

THE  
SPOKEN  
WORD



Newsletter of the  
**Arlington Heights  
Bicycle Association**

January 1998



FROM THE  
HEIGHTS



Would you believe 50's in January? And two rides have already taken place the first three days of the New Year. By the time you read this, we'll probably have a foot of snow (bite my tongue). Anyway, it was good to get out and stretch our legs a little. As if to whet your appetite for the warm Spring days to come, The Midwest Consumer Bike Show will be at the Rosemont Convention Center the weekend of Feb. 20-22nd. As in the past, we can go as a group to those who wish to salivate together. We have some discount admission tickets available. We'll meet at the front of Recreation Park at 9:00 AM on Saturday, and carpool it. Please call me at (847)398-2177 so that we can have an idea of how many will be going. To those who haven't had the pleasure of attending one of these shows, they have the major bike manufacturers there, tour operators, equipment demonstrations, live shows, lectures, things for sale, free samples, and all the literature you can carry. It's fun and another opportunity for us to get together and beat cabin fever.

As I mentioned in my last column, your Board is anxious to provide the type of club and biking experience that you want. Obviously, we can't please everyone all the time but we are interested in knowing what you would like and how we can make more things available to more people. To that end, you will notice the enclosed QUESTIONNAIRE.

Please take the time to complete it and return it to us. We need your input so that we can try to give you what you want out of this fine club. Of course, we might need some of your assistance in promoting these things, but I know that there are a lot of you willing to give something back. We will tell you the results of this survey in future newsletters and discuss it at the General Meetings. We're all on this ride together. Let's enjoy it.

*Downhills and Tailwinds. Earle*

## At the Meetings

### January 28

Wayne Mikes' (Instructor and owner of Mikes' Bikes Shop) will discuss effective cycling.

### February 25

Come on in for Terry's Trip Talk.

If there is a topic you would like to see presented at a meeting or if you would like to tell us about your special trip, please contact Roy Euclide at 437-0442.

## A.H.B.A. "Bakers Dozen" Mileage Results 1-6-98

1.	Greg Konieczny	216
2.	Chris Van Dornick	216
3.	Cindy Trent	179
4.	Tom Drabent	148
5.	Cindy Cochrane	139
6.	Jerry Hill	139
7.	Dave Van Dornick	139
8.	Earle Horwitz	121
9.	Jack Edwards	115
10.	Jim Barr	81
11.	Barb Swasas	81
12.	Lisa Nelson	75
13.	Bob Hinkle	58

## Officers and Staff

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Vice Presidents:	Dave & Chris	
	Van Dornick	259-7917
Secretary:	Milo Plavec	639-2889
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<http://rmhs.dist214.k12.il.us/community/ahbike/>



## Bicycle Swap '98

Circle April 25 and 26 on your calendar. Those are the dates for this years Bike Swap.

The park has been reserved and the publicity will be available soon. Let your friends, relatives and neighbors know about it and that they can sell or buy a bike.

## Arlington 500

May 17th, Greg Konieczny.

**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. Contact Christine Van Dornick at (847) 259-7917 with the size and the color you desire for a shirt. Sizes available are L and XL in all colors and M in yellow. 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. I have several pair of small and 1 XS left which are on sale at \$10.00 each. Call Christine for either one of these.

## Roll-on Bikes on Amtrak

by Craig Williams

Can you imagine... ride your bike to Chicago's Union station, carry it on board and kick back while the train take you to Carbondale (near the Shawnee National Forest) or the Katy Trail in Missouri — ride for a couple of days and then train it back home. Well, you can! Effective October 25, for a \$10 surcharge, bicyclists have been able to carry their bikes on board almost all Amtrak trains that operate in Illinois.

Amtrak ran a pilot test in Missouri this summer. Bikes were stored in the overhead rack (cyclists were required to loosen stems and turn handlebars). The pilot was successful enough that Amtrak agreed to extend the service into Illinois for cyclists traveling between Chicago and St. Louis, Chicago and Quincy and Chicago Carbondale.

Illinois Tourism representatives are excited about the potential use to destinations such as the Chicago Lakefront, I & M Canal (Mendota or Joliet), Vandalabene Trail (Bloomington) as well as to scenic roadways around, for example, Carbondale, Mattoon, Princeton, Kewanee and Quincy.

Cyclist wishing to bring their bikes will need to notify the reservation agent and to find which trains in the corridor will accommodate bikes (most of them do). Amtrak can accommodate two bikes per car, so most trains will be able to handle four to six bikes. The reservation agent will be able to let you know if space is available.

Long distance trains cannot accommodate carry-on bikes at this time (although you can still transport your bike in a box as before). Only the Cardinal, which operates between Chicago and Washington, DC, is equipped with a bike rack to handle "roll-on" bicycles.

For more about Amtrak's schedules, see [www.amtrak.com](http://www.amtrak.com) or call 1-800-USA RAIL.

(Reprinted from *Illinois Bicyclists*, League of Illinois Bicyclists Newsletter, Fall Issue 1997)

## Rides Gone By...

by Chris Van Dornick

SATURDAY, DECEMBER 6

Tom D.'s Solo adventure. I was not around but the day was overcast and blustery. The temperatures were hovering in the mid 20's with a wind chill to bring the chill down. This did not stop Tom D. from making the trip to Frontier Park and proceeding on a solo journey in the local area. This just goes to show you that where there's a determination to ride, a ride takes place.

SATURDAY, DECEMBER 20

Barrington Ride for Breakfast. With the wind out of the west, we rode into it first. Despite a slight error in my route which took us a little further west than Barrington, we arrived at the Egg Harbor Cafe ready for a hot breakfast. The temperature appeared to be dropping as we headed back out, so we were thankful to be traveling mostly with the wind at our backs. We hustled home for some last minute Christmas preparations.

NEW YEAR'S DAY

The sun was out and many phone calls were, made to confirm the starting time or the fact that we would ride. And why not ride! Sunny a bit windy but with relatively dry pavement and 30's for temps, who would stop us. Ten came to ride and one person came without his bike to capture the event on film. As we rode south and west into Schaumburg, we received many curious stares from those who were surprised to see this wacky group out on New Year's Day. We encountered a little bit of snow on the road as the wind had blown the light snow around from two nights ago. As Dave created the route, some were wondering just how far we were going. We returned to Rolling Meadows where sweets, cheese and crackers and hot beverage refreshed us.

SATURDAY, JANUARY 3

A balmy day in the 50's prompted a great turnout on this overcast but breezy day. We cruised south into the balmy breeze to Addison for some great pancakes at Millie's. On the way, a discussion of future events at the picnic made one rider attempt some trick riding but he found he needs to perfect his work since he fell to the ground all by himself. The group also had to make a decision on whose legs looked better. Was it D.V. who actually rode in shorts and showed off some muscle but with a pale skin; or was it C.T. freshly tanned from a trip in the tropical islands but with a couple areas that did not tan? The crowd was divided on this decision but did conclude that Millie's does have great pancakes. C.V. pushed the pace a little on the way back, but no one seemed to mind. We did return before the rain came anyway.

SHOW-N-GO RIDES

We will continue the show and go rides on Saturdays at 10 am. 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. See this newsletter for the details on the second annual cross country ski outing (February 14, Greg K. 847-398-4633) and a scheduled social winery tour. All show and go mileage counts toward the 1998 stuff.



**Rawson Bridge Ride October 1996**  
Greg, Dave, Chris, Karen, and Jerry.

# 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:

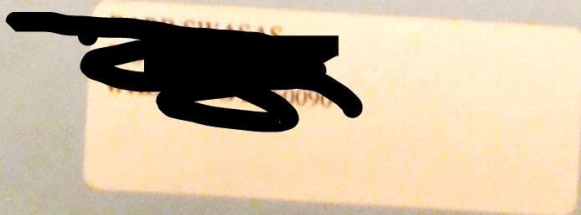
Rides: \_\_\_\_\_ 10 - 25 miles \_\_\_\_\_ 25-50 miles \_\_\_\_\_ 50-100 miles  
\_\_\_\_\_ Weekend Tours \_\_\_\_\_ Camping \_\_\_\_\_ Motels

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



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February 1998



FROM THE HEIGHTS

January is gone and we're starting to see some sunshine in February. El Niño is loosening its grip on the sun. Can Spring be far behind? I sure hope so.

We are starting to get back some of the questionnaires that we sent out in the last newsletter. Too few to share the results with you so far, but we will as promised by the next newsletter and General Meeting. Please send yours in if you haven't done so already.

The object is to make your wishes known and to serve more members. You will see changes but we need your help.

We are going to need more ride leaders and co-leaders to accomplish some of the changes. Please call Chris or Dave Van Dornick if you would like to help. As a co-leader, you won't have to go it alone. There will be someone to share the lead with you. Remember, **UNLESS YOU'RE THE LEAD DOG, THE VIEW NEVER CHANGES.**"

We had a nice presentation at the January General Meeting by Wayne Mikes, on Effective Cycling. He brought a videotape and it generated a lot of questions by the members on bike safety in traffic situations. We had a large container filled with Starbucks coffee and more goodies than we could finish. It was a very enjoyable and informative meeting. Try and make some, you'll enjoy it, too.

Powwow Tours will be sending us the information and application forms by the end of February for the June 21-26 Tour. We hope to have them at the February 25th Meeting for you to pick up.

Also, don't forget to be at Recreation Park on Saturday, February 21st at 9:00 am if you wish to join a group of your fellow members to attend the Midwest Bicycle Show at Rosemont Convention Center. We'll carpool it there.

*Downhills and Tailwinds, Earle*

## At the Meetings

### February 25

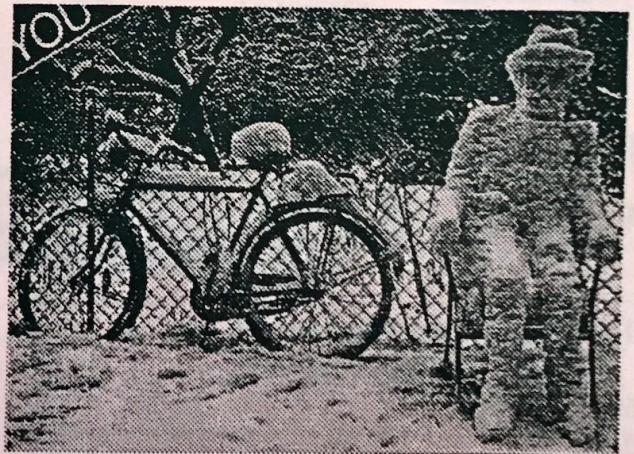
Come on in for Terry's Trip Talk.

### March 25

Jim Shoemaker (Arlington Bicycle Company) will discuss bicycle maintenance.

General Meetings are the fourth Wednesday of the month at 7:30 in the basement of Recreation Park.

If there is a topic you would like to see presented at a meeting or if you would like to tell us about your special trip, please contact Roy Euclide at 437-0442.



Your president anxiously awaiting spring!

## Officers and Staff

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## NOTES FROM PAST MEMBERS

In mid January we heard from former member Don Maloof who now resides in Guadalajara Mexico. Don says he really likes it in his new home. He has been working out in gold's gym regularly riding a stationery bike but says it is too dangerous to ride in the streets of this city of five million. Don sent a picture to show how his workouts have helped. He now has a full head of jet black hair, tatoos on large biceps and no longer wears glasses. (It might be a picture of John Travolta from a magazine.)

Hopefully, we'll get a chance to check this fountain of youth out. Don thinks he will be in the area during the second half of June and is looking forward to riding with us. In the meantime if you want to drop him a line, he can be contacted as follows.

E-mail: [dmaloof@hotmail.com](mailto:dmaloof@hotmail.com)

or by writing to

Correo (Mail)

9051 - C Siempre Viva Road

Suite 013-312

San Diego, CA 92173-3604

## Show-n-Go

The last show and go ride will be on Saturday, March 7, 1998 at 10:00 am. On the 14th, we will list a short ride with the starting point... See this newsletter for the details on the ride schedule from the 14th on.

## Tuesday Night Rides

Tuesday night rides begin on April 7 at 6:30 p.m. from Recreation Park in Arlington Heights. If you would like to lead a ride either on the weekend or on a Tuesday, there are many routes that have cue sheets and/or maps. Many key dates in June, July, and August fill quickly. Call either Chris or Dave Van Dornick at (847) 259-7917 to schedule a ride. WE NEED YOUR HELP TO MAKE THIS ANOTHER SUCCESSFUL CYCLING SEASON!

**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. Contact Christine Van Dornick at (847) 259-7917 with the size and the color you desire for a shirt. Sizes available are L and XL in all colors and M in yellow. NOTE: there are no more XL in grey left!

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## A.H.B.A. "Bakers Dozen" Mileage Results 1-6-98

1.	Chris Van Dornick	282
2.	Greg Konieczny	246
3.	Dave Van Dornick	205
4.	Tom Drabent	184
5.	Cindy Trent	179
6.	Jerry Hill	175
7.	Cindy Cochran	139
8.	Earle Horwitz	121
9.	Jack Edwards	115
10.	Bob Hinkle	94
11.	Jim Barr	81
12.	Barb Swasas	81
13.	Lisa Nelson	75

## Bicycle Swap '98

Circle April 25 and 26 on your calendar. Those are the dates for this years Bicycle Swap.

The park has been reserved and the publicity will be available soon. Let your friends, relatives and neighbors know about it and that they can sell or buy a bike there.

## Arlington 500

May 17th, Greg Konieczny.

## Lubricate Your Frame

No, I don't mean drink beer, and I wonder if I'm the only bicyclist who lubricates his frame. Here is why I do.

The lug connecting the top tube and seat tube on my bicycle frame is broken clean through. (I don't know how it happened.) So while waiting to hear from Fuji about their 25-year frame warranty, and while waiting for a new Bruce Gordon frame to arrive, I have secured the broken joint with four hose clamps. But with every pedal stroke the frame squeaks something awful. To prevent this, I now spray lubricant into the broken joint before each ride. But at least I'm riding!

Dick Marr, 646 W. Diamondbird Loop,  
Hernando, FL 34442-5122.  
1-352-527-3549, E-mail: [rfm@hitter.net](mailto:rfm@hitter.net)

# Rides Gone By...

by Chris Van Dornick

Saturday, January 17

The temperatures were marginal to ride in so we stuck around Mount Prospect and Arlington Heights for the the beginning of the ride. A couple of brave riders came with us. One person rode part of the way and then decided that he'd had enough with his first ride of 1998. We continued to the downtown of Mount Prospect and stopped at the Carriage House to warm up with some breakfast. The ride munchkins broke a spoke on our tandem while we were eating so we rigged it out of the way of the free wheel so we could continue on our way. The wind and total cloud cover did not help the day to warm up any. We rode a little north into Prospect Heights and then back to Arlington Heights for a total of about 30 miles. It was good to get back home and warm up!

Saturday, January 24

Where was everybody? Dave rode to the park and found no one! G. K. claimed that his chain broke on the way to the park, but that may have been just a cover-up. Anyway, Dave rode by his lonesome for a short while before heading home.

Saturday, January 31

The Park Ridge Ride. This day was probably deceptive to many because it was over-cast and around 30 degrees right at the time we started. It seemed though that in the first half hour after we started, the temperature went up about 10 degrees and the sun had come out. We headed south east to the historic and diverse housing area in Park Ridge coming into the community from the south. Our favorite waitress was busy with another section of diners so we did not suffer from her usual barrage of questions. After some very filling pancakes, we came outside and unlocked our bikes. Dave had said that he wanted to alter the route home slightly and I did hear him. Unfortunately, I didn't pay attention to where he made his first turn and we sort of misplaced each other. Dave had the rest of the group with him and I was on my own. Each looked in the wrong direction for the other. After I realized that I probably would not find them, I followed the old route back to the park and waited. About 10 minutes later, Dave and the rest of the group arrived and we shared our stories on where we looked and where we turned. All's well as everyone returned safely.

## Ride Schedule

Saturday March 14 9:30 am	Long Grove Tune-Up Recreation Park 28-30 miles	Dave & Chris Van Dornick 259-7917 Pace Y	Across the suburbs and through the woods; breakfast optional at the finish.
Sunday March 15 10:00 am	Lake County Ride Kildeer School, Long Grove 35 miles Kildeer School is located on Old McHenry Rd about 1/4 mile nw of downtown L.G.	Kurt Schoenhoff 634-2634	Joint ride with Wheeling Wheelmen
Sunday March 22 10:15 am	St. Patrick's Day Invitational Wauconda Orchards 18 or 34 miles	Sponsored by Wheeling Wheelmen. Nominal fee. 2 Loop course; do one or both Some hills, Ride at your own pace	W. Orchards is on Gossel Road west of Fairfield (N. of Rt.176) Meet at the orchards to ride as a group
Saturday March 28 9:30 am	The Brite Spot Ride Frontier Park 37 miles	Dave & Chris Van Dornick 259-7917 Pace Y	Mostly flat ride to cheerful breakfast spot in Itasca.

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.

# 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

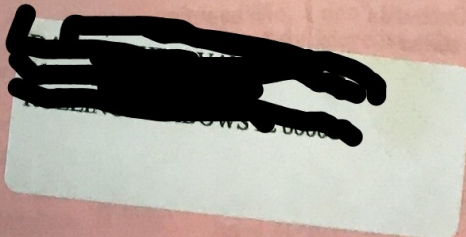
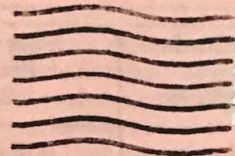
\_\_\_\_\_ 50-100 miles  
\_\_\_\_\_ Motels

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







FROM THE  
HEIGHTS



First of all, I want to thank all the members who returned the questionnaire from the January newsletter. We received 18 responses. Not as many as we had hoped for but maybe representative of the opinions of the non-respondents.

Some of the concerns on the weekend rides are that they were too fast a speed, that they take too long to ride, or it was an inconvenient starting time. Several people requested rides with two groups so that those who wanted to ride faster could do so and those who wanted to go at a more leisurely pace would be able to without feeling that they were holding up the entire group.

We are working on making some of these changes in the ride schedule. Obviously, we can't accommodate everyone's preference on every ride but hopefully we will have enough rides throughout the year where you'll have the opportunity for the type of ride that you want. Remember, we need your input and suggestions.

You'll notice that you're getting the newsletter about a week prior to the General Meeting.

That is so you'll have more of an advance notice to put the meeting on your schedule. Last month, we had 20 people at the meeting and enjoyed a presentation by Terry Zmrhal on his bike trip from "Ocean to Ocean."

To the members who responded that they would like different starting points and not to see the same suburbs all the time, we have a great ride coming up on April 18th. It's in conjunction with the Chicagoland Bicycle Federation to participate in the commemoration of the 150th anniversary of the Illinois and Michigan Canal. This will be a ride with other Chicagoland cycling clubs and should be a lot of fun. There is a flyer and registration form enclosed with this newsletter so please respond to it. Also, let Chris and Dave know if you'll be joining us on this ride so that we can coordinate our riding together.

A final point is the subject of our remaining 25th Anniversary T-shirts. These are fine quality T-shirts and much sought after. They may become collector's items but we are not making any guarantees to that. As an incentive, we will give one to every ride leader or co-leader while supplies last. Give Chris or Dave a call to volunteer now. You don't want to be left out "topless."

*Downhills and Tailwinds, Earle.*

## At the Meetings

### March 25

Jim Shoemaker (Arlington Bicycle Company) will discuss bicycle maintenance.

### April 22

Phyllis Harmon will discuss her bicycle trip to New Zealand.

General Meetings are the fourth Wednesday of the month at 7:30 in the basement of Recreation Park.

If there is a topic you would like to see presented at a meeting or if you would like to tell us about your special trip, please contact Roy Euclide at 437-0442.

## Dues Due

Yes, it's that time again. I hope that all of you have sent in your dues to Cecily. If you have not, sent it in today or come to the next general meeting on Wednesday, March 25, and deliver it in person. Stay for the meeting!

## A.H.B.A. "Bakers Dozen" Mileage Results 1-6-98

1.	Christine Van Dornick	407
2.	Greg Konieczny	310
3.	Dave Van Dornick	302
4.	Jerry Hill	300
5.	Cindy Trent	234
6.	Tom Drabent	211
7.	Earle Horwitz	186
8.	Jack Edwards	163
9.	Bob Hinkle	158
10.	Cindy Cochrane	139
11.	Harlan McDaniel	98
12.	Jim Barr	81
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## Rides Gone By...

by Chris Van Dornick

Saturday, February 7

**The Koffee Cup Ride** There were a few holes in the clouds and so we were inspired to ride in the direction of the blue sky in search of the sun. That lead us north and west to Lake Zurich to the downtown restaurant called the Koffee Cup. We traded stories at breakfast on what winter apparel works best for warmth without trapping the dreaded sweat next to our skin. With one newer rider with us and some tight time schedules, we decided to return the same way we rode in. On our return we met another A.H.B.A. rider who was out for a short romp in Arlington Heights. She joined us on the return and assisted in helping one rider return to the park after he became separated from the group. (Honest, we were not trying to play match-maker, it was only a coincidence!) All returned as the sun had again disappeared from view.

Saturday, February 14

We started this ride with ten riders as the sun was shining and the temperatures were pretty nice in the 40's. As the abilities of these riders separate us we were in two different groups by the mid point of the ride. About half of the riders had cupids in their heads so they left before we stopped to eat in Palatine at Alamar's Restaurant. The rest of us ate our fill and continued south into the wind before heading back to the park.

Saturday, February 21

**The Barrington Ride** As luck would have it, the sweep didn't quite follow the same route as the leader did. The leader is pretty crafty and always likes to throw a few twists in the route just so it doesn't get boring to the rest of us. The sweep did get to the restaurant before the rest of the group ate and managed to stay with the leader on the way home. No names mentioned so that each will not be accused later this year!

Saturday, February 28

**The Nine Village Tour** When the leader announced the name of this ride, many started to wonder just how far he would go. The day started out sunny, but the sun went away and the day became more blustery as we continued on. A couple of riders said I've had enough after only three villages, but the majority did the whole route. I am surprised that those of you who have lived in the Northwest suburbs for most of your lives did not realize how easy it would be to cover nine villages in such a relatively short distance. We ate our lunch at the Subway in Schaumburg, and were ready to take off when we noticed that it had started to drizzle. It had cooled off but we now had the wind on our backs for the most part. Once we started the rain seemed to fall steadily even with a few pieces of sleet mixed in. A couple of riders left us before we stopped for lunch as if they had a premonition that this weather was turning against us. Thoughts of warm dry houses kept us going and little by little the riders peeled off until there were only four of us left. By the way, you can get through nine villages in less than 40 miles!

**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. Contact Christine Van Dornick with the size and the color you desire for a shirt. Sizes available are L and XL in all colors and M in yellow (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. The shorts are an 8 panel very good cut of medium weight lycra with very adequate riding pad and the club logo on one leg. These are a great value at \$20. I have several pair of small and 1 XS left which are on sale at \$10.00 each. Call Christine for either one of these.



## Ride Schedule

<p>Saturday March 28 9:00 am 9:30</p>	<p>The Brite Spot Ride Frontier Park 37 miles 37 miles</p>	<p>Earle Horwitz 398-2177 Pace Y-Z Dave &amp; Chris Van Dornick 259-7917 Pace Y</p>	<p>Note: The earlier starting time is a slower paced ride. It's the same destination.</p>
<p>Saturday April 4 9:30</p>	<p>Addison Breakfast Cruise Frontier Park 42 Miles</p>	<p>Dave &amp; Chris Van Dornick 259-7917 Pace Y</p>	<p>Millies has just about the best variety of pancakes anywhere! Come to find out.</p>
<p>Saturday April 11 9:30</p>	<p>Woodfield Wyndam Woosh 33 Miles</p>	<p>Cindy Trent 392-6750 Pace Y</p>	<p>Ride southwest through Busse Woods. Chance for lunch at half way. Joint ride with Mt. P.</p>
<p>Saturday April 18 8:30 9:30</p>	<p>Lambs Farm Ride Frontier Park - 45 Miles Potawatami Woods - 27 Miles On Dundee Road 0.25 miles east of River Road.</p>	<p>Dave &amp; Chris Van Dornick 259-7917 Pace Y</p>	<p>Note: 2 starting places for different mileage.</p>
<p>Saturday April 18 10:00</p>	<p>I &amp; M Canal Ride 35 Miles No fee Start at I &amp; M Historic Portage Site: Harlem Ave just north of I-55 (Stevenson Expy)</p>	<p>Chicago Bike Federation Karen Shinnars 773-885-8748 Local Contact Chris Van Dornick 259-7917</p>	<p>This is a historic route and part of a longer route for a trail corridor. Refreshments at Navy Pier.</p>
<p>Sat. &amp; Sun. April 25 &amp; 26 All Day</p>	<p>Bicycle Swap</p>	<p>Coordinated by Al &amp; Jeanie Gain 392-1547</p>	<p>Volunteers of all abilities and talents welcome. Bring an item to sell; bring some cash to buy. A great time to be had by all.</p>
<p>Sunday May 3 9:15 10:00 AM</p>	<p>Rawson Bridge Ride Frontier Park - 56 Miles Kildeer School - 37 Miles Located on Old McHenry Rd 0.25 Miles NW of Long Grove</p>	<p>Chris Van Dornick 259-7917 Pace Y</p>	<p>Lunch in McHenry, Some hills 2 starting points Pick your distance</p>
<p>Saturday May 9 9:00 am</p>	<p>The Old Fashioned Ice Cream Ride Frontier Park 45 Miles</p>	<p>Cindy Trent 392-6750 Pace Y</p>	<p>Travel to East Dundee for some Tasty Treats. Some hills. Joint ride with Mt. Prospect.</p>
<p>Saturday May 16 9:00 am</p>	<p>The Arlington 500 Preride Barrington High School 32, 42, 54, 68 Miles Located on Lake Cook Rd. West of Downtown Barrington</p>	<p>Coordinator Greg Konieczny 398-4633</p>	<p>Check out the route and enjoy the scenery. All routes are somewhat challenging.</p>
<p>Sunday May 17</p>	<p>The Arlington 500 the AHBA Invitational Ride Barrington High School 32, 42, 54, 68 Miles</p>	<p>Coordinator Greg Konieczny 398-4633</p>	<p>Tell your friends to check out our ride! Volunteer to help this event become another successful one.</p>
<p>Sat. &amp; Sun. May 23 &amp; 24</p>	<p>Blackhawk Stateline 60 Invitational 35 &amp; 63 miles Pre-register or pay fee on ride day</p>	<p>Dave &amp; Chris Van Dornick Coordinators Call for info 259-7917 Your own pace</p>	<p>Ride either Saturday or Sunday. A well run invitational on low traffic roads - good food. Hot lunch at the finish.</p>

Monday May 25 9:00 am	The Libertyville Loiter Frontier Park 40 Miles	Chris VanDornic 259-7917 Pace Y+	A part from a different ride. Chance for lunch half way.
Saturday May 30 9:00 am	Algonquin for Breakfast Frontier Park 50 Miles	Greg Konieczny 398-4633 Pace Y	An Old Favorite with a twist and a few ups and downs.

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. Enter from Kekkicott
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### Weekday Rides

There are weekday rides Tuesday and Thursday from the Deerfield Bakery on Buffalo Grove Road north of Lake Cook Road. Rides start at 10:00 am, go 25 to 35 miles and are a Show-N-Go style. After the time change to daylight savings time in April, the rides will start at 9:00 am. For more information contact Bob Hinkle at 259-1423.



### Bicycle Swap '98

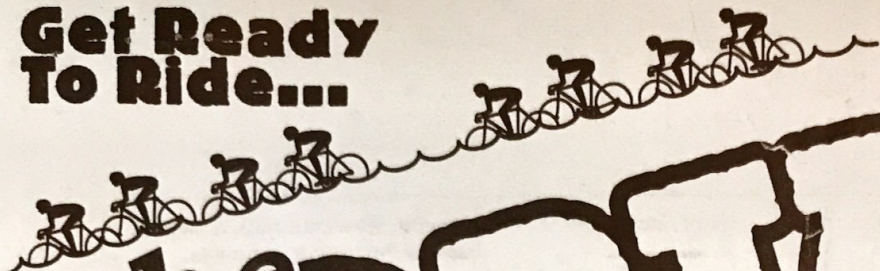
There are about 6 weeks to Swap Weekend. Plans are still on schedule. Flyers have been printed and are being distributed; Roy Euclide is coordinator if you can help in your neighborhood. Greg Konieczny is coordinating check-in again this year; it's a big job and an important area. I hope we can count on all the fine volunteers to sign up and help as they have in years past. Kragh's will have their financial hats on again. Van Dornicks have agreed to organize lunch this year; check with them if you want to show off your cooking skills. For all of you who will be volunteering for the first time this year, don't worry about lunch, Chris and Dave do a wonderful job of providing a warm enjoyable lunch on both days. Saturday morning action starts about 7:00 doing all of the things needed to set up the check-in area by 8:30 and prepare the swimming pool area for sales by 10:00. Don't think you must have your morning coffee before coming over, there's coffee, hot chocolate, and something to munch on.

We always have a wonderful time and the weather is great too! Please join us.

*Al & Jeanie*

Chris has this suggestion for proper dress during the swap: Dress in layers, wear a smile, bring enthusiasm and energy; we'll provide warm beverages, hearty lunch, and a lot of camaraderie!

**Get Ready  
To Ride...**



# the PORTAGE TO PIER club-cycling ride

**Saturday,  
April 18, 1998  
Check-in: 10:00 a.m.  
Start time: 10:30 a.m.**

**Come and join fellow club cyclists in celebrating the 150th Anniversary of the Illinois and Michigan Canal - a monumental waterway responsible for the development and preeminence of the city of Chicago and now the centerpiece of the I & M Canal National Heritage Corridor**

- Start at the Historic Chicago Portage Site (located at Harlem Avenue, 1/2 mile north of I-55), where Louis Jolliet, who envisioned the canal, and Fr. Marquette traveled over 200 years ago.
- Cycle through the streets of Stickney, Forest View, Berwyn, Cicero and Chicago neighborhoods which grew up along the canal route.
- Stop at Navy Pier for free refreshments, group photos and be part of the 150th Anniversary commemorative ceremony & festivities which begin at 1 p.m.
- Cue sheets will be distributed & technical support will be provided by Performance Bike Shop.
- 30-35 mile round-trip ride, moderate pace, goodie bags with water bottles to first 150 bicyclists.
- Helmets strongly recommended
- Take a ride, enjoy the Pier & commemorate the Historic Canal & its rebirth as a recreational trail.

### Special Thanks To:



Canal Corridor Association

I & M Canal National  
Heritage Corridor Commission

Mayor's Office  
of Special Events

 **PERFORMANCE, INC.**



Register by April 8, 1998. Please detach here and return to:  
Dillon Productions, Inc., P.O. Box 577-017, Chicago, IL 60657  
or fax to (773) 929-6047 • Questions? Call (773) 929-5978

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
Address \_\_\_\_\_ Cycling Club \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

**Advance Registration Required.**



Newsletter of the  
**Arlington Heights  
Bicycle Association**



April 1998

FROM THE HEIGHTS

Well, Spring has finally arrived and we're getting in some rides. We seem to have more riders than usual so maybe the two pace ride is bringing you out. Anyway, it's good to see a lot of familiar faces and also some new ones.

Don't forget our Bike Swap on April 25th and 26th. It is an annual event and we have a lot of fun with it. We can always use a few more hands (feet, too) so please call Al and Jeanie Gain to let them know when we can expect you. Catering by the Van Dornick's but desserts are always welcome. Yes, it's Earle, the Sweet Tooth Monster, making that last request.

We have received the PowWow brochures and applications. Call Dave or Chris to get one if you are interested in joining this "official" club ride. If you are going to PowWow, please let Dave or Chris know so they can get an idea of who and how many are going to be there. Also, some people are looking to share a room with a person of their choice, rather than take "pot-luck."

Don't forget our annual invitational, the Arlington 500, to be held on Sunday, May 17th.

This is another fun event to help out in so please call Greg Konieczny to volunteer. We can't live by rides alone, and the Swap and the 500 give us a chance to get together and to give something back to our club.

Looking forward to seeing you all on the rides and the above events.

*Downhills and Tailwinds, Earle.*

### Dues Due

I hope that all of you have sent in your dues to Cecily. If you have not, sent it in today or come to the next general meeting on Wednesday, April 22, and deliver it in person. Stay for the meeting!

### At the Meetings

#### April 22

Phyllis Harmon will discuss her bicycle trip to New Zealand.

#### May 27

Bill's Video.

General Meetings are the fourth Wednesday of the month at 7:30 in the basement of Recreation Park.

If there is a topic you would like to see presented at a meeting or if you would like to tell us about your special trip, please contact Roy Euclide at 437-0442.

### A.H.B.A., Top 15 Mileage Results 4-4-98

1. Christine Van Dornick . . . 595
2. Greg Konieczny . . . . . 494
3. Dave Van Dornick . . . . . 474
4. Jerry Hill . . . . . 450
5. Earle Horwitz . . . . . 280
6. Cindy Trent . . . . . 279
7. Tom Drabent . . . . . 256
8. Bob Hinkle . . . . . 251
9. Jack Edwards . . . . . 241
10. Bill Kragh . . . . . 218
11. Terry Zmrhal . . . . . 216
12. Harlan McDaniel . . . . . 166
13. Jim Barr . . . . . 163
14. Barb Swasas . . . . . 163
15. Kurt Schoenhoff . . . . . 159

## Officers and Staff

<b>President:</b>	Earle Horwitz	398-2177
<b>Vice Presidents:</b>	Dave & Chris Van Dornick	259-7917
<b>Secretary:</b>	Milo Plavec	639-2889
<b>Treasurer:</b>	Ron McPheron	824-5091
<b>Membership:</b>	Cecily Rood	398-7448
<b>Newsletter Editor:</b>	Al Gain	392-1547
<b>Newsletter Mailing:</b>	Jim Shoemaker	259-1692
<b>Blke Swap:</b>	Al & Jeanie Gain	392-1547
<b>Refreshments:</b>		
<b>Arlington 500:</b>	Greg Konieczny	398-4633
<b>Program:</b>	Roy Euclide	437-0442
<b>Web Site:</b>	Cindy Trent	392-6750

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



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## Weekday Rides

There are weekday rides Tuesday and Thursday from the Deerfield Bakery on Buffalo Grove Road north of Lake Cook Road. Rides start at 10:00 am, go 25 to 35 miles and are a Show-N-Go style. After the time change to daylight savings time in April, the rides will start at 9:00 am. For more information contact Bob Hinkle at 259-1423.

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*Marilyn*

(Call Marilyn at 847-436-4496)

## Rides Gone By...

by Chris Van Dornick

**Saturday, March 7** The Bartlett/Embers Route, D.V. modified one route and sort of winged it through another part of this ride on this cloudy windy day. The wind was blowing strong out of the north east and felt pretty raw. We started with a group of 6 riders and one felt that she did not want to battle too much wind for this early in the season. We headed south and west utilizing part of the way to Bartlett route and then had to turn back north to face a cruel cross wind. As we made our way back we passed a couple of restaurants that certainly would have been a break from the wind, but we continued onward. We tried out a section of the newer bike trail along Algonquin Road west of Roselle Road and found many locations where there was broken glass to avoid. We came upon the Embers Restaurant and went inside for a bite. I don't think that we fit the dress code for the place but were seated in the main dining room anyway. After chowing down and taking some after dinner mints, we got back into a more sheltered area inside subdivisions so the effect of the wind was not as bad. The rest of the ride went well.

**Saturday, March 14** Long Grove Tune-up Ride. When we left our house that morning, the thermometer read a balmy 23 degrees and I heard from the radio that the wind chill was 3 degrees below zero! Even though the sun was out, no matter what way you looked at it, it was cold! But as hearty and hungry for mileage as some cyclists are, there were four other riders who came out. The wind was blowing out of the north to northwest so of course we took it in the face up to Long Grove. With the chill, the hot cider and fritters at Long Grove really warmed us up and in the protected area within the grove, we almost forgot how cold the wind was. On the return we altered the route a bit because of the cold. We made it back to Arlington Heights and decided a hot breakfast at Granny's was the thing we needed to rejuvenate our bodies.

**Sunday, March 15** Lake County Ride. I know that Kurt S. is always very prompt with the starting time for his rides. This ride was no exception, as D.V. and C.V. rolled into Kildeer School at about 10:02 am., no one was there. Cue sheets were left, so we hurried up and got moving. The temperature was warmer than the previous day but it was mostly cloudy with a northeast wind so it felt still cold enough. We caught up with a few of the Wheeling Wheelman and soon Kurt saw us and informed us that all the other Arlington Club people must have had something better to do today as we were the only ones. We kept rolling and took a short break in Wauconda to

wiggle our toes and wipe runny noses. A few snow flurries flew by and we hurried on our way so as to oppose them. I'm certain the other riders felt as we did when we returned to the school that anything warm would be just great at that point. Hey Kurt! Where was your helmet that day?

**Sunday March 22** The St. Patrick's Day Ride, I did not go but 10 other people from the Arlington Club did go. That's a pretty good turn out for this spring invitational put on by the Wheeling Wheelman. The weather was pretty fair that day compared to a few other years that the club has ridden.

**Saturday March 28** The Brite Spot Ride. As the newsletter had announced, there were two separate groups who rode today. The first group took off at 9:00 am. when the sky still was not showing if the rain was done or not. The first group had almost a dozen riders in it. Our group, which left at 9:30 am., had eight. With that many people coming to the tiny Itasca restaurant, I called ahead to warn them that we were on our way. The second group had two flats however, on two persons bikes who seemed to be trying to stretch a few extra miles out of some very well worn tires. With that delay by the time the second group got to the restaurant, the first group was done and we took their spots at the counter. The owners of the restaurant still thanked us for calling ahead. We ate and continued on our way and then set out on a mission to catch the first group. We failed in that respect but had a great ride anyway.

**Saturday, April 4** Addison Breakfast Cruise, The sun was out and it drew a group of 21 riders to Frontier Park.. This even caused some motorists to ask what we were doing! About a mile away from Millie's Pancake House, one rider came up with a new phrase for "stopping" like "oh sh-t". I guess that it also means that "I'm riding too close to you and can't stop without falling." That person must be trained in falling so it was fortunate that she was able to ride again even though the force of the fall had cracked her helmet! I guess that shows the importance of helmets once again. All but one rider came in and then it became a pancake eating contest. I guess that every one was stocking up on carbohydrate reserves to battle the wind on the way back. We split into two groups and began making our way back. A few people peeled off to their respective houses on the way back but for the most part all returned to the park a bit tired but still happy.



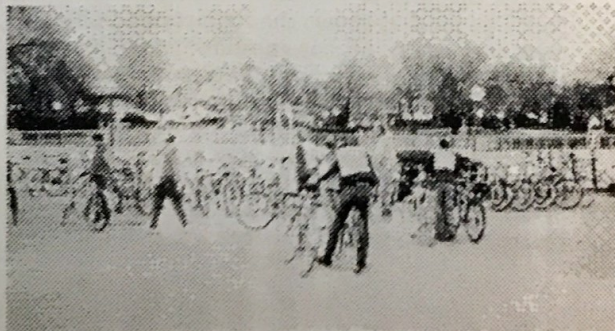
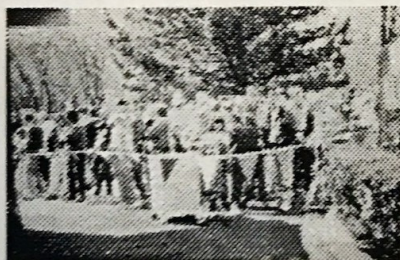


### Bicycle Swap '98 April 25 & 26

The busy time is from 8:00 am to 1:00 pm on Saturday for check-in, runners and sales with a great lunch provided. If you can't come any other time, please come at 4:00 pm Saturday afternoon or Sunday morning at 9:00 to help move bikes.

See you at the Swap!

*Al & Jeanie*

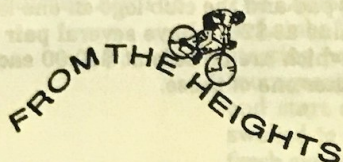




# Newsletter of the Arlington Heights Bicycle Association



May 1998



The weather is getting better and we can finally get down to the real purpose of our club i.e. to get out and ride and be with friends to share our joy of cycling.

Thanks to all who helped with the Swap, but especially to Al and Jeanie Gain who did another great job of organizing it. It takes a tremendous amount of time and effort to run the Swap and they keep improving it. It was another successful one thanks to all the efforts of those who helped out. It was a lot of fun in spite of our annual rainfall.

The 500 will be over by the time you read this and I'm sure it will be equally successful, again thanks to the efforts of Greg Konieczny and his many helpers. I know that I'm looking forward to it again.

There are a lot of people who give unselfishly of their time and efforts and that's what makes our club so well run and a pleasure to be a part of.

With our "signature" events over, we can relax and concentrate on enjoying "the wheels on our bikes go round and round."

Check out the new webpage that Cindy Trent got running again. You can find it at:

<http://www.geocities.com/Colosseum/Midfield/2543/index.html>

Don't forget to get your reservation form in if you're planning to go on the Powwow trip. There is a \$50.00 discount coupon, valid until June 7th, in the brochure. Call the "VanD's" if you need the registration form.

See you on the road.

*Downhills and Tailwinds, Earle*

## At the Meetings

### May 27

Bill's Video.

General Meetings are the fourth Wednesday of the month at 7:30 in the basement of Recreation Park.

If there is a topic you would like to see presented at a meeting or if you would like to tell us about your special trip, please contact Roy Euclide at 437-0442.

## Bicycle Swap '98

**THANK YOU** to everyone who helped at this year's Bicycle Swap. Through your dedicated work, the swap was very successful. The degree of success was easily seen on the faces of the kids who were excited at getting a "new" bicycle; it was felt through the comments for the parents who were so grateful that the bicycle association does this every year; it was seen of the faces of the people who were able to get some money for something that was just collecting dust in their garage; and of course, it was seen in the money we made so that we can maintain this association and continue to support the advocacy groups who are working to improve the bicycling environment.

There are still some things to be completed for Bicycle Swap '98, but thoughts are also being directed toward improving Bicycle Swap '99 (April 24 and 25). Thank you again for all your help.

*Al & Jeanie Gain*

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2. Greg Konieczny . . . . . 600
3. Dave Van Dornick . . . . . 559
4. Jerry Hill . . . . . 487
5. Bob Hinkle . . . . . 432
6. Earle Horwitz . . . . . 385
7. Cindy Trent . . . . . 364
8. Terry Zmrhal . . . . . 357
9. Bill Kragh . . . . . 309
10. Jack Edwards . . . . . 293
11. Jim Barr . . . . . 258
12. Barb Swasas . . . . . 258
13. Tom Drabent . . . . . 256
14. Geri McPheron . . . . . 234
15. Jim Zdunek . . . . . 231
16. Bena Gerber . . . . . 225
17. Kurt Schoenhoff . . . . . 190
18. Ron McPheron . . . . . 188
19. Lisa Nelson . . . . . 181
20. Karen Zmrhal . . . . . 176

## Officers and Staff

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<b>Vice Presidents:</b>	Dave & Chris Van Dornick	259-7917
<b>Secretary:</b>	Milo Plavec	639-2889
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<b>Membership:</b>	Cecily Rood	398-7448
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<b>Bike Swap:</b>	Al & Jeanie Gain	392-1547
<b>Refreshments:</b>		
<b>Arlington 500:</b>	Greg Konieczny	398-4633
<b>Program:</b>	Roy Euclide	437-0442
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*Marilyn*

(Call Marilyn at 847-439-4496)

## Rides Gone By...

by Chris Van Dornick

- Saturday, April 11** The Wyndam Woosh, When the sun comes out and it appears to be a great day in the making, many people come out to ride. This was no exception on this sunny slightly cool morning. This joint ride with the Mount Prospect Club drew enough riders that we split into two groups. The first group left just ahead of the second and we nearly ran into each other on the bike trails around the Wyndam Hotel for which this ride was renamed from the once famous Hamilton Hummer. We reconvened at the lunch stops when Cindy T. provided Easter treats and oodles of Peeps for all riders. Lunch was a diverse choice of Subway sandwiches, Boston Market, or the diet lunch of nothing. A few clouds began to roll in but it was still a beautiful day to ride. We returned to Frontier Park in several bunches, similar to the bunches of buttercup flowers that we had seen along the way.
- Saturday, April 18** The Lambs Farm Ride, This ride is always a favorite because of its destination for sweets at Lambs Farm. But once again the day was sunny but a slightly crisp start from the first starting point in Arlington Heights. Nearly 1- dozen riders were at the first start. They courageously wound their way through Mount Prospect and Wheeling and came to the second start at Potawatomi Woods. More riders were present there so the group had now swelled to 27 riders! With a quick break in Highwood, riders continued on to the draw of fresh sweets at Lambs Farm. There the decision was made to have ice cream or fresh bakery or both! Mostly stuffed with more calories than we should have, we set out back south and west becoming a long train of cyclists. Upon reaching Potawatomi Woods, we said farewell to the short route riders and did a quick head count of those who were riding back to Arlington Heights. When the ride leader had a flat in Wheeling, the sweep began to lead. Eventually, all returned. The I & M Canal Ride also took place on this day and 15 club members participated. It was a great day to ride.
- April 25 and 26, Swap Stories from my perspective**
- Saturday** The skies went from sunny to partly cloudy and then to drizzle by about 2:30. Saturday check in was very steady almost until 1:00 there seemed to be no big delays thanks to the smart swap staff checking in the bikes and accessories. Some swappers came with a single bike and some came to attempt to sell a lot of items. By 4 pm., there were some last minute sales going on but then the task of putting away began. With many people to assist and some crazy chick running in between putting bikes away, the work was done in about an hour.
- Sunday** The troops arrived with smiles and energy to a cloudy overcast day which began in the low 50's. We repositioned the merchandise and checked tags and for tape on each item as it was brought out. With every thing back out the Sunday swappers came. Some were dressed in shorts as if to defy the sharp northeast wind while some were in their Sunday best. Wind was also wrecking havoc with the bikes from time to time when a gust would tip over some unsteady ones. The "staff" began adding layers of clothes to stay warm in the dropping temperatures. Most of us were prepared, having been veteran swap staffers. Some huddled inside the shelter of the building. The rain came about 2:30 first as a drizzle and then with more gusto. Some of us went out and tried to do an anti-rain dance but I think we had the wrong dance steps. We began as much cleanup as we could with the weather turning sour. We were all watching our watches for the 4 pm to finally end this years swap. We began grouping things together to make the collection of final items work smoothly. By 4 pm. the rain had just about stopped and close up began in earnest. Supplies were carried out to vehicles, and tables put away. Post swap: Laughter, relief, stories of proper cycling undergarments, and more laughter took place in between monitoring the Bull's Game!
- Sunday, May 3** The Rawson Bridge Ride, It began as a cool and cloudy day. I dared not look at the weather forecast based on the amount of rainfall that we had in the last couple of days. About 15 riders gathered from two different starting points. We ambushed the Broken Oar for lunch. As bunches of people discussed their return strategy, we looked outside and noted that rain had started. It poured for a while and then let up. Most of us decided that it was light enough to start back. Two riders waited a little longer not wanting to get wet. As we regrouped at a few points on the return, some riders were questioning how wet a person could get and whom should return in one case to get the car and return to pick up these unseasoned riders. They stuck it out and did return to Kildeer School to the applause of us more seasoned riders. Good for you M.H. and R.H. The rain did stop and by the time the remainder of us returned to Frontier Park, it did not look like it had even rained there!

## ARLINGTON 500 WRAPUP

I hate to jinx us, but we're getting awfully good at picking the best day of the Spring to run the Arlington 500. The excellent weather conditions brought out 492 riders, about 70 more than last year. There were a few problems with lost and confused people since we couldn't mark the turns in some areas on the route. But overall, everyone enjoyed our ride and we received many compliments. I appreciate all of you that helped out that day.

Al & Jeanie Gain – Ride Brochure  
Bob Lippold – Cellular Phone  
Roy Euclide – Ride brochure pickup  
Dottie Tockey – Rider information computer entry  
Bob Hinkle – Sag stop application  
Roy Euclide – Sag stop application  
Chris Van Dornick – Mailings to past years' riders  
Ray Benton – Mailings to past years' riders  
Bob Hinkle – Mailings to past years' riders  
Barb Swasas – Mailings to past years' riders  
Bill Kragh & kids – Mailings to past years' rider  
Earle Horwitz – Preregistration  
Chris & Dave Van Dornick – Sag stop food and supplies  
Bill Kragh – Cue sheet and Map  
Barb Swasas – Voice mail box and brochure mailings  
Chris & Dave Van Dornick – Road Markings  
Bob Lippold – Cellular Phone  
Tom Drabant – Sag driver  
Bill Kragh – Sag driver  
Hans Predal – Sag driver  
Dave Van Dornick – Sag driver  
Paula Matzek – Co-sag driver  
Dick Marr – Sag driver  
Gerry Hill – Sag driver  
Chris Van Dornick – Fox River Grove sag stop  
Mary Fitzwater – Fox River Grove sag stop  
Marilyn Wilkerson – Lakewood Forest Preserve sag stop  
Merritt Lewis – Lakewood Forest Preserve sag stop  
Joyce Lewis – Lakewood Forest Preserve sag stop  
Earle Horwitz – Lakewood Forest Preserve sag stop  
Milo Plavek – Lakewood Forest Preserve sag stop  
Clara Basch – Lakewood Forest Preserve sag stop  
Bikes Plus Barrington – Registration area support  
Charlotte O'Donnell – Registration  
Jim Shoemaker – Registration  
Geri McPheron – Registration  
Al Gain – Registration  
Jeanie Gain – Registration  
Bena Gerber – Registration  
Barb Swasas – Registration  
Pat Herrmann – Registration  
Ron McPheron – The bank  
Jim Barr – Sweep rider  
Barb Swasas – Sweep rider



### Ride Schedule

Sat. & Sun. May 23 & 24	Blackhawk Stateline 60 Invitational 35 & 63 miles Pre-register or pay fee on ride day	Dave & Chris Van Dornick Coordinators Call for info 259-7917 Your own pace	Ride either Saturday or Sunday. A well run invitational on low traffic roads - good food. Hot lunch at the finish.
Monday May 25 9:00 am	The Libertyville Loiter Frontier Park 40 Miles	Chris Van Dornick 259-7917 Pace Y+	A part from a different ride. Chance for lunch half way.
Saturday May 30 9:00 am	Algonquin for Breakfast Frontier Park 50 Miles	Greg Konieczny 398-4633 Pace Y	An Old Favorite with a twist and a few ups and downs.
Saturday June 6 8:30 am	Ride to Bartlett Frontier Park 50 miles	Dave & Chris Van Dornick 259-7917 Pace Y	South and west to an old fash- ioned restaurant for lunch; some hills
Friday June 12 10:30 pm	1st Nocturnal Ride Recreation Park 30 - 50 miles	Chris Van Dornick 259-7917 Pace Y	Headlights or tail lights are much recommended for this romp in the dark. Water and bathroom break half way.
Saturday June 13 9:00 am	Dick's Subway Ride Recreation Park 30 miles	Dick Marr  Pace Y-Z	Slower paced ride through the local burbs
Sunday June 14 9:00 am	Frontier Park 50 miles	Chris Van Dornick 259-7917 Pace Y	
Saturday June 20 8:30 am	Bob's Surprise Ride Frontier Park 60 miles	Bob Hinkle 259-1423	Come and find out!
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 and Kennicott Roads. in Arlington Heights (north side). Parking is available in the parking lot. Enter from Kennicott.



# 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:

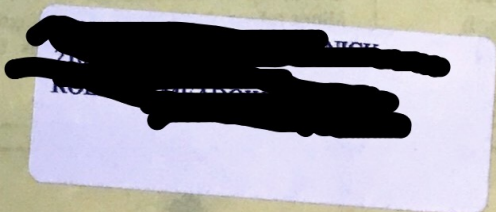
Rides: \_\_\_\_\_ 10-25 miles \_\_\_\_\_ 25-50 miles \_\_\_\_\_ 50-100 miles  
\_\_\_\_\_ Weekend Tours \_\_\_\_\_ Camping \_\_\_\_\_ Motels

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**



June 1998

FROM THE HEIGHTS

Hope everyone is enjoying this early summer riding season. It hasn't been too hot or too rainy and we've been having very nice turnouts for the rides. It must be the shoes.

Some of the members will be on Powwow by the time this arrives and some will be leaving for Grabbawr. We hope to have on-the-ride reporting by the next newsletter.

I realize that not everyone can make the General Meeting on the fourth Wednesday of the month. I don't want you to feel left out or that you don't have a voice in club matters. If anyone has any suggestions for the club or want a topic brought up at the meeting, please give me a call. My phone number is on the next page.

The Arlington 500 was a big success, again. Greg has an "in" at the Weather Bureau and arranges for nice weather for our Invitational. With everyone's help, and Greg's leadership, it is one of the premier Invitationals in our area — maybe the world. That's my unbiased opinion and you can quote me on that.

We've had many new riders show up on our rides this year. If you see someone new or uncertain, please introduce yourself and make them feel welcome. Kind of keep an eye on them and take turns riding alongside them. Remember, we were new once also.

It's easier to remember names if yours is on the back of your saddle or bag. Dick Marr is nice enough to provide those cute little name plates that many members have on their bikes. He has forms that you can fill out to get one. I'd like to get more members to use them. Again, it makes it easier for new people to learn your name, and visa versa. Also, it makes it easier for older members who forget from week to week. No, it's not Alzheimer's, it's Sometimers. Besides, if you forget your own name, you can just turn around and your own plate will tell who you are. Maybe that's why my wife keeps asking me, "Who are you?" You know teachers—always testing.

See you on the road.

*Downhills and Tailwinds, Earle*

## At The Meeting

### June 24

Open meeting

### July 22

Open meeting

### August 26

Open meeting

### September 23

Member's Swap

General Meetings are the fourth Wednesday of the month at 7:30 in the basement of Recreation Park.

If there is a topic you would like to see presented at a meeting or if you would like to tell us about your special trip, please contact Roy Euclide at 437-0442.

## A.H.B.A. Top 20 Mileage Results

1. Christine Van Dornick . . . 1070
2. Greg Konieczny . . . . . 919
3. Dave Van Dornick . . . . . 889
4. Jerry Hill . . . . . 768
5. Cindy Trent . . . . . 716
6. Bob Hinkle . . . . . 685
7. Earle Horwitz . . . . . 622
8. Dick Marr . . . . . 610
9. Terry Zmrhal . . . . . 590
10. Geri McPheron . . . . . 555
11. Jim Zdunek . . . . . 543
12. Jim Barr . . . . . 515
13. Barb Swasas . . . . . 515
14. Bill Kragh . . . . . 513
15. Bena Gerber . . . . . 484
16. Tom Drabent . . . . . 442
17. Lisa Nelson . . . . . 424
18. Paula Matzek . . . . . 411
19. Jack Edwards . . . . . 402
20. Ron McPheron . . . . . 399



## 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://www.geocities.com/Colosseum/Midfield/2543/index.html>



## Weekday Rides

There are weekday rides Tuesday and Thursday from the Deerfield Bakery on Buffalo Grove Road north of Lake Cook Road. Rides start at 9:00 am. For more information contact Bob Hinkle at 259-1423.

## Tuesday Night Rides

Tuesday night rides are at 6:30 p.m. from Recreation Park in Arlington Heights. If you would like to lead a ride either on the weekend or on a Tuesday, there are many routes that have cue sheets and/or maps. Many key dates in fill quickly. Call either Chris or Dave Van Dornick at (847) 259-7917 to schedule a ride. **WE NEED YOUR HELP TO MAKE THIS ANOTHER SUCCESSFUL CYCLING SEASON!**

**T**ee-shirts with the 25th anniversary logo 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. Contact Christine Van Dornick with the size and the color you desire for a shirt. Sizes available are L and XL in all colors and M in yellow (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. The shorts are an 8 panel very good cut of medium weight lycra with very adequate riding pad and the club logo on one leg. These are a great value at \$20. I have several pair of small and 1 XS left which are on sale at \$10.00 each. Call Christine for either one of these.

## Rides Gone By...

by Chris Van Dornick

Saturday, May 9, **THE OLD FASHIONED ICE CREAM RIDE.**

This joint ride with the Mount Prospect Bike Club drew a dozen and a half riders. We split up into a couple of different groups because of the greater number of riders and varying abilities. The pre ice cream stop was at Luke's in Carpentersville. Any one who has eaten there knows that there is not a small portion to be eaten. Many people shared their food. Then it was a short jaunt to ice cream in East Dundee. Since the sun was out we stopped and sat in it to sop up the warmth while slurping on the sweet treats. Then it was on to the bike shop in East Dundee for a quick shopping adventure. The return ride was uneventful but that's the way we like them.

Saturday, May 16, **THE 500 PRE RIDE.**

It was a bit windy as groups checked out the route for the official event on the next day. There seemed to be more than thirty people total for the different routes. Our paths crossed at the Lakewood Forest Preserve. One group had already done the north loop from the forest preserve and stated that the wind was in their face no matter what direction they traveled. The group of us doing the long route then checked out that loop before finally heading off for lunch in Wauconda. We were all running on fumes by the time we reached Luke's being that those of us on the long route had accomplished about 54 miles at this point. We began the final stretch with only a few survivors on the long route. When we thought that we would have smooth sailing back, a flat tire struck on a well worn wheel. We stuck together and fixed that flat. Starting again, I noticed that one rider was not in site again. Fearing that he had another flat, we decided to head back to the school and then start out with a vehicle to bail him out if necessary. He was just about back and gave us the thumbs up sign. We were tired and sunburned by the end.

Saturday, May 23, **THE STATELINE SIXTY.**

The forecast did not sound all that terrific, and knowing that we'd had mixed luck in the past, we were pleased to arrive in Rockton with sunny sky and a somewhat pesky east wind. We began on the route a bit later than anticipated due to a missed calculation of time to arrive. The first half was with the wind and was a breeze to proceed along the lesser traveled roads and farm areas. At the first rest stop, we were reminded what draws us to this ride each year, home made cookies! There seemed to be an abundance of sweets along with the usual array of bagels and fruit. By the time we hit the second rest stop, a peanut butter and jelly sandwich hit the spot. Scanning the route sheet, we spotted some familiar road names which had a few ups and downs and yes, it was into that pesky east headwind. We made it through that aerobic workout and got to the last rest stop which we made brief as the lure of lunch at the end made us hurry. The wind was still in our faces most of the way back and a bit gusty in some open areas. We made it back, wolfed down lunch and then sat in the sun to relax before heading home.

## Ride Schedule

Saturday June 20 8:30 am	Bob's Surprise Ride Frontier Park 67 miles	Bob Hinkle 259-1423 Pace Y	Certainly an adventure; be prepared for it.
Saturday June 27 9:30 am	College Campus Cruise Lake Arlington On Windsor, North of Palatine Rd. — 47 miles	Don Derebey 255-3422 Pace Y	A favorite with reasonable lunch at the college dorm.
Saturday July 4 9:00 am	Rawson Bridge Ride Kildeer School, On Old McHenry Rd., Long Grove 37 miles	Earle Horwitz 398-2177 Pace Y	Get away from the hub-bub of this holiday for a quick jaunt northwest
Sunday July 5 10:30 am	Ice Cream! Recreation Park 30 miles	Dave & Chris Van Dornick 259-7917 Pace Y	Sleep in, then take a short ride for a DQ break
Saturday July 11 9:00 am	Fermi Lab Ride The Pavilion, Biesterfield & Wellington, EGV — 70+ miles	Greg Konieczny 398-4633 Pace Y	Get educated on atom splitting and particulate matter.
Saturday July 18 9:00 am	Morraine Hills Ride Kildeer School 45 miles	Dick Marr 398-0106 Pace Y-Z	Bring lunch or eat junk food; you choose. Slow paced ride.
Saturday July 18 7:30 am 9:45 am	Lake Geneva Frontier Park — 110miles Veterans Park in McHenry 55 miles	Dave & Chris Van Dornick 259-7917 AH to McHenry is express, McHenry to Lake Geneva Pace Y, Last part Pace Y+	Take the challenge and do the 110; bring a snack for the long route. Lunch in Lake Geneva.
Saturday August 1 10:30 am 11:00 am	PICNIC 25-30 mile ride from Grove 2. Pace Y	Coordinator Chris Van Dornick 259-7917 Call by 7-24-98 to register!	Busse Woods Grove 2 (same place as last year). Bring a Salad or Dessert (tell Chris what you are bringing); Club will provide meat, buns, condiments. Fun and smiles by you!
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 and Kennicott Roads. in Arlington Heights. Parking is available in the parking lot. Enter from Kennicott.

*Rides Gone By continued from page 2***Monday, May 25, THE LIBERTYVILLE LOITER**

Memorial Day was early, but it only meant a day off where lots of people had an extra day to ride. We headed off in mostly cloudy cool temperatures, with several people sharing in the ride leading adventure. Once in Libertyville, there were several choices to eating establishments or to go back with just a brief bathroom stop. Most chose bagel shops to have a quick bite. We all cruised back with a long stretch before entering the Des Plaines River Forest Preserve. There the ride leader, CV, got a bit confused on which bike path to turn into to get out at the right point. One path turned out only to be a big loop, so we regrouped found the map, discovered the correct path and found our way out. By the way, the ride leader will never admit to being lost, just making a few adjustments to the route. We rode back to Arlington Heights, with enough of the day left to do a few things yet.

**Saturday, May 30, TO ALGONQUIN FOR BREAKFAST**

This was our first taste of a lot of heat. It was supposed to be a high temperature of close to 90 and it sure felt like it. We rode the roads and a bit of the Fox River Trail to get to Algonquin. Then it was late breakfast of pancakes, french toast and a lot of garbage potatoes. Only Lang's knows just the right amount of green pepper and onion to throw into the mix. The staff was very kind in setting out huge pitchers of water so that we could refill our water bottles to stay hydrated. Some tips were dispersed to the ride leader on route upgrades for the sheet to become just perfect. We prepared for the return trip by applying sun screen and making our way carefully across the Fox River bridge in Algonquin. The return was just as warm with only a little wind to deal with. Is this a sign of things to come: the hot humid weather that summer can dish out?

# 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:

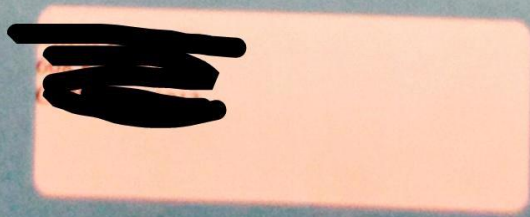
Rides: \_\_\_\_\_ 10-25 miles \_\_\_\_\_ 25-50 miles \_\_\_\_\_ 50-100 miles  
\_\_\_\_\_ Weekend Tours \_\_\_\_\_ Camping \_\_\_\_\_ Motels

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**



July 1998

FROM THE HEIGHTS

We're really into the riding season now. Hope you're enjoying the great weather and the great rides we're having. We've had very nice turnouts for the rides but we're always happy to see more riders. Don't let the Summer get away from you without enjoying the fun and companionship of our members.

Quite a few of our members participated in the PowWow ride and Grabawr. I'm anxious to hear their reports. Look for upcoming pictures and detailed descriptions of these trips. Also, future presentations at the General Meeting.

The General Meetings are continuing throughout the Summer, even though there is no specific program planned. They are still the 4th Wednesday of the month at 7:30 at Recreation Park. Next one is July 22nd.

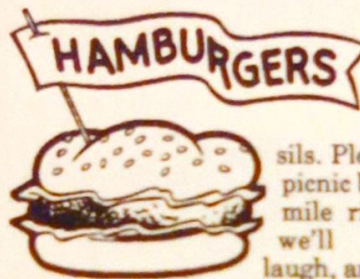
Don't forget to mark your calendars for our Picnic on August 1st. They are always a lot of fun and you get to socialize without being on a bike seat. I understand there is going to be a surprise chef preparing a dish that brought them world acclaim. You don't want to miss it.

Anyway hope to see you all soon and don't forget to give me a call if you have any suggestions for our club.

For those of you who inquired, I will not be riding in the Tour de France this year. My sponsor failed to come up with the necessary funds for me to spend a month in France. That means I'll be here scrounging cookies on the ride, as usual.

Downhills and Tailwinds, Earle

### Picnic



The picnic will be held on **August 1**, at Grove 2 in Busse Woods (same location as last year. See the map below.) The club will provide beverages, meat, buns, condiments, and the eating utensils. Please bring a salad or dessert to share. The picnic begins at 10:30 and there will be a short 25 mile ride leaving at 11:00. Following the ride we'll eat, converse, laugh, and participate in the bike rodeo events which are a lot of fun. Please call to register to Christine Van Dornick (259-7917) and to say what you'll bring. Respond by July 22, 1998.



## 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

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2.	Dave Van Dornick . . . . .	1211
3.	Greg Konieczny . . . . .	1177
4.	Cindy Trent . . . . .	1062
5.	Jerry Hill . . . . .	934
6.	Terry Zmrhal . . . . .	902
7.	Bob Hinkle . . . . .	878
8.	Dick Marr . . . . .	777
9.	Earle Horwitz . . . . .	769
10.	Barb Swasas . . . . .	754
11.	Bena Gerber . . . . .	751
12.	Jim Barr . . . . .	744
13.	Bill Kragh . . . . .	698
14.	Geri McPheron . . . . .	684
15.	Jim Zdunek . . . . .	673
16.	Ron McPheron . . . . .	556
17.	Tom Drabent . . . . .	538
18.	Paula Matzek . . . . .	535
19.	Jack Edwards . . . . .	519
20.	Howard Paul . . . . .	495

The above results are as of 7-13-98 and do not reflect miles earned on POWOW or GRAABAWR.

## At The Meeting

### July 22

Open meeting

### August 26

Open meeting

### September 23

Member's Swap

General Meetings are the fourth Wednesday of the month at 7:30 in the basement of Recreation Park.

If there is a topic you would like to see presented at a meeting or if you would like to tell us about your special trip, please contact Roy Euclide at 437-0442.

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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. The shorts are an 8 panel very good cut of medium weight lycra with very adequate riding pad and the club logo on one leg. These are a great value at \$20. I have several pair of small and 1 XS left which are on sale at \$10.00 each. Call Christine for either one of these.

## GRABAAR

### The Great Annual Bicycle Adventure Along the Wisconsin River.

Seven Arlington Club members were a part of this ride which was held from June 27 to July 4.

It was a point to point ride of approximately 520 miles over seven days with 1200 cyclists.

It was a choice of camping out at school grounds, sleeping in the school or going to nearby hotels.

It was somewhat hilly and sometimes flat.

It was mostly good weather with temps in the 70's with a bit of rain late in the week.

It was fireworks in Richland Center on the 3rd of July.

It was great food, great scenery, many laughs, some swimming, many rootbeer floats, and an overall **GREAT RIDE!**

## Ride Schedule

Saturday July 25 9:00 am	Botanical Garden Ride From Bec's Lake Forest Preserve on Central Rd., 0.5 miles east of Des Plaines 46 miles	Chris Van Dornick 259-7917 Pace Y	Plan to spend some time frolicking in the summer blooms Lunch in Highland Park
Saturday August 1 10:30 am 11:00 am	PICNIC 25 mile ride from Grove 2. in Busse Woods Ride departs 11:00 am	Coordinator Chris Van Dornick 259-7917 Call by 7-24-98 to register! Pace Y ride	Busse Woods Grove 2 (same place as last year). Bring a Salad or Dessert (tell Chris what you are bringing); Club will provide meat, buns, condiments. Fun and smiles by you!
Friday Aug 7 10:30 pm	Nocturnal Ride #2 Recreation Park 25-30 miles	Chris Van Dornick 259-7917 Pace Y+	Wear light colored and/or reflective clothing; bring your head and tail lights!
Saturday Aug 8 8:30 am	Tour of the City of Big Shoulders Recreation Park 60-70 miles	Bill Kragh 255-2814 Pace Y	See the nicer side of the city through its architectural beauty. Lunch on the way.
Sunday Aug 16 8:30 am	TheMilwaukee Ride McKinley Marina, Milw. on the lake front - 76 miles If you are planning to ride up Sat. and have not booked a room, hotels may be scarce!	Dave & Chris Van Dornick 259-7917	There are a number of us riding up Saturday and returning Monday.
Saturday Aug 22 8:00 am	Union to Rock Cut St. Pk. From Union High School 90 miles	Bob Hinkle 259-1423 Pace Y+	A challenging ride, few stops, bring lots of water. Ride through northern IL farm area to Rock Cut St. Pk. Lunch at concession stand in park.
Take I-90 to US 20 Marengo exit, north on US 20 to Marengo-Huntley Rd., east and then north on South Union Rd (KOA Campground), east on West Union Rd. (Jefferson), cross tracks to National; north on National, look for school.			
Saturday Aug 29	TBA		
Sunday Sept 6 9:00 am	Burlington Ride Riverside Pk in Burlington WI Take I-94 to 50 west or 83 north to Congress, right to Park Area 46 miles	Greg Konieczny 398-4633 Pace Y	Some challenging "speed bumps" in the more rugged area south of Kettle Moraine Lunch in Eagle WI.

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 and Kennicott Roads. in Arlington Heights. Parking is available in the parking lot. Enter from Kennicott.

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:

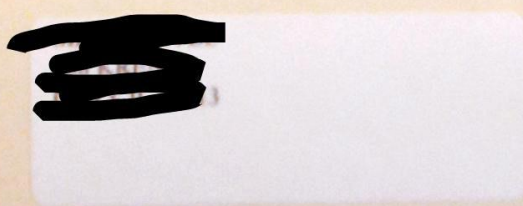
Rides: \_\_\_\_\_ 10-25 miles \_\_\_\_\_ 25-50 miles \_\_\_\_\_ 50-100 miles  
\_\_\_\_\_ Weekend Tours \_\_\_\_\_ Camping \_\_\_\_\_ Motels

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*

August 1998



FROM THE  
HEIGHTS

I'm writing this Saturday afternoon after returning from our annual Club picnic. What a fun event and what a great day. There are many underlying stories that contribute to making this event and this day special.

First of all, the weather was just about perfect. In fact, on the way to the picnic, the radio weatherman said that this might be the nicest weekend all summer. Of course, Roy knew that when he travelled half-way across the city last winter to secure the permit for today.

When all had gathered and it was time to leave on the ride, Chris volunteered to stay back and watch over all the food, coolers, grills and various equipment.

Greg led the ride and it was a nice leisurely pace. I don't think anyone had trouble keeping up.

When we arrived back, there was a cornucopia of assorted salads, entrees, and literally a tableful of desserts. A bikers Thanksgiving. I didn't know where to start and I know I didn't know when to stop. I wanted to sample it all.

Who was the surprise renown guest chef? None other than our own Tom Drabant. What was his famous dish? Sauerkraut! That may not sound exciting but when it went on a bun filled with spicy mustard, stuffed with a grilled Wisconsin brat, cooked by Roy and Chris—man that was gourmet.

Then, Bill Kragh set up the bike rodeo. Four events to challenge our biking skills. The youngest competitor was Jordan Tockey, grandson of Dottie and Mike Tockey. He put us all to shame on the "last one to the finish line wins." It was nice to see a younger family member there sharing the fun with the adults. And then there was his joy and pride as his grandfather was the only one to "throw the newspaper in the basket" as he rode by. As the VISA ad says, "the cost of that—PRICELESS."

I want to thank everyone at the picnic. Those that helped organize and run it, those who brought food for all to share, and those who just showed up and contributed to the good fellowship in our club. You were all important to this event and made it very special in my eyes.

*Downhills to Calvin in, Back*

## Member Swap September 23

Don't get excited, it's not what you think it is! During the September 23 General Meeting we will try our own bicycle parts and equipment swap for members only. Many of you have unused or no longer used bike parts and equipment just staring at you from the corners, basements, and attics. Wouldn't it be nice if someone else in the club could find a new home for that article? It might be something they've wanted to try but didn't want to go out and invest big bucks to purchase it. One person's discard is another person's treasure.

Anyway, start gathering up those treasures and bring them to the meeting in September.

Put a price tag on the article and be willing to accept a reasonable offer. We will have tables set up for the articles and the Swap will begin after the regular meeting. I suggest that you get to the meeting a little early so that you have time to put your articles out on the table. Each person can stay by the things they are trying to sell. Of course, leave some time for your own shopping. Whatever you don't sell can be taken home and put back in those same corners from whence they came. Hopefully, you can also go home with a new "toy" for your bike.

## At The Meeting

August 26

Open meeting

September 23

Member's Swap

General Meetings are the fourth Wednesday of the month at 7:30 in the basement of Recreation Park.

Hey! Give Roy Euclide a call at 437-0442. Tell him what you would like to see presented at a general meeting. Tell him what you would like to present and set a date.

*Editor's Note: A few of you received a July newsletter that had pages in a mixed up order. All of the information was there, but not in the order you expected. The printer had a problem with some of the last sets reproduced. Sorry about that.*



## 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://www.geocities.com/Colosseum/Midfield/2543/index.html>



## Weekday Rides

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## A.H.B.A. Top 25 Mileage Results

1.	Christine Van Dornick	1671
2.	Dave Van Dornick	1485
3.	Greg Konieczny	1405
4.	Cindy Trent	1368
5.	Bob Hinkle	1178
6.	Jerry Hill	1091
7.	Bill Kragh	1000
8.	Terry Zmrhal	959
9.	Earle Horwitz	950
10.	Barb Swasas	931
11.	Dick Marr	916
12.	Geri McPheron	914
13.	Bena Gerber	892
14.	Jim Barr	863
15.	Jim Zdunek	841
16.	Ron McPheron	711
17.	Don Derebey	685
18.	Tom Drabent	667
19.	Jack Edwards	629
20.	Howard Paul	620
21.	Paula Matzek	619
22.	Kurt Schoenhoff	547
23.	Lisa Nelson	531
24.	Chris Wager	507
25.	Harlan McDaniel	454

The above results are as of 8-1-98 and do not reflect miles earned on POWOW or GRAABAWR (those miles will be added to the final tally).

## Tuesday Night Rides

Tuesday night rides are at 6:30 p.m. from Recreation Park in Arlington Heights. These rides will continue through the end of September. As daylight gets shorter, please remember to wear light or reflective clothing for your safety. If you would like to lead a ride either on the weekend or on a Tuesday, there are many routes that have cue sheets and/or maps. There are still a few Saturdays left to fill in during September and October. Call either Chris or Dave Van Dornick at (847)-259-7917 to schedule a ride. **WE NEED YOUR HELP TO MAKE THIS ANOTHER SUCCESSFUL CYCLING SEASON!**

**T**ee-shirts with the 25th anniversary logo 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. Contact Christine Van Dornick with the size and the color you desire for a shirt. Sizes available are L and XL in all colors and M in yellow (847)-259-7917. **NOTE:** There are no more XL in grey left!

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## Rides Gone By...

by Chris Van Dornick

Sunday, July 5

Ride to the Dairy Queen, or so we thought. On this sunny holiday weekend, what a better thing to do than to sleep in and go on a relatively short ride for ice cream. Several people who had just returned from GRABAAWR were again out to sample some of the local treats from the Dairy Queen on Devon Avenue in Elk Grove Village. We arrived and to the horror of us all, it was closed! With some quick thinking and to avoid a mutiny from the riders drooling for ice cream, Dave maneuvered his way to Biesterfeld and Wellington still in Elk Grove to a very open Baskin Robbins. We all dove in to the tasty treats and then wiped off our faces and hands and continued home to enjoy the rest of the day.

Saturday, July 12

The ride to Fermilab. With an adventure to be had we set out from the Pavilion in Elk Grove after Greg had warned us that he had not pre-riden the route. The day went from partly cloudy to all sunny and was just about perfect in temperature. On the way one rider noted that his tire had suddenly gone flat. While some of us assisted him in the tire change, Greg craftily checked out our options on the bike trail where this occurred. We continued onward and all arrived at the magnificent grounds of Fermilab. We joined together at one large round table in the cafeteria for a communal sort of lunch. Some of us chose to tour the upper decks of the building and came upon a tour already in progress where we learned about the latest in subatomic particles and their likelihood of collision in the supercollider. We began our return and came upon a section where a bike trail had been closed but were assisted by a local person in getting through to our destination. On the way home, we stopped for a break at a McDonalds, where a couple of riders talked them into making a rootbeer float and even coached the cashier on what to charge for it! It was a long day but an interesting one.

Saturday, July 18

The ride to Lake Geneva. A very impressive turnout of 10 riders were at Frontier Park for the long route to Lake Geneva. While the day began cloudy, it was probably a blessing in disguise for those of us on that long route. As we cruised our way to McHenry on the first leg of the trip, leaders changed along the way. Upon our arrival, the flea market was in full swing at Veteran's Park. We searched and found those who had driven to McHenry, and took a short break. The wind was nearly non-existent on the way. As the day progressed, the sun shown very brightly and drained quite a few of us of our fluids. Once at Popeyes in Lake Geneva, we were seated quickly thanks to a rider who went in to register our large group. We immediately requested pitchers of water and then pitchers of lemonade to replenish our dehydrated bodies. After lunch we set out on the trek back to McHenry. Within a few turns, it was obvious that some people had lost sight of the leader and were not following their route sheet. We stopped, and hesitated a bit before making the decision to go onward. I had a place in mind that was in the shade where I felt we could regroup. It was in front of a volunteer fire station and had shade along with benches that were inviting. The fire department came out and were very hospitable to us given the sun baking down on us and their concern for any of us overheating. The rest of the group did come along and we set out after thanking the firemen. The next stop was just for water and relaxation at a small park out side of Johnsburg. We returned to McHenry and those of us continuing on the final leg grabbed some beverages and shared a couple of snacks before hitting the road again. The sun was low in the sky as we returned to Frontier Park with just over 110 miles under our belt! Whew!

Saturday, July 25

The Botanical Gardens Ride, The day was nearly perfect with a slight wind blowing out of the west. Because of the near perfect day a large group of 21 riders showed up. We rode on both street and bike path to get up to the Chicago Botanic Gardens. An artist had created a giant bug display in the gardens and we strolled around getting a look at giant ladybugs, preying mantis, and even earwigs. We rode a few miles further north into Highland Park and stopped to have lunch. On the return some chose alternate routes if they had ridden from their homes to Beck's Lake Forest Preserve. We arrived back at the forest preserve with plenty of the day to utilize yet.

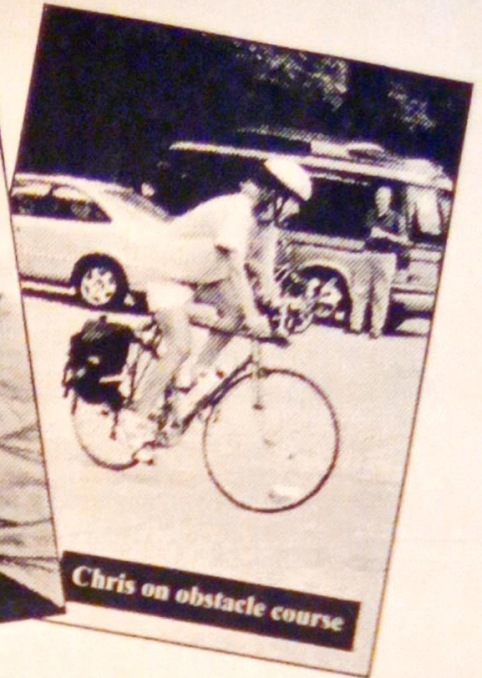


# Annual Bike Association Picnic, August 1, 1998

Pictures courtesy of Paula Matzek



Marilyn, Mary, Roy, & Sandy



Chris on obstacle course



Chris, Earle, Tom, & Don



Barb tossing paper and others



Karen on obstacle course

## Ride Schedule

Saturday Aug 22 8:00 am	Union to Rock Cut St. Pk. From Union High School 90 miles	Bob Hinkle 259-1423 Pace Y+	A challenging ride, few stops, bring lots of water. Ride through northern IL farm area to Rock Cut St. Pk. Lunch at concession stand in park.
Take I-90 to US 20 Marengo exit, north on US 20 to Marengo-Huntley Rd., east and then north on South Union Rd (KOA Campground), east on West Union Rd. (Jefferson), cross tracks to National; north on National, look for school.			
Saturday Aug 29 12:30 pm	Progressive Dinner Ride Start: McPheron's 1806 Azalea, Mt. Prospect (1 block south of Euclid, west of Burning Bush Lane) 30 - 40 miles.	Chris Van Dornick 259-7917 Must Register by August 22	The Great Food Fest. Not for the dieter! More calories consumed than burned
Saturday September 5 9:00 am	The 54 Mile Ride (Arlington 500 route) Barrington High School 54 miles	Chris Van Dornick 259-7917 Pace Y+	Of course we'll stop to eat Some short hills
Sunday September 6 9:00 am	Burlington Ride Riverside Pk in Burlington WI Take I-94 to WI 50 west or 83 north to Congress, right to Park Area 62 miles	Greg Konieczny 398-4633 Pace Y	Some challenging "speed bumps" in the more rugged area south of Kettle Moraine Lunch in Eagle WI.
Saturday September 12 9:00 am	Hawthorne Center Ride Lake Arlington 46 miles	Karen Zmrhal 398-2636	
Saturday September 19 8:30 am	Woodstock Ride Lakewood Forest Preserve (Ivanhoe Road, off Fairfield Rd. just south of Rt 176) 72 miles	Chris Van Dornick 259-7917 Pace Y	Breakfast in Woodstock, then north and east for a few ups & downs; bring an energy snack for later in the ride
Saturday September 26 9:00 am	Elmhurst Ride Juliet Lowe School, AH NW corner of Highland and Victoria 50 miles	Roy Euclide 437-0442 Page Y	Celebrate Octoberfest appropriately at a German restaurant in Elmhurst Mostly flat ride
Saturday October 3 9:00 am 12:30 pm	Kettle Moraine Ride From Genreal Store in LaGrange WI at corner of Rt. 12 and Cty H 9:00 am 1st loop: 30 miles 12:30 am 2nd loop: 63 miles	Jack Edwards 570-0495 Pace Y	Ride through the scenic and rustic areas of Kettle Moraine. Hills are plentiful on 1st loop, not as dramatic on 2nd loop. Lunch at General Store
Saturday October 10 9:00 am 10:30 am	Crystal Lake Ride From Frontier Park: 68 miles In Algonquin at Fox River trail head: 30 miles	Dave & Chris Van Dornick 259-7917 Pace Y	Note 2 starting points. Lunch in Crystal Lake, some hills but great ride.

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

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

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

City, St., Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

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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

*Chris Van Dornick*

THE  
SP  
KEN  
WORD

Newsletter of the  
**Arlington Heights  
Bicycle Association**

September 1998



FROM THE  
HEIGHTS

Where did the summer go? As usual, it went too quickly. The teachers among us are back to school which means we don't get to see them on the Tuesday Thursday, Deerfield rides. I miss them. I don't have a good excuse "to kick around anymore."

Speaking of school, do you remember how concerned you were that the profs never read all the research papers that were turned in, so you inserted something to see if they really read yours? Something like, "if you've read this far, your 1/2 way through." Well, I'm doing the same thing with this column. I don't think I've had one comment on any column I've written. So if you're out there, and have read this one, please let me know when you see me. It's lonely at the top—of The Heights.

Don't forget to bring your no longer used or wanted bike parts to the Member's Swap at the September 24th meeting. Also, bring cash to buy some things you might like. Like the April swap, no credit cards.

Have you checked out the mileage results for this year? There sure are a lot of members racking up those miles. You'd think we were giving "frequent biking miles" awards. One free bike ride for every 1000 ridden. A thought for next year?

Anyway, enjoy the rest of the season and keep hoping the weekend weather is as bike friendly as it has been all summer.

*Downhills & Tailwinds, Earle*

## Banquet November 21

The 1998 Awards Banquet will be on Saturday, November 21, 1998, at Hackneys in Lake Zurich.

The cost is \$8.00 per person. Dinner at 7:30 with cocktails at 6:30. The awards program will follow. If you have any pictures from rides or events during 1998 please allow us to use them for a display at the Banquet. There will be door prizes for everyone and a few special "awards". Come for the final big social event of 1998. It's always enjoyable. The deadline to reserve for this event is November 11, 1998. Make checks payable to the Arlington Heights Bicycle Association and send them to the treasurer Ron McPheron at 1806 Azalea Lane, Mount Prospect IL 60056

Any questions call Chris Van Dornick at (847) 259-7917

## At The Meeting

September 23  
Member's Swap

General Meetings are the fourth Wednesday of the month at 7:30 in the basement of Recreation Park.

Hey! Give Roy Euclide a call at 437-0442. Tell him what you would like to see presented at a general meeting. Tell him what you would like to present and set a date.



## Officers and Staff

<b>President:</b>	Earle Horwitz	398-2177
<b>Vice Presidents:</b>	Dave & Chris Van Dornick	259-7917
<b>Secretary:</b>	Milo Plavec	639-2889
<b>Treasurer:</b>	Ron McPheron	824-5091
<b>Membership:</b>	Cecily Rood	398-7448
<b>Newsletter Editor:</b>	Al Gain	392-1547
<b>Newsletter Mailing:</b>	Jim Shoemaker	259-1692
<b>Bike Swap:</b>	Al & Jeanie Gain	392-1547
<b>Refreshments:</b>		
<b>Arlington 500:</b>	Greg Konieczny	398-4633
<b>Program:</b>	Roy Euclide	437-0442
<b>Web Site:</b>	Cindy Trent	392-6750

<http://www.geocities.com/Colosseum/Midfield/2543/index.html>



## Weekday Rides

There are weekday rides Tuesday and Thursday from the Deerfield Bakery on Buffalo Grove Road north of Lake Cook Road. Rides start at 9:00 am. For more information contact Bob Hinkle at 259-1423.

## A.H.B.A. Top 25 Mileage Results

1.	Christine Van Dornick . . .	2253
2.	Cindy Trent . . . . .	2045
3.	Greg Konieczny . . . . .	1956
4.	Dave Van Dornick . . . . .	1954
5.	Bob Hinkle . . . . .	1433
6.	Barb Swasas . . . . .	1358
7.	Geri McPheron . . . . .	1343
8.	Jim Barr . . . . .	1340
9.	Bill Kragh . . . . .	1311
10.	Earle Horwitz . . . . .	1274
11.	Bena Gerber . . . . .	1269
12.	Dick Marr . . . . .	1192
13.	Jerry Hill . . . . .	1091
14.	Terry Zmrhal . . . . .	1045
15.	Ron McPheron . . . . .	1031
16.	Paula Matzek . . . . .	1024
17.	Tom Drabent . . . . .	0936
18.	Jim Zdunek . . . . .	0900
19.	Howard Paul . . . . .	0863
20.	Don Derebey . . . . .	0824
21.	Kurt Schoenhoff . . . . .	0743
22.	Jack Edwards . . . . .	0719
23.	Chris Wager . . . . .	0670
24.	Lisa Nelson . . . . .	0624
25.	Karen Zmrhal . . . . .	0578

The above results are as of 9-10-98 and do not reflect miles earned on POWOW or GRAABAWR (those miles will be added to the final tally).

## Tuesday Night Rides

The last Tuesday night ride will be on September 29, at 6:30 p.m. from Recreation Park in Arlington Heights. The weekend ride schedule will run through the end of October. As of the October 31, 1998 ride, mileage will be totaled for 98. Any rides including the show-n-go rides which begin in November will count toward 1999 mileage. If you have a sign up sheet from a 1998 ride please turn it in to the ride chairpersons as soon as possible. If you would like to lead a ride on the weekend, call either Chris or Dave Van Dornick at (847) 259-7917.

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by Chris Van Dornick

## Rides Gone By...

Saturday, August 1,

**The Arlington Heights Picnic,** There was enough food for a small army or a whole passel of cyclists. While the rather large group was out on a short jaunt into Schaumburg, the grill master began the grilling of corn, brats and hamburgers. There were a variety of salads, and plenty of gooey desserts. Due to the warm sunshine, the beverage supply was depleted in a short while after most had eaten. Bill, the Master of Ceremonies, then began the bike rodeo events including the paper toss, the obstacle course, and slow race. Many participated in the events while some sat back and just digested the meal. In the end when all the points were added up for the rodeo events, there was a tie. Many thanks to all who brought something to share and for the loaders and unloaders!

Saturday, August 8,

**The City Church Tour,** When Bill started out on this ride he indicated that there were no route sheets; now I understand why. To contain the number of turns we took, a small book would be necessary to accommodate a route sheet. The turns were incorporated to see the number of churches we viewed on the way to and from Buckingham Fountain. I do not think that we left out many denominations in the Chicago area. To view them as we did was probably the best way as if to take in the sights and sounds in the surrounding neighborhoods as well as the beauty of each structure. We entered two of the more notable churches; St. Pat's, the Irish Catholic church that was newly renovated, and Mary, Queen of Angels with the largest base of any church in this area. I was awestruck and famished by the time we reached the fountain for lunch. There were a couple of flats on the way and one of those on the return was conveniently near a garage sale that many of us perused while the flat was being fixed. It was a long ride but a truly satisfying one in terms of the sights and sound of the city.

### The Milwaukee Ride

Day 1, Saturday, August 15

It was overcast as we left. The wind was almost quiet which was ok for all of us. As we reached Gurnee, the sky looked more ominous. After a short break, we went north and were on a new part of our route when we came upon a parade! There was no way to go around it so we stopped and enjoyed the scenery and scooped up candy that was being thrown from different floats. I figured it would be some carbohydrates for the later part of the ride. Shortly after the parade ended the weather was changing. It dribbled a few drops on us and then began to get windy from the northeast. The sky was clearing which was good, but now we had a headwind to deal with. We pushed on and had to fix a flat just before our lunch stop in Kenosha. Lunch was good and we continued into that wind which seemed to have reached about 25 mph. At last we entered Milwaukee and made it to the hotel. The other group had also arrived. We rested and then showered and then headed off to dinner.

Day 2, Sunday, August 16

The sun shown brightly in the morning and it was slightly cool as we all gathered in the lobby and then out the door to ride to breakfast. Breakfast at Eggs and Stuff is anything but light with no small portions. Sharing is common. We were stuffed and realized soon that we would not make it to the start on time. Oh well! We hurried through the quiet streets of Milwaukee to the Marina where an additional group was waiting impatiently. After signing up and some group photos and some advice from the Milwaukee Bicycle Patrol, we were off but only a short hop as a flat stopped us. Before we finished the first loop, two flats had occurred and some major wheel trueing also took place. It's a good thing that there are so many experts around when you need help. Dave had promised not one but two Kopp's stops and everyone seemed eager to get there. We cruised and navigated through the trail and parkway system that makes this ride unique. At the lunch stop at the Kopp's on the south west side of Milwaukee, we all ate of the great sandwiches offered and some even had a shake as a prelude to the ice cream stop which came later. The wind was still out of the north but not as strong as yesterday. As some riders appeared to tire out, I urged them on by whispering thoughts of frozen custard and ice cream floats to them. We made it to the other Kopp's on the north east side of town as the sun was already getting low in the sky. It was not far now back to the Marina so we kept moving. Even though it was later than usual, all had a good time I think. The rest of us who were riding back to the hotel hustled so that we could get back before the sun went down. For one rider it was her first century and she did well.

Day 3, Monday, August 18

Some people slept in (no names mentioned) and the usually late group took off in search of a breakfast place out about 20 miles. We found one after about 17 and made a quick decision to chow down. Refueled and now raring to go, we pushed onward on this overcast day with some dampness in the air. As we reached the Illinois border, the sun was straining to be more prevalent, and the temperature started to climb. In Libertyville, we took a short break for the Dairy Queen and some shade. We were moving very well even with the packs on the bikes and made it back to our homes early enough to miss most of the rush hour traffic but not before getting very warm on the road.

Saturday, August 22

**The ride to Rock Cut State Park.** Only 6 riders came out on this somewhat muggy morning to do this ride from Union to Rock Cut State Park. It was humid and had the feeling of getting very warm. We moved well up to our rest stop and took in some fluids. There was not much of a wind and it still was a little overcast which was ok because it kept the temperature down a bit. The roads were quiet with only a few cars to contend with. As we got closer to the state park, we saw a group of high school runners who were out for a

Continued to page 4



Continued from page 3

practice run. I kept wondering where there water supply was because by mid day it was getting pretty warm. At the state park, we ate from the concession area as we looked out over the mostly placid water with some boating activity. Knowing that there was a possibility of rain, we started on the return trip. The cue sheet was easy to follow so we maneuvered back to the rest stop. Just about a mile or so before we reached it, it began to dribble a little and the sky was looking more like the gathering of the storm. And then it came down. Most of us made it to the shelter of the gas station overhang to avoid getting drenched. We waited it out and finally decided to get moving before the next wave hit. There were still plenty of dark clouds around and we were pushing hard to try to make it back to the school where we started. With only about 4 miles to go and the Union city limits in sight, another gully washer hit and nearly washed us clean. Of course by the time we got back to the car it had stopped. Oh well. At least every one made it safe even if we were not dry.

Saturday, August 29,

**The Progressive Dinner Ride**, What happens when there are 30 or so hungry people all with bicycles? You do a progressive dinner! We started with a short hop but some interesting turns to go from the McPherons house to the Kraghs' home. I'm certain for any one who saw the long string of cyclists they were wondering what was going on. It was a picnic like setting at the Kraghs with tables set in the shade of the large tree and people everywhere. This was only the first stop for food, so some riders started doing "bonus miles" with short loops around the neighborhood. It was then on to the Van Dornicks for the salad and main course. Our house comes with typically two dogs and on this day we were sitting for a third. They all mostly behaved while people filed in for beverages then salads and finally the main course. Amazingly after only about 17 miles these cyclists were very hungry and thirsty. After packing things up and dog-proofing the kitchen again, we were off in search of dessert. Geri was concerned that with all that we had already eaten, that we'd still have room for desserts. I think some people saved a little space for all the treats that awaited us. We all grabbed a beverage and wowed at the assortment of goodies. I don't think it's a secret that the number of calories consumed on this ride did not even compare to the few that we burned off on this mere 26 mile jaunt. Many thanks to all who shared their homes or pitched in with a dish to share.

## 19 in 98

by Paula Matzek

The August 16, 1998, Milwaukee Ride was pedaled by nineteen riders, more than half of whom had ridden their bikes to Milwaukee the day before. A beautiful summer day, sunny with highs in the low to mid 80's, made for good riding weather (and lots of water consumption!).

Unaware that Milwaukee was in a different time zone, the riders who drove up on Sunday arrived at McKinley Marina by 8:30 A.M. Chicago time. A half hour later, the ride leader and entourage arrived, and we were off. Within a mile, we were already taking a break while the first flat tire of the day was changed. Within two more miles, flat tire number two had occurred (oh joy—my turn this time), and we were wondering whether we would ever really get the ride started, let alone finish it by dark. As we were putting the rear wheel back on my bike and testing its spin, a big problem was discovered—the rim had a sizable crack in it. Greg and Bill loosened the spoke in that area, re-trued the wheel, and with some (okay, much) trepidation, I decided to attempt the ride on the damaged wheel. For a leased the next two hours of the ride, I held my breath at every seam or bump in the trail.

Those who have done the Milwaukee ride in the past are familiar with the traffic route, including lake front views and numerous Milwaukee County Parks. Dave's big improvement to this year's route was the addition of an extra Kopp's stop for lunch at the halfway point in the ride. Most of the riders ordered hamburgers or cheeseburgers, and a few were even caught eating frozen custard, even though the second Kopp's Kustard was to be the official dessert stop.

Except for the early flat tires, the ride was relatively uneventful. One ride took a fall while crossing at an intersection with a car coming from the right, but thankfully she was not seriously hurt, and the car's driver saw her and stopped immediately.

For some reason several of the topics of conversation on the ride prompted tightlipped silence for mere chuckles from some of the male riders. Barb and Paula speculated as to exactly what would be included in the "Complete Wedding Kit for \$17.50" that they saw advertised on a sign board. They concluded that if a groom was included for only \$17.50, it was probably the kind that leaves his dirty socks lying around and watches sports all day on T.V. A later discussion of proper biking "garments" brought back embarrassing memories of POWWOW for Paula and Bena.

As always, Dave and Chris did an excellent job of leading and sweeping the ride. (Now if one of them could just tell time in the morning.) Dave bore the brunt of all of the whining and moaning when the second Kopp's stop turned out to be a little further along in the mileage than anticipated. In fact, this "76-mile ride" turned out to be 80 this year. This was actually a relief to those in the group who feared that the route, originally designed in 1976, had now been expanded to 98 miles for 1998.

Continued on page 5

## Ride Schedule

Saturday September 26 9:00 am	Elmhurst Ride Start Location Change District 25 Admin. Center 1200 S. Dunton, AH 50 miles	Roy Euclide 437-0442 Pace Y	Celebrate Octoberfest appropriately at a German restaurant in Elmhurst. Mostly flat ride
Saturday October 3 9:00 am 12:30 pm	Kettle Moraine Ride From General Store in LaGrange WI at corner of Rt. 12 and Cty H 9:00 am 1st loop: 30 miles 12:30 pm 2nd loop: 33 miles total 63 miles	Jack Edwards 570-0495 Pace Y	Ride through the scenic and rustic areas of Kettle Moraine. Hills are plentiful on 1st loop, not as dramatic on 2nd loop. Lunch at General Store
Saturday October 10 9:00 am 10:30 am	Crystal Lake Ride From Frontier Park: 68 miles In Algonquin at Fox River trail head: 30 miles	Dave & Chris Van Dornick 259-7917 Pace Y	Note 2 starting points. Lunch in Crystal Lake, some hills but great ride.
Saturday October 17 9:30 am	Fox River Ride From St. Mary's Park in St. Charles I-90 west, south on Rt. 25, west on Rt 64 (Main St.) cross river, south on Rt.31 4 blocks, east on Prairie to park	Greg Konieczny 398-4633 Pace Y	Take to the Fox River Trail for some fall color Illinois style, lunch in Algonquin.
Saturday October 24 9:00 am	Kane County Ride I-90 west, Rt. 25 south, stay on east side of river, park at trail crossing on left side of road. 72 miles	Dave & Chris Van Dornick 259-7917 Pace Y	A new route, a few rolling hills, lunch at about 43 miles, come out west on some of the lesser travelled roads
Saturday October 31 9:30 am	The Halloween Hullabaloo Ride The Pavilion in Elk Grove Biesterfeld at Wellington 30-35 miles	Marilyn Wilkerson 439-4496 Pace Y	What Halloween would be com- plete without this goolish trek! Come in costume or just your regular scary self. Pumpkin treats at Marilyn's house.
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 and Koenigsmeyer Roads in Arlington Heights. Parking is available in the parking lot. Enter from Koenigsmeyer.

Continued from page 4

Besides Chris and Dave, the following riders should also receive special recognition:

Bill, the Tire-Changing Champion. (Must be those magic gloves!)

Greg, Mr. Good (Spoke) Wrench.

Howard, the Color-Coordinated Fashion King. (Milo and Don also sported very snazzy ensembles, but only Howard also had a water bottle that matched his outfit.)

Bena, on completing her first (involuntary) century.

Travel can be very educational; so what did I learn on this Milwaukee ride?

1. Never ride around the parking lot at McKinley Marina to test out your bike. Broken glass causes flat tire. (Duh!)
2. Never make statements such as, "Do you think that the fact that I had a flat tire on my car last night will exempt me from trouble on this ride?"
3. Do not buy \_\_\_\_\_ brand rims for your bike. (Ask Chris, Dave, Ron, Paula, or John at the bike shop what goes in the blank.)

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  
SPINNING  
WORD



Newsletter of the  
*Arlington Heights  
Bicycle Association*

October 1998



FROM THE  
HEIGHTS



Thank you to those who read and commented on my last column.

The regular season is winding down and I'm missing it already. Less daylight, less warmth, and less riding. Bah Humbug!

We do have some important events yet on our calendar. First is our annual election of officers and filling the slots for our other chairs. You will see the proposed slate in this issue but all the positions are open. If you would like to apply or nominate another willing party, please be at the next General Meeting on Wednesday, October 28. If you want to have a say-so, you have to be there and vote.

You'll also note a list of other positions that need volunteers. They require less of a long term time commitment but it helps to spread some of these other important "jobs" to other members that want to give something back to our club. Don't be afraid to volunteer. As usual, you can always get a little help from someone who has already done it. Besides, it's fun to get involved in our club's happenings.

Also, our Annual Banquet is coming up November 21st. Mark the date on your calendar. We're going to Hackney's in Lake Zurich this year and I'm sure it will be lots of fun and good food as is our custom.

Speaking of custom, there are usually gag gifts commemorating some member's unusual adventure given out at the Banquet. If you would like to nominate a member for this special mention, please call Chris VanD and let her in on why a particular member warrants this coveted and dubious award.

*Downhills and Tailwinds, Earle*



## Banquet November 21

The 1998 Awards Banquet will be on November 21, 1998 at Hackneys in Lake Zurich

The cost is \$8.00 per person. **Dinner at 7:30 with cocktails at 6:30.** The awards program will follow. If you have any pictures from rides or events during 1998 please allow us to use them for a display at the Banquet. There will be door prizes for everyone and a few special "awards". Come for the final big social event of 1998. Its always enjoyable. The deadline to reserve for this event is November 11, 1998. Make checks payable to the Arlington Heights Bicycle Association and send them to the treasurer Ron McPherson at 1806 Azalea Lane, Mount Prospect IL 60056

Any questions call Chris Van Dornick at (847) 259-7917

## At The Meeting

### October 28

**Election of officers for the 1999 season.**

For more on the election, see page 4.

**Janette Goodman** will talk about spinning

### November 21

Meet at **Hachneys in Lake Zurich** at 6:30 for cocktails, 7:30 for dinner and all night for fun.

General Meetings are the fourth Wednesday of the month at 7:30 in the basement of Recreation Park except for November (Awards Dinner) and December.

## 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://www.geocities.com/Colosseum/Midfield/2543/index.html>



## Weekday Rides

There are weekday rides Tuesday and Thursday from the Deerfield Bakery on Buffalo Grove Road north of Lake Cook Road. Rides start at 9:00 am. For more information contact Bob Hinkle at 259-1423.

## Weekend Rides

The weekend ride schedule will run through the end of October. As of the October 31, 1998 ride, mileage will be totaled for 1998. Any rides including the show-n-go rides which begin in November will count toward 1999 mileage. If you have a sign up sheet from a 1998 ride please turn it in to the ride chairpersons as soon as possible. If you would like to lead a ride on the weekend, call either Chris or Dave Van Dornick at (847) 259-7917.

**T**ee-shirts with the 25th anniversary logo 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. Contact Christine Van Dornick with the size and the color you desire for a shirt. Sizes available are L and XL in all colors and M in yellow (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. The shorts are an 8 panel very good cut of medium weight lycra with very adequate riding pad and the club logo on one leg. These are a great value at \$20. I have several pair of small and 1 XS left which are on sale at \$10.00 each. Call Christine for either one of these.


## A.H.B.A, Top 25 Mileage Results

1.	Christine Van Dornick	2384
2.	Dave Van Dornick	2170
3.	Cindy Trent	2163
4.	Greg Konieczny	2095
5.	Bob Hinkle	1568
6.	Geri McPheron	1524
7.	Barb Swasas	1432
8.	Bill Kragh	1415
9.	Jim Barr	1414
10.	Earle Horwitz	1408
11.	Dick Marr	1359
12.	Bena Gerber	1343
13.	Ron McPheron	1159
14.	Terry Zmrhal	1119
15.	Jerry Hill	1091
16.	Jim Zdunek	1070
17.	Paula Matzek	1037
18.	Howard Paul	1016
19.	Tom Drabant	980
20.	Don Derebey	899
21.	Jack Edwards	782
22.	Kurt Schoenhoff	777
23.	Chris Wager	764
24.	Lisa Nelson	706
25.	Roy Euclide	623

## Tuesday Might Rides Top 20

1.	Greg Konieczny	270
2.	Roy Euclide	269
3.	Christine Van Dornick	267
4.	Jim Zdunek	256
5.	Doris Wagner	250
6.	Bill Kragh	243
7.	Delilah Mundy	234
8.	Paula Matzek	191
9.	Lisa Nelson	190
10.	Cindy Cochrane	186
11.	Cindy Trent	173
12.	Geri McPheron	162
13.	Karen Zmrhal	134
14.	Cindy Kinsley	120
15.	Dolores Hanvey	117
16.	Cathy Witt	114
17.	Katie Kragh	114
18.	Rex Diamond	111
19.	Paul Jacobs	105
20.	Chris Wager	99

### Ride Schedule

Saturday October 17 9:30 am	Fox River Ride From St. Mary's Park in St. Charles I-90 west, south on Rt. 25, west on Rt 64 (Main St.) cross river, south on Rt.31 4 blocks, east on Prairie to park	Greg Konieczny 398-4633 Pace Y	Take to the Fox River Trail for some fall color Illinois style, lunch in Algonquin.
Saturday October 24 9:30 am	The Nine Village Tour Frontier Park 45 miles	Chris Van Dornick 259-7917 Pace Y	Cruise around this area with lunch in Schaumburg
Saturday October 31 9:30 am	The Halloween Hullabaloo Ride The Pavilion in Elk Grove Biesterfield at Wellington 30 - 35 miles	Marilyn Wilkerson 439-4496 Pace Y	What Halloween would be complete without this goolish trek! Come in costume or just your regular scary self.
	Greg  Earle Marilyn ?	Pumpkin treats at Marilyn's house.	
Saturday November 7 10:00 am	Elgin Ride for Breakfast The Pavilion in Elk Grove Biesterfield at Wellington 45 miles	Greg Konieczny 398-4633 Pace Y	Travel south and west to Elgin for a late breakfast: some hills: good ride
Saturday November 14 10:00 am	Show-N-Go Rides Start Frontier Park 30-45 miles	Chris & Dave Van Dornick 259-7917 Pace Y to Y+	
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 Palestine and Kennicott Roads in Arlington Heights. Parking is available in the parking lot. Enter from Kennicott.

I am resigning as editor of the Spoken Word. This will be the last issue of the newsletter that I will be stretching here to fill the page so it doesn't look to empty, or squeezing it here to get that last line in, or trying to make the pictures look as much fun as it was to be on the ride.

I would like to hank Jeanie for keeping me on track when the spell checker didn't know that it was "from" and not "form".

I would like also to thank some other very important people—all of those people who submitted articles and stories like Chris and Paula. Without the member participation submitting stories, there would not be a newsletter.


The Spoken Word's new editor will be Cindy Treat.

*Al Gain*

A place of your own.



The Chicagoland Bicycle Federation fights for the rights of bicyclists and for the things that make using your bike better. We do it so people won't drive so much. And we do it because you're out there already. For \$20 a year, you can impact the region's transportation future. Contact the Federation at (312) 42-PEDAL or [info@chibikefed.org](mailto:info@chibikefed.org). And get moving



417 S Dearborn, #1000  
Chicago, IL 60605-1120  
[www.chibikefed.org](http://www.chibikefed.org)



Arlington Heights Bicycle Assoc  
500 E. Miner Street  
Arlington Heights, IL 60004

