 miles each day and my all time favorite ride) in Bloomington, Indiana, October 18 and 19. It is limited to 5000—WOW, what a big party! It's a beautiful ride in Monroe State Forest and Brown County with full fall color, lots of food, entertainment and even shopping in Nashville.



FRIENDS

Marilyn Wilkerson

Budgeted

## Officers and Staff

President:	Mary Fitzwater	394-4999
Vice Presidents:	Dave & Chris Van Dornick	259-7917
Secretary:	Milo Plavec	639-2889
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
Web Site:	Cindy Trent	392-6750

<http://rmhs.dist214.k12.il.us/community/ahbike/>



## At the Meetings

August 27

At Gain's—Picture books. This is the last meeting at a special location; future general meetings will be held at Recreation Park Bldg.

September 24

Karen Shimmers from Chicago Bicycle Federation will discuss various topics including: Bike on Metra Campaign.

October 22

Richard and Frieda Liebold will show slides of their bicycle trip to Alaska.



## Tuesday Night Rides

Join us every Tuesday at 6:30 p.m. at Recreation Park, Arlington Heights. Distance of ride depends on daylight available. Pace is approximately 12 to 14 mph. Always looking for ride leaders; contact your ride chairpersons at 259-7917. The last Tuesday ride for 1997 will be September 30!



## Classified

Santana Solana, Tandem, Metallic Red 22/20, Caliper brakes F/R, Drum brake R, \$1200.00  
Call Jerry at (847) 255-9775

## Wanted

Bicycle, men's frame, 18" (46 cm) or 19" (48 cm), 700x28 to, 700x35 tire, standover height 28" (71 cm) to 29" (73 cm). expected riding 30 to 50 miles. Call Ray at (312) 915-6137 days or (847) 991-1443 evenings.

## Top Twenty Riders as of 8-8-97

Chris Van Dornick . . . . .	1613
Greg Konieczny . . . . .	1105
Dave Van Dornick . . . . .	1100
Terry Zmrhal . . . . .	819
Paula Matzek . . . . .	699
Bena Gerber . . . . .	684
Cindy Trent . . . . .	652
Jack Edwards . . . . .	629
Jerry Hill . . . . .	601
Steve Jenny . . . . .	488
Chris Wager . . . . .	443
Roy Euclide . . . . .	432
Marilyn Wilkerson . . . . .	426
Geri McPheron . . . . .	416
Glen Phillips . . . . .	392
Don Dereby . . . . .	386
Earl Horwitz . . . . .	383
Bob Hinkle . . . . .	340
Ron McPheron . . . . .	334
Dick Marr . . . . .	322

## Best "Theme Ride" of 1997?

by Paula Matzek

So you think you've got a great route planned for your next ride? Well, you'll have to make it pretty spectacular to compete with Greg's route on Tuesday evening, July 15. Once he finally lost that other pesky group, led by Bill, Greg really showed his routing expertise. Who else could have designed a single route with **four themes**—road construction, gravel, glass, and portage? (Could any of these have contributed to Karen's **fifth theme**—flat tire on the way home from the ride?)

**T**ee-shirts with the 25th anniversary logo on them are available to all club members. One shirt is free; others are available at \$10.00 each. Colors are heather grey, bright yellow and sky blue. Sizes available are L and XL in all colors and M in yellow. Contact Christine Van Dornick for a shirt at (847) 259-7917. Note: there are no more XL in grey left!

Also available are the bike club jersey and shorts. The jersey is in bright yellow, Coolmax fabric, with the club logo on front and back. Cost is \$17.00. The shorts are an 8 panel very good cut of medium weight lycra with a very adequate riding pad and the club logo on one leg. These are a great value at \$20.00. Call Christine for either one of these.

## Hilly Hundred

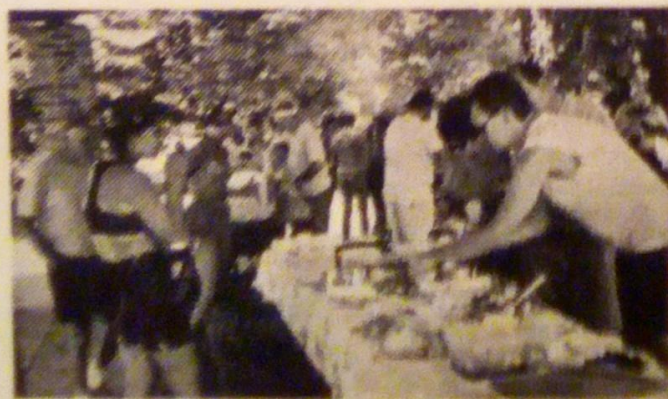
October 17, 18, 19, 1997 in Bloomington, IN.  
Call Marilyn Wilkerson for more information at (847) 439-4496.

Saturday August 23 2 Start times and places	Liberty Metric Route Dan Wright School, Riverwoods 8:00 a.m. 65 miles. Wauconda Orchards 9:00 a.m. 35 miles	Joint Ride with Mt. Prospect Chris Van Dornick 259-7917 Pace Y	Lunch or breakfast in McHenry Note: 2 starting points and times
Sunday Aug 31 9:00 a.m.	Burlington Ride, 60 Miles Riverside Pk, Burlington WI I-94 North WI 50West Hwy 83 North Congress Right to parking	Greg Konieczny 398-4633 Pace Y	Not exactly flat! Some "Bump Bumps." Great lunch in Eagle WI
Saturday Sept 6 9:00 a.m.	Stratford Square Ride Juliette Low School Highland & Victoria, AH 49 miles	Roy Euclide 437-0442 Pace Y	Shop or Dine in the Mall
Saturday Sept 13 9:00 a.m.	Hawthorne Center Ride From Lake Arlington parking 45 miles	Karen Z 398-2636 Pace Y	Route NE to the Vernon Hills Area. Lunch in the Mall.
Saturday Sept 20 9:00 a.m.	Old Fashioned Ice Cream Ride Frontier Park 46 miles	TBA	Lunch on some great American hot dogs and excellent ice cream.
Saturday Sept 27 9:00 a.m.	Woodstock Ride Lakewood Forest Preserve Fairfield Rd at Rt. 176 72 miles	Dave & Chris Van D. 259-7917 Pace Y	Breakfast early then fun in the hills, bring a snack for later when you need it
Note:	2 Local Invitationals		
Sept 7	The Harmon Hundred	Wheeling Wheelmen	Varying distances on both and both offer a century route.
Sept 21	North Shore Century	Evanston Bike Club	Challenge yourself on a 100 mile ride!

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

Recreation Park is located at 500 E. Miner  
(about 3 blocks east of Arlington Heights  
Rd.) in Arlington Heights. On street park-  
ing is available.

Frontier Park is located at the Northeast  
corner of Palatine Rd. and Kennecott Rd. in  
Arlington Heights (north side). Parking is  
available in the parking lot.



Let the Eating Begin.



Dottie Hicken, Don Detschen, Ron McPherson, Ron Detschen

## Rides Gone By...

by Chris Van Dornick

### ALGONQUIN BREAKFAST RIDE SATURDAY, JULY 12

The day after Grabaawr for several members, Algonquin for breakfast was our destination. We navigated through a few minor glitches in the route sheet to arrive for a great hot breakfast at Lang's, home of the Garbage Potatoes. If you've never tried these, they are a meal in themselves. On the return trip some of us decided that the day would not be complete without some ice cream. We stopped in Barrington and had some to fulfill our needs.

### AHBA PICNIC AND RIDE SATURDAY, JULY 12

Dave V. and 22 others went on a short cruise through Busse woods and beyond and nearly 35 enjoyed the great day and the picnic. We had to do some coaxing to get people to participate in the games, but those who did had a great time with some of it being captured on video. Dave V. won the overall event with many close seconds and thirds. Much thanks to Roy E., the Chef and to M.C. Mary F. for officiation at the games. This Day was enjoyed by all who participated.

### SUNDAY ICE CREAM RIDE SUNDAY, JULY 13

It was a very warm and breezy day as we four headed out into the heat of the afternoon sun. We stopped in Long Grove for a cool off and fluids break and continued west and south into the wind. The route was shortened slightly when it became very apparent that Mother Nature had gotten the best of two of the riders. At the suggestion of ice cream, our spirits improved and we gathered the stamina to return to AH for some great frozen treats.

### LAKE GENEVA SATURDAY, JULY 19

Despite the last minute switch on the ride schedule, 13 riders made it to both starting points for this ride. In McHenry, we were surprised by the crowds of people who had come to the same park as our starting point for a craft fair. Some of them were curious about us too, especially when they learned that about 6 of us had ridden from AH that morning. After a couple of flats on the same wheel, we made it to Popeyes for some great sandwiches, and plenty of cool beverages. The return to McHenry went pretty well despite some tired bodies and one tight dinner engagement. For those of us who returned to Arlington Heights, it was a long day as we racked up more that a century on two wheels for that day. Whew!

### KETTLE MORAINNE RIDE SATURDAY, JULY 26

Hot, Hot, Hot and some hills was the way to describe this day. Most people did the sensible thing and stayed home, but a couple of us decided that a heat index of 115 was still tolerable to ride in. The shade in the morning was definitely a benefit as we rode through wooded areas and farm land. A welcome bottle of cool juice replenished our fluids at the rest stop. Lunch at the General Store was delicious as usual. The second loop was shortened a little by construction, but the heat had increased and shade was hard to come by. We opted for a cool down with a swim in the lake. We made it back renewed by the cool off and refill of our water bottles in the park. This was definitely a challenge!

See the ride schedule for all the latest ride paces, places and times. The Leaders phone number is typically printed too in case you have questions about the ride. We will try to have two slower paced rides per month on Saturdays at Recreation Park at 9:00 a.m. If you are interested in leading a shorter or slower paced ride, contact Dave or Chris Van Dornick, your ride chairpersons, at 259-7917. Planned pace in about 12 mph. and distance of 30 to 35 miles.

PROGRESSIVE DINNER RIDE

by Paula Matzek

SATURDAY, AUGUST 2

It has been proven once again that this bike club knows how to eat! On August 2, we were treated to four fantastic courses at the homes of our four hosts—appetizers at Greg's (love those deviled eggs no matter how they are sliced), salads at Chris and Dave's (wonder why Chris didn't arrange the fruit salad on a fancy platter for us), main course at Don's ( we'll be back tomorrow for more), and desserts at Marilyn and Hugh's (Marilyn's homemade pies are legendary). In between, we actually rode our bikes, but probably not enough, just 34 miles, to burn off all that we ate that afternoon.

Besides discussing the excellent food which we were eating, we found time for a few other topics. Some of the single women in the group debated the characteristics of an ideal man (non-breathing vs breathing, and how loudly). Karen and Earle carried on a challenging riddle contest. Earle also schooled us on proper French pronunciation as learned on the streets of Paris.

Our "race" to the dessert stop was stymied somewhat by Dave's cue sheet. Apparently bitter that he would be working instead of joining us for this special event, Dave deliberately put wrong direction or two into the cue sheet just to spite us. But such a snafu could never slow this group down for long. We were only grateful that Barb had not designed the route or we might have still been on our way to dessert now.

Ride the train with your bike

In past issues there have been articles discussing the possibility of commuters taking their bicycles on the Metra trains. Commuting to work in another suburb by peddling to the station, riding the train with your bike in a special car designed to store it, and then peddling from station to work, may be just the thing. Going on a Saturday or Sunday excursion with your bike might be an easy way to enjoy riding in another area.

Governor Jim Edgar signed a bill that will take effect on July 1, 1999 that will allow Metra to carry bikes.

Metra must balance its limited resources to the best use. The bill 'allows' Metra to carry bicycles; it is not a must. How much will it cost to modify existing rail cars to be able to carry bicycles, and will there be sufficient ridership?

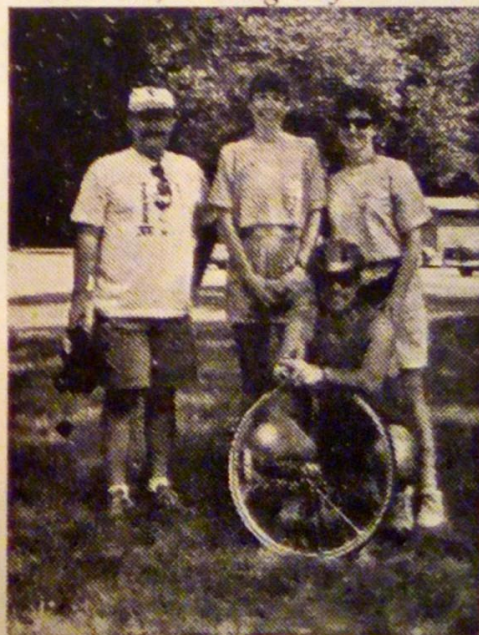


Chris said, "See Dave ride his bike."

Mary said, "See Dave ride his bike between the lines."

Dave said, "What lines."

Wheel? No, missing bicycle.



# 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:

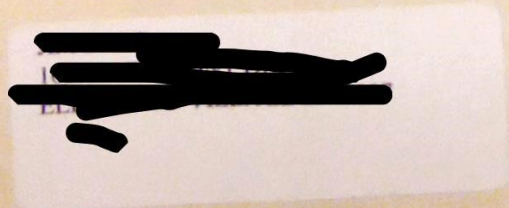
Rides: \_\_\_\_\_ 10 - 25 miles \_\_\_\_\_ 25-50 miles \_\_\_\_\_ 50-100 miles  
\_\_\_\_\_ Weekend Tours \_\_\_\_\_ Camping \_\_\_\_\_ Motels

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





THE  
SPOKEN  
WORD



Newsletter of the  
**Arlington Heights  
Bicycle Association**

September 1997



## EITZ WATIEB'S Reflections

Greetings and welcome to September—a month in which we experience lots of beginnings and endings. Summer ends and Fall begins; the mosquitoes and hornets end their reigns of terror (yea!); the trees and bushes begin their glorious art show as they change from summer greens to a palette of pinks and reds and oranges and everything in between. Tuesday night rides end as the days become shorter, and we begin the seasons of celebrations and holidays. Check out the ride schedule that Chris and Dave have put together; there should be something of interest for everyone. The weather should be nice for the next few weeks so get out and enjoy it while you can.

The end of summer also marks the end of our monthly meetings at member's homes. The August meeting was a lot of fun thanks to Al and Jeanie who were the gracious hosts. We enjoyed their sloppy joes and the balance of the meal which was provided by club members who attended. Thank you Al and Jeanie! And another round of applause to our other summer meeting hosts, Dave and Chris Van Dornick and Bill and Ann Kragh. Without you guys, our summer meetings would not have been so much fun! September brings us back to Recreation Park for our general meetings which will begin at 7:30 p.m. Our last meeting of the year will be October 22 when we will be electing officers for 1998.

See you at Rec. Park on September 24 and...

*Keep rackin' up those miles*

*Mary*



## Marilyn's Favorite Ride

The Ocooch ride is October 5 for those of you who have inquired. If you rode last year you will receive info in the mail.

Several of us are going to the **Hilly Hundred** (only 50 miles each day and my all time favorite ride) in Bloomington, Indiana, October 18 and 19. It is limited to 5000—WOW, what a big party! It's a beautiful ride in Monroe State Forest and Brown County with full fall color, lots of food, entertainment and even shopping in Nashville.

*Marilyn Wilkerson*

## Annual Banquet Set for November 15

Chris said that there will be more information in the next newsletter. Mark your calendar now! The banquet has always been a wonderful evening of fun, eating and mingling with good bicycling friends at the end of the scheduled biking season.



## Tuesday Night Rides

Join us every Tuesday at 6:30 p.m. at Recreation Park, Arlington Heights. Distance of ride depends on daylight available. Pace is approximately 12 to 14 mph. We're always looking for ride leaders; contact your ride chairpersons at 259-7917. The last Tuesday ride for 1997 will be September 30! Please wear reflective or light colored clothing for those last couple of evening rides.

## Officers and Staff

President:	Mary Fitzwater	394-4999
Vice Presidents:	Dave & Chris Van Dornick	259-7917
Secretary:	Milo Plavec	639-2889
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
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Arlington 500:	Greg Konieczny	398-4633
Program:	Roy Euclide	437-0442
Web Site:	Cindy Trent	392-6750

<http://rmhs.dist214.k12.il.us/community/ahbike/>



## Top Twenty Riders as of 9-8-97

Chris Van Dornick.....	2016
Greg Konieczny.....	1489
Dave Van Dornick.....	1426
Cindy Trent.....	917
Bena Gerber.....	898
Jack Edwards.....	880
Paula Matzek.....	868
Terry Zmrhal.....	845
Jerry Hill.....	601
Steve Jenny.....	578
Chris Wager.....	568
Geri McPheron.....	543
Roy Euclide.....	520
Lisa Nelson.....	514
Don Derebey.....	500
Barb Swassos.....	477
Earle Horwitz.....	451
Dick Marr.....	449
Marilyn Wilkerson.....	429
Glen Phillips.....	420

## At the Meetings

September 24

Karen Shimmers from Chicago Bicycle Federation will discuss various topics including: Bike on Metra Campaign.

October 22

Richard and Frieda Liebold will show slides of their bicycle trip to Alaska.



## Classified

Santana Solana, Tandem, Metallic Red 22/20, Caliper brakes F/R, Drum brake R, \$1200.00  
Call Jerry at (847) 255-9775

## Wanted

Bicycle, men's frame, 18" (46 cm) or 19" (48 cm), 700x28 to, 700x35 tire, standover height 28" (71 cm) to 29" (73 cm), expected riding 30 to 50 miles. Call Ray at (312) 915-6137 days or (847) 991-1443 evenings.

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Saturday Sept 27 9:00 a.m.	Woodstock Ride Lakewood Forest Preserve Fairfield Rd at Rt. 176 72 miles	Dave & Chris Van Dornick. 259-7917 Pace Y	Breakfast early in Woodstock then fun in the hills, bring a snack for later when you need it.
Saturday Oct 4 9:30 a.m.	Botanical Gardens Ride From Beck's Lake F. D. On Central Road 0.5 miles east of Des Plaines River. 46 miles	Dave & Chris Van Dornick 259-7917 Pace Y	See fall blooms in full color, lunch stop.
Saturday Oct 11 9:30 a.m.	Fox River Ride From St. Mary's Park in St. Charles 42 miles	Greg Konieczny 398-4633 Pace Y	See fall colors out west, breakfast in Algonquin
Saturday Oct 18 9:00 a.m.	Crystal Lake Ride Frontier Park 56 miles	Chris Van Dornick. 259-7917 Pace Y	Trek north and west to Crystal Lake, lunch and maybe custard!
Saturday Oct 25 9:00 a.m.	Halloween Hullabaloo The Pavilion EGV at Biesterfield & Wellington 25 miles	Marilyn Wilkerson 439-4496 Pace Y	Costumes optional for a ghostly tour.
Sunday Oct 26 10:00 a.m.	Apple Cider Ride Kildeer School Northwest on Old McHenry Rd out of Long Grove	Kurt Schoenhoff 634-2634 Pace Y	Joint ride with Wheeling. Rest stop near McHenry.
Saturday Nov 15	Annual Awards Banquet	Chris Van Dornick. 259-7917 Pace S & E	More details in the next newsletter.

Pace Z = 8 - 11 mph  
 Pace Y = 12 - 15 mph  
 Pace X = 16+ mph  
 Pace S & E = Slow & Easy  
 or Socializing & Eating

Recreation Park is located at 500 E. Miner (about 5 blocks east of Arlington Heights Rd.) in Arlington Heights. On street parking is available.

Frontier Park is located at the Northeast corner of Palatine Rd. and Kennicott Rd. in Arlington Heights (north side). Parking is available in the parking lot.

## Rolling Home

Now there's a Winnebago for the cyclist set: Brian Campbell's house bike promises economic independence—or at least intriguing travel accommodations—for under \$3000. As *Auto-Free Times* (Spring 1997) reports, the bike can effectively replace both car and house (the deluxe model sleeps four) while offering the enterprising cyclist a weatherproof bed for those budget vacations. The Arcata, California-based Cambell, 40, who boasts that he has never paid rent in his life, has built 13 of these vehicles since 1984. The aluminum bike weighs 200 pounds, but thanks to the patented flywheel and 135 gears, Cambell claims it can outpace many racing bikes. But, hey, with your bedroom in the back seat, what's the hurry?



## Rides Gone By...

by Chris Van Dornick

Saturday, August 9

Beginning of the Milwaukee 3 day ride. There were several starting places for the three day trek to and from Milwaukee. The day began partly cloudy and for some of us the liquid sunshine came through a couple of times. WE were boosted by a mostly south tail wind and, from my perspective, was a pretty easy trip up. A total of 10 riders made the trip up and gathered for some carboloading at a local restaurant before hitting the hay. DAY 2: It was a kinda warm but not too warm day as the wind started from the south west in the morning. Dave and I guided part of the first days sleepy group to a great little breakfast spot. What we failed to explain in great detail was the kind of portions that this place served. (I won't say any more least I give away this restaurant's trade secret.) We all ate our fill and headed off to McKinley Marina to find those who drove up but would prove their worth later in the day. The wind seemed to follow us around and the day remained partly cloudy. Its a long way to the official lunch stop on this ride, so other short stops on the way provided some food and refreshments. The Botanical Garden stop was as always nothing less than gorgeous in full bloom and aroma. We promoted two unsuspecting pedestrians to take a group picture and promised them we would make them honorary members of the club. By the time we made it to our lunch spot, I guess ravenous is the best way to describe the appetite of the group. At this point the wind had switched to a northerly direction and felt quite cool. We were nearly at the furthest north point any way and renewed by the food we consumed, we were on our way to the main event of this ride. As one person asked, "What is the flavor of the day?" The Rookies on the ride became curious as to what we could possibly be drawn to at the ultimate custard spot in Milwaukee. Once there, all understood the reason why we saved this stop for next to the end of the ride. Renewed by the custard, we made it to the finish, a few exhausted, but welcome to the marina area. The persons who drove up provided the necessary transportation for bodies and bikes of those who could not ride on Monday. DAY 3: We met in the lobby of the hotel to witness the cold drizzle that was falling outside and began our optimistic outlook for the day. We peddled a short ways and indulged in a hot breakfast as we scanned the clouds for a break. The rain did break only briefly as four persons in our group peddled home. It was somewhat fortunate that the wind was still out of the north. We peddled through the varying degrees of rain all the way home and were plagued by 5 flat tires and a broken spoke in the last 30 miles on two different bikes. I was glad to be home in dry clothing by late on Monday!

Friday, August 15

The Second Nocturnal Ride. 10 reflective riders showed up on this balmy night with partly cloudy skies and the moon peeking out at times. The route chosen was similar to the one done in late 1996. We went south and west into Schaumburg with a water and pit stop at the Denny's Restaurant south of Woodfield Mall. We did get our usual share of stares from the restaurant occupants who wondered where on earth we were heading at this time of the night. One rider hit a bad pavement joint as we traveled across Route 53 on Meacham and scraped only his elbow and his pride. We cruised through the nearly silent night back to Rec Park. For any one who has not tried an after dark ride, it can be very relaxing provided you are properly attired and are familiar with the roads that you travel on.

Saturday, August 23

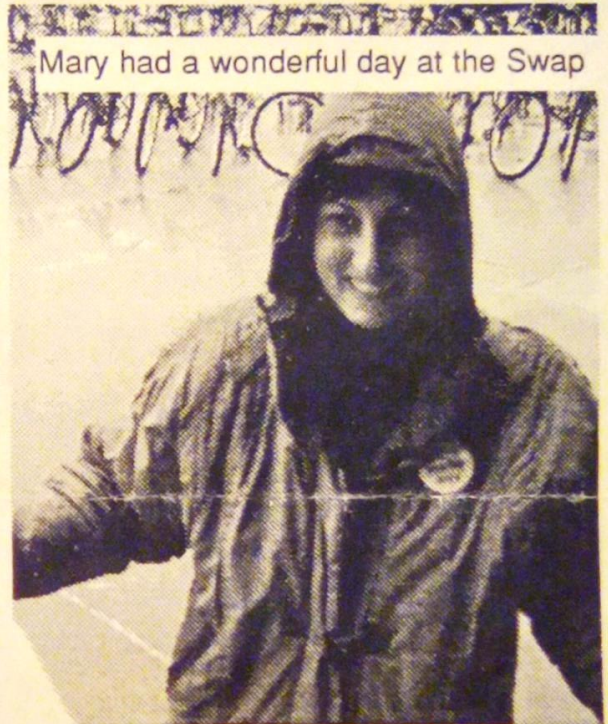
The Liberty Metric Route. Eleven riders met at the school in Riverwoods on this gorgeous and comfortably sunny day. We mostly followed this route borrowed from the Mount Prospect Bike Club that was used as their invitational. I took us west to the other listed starting point at Wauconda Orchards. Your ride chair had not considered the distance between the two starts and will adjust accordingly for next year. We never did catch the second group from the orchard which also had 10 riders in it. In McHenry, the lunch stop at the corner deli was perfect for the picnic lunch in Veterans Park. I don't recall this being amateur joke time but the lunch conversation was filled with sour jokes and one liners. We were assisted back to Riverwoods with a wonderful west tail wind.

Saturday, September 6

The Stratford ride. The weather was almost warm compared to some of the cool fall-like temperatures experienced earlier this week. The great weather brought out 18 riders; it was almost like a reunion for some who we don't get to see quite often enough. Busse Woods was busy on the way south and west with plenty of weekend warriors. The shopping center had an abundance of choices for lunch and some did a bit of light window shopping too. The wind was out of the southwest and made it a piece of cake to return to Arlington Heights.



Mary had a wonderful day at the Swap

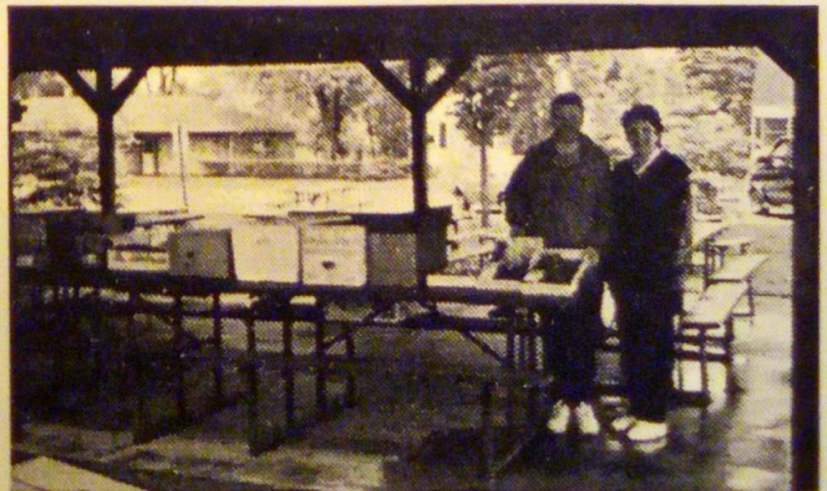


Top: Hey guys! This is 1972; we have modern 3-speeds. Why are you tired after 16 miles on the first official club ride. Bottom: Hans and Diane at a 500 food stop. "Where's all the people."



Well Norma, who else do you think we should have asked to come on this week long club ride?

Top: Arlington 500 rider and workers.  
Middle: Chris & Cecily relaxing after a long weekend.



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:

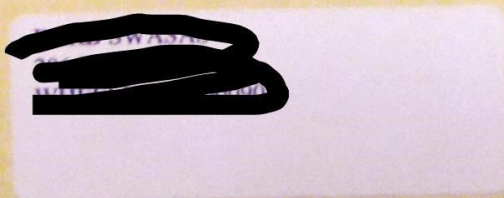
Rides: \_\_\_\_\_ 10 - 25 miles \_\_\_\_\_ 25-50 miles \_\_\_\_\_ 50-100 miles  
\_\_\_\_\_ Weekend Tours \_\_\_\_\_ Camping \_\_\_\_\_ Motels

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



THE  
SPOKEN  
WORD



Newsletter of the  
**Arlington Heights  
Bicycle Association**

October 1997

25th Anniversary 1971-1996  
... and Still Rolling



## ETZ XAIEB'S Reflections

Here we are already in the month of October, one of the most enjoyable months of the year and one of my favorites. There are so many festivals and activities it's hard to choose what to do! How are you enjoying these last warm days of the year? Have you picked apples or taken the kids to the pumpkin farm? Are you planning to visit a haunted house or Great America one more time? Have you finished raking your leaves (or are you waiting for the winds to blow them to your next door neighbor's yard)? Are you getting in as many miles as possible before old man winter arrives? Check out the ride schedule and try to take advantage of all that you can before the weather changes. Marilyn has the most decorated ride of the month scheduled, try to boo there for her annual Halloween Hullahaloo ride. Mark your calendar for Saturday, November 15, and join us for the annual Awards Banquet, details elsewhere in the newsletter. Our last general meeting will be held October 22 when we will be electing officers for 1998. The candidates are:

President: Earle Horwitz  
Co-Vice Presidents: Chris and Dave Van Dornick  
Treasurer: Ron McPheron  
Secretary: Milo Plavec

Hope to see you at Recreation Park Wednesday  
October 22 at 7:30

*Rocking and Rolling merrily along*

*Mary*

### Update: Bicycle Helmet Safety Program

Thank you to Diane and Bob Lippold for volunteering to be co-chairs for this very worthwhile community program.

## Annual Awards Banquet

Saturday

November 15, 1997

Social Time & Cocktails

6:30

Dinner

7:30

Hans Bavarian Lodge

931 North Milwaukee Avenue

1/4 mile north of Lake Cook Road

\$8.00 per person

Authentic German Food

Served Family Style

Awards

Mileage Certificates

Door Prizes

And Great Company!

Must RSVP with your check payable to the  
AHBA by November 5

Send to

Christine Van Dornick

2104 Wren Lane

Rolling Meadows, IL 60008

Any Questions—Call 847-259-7917



Jerry Hill, Greg K. Earle H. Chris and Dave on the  
Rawson Bridge Ride 10-19-96 at Waucnda Orchard

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## At the Meetings

October 22

Richard and Frieda Liebold will show slides of their bicycle trip to Alaska.

There will not be general meetings in November and December.

January's general meeting will be on the 28th.



*I have been involved in many volunteer organizations and comments like the following are not uncommon: "I would like to do that, but nobody ever asked me." or "Sure, I'd help if someone asked me." All too often these comments are made quietly in the back of the room, where they are unheard. If there is something you would like to do, now is the time! Get involved! If you are unsure of handling the whole job, volunteer to do part; get the hands on experience and expand later. You may see a task in a way no one has thought of before. Talk to the current board members or those who are candidates for next year.*

## Classified

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Call Jerry at (847) 255-9775

## Wanted

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Good used beginners BMX style bike for my 9 year old son.  
Contact Ernie or Barbara at 847-255-1553 day or evening.

## Top Twenty Riders as of 9-8-97

Chris Van Dornick	2302
Greg Konieczny	1676
Dave Van Dornick	1604
Cindy Trent	1138
Bena Gerber	1029
Jack Edwards	953
Terry Zmrhal	942
Paula Matzek	926
Chris Wager	735
Lisa Nelson	711
Don Derebey	670
Earle Horwitz	665
Marilyn Wilkerson	620
Jerry Hill	601
Roy Euclide	592
Steve Jenny	592
Jim Zdunek	581
Barb Swassos	574
Hope Schwartz	540
Dick Marr	525

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**G**reg Konieczny will be leading the ride on November 1 and identified two changes for this ride only from the typical Show-N-Go Ride as follows:

Starting time: 9:00 a.m.

Starting location: Elk Grove Pavilion at Biesterfeld and Wellington



## Rides Gone By...

by Chris Van Dornick

Saturday, September 13

### The Hawthorne Center Ride

Temps were cool at the start of this second shopping trip ride (just in case you forgot something last week at the Stratford ride). At our rest stop at the golf course club house, it seemed as though we were inappropriately dressed as others at the course were in very formal attire of tuxedos and matching dresses with pumps. Lest we embarrass them, we took off to the north east to our destination. Lunch was a multitude of choices inside the food court at the center. We walked around and did some window shopping and then regrouped outside to avoid the construction of the huge JC Penny store which had altered our course slightly. On the way back, there was a change of ride leaders as we returned to the Arlington Heights Area in the now, very comfortable, temperatures.

Saturday, September 20

### The Old Fashioned Ice Cream Ride.

Rather than my usual description in complete sentences for this ride, I will use phrases since so much went on that it would nearly fill the page! So take a deep breath and read this all in one. Mostly sunny but cool in the 60's and a north west wind, follow the route sheet occasionally as we feel the need, always check the screws on your rear rack to see if they are loose or missing, watch out for weird singing especially when accompanied by early lunch, loose aero bars are a pain in the ?\*@, talk about the special message to men from the 20/20 editorial program on the pain in the ?\*@, multiple ride leaders who found the way there and back, the bike shop adventure with the penguin, frog, and dino too! How about that!

Saturday, September 27

### The Woodstock Ride

We had a great turnout for this ride even if the ride leaders did not arrive on time. Normally when I mention a few challenging hills, we end up with a handful of people. More were up for the challenge today. The group split up into two because of their own choice of speed and stops. The weather was very pleasant and the wind was light out of the south west. Breakfast was great and the nostalgia of the Woodstock Square terrific. After the first group of ups and downs, one person said, "Ooh, that was fun!" I said, "Just wait, there'll be more fun!" We regrouped just before the really fun set of hills, with a warning to downshift at the appropriate time in order to make the climb more pleasant. With that little set of heart pounders done we headed on to the Broken Oar for some refreshment and to share in C.T.'s brownies. They were enough energy to get us back to the forest preserve.

Saturday, October 4

### The Botanical Gardens Ride.

Through the sky was very gloomy, a huge bakers dozen came and waited under umbrellas and in their cars for a little cloud burst to pass over us before we started. Once we arrived at the Gardens, a brief shower left us cleansed for our lunch and a brief walk to see the foliage. Dave promised frozen yogurt in Highland Park, and so we stopped at a little shop for yogurt and to read the Personal adds from the local paper? Who writes those ads anyway? I think they're meant for the comedy of the reader. By this time the sun was out and it was warming up nicely as we cruised back to the Forest Preserve near Beck's Lake.



Saturday Oct 25 9:00 a.m.	Halloween Hullabaloo The Pavilion EGV at Biesterfield & Wellington 25 miles	Marilyn Wilkerson 439-4496 Pace Y	Costumes optional for a ghostly tour.
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Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

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

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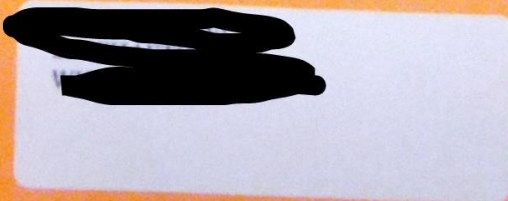
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Newsletter of the  
**Arlington Heights  
 Bicycle Association**

Nov  
 October 1997



## THE WANTED'S DELECTIONS

Hello to all of you! This month is my last as your President and this my last newsletter. How time flies when you're having fun! And this year has been fun for me; Thanks to all of you!

Isn't November wonderful? The really bad weather hasn't hit yet and the cool days of Autumn allow us to enjoy the great outdoors in ways not possible in the hotter weather. Thanksgiving is coming and what better time than after all the wonderful things we have done in the winter, spring, summer and fall. We all have a lot to be thankful for:

Nobody does it better than A.H.B.A. members.

Our non-elected support cast who have always been there for me no matter what: Your Newsletter editor, Al Gain; Bike Swap Chairpersons, Jeanie & Al Gain; Membership Chairwoman, Cecily Rood; the Chairman responsible for mailing and distributing the newsletters, Jim Shoemaker; Arlington 500 Chairman, Greg Konieczny; Program Chairman, Roy Euclide; Web Site overseers, Cindy Trent and Bill Kragh; and Bike Helmet Safety Chairman, Bob Hinkle.

Van Dornick's... our co Vice-Presidents. Where would we be without these two who do so much for your club? — Ride Schedules, food co-ordinators, mileage stats, and a host of other things.

Earle Horwitz, your new President. He'll be great.

Milo has recorded all of the notes for the year along with always being there for whatever needed to be done.

Bill Kragh made the transition to President so easy for me and was always there whenever I needed help.

Every single person who volunteered for all those things that needed to be done to keep the club successful throughout the year.

Ron McPheron, my Treasurer, who so diligently paid all the bills and kept the financial records in order.

This has been one tremendous year for our club and especially for me. Thanks to everybody. It has truly been a "Joy Ride"... Because of the kind of people you are, I know that your new officers will have your support just like I had. You truly are the best. Thanks again, and...

Keep those big wheels rolling...

Mary

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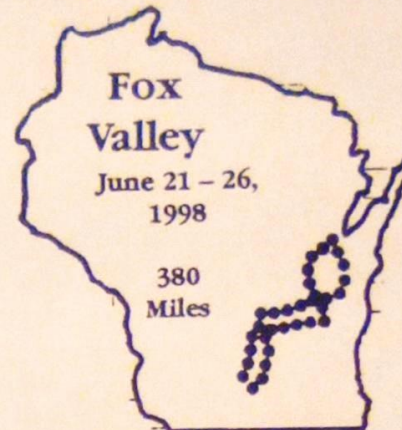
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Good used beginners BMX style bike for my 9 year old son.  
Contact Ernie or Barbara at 847-255-1553 day or evening.

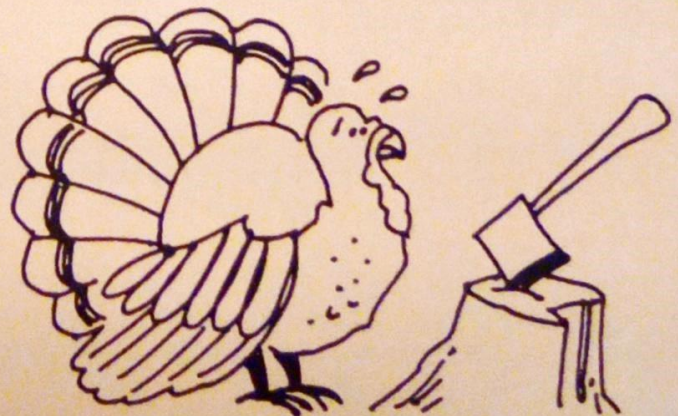
## 1998 Extended Ride

AHBA has chosen to participate in a POWWOW BICYCLE TOUR in 1998. It is called the Fox Valley tour and will run from June 21 to June 26, 1998. Additional details of the 1998 tour are not yet available.



However, the 1997 had a basic charge of \$359, accommodations were semi-private dorm rooms, and daily routes average just over 60 miles.

As soon as more is learned, it will be published here. In the mean time think about lightly traveled rural Wisconsin roads in the Fox River Valley — Watertown, Ripon, Appleton, DePere, and Oshkosh.



## Rides Gone By...

by Chris Van Dornick

Saturday, October 11

### The Fox River Ride from St. Charles

The last time this ride was on the schedule, Mother Nature did not cooperate. This day was quite different. The sky was somewhat cloudy but a very comfortable fall temperature. Some of the trees along the river area were beginning to change color. We had to traverse a section of the trail removed by construction and some of us found an alternative to the dirt path that the leader chose. By the time we reached Algonquin, the lead scout group poked their heads inside Reese's and found that there was space for all of us for a change. Breakfast was almost too much but we all managed to get back in the saddle and hit the trail back.

Saturday, October 18

### The Revised Crystal Lake Ride

Due to streets being closed and the leader who is always looking for a different way to get through, this ride turned out to be longer than the newsletter had originally published. This was also a challenge for many on the ride, in the hills, in communication, and for time commitments. One rider turned back because his body was telling him that he needed a break and the route we chose was not offering that. The sweep generally knew the route that her husband had recently altered, but not enough to keep her from missing a turn and going a little way out of the place where the rest of the group was heading. The cell phones turned out to be very helpful in getting the sweep back with the rest of the group (and getting something to eat)! In the mean time some of the group who had a tight time schedule decided to follow the same route back as what they had taken to get up to Crystal Lake. The sweep reunited with the group and the bunch of us carefully maneuvered to a well needed rest stop at the Penny Tap. It was a very interesting ride to say the least!

Saturday, October 25

### Marilyn's Hullabaloo Ride.

A little drizzle did not stop ten riders from showing up at the Pavilion in Elk Grove Village. There were even a couple of pumpkins on bicycles who graced us on this somewhat ghostly and dreary day. We stopped to visit with the not so nearly departed at a cemetery and performed the ritual chant of the goolish. Despite the dismal weather, there was some strange singing going on as we road through the damp streets. Back to Elk Grove, Marilyn treated us with some wonderful sweets to a least warm our innards a little to finish the ride.

The next scheduled ride will be the annual New Year's Day Ride. See next month's newsletter for the time and the place. In the mean time, we have our show-and-go ride on Saturdays at 10 a.m. from Frontier Park. Our criteria has generally been that temperatures are above freezing and the pavement relatively dry (or call Chris and Dave to find out if they're going to ride). Distance on these rides is from 35 to 50 miles depending on the weather and usually include a breakfast stop. These rides will continue until mid March when the 98 schedule begins. Continue to watch the newsletter for other events such as the second annual cross country ski outing (February) and some other social events like a winery tour. All show-and-go mileage counts toward the 1998 stuff.

## Top Twenty Riders as of 10-26-97

Chris Van Dornick	2439
Greg Konieczny	1824
Dave Van Dornick	1741
Cindy Trent	1250
Bena Gerber	1029
Paula Matzek	1019
Jack Edwards	953
Terry Zmrhal	942
Lisa Nelson	830
Chris Wager	803
Earle Horwitz	758
Jerry Hill	694
Jim Zdunek	692
Don Derebey	670
Marilyn Wilkerson	645
Barb Swassos	643
Roy Euclide	599
Steve Jenny	587
Geri McPheron	587
Hope Schwartz	540

This was the total as of the October 25 ride and will be the final tally for the 1997 mileage. Mileage certificates will be handed out at the awards Banquet on November 15. If you do not attend the Banquet and are in the top twenty, contact Chairs or Dave for your certificate.

# 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  
\_\_\_\_\_ Weekend Tours

\_\_\_\_\_ 25-50 miles  
\_\_\_\_\_ Camping

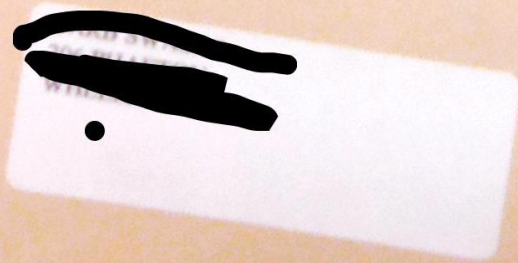
\_\_\_\_\_ 50-100 miles  
\_\_\_\_\_ Motels

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

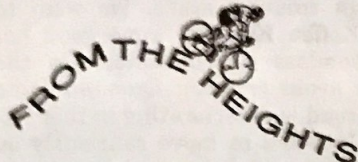




# Newsletter of the Arlington Heights Bicycle Association



December 1997



A funny thing happened on the way to the annual banquet, I was elected President of the AHBA. It's an honor to assume this prestigious position and I will certainly try to fill the tire tracks of those who came before me.

Of course, no one does this job by themselves and I am going to rely on the other officers and staff who really contribute so much to keep this well oiled organization running. In fact, it's pretty much the same people year after year. Not that they are complaining. I think they all enjoy what they are doing otherwise they wouldn't continue to serve you. And that's the point. I think you can enjoy and get so much more out of this club when you're actively engaged in it. That means more than just showing up for rides, which we all enjoy and the main purpose for the existence of the club. It's giving something back when we all take from the pleasures of belonging to this club.

A few months ago, someone had mentioned to me that they would be happy to lead a ride but no one had asked them to. I am now asking everyone. Volunteer to do something, whether it's to lead a ride or help with one of our other many activities. Show up for some of the General Meetings. They're fun, informative, interesting presentations each month, and lots of goodies to eat. Do I hear some volunteers for bringing the goodies? I'm especially partial to sweets and I promise not to steal any more of them.

In conclusion, what I'm trying to say is get involved. You'll get more out of it than you give and it will help make this club an even better one than it is today.

Downhills and the wind at your back. Earle.



## First Ride of the Year

Thursday January 1, 1998 — The Annual New Years Day Ride, 11:00 a.m. from 2104 Wren Lane in Rolling Meadows (C & D VD's house). Distance about 20 miles — less if its very cold. Bring a snack if you want to. Warm beverages to be provided along with the usual array of joke, laughter, and conversation.

We will continue the show-and-go rides on Saturdays at 10:00 a.m. from Frontier Park. Our criteria has generally been that temperatures are above freezing and the pavement relatively dry (or call Chris and Dave to find out if they're going to ride!) Distance on these rides is from 35-50 miles depending on the weather and usually include a breakfast stop. These rides will continue until mid March when the '98 schedule begins. Continue to watch the newsletter for other events such as the second annual cross country ski outing (February) and some other social events like a winery tour. All show-and-go mileages counts toward the 1998 stuff.

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Roy Euclide . . . . .	599
Steve Jenny . . . . .	587
Geri McPheron . . . . .	587
Hope Schwartz . . . . .	540

The top Tuesday night rider for 1997 was Roy Euclide.

## Board Meeting

January 5, 1998, 7:00 p.m., Recreation Park.

## Officers and Staff

**President:** Earle Horwitz 398-2177  
**Vice Presidents:** Dave & Chris  
Van Dornick 259-7917  
**Secretary:** Milo Plavec 639-2889  
**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  
**Web Site:** Cindy Trent 392-6750

<http://rmhs.dist214.k12.il.us/community/ahbike/>



(HINT: hot tip for short rest stops). We proceeded west into south Elgin and moved north to Uncle Paul's for a good hot meal. The temps outside remained pretty constant and the wind did not switch so the trip home went pretty swiftly.

P.S. We need to teach Greg that there is a way to avoid Konieczny Pass!

### Saturday, November 8

The first actual Show n' Go ride went northwest into the wind on this cloudy day in the the upper 40's. Dave decided that we would run our usual route in reverse because of some tough crossing areas. We went to Lake Zurich to the Koffee Kup for some good hot breakfast and a bottomless cup of coffee. On the return, we could not avoid crossing Quenten Road near Cuba Road. The road is deteriorating in this section and we advise all riders to move cautiously on this section. Long Grove was bustling with fall activity as we quietly proceeded through.

## Rides Gone By...

by *Chris Van Dornick*

### Saturday, November 1

The Breakfast Ride to Elgin. A mostly cloudy but not too cool day for this ride which is traditionally the first of the rides for the following years mileage tally. About a dozen riders showed up at the Pavilion in Elk Grove Village. As we approached the McDonald's for our usual pit stop on the way west, Greg, our fearless leader announced that it was a 5 minute stop only! Anyone who has purchased a cup of coffee from Mac n' Don's knows that it typically can not be consumed in less than 5 minutes due to its extreme temperature. Bringing it outside helps and taking the lid off too

### Saturday November 15

Snowed Out!

### Saturday November 22

The 2nd Show n' Go. With the forecast sort of questionable, and possible melting snow or icy spots in Busse Woods. I opted to go west through the Woodfield area. We were halted temporarily with a flat tire but with plenty of hands to help we soon resumed the trek south to Itasca. The small restaurant that was appropriately named the "Brite Spot" was as always cheerful and welcomed us with open arms. With the quick service we soon continued on our way. The wind had increased slightly and was turning blustery by the time we had come out of the Busse Woods area which was full of wet leaves but not snow as I had thought.



500 E. Miner Street  
Arlington Heights, IL 60004

