

# THE SPOKEN WORD

Newsletter of the  
Arlington Heights Bicycle Association

January 1999  
Volume 28, No. 1

## View from Behind the Bars



As incoming president I would like to thank Eske Horwitz for the fine job he did this year as president as well as everyone else who has helped make this the best organized organization it is. Of course, the annual banquet was a success thanks to Chris and Dave Long, Paula, and everyone else involved including Roy who shared his musical talents with us.

Would that I could have shared with you the Thanksgiving Day/Weekend rides as well as the 00-00 group sports like weather. But we went to northern Wisconsin for the long weekend. Kathy discouraged me from bringing my bike (and my skis as this was the last weekend of the gun-free hunting season and she thought that an over-reaction hunter might mistake me for a "Buck on a Bike"). (Did you know that you can be legally blind and still permitted to hunt deer in Wisconsin? And depending upon the weather, it is my hope to see some of our hardier members leashed in down, lake, ice, and gun-free on the Snow & Go rides this New Year's Day, as well as the rest of the winter.

Members who were at the banquet may have noted Dave's comments about the difference in miles this year putted as compared to last year's. Last winter (with the twentieth ride of the season) had accumulated 342 miles compared to almost 70 riders this year who rode from between, almost 500 miles to more than 1,000 miles. (How we know who rode those miles, don't we, Chris? What it means is that a lot of our members are riding and enjoying the camaraderie of our organization.

If there anything I can do to encourage more of our members to ride this year, please do not hesitate to make suggestions and I will try to act upon them. If anyone has ideas about making our organization more visible, i.e., working with local school districts like districts 20 & 15 in providing free helmets (helmets of course, some restrictions, please don't be shy. This is our bicycle club and it is my purpose to serve the needs of the organization so best I can.

We are still looking for volunteers for many of the opportunities that are available to help the club. These include Ride Leaders (Saturday nights) as well as Wednesday, an official Club Photographer, and someone besides Chris (and always gonna be the one to chronicle our rides) to write about rides. Come fly.

Hope to see you out the road.

Tom

## Prepare Yourself or the Anti-Couch Potato Plan by Chris Van Dornick

As winter approaches, there is a lot less time to ride for most of us in the work force who still sneak off on the weekends to pedal a bit. You may find that it is difficult to keep up the same speed that you were capable of during the summer or that the endurance is not up to snuff. There are other aerobic and leg strengthening activities that can help you avoid the shut down of the body in winter hibernation. Although it does not include changing seasons, riding a stationary bike or a wind trainer can keep your leg strength up. Challenging the body with different pedal rates and levels of resistance will help with that. To get aerobic conditioning you need to perform some activity that elevates your heart rate and lets you keep it elevated for up to an hour. Walking works for most people, or if you are inclined, try jogging or running at certain intervals during the walk. A brisk walk of 45 minutes to an hour will keep your heart rate at a desired level, in starting an average ride.

There are a couple of leg strengthening exercises that target the quadriceps (the muscle above your knee) that performs most of the work in cycling. Having strong quads helps your knees out more than you can imagine. Try one of these exercises a couple of times a week and you should notice a difference.

1. Lunge Stand upright with feet comfortably apart. Take a giant step forward with one foot (keep the other in place). Lower the body but keep your back and torso straight by bending at both knees. The forward leg should remain in line with your foot which is flat on the foot. The back leg is stretched and bent until that knee nearly touches the ground. Use a chair for support or balance. Slowly return the forward leg to its position and stand upright. This whole sequence should be performed by a slow count of ten. Repeat the sequence for the other leg. Do several more times, and try for about 5 with each leg for starters.

2. The Wall Lean Stand a wall and begin by standing with your back to the wall. Press your back up the wall and slowly walk out with your feet until your position is like sitting on a chair. When you reach this position, hold it for a count of 5 and then slowly return to a standing position by walking your feet back into the legs are at the wall. An example of this:

Continued as "Anti-Couch Potato" page 3

## Rides Gone By...

**Saturday, November 2** The day of the *Breakfast Ride to Elgin* started out as one of the coldest days of the fall but it certainly did not discourage 8 club members who came out for the first ride of the 1999 season. All but 2 of them rode their bikes to the starting point in Elk Grove from as far away as Bolling Meadows and Wheeling. About 5 miles out, Cindy celebrated the first flat of the season in a brand new tire. A massive hunk of glass even penetrated a tuffy strip. Jerry did a quick repair job and we went on our way. By this time, Chris, Dave and Pat were long gone. We did eventually catch up with the Van Dornicks as we found them sunning themselves outside the McDonald's where the ride's "break for the day" was scheduled. As we rodd along, it seemed that everyone in the northwest suburbs was out raking leaves or clearing out their gutters. This reminded me of the big pile in front of my house that had to be cleaned up as soon as I got home. At the restaurant, we must have made quite an impression on the staff because they remembered us from our ride last fall. Maybe it's the quantity of food that we eat. Afterwards, almost everyone agreed that a nap was more appropriate than a 20 mile bike ride at 45 degree temperatures. However, there was coming vehicle in site, so we started the ride home. The A team chose the quickest way back while B team took the regular route. It turned out to be a very nice day to be outside and enjoy some beautiful Fall colors along the way. Afterwards, I was a little too tired to do any raking so the Fall colors are still covering my lawn. Oh well, there's always next weekend.

- Greg Kozumbar

**Friday, November 27** Who would have even considered shopping on this absolutely gorgeous day? There must have been a lot of you out shopping or working because only six riders showed up at the bakery for the *Thursday Deerfield Bakery House Ride* route. The leader even had a few extra bags built in since it was by all rights just too nice to do anything else. The route was nice for me, I am not lucky enough to have enjoyed it on the usual weekday times. There are a few hills, the route gets out away from the usual higher traffic routes, and many of the roads have very good pavement. We did the first loop and were heading off for more when hunger pangs and things derailed the pack. Most of us pushed the pace a bit in the early part of the ride and were feeling the effects of a lack of training at a quite articulate pace. We decided to head back to the bakery and the thoughts of a chewy burger and beverage seemed appropriate.

-Chris Van Dornick



**Saturday, November 21** With the wind out of the southwest we all figured that it would get warmer as the day progressed but it was a pretty cool start for the *Millie's Pancake House Ride*. With about nine riders, we headed off south through Busse Woods into Elk Grove and then into Itasca. The group seemed pretty eager for those delicious pancakes as we mostly stayed together on the way south. Once in Addison, Millie's is easy to spot, and as one rider went in to warn them of our arrival, the table was soon set. At Millie's, the pancakes are large enough that many a person does not finish them. I'll bet some may have been thinking ahead toward the banquet planned for that evening and decided to hold off on a few bites just to make sure that there was room for more. When we were all finished, it seemed to take a little extra prodding than usual to get the troops moving. Thoughts of taking a nap were present until they all realized that they needed to return. The wind had increased a bit from the south, and gave us a push. We got back to the park in great condition for the evening ahead.

-Chris Van Dornick

**November 28** 11 riders showed up for the *Thanksgiving Day Ride* on this holiday day to build an appetite for the feast later. As we waited in the zone drive at Recreation Park, a well-tooled gentleman on a Harley rode up and asked if he could come along. We assured him that he certainly could but that our gear may not suit him. He laughed and wished us well before taking off with his shades on and somewhat tanned hair streaming behind him. We worked our way west and south around the Woodfield area. We actually made a loop around Woodfield mall just to see the empty parking lots for this nice day of the year. We cruised back thru Busse Woods and made our way through empty business lots with not much traffic on the roads either. We returned to the park mostly not by choice but because we all had some delicious discoveries.

-Chris Van Dornick

**Deerfield Bakery Ride**  
25-30 Miles  
Pace Y+

Bob Hinkle 259-4423



A group of retired and other non-morning work only people depart from the Bakery promptly at 10am for there on time or you will be left holding the donuts! They travel at a fast pace through rolling hills in the Long Grove, Barrington and Wheeland areas. A great pre-pastry workout.

**New Year's Day Ride**  
15-20 Miles (depending on weather)  
Pace Y

Dave and Chris Van Dornick 259-7917



A short ride through Rolling Meadows and whenever Chris and Dave will take us. This medium paced ride will culminate in a tasting of President Tom Drabant's homemade chili. Although he likes hot food, he has promised a mild version as well. Chris and Dave will provide other snacks.

**Show-n-Go Ride**  
30-45 miles  
Pace Y to Y+

Frontier Park  
Chris and Dave Van Dornick 259-7917



Follow Chris and Dave (look at the picture above so you don't forget what they look like) into the wind toward a happening food stop. Sometimes Chris and Dave even forget about the wind. We ride as long as the roads are dry and temperatures are above freezing.



The first membership meeting will be January 27 at 7:30 pm at Rec Park. We will be discussing POWWOW and GRABAWR, two week-long rides across Wisconsin.

## Officers and Staff

President:	Tom Drabant	397-4213	tdrabant@aol.com
Vice Presidents:	Dave & Chris Van Dornick	259-7917	
Secretary:	Milo Phovic	639-2889	
Treasurer:	Tom McPherson	824-5091	
Membership:	Cecily Hood	398-7446	
Newsletter Editors:	Cindy & Dick Trent	392-6750	ctrent@dis214.k12.il.us
Newsletter Mailing:	Jim Shoemaker	259-1692	
Safety Chairman:	Harlan McDaniel	437-5052	
Bike Swap:	Al & Jeanne Gair	392-1547	
Refreshments:	Barb Swann	459-8065	konic@mcclone.com
Arlington 300 Program:	Greg Koniczky	398-4633	
Web Site:	Roy Euclide	437-0442	ctrent@dis214.k12.il.us
	Cindy Trent	392-6750	



Photo by Paula Matzek

Outgoing President Earle Horwitz passes the "Presidential Ball" to the new president, Tom Drabant

# January

3	4	5 Deerfield Bakery Ride 10 am	6	7 Deerfield Bakery Ride 10 am	8	9 Show-n-Go Ride 10am	
10	11	12 Deerfield Bakery Ride 10 am	13	14 Deerfield Bakery Ride 10 am	15	16 Show-n-Go Ride 10am	
17	18	19 Deerfield Bakery Ride 10 am	20	21 Deerfield Bakery Ride 10 am 25:30	22	23 Show-n-Go Ride 10am	
24/31	25	26 Deerfield Bakery Ride 10 am	27 Membership Meeting 7:30 pm	28 Deerfield Bakery Ride 10 am	29	30 Show-n-Go Ride 10am	
1	New Year's Day Ride 10 am						2 Show-n-Go Ride 10am

1999 S M T W T F S

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

See the back of the calendar for  
details of the rides.

December

1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 31

February

1 2 3 4 5 6  
7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28



## Viewing the Net

by: Cindy Trent

This month's featured site belongs to the League of American Bicyclists (LAB), a national organization for a bicycle friendly America. Their site can be accessed through our homepage. Simply go to

your bookmark for AHBA (which you should have by now), and then you choose "Bicycle Web Sites for you computer enthusiasts!". Next scroll down until you find the League of American Bicyclists. The sites are organized in alphabetical. Otherwise, you can type the URL which is <http://www.bikeleague.org/Default.htm>.

Once on the LAB page, if you choose "about LAB", you can find out about the history of cycling, or shall we say "wheelman" in the United States. In addition learn how cycling advocacy brought about paved roads back in the

1880's through "The Good Roads Movement." LAB's current agenda is embodied in the League's Safe Roads Movement, a comprehensive program that aims to reduce the number of injuries and deaths to cyclists. Highlights of this 10-point action plan include educating bicyclists and other road users about their rights and responsibilities to safely share the road, and promoting the improvement of road design and maintenance to better accommodate bicycles.

If you choose "events" you can learn about the League's 1999 National Rallies of Cyclists. This year's planned events include June 4-7, Louisville, Kentucky; June 18-21, Saratoga Springs, New York; and July 23-26, California Wine Country.

Lastly, LAB has a very comprehensive list of bike links. If you choose "links" you can learn about bicycle helmet safety, cross state rides, winter cycling, bicycle commuting and other biking news.

Saturday, November 28. At the beginning of the Rawson Bridge Ride, as we met at Frontier Park, the leader offered two different lengths of rides with varying destinations. Amazingly enough the group chose the shorter of the two routs at 45 miles. This route led us on a bee line toward Long Grove. At Kildeer School, we stopped to regroup and to peel off clothing as it was getting warm. You never would have guessed that this was the last days of November. We then worked through the construction zone on Old McHenry Road and then went north. Bonner Road was on the route and we were pleasantly surprised to see that the road reconstruction was nearly complete *not like our previous experience in September when it looked like a mine field.* A new wide asphalt shoulder has been placed on Bonner which suits any cyclist just fine. We ambushed the Broken Car restaurant and bar and for a while outnumbered the motorcyclists who tend to frequent this establishment. Some riders had other commitments and did not stop to eat. After the remaining bunch had chowed down, we began the return route which was slightly different than what was shown on the cut sheet. The main thing was that it forced us to stay together a bit more. One tandem turned out to be a useful taxi for a rider who needed a break from her own bike. It's a good thing that some riders are similar in leg length and size so that tandems like this one can work. We returned to Arlington Heights after doing a little trail riding in Deer Grove Forest Preserve.

-Chris Van Dornick

### Banquet 1998 Rap Up

A special thanks to all who came to this end of year celebration of cycling. 49 people attended the banquet, and all returned home with a door prize. In some cases it was difficult to recognize a few people because we are so used to seeing them in cycling gear. I heard some comments like "You look good in real clothes!" We officially swore in Tom Drabant as the new president and wished Earle Horwitz well as he took off his crown as president from 1998. The club greatly appreciated the donation from the Arlington Bicycle Company of the heart rate monitor. Bob and Shirley Hinkle were the recipient of that special door prize. The food was very good and I believe everyone enjoyed themselves.

-Chris Van Dornick

### Anti-Couch Potato

Continued from Page 1

The idea behind a strengthening exercise is to do the movement slowly and then to hold the stressed position for a count of either 5 or as you increase in strength to 10. Slow movement prevents you from overextending and also allows a full range of motion.

The moral of this story is: Don't be a couch potato this winter. If you don't ride, try another activity. You'll be much further ahead in spring when the season starts for real!

MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) \_\_\_\_\_  
Street Address \_\_\_\_\_ e-mail address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

In signing this release for myself, and/or a named participant under the age of 18, I understand that the Arlington Heights Bicycle Association officers and members, are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. For myself and/or said minor, my (and minor's) heirs and assigns, 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



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

# THE SPOKEN WORD



Newsletter of the  
Arlington Heights Bicycle Association

February 1999  
Volume 28, No. 2

## View from Behind the Bars



Would you believe that we had such a mild December that we could ride in such spring-like comfort and then experience one of the biggest snowfalls in Chicago history in January? Five of the hardiest club members biked on the annual New Year's Day ride in the frosty 5° weather the day before we were hit with 15-20 inches of snow. I guess we should accept the snow and make the best of it.

I returned this afternoon from cross country skiing with two of our more intrepid club members, Paula and Jackie. We were wondering if we received bonus miles for our efforts since part of our ski trail covered a Crystal Lake Bike Path that meandered through Stearns Woods and Veteran Acres. In any case, there are a number of our members who wish to keep active through the winter months and find that cross country skiing is a wonderful way to exercise and enjoy the beautiful outdoors. In fact, Greg will be leading a ski trip on January 30 (see page 3). If anyone would like to join us on other ski trips, please give me a call and I will put you in touch with others who want to share the 'skinny ski' experience.

As I mentioned in last month's column (for those of you who read it) my feeling is that we give something back to the community, perhaps in providing helmets for certain children in the local school districts or some other worthwhile endeavor. If you have opinions about this or anything else AHBA related, please share it with us at the January 27 general membership meeting.

Hope to see you on the road or on the ski trails,  
Tom

The Monthly Meeting on January 27 will feature a discussion about POWWOW and GRABAAWR,  
See page 3 and 4 for more information.

## POWWOW

### A Wisconsin Bicycling Adventure

Looking for a reasonably-priced week-long bike tour with indoor accommodations rather than camping? Then POWWOW's Fox Valley Tour may be for you.

The POWWOW Fox Valley Tour is for cyclists who want to ride 55 to 70 miles per day. Most of the terrain is flat to very gently rolling, and most of each day's route is on superb, low-traffic, rural roads.

This year's trip will begin on Sunday, June 20 and continue through Friday, June 25.

## GRABAAWR

### The Wisconsin River From a Bicycle Seat

The GREAT Annual Bicycle Adventure Along the Wisconsin River is a week-long bicycle tour. It begins near the headwaters of the Wisconsin River and follows the river to its end, the junction of the Mississippi River. The 1999 ride will be June 26-July 3. It will cover a total of 450 to 480 miles with daily distances ranging from about 50 miles to 70 miles. The terrain varies from flat to rolling hills.

### Viewing the Net by Cindy Trent

A new addition to the POWWOW and AHBA web page is a section called tours. This includes links to extended biking tours, such as GRABAAWR. Go to the AHBA page (see below) and select "Bicycle Web Sites for touring info!"



AHBA web page:

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

## Rides Gone By...

Saturday, December 5, 1998 It was an overcast and damp day but warm enough for people to get out and enjoy the day. The ride leader confused most of the group by starting out going south but then altering his route to end up at the Koffee Kup in Lake Zurich. The leader told many people on the ride what his favorite entre was at the Koffee Kup and many took his suggestion to try the raisin french toast. From what I heard, the consensus was good for almost every one. It drizzled a little on the return.

-Chris Van Dornick



Saturday December 12, 1998 With the day as sunny and bright and a balmy wind out of the south west, I wondered why more people were not out to enjoy it. Only five riders showed up on this day when the thermometer hit almost 50. We headed south into the wind and dealt with the runny noses that the wind caused as we cruised through Busse Woods. We arrived at the Bright Spot in Itasca and something seemed a little different. It happened to be that the former owners had sold the tiny restaurant and there were new faces behind the counter. The scary part was that the previous owners warned the new folks about us coming in from time to time. I guess the rumors they heard weren't too bad because they still provided us with good food and a friendly smile. The wind blew us back to home without much hassle.

-Chris Van Dornick

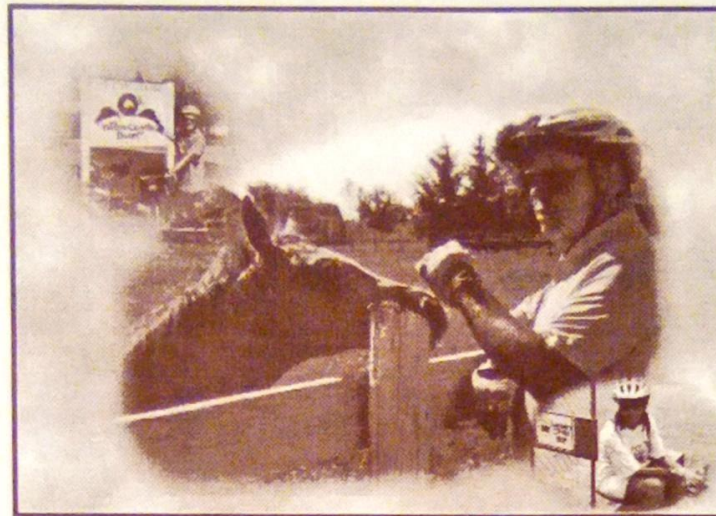
Friday, January 1 It was a cool 12 degrees but the roads were dry and just a bit salty for *The New Year's Day Ride*. The new president arrived early just to make an impression and brought some of his great chili to share. A total of 5 riders went out on two wheels to greet the new year. As we rode, it was flurrying, we greeted anyone that we saw outside who was within shouting distance. I'm certain some people thought we were crazy but it was fun while it lasted. We rode 14 miles to start our own personal 99 mileage and to add to the club mileage already in place. Once back at the Van Dornick house, a few more people arrived just in time to have a bowl of chili, a mug of glug, and to warm up by the fire. Lots of good conversation and advice were passed on to those who would. Tom shared cookies and those of us who rode appreciated those minor calories. When two of the riders decided to leave, it was snowing but it was fluffy. We said goodbye and hoped that we could ride again soon.

-Chris Van Dornick

Saturday, December 19, 1998 The day was cloudy with a brisk north wind and only two riders showed up for the *Ride to Libertyville*. They quickly decided to head into the wind and ride off to Libertyville. Once there, they found that a business that had been closed the last time we rode through was reopened under a different name. I heard that the sandwiches were very tasty at this new place. The two riders went a little further east then headed south through the path along the Des Plaines River. The trail was dry for a change and not many other riders were out. I guess the temperature hovering around thirty had something to do with that. The riders returned to the Arlington Heights area and were chilled when they returned home.

-Chris Van Dornick





Photos courtesy Paula Matzek

## POWWOW 1998

by Paula Matzek

POWWOW stands for Pedal Over Wisconsin Week On Wheels, and their week-long tour in late June of the Fox River Valley of Wisconsin features great rural scenery and lodging at colleges and universities. Last year's route took Bena Gerber, Howard Paul, Terry Zmrhal, Dick Marr, Art Cunningham (Wheeling Wheelmen), Don Maloof, Hope Schwartz, and me from our start in Watertown to overnight stays in Ripon (Ripon College), Appleton (Lawrence University), DePere (St. Norbert College), Oshkosh (U. of Wisconsin and Oshkosh), Ripon again, and back to Watertown.

Breakfasts and dinner were included in the tour price (under \$400). Nervous about eating "dorm

food"? Not to worry -- college dining halls now offer a variety and quality that were unheard of when many of us went to college.

Like to relax and go for a swim after a day of riding? That option, as well as several other recreational possibilities (bowling, movies, shopping) are available in many of the towns.

One day's route offers the option of a century out to the shore of Lake Michigan and back. The entire POWWOW tour is fully supported with two SAG vehicles. All of your luggage is carried and delivered to the next night's dorm by truck. All you need to do is hop on your bike and enjoy each day of riding at your own pace -- just don't be late for dinner!

**For More Information  
Come to the January Meeting  
or**

phone: 414-671-4560 e-mail: [dennard@execpc.com](mailto:dennard@execpc.com) URL: <http://www.execpc.com/~dennard/>  
mail: POWWOW Bicycle Tours  
c/o Dennard Corporation  
3533 W. Lapham St.  
Milwaukee, WI 53215



Photos courtesy Don Ami

## GRABAAWR 1998

by Cindy Trent

GRABAAWR stands for GREAT Annual Bicycle Adventure Along the Wisconsin River, which is a week-long tour along the Wisconsin River. Last year Don Ami, Jack Edwards, Greg Konieczny, Chris and Dave VanDornick, Dan Currier, and I rode from Eagle River to Prairie du Chien. Along the way we stayed in many small towns and even spent an afternoon in the Wisconsin Dells.

GRABAAWR is very well organized. It is limited to 1200 riders. Most drive to Prairie du Chien on Saturday where we take buses up to Eagle River to begin the ride on Sunday. For the past two years they have offered an optional century ride on the first day up into Michigan to the headwaters of the Wisconsin River.

The trip is inexpensive (approximately \$170) since most people camp in tents outside of the town's high school. A second option is to stay in hotels. For the past two years, Jack has booked rooms for us for Wednesday night, marking the halfway point of our trip. It's nice to have a firm bed and a hot, private shower for a night.

In addition, two semi-trucks follow us all week carrying our gear. SAG vehicles and repair trucks also travel along for the adventure.

Meals are not included in price of the ride. Each day, breakfast and dinner is offered in the school by

a booster club for \$5-7. Along the route various churches and other organizations offer planned rest stops with sandwiches, fruit, pasta salad, and baked goods for sale.

In the evening, GRABAAWR provides shuttle service between the school and town if necessary. Of course, some prefer to accumulate additional miles by riding to town.

You may have heard rumors about the "mountains" in Wisconsin, but there are really only two to three hilly days. Riding along the Wisconsin River means crossing it and its ridgelines several times. The bonus is that once you climb uphill you get to coast downhill. As Wayne Woodworth (Mt. Prospect) told me my first year, "I've never met a hill I couldn't walk up."

### For More Information

phone: 1-888-575-3640

e-mail: wisbike@mhtc.net

URL: <http://grabaawr.com>

mail: PO Box 310

Spring Green, WI 53588-0310

# February

## Top 15 list for 1999

1. David V.D. 348
2. Bob Hinkle 292
3. Greg Konteczny 289
4. Cindy Trent 261
5. Earle Horowitz 217
6. Christine V. D. 208
7. Tom Drabant 184
8. Bena Gerber 175
9. Terry Zmrhal 175
10. Kurt Schoenhoff 159
11. Jack Edwards 128
12. Jackie Bonovitz 126
13. Paula Matzek 126
14. Jan McCandless 126
15. Jan Zdunek 105

1	2	3	4	5	6
Saturday, January 30 Moraine Hills Cross Country Ski Trip 9:30 am	Deerfield Bakery Ride 10 am	Deerfield Bakery Ride 10 am	Deerfield Bakery Ride 10 am	Deerfield Bakery Ride 10 am	Show-n-Go Ride 10 am
7	9	10	11	12	13
	Deerfield Bakery Ride 10 am		Deerfield Bakery Ride 10 am	Deerfield Bakery Ride 10 am	Show-n-Go Ride 10 am
14	16	17	18	19	20
	Deerfield Bakery Ride 10 am		Deerfield Bakery Ride 10 am	Deerfield Bakery Ride 10 am	Show-n-Go Ride 10 am
21	23	24	25	26	27
	Deerfield Bakery Ride 10 am	Membership Meeting 7:30 pm	Deerfield Bakery Ride 10 am	Deerfield Bakery Ride 10 am	Show-n-Go Ride 10 am
28					

### January

3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### March

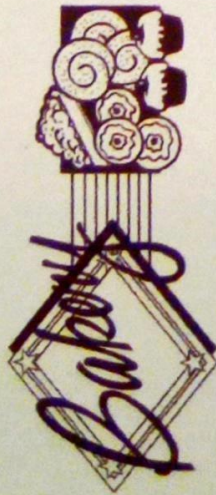
1	2	3	4	5	6
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13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

# 1999 S M T W T F S

Dave and Chris will be putting the regular ride schedule together soon. If you have a particular ride let us know about it for the schedule. A number of club members have already signed up for GRABAWR during late June in 1999. The week long rides will be discussed at the January meeting on the 27<sup>th</sup> at Recreation Park.

Do you want a ride of yours to count as club mileage? Advertise it in the club newsletter. On the date of the ride, assume the usual responsibilities as ride leader. Get a sign up sheet and have cue sheets for the ride if at all possible. Make certain you turn in the sign up sheet to Chris or Dave. For a local event such as an invitational, two or more club riders need to ride. For an out of state event, 3 or more club riders need to have ridden to qualify the event for club mileage. That's all there is to it, but if you still have questions call your ride chair persons.

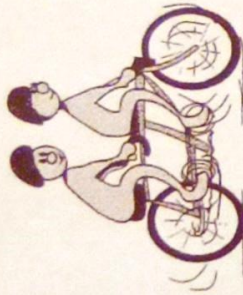
Deerfield Bakery Ride  
25-30 Miles  
Pace Y+  
Bob Hinkle 259-1423



A group of retired and other non-morning working people depart from the Bakery promptly at 10am (be there on time or you will be left holding the donuts). They travel at a fast pace through rolling hills in the Long Grove, Barrington and Wauconda areas. A great pre-pastry workout.

Show-n-Go Ride  
30-45 miles  
Pace Y to Y+  
Frontier Park

Chris and Dave Van Dornick 259-7917



Follow Chris and Dave (look at the picture above so you don't forget what they look like) into the wind toward a happening food stop. Sometimes Chris and Dave even forget about the wind. We ride as long as the roads are dry and temperatures are above freezing.

Annual Cross Country Ski Trip  
Moraine Hill State Park  
Greg Konieczny 398-4633



Join you fellow biker types for some cross country skiing on our annual day trip to Moraine Hill State Park. Meet us at 9:30 in the parking lot at the very end of the park road. To get to Moraine Hills, take Rt. 12 north to Rt. 176. West on 176 to River Road. North on River Road and watch for the park entrance on the right hand side. If you need skis, you can rent them at Bikes Plus. If you've never skied before but would like to learn come on down and we'll give you some basic instructions to get you going. Sorry, we can't ski on asphalt so if there's no snow, the regular show-n-go bike ride will happen instead. For more information or if conditions look marginal, call Greg

### Officers, Staff, and other Important Phone Numbers

<b>President:</b>	Tom Drabant	397-4213	tdrabant@aol.com
<b>Vice Presidents:</b>	Dave & Chris Van Dornick	259-7917	
<b>Secretary:</b>	Milo Plavec	639-2889	
<b>Treasurer:</b>	Ron McPherson	824-5091	
<b>Membership:</b>	Cecily Rood	398-7448	
<b>Newsletter Editors:</b>	Cindy & Dick Trent	392-6750	ctrent@dist214.k12.il.us
<b>Newsletter Mailing:</b>	Jim Shoemaker	259-1692	
<b>Safety Chairman:</b>	Harlan McDaniel	437-5052	
<b>Bike Swap:</b>	Al & Jeanie Gain	392-1547	
<b>Refreshments:</b>	Barb Swasas	459-8065	
<b>Arlington 500:</b>	Greg Konieczny	398-4633	konie@mcione.com
<b>Program:</b>	Roy Euclide	437-0442	
<b>Web Site:</b>	Cindy Trent	392-6750	ctrent@dist214.k12.il.us
<b>Ride Hotline:</b>		255-3468	



The first membership meeting will be **January 27 at 7:30 pm** at Rec Park. We will be discussing POWWOW and GRABAWR, two week-long rides across Wisconsin.

The February membership meeting will be **February 2 at 7:30 pm** at Rec Park. Bob Hinkle will discuss his Border to Border Ride from 1998.

**New Ride Hotline**  
Call the new ride hotline for information about upcoming rides. Just dial 847-255-3468.



# Why I Wore Red Suspenders

by Bob Hinkle

Someone asked me at the AHBA banquet why I was wearing red suspenders with the word Alabama written on them. They were a souvenir from my Florida to Canada bicycle tour that I rode in May. Alabama was my most favorite state to ride during 1998. It had the most diverse riding environments, friendly people, and was full of surprises.

I camped the first night in the state park at Florala, Alabama. It was just over the Florida state line barely into Alabama, so hence the combination name, "Florala." The park had a small picturesque sand bottom lake surrounded by towering bald cypress trees. After a hot day's ride the lake beckoned to me to jump in for a cool swim. My shoes were off and as I was about to take that cooling dip when someone pointed to the sign along the shore warning that there were alligators in the lake. The urge to go swimming vanished. It was the campground's shower for me. We had an excellent spaghetti dinner served to us at the campground by our cooks.

At dusk the mosquitoes began to become active. I went into my tent and as I was peering through the mosquito netting on the door, I saw them. Bats, swarms of them coming out between the stone chimney and the roof of the shelter that was next to my tent. They danced through the sky snacking on the

mosquitoes that had been snacking on me. As I finally laid down to sleep my alarm clock began to make chirping noises. I picked up the clock and the chirping stopped. Several minutes after I set the clock back down it started to chirp again. Listening carefully I discovered that the chirping was coming from underneath the tent.

At last I drifted off to sleep only to be awakened by the faint sounds of barking and baying of several dogs. The glow of my alarm clock showed it was 12:07 AM. The barking and baying kept getting louder and louder heading straight for our tents. Those crazy dogs came crashing through the campground making all kinds of noise. Finally the barking and baying got fainter and fainter. Just as I settled down to go back to sleep the barking and baying started again to get louder. Whatever it was that the dogs were chasing had doubled back and now was heading through the campground. Again the dogs went flying by barking and baying as they went.

Again I was able to get back to sleep. I awoke at dawn in time to see the bats squeeze through the openings between the stone chimney and roof of the shelter.

What surprises! Welcome to Alabama.

For More of Bob's Exploits,  
Come to the Membership Meeting on February 24

## Everything I Need to Know I Learned In The Bike Club

by Paula Matzek (from the 1998 Banquet)

- Food is a powerful motivator.
- Lots of little misfortunes can come our way along the road of life, so don't sweat the small stuff. Missing out on Bena's Easter candy, however, is not small stuff.
- Expect the unexpected. Bring your tools and your raingear.
- Sometimes things happen in 2's ... or 3's or 4's.
- Riding into the wind can be just as ill-advised as spitting into the wind, and Jim Croce warned us long ago about that.
- Duct tape is one of humankind's most versatile inventions.
- Timing is everything. If you're not a morning person, don't expect to ride with a farmer.
- If you want to reach your destination, it's important to know left from right.
- Fluid consumption is very important, but be careful which fluid you choose.
- Sometimes there's no better way to cool off on a hot summer day than a refreshing dip in a retention pond.
- Follow the leader, but don't believe everything the leader says. (Or wait, did I learn that from President Clinton?)
- You must prepare for the "uphills" in life, but no matter how prepared you are, sometimes you just run out of gears.

# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

Street Address \_\_\_\_\_ e-mail address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

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

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

Single (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



Arlington Heights Bicycle Association

500 E. Miner Street

Arlington Heights, IL 60004

# THE SPOKEN WORD



Newsletter of the  
Arlington Heights Bicycle Association

March 1999  
Volume 28, No. 3

## View from Behind the Bars



On Friday, January 29, Barb Swasas and I attended a Chicagoland Bicycle Federation meeting and spoke with Chicago-Area Bicycle Presidents about ways in which we could make our clubs more effective. Some of the items that were covered were Invitationals, the Midwest Bicycle Show (March 5-7), and ways to increase ridership on club rides.

Personally, I feel that if we had some slower rides that covered less distance (in addition to the current style rides), we could increase the number of club riders on our Saturday rides. Now, if we only had some ride leaders to head these slower-paced rides! Let me know if there is any interest in this type of ride and I will pursue this idea.

Al and Jeanie Gain are doing their usual fine job of organizing the annual AHBA Bike Swap to be held on April 24 & 25, and it is hoped that we will see many club volunteers to help make this event successful. Of course our Arlington 500 will also need volunteers to make our favorite Invitational come to fruition and those willing to help should call Greg Konieczny to offer their services.

And finally, I wanted to offer this quote taken from Frances Willard, 19<sup>th</sup> century feminist, in her book *How I Learned to Ride the Bicycle*.

*The Bicycle is the steed that never tires,  
and is mettlesome in the fullest sense of  
the word. It is full of tricks and capers,  
and to hold his head steady and make  
him prance to suit you is no small  
accomplishment.*

Hope to see you "prancing" on the road,

Tom

---

Biking Fables  
(things that happen only in cyclist's dreams)

Cyclist: Does your dog bite?

Dog Owner: No. I knew this was your biking route so I had all of my dog's teeth removed.

---

## Volunteers!



As Tom mentioned, Al and Jeannie are looking for helpers at the **Bike Swap**. People are needed beginning at 7am on Saturday and Sunday, continuing until about 10 pm. If you want to help, or even don't really want to, but can, please call them at 392-1547.

Greg also needs volunteers for the Arlington 500 on May 23.

At the January Board meeting, Tom led a discussion of offering different types of rides. In an attempt to include more riders of differing abilities, interests and time constraints, board members talked about having slower rides, faster rides, and dual rides with other clubs (Wheeling, Mt. Prospect, Lake County). Maybe a family ride that would involve a scavenger hunt or picnic. Maybe a singles ride. We would like to increase membership in the club, but also increase participation of the current members. What would get you out riding more?

Of course, all of these rides need leaders. If you think you have an idea that would fill a niche, please talk to Tom, Chris, or Dave.

## Membership Meeting, February 24

In May of 1998 Bob Hinkle rode his bicycle 1173 miles, through seven states, from Florida to Windsor, Canada. He rode mostly the rural roads not found on the official state maps, although he did have to pass through parts of Lexington, Cincinnati, and Detroit. Each day brought new adventures and challenges. Come see his two part presentation on February 24th entitled *How To Creatively Display Your Photos* and *The Standard Slide Show*.

## Rides Gone By...

**Saturday, January 16** This was the first day above freezing in January and the sun came out to begin melting the big piles of snow. Only 2 riders showed up to ride. I guess that everyone else was thinking about skiing rather than cycling. The sun was warming and the wind was a little raw out of the northwest. We rode around the Arlington Heights area and splashed through the puddles from the melting snow. After another loop through Rolling Meadows, the two riders decided to call it a day after just 24 miles, but it was still a good start to the new year's mileage.

-CVD

**Saturday, February 6** The temperature was in the 40's at the start of the *Breakfast in Barrington* ride with a slight wind out of the northwest. I was working with an older route sheet and we were west of Barrington and needed to reroute the group as the road project on Algonquin Road had eliminated our access to some older local roads. Thanks to another experienced rider in the group we worked our way back to familiar territory on the back roads around the lakes. In Barrington, at the Egg Harbor Café, we were seated in a large booth. Then we ate and drank a lot of orange juice. It's a good thing that there was no shortage of juice or water because we were all a bit dehydrated. The return route was pretty much standard. At a point when we were near Arlington Heights, I asked the group if anyone wanted to go further since the weather was pretty nice for a day in February. However everyone had other things to take care of so we cruised on back to Frontier Park. A large crowd was on hand at the park because of the Park District sign-up for baseball. Hey, isn't that a sure sign of Spring?

-CVD



**Saturday, January 30** The sun was out and the wind was out of the northeast but the weather reporters still promised a high in the 40's. We decided to take the wind in our faces and head east, even though one rider was concerned about the volume of traffic on some of the roads that we were anticipating to travel on. As it was, traffic was pretty light as we dodged some potholes out on the roads created by the freeze and thaw cycle so common to this part of Illinois. Dave modified our route slightly from the origin to Park Ridge, but our breakfast stop was still the Pancake House. We were served in a relative short period of time and were soon on our way out into the sunshine which was continuing to warm the air. With the east wind on our backs, we sailed on back with little trouble on the new route.

-CVD

The AHBA has a strong presence in our community and we would like to continue our involvement by giving back to the community and its members. The question is how. In the past we have donated bicycle helmets to schools which were then distributed to deserving students. This program, however, was only successful because we had an insider. One of the club members was directly involved in the school.

Now we are looking for other possible philanthropic endeavors. Any ideas? Is there a need in the community, the schools, or the park district? Maybe helmets, bike racks, or seminars? Brainstorm over dinner or on a ride and come up with some ideas. Then let Tom know.

This is a great way to get involved.



## Biking Tip

by Bob Hinkle

On the February 6th show-n-go ride I heard the warning *glass* often. The snow has melted exposing an assortment of hazards, including glass, in our riding lanes. Therefore it is a good idea to check your tires for bits of glass that have become embedded in your tires. Inspect those tiny slits. If you can see a shiny speck in the slit, chances are you got glass embedded in the tire. Use a tiny screw driver or knife blade and gently lift upwards at the edge of the speck to remove the glass. Sometimes the glass may work itself out but more likely it will penetrate the tube and cause a slow leak.



### Deerfield Bakery Ride

25-30 Miles  
Pace Y+  
Bob Hinkle 259-1423

A group of retired and other non-morning working people depart from the Bakery promptly at 10 am (be there on time or you will be left holding the donuts). They travel at a fast pace through rolling hills in the Long Grove, Barrington and Wauconda areas. A great pre-pastry workout.

### WallyBall

0 Miles  
Pace As Fast as Fun can Come  
Jackie Bonovitz 259-6899

Volleyball played on a racquet ball court. Confused? Wait until you learn to hit the ball out of bounds and be a hero. Play it off the wall but try and avoid these same walls! Words don't do it justice. Come with your tennis shoes, no cleats. Forest View Racquet Club is located behind the old Forest View High School at Goebbert Road and Falcon Drive between Golf and Algonquin in Arlington Heights. Play begins promptly at 4 pm so be a little early.

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

### Ride to the CABDA Bicycle Show

35 miles  
Frontier Park  
Pace Y  
Terry Zmrhal 923-7320

Ride to the Rosemont Convention Center to see the Midwest Consumer Bicycle Show sponsored by CABDA (Chicago Area Bicycle Dealers Association), a not-for-profit organization dedicated to improving cycling.

We plan on spending about three hours at the show before riding back to Frontier Park. The cost is \$7, but we will have \$1 discount coupons for each rider.

Bring panniers, locks and perhaps a change of shoes/clothes, bunge cords, and a sheet of return address stickers for quickly placing on the many entry forms for the multitude of drawings available at the show.

Also "required" for this ride is that you wear your yellow AHBA Club Jersey to show our presence at the show. If it rains, we will car pool from Frontier at 9:30

### Long Grove Tune-Up

Rec Park  
28 Miles  
Pace Y

Chris and Dave Van Dornick 259-7917

A familiar route through scenic Long Grove and get your legs in shape for the '99 riding season. Note, this is a tune-up for your legs, not your bike so don't miss the opportunity.

## Officers, Staff, and other Important Phone Numbers

President:	Tom Drabant	397-4213	tdrabant@aol.com
Vice Presidents:	Dave & Chris Van Dornick	259-7917	
Secretary:	Milo Playec	639-2889	
Treasurer:	Ron McPherson	824-5091	
Membership:	Cecily Rood	398-7448	
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Bike Swap:	Al & Jeanie Gain	392-1547	
Refreshments:	Barb Swasas	459-8065	
Arlington 500:	Greg Konieczny	398-4633	konie@mcione.com
Meeting Program:	Roy Euclide	437-0442	
Web Site:	Cindy Trent	392-6750	ctrent@dist214.k12.il.us
Ride Hotline:		255-3468	

### Lake Opoka

Rec Park  
27 Miles  
Pace Y

Terry Zmrhal or Chris and Dave Van Dornick 259-7917

A trip around Lake Opoka hidden in Des Plaines. Reacquaint yourself with Arlington Heights, Des Plaines and Mount Prospect on the way to this man made lake.

### St. Patrick's Day Ride

Wauconda Orchards  
18 or 34 Miles  
Wheeling Wheelmen

Sponsored by the Wheeling Wheelman, this trip offers a choice of one or two loops through the orchards. There are some hills and riders proceed at their own pace.

There is a nominal fee for this ride. Wauconda Orchards are located on Gossel Road, west of Farfield Road. This is north of Route 176. The Orchards are open for refreshments.

### Deerfield Bakery Short Route

Deerfield Bakery  
26 Miles  
Pace Y

Chris and Dave Van Dornick 259-7917

Come out and see where the retirees ride during the day (see description at left). The Bakery is located on Buffalo Grove Road at Checker. Please park in the Funeral Home lot. The best part is the treats at the bakery after the ride.

### AHBA Bulletin Board



Tuesday Night Rides will begin on April 6 at 6:30pm. You are always welcome to lead a Tuesday Ride. Many existing route sheets are available or be a co-leader with another person to get an idea of what it's like to lead a ride.

Represent the club at the Bike Show and other events by wearing club clothing. Bright Yellow Jerseys with a club logo on the front and back are available for \$17. A great deal for the CoolMax clothing. Get a pair of 8 panel, medium weight lycra shorts with the club logo on the leg for just \$20. Small shorts are just \$10. Call Chris (259-7917) to order yours.

# March

	1	2	3	4	5	6
		Deerfield Bakery Ride 10 am		Deerfield Bakery Ride 10 am		Ride to the C.A.B.I.S.A. Bicycle Show 9:30 am
7	8	9	10	11	12	13
Wally Ball 4pm		Deerfield Bakery Ride 10 am		Deerfield Bakery Ride 10 am		Long Course Race- up 10 am
14	15	16	17	18	19	20
		Deerfield Bakery Ride 10 am		Deerfield Bakery Ride 10 am		Lake Opeka 10 am
21	22	23	24	25	26	27
St. Patrick's Day Ride 10-15 am		Deerfield Bakery Ride 10 am	Membership Meeting 7:30 pm	Deerfield Bakery Ride 10 am		Deerfield Bakery Short Hauler 9:30 am
28	29	30	31			
		Deerfield Bakery Ride 10 am				
		February				April
		1 2 3 4 5 6				4 5 6 7 8 9 10
		7 8 9 10 11 12 13				11 12 13 14 15 16 17
		14 15 16 17 18 19 20				18 19 20 21 22 23 24
		21 22 23 24 25 26 27				25 26 27 28 29 30

S M T W T F S

## Sometimes I Forget

by Chuck Fearnow

Originally printed in the newsletter of the Central Indiana Bicycling Associati over 20 years ago

I've been riding for several years now and I'm a pretty good rider. I wasn't born that way. It wasn't an instinct. I had to go through that building process. The process of riding and practicing. Practice is the only way to do it. I'm not even close to the strongest rider in CIBA, but even the slowest of the regular CIBA riders is one of only a few hundred good riders in the county. To the average person, anyone who can simply ride 25, 50, let alone 100 miles has accomplished an amazing feat.

Sometimes I forget that. The people I talk to about biking take that amazing feat as the minimum requirement. I begin to deal with "time for the distance". My goals are in terms of becoming an even stronger rider. They become goals of riding those miles even faster. That's good. That's how we all got to be strong riders. Setting those goals a little higher each time. Pushing that extra effort when it hurt. Being happy and excited when I cover the distance in a really good time. Those are the things that are meaningful to me.

What is meaningful to a rider out there for the first time? It's the same thing that was meaningful to me the first time. Simply covering the distance. Long distance or short, they have to start somewhere. They're not worried about the time or the speed, only that they cover the distance. Sometimes I forget that!

This Sunday I forgot that. There was a couple riding slower than we were. We could have waited and ridden with them, but I forgot. I can give a lot of good reasons for not riding with them. Of course, they'll never know any of those reasons. They only know that no one rode with them. They may keep riding in spite of me, but certainly not because of me, because I forgot why they were there. I had my own goals. Perhaps I had to be somewhere at a certain time. Perhaps I wanted to ride hard and fast. Perhaps I didn't want to look bad in front of other riders. Perhaps I wanted to keep up with someone else. There are lots of good reasons, but those slower riders will never know any of those reasons, because I won't see them again.

Sometimes I forget. I ask slow riders if they had trouble

on the route. I'm honestly concerned about that, but they hear: "You must have had trouble to be that slow." I could get the same information by asking "Did you have a good ride?"

Sometimes I forget when a ride leader puts out the extra effort to ride the short ride slowly to help new riders. I kid him about riding the short ride. Those new riders hear: "You're not worthy to ride with us if that's all you can ride." That's not what I meant, but that's what they hear.

Sometimes I forget why I'm out there in the first place. I forget that I love the joy of riding. I revel in the new strength I find in riding. Sometimes I get caught in schedules and have only a limited time to ride. When I do that, I've forgotten I'm there for pleasure and to forget the pressures of the workday world, not for competition. Most importantly, I've forgotten that if I had ridden that first ride alone, there would have been no reason to come back. I could ride alone anytime. I'm very glad that someone slowed down and rode with me. I'm sad that I didn't do that for someone else. I'm going to try to do better next time. I'm going to ride at least twice during the season with the last rider because there are things that I want to remember, and sometimes ... I forget!

## It Couldn't Be Done...

by Edgar A. Guest

*As the riding season becomes more of a reality, you might begin to set some goals for your riding. Whether it be to ride once a week, be able to ride a century by the fall, or attain a certain amount of mileage, the following thoughts might be appropriate.*

Somebody said that it couldn't be done.  
But he with a chuckle replied  
That "maybe it couldn't" but he would be one  
Who wouldn't say so till he'd tried.  
So he buckled right in with the trace of a grin  
On his face. If he worried he hid it.  
He started to sing as he tackled the thing  
That couldn't be done, and he did it.  
Somebody scoffed: "Oh you'll never do that,  
At least no one ever has done it".  
But he took off his coat and he took off his hat.  
And the first thing we knew, he'd begun it.  
With a lift of his chin and bit of a grin.  
Without any doubting or quiddit,  
He started to sing as he tackled the thing  
That couldn't be done, and he did it.  
There are thousands to tell you it cannot be done,  
There are thousands to prophesy failure,  
There are thousands to point out to tell you one by one,  
The dangers that wait to assail you.  
But just buckle in with a bit of a grin,  
Just take off your coat and go to it,  
Just start in to sing as you tackle the thing  
That "cannot be done", and you'll do it!

## Newsletter Reaction

We have tried to do some different things with the newsletter in the past several issues. One is the calendar. Our hope is that the calendar has all the information you need for upcoming rides and events. It is designed to be removed from the newsletter and posted in your home. Use it to plan to your life around biking.

Hopefully this newsletter will be useful to you and possibly promote more participation. Will you ride more? Are you getting the information you need? How can the newsletter be more useful?

We will only know the answers to these questions if you tell us. Please e-mail Cindy (ctrent@dist214.k12.il.us) or send us a note at the AHBA address.

# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

Street Address \_\_\_\_\_ e-mail address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

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

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

Single (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



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

**March is membership renewal month**  
Send your renewal to Cecily

THE



# SPOKEN WORD

Newsletter of the  
Arlington Heights Bicycle Association

April 1999  
Volume 28, No. 4

## View from Behind the Bars



Recently some of the AHBA members attended the CABDA Bicycle Show and found it to be a worthwhile experience. In addition to viewing the latest bikes on display, we spoke to a number of service organizations and bike clubs about their efforts in giving something back to their communities.

The Fox Valley Bicycle & Ski Club is an example of a service oriented bike club in that they fund both bicycles for their local bike police, as well as tricycles for the physically impaired. It would be a nice gesture on our part if we could do something similar, in addition to the ongoing helmet giveaway that we do with the local schools.

In regards to helmet giveaways, the club will be giving a helmet certificate away every hour during the forthcoming AHBA Bike Swap. Each member of our club is asked to share some time at the swap in the hope that our club can continue to be the successful (and fun) organization that it is. Al and Jeanie advised me that they especially need help from 8:30 to 11:00 in the morning and from 4:00 to 5:00 in the afternoon, so please plan to share some time to help your bicycle club. (Al and Jeanie's phone number is 392-1547)

In last month's column I wrote about having some slower paced rides in order to encourage a larger number of riders to join our Saturday rides. A number of members have responded and volunteered to lead these slower-paced rides. And in a spirit of gratitude for their help, all ride leaders this season will be given bicycle related prizes (no, this will not include the Loire Valley Bicycle Tour through the French countryside) to be awarded at this season's bike picnic and at the fall banquet.

And finally, I wanted to offer this quote taken from Arthur Conan Doyle, in an 1896 article for *Scientific American*.

When Spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.

Hope to see you soon on the road.

Tom

## Volunteers!



Help! The Bicycle Swap needs you if it is to be a success. Saturday, April 24 and Sunday, April 25 at Frontier Park are the days we need help. As any garage sale, the busiest time is Saturday morning.

We need people early (7:30am) to set up the park and receive the bike shop bikes. By 8:30 check-in is set up and sellers are waiting to leave their bikes. Check-in is basically filling out the form completely (brand of bike, color, frame size, wheel size, number of speeds). We need runners to take the bikes from check in area to the pool area. Many check-in helpers make it go easier and quicker.

When the swap opens, we need help with the checkout line, the hold area and just being there representing the club.

We serve a hot lunch, and it is always good. Chris and Dave have made great lunches but are busy with the ride schedule, so if you could help or take over the food, give Chris & Dave or us a call.

If you can't come during swap hours, come help us put the bikes in the gym for overnight which starts at 4 p.m. on Saturday. The more helpers the faster we get them moved. Sunday at 9 a.m. we move them back out to the pool area so we can open at 10 a.m. for Sunday sales.

Sunday is a slower day and check-in lasts only until noon. The line is never long but usually continuous coming and going of buyers and sellers checking to see if their bike sold.

Come join the fun, this is our nineteenth annual swap.

## Membership Meeting, February 24

As Spring approaches, perhaps by the time you read this all the snow will have melted again, it's time to get out your bicycle and prepare for the upcoming season. This month's presentation by Jim Shoemaker and John Amling will show you how to perform basic bicycle maintenance.



**Saturday, February 13** With temperatures hovering right around 32 degrees (or was it 23 degrees?) it was not surprising that only two sturdy, dedicated riders showed up for the ride. In the absence of any other ride leader, Terry was voted the ride leader for the day. Without a Cue Sheet, the Pillsbury Dough Rider stayed close behind throughout the ride.

Although the day was cold, a warm sun and a blue sky tried their best to make up for the strong Southwest head winds. The ride into Busse Woods went well until ice covered the path causing a detour onto Golf Road and into the Woodfield Shopping Center. Continuing to head South, the twosome had lunch at Einstein Bagel in Elk Grove after riding as far West as Roselle Road.

The ride back found the riders now able to use the Busse Woods Bike path since the ice and snow from the previous day had been melted by the warm sun. Only one other bike rider was seen on the bike path.

Both riders agreed that had it not been for the other, neither would have been on the ride this day and both knew this was the coldest day either had ever been on a bike ride. The ride back to Frontier Park was an easy one thanks to the still strong South, and now, welcome, tailwind. At the end of the ride they discovered they had ridden one mile for every degree of the then current temperature 92 miles (or was it 29 miles?).

-TZ

**Saturday, February 20** Though the temperature was in the 20's with a raw northeast wind, we figured that since there were two riders who showed up the previous Saturday in similar weather conditions we should go to Frontier Park. As it was, no one else came out. The sun peaked out at times but for the most part it was just chilly. We took the wind in the face for the first part of the ride and that was pretty tough at times especially in open areas where the wind was vicious. There were times when we encountered some lake effect snow squalls, but otherwise the pavement was dry. We ventured north into Prospect Heights, and then south into Mount Prospect to the Carriage House on Northwest Highway. We sat down and warmed up our toes and were given a steamy mug of coffee. Then came the huge entree! I think a lot of you know what an appetite Dave has, so imagine that he could not even finish his fritata! It's a good thing that we had to ride home because we were stuffed. We got back outside and the sun poked out a few more times. When we started again, the next snow squall came so thick that it was tough to see. We made it home and warmed up again.

-CVD

## Tuesday Night Rides

Tuesday night rides begin on Tuesday, April 6, from Recreation Park at 6:30 p.m. Please make certain that you wear reflective clothing for the first couple nights as daylight is still pretty scarce. We are always looking for new leaders for the Tuesday Night Rides. There are many existing cue sheets so if you can't think up a route, come and borrow another one.

To all our bike club friends...

Thanks for the sympathy expressed by many of you when mom passed away on February 13th. We appreciate the beautiful flowers sent by the club and those members who passed the word around, came to the visitation and sent the cards. Your concern helped us through this difficult time.

The Konieczny Family  
Diane, Patricia, Mary and Greg

**Saturday, February 27** The ride to Millies. It was almost balmy compared to the previous two Saturdays, so we guessed that there would be a few more people out. We waited but only one other rider came. The decision was unanimous to head south into the wind to Millies Pancake House in Addison. It was overcast and had drizzled a few times, we were ready with an alternate route if it had kept up. But it was only a temporary sprinkle, so we moved on into Busse Woods. Within a short time we were inside Millies and had to decide which pancakes to have. It was almost a good thing that we didn't have a large group of people since the restaurant was pretty full. We all ate our fill and then headed out to complete the ride. Dave had said that we were using an alternate route on the way back and it really was an alternate since it brought us onto a few roads that Bob was not on before. At one point he questioned if Dave really knew where he was going. He did! Bob peeled off at Schaumburg when Dave started heading west again and Bob figured he should be getting home. This ride was just an adventure.

-CVD

**Deerfield Bakery Ride**  
25-30 Miles  
Pace Y+  
Bob Hinkle 259-1423

A group of retired and other non-morning working people depart from the Bakery promptly at 10 am (be there on time or you will be left holding the donuts). They travel at a fast pace through rolling hills in the Long Grove, Barrington and Wauconda areas. A great pre-pastry workout.

**Leaf Me Alone Ride**  
26 or 50 Miles  
Pace Y  
Chris and Dave 259-7917

Note the two starting points. Start at 9:00 at Frontier Park for the 50 mile ride. Pick up the ride at 10:00 at the Crabtree Nature Center for the 26 mile ride. The Crabtree Nature Center is on Palatine Road, 1 mile west of Barrington Road. Lunch will be in Algonquin.

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

**Tuesday Night Rides**  
15-20 Miles  
Pace Y  
Chris and Dave 259-7917

Short rides will tour surrounding neighborhoods at a leisurely pace. These rides are a perfect after work diversion. Great for families.

You are always welcome to lead a Tuesday Ride. Many existing route sheets are available or be a co-leader with another person to get an idea of what it's like to lead a ride.

**Brite Spot Ride**  
37 Miles  
Pace Y  
Chris and Dave 259-7917

Head south from Frontier Park to enjoy the sun and the Brite Spot restaurant in Itasca.

**Lamb's Farm Ride**  
27 or 50 Miles  
Pace Y  
Chris and Dave 259-7917

Note the two starting points. Start at 9:00 at Frontier Park for the 50 mile ride. Join the ride at 10:15 at Dan Wright School on Riverwoods Road, 1 mile North of Route 22.

**Bike Swap**  
Miles for Others  
Pace: Hectic, But Fun  
Al and Jeanie Gain 392-1547

Little description is needed, but if you really need to know, look at the first page of the newsletter. Please volunteer to volunteer. Call Al and Jeanie for your special assignment. If you would like to help out with cookies, cake or bars please let Chris know which day you can prepare them for. Call Chris VD at 259-7917.



**Why are Al and Jeanie smiling?**  
Because they know you will be at the Swap to share the fun.

## Officers, Staff, and other Important Phone Numbers

<b>President:</b>	Tom Drabant	397-4213	tdrabant@aol.com
<b>Vice Presidents:</b>	Dave & Chris Van Dornick	259-7917	
<b>Secretary:</b>	Milo Plavec	639-2889	
<b>Treasurer:</b>	Ron McPherson	824-5091	
<b>Membership:</b>	Cecily Rood	398-7448	
<b>Newsletter Editors:</b>	Cindy & Dick Trent	392-6750	ctrent@dist214.k12.il.us
<b>Newsletter Mailing:</b>	Jim Shoemaker	259-1692	
<b>Bike Swap:</b>	Al & Jeanie Gain	392-1547	
<b>Refreshments:</b>	Barb Swaras	459-8065	
<b>Arlington 500:</b>	Greg Konieczny	398-4633	konie@mcione.com
<b>Metting Program:</b>	Roy Euclide	437-0442	
<b>Web Site:</b>	Cindy Trent	392-6750	ctrent@dist214.k12.il.us
<b>Ride Hotline:</b>		255-3468	

## Upcoming Events Time to Mark Your Calendar

The Arlington 500 is scheduled for May 23. I'm sure that Greg Konieczny will appreciate your call to volunteer to help with the preregistration or on the day of the event. We are planning to make sandwiches again for the Lakewood Forest Preserve stop. There will be a sandwich making party just before the 500. Call CV or DV or Greg to sign up.

The Arlington Picnic is scheduled for July 31, 1999 at the Lakewood Forest Preserve. Linda and Sue have volunteered to run this event.

The Milwaukee Ride is scheduled for August 6, 7, 8. Hotel space can be scarce. Call Ben G. if you are considering doing the ride. Do it soon or you may be camped out in the parking lot!

# April

- The Top Ten List
- 470 6. Terry Zrnhal
  - 451 7. Bena Gerber
  - 367 8. Tom Drabant
  - 349 9. Earle Horwitz
  - 329 10. Kurt Schoenhoff
  - 322 322
  - 272 272
  - 252 252
  - 217 217
  - 215 215

					<b>1</b> Bakery Ride 10 am	<b>2</b>	<b>3</b> Leaf Me Alone Ride 9:00 10:00
<b>4</b>	<b>5</b>	<b>6</b> Bakery Ride 10 am Tuesday Night Ride 6:30	<b>7</b>	<b>8</b> Bakery Ride 10 am	<b>9</b>	<b>10</b> Brite Spot Ride 9:30	
<b>11</b>	<b>12</b>	<b>13</b> Bakery Ride 10 am Tuesday Night Ride 6:30	<b>14</b>	<b>15</b> Bakery Ride 10 am	<b>16</b>	<b>17</b> Lamb's Farm Ride 9:00 10:15	
<b>18</b>	<b>19</b>	<b>20</b> Bakery Ride 10 am Tuesday Night Ride 6:30	<b>21</b>	<b>22</b> Bakery Ride 10 am	<b>23</b>	<b>24</b> Bike Swap	
<b>25</b> Bike Swap	<b>26</b>	<b>27</b> Bakery Ride 10 am Tuesday Night Ride 6:30	<b>28</b> Membership Meeting 7:30 pm	<b>29</b> Bakery Ride 10 am	<b>30</b>		
March 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			May 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				

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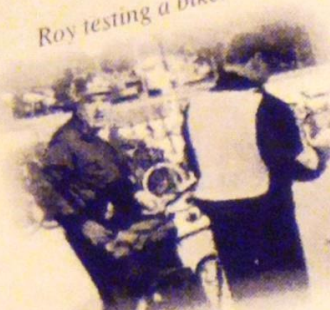




# Bike Swap '99

The Bike Swap has become a tradition, not only for the AHBA, but also for surrounding communities. It is one way we can share the joys of biking with our neighbors. What better place to get a bike for a new rider, or a specialized bike for a more serious rider. Be a part of the fun. Call Al and Jeanie.

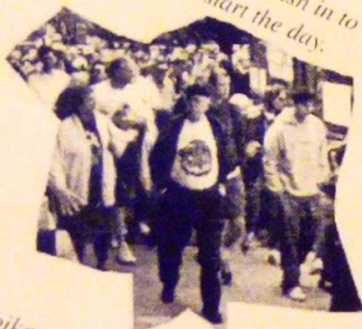
Roy testing a bike.



Earle lending a helping hand.



Buyers rush in to start the day.



So many bikes, so little time.



## Arlington 500

The 1999 edition of the Arlington 500 is rev'n up and get'n ready to role. The big news this year is a new starting location. The folks at Barrington High School were reluctant to let us use their place because the parking lot might be torn up by a big construction project this year at the school. So we switched the starting point to Lake Zurich High School which is on Church Street (Midlothian Road) just north of Route 22. This is close to the existing route of the 500 so we should be able to use many of the same roads. The date of the ride is May 23rd. If you would like to join the fun by helping out, call Greg at 847-398-4633.

## Testing A Bicycle Helmet by Bob Hinkle

Have you ever seen a crash test performed on the same kind of bicycle helmet as you use? I have. My friend who was wearing a helmet identical to mine fell in front of me as we were pedaling down Buffalo Grove Road. He landed on his back and his head snapped backwards striking the pavement. The force of the blow knocked him out for a few seconds. I helped him to the sidewalk and we sat for a while until the "cob webs" in his head had cleared. We then road a mile back to the bakery. Besides a few bruises he was all right.

His helmet sustained a large crack in the underlying foam. The helmet is no longer fit to be used. It had done exactly what it was designed to do. The helmet absorbed the brunt of the crash by preventing the head from decelerating so rapidly that the brain is damaged. I have no doubt in my mind that wearing an approved and properly adjusted bicycle helmet saved my friend from a serious head injury. Perhaps it saved his life.

## Biking Tip by Bob Hinkle

On the Feb. 27th show and go ride, I discovered that I had my old cable with a built in combination lock. It had been almost a year since I had used it last. I remembered several of the numbers used to open the lock. But you have to use the correct numbers in the correct sequence in order to open the lock. I thought I had the combination written down on a piece of paper in my wallet. It wasn't there. As it turned out I remembered enough of the combination and with a little trial and error I got the lock opened and was able to use my cable. I would recommend that you keep the combination to your bicycle lock in your wallet just in case you forget it.

I know many of you use a cable and key lock and you don't have to worry about forgetting your combination. On my coast to coast ride in 1996 I stopped at White Sands National Monument in New Mexico. When I got back to the visitor's center from climbing the dunes I discovered that I had lost my key to my bicycle lock. Not only was I unhappy, but there were two other cyclist who were sharing my cable that were worried. Fortunately I had a spare key hidden on my bicycle. I had a new key made 25 miles later in the next town. For those that use key locks I recommend that you carry a spare key. Also you may want to give some thought before sharing someone else's cable and lock. They could lose their key or you may want to leave before the person who has the key returns to unlock bicycles.

### Biking Fables

*(things that happen only in cyclist's dreams)*

Cyclist: Wow that light stayed green a long time.  
Policeman: I saw you coming so I extended the green light.

# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

Street Address \_\_\_\_\_ e-mail address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

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

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

Single (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

If you are like us, you didn't send  
 your renewal last month  
 Send your renewal to Cecily

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



THE



# SPOKEN WORD

Newsletter of the  
Arlington Heights Bicycle Association

May 1999  
Volume 28, No. 5

## View from Behind the Bars



Last week found a large number of riders participating in the Leaf Me Alone Ride out to Algonquin. With many of the riders opting for the shorter distance of 25-30 miles, we biked in beautiful spring weather with a strong southwest wind to accompany us on our journey. From the number of riders who chose the shorter route, it appears that there is strong interest in having shorter, possibly slower-paced rides on Saturdays as well as on Tuesdays. To that end the AHBA Board met this week and decided that we will be starting Saturday Slow-and-Go rides from either Recreation or Frontier Parks. In the near future, Dave Van Dornick will be contacting possible ride leaders for these rides which will be then posted in the club calendar. We hope to do two rides like this a month in addition to the regularly scheduled rides.

Please mark your calendars for the AHBA Bike Swap which is coming up on April 24 & 25 as this event is a very important way for us to stay solvent and continue to provide the services that we expect from the Arlington Heights Bicycle Association. Often, we may forget how much we get from the rides, as well as the camaraderie and fun that we share with our biker friends in the club. To paraphrase the author Thomas Paine, "Now is the time for all good bikers to come to the aid of their club." Please call Al & Jeanie Gain and tell them what times you can be at Frontier Park on this important occasion. Their phone number is 392-1547.

And finally, I wanted to offer this quote taken from W. Somerset Maugham, in *Cakes and Ale*.

*Sometimes the road was only a lane,  
with thick hawthorn hedge, and the  
green elms overhung it on either side so  
that when you looked up there was only  
a strip of blue sky between. And as you  
rode along in the warm, keen air you  
had a sensation that the world was  
standing still and life would last forever.  
Although you were pedaling with such  
energy you had a delicious feeling of  
laziness.*

See you soon, on the road,

Tom

## Arlington 500 Update

By: Greg Konieczny

Our annual invitational ride is scheduled for May 23th, leaving from Lake Zurich High School. The 500 has grown to the point where we need to limit the number of riders to the 400 to 500 range. There just are not enough parking spaces at the school to handle a much larger group. So I'm cutting down on publicity this year. We'll see what happens.

This year, we need to add another SAG stop on Penny Road because of changes in the route. So we'll need extra volunteers to help out there. We also need SAG drivers and people to direct traffic into the parking lot at the high school. If you would like to help call Greg at 847-398-4633.

## WANTED

### Bike Swap Volunteers

Are you still trying to find a way to help the club grow and prosper? Or are you just looking for a free meal from Chris and Dave? Maybe you are wondering "how is Jim Shoemaker, I haven't seen him on a ride in a while?"

These opportunities, along with hours of fun and enjoyment are yours for the taking at the annual Bike Swap on April 24<sup>th</sup> and 25<sup>th</sup> at Frontier Park.

There are prime spots available for checker-inners, bike runners, selection assistants, bike arrangers and movers, and checker-outers. To see if you qualify (the criteria include being awake and smiling) please call. No prior experience needed.

This opportunity only comes once a year. Don't miss your chance. Please call Al or Jeanie at 847-392-1547 for more details.

## Rides Gone By...

Saturday, March 13 It's always nice when we see a person who has been away for awhile. And even better when its a fellow cyclist. We had the opportunity to have Dave Bailey stay with us for a weekend as he visited from California for a business trip in the Chicago area. Dave had been a member of the club until 1994 when he moved away. Anyway when he called to say that he would be in the area, and wanted to know if he could ride with us, I said sure and asked what frame size he rode. He arrived and even though the weather was a little on the raw side, he had all the rest of his gear with him and was comfortable on the Quentin. This was the *Long Grove tune-up* ride, a traditionally early ride. We headed into the wind just because the route went that way and made our way into long Grove via the east side. We made the traditional stop for hot cider and some apple fritters and then were on our way. A few people asked if we were cold and we said "NO". With the return trip the wind was mostly on our backs as we cruised back to Arlington Heights and stopped for late breakfast at Granny's.

-CVD

Saturday, April 3 With the promise of a 70 degree day, people came out like crazy for the *Revised Leaf Me Alone Ride* with two starting points. We started with thirteen riders from Frontier Park and were beginning to wonder if we had enough route sheets along. We were rolling along and many people realized that they had over-dressed. There were all sorts of strip shows free of charge along the way. But what took the cake was a small portable phone which one rider has along all the time which happened to ring on Palatine Road just east of the Crabtree Nature Center. Never mind that Palatine Road is a very busy road but the rider actually stopped to take the call! We shrugged and went on to meet up with the rest of the riders. There were a total of 25 riders who were ready to make their way to Algonquin for breakfast. We were quite a spectacle as a long string of riders on the remaining part of Palatine Road. The group eventually began to break apart into smaller segments and we all converged on Algonquin. We ate and then began our way back along the river. The sky was beginning to turn overcast and the wind had increased from the southwest, it was beginning to look ominous. A few dribbles came down but it didn't look any more threatening. We got back to Crabtree and had accounted for all riders and began to head back with the wind still cranking but now more westerly. We all made it back before the rain really hit.

-CVD



Sunday, March 21 The sun was out, but a nasty wind out of the north west made for a few challenging miles at this Wheeling spring invitational ride, *The Saint Patrick's Day Ride*. Nine club members came out despite the biting wind, and made either one or both loops in Lake County. At some locations, with nothing to slow the wind down, it was biting into our exposed faces. Out of the wind the sun was definitely a plus to take the chill out of the air. At the half way point, there were cookies and hot cider to warm any very chilled body parts. Late in the second half of the ride, the route took us northwest on Gilmer Road. It was a challenge to keep moving at that point but we managed to still pass a few younger riders who just remarked "Wow" as Dave and I wooshed passed them. We from the club had agreed that a breakfast stop at Alamars was necessary after the ride. We nearly ate without Greg as he insisted he was off checking parts of the proposed Arlington 300 route. Sure Greg!

-CVD

Saturday, March 27 When you mention bakery to any cyclist, eyes light up and thoughts of warm bagels and bakery fill the mind. I guess that was the reason that *Deerfield Bakery Short Route* ride drew more than a dozen riders on a day when you could almost wear shorts with the sun being out and the temperature nearly at 50. The regulars from the Tuesday/Thursday group pretty much knew the route without looking at the sheet. They even knew the standard turns from those that were on the cue sheet. We took a couple of short breaks to regroup but the real draw was to return to the bakery. The place was hopping on this day before Holy Week. That didn't stop us from packing our trays with all sorts of goodies and then parking at a big table to share a few good stories. I still say that is what makes this club the great social team that we are: it's the food stops!

-CVD

## Biking Fables

(Things that happen only in cyclists' dreams)

Jeanie: How is the Bicycle Swap doing?  
Swap Volunteer: We sold everything.

# May

## The Top Ten List

- |                      |     |                  |     |
|----------------------|-----|------------------|-----|
| 1. Bob Hinkle        | 773 | 6. Bena Gerber   | 485 |
| 2. Dave Van Dornick  | 746 | 7. Cindy Trent   | 454 |
| 3. Chris Van Dornick | 594 | 8. Tom Drabant   | 334 |
| 4. Terry Zrmhal      | 523 | 9. Earle Horwitz | 299 |
| 5. Greg Konieczny    | 512 | 10. Bill Kragh   | 239 |

S	M	T	W	T	F	S				
						<b>1</b> Addison Breakfast Cruise 9 am - FP				
	<b>2</b>	<b>3</b>	<b>4</b> Bakery Ride 9 am	<b>5</b>	<b>6</b> Bakery Ride 9 am	<b>7</b>	<b>8</b> Algonquin For Breakfast 9 am - FP			
			<b>9</b>	<b>10</b> Bakery Ride 9 am	<b>11</b> Tuesday Night Ride 6:30 pm - RP	<b>12</b>	<b>13</b> Bakery Ride 9 am	<b>14</b>	<b>15</b> Schauenburg and Beyond Breakfast Ride 9 am - FP	
	<b>16</b>	<b>17</b>	<b>18</b> Bakery Ride 9 am	<b>19</b>	<b>20</b> Bakery Ride 9 am	<b>21</b>	<b>22</b> Arlington 500 Pre- Ride 9 am - Lake Zurich High School			
	<b>23</b> The Arlington 500	<b>24</b>	<b>25</b> Bakery Ride 9 am	<b>26</b> Membership Meeting 7:30 pm - RP	<b>27</b> Bakery Ride 9 am	<b>28</b>	<b>29</b> Slow and Go Ride 9 am-RP Rockford Stateline 60 8:30 am - Rockford			
<b>30</b> Rockford Stateline 60 8:30 am - Rockford	<b>31</b> The Libertyville Lolter 9 am - FP	April				June				
		4	5	6	7	8	9	10	11	12
		11	12	13	14	15	16	17	18	19
		18	19	20	21	22	23	24	25	26
		25	26	27	28	29	30			

Start Location Key:  
FP - Frontier Park  
RP - Rec Park

Call Greg K (398-4633) to sign up to help with the Arlington 500

**Deerfield Bakery Ride**  
25-32 Miles  
Pace Y+  
Bob Hinkle 259-1423

Starting Tuesday, May 4th the Tuesday / Thursday Bakery ride will start at **9:00 am sharp**. These rides are in conjunction with the Wheeling Wheelmen. There is no ride leader for these rides and you ride at your own pace. Usually there is a Y pace group and an X pace group of riders. The standard Tuesday ride is 25 miles while the standard Thursday is 32 miles. We also enjoy the goodies from the bakery at the end of the ride. Please park in the funeral parlor parking lot along the north side of the Deerfield Bakery building.

**Addison Breakfast Cruise**  
42 Miles  
Pace Y  
Chris and Dave 259-7917

Cruise south from Frontier Park to Addison in this medium paced ride for a delightful breakfast (what else?).

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

**Algonquin For Breakfast**  
45-48 Miles  
Pace Y  
Greg 398-4633

Guess what? Breakfast in Algonquin Start at Frontier Park.

**The Schaumburg and Beyond Breakfast Ride**  
48 Miles  
Pace Y  
Chris and Dave 259-7917

Is there anything beyond the reaches of Schaumburg. Yes, Breakfast of course. Come and discover on this ride which leaves from Frontier Park.

**Arlington 500 Pre-ride**  
34, 45 & 60 Miles  
Pace Y  
Greg 398-4633

Pre-ride the route for the Arlington 500. We will be leaving from a new starting point, Lake Zurich High School, which is located on Middlethian Road, north of Lake Zurich. Take Route 12 Northwest to Route 22. Go East (right) on 22 about 1 mile to Church. Go North (left) on Church (Middlethian) about half a mile. The school is on the right. Beginning at 6pm on the 22nd, there will be a sandwich making party to prepare for the 500. Meet at Dave and Chris's house. They will have the supplies, but they could use a couple of big coolers. Call 259-7917 with questions.

**Arlington 500**

Come help support the club and help with registration, SAG support, etc.. Call Greg at 398-4633 to sign up.

**Slow and Go Ride**  
30 Miles  
Pace Z  
Leader TBA

Enjoy the slower, leisurely pace of this ride. If you are interested, please call Chris or Dave for information. The ride will leave from Rec Park. Interested in helping lead?

**Rockford Stateline 60**  
12, 35 & 60 Miles  
Chris and Dave 259-7917

Registration is from 7-10am on both days. The cost is \$13 if you preregister and \$16 on the day of the ride. Mileage will count on either day of this ride, which covers a great route and provides lunch at the finish. We want to meet there at 8:30am. Call Chris or Dave for details.

**The Libertyville Loiter**  
45 Miles  
Pace Y  
Chris and Dave 259-7917

This is a joint ride with the Mount Prospect Club leaving from Frontier Park.

## Officers, Staff, and other Important Phone Numbers

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<b>Vice Presidents:</b>	Dave & Chris Van Dornick	259-7917	
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<b>Ride Hotline:</b>		255-3468	

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Time to Mark Your Calendar

The Arlington Picnic is scheduled for July 31, 1999 at the Lakewood Forest Preserve. Linda and Sue have volunteered to run this event.

The Milwaukee Ride is scheduled for August 6, 7, 8. Hotel space can be scarce. Call Bena G. if you are considering doing the ride. Do it soon or you may be camped out in the parking lot!





# Viewing the Net

by: Earl Horowitz

CycleSwapper.com

CycleSwapper.com is an auction site like E-Bay, but for bicycle related things only. Unlike E-Bay, it's easy to get to the items instead of going through a bunch of other sites.

The site just got started, but already has some interesting

items on it. The homepage lists some items, but by going to "Categories" you can view even more items.

I already registered on the site. It was real easy. The site is linked from our AHBA page.

## May Membership Meeting

Officer Kirby from Wheeling Bike Patrol will share with the group info regarding neighborhood bicycle patrols.

## Riding At Your Own Pace

As Tom mentioned in his column, you showed a lot of enthusiasm for slower rides. The board, in trying to accommodate all of your needs, is encouraging different types of rides for different types of riders.

One of the problems, however, are riders attempting a ride that are not correct for them. Please read Bob's comments on the ride paces in Bob's Biking Tip.

Also, if you are interested in different paced rides, we need you to help lead these rides. Please call Chris and Dave and find out what is going on, or to offer you assistance.

There is great potential to have the types of rides that are right for you. Let's make it happen.

## Sandwich Anyone?



What is the only point of riding? Eating of course. So, what kind of Arlington 500 would it be if there was nothing to offer.

Chris and Dave will be hosting a sandwich making party beginning at 6 pm on May 22. They will provide all the supplies (will there be extras for the helpers?). The only thing they could use are a few big coolers (and a lot of help).

Call Chris or Dave at 259-7917 to find out more.

## Biking Tip

by: Bob Hinkle

Be sure that you understand the ride designations before going on a club ride. Z pace is the slowest ride with frequent rest stops. The riding speed is from 8 to 11 mph. Y pace is anywhere from 12 to 15 mph. Rest stops usually are schedule every 15 to 20 miles apart.

The X pace ride is the fastest ride 16 mph and over, with few if any rest stops. Please consider these designations before riding with the club. The ride leader is responsible for conducting the ride at the designated pace. If you have any questions about the ride, call the ride leader before the ride.

It is not fair for those on a Y pace ride to have to wait for a rider who can't ride at the Y pace. Likewise if you find that the ride is too slow for your riding style and get ahead of the ride leader, don't expect him/her to yell to you when to turn. You are on your own ride at that point!

Usually there are enough cue sheets for the ride leaders to give every rider. If you can't ride at the designated pace with the ride leader you still can get through the ride by following the cue sheet.

## Hello, what are you doing this Saturday?



The new ride line is up and running. Call 255-3468 to hear the latest details about the upcoming rides.

There is information about the bike swap, the Arlington 500 and the club rides. People requesting information about the club can also leave a message and someone will get back to them.

This is a new project, so if you have any ideas, suggest them to our President. Ring, Ring.

# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

Street Address \_\_\_\_\_ e-mail address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

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

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

Single (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

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





# THE SPOKEN WORD



Newsletter of the  
Arlington Heights Bicycle Association

June 1999  
Volume 28, No. 6

## View from Behind the Bars



Once again, the AHBA Swap was a success thanks to the efforts of our stalwart members. Thanks especially go to Al and Jeanie Gain for running the Swap as well as to those other members who pitched in and helped make this event successful. Special thanks also go to Bena Gerber for sharing her bicycle expertise with those people who had technical questions regarding the bikes. The Swap and the Arlington 500 are important parts of our club events and need the support of our membership in order to be successful. Greg Konieczny has informed me that he is still looking for SAG drivers for the 500, so please consider offering yourself and your vehicle for this important part of the Invitational. Or, if you wish, please volunteer for something else, like the sandwich making party at Chris and Dave's house on May 22.

And finally, I wanted to offer this quote taken from William Saroyan.

*The bicycle is something to every person. Something else, that is. To me it is, for starters, movement, music, departure, arrival, design, poetry, art, health, fun. But most of all, it is this incredible machine that involves two wheels, a pipe frame, handlebars, seat, hangar (if that's the spelling of the word), pedals and chain. You get on this simple machine, you hold the handlebars, you press down on the pedals with your feet, and you go.*

Hope to see you soon, on the road,

Tom

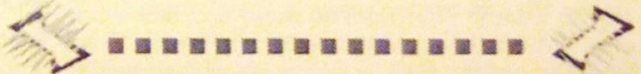
## Membership Meeting, May 26

Officer Kirby from Wheeling Bike Patrol will share info regarding neighborhood bicycle patrols. NOTE: There will not be a June meeting.

## NEWS FLASH

### Arlington 500 is Happening Now

The ride is May 23 and last minute volunteers are always welcome. We especially love sag drivers. Telephone calls and pre-registration are running about the same as last year so we expect about the same crowd. Bill is hard at work on the new route and cue sheet so we should easily get it done with minutes to spare. Our route markers were doing their thing last week. There's a sandwich making party the night before the ride. If you want to help, call Chris & Dave at 259-7917. To help out on the day of the ride, talk to Greg at 398-4633.



# THANK YOU

Once again, the bike swap was a resounding success due to the tireless effort of Al and Jeanie and the numerous volunteers. People are what make an event like this come off, not the bicycles or the weather (although they certainly can't hurt). Great work.

## Wisconsin Biking Weekend

The club will again organize a bicycling weekend in Wisconsin this year on September 18 and 19. The plan is to base the ride out of Manitowoc, Wisconsin about 150 miles from Arlington Heights located on Lake Michigan. The weekend will include Friday and Saturday night lodging. We'll ride both Saturday and Sunday, returning home late in the afternoon on Sunday. A variety of routes and distances will be available both days. More details about the cost will come next month, but things will be reasonably priced. If you're interested, call Greg at 398-4633.



Saturday, April 10. Anyone who has been on *The Brite Spot Ride* and eaten at the Brite Spot in Itasca knows that it is warm friendly restaurant but has somewhat limited seating. We have at times called the owners ahead when we have a large group so that they can plan ahead. On this April day with a slightly cool breeze, we had just the right number of people to fill any open spots left in the restaurant. It was as always sunny and cheerful inside as the sun shown outside. We all ate of the hefty portions put out and started on our way back. On our return trip, the urge to shop at the Village Cycle Tent Sale took over and many of us stopped at least to browse, if not to eat some of the freebies at the sale. A few even made purchases, and either carried the items themselves or enlisted the help of another rider with a pannier. It was a well rounded day of eating and shopping.

Saturday, April 24 Words to describe *The SWAP Day 1*: Sunny! Dry! Smiling faces and bike shoppers. Warm lunch with sweets and treats. Many hands to put the bikes away at the end of the day. And DRY all day!!

Sunday, April 25 Anxious early shoppers watch and are restrained by our trusty security force on *The SWAP Day 2*! Many hands and feet hurry to get bikes in place by 10 am. A Sunny day again! Dry again! People are in shorts and tee shirts getting sunburnt even! Warm lunch and more smiling faces. Helpful bike club personnel for questions and adjustments, help with air pumps and correct saddle heights. Clean up went relatively fast as we sighed with relief at 4 pm. on Sunday. A GREAT WEEK. END!

Saturday, April 17 The day was just too cool for ice cream even though we were heading for the deluxe facilities for ice cream at Lamb's Farm on *The Lamb's Farm Ride*. It was in the mid 40's and as if that weren't enough, there was a stiff northeast wind. After one flat tire at the beginning of the ride and another just after the second starting point at Dan Wright School, we needed to dance around when we stopped just to stay warm. Once at Lamb's Farm, we found some warm sandwiches, coffee, and cookies to reinforce the warmth that we needed to stay motivated for the return. As we ate, a light drizzle began and we searched for shelter. One rider realizing that the bathroom was warmer than being outside ate his lunch in the Men's Room! Any port in the storm as they say! Fortunately, the drizzle did not last too long and the wind stayed at our backs for the most part on the return. We were all pretty chilled by the time we got home.

Saturday, May 1 It was a great and sunny day for *The Addison Breakfast Cruise* and many people showed up. WE had 29 riders and decided to split into 2 groups to make things flow more smoothly. Temperatures in the mid 70's brought out many of the fair weather riders whom we have not seen since last fall. On the way to Addison, only a few blocks from Frontier Park, one rider had her chain break. Luckily, Dave had his chain tool with him and removed the broken link and repaired the chain. Group one arrived at Millies Pancake House in Addison and warned the staff that there were more riders on the way. They prepared another large table and within a half an hour of the first group's arrival, group two arrived. Some people who were in the restaurant asked where we were all from. When we said from Arlington Heights, they were floored that we had ridden so far. (Far for some, just a stone's throw for others.) Group one left and bid the rest of the riders well. Group one made it back without incident, but group two had a flat to contend with on the return.

#### Biking Fables

(Things that happen only in cyclists' dreams)

Cyclist: I heard that the hills on this tour were really steep and long.

Tour Leader: There will be a bus at the bottom of each hill to take you to the top.

# June

## The Top Ten List

- |                      |     |                  |     |
|----------------------|-----|------------------|-----|
| 1. Bob Hinkle        | 984 | 6. Bena Gerber   | 570 |
| 2. Dave Van Dornick  | 876 | 7. Cindy Trent   | 498 |
| 3. Chris Van Dornick | 755 | 8. Earle Horwitz | 380 |
| 4. Terry Zrmhal      | 636 | 9. Tom Drabant   | 378 |
| 5. Greg Konieczny    | 629 | 10. Jim Zdunek   | 311 |

	S	M	T	W	T	F	S
	6	7	1	2	3	4	5
			Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	Bakery Ride 9 am	Bakery Ride 9 am	Old Fashioned Ice Cream Ride 9 am - RP Show and Go Ride 9 am - RP	Old Fashioned Ice Cream Ride 9 am - RP Show and Go Ride 9 am - RP
			Bakery Ride 9 am	Bakery Ride 9 am	Bakery Ride 9 am	Botanical Garden 8 am - RP 9 am - Brock's Lake Show and Go Ride 9 am - RP	Botanical Garden 8 am - RP 9 am - Brock's Lake Show and Go Ride 9 am - RP
	13	14	Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	Bakery Ride 9 am	Bakery Ride 9 am	Mandala Ride 8:30 am - RP Show and Go Ride 9 am - RP	Mandala Ride 8:30 am - RP Show and Go Ride 9 am - RP
	20	21	Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	Bakery Ride 9 am	Bakery Ride 9 am	Downs Park Ride 9 am - Danlue School	Downs Park Ride 9 am - Danlue School
	27	28	Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	Bakery Ride 9 am	Bakery Ride 9 am		
			May	30	31	1	2
			2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	30 31		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Start Location Key:

FP - Frontier Park  
RP - Rec Park

There will be no Membership Meeting in June. The

July meeting will be at the picnic on July 31 at

Lakewood Forest Preserve.

S

M

T

W

T

F

S

### Deerfield Bakery Ride

25-32 Miles  
Pace Y+  
Bob Hinkle 259-1423

The Bakery ride starts at 9:00 am sharp. These rides are in conjunction with the Wheeling Wheelmen. There is no ride leader for these rides and you ride at your own pace. Usually there is a Y pace group and an X pace group of riders. The standard Tuesday ride is 25 miles while the standard Thursday is 32 miles. We also enjoy the goodies from the bakery at the end of the ride. Please park in the funeral parlour parking lot along the north side of the Deerfield Bakery building.

### Slow and Go Rides

30 Miles  
Pace Z  
Leaders: 6/5 Roy Euclide 437-0442  
6/12 TBA  
6/19 TBA

Enjoy the slower, leisurely pace of this ride. If you are interested, please call Chris or Dave for information. The ride will leave from Rec Park. Interested in helping lead?

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

### Old Fashioned Ice Cream Ride

50 Miles  
Pace Y  
Cindy Trent 392-6750

When riding for food, what's better than ice cream? Ride to an old fashioned ice cream shop in East Dundee.

### Botanical Garden Ride

45-64 Miles  
Pace Y+  
Chris and Dave Van Dornick 259-7917

Leave from Rec Park at 8 am for the 64 mile route or meet at Beck's Lake Forest Preserve at 9 am for the 45 mile ride. Beck's Lake Forest Preserve is off Central Road, 1/4 mile east of Oakton Community College. Plan to spend some time at the garden and lunch in Highland Park.

### Mundelein Ride

51 Miles  
Pace Y  
Bill Kraigh 255-2814

A joint ride with Mount Prospect. Enjoy this mostly flat ride to the Near North Side. Note the early 8:30 start time.

## Officers, Staff, and other Important Numbers

President:	Tom Drabant	397-4213	tdrabant@aol.com
Vice Presidents:	Dave & Chris Van Dornick	259-7917	
Secretary:	Milo Playec	639-2889	
Treasurer:	Ron McPherson	824-5091	
Memberships:	Cecily Rood	398-7448	
Newsletter Editors:	Cindy & Dick Trent	392-6750	ctrent@dist14.k12.il.us
Newsletter Mailing:	Jim Shoemaker	259-1692	
Bike Swap:	Al & Jeanie Giam	392-1547	
Refreshments:	Barb Swasas	459-8065	
Arlington 500:	Greg Koncezny	398-4633	konie@mcione.com
Meeting Program:	Roy Euclide	437-0442	
Web Site:	Cindy Trent	392-6750	ctrent@dist14.k12.il.us
Ride Hotline:		255-3468	
AHBA Web Address:	<a href="http://www.geocities.com/Colosseum/Midfield/2343">http://www.geocities.com/Colosseum/Midfield/2343</a>		

### Dawes Park Ride

50 Miles  
Pace Y  
Roy Euclide - 437-0442

Leave from Dunton School (1200 S. Dunton in Arlington Heights) on this ride to Evanston and the Northwestern Campus.



## The Arlington 500



The Arlington 500 is scheduled for May 23. Greg will appreciate your volunteer help with the pre-registration and on the day of the event. Chris and Dave will be making sandwiches again for the Lakewood Forest Preserve stop. There will be a sandwich making party on May 22 at 6 pm at the Van Dornick's house. Call Chris or Dave (259-7917) or Greg (398-4633) to sign up.



### Upcoming Events

Time to Mark Your Calendar

The Arlington Picnic is scheduled for July 31 at the Lakewood Forest Preserve. Linda F. and Sue S. have volunteered to run this event.

The Milwaukee Ride is scheduled for August 7, 8, 9. Hotel space can be scarce. Call Berna G. if you are considering doing the ride. Do it soon or you may be camping out in the parking lot!

The Progressive Dinner is scheduled for the later part of August. Watch the ride calendar for the exact date. Linda T. and Sue S. are organizers of this event.

A Manitowoc Weekend Ride is being planned for September 18 and 19. This Wisconsin town is the home town of Chris and Dave Van Dornick. Call Chris, Dave or Greg for more details.

## What Membership in The Arlington Heights Bicycle Association Offers You

AHBA is a presence in both the community and in your lives. Now is a time to look at all the benefits membership gives you.

The AHBA offers many things to the community including the Helmet Program. Bob describes this year's donations in the article below.

The AHBA bike swap, held last month, is an annual event that provides an opportunity for community members to swap their bikes. People bring their unneeded bikes to the swap to sell. Often buyers are children who have outgrown their old bikes, serious riders looking for a more specialized bike, or adults who are looking to get into the sport. Bike accessories, clothing, and helmets are also available. Bikes that would otherwise be unused find a new home and happy bikers.

This year many bikes exchanged hands, allowing community members to fill their biking needs. People came from Arlington Heights and surrounding towns like Rolling Meadows, Palatine, Buffalo Grove, and Mount Prospect. Others travelled further to take advantage of the bike swap.

The AHBA offers many things to members as well. Everyone receives the monthly newsletter with biking information, past ride summaries, columns and the ride calendar.

The picnic, which will be held on July 31 at Lakewood Forest Preserve, and the annual banquet in early winter are social gatherings where we can mingle, eat and enjoy each other's company.

The heart of the Association, however, centers on the rides. Every weekend (weather permitting) there is a club ride. Varying in distance and speed, these rides allow everyone to enjoy biking. On Tuesdays in the spring, summer, and fall, there are the Tuesday Night Rides. These short rides through the community are pleasant after-work excursions perfect for the entire family.

Many of the rides seem to focus on eating. An important part of almost every ride is the food. Whether it be lunch at a secluded bistro, a neighborhood tavern, or a greasy spoon, the most memorable part of many rides is the eating experience. A significant overindulgence is the Progressive Dinner Ride, held in August, where riders travel to members' homes to enjoy a different culinary delight at each stop.

Groups of members also tackle more serious rides including week long excursions and weekend jaunts. Every Tuesday and Thursday morning the Bakery Ride crowd travels on a set path which leads to the delicious goodies at the Deerfield Bakery in Buffalo Grove.

The AHBA sponsors the Arlington 500, an invitational ride which attracts approximately 500 riders.

The AHBA is many things to many people. But the key to the club is the people. It takes people to organize the rides and various activities, but it also takes people to ride. Really, that is the point of the club. Get out and ride. If you or someone you know are looking for a fun and healthy place to ride, get more involved in the AHBA.

## 32 Helmets Given to Local Students and Bike Swap Raffle Winners By Bob Hinkle

"For safety sake wear your helmet when you riding your bike." These signs dotted the walls and fences at the AHBA Bike Swap. The AHBA has given away 32 bicycle helmets to help put helmets on bicyclists heads.

Beginning with the Emil Donkers Helmet Award in 1998, ten helmets were given to students at Windsor School. Their names were submitted for the monthly drawing by a faculty member when the student was "Caught Being Good". The winner of the drawing then would take a certificate to the American Bicycle Company in Arlington Heights to receive their Giro Helmet.

The Emil Donkers Helmet Award was continued this year. As of April, eight helmets have been awarded at Windsor School to students ranging from 1st through 5th grade. With the help of Roy Euclide, Patton School is also participating in the helmet program. Two helmets were given out; one in March and one in April. Since Patton School

didn't enter the program until late in the school year, two helmets will be given out in May and two in June.

Twelve helmets were given out at the AHBA Bike Swap. People attending the swap could enter the free bicycle helmet drawing. A bicycle helmet certificate was drawn each hour the swap was open and the winner's name announced. The winner then could take the certificate to the American Bicycle Company in Arlington Heights to receive a Giro Helmet. Only two winners were still at the swap when their names were announced. The other winners will be notified by mail. Of special note was the distance that two winners had traveled to get to the swap. One winner was from Portage, IN and the other from Willowbrook, IL.

Six more helmets will be given out by the time school is over in June bringing to a total of 38 helmets given out by the AHBA. For safety sake wear your helmet when riding!

# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) \_\_\_\_\_  
 Street Address \_\_\_\_\_ e-mail address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

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

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

Single (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

Arlington Heights Bicycle Association  
 500 E. Miner Street  
 Arlington Heights, IL 60004-2450



# THE SPOKEN WORD

Newsletter of the  
Arlington Heights Bicycle Association

July 1999  
Volume 28, No. 7

## View from Behind the Bars



As most of you know, the Arlington 500 suffered from a lack of riders due to the rains that fell throughout the day. Still, we saw approximately 185 riders participate in our club invitational.

A great many thanks go to Greg Konieczky for his continued direction and efforts in making our Arlington 500 one of the best invitationals in the Chicago area. Thanks also go to the other club members who unselfishly donated their time and work to help their club.

Now that we are really into the riding season, it is my hope that we ride safely, especially when our groups are large sized. Some of the things we should always remember to do are calling out "car up," "car back," as well as calling attention to holes or debris in or on the pavement. Many of us practice safe riding and yet riders can and do take falls. Marilyn Wilkerson, an experienced rider, took a bad fall recently and suffered a broken clavicle and cracked rib. (And, I am sure she would appreciate hearing from some of our members as she mends.) Bob Hinkle is our new Safety Chairman and will be making many helpful suggestions here in the newsletter as well as at the club meetings.

The next meeting will be at our summer picnic, which will be held at the Lakewood Forest Preserve in Lake County on August 31. Sue and Linda will be in contact with all of the club members, to offer each of us an opportunity to bring a salad or dessert.

Earle Horwitz, as club president last year, often wondered if anyone read his column. I share this feeling, and so am offering a prize (bicycle-related, of course) to the first club member (outside of those who write, edit, publish, print and distribute this newsletter) who calls me upon reading these words. My phone number is located elsewhere in the newsletter.

And, as John F. Kennedy said,

*Nothing compares to the simple pleasure of a bike ride.*

See you soon, on the road,

Tom

## Picnic



Enjoy a great morning of leisurely cycling with friends at Lakewood Forest Preserve on July 31st, 1999. True bike enthusiasts are familiar with the motto: We eat to ride and ride to eat. Therefore, a picnic has been planned to keep true to our motto and to spend more time enjoying the company of good friends.

The ride will begin at 10 a.m. at the Lakewood Forest Preserve (see map on insert). The mileage will be approximately 20 miles at Y pace. Following the ride there will be a 5 or 6 event Bike Rodeo (with prizes) and, of course, food.



To make sure that all food groups are represented, please look for the first initial of your last name and bring a food item from the suggested category.

A-I	Appetizers and Munchies
J-Q	Salads
R-Z	Desserts

The Arlington Heights Bike Association will supply all meats (brats, burgers), buns, condiments, corn, sauerkraut, lemonade, and soda.

Please RSVP to Sue (630-582-8425) or Linda (847-255-3574) so they have an idea of how much food to buy.

## Rides Gone By...



Saturday, May 8 The day was a bit on the cool side but not too cool for shorts. We joined up with the Mount Prospect Club for this mostly familiar venture to *Algonquin for Breakfast*. A dozen riders even made up the group. As we were heading across Route 68 close to East Dundee, a group of three young boys out on their bikes approached us and asked if we knew how to get to a certain shopping center, where they were to meet up with their parents and others. The boys all appeared to be less than 12 years old and the oldest had said that they rode from Barrington. Being that we did not know the names of all the shopping centers but the one just close to a Luke's Sausage place, we led them to that plaza. It turned out to be the wrong one, but they did spot a carnival going on and zoomed off! Meanwhile, the rest of the group was still on the route and had gotten ahead of us on the Fox River Trail. We met up with them and related our story. The rest of the ride was mostly uneventful compared to the beginning of the ride. All's well that ends well.

Saturday, May 29 This impromptu *Internet Ride* featured the best riding day we have had this year. Eleven riders showed up for this quickly coordinated ride 'advertised' via the Internet. The weather was warm and very sunny, and due to time constraints and injuries riders rode anywhere from 10 to 45 miles. The 45 mile route started out following the Tuesday/Thursday Bakery Rides, but continued farther out with a midpoint rest stop at the Apple Orchard where lots of goodies were on hand for us to eat. A slight head wind on the return trip could not dampen the joy we felt riding on such a spectacular day. The manner in which this ride was so quickly set up bodes well for the use of the Internet to advertise such rides. Anyone who has not given Cindy Trent their e-mail address should do so at [ctrent@dist214.k12.il.us](mailto:ctrent@dist214.k12.il.us) so they are notified should another ride quickly develop.

Saturday, May 15 Terry Z. led *The Schaumburg and Beyond Ride* which had evolved from the former Tarrigon Breakfast ride. Just what was the "beyond" part, you may ask? Well, let's just say that we snuck through Schaumburg on the way there and on the way back, and had our breakfast at the I.H.O.P. west of Schaumburg. We were in a bit of Hoffman Estates, and probably touched the edge of Streamwood which is what is beyond Schaumburg. The restaurant was quite busy and had to split our group of 17 cyclists up into three tables (which we normally do not object to). The largest of the three groups were seated in what appeared to be "no-where land". After many stomachs growling and drinking lots of water, this group was finally fed. By then the rest of the group was already outside! They waited very calmly, and we all left as a group. On the return, we were waiting for the sun to come out and it finally peaked out a few times. At least it did not rain.

Saturday, May 22 Twenty cyclists showed up at Lake Zurich High School for *The Arlington 500 Pre-Ride* and were dressed for everything from cloudy and cool to maybe the sun will come out. As it was, the sun did come out and it turned out to be a great day. A few in the group chose the short loop while the remainder grouped up at the rest stops and checked out this slightly modified route for the 500. Those on the long routes stopped at the Penny Tap for lunch. We checked the route and checked the cue sheet which had been carefully prepared. It was a really good route, despite a few roads which need some repair through some of the more wealthy suburbs. Go figure!

Saturday May 29 and Sunday May 30 For anyone who has never ridden the *Stateline 60 Invitational Ride*, you are definitely missing something. Some of us have been going up to the Rockford area many years in a row and have not experienced such warm weather for these two days as was had this year. In addition there are home made cookies and bars at the rest stops. The route is mostly on lesser traveled roads and has some hills just to spice it up. A total of ten cyclists from the Arlington club rode the long route (67 miles) on Saturday and Sunday. At the finish, a warm lunch was served. The Blackhawk Bicycle and Ski club sponsors the ride. The only thing that was missing this particularly warm year was some ice cream, but a Dairy Queen stop on the way home made up for that.



# A Spoke of Humor

Sure, the on-again rain showers on May 23 kept ridership lower than expected on the Arlington 500. Sure, this meant that business was a little slow at the rest stops. But were the workers idle? Judge for yourself...

## Top Ten Things For Bored SAG Stop Workers To Do

by the Lakewood Forest Preserve "Pit Crew" -- Pat, Roger, Earle, Paula, and Pete

- 10. Eat cookies
- 9. Eat sandwiches
- 8. Eat fruit
- 7. Eat muffins
- 6. Change flat tires that you brought from home
- 5. Create new taste treats with peanut butter (Peanut butter and Oreos, peanut butter on granola bars, ...)
- 4. Help Bill create new bagelette sandwiches (Bagel and Oreo sandwich, bagel and banana sandwich...)
- 3. Practice baseball fielding techniques with fruit
- 2. Look for "sucker holes"
- 1. Praise Dave for bringing a tarp



## Stateline 60 Matching Quiz by Paula Matzek

Can you match each rider with his/her distinguishing behavior on the May 30, 1999 Stateline 60 invitational bike ride.

- |          |       |          |       |
|----------|-------|----------|-------|
| 1. Bena  | _____ | 5. Greg  | _____ |
| 2. Chris | _____ | 6. Paula | _____ |
| 3. Dave  | _____ | 7. Terry | _____ |
| 4. Don   | _____ | 8. Wayne | _____ |

- a. rode the ride one day earlier than most in order to savor the Bull Valley-like hills in peace without the accompanying whining and moaning of other club members.
- b. pointed out all of the flora and fauna along the route and moored at (or with) the cows.
- c. rode fast on the new Trek but was still able to comment on the food value of all the farm animals and crops encountered.
- d. was made homesick for home state by "dairy air" aroma.
- e. consumed mass quantities of brownies.
- f. applied sunscreen liberally (so that skin would not match jersey) and watched for snakes.
- g. rode the ride one day earlier than most in order to find Arlington 500 riders from the previous week and apologize to them for the weather.
- h. stopped promoting literacy and began showing off impressive knowledge of Illinois geography.

### Biking Fables

(Things that happen only in cyclists' dreams)

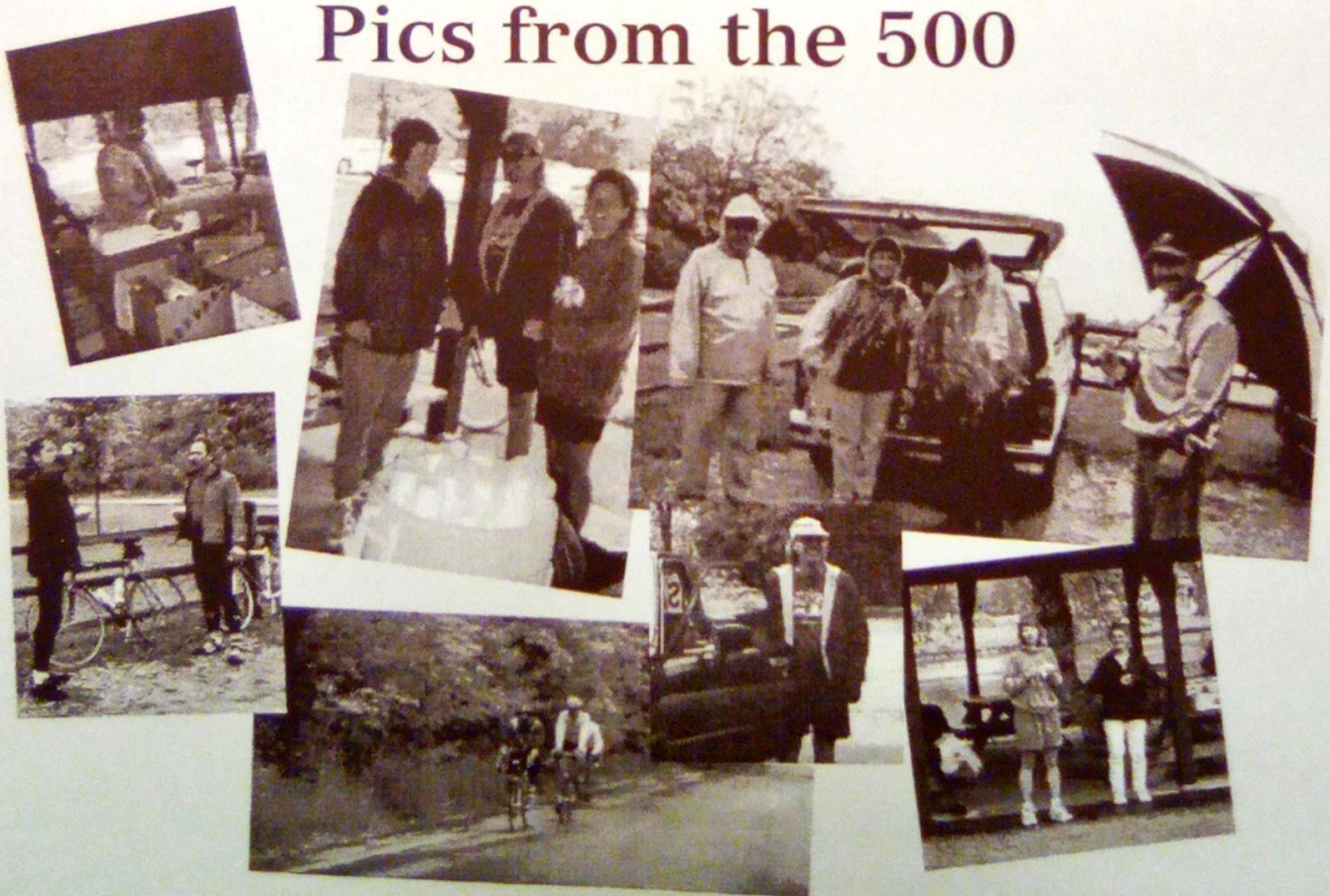
**Weather Forecast:** Rain and thunder showers for Sunday May 24, 1999.

**Newspaper Reporter:** Weatherman blows another weather report. The Arlington 500 riders had a bright sunny day for their bicycle ride.

# To the Picnic...



## Pics from the 500



July

The Top Ten List

- |                      |      |                     |     |
|----------------------|------|---------------------|-----|
| 1. Bob Hinkle        | 1274 | 6. Bena Gerber      | 724 |
| 2. Dave Van Dornick  | 1243 | 7. Cindy Trent      | 588 |
| 3. Chris Van Dornick | 1068 | 8. Earle Horwitz    | 489 |
| 4. Terry Zrnhal      | 969  | 9. Jim Zdunek       | 464 |
| 5. Greg Konieczny    | 942  | 10. Kurt Schoenhoff | 423 |

4	5	6						1	2	3
More Ice Cream 10 am - FP Frontier Days Bike Rally 1 pm - RP	Bakery Ride 9 am	Bakery Ride 9 am	Bakery Ride 9 am	Bakery Ride 9 am	Bakery Ride 9 am	Bakery Ride 9 am	Bakery Ride 9 am	Bakery Ride 9 am		Moo & Oink Ride 9:30 am - FP
11	12	13						15	16	17
Jack's Jumbo Jaunt 7:30 am - Harms Woods	Bakery Ride 9 am	Bakery Ride 9 am	Tuesday Night Ride 6:30 pm - RP	Bakery Ride 9 am	Bakery Ride 9 am	Bakery Ride 9 am	Bakery Ride 9 am	Bakery Ride 9 am		Yukon Dog Ride 8 am - RP Snow and Go Ride 9 am - RP
18	19	20						22	23	24
		Bakery Ride 9 am	Tuesday Night Ride 6:30 pm - RP	Bakery Ride 9 am	Bakery Ride 9 am	Bakery Ride 9 am	Bakery Ride 9 am	Bakery Ride 9 am		Kettle Mountain 9 am - Lakeridge, WF Snow and Go Ride 9 am - RP
25	26	27						29	30	31
August 1		Bakery Ride 9 am	Tuesday Night Ride 6:30 pm - RP				Bakery Ride 9 am			Picnic 10 am - Lakeridge Forest Preserve
Paula's All Sports 9 am - Lions Park										
		June								
		1	2	3	4	5		August	1	2
		6	7	8	9	10	11		8	9
		13	14	15	16	17	18	19	15	16
		20	21	22	23	24	25	26	22	23
		27	28	29	30			29	30	31

S

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F

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Start Location Key:

FP - Frontier Park

LA - Lake Arlington

RP - Rec Park



Check the Upcoming Events on the other side



### President

Tom Drabant  
397-4213 tdrabant@aol.com

### Vice Presidents

Dave & Chris Van Dornick  
259-7917

### Secretary

Milo Plavec  
639-2889

### Treasurer

Ron McPherson  
824-5091

### Membership

Cecily Hood  
398-7440

### Newsletter Editors

Cindy and Dick Trent  
392-6750 ctrent@dist214.k12.il.us

### Newsletter Mailing

Jim Shoemaker  
259-1692

### Bike Swap

Al & Jeanie Gain  
392-1547

### Refreshments

Barb Swasas  
459-9065

### Arlington 500

Greg Konieczny  
398-4633

### Meeting Program

Roy Euclide  
437-0442

### Safety Chairman

Bob Hinkle  
259-1423

### Web Site

Cindy Trent  
392-6750 ctrent@dist214.k12.il.us

### AHBA Ride Hotline

255-6750

### Web Address

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

### Deerfield Bakery Ride

25-32 Miles

Pace Y+

Bob Hinkle 259-1423

The Bakery ride starts at **9:00 am sharp**. These rides are in conjunction with the Wheeling Wheelmen. There is no ride leader for these rides and you ride at your own pace. Usually there is a Y pace group and an X pace group of riders. The standard Tuesday ride is 25 miles while the standard Thursday is 32 miles. We also enjoy the goodies from the bakery at the end of the ride. Please park in the funeral parlor parking lot along the north side of the Deerfield Bakery building.

### Moo & Oink Ride

40 Miles

Pace Y

Paula Matzek 394-4920

BBQ and Ice Cream, what a great combo.

### More Ice Cream

35 Miles

Pace Y

Chris and Dave Van Dornick 259-7917

Just one more scoop for the all-American AHBA. On the return, we will circle back to Rec Park for Frontier Days. We hear they have great food along with the entertainment.

### Jack's Jumbo Jaunt

84 Miles

Pace Y+

Jack Edwards 570-0495

Leave from Harm's Woods entrance off Old Orchard Road. Breakfast in Wauconda and joint ride with Mt. Prospect.

Pace Z = 8-11 mph

Pace Y = 12-15 mph

Pace X = 16+ mph

### College Campus Cruise

50 Miles

Pace Y

Don Derebey 255-3422

Tour east to the Lake Forest area College.

### Volo Bog Ride

76 Miles

Pace Y

Terry Zmrhal 923-7320

See the natural water environment. Bring a snack to hold you over to lunch, which is at the 45 mile mark.

### Kettle Moraine

29 or 59 Miles (one or two loops)

Pace Y

Chris Van Dornick 259-7917

Leave from the General Store in LaGrange, Wisconsin at Route 12 and County A. Some hills, but great country roads.

### Picnic

20 Miles

Pace Y

Sue 630-582-8425

Linda 255-3574

Begin the day with a 20 mile ride at Lake-wood Forest Preserve (see map in newsletter). Then we eat and play. There will be a bike rodeo (with prizes), good food (see newsletter to help bring food), and great company. Please RSVP to Sue or Linda so they can get the meat.

### Paula's All Sports

45 Miles

Pace Y

Paula Matzek 394-4920

The first ride of August (August 1) leaves from Lions Park in Mt. Prospect which is south of the tracks at Maple and Shabonoe. A joint ride with Mt. Prospect. A treat of a new route.

### Upcoming Events

Time to Mark Your Calendar

The Milwaukee Ride is scheduled for August 7, 8, and 9. Hotel space can be scarce. Call Bena G. if you are considering doing the ride. Do it soon or you may be camped out in the parking lot!

The Progressive Dinner is scheduled for the later part of August. Watch the ride calendar for the exact date. Linda T. and Sue S. are organizers of this event.

A Manitowoc Weekend Ride is being planned for September 18 and 19. Lodging is at the Day's Inn motel in downtown Manitowoc. A Friday and Saturday night stay is included. We'll ride both Saturday and Sunday, returning home Sunday afternoon. A variety of routes and distances will be available both days. The cost of lodging is \$76 per night for a room with one Queen bed and \$86 per night for 2 beds in a room. I've reserved a limited number of rooms. I'll try to arrange for a shared one if desired. Manitowoc is about 150 miles from Arlington Heights located on Lake Michigan. If you're interested call Greg at 398-4633.

Only six more months until the BIG celebration. That's right -- December 31, 1999-January 1, 2000! The club is working on plans for a New Year's Eve party to be held at the clubhouse at Colony Country in Mt. Prospect. Put it on your calendar now, and be with us as we bring in the new century (and the new millennium, according to some non-mathematicians!) No, we will not ride a century that night. Maybe the next morning, though, if our bikes are Y2K compliant!

### Slow and Go Rides

30 Miles

Pace Z

Enjoy the slower, leisurely pace of this ride. If you are interested, please call Chris or Dave for information. The ride will leave from Rec Park. Interested in helping lead?



## Viewing the Net

by: Dick Marr

News groups are new to me, but I found some on bicycling that I find fascinating and thought I would pass along the information about them. Rather than dealing directly with news groups, I access them via the web

site at [www.remarq.com](http://www.remarq.com), which I find faster and easier than going directly to the news group. After going to [www.remarq.com](http://www.remarq.com), the ones on bicycling are found under Sports & Recreation, and then Bicycles.

My favorite is on Bicycle Tours, which includes rides, but there are others on different aspect of bicycling. On March 18 I posted a message in Bicycle Tours about Front Low Riders which, so far, has received 17 replies. You can still view this.

In the Bicycle Technology news group I plan to start a discussion about the latest version of White Lightning, to find out what people think about it. If news groups are new to you, check out my posting, see what replies it gets, and maybe submit your own opinion for all to see.

## Reaction Time

by Bob Hinkle, Safety Chairman

Reaction time is the time it takes, once you have perceived the stimulus, to react. Some people can respond more quickly to stimuli than others. However, a point can be reached when even those with the fastest reaction times can't react fast enough. How does this relate to bicycling?

Consider the Tuesday night rides or the Bakery rides when we first leave. If there is a large group, we usually find ourselves riding "bunched up". When you ride in a bunch or pack your vision of the road ahead is often impaired. Pot holes, uneven pavement, and road debris all pose problems to the bicycle rider. If seen soon enough the rider can usually react fast enough to avoid these potential dangerous situations. How can we reduce these dangers?

When you ride, keep focus on your riding. Don't get engrossed in talking with fellow riders. Shout out warnings as to road conditions and on coming cars. Keep the interval between you and the rider in front of you wide enough so that you could stop or swerve in case that rider fell. Usually its a good idea to ride slightly either to the left

or right of the person in front of you. This way you can see more of the road ahead of you. This will give you more time to react to road conditions. Don't ride in the "mirror view" of the rider in front of you. He/she would like to know if cars are coming up from behind. If you are at the back of the bunch or pack, it's your responsibility to alert others in front of the cars coming up from behind. "Car back" is the call to make.

Don't let your fellow rider hang out on your left when a car approaches from behind. If two riders are riding next to one another and a car approaches from behind, the rider on the right should slow down and tell the rider on the left to cut in ahead of him/her.

Finally even when you got a good view of the road, it can be deceiving. While riding down Cuba Road on a bright sunny day I hit a good size hole. The hole was hidden by the shadow of the trees. In this case if I had been going slower I may have had enough time to react and avoided the hole.

**Monday, May 31, Memorial Day** , A baker's dozen showed up on this humid and somewhat cloudy day for *The Libertyville Loiter*. The threat of bad weather didn't stop us from weaving our way into Libertyville. As we arrived, a memorial service and speeches were taking place in the downtown area. We snuck around through parking lots and side streets to avoid the crowd. Our intent, however patriotic we were, was to find someplace to eat! Dave, our heroic scout, spotted what appeared to be the only restaurant open and we meandered to it. After a great breakfast, we resumed the return route. A flat tire in the forest preserve slowed us temporarily and we began again still watching the sky and listening for any distant thunder. A dark cloud loomed into view just as we were heading through Buffalo Grove. First came the warning sprinkle, then a huge deluge of rain. Some hung out at a convenient overhang. Of course, by the time we got back to Frontier Park, the rain had stopped! At least it was warm out.

# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

Street Address \_\_\_\_\_ e-mail address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

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

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

Single (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

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



# THE SPOKEN WORD

Newsletter of the  
Arlington Heights Bicycle Association

August 1999  
Volume 28, No. 8

## View from Behind the Bars



Recently Don Derebey led our club on his annual College Campus Cruise Ride, and as we rode on the trails and along the streets of the beautiful North Shore, I thought how fortunate we are to have club members like Don who make our rides so enjoyable and interesting. Whether it's Paula's Moo & Oink Ride, Chris and Dave's Botanical Garden Ride, Cindy's Old Fashioned Ice Cream Ride or one of our now popular Slow and Go Rides, our club is lucky to have such ride leaders who make our rides so successful.

And at our club picnic this Saturday, July 31 these ride leaders will be recognized and rewarded for their efforts. It is my hope that we will have a good turnout of members at the picnic to help me consume the brats, Italian sausage, hamburgers, hot dogs, sweet corn, baked beans, salads and desserts that will be offered. Do we ride to eat, or eat to ride? Of course that should be our club motto! There will be a short 20 mile ride before the picnic, after which will be held our annual bike Rodeo. I hope to see many GRABAAWR pictures as well since many of our club members rode the 450 - 500 mile trip recently and also expect to hear some very amusing anecdotes.

In last month's column I offered a bike-related prize to the first person to call me upon reading those words, and Dottie Tockey was that club member. She received *The History of the American Bicycle* for her efforts. (I guess some people do read their club's newsletter.)

And finally, I wanted to offer this quote taken from Hallman.

*"Life may not be about your bike, but it sure can help you get through it."*

See you at the club picnic or on the road,

Tom

---

### Biking Fables

(Things that happen only in cyclists' dreams)

**AHBA Rider:** Dave, tell me about your Lake Geneva Ride.  
**Dave:** We'll ride 50 miles to lunch with a tail wind. During lunch the wind will change direction and we'll ride 50 miles back home with a tail wind.

---

## Progressive Dinner Coming Soon

by Linda Tandet

As we progress through the summer increasing our mileage and endurance, what better way to recognize our accomplishments than doing what we do best, eating and biking?

We are in need of people willing to host the various parts of the progressive dinner: appetizer, salad and main course, on August 21st. Enthusiastic volunteers please contact Linda Tandet at (847) 998-5582 by August 7th. We'll meet at Linda's at 11:00 am, 706 Carriage Hill Drive, Glenview (Waukegan Road south to Palmgren-just south of Glenview Road, across from the Saturn dealer-left to first street, Carriage Hill, left). Please RSVP to Linda.

We're looking forward to a fun time with good friends!

We Ride  
To Eat...



And  
We Eat  
To Ride

---

## Stateline 60 Quiz Answers

By Paula Matzek

Intrigued by last month's quiz? Well, the suspense is over.

Bena pointed out all of the flora and fauna along the route and mooed at the cows. Chris applied sunscreen and watched for snakes. Dave was made homesick for the homestate by "dairy air" aroma. Don rode fast on the new Trek but was still able to comment on the food value of all farm animals and crops encountered. Greg rode the ride one day earlier than most in order to find Arlington 500 riders from the previous week and apologize to them for the weather. Paula stopped promoting literacy and began showing off impressive knowledge of Illinois geography. Terry consumed mass quantities of brownies. Wayne rode the ride one day earlier than most in order to savor the Bull Valley-like hills in peace without the accompanying whining and moaning of other club members.

Saturday, June 5, 1999 Rides for ice cream are always popular and the urge is greater when the temperature is warm. This was certainly the case on the *Old Fashioned Ice Cream Ride* to East Dundee. Nearly 20 riders were in the group that first stormed the Luke's in Carpentersville. It was a good thing that the group of cyclists had gotten there ahead of the noon rush because we tied up the kitchen for awhile. We worked our way to the Fox River Trail for a short hop to the Ice Cream Shop in East Dundee only to find that it was closed. The ride leader thought quickly about the consequences of not having ice cream, and moved on to the Dairy Queen just ahead on the trail. The ride was quite warm on the return as well since the wind was out of the southwest. Boy, it was a good thing that we actually found some ice cream!

-CVD

Saturday, June 19 The "Muddleleln" Ride was an example of what happens when the designated ride leader is on the injured list. Greg valiantly took on the role of substitute ride leader for Bill, and if you have ever been in a school classroom when the regular teacher is absent, you can guess what happened next. Greg gave the usual disclaimer that things might be a little "different" without the regular teacher, er, ride leader. And, just as in the classroom, some of the students, er, riders took this as an open invitation to try to correct the leader, change the planned route, and even take over the leadership. Of course they were only trying to be helpful, but some did end up paying the price for their helpfulness by getting separated from the main group and having to eat their lunch in some inferior restaurant.

Of course it is always a challenge for a substitute to accurately interpret the plans (or, in this case, cue sheet) of the original leader. Some of the riders even suspected that Bill, angry that he could not ride, may have deliberately sabotaged the route. Several riders had visions of Bill out hobbling or crawling the streets of Lake Forest and Lake Bluff, strategically turning or removing a few key street signs. And how does one explain those few obvious wrong directions on the "Nichols" and "Wilke" lines of the cue sheet? Accidental typo or deliberate miscue? You be the judge.

At any rate, Bill, we muddled through. And thanks, Greg! You didn't even send any of us to the Principal's office.

-PM



Saturday, June 12, 1999 It was again sunny and warm as one group started from Arlington Heights on *The Chicago Botanical Gardens Ride*. This group worked their way east into Des Plaines near Oakton Community College for the second starting point at Beck's Lake Forest Preserve. Being that it was a nice day, many people were out on the north Branch of the Skokie Lagoons Trail. Communication became key to warn the rather large group of other cyclists and runners and roller bladers on the trail. Once we reached the Botanical Gardens, the group split up to wander through the flora and fauna. We had agreed on a time to meet outside the gardens at the bike rack area. Even though the ride leaders were still walking in the gardens, many of the riders left and went on to the food stop (like it is so out of character for our group to want to eat!). When the leaders arrived many cyclists had finished their sandwiches and had moved on to the dessert part of the stop. We returned winding through Northbrook and Glenview, and eventually back to Beck's Lake.

-CVD

Saturday, June 26 You know it's going to be an interesting ride when you arrive at the starting point and find someone already changing a flat tire -- for the second time! So started *The Evanston Ride*. The eight riders soon divided into two differently paced groups of four. The first group arrived in Evanston ready for lunch and quickly learned that an art fair can also make a great food stop. Two riders even made jewelry purchases at the fair. They would have purchased some larger items but couldn't figure out how to carry a painting or a vase home on the bike. As for the second group, they were not seen the rest of the day. Perhaps they are still in Evanston enjoying the cooler-by-the-lake temperatures.

-PM

Beginning this month, we will not include a membership form in the newsletter. Since most of us are already members, it is unnecessary. We will include it around renewal time and we will include a separate form with newsletters that are distributed to non-members. If you have any questions, contact Cindy Trent.



# August

148  
148  
404  
388  
351

16. Barb Swasas  
18. Emily Fuentes  
19. Don Derebey  
20. Ron McPheron

597  
552  
539  
519  
471

11. Kurt Schoenhoff  
12. Cindy Kinsley  
13. Earle Horwitz  
14. Howard Paul  
15. Tom Drabant

927  
870  
658  
631

6. Cindy Trent  
7. Bena Gerber  
8. Jim Zdunek  
9. Geni McPheron  
10. Paula Matzek

1589  
1459  
1327  
1190  
1188

1. Bob Hinkle  
2. Dave Van Dornick  
3. Chris Van Dornick  
4. Greg Konieczny  
5. Terry Zrmhal

## The Top 20 List

1 Paula's All Sports Ride 9:00 am Lion's Park	2	3 Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	4	5 Bakery Ride 9 am	6	7 Ride to Milwaukee 6:00 am Jim Barr 9:00 am Chris VD Slow and Go Ride 9 am - RP																																				
8 Milwaukee Ride 9:00 am McKinley Marina	9 Milwaukee Return	10 Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	11	12 Bakery Ride 9 am	13	14 Rock Cut St. Park 8:30 am - LA Union, IL Slow and Go Ride 9 am - RP																																				
15	16	17 Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	18	19 Bakery Ride 9 am	20	21 Progressive Dinner 11:00 am Glenview, IL Slow and Go Ride 9 am - RP																																				
22	23	24 Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	25	26 Bakery Ride 9 am	27	28 Lake Geneva Ride 7:30 am/ 10:00 am Hawthorne Woods Slow and Go Ride 9 am - RP																																				
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# S M T W T F S

July 31 Begin the day with a 20 mile ride at Lakewood Forest Preserve (see map in last newsletter). Then we eat and play. There will be a bike rodeo (with prizes), good food (see last newsletter to bring food), and great company. Call Sue (630-562-8425) or Linda (847-255-3574) with your questions and to RSVP.

Start Location Key:  
 FP-Frontier Park  
 LA-Lake Arlington  
 RP-Rec Park

**President**  
Tom Drabant  
397-4213 tdrabant@aol.com

**Vice Presidents**  
Dave & Chris Van Dornick  
259-7917

**Secretary**  
Milo Plavec  
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**Treasurer**  
Ron McPherson  
824-5091

**Membership**  
Cecily Hood  
398-7448

**Newsletter Editors**  
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#### Deerfield Bakery Ride

25-32 Miles  
Pace Y+

Bob Hinkle 259-1423

The Bakery ride starts at 9:00 am sharp. These rides are in conjunction with the Wheeling Wheelmen. There is no ride leader for these rides and you ride at your own pace. Usually there is a Y pace group and an X pace group of riders. The standard Tuesday ride is 25 miles while the standard Thursday is 32 miles. We also enjoy the goodies from the bakery at the end of the ride. Please park in the funeral parlor parking lot along the north side of the Deerfield Bakery building.

#### Paula's All Sports Ride

45 Miles  
Pace Y

Paula Matzek 394-4920

Leave from Leon's Park, in Mt. Prospect, which is 2 blocks east of Route 83, 3 blocks south of tracks, at Maple and Shabonee Streets for a ride to the new baseball stadium in Schaumburg. See other sports highlights on the way.

#### The Milwaukee Ride

76 Miles  
Pace Y

Chris and Dave Van Dornick 259-7917

Leave from McKinley Marina in Milwaukee. Take 294 north to 94. Continue North to exit 794 (East). Go Right to Lincoln Memorial Drive and exit left (North). Turn right at McKinley Marina, slips A-D. Park in the first area to the left. There will be 2 Kopp's stops, just as last year. Experience this romp through Milwaukee's parkways.

For those who are riding up, you have two choices. A group will be leaving for Milwaukee with Jim Barr at 6 am on Saturday and riding at a slower pace. Another group will leave on Saturday at 9 am from the Van Dornick's (2104 Wren in Rolling Meadows). Day 1 will be 80 miles, Day 2 will be about 100 miles and Day 3 will be 80 miles.

#### Rock Cut State Park

90 Miles  
Pace Y+

Bob Hinkle 259-1423

A challenging ride with few stops. Bring lots of water. Lunch at Rock Cut State Park concession area. Leave from the Elementary School in Union, IL. Take I-90 to US 20. Marengo Exit north on US 20 to Marengo-Huntley Road East. Then north on South Union Rd. (KOA Campground) East on West Union Rd. (Jellicson) across tracks to National North on National and look for school.

#### Progressive Dinner

Pace Y  
Linda Tandel 847-255-3574  
Sue Simon 630-582-8425

See details on page one of the newsletter.

#### Lake Geneva Ride

100 miles long/ 50 miles short route  
Pace Y

Revisions to the old route bring a snack on the long route. Lunch is in Lake Geneva. Leave at 7:30 from Hawthorne Woods Community Park at the northwest corner of Quentin and Old McHenry road for the long route. Leave at 10 am from Glacial Park for the short route. Take Route 12 to 120. Go west to Route 31 North. Left on Barnard Mill, Right at Y. Right on Keystone. Park is 0.1 mile on right.

#### Slow and Go Rides

30 Miles  
Pace Z

Enjoy the slower, leisurely pace of this ride. If you are interested, please call Chris or Dave for information. The ride will leave from Rec Park. Interested in helping lead?

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

#### Upcoming Events

A Manitowoc Weekend Ride is being planned for September 18 and 19. Lodging is at the Day's Inn Motel in downtown Manitowoc. A Friday and Saturday night stay is included. We'll ride both Saturday and Sunday, returning home Sunday afternoon. A variety of routes and distances will be available both days. The cost of lodging is \$76 per night for a room with one Queen bed and \$96 per night for 2 beds in a room. I've reserved a limited number of rooms. I'll try to arrange for a shared one if desired. Manitowoc is about 150 miles from Arlington Heights located on Lake Michigan. If you're interested call Greg at 898-4633.

Ride From LaCrosse to Chicago. A seven day trip, riding about 45 miles a day will cover the 260 miles beginning Saturday, September 25. SAG support will be provided. For more information, call John Jacus at 630/523-8668 or Quinn Waterloo at 630/323-3903.

Only six more months until the BIG celebration. That's right -- December 31, 1999-January 1, 2000! The club is working on plans for a New Year's Eve party to be held at the clubhouse at Colony Country in Mt. Prospect. Put it on your calendar now, and be with us as we bring in the new century (and the new millennium, according to some non-mathematicians)! No, we will not ride a century that night. Maybe the next morning, though, if our bikes are Y2K compliant!

25th anniversary t-shirts 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. L and XL available in all colors (no grey XL left) and M in yellow (847)-259-7917.

Bike club jerseys are also available. The jersey is in bright yellow, Coolmax fabric, with the club logo on front and back. Cost is \$17. Call Christine for one of these.



## Viewing the Net

by: Cindy Trent

While surfing the net the other day for information on Volo Bog and Kettle Moraine State Park I stumbled upon a wonderful site called Camp-a-Roo. The homepage for Camp-a-Roo can be found at <http://www.camp-a-roo.com>. Here you can find information such as packing tips, camp recipes, gear reviews, featured parks as well as many resource links.

In addition, you can find out information about parks, both federal and state, listed by state. The URL for this

information can be found by choosing "Camping Links Across the USA" or at <http://www.camp-a-roo.com/uslinks.html>. Although this link is not directly related to cycling, I know many of you enjoy camping, hiking, and cross-country skiing while not out pedaling. This site provides links which include federal and state recreation areas. It also includes some private campgrounds. The Illinois links seem quite comprehensive. They include national forests, national parks and state parks.

## Another Reason to Wear a Helmet

by Bob Hinkle, Safety Chairman

It happened again, making it three times in less than nine months that I saw someone fall from their bicycle and hit their head on the pavement. Fortunately the helmet prevented serious injury, although the helmet sustained a rather long, wide crack.

As we were approaching a speed bump two of the riders riding with me rode between the speed bump and curb while another rider elected to ride over the speed bump. The rider cleared the speed bump in perfect fashion but then turned to look for the riders who rode around the speed bump. This was his mistake.

When he turned to look over his right shoulder he pulled the front wheel to the right. His forward momentum took him straight and he landed on his helmet. We thought that he might have broken his neck by the way his head was turned to the side. There was no movement only "dead silence" for a minute. Then he began to snore. I was never so glad to hear someone snore as I was when he began snore. Eventually he came to and the paramedics arrived and took him to the hospital to have his injuries checked out.

Owls have the ability to turn their heads from front to back, but humans don't. Try it. You can turn your head about 90 degrees from your front or about parallel to your shoulder. To look back behind your shoulder you turn your head and twist your body at the waist. When you do this the arm on the side you are turning will be pulled backwards. If the arm happens to be attached to a hand holding a handle bar of a bicycle, the bicycle wheel will be pulled in the direction you are looking.

When riding, you can safely make quick glances to either side with both hands on the handle bars. However if you are going to look behind you, take one hand off the handle bar. For example if you are going to look back over your right shoulder release your right hand. The front wheel will remain in the direction you are going. Give it a try.

Finally I can't say enough about wearing your bike helmet. Wear it! Also you may want to consider carrying a cellular phone. They are great to have in emergency and non-emergency situations.

## How to Be Successful and Prepared on a Ride

by Chris Van Dornick

The best way to enjoy a ride is to be prepared for any situation. Anticipate any possible situation.

The Arlington Heights Bicycle Association is a very strong proponent of helmets (See Bob's article above) so PLEASE ALWAYS WEAR THEM. To make the ride even safer, wear reflective clothing for rides that last until sun down.

Wear appropriate clothing for the weather anticipated; i.e. a rain jacket for the days when skies are less than perfect and clothes to keep you comfortable depending on the temperature. Bring enough water bottles for the length of the ride. Bring a snack if its going to be a long ride even though we are known to share.

Sometimes, you might encounter a problem with you bicycle. Usually someone on the ride will be able to help you correct the problem. The most common happening is a flat tire. In order to fix the tire, you must have the correct size of inner tube for your bike and have a workable patch kit. Carry them with you always. Tire irons and a frame pump are also recommended. Look for the winter membership meeting on bicycle maintenance.

Effective communication also makes the ride safe and

enjoyable. The following are generally recognized conventions.

1. Car Back, this means move over to the right as soon as it is safe.
2. Call out and convey road hazards like glass, holes or speed bumps. Also notify the persons who are riding behind you if you are slowing or stopping.
3. Notify the ride leader if you are going to leave the group or if you notice someone missing. The buddy system works great for keeping track of people in a large group of cyclists. Pick a buddy and be responsible!
4. LET SOMEBODY KNOW IF YOU ARE NOT FEELING WELL (I.E. HEAT, ETC.) The club carries portable phones and can call for help if you need it.
5. RIDE EVERY RIDE WITH SAFETY IN MIND AND IT WILL ALWAYS BE AN ENJOYABLE ONE.

Dick Marr and Bob Hinkle contributed to this article

# GRABAAWR 1999



See You at the Picnic!  
July 31

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



# THE SPOKEN WORD



Newsletter of the  
Arlington Heights Bicycle Association

September 1999  
Volume 28, No. 9

## View from Behind the Bars



Once again, our club experienced beautiful weather for the annual picnic, held this year at Lakewood Forest Preserve. After suffering two sweltering weeks of high temperatures and humidity we had a near-perfect day for our outing with approximately twenty club members sharing their food, camaraderie and bike skills. Chris and Dave led a windswept 20 mile ride after which was served a delicious picnic lunch. A number of our members were then given bicycle-related awards as a thank you for their contributions to the club. Where would we be without ride leaders like Cindy, Chris, Dave, and Roy (to name a few) to plan and lead our weekend and Tuesday night journeys? A special note of thanks went to Greg for his Arlington 500 efforts, and after receiving his awards, he mentioned that he will consider running the event next year too! Of course, Bill Kragh did his usual fine job of directing the AHBA Rodeo in which a number of our members found out how difficult it is to slow their bikes down to a crawl as well as to successfully toss a newspaper into recycle bins. Thanks go to all of our members who made this another successful AHBA Picnic.

As we move into the fall (my favorite time of the year) and see an end to our Tuesday night rides, members should consider the pleasure of riding in cooler temperatures on our Saturday theme rides like Marilyn's Halloween Hullabaloo. Chris & Dave's (soon to be annual) Manitowoc Maniac Century (or is it the Manitowoc Meander?) will be held on September 18 and 19 and I am planning on rolling through a delightful weekend of brats and custard as well as the beautiful Wisconsin countryside. It is my hope to see a good turnout at many of our fall rides now that the weather has become more temperate.

And as William Saroyan wrote, in his introduction to *The Noiseless Tenor*,

"I love the bicycle. I always have. I can think of no sincere, decent human being, male or female, young or old, saintly or sinful, who can resist the *bicycle*"

See you soon, on the road,

Tom

## August and September Membership Meetings

At the August meeting to be held on August 25, we'll discuss plans for a new club jersey. Many of you have probably seen the "we ride to eat logo" on the back of the jersey that made some of us nearly famous on GRAABAWR. Also at the meeting Chris V. will discuss the mechanics of traffic signals and how to get through them. The meeting will begin at 7:30 pm at Recreation Park.

The September Membership Meeting will be held on September 22. The tentative speaker is Dan Currier, who will talk about his bike trip out East.

## Manitowoc Weekend

Our annual out of town bicycling weekend is scheduled for September 18th and 19th in Manitowoc, WI. Lodging is at the Day's Inn motel downtown. Manitowoc is about 150 miles from Arlington Heights located on Lake Michigan. A Friday and Saturday night stay is planned. We'll ride both Saturday and Sunday, returning home late Sunday afternoon. A variety of routes and distances will be available both days. The cost of lodging is \$76 per night for a room with one Queen bed and \$86 per night for 2 beds in a room. I've reserved 7 rooms. Only one is still available at this time. So if you're interested, don't delay. Call Greg at 398-4633.

## Arlington 500

The Arlington 500 is tentatively scheduled for May 21, 2000. That seems like a long ways off but soon it will be time to start making arrangements for the ride. Before doing so this year, I would like to get some suggestions and comments from club members concerning the ride, its starting point, route, publicity, attendance, cost, etc. I'll schedule a meeting sometime in early September to discuss the 500. If you have any marvelous or bad ideas, great or insignificant thoughts, strong or feeble feelings or just want to socialize, call Greg at 398-4633 to say you'll be there. Don't worry, there'll be absolutely no requests for volunteers at that time.

## Rides Gone By...

Saturday, July 3 The *Moo and Oink Ride* was an eating tour to our favorite barbecue and ice cream spots in Palatine and Rolling Meadows. The day was hot and muggy, but whining was at a minimum, and the group of 14 riders kept up a fairly snappy pace. The only complaint was that the barbecue restaurant was out of hamburger patties, which some riders considered to be un-American, especially on this Fourth of July weekend. The ice cream aficionados in the group were busy pointing out all of the ice cream places that we passed (and some that weren't even on the route), perhaps with the idea of creating a new theme ride -- the "Let's Eat at as Many Ice Cream Parlors as We Can Ride". One rider pointed out that the Milwaukee Ride last year, with its two Kopp's stops, was a good start on this theme.

-PM

Saturday, July 10 The route name was familiar and so was the leader for *The College Campus Cruise*. There were concerns that the campus cafeteria in Lake Forest may not be open when we arrived. As we looped around the colleges in the Lake Forest area, our leader Don even pointed out the architectural beauty of some of the buildings. That did not abate the hunger pangs that our club is so used to feeling. We arrived at the college and looked at the closed door to the cafeteria. Some hearts sank! Some rejoiced knowing that Subway and Mac n' Don's were close by. So we set off for the plan B lunch zone. On the return, Don led us through some twisting and turning paths in some well developed neighborhoods. The ride was very enjoyable even though we did not eat in the cafeteria.

-CVD

Sunday, July 11 It was a cool and very dewy start for *Jack's Ride to Wauconda* as we began through the North Shore area. As is typical on some of these early morning starts, some of us had to use the bathrooms so our gracious leader Jack let us stop. However, as you well know we like to socialize at the rest stops but Jack said "No Socializing yet!" I guess he had not figured on that stop and so we hurried on. When we got to McDonald's, I guess it was ok to talk a little bit since Jack saw some people from another bicycle club and was talking with them. We got the hang of it and were soon talking with them too. From the North Shore, we headed due west and made a bee line for Wauconda. Once there we decided that Lukes was the best place to have lunch. After we fixed the umbrellas in the tables, we headed east again through Mundelein and Libertyville and regrouped at one of my favorite stops: the Dairy Queen. We cruised back to Harms Woods and then went home.

-CVD



Sunday July 4 If you think in terms of food that falls into the apple pie, hot dogs, popcorn category, the dessert list would certainly include ice cream. The warmth of the day for *The All American Ice Cream Ride* did not diminish our desire to have some creamy frozen treats. Even trails that were closed in Itasca did not deter us from gaining some mileage and getting to the Bressler's 33 Flavors in Elk Grove. Some of us even boasted our newest slogan, "we ride to eat and eat to ride" that was created for GRAABAWR. The ice cream was great and we returned through the corner of Busse Woods as the holiday crowds were gathering. It had gotten quite warm by the time of our return and a nap in the shade seemed very inviting as well as a cool glass of water.

-CVD

July 13 through 15th Fifteen members and friends of the AHBA rode their bicycles on *The Door County Ride*. The ride was organized by Howard Paul and featured three great days of riding and fellowship. We left each morning from The Alpine Lodge in Egg Harbor. The first day we toured 50 miles through the southern portion of Door County making our way down to Sturgeon Bay and over to Cave Point Park. The rock formations in the park overlook Lake Michigan and are among the most photographed in Door County. On day two it rained but stopped after breakfast. We rode the central part of the peninsula. We worked our way up to Fish Creek for lunch and again it rained while eating. We spent an extra half hour on the porch of the restaurant waiting for the rain to stop. The ride through Peninsula State Park featured the view from the observation tower and lighthouse museum. Day three was another 50 mile ride from Sister Bay out to the North Point ferry. We then toured Washington Island before returning to Sister Bay. There were some good size hills towards the end of the peninsula.

Dick Marr commented that there were two things that really stood out. The first was Kurt Shoenhoff finding us a place to park our cars in Sister Bay. The parking spot was at the top of the highest hill in Door County. This way we could ride up it when we came back after cycling 50 miles. The second highlight was the expression on Howard Paul's face when he walked into to restaurant in Egg Harbor and discovered he had forgotten his wife back at the Alpine Lodge.

BET

## What Membership in The Arlington Heights Bicycle Association Offers You

AHBA is a presence in both the community and in your lives. Now is a time to look at all the benefits membership gives you.

The AHBA offers many things to the community including the Helmet Program. Bob describes this year's donations in the article below.

The AHBA bike swap last month is an annual event that provides an opportunity for community members to swap their bikes. People bring their unneeded bikes to the swap to sell. Often buyers are children who have outgrown their old bikes, serious riders looking for a more specialized bike, or adults who are looking to get into the sport. Bike accessories, clothing, and helmets are also available. Bikes that would otherwise be unused find a new home and happy bikers.

This year many bikes exchanged hands last month at the swap, allowing community members to fill their biking needs. People came from Arlington Heights and surrounding towns like Rolling Meadows, Palatine, Buffalo Grove, and Mount Prospect. Others travelled further to take advantage of the bike swap.

The AHBA offers many things to individual members as well. Everyone receives the monthly newsletter with biking information, past ride summaries, columns and the ride calendar.

The picnic, which will be held on July 31 at Lakewood Forest Preserve, and the annual banquet in early winter are social gatherings where we can mingle, eat and enjoy each other's company.

The heart of the Association, however, centers on the rides. Every weekend (weather permitting) there is a club ride. Varying in distance and speed, these rides allow everyone to enjoy biking. On Tuesdays in the spring, summer, and fall, there are the Tuesday Night Rides. These short rides through the community are nice after work excursions perfect for the entire family.

Many of the rides seem to focus on eating. An important part of almost every ride is the food. Whether it be lunch at a secluded bistro, a neighborhood tavern, or a greasy spoon, the most memorable part of many rides is the eating experience. A significant overindulgence is the Progressive Dinner Ride, held in August, where riders travel to members' homes to enjoy a different culinary delight at each stop.

Groups of members also tackle more serious rides including week long excursions and weekend jaunts. Every Tuesday and Thursday morning the Bakery Ride crowd travels on a set path which leads to the delicious goodies at the Deerfield Bakery in Buffalo Grove.

The AHBA sponsors the Arlington 500, an invitational ride which attracts approximately 500 riders.

The AHBA is many things to many people. But the key to the club is the people. It takes people to organize the rides and various activities, but it also takes people to ride. Really, that is the point of the club. Get out and ride. If you or someone you know are looking for a fun and healthy place to ride, get more involved in the AHBA.

For more information, call Tom Drabant at 397-4213.

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### MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

---

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

Street Address \_\_\_\_\_ e-mail address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

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

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

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

Family Members Under 18 \_\_\_\_\_ Age \_\_\_\_\_

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

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

Make Check payable to Arlington Heights Bicycle Association  
Mail to: Cecily Rood  
505 Kingsbury Dr  
Arlington Heights, IL 60004



# September

4	Fox River Ride 9:30 am St. Mary's Pl., St. Charles Slow and Go Ride 9 am - RP	3	Bakery Ride 9 am	2	Bakery Ride 9 am	1			
11	North Shore Ride 9:00 am Davies Pl., Evanston Slow and Go Ride 9 am - RP	10	Bakery Ride 9 am	9	Bakery Ride 9 am	8	Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	7	Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP
18	Mantitowoc Weekend 9:00 am Mantitowoc WI Slow and Go Ride 9 am - RP	17	Bakery Ride 9 am	16	Bakery Ride 9 am	15	Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	14	Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP
25	Ride TBA Slow and Go Ride 9 am - RP	24	Bakery Ride 9 am	23	Bakery Ride 9 am	22	Membership Meeting 7:30 pm - RP	21	Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP
October 2	Woodstock Ride 8:30 am Lakewood Forest Preserve Slow and Go Ride 9 am - RP			30	Bakery Ride 9 am	29	Bakery Ride 9 am The Last Tuesday Night Ride 6:30 pm - RP	28	Bakery Ride 9 am The Last Tuesday Night Ride 6:30 pm - RP

August

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

October

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
28	29	30	31					

# S M T W T F S

## August Membership Meeting

August 25 at 7:30 pm at Recreation Park Chris Van Dorrick will be talking about the mechanics of traffic signals and how to get through them. We will also discuss plans for a new club jersey.

## The Top 20 List

- 1. Bob Hinkle 1879
- 2. Dave Van Dorrick 1878
- 3. Chris Van Dorrick 1554
- 4. Terry Zittel 1398
- 5. Greg Kowczynski 1288
- 6. Cindy Tress 1878
- 7. Brenda Gerber 1878
- 8. Paula Marler 1554
- 9. Gary McPherson 1398
- 10. Jim Shook 1288
- 11. Rowland Paul 1234
- 12. Kurt Schomhoff 1058
- 13. Eare Horvitz 876
- 14. Barb Swass 865
- 15. Dick May 810
- 16. Cindy Kinsey 798
- 17. Tom Drabant 778
- 18. Dan Derbey 695
- 19. Jim Barr 656
- 20. Emily Furness 620
- 1. Bob Hinkle 1879
- 2. Dave Van Dorrick 1878
- 3. Chris Van Dorrick 1554
- 4. Terry Zittel 1398
- 5. Greg Kowczynski 1288
- 6. Cindy Tress 1878
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- 13. Eare Horvitz 876
- 14. Barb Swass 865
- 15. Dick May 810
- 16. Cindy Kinsey 798
- 17. Tom Drabant 778
- 18. Dan Derbey 695
- 19. Jim Barr 656
- 20. Emily Furness 620



**President**  
Tom Drabant  
397-4213 tdrabant@aol.com

**Vice Presidents**  
Dave & Chris Van Dornick  
259-7917

**Secretary**  
Milo Plevec  
639-2889

**Treasurer**  
Ron McPherson  
824-5091

**Membership**  
Cecily Rood  
398-7448

**Newsletter Editors**  
Cindy and Dick Trent  
392-6750 ctrent@dist214.k12.il.us

**Newsletter Mailing**  
Jim Shoemaker  
259-1892

**Bike Swap**  
Al & Jeanie Gain  
392-1547

**Refreshments**  
Barb Swasas  
459-9065

**Arlington 500**  
Greg Koniczny  
398-4633

**Meeting Program**  
Roy Eucilde  
437-0442

**Safety Chairman**  
Bob Hinkle  
259-1423

**Web Site**  
Cindy Trent  
392-6750 ctrent@dist214.k12.il.us

**AHBA Ride Hotline**  
255-3468

**Web Address**  
<http://www.geocities.com/Colosseum/Midfield/2543>

**Deerfield Bakery Ride**  
25-32 Miles  
Pace Y+  
Bob Hinkle 259-1423

The Bakery ride starts at 9:00 am sharp. These rides are in conjunction with the Wheeling Wheelmen. There is no ride leader for these rides and you ride at your own pace. Usually there is a Y pace group and an X pace group of riders. The standard Tuesday ride is 25 miles while the standard Thursday is 32 miles. We also enjoy the goodies from the bakery at the end of the ride. Please park in the funeral parlor parking lot along the north side of the Deerfield Bakery building.

**Fox River Ride**

42 Miles  
Pace Y  
Greg Koniczny 398-4633

Ride the Fox River Trail north to Algonquin for lunch. Leave from St. Mary's Park in St. Charles. Take I-90 west to Route 25 South on Rt 25 to Main St. (Rt 64) West (right) on Rt 64, left on Rt 31, left on Illinois, right on 1st to St. Mary's Park (across from Piano Factory lot).

**Burlington Ride**

60, 80, 100 Miles  
Pace Y+ or on your own  
Joint ride with Wheeling and Mt. Prospect

The pace is Y+ or on your own through the varying route lengths. There are some challenging hills. Leave from Riverside Park in Burlington, Wisconsin. Take I-94 north to Wisconsin Rt 50 West on Rt 50 to Hwy 83, north into Burlington. Right on Congress and right to the park (All use IL 83 to Wis 83 to Burlington).

**North Shore Ride**

50 Miles  
Pace Y  
Dave Van Dornick 259-7917

Ride north in the North Shore and see the great architecture and traditional structures. Lunch on the way. Leave from Daves Park in Evanston. Park is at the intersection of Church and Judson in Evanston (4 blocks north of Dempster and 3 block east of Sheridan).

**Weekend Ride in Manitowoc**

Saturday  
30, 60 Miles  
Pace Y  
Sunday  
35-40 Miles  
Pace Y

Dave and Chris Van Dornick 259-7917

Tour Dave and Chris' home town. The routes have rolling hills and are more rural than urban. Bring 2 large water bottles. Manitowoc is about 2 1/2 to 3 hours from Arlington Heights. Take I-94 north to Milwaukee. North on I-43 and exit at Hwy 151 north (Holiday Inn at this exit). Hwy 151 becomes Calumet Ave. Left at 27th street (traffic signal) go 1 block and turn right on Washington Street, left on 8th street and the hotel is on 8th. For hotel information, contact Greg at 398-4633.

**Woodstock ride**

72 miles  
Pace Y+  
Dave and Chris Van Dornick 259-7917

A somewhat challenging ride with an early breakfast in historic Woodstock. Lakewood Forest Preserve is on Fairfield Road at Ivanhoe (just south of Rt 176).

**Slow and Go Rides**

30 Miles  
Pace Z

Enjoy the slower, leisurely pace of this ride. If you are interested, please call Chris or Dave for information. The ride will leave from Rec Park. Interested in helping lead?

**September 25 Ride**

50 Miles?  
Pace ?

If anyone is interested in leading this (or other) rides, call Chris or Dave (259-7917).

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

**Upcoming Events**

Continue to watch the ride schedule on the web for updates, slow and go rides and starting points and other events. Call Chris or Dave to schedule a ride or volunteer to lead a ride. Some dates are open in September and beyond.

If you have e-mail and would like to be informed of last minute rides, contact Cindy Trent (ctrent@dist214.k12.il.us) with your address so she can keep you updated.

Watch the newsletter and plan for the annual awards banquet to be held in mid November.

Only four more months until the **Big Celebration**. That's right - December 31, 1999 January 1, 2000! The club is working on plans for a New Year's Eve party to be held at the clubhouse at Colony Country in Mt. Prospect. Put it on your calendar now, and be with us as we bring in the new century (and the new millennium, according to some non-mathematicians)! No, we will not ride a century that night. Maybe the next morning, though, if our bikes are Y2K compliant!

25th anniversary t-shirts 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. L and XL available in all colors (no grey. XL left) and M in yellow (847)-259-7917. Bike club jerseys are also available. The jersey is in bright yellow, Coolmax fabric, with the club logo on front and back. Cost is \$17. Call Christine for one of these.

**Note!!!**

Tuesday night rides will continue until the end of September. Is there anything good on TV on Tuesdays?

Saturday, July 31 After a little confusion in the parking lot at Lakewood Forest Preserve, we got organized and started out on the first of two loops on the ride at the AHBA Picnic. Participants had brought food to share and left it in the watchful care of our club president, Tom, and organizer Sue S. We rode south, east, west, and north to cover all directions and feel a pretty cool breeze. After the first loop, we took a short break, filled our bottles, and continued west, north and south before our stomachs got the best of us and the group demanded to return to the picnic sight. Tom was busy cooking and everyone pitched in to get salads, appetizers, and all the desserts out. There was corn on the cob, hamburgers, Italian sausage, and plenty of other food for people to eat with a variety of beverages. As we finished, Tom handed out awards for leaders and others who had helped out with special functions like the Arlington 500. Meanwhile Bill K. was busy preparing the events in the bike rodeo. The obstacle course was a challenge for some but many of us used our precise riding skill to get through. The slow race was likewise a challenge of balance and proved once again that some of us just can't ride slow. The paper toss and ride in circles also showed skill in the handling of a bicycle. In the end Bill K. himself, just coming off the injured reserve list won the most points, followed by Cindy Kinsley and Chris Van Dornick. It was a great day to be at the preserve and we left feeling full, warm and just a bit sweaty and gooey.

-CVD

Sunday, August 1 Thirteen members came out to enjoy *The All-Star Ride* to the Schaumburg Baseball Park. The weather during the last couple of weeks of July had been hotter than the Schaumburg Flyers, but August 1 brought temperatures about as lukewarm as the Chicago Cubs (OK, not quite that cool, but it was nice). A perfect riding day.

So how many sports and sports-related sites did the riders actually see on the ride? No one seems to know the exact count, but the ride leader obviously took great pains to make sure that as many sports as possible were represented, even going so far as to arrange for some *Cricket Players* to appear in a parking area at Busse Woods.

In keeping with one of the club's all-time favorite sports, eating, the ride included two food stops. Initially, it was unclear how our lunch stop, Culver's, was related to the sports theme of the ride. One sports-savvy member, however, quickly began matching our food order numbers with famous athlete's jersey numbers. But has anyone yet determined how Oberweis Dairy relates to the sports theme?

-PM

#### Biking Fables

(things that happen only in cyclist's dreams)

**Bicyclist:** I heard that our favorite cycling road is closed.

**Club Member:** Only for cars. Bicycles can still use the shoulder.

## Off Again On Again

by Bob Hinkle, Safety Chairman

You are pedaling down the road, maybe you took a turn to fast or you just weren't paying attention. Suddenly you find yourself bumping along on the shoulder of the road. The first impulse is to immediately get back onto the pavement. If you are lucky and the shoulder and pavement are at the same level and there are no gaps between them you'll probably be able to get right back onto the pavement. If you are unlucky and the pavement is higher than the shoulder or there is a gap between the pavement and shoulder you will probably fall and get road raspberries. The tire will strike the edge of the pavement causing it to turn parallel to the road but your momentum will carry you off the bike. I observed a person making this mistake on a club ride last year.

The smart rider resists the temptation to get right back onto the road. The best thing to do is to gently apply your brakes and keep the bike going the same direction it's

heading. If you are heading for a tree or other obstacle you may have to steer around it. Try not to make any sharp turns. After you have slowed down so that you can turn side up the shoulder leading to the pavement. If, as in the lucky rider's case, the pavement and shoulder are at the same level and there are no gaps between the pavement and shoulder turn the wheel so that the inside angle between the wheel and pavement is 60 to 90 degrees. Slowly ride back onto the road. If the road is slightly higher than the pavement reduce your speed and chose angle closer to 90 degrees when riding back onto the road. If the road is quite a bit higher than the shoulder or there are ruts along the road. Stop the bike and walk it back onto the pavement. You may get the raspberries from your fellow riders but that's better than getting the raspberries from the road.

Tuesday Night rides continue through September 28, 1999. Be sure to wear reflective or light colored clothing as daylight is already fleeing us.

# Picnic Pics

Great Brats!



Think anyone will recognize me?



It's probably slower if I leave the Bike in the garage!



What can we do for the next ride?



Master of Torture!



A new career?



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



# THE SPOKEN WORD

Newsletter of the  
Arlington Heights Bicycle Association

October 1999  
Volume 28, No. 10

## View from Behind the Bars



Here it is almost October, and I can't figure out where the summer went. It was certainly a wonderful, energetic time of bike riding in spite of the heat and humidity that tried to slow us down. It seems as if this season has found some new members participating in our rides as well as the veterans who are riding more miles than in past years. This is one of the many things that makes our club so special in that we can offer so many different rides of varying lengths and paces. As Dick Trent wrote in the June newsletter, *the AHBA is many things to many people. But the key to the club is the people. The heart of the association centers on the rides.* And recently, on the Lake Geneva ride some of our members chose to demonstrate their biking and swimming skills during the excursion. Apparently they were training for a forthcoming duathlon. And next month we will honor some of our other AHBA long distance riders at our club banquet. It is my hope to see a big turnout at our annual event.

And finally, I want to offer this quote from Georgena Terry:

*"Cycling satisfies so many needs. If you're in a gregarious mood, you can go out with a group. Or you can go alone-solo. If you're in an aggressive mood, you can go fast, or if you're tired and want to unwind you can go slow. A bicycle doesn't discriminate in age, either."*

See you soon on the road,

Tom



## September and October Membership Meetings

The September Membership Meeting will be held on September 22 at 7:30 at rec park. Dan Currier will talk about his bike trip out East.

The October Membership Meeting will be held on October 27. The program for this meeting has not been officially announced.

Does anyone have any good ideas for membership meeting topics? If you are going to get what you want, you are going to have to ask. Contact Roy Euclide.

## Slow 'N Go Rides

Slow 'N Go rides will continue through the end of September. This new set of rides seems to be a welcome addition to our ride menu. While it is fresh in your mind, let the newsletter know your feelings. Should these continue next summer?

## Tuesday Night Rides

Tuesday Night rides continue through September 28. Be sure to wear reflective or light colored clothing as daylight is already fleeing us. Let's see if we can have a nice turnout for the last Tuesday Night ride of the year.

## Biking Fable Comes True!

On the August 16th Tuesday night ride, the right lane on the Northwest Highway was closed. However just like August "In Your Dreams" article, we could and did ride the closed right hand lane from Hicks Road to Illinois Street. When was the last time you felt safe to ride on Northwest Highway?

---

Biking Fables

(Things that happen only in cyclists' dreams)

**Letter from Bike Nashbar:** Congratulations, you are the winner of the Iron Horse Road Bicycle.

---

## Rides Gone By...



**Saturday, August 7** There was a rain delay for the start of the late group on *day one of the Milwaukee ride*. Just about 9 am, a thunderstorm rolled through our neighborhood and we waited for it to stop. The rain threatened again and made us damp through Libertyville but was done by the time we got to Gurnee. It still continued humid even though there was a west wind. A couple of flats delayed us slightly as we headed up to Kenosha for lunch. In Kenosha we were joined by Glen from New Meunster, WI, whom we had met up with on GRABAAWR this past July. The rest of the trip was mostly uneventful except for one more flat and a call for help to have a friend bring a spare tire up with them. (No names mentioned, just guess!) We got to the hotel, registered, showered off the road grime, and then biked to the Chancery for supper, finishing with some very gooey brownie sundaes.

We awoke to cool, crisp but sunny conditions as the wind had switched to the north for *day two*. We joined the early group, who had also ridden up yesterday, for breakfast at Eggs N' Stuff. (Don Ami would really enjoy this place). After breakfast we rode toward the lakefront, avoiding the construction areas. There we met the people who had driven up and two from Green Bay, Dale and Bob, whom we had also ridden with on GRABAAWR. (I guess they like to ride to eat and eat to ride!) The trail was pretty quiet except for close to the lakefront. After our first rest stop at the golf course concession stand, it was on to the botanical gardens, although not spending enough time to do these beautiful garden areas justice. From there it was on to the first Kopps stop on the south west side of Milwaukee. Being that the air was still cool, some chose to sit in the sun and out of the wind to enjoy our lunch. Later at the second Kopps stop, we rewarded ourselves with delicious frozen custard. It was a short distance to the lakefront marina area where we said good-bye to those who were driving back. Those of us who were staying rode back to the hotel, showered in record time, and carpoled it to the local pizza place to share some more food and other pictures from GRABAAWR with Bob and Dale before they headed back to Packerland.

It was a cool for the start of *day three*, but it was dry for the return trip to the Arlington Heights area. We pedaled a few blocks to breakfast. After consuming enough caffeine and carbohydrates to last the morning and then some, we started back towards Kenosha for a lunch stop. At first it was difficult to believe that we were hungry again, but we ate lunch at a nice restaurant that Dave had scoped out when he was planning this route. It was warming up by the time we hit Gurnee. In Lake County, the wind began to fatigue us and we replenished our fluids and had some ice cream in Libertyville to help us on the final leg of the journey. By this time the wind had picked up and was right in our faces, out of the south. We all arrived home safe, somewhat tired and thirsty but glad to get home.

-CVD

**Saturday, August 14th** Ten members set out from Union, IL riding on lightly traveled roads through the Northern Illinois farm country on *the Rock Cut State Park Ride*. The scenery included cows, pigs, and fields of hay, corn, and soybeans. Unlike last year the weather was sunny and cool with a slight north breeze. The Wheeling Wheelmen were also riding in the same area and arrived at our first rest stop in Chemung minutes after we had arrived. I call that perfect timing. We had already used the facilities and purchased our snacks. Since it was a great riding day very few of the built in shortcuts were taken. In fact the Long Prairie Trail running through Boone County from Capron to Caledonia was an optional short cut. The park's concession stand provided an adequate lunch which we ate sitting in the sun. Then it was back over the series of small hills to get out of the park. The ride back to Chemung sag stop was flat with a slight cross wind to cool us.

From Chemung we turned south and rode back to Union with a tail wind. The highest hill was encountered about seven miles from the end of the ride. Last year Jack and I watched 50 old Cushman motorscooters parade by from the top of the hill. Not to be outdone, this year a vintage car club with about 20 automobiles from the 40's to 50's drove past us.

-BH

**Saturday August 21** We started in Glenview from Linda Tarent's house on *The Progressive Dinner Ride*. Dave had created a doosey of a route just to cover all of the courses in this meal on two wheels. First we went to Wheeling to Bena's place for appetizers. Meatballs with mushroom caps, crabdip and much more greeted our palates. Then it was on to the west side of Rolling Meadows to Joan's house for a great assortment of salads, including pasta salad, garden salad and seven layer salad. One rider snoozed in an inviting armchair until someone woke him for the main course just a few miles away. It was on to Dave and Chris's house for chicken and beef kabobs with wild rice and black bean salsa. The dozen miles before dessert created more room in the stomach. Linda had prepared a wide assortment of goodies including chocolate cookies, cheesecake, pies, and banana chocolate chip bread. She also had one of my favorites to wash that down with: Starbucks decaf coffee! All courses were great. This was the longest route for the progressive dinner ride at 48 miles and also the fewest number of riders at 18. PS Kudo's to Joan W. who went a couple more miles to reach her first 50 miler!!

-CVD

The Top 20 List

- |                      |      |                   |      |                     |      |                   |     |
|----------------------|------|-------------------|------|---------------------|------|-------------------|-----|
| 1. Bob Hinkle        | 2346 | 6. Greg Konieczny | 1670 | 11. Howard Paul     | 1154 | 16. Jim Zdunek    | 885 |
| 2. Dave Van Dornick  | 2296 | 7. Bena Gerber    | 1622 | 12. Earle Horwitz   | 1124 | 17. Cindy Kinsley | 802 |
| 3. Chris Van Dornick | 2151 | 8. Geri McPheron  | 1209 | 13. Kurt Schoenhoff | 1059 | 18. Emily Fuentes | 789 |
| 4. Terry Zrmhal      | 2055 | 9. Paula Matzek   | 1176 | 14. Dick Marr       | 996  | 19. Don Derebey   | 732 |
| 5. Cindy Trent       | 1946 | 10. Barb Swasas   | 1164 | 15. Jim Barr        | 951  | 20. Tom Drabant   | 716 |

October

S	M	T	W	T	F	S
						<b>1</b> Woodstock Ride 8:30 am Lakeport Forest Preserve
						<b>2</b> Kane County Ride 9:00 am Lansport Park, St. Charles
						<b>3</b>
						<b>4</b>
						<b>5</b> Bakery Ride 9 am
						<b>6</b>
						<b>7</b> Bakery Ride 9 am
						<b>8</b>
						<b>9</b> Libertyville Metric 8:00 am Dan Wright School Riverwoods Rd.
						<b>10</b>
						<b>11</b> Bakery Ride 9 am
						<b>12</b>
						<b>13</b>
						<b>14</b> Bakery Ride 9 am
						<b>15</b>
						<b>16</b> Ride TBA
						<b>17</b>
						<b>18</b>
						<b>19</b> Bakery Ride 9 am
						<b>20</b>
						<b>21</b> Bakery Ride 9 am
						<b>22</b>
						<b>23</b>
						<b>24</b>
						<b>25</b>
						<b>26</b> Bakery Ride 9 am
						<b>27</b> Membership Meeting 7:30 pm - NIP
						<b>28</b> Bakery Ride 9 am
						<b>29</b>
						<b>30</b> Halloween Ride 9:00 am The Pavilion, Elk Grove
						<b>31</b>

All Mileage for 1999 will be totalled as of October 31. Please turn in any sign-in sheets to Dave that are still outstanding prior to October 23.





**Deerfield Bakery Ride**

25-32 Miles  
Pace Y+

Bob Hinkle 259-1423

**October 23 Ride**

50 Miles?  
Pace ?

If anyone is interested in leading this (or other) rides, call Chris or Dave (259-7917).

**Halloween Ride**

35 Miles  
Pace Y

Marilyn Willerson 439-4496

This ride will leave from the Pavilion in Elk Grove. The Pavilion is on the corner of Bieslerfield and Wellington. Boo to you all who don't ride.

**Woodstock Ride**

72 Miles  
Pace Y+

Dave and Chris Van Dornick 259-7917

Ride the rolling hills and some other hills, too. We will eat breakfast in Woodstock, but bring a snack for later. Lakewood Forest Preserve in on Fairfield Rd. just south of Route 17 at Ivanhoe Road. Take Old McHenry Road west to Fairfield. Go north on Fairfield to Ivanhoe and left on Ivanhoe.

**Kane County Ride**

72 Miles  
Pace Y

Dave Van Dornick 259-7917

Go west, you cyclists. Ride through this new route with lunch on the way. Langum Park is off Route 25 in St. Charles on the east side of the river. It is about 10 blocks south of Route 64.

**Libertyville Metric Ride**

64 Miles  
Pace Y+

Chris Van Dornick 259-7917

Ride the former Mt. Prospect Invitational route with a few added twists. Lunch in McHenry. We will leave from Dan Wright School on Riverwoods Road.

**Upcoming Events**

Continue to watch the ride schedule on the web for updates, starting points and other events. Call Chris or Dave to schedule a ride or volunteer to lead a ride. Some dates are open in October and beyond.

If you have e-mail and would like to be informed of last minute rides, contact Cindy Trent (crtrent@is214.k12.il.us) with your address so she can keep you updated.

Watch the newsletter and plan for the annual awards banquet to be held in mid November.

Only three more months until the BIG celebration. That's right -- December 31, 1999, January 1, 2000 -- the club is working on plans for a New Year's Eve party to be held at the club/pouse at Colony Country in Mt. Prospect. Put it on your calendar now, and be with us as we bring in the new century (and the new millennium, according to some non-mathematicians)! No, we will not ride a century that night. Maybe the next morning, though, if our bikes are 42K compliant! This will be the event of the century (or millennium as far as many of us can remember).

Want to spend a week in good company, good riding and great peanut butter sandwiches? GRABAWR 2000 will be from July 1 through July 8. Several club members have made the trip in the past and have met others who are now club members. Talk to a past rider to learn details.

Club members are planning a three day trip to Eagle River. W/next summer. The trip will probably be Tuesday, August 15 through Thursday, August 17. Look for more details in upcoming newsletters.

**President**  
Tom Drabant  
397-4213 tdrabant@aol.com

**Vice Presidents**  
Dave N Chris Van Dornick  
259-7917

**Secretary**  
Milo Plaver  
639-2881

**Treasurer**  
Ken McPherson  
824-5091

**Membership**  
Cecily Reed  
398-7448

**Newsletter Editors**  
Cindy and Dick Trent  
392-6750 crtrent@is214.k12.il.us

**Newsletter Mailing**  
Jim Shoemaker  
259-1692

**Bike Swap**  
Al & Leanne Cain  
392-1547

**Refreshments**  
Barb Swasas  
459-9085

**Arlington 500**  
Greg Konieczny  
308-4633

**Meeting Program**  
Roy Euclid  
437-0442

**Safety Chairman**  
Bob Hinkle  
259-1423

**Web Site**  
Cindy Trent  
392-6750 crtrent@is214.k12.il.us

**AHBA Ride Hotline**  
255-3468

**Web Address**  
<http://www.geocities.com/Colosseum/Midfield/2543>

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

Saturday, August 28 With a new route and new starting points for *The Lake Geneva Ride* (or is it a triathlon?) this could only mean one thing — adventure! 13 riders showed up to do the long route. It was very muggy even in the morning and not much of a wind. In the morning we detoured to a Mac n Dons just for a short pit stop but some took advantage of the stop to eat also. Through the rolling country side and around McHenry we went and arrived at the second starting point where we rehydrated at the pump and picked up seven additional riders. It was very warm and humid with not much wind to contend with. After a few rolling hills we arrived in Lake Geneva where we attempted to blend in with the beach comers. After lunch at Popeyes where our server attempted to impress us with the napkin flipping trick, and where no one dared to place their hands in the automatic hand washers, we were stuffed and regrouped to find our way out of this busy lakefront area. We rode slightly north and then around through some rolling hills to the next event in the triathlon, the swimming. It was Jack and Glen to the rescue as they succeeded in finding a not so crowded lake to wade into to swim and cool off. The next event was the ice cream eating which most participants excelled at. It seemed in a short distance we were back at Glacier Park where the short route riders were glad to reach their destination. The remainder of us cooled off at the pump and refilled our bottles for the return. Because of some construction on Gilmer Road, we detoured slightly and returned to Hawthorne Woods. All participants did very well in all phases of the triathlon (eat, ride, swim) and deserve medals but we forgot to order them!

- CVD

Dear Arlington Bicycle Association Members,

Jeanie and I recently received a copy of an article that Dick Marr had submitted a month earlier to John Anderson of Juneau, Alaska, for inclusion on a web site called *Bicycling Life*. The article titled "How to Organize a Bike Swap" attempted to describe the activities and the procedures of how the AHBA runs their Bike Swap. Dick requested that Jeanie and I "look over" the pages and reply. There are many errors throughout—included and omitted — and one stands out and upsets us. Dick describes the process of moving the bikes from the fenced area to the gym and included this sentence in parentheses, "A watcher guarantees that no club member takes item to car during this time — we don't even trust each other." Jeanie and I hope that Dick is the only one who feels this way. The watcher is not there for the reason Dick suggests and we have never questioned the integrity of any of the club members. Jeanie and I, members of the board and other members of the club have had many discussions about security of the area and safety of the personnel and visitors when the swap is in progress.

We, as a club, have a responsibility for the property of others during those two days. Our plan has been to maintain a large positive presence. Many eyes looking and no single person left alone where they might be at risk. Jeanie and I have always felt the Bicycle Swap was an important and positive activity for the community and has proven to be profitable for the AHBA. We thank all of you who feel that way too and have shown it by helping.

Jeanie and Al Gain

## Communication

by Bob Hinkle, Safety Chairman

I think as a club we are getting better at communicating with each other on our rides. Road hazards are being shouted and pointed out. Warnings of passing on your left, right turn, left turn, stopping, and car back are being used. As a club we still have to work on the "car back" calls and get out of the way, but there has been an improvement.

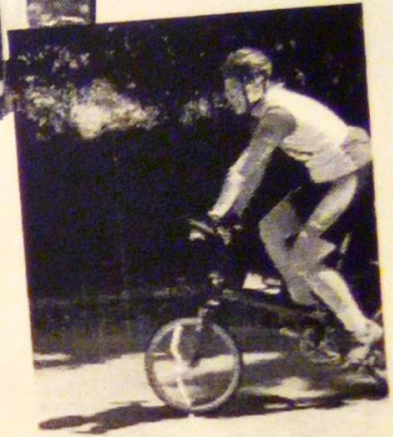
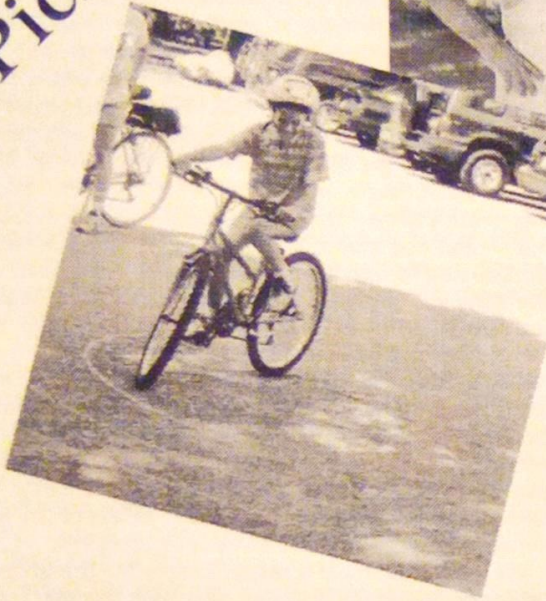
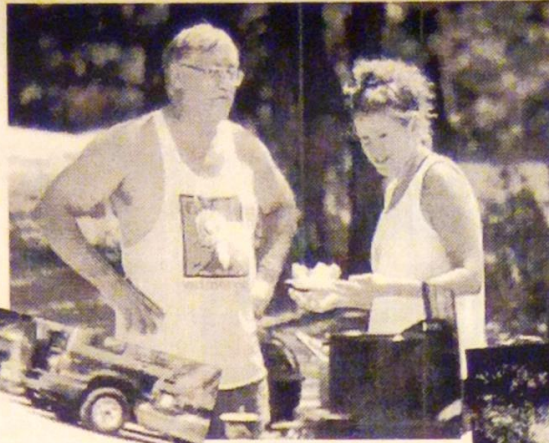
Bikes are slower, quieter, and less visible than other vehicles. You should make drivers notice you and try to communicate with them. Whenever you change lanes or turn, signal with your arm. Make sure that there is no doubt as to which way you are going, point to that direction. I think I do a better job of telling a vehicle driver I'm turning right when I'm pointing to the right. The Illinois

driver's right hand signal when used by bicyclists can be confusing. As one of our members told me "the driver thought I was waving at him and he waved back." If you swerve around a pothole, point to where you are going. Remember your bike doesn't have brake lights. Signal when slowing down.

When coming to an intersection where vehicles are present make sure you follow the traffic control devices. Stop at the red lights and stop signs. Try to make eye contact with the drivers at the intersection. When you are yielding to a driver and he hasn't realized you're yielding, wave him on. Likewise when drivers correctly yield the right of way, it's a good idea to thank them by a wave or nod.



# Picnic Pics



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



THE

# SPOKEN WORD

Newsletter of the  
Arlington Heights Bicycle Association

November 1999  
Volume 28, No. 11

## View from Behind the Bars



As we ride into November and our annual AHBA Banquet, it appears that this season has found many of our members riding more miles than in past years. These riders of brobdnagian miles will be honored at the Banquet November 13 when all club miles, including those hilly ones of GRABAAWR, will be counted. Details concerning the Banquet appear elsewhere in the newsletter. At our October 27 meeting, the club will hold an election for officers for the year 2000. The AHBA Board has slated Tom Drabant for President, Chris and Dave Van Dornick for Co-Vice-President, Ron McPheron for Treasurer, and Milo Plavec for Secretary. We welcome any other club member who wishes to put his or her helmet into the ring as a candidate for these positions. These Y2K elected officers will be recognized at the Banquet as well.

I wanted to offer this quote Richard Ballantine:

*"The bicycle is its own best argument. You just get a bike, try it, start going with the thing and using it as it suits you. It'll grow and it gets better and better and better."*

Hope to see you at the Banquet and on the road,

Tom

### Biking Fables

(Things that happen only in cyclists' dreams)

**Lance Armstrong:** Race you to the top of the mountain.

**You as you go flying past Armstrong:** How do you like them #S!%!@! apples?

## See You at the Banquet

**Saturday, November  
13**

For more information, see the calendar or call Linda Tandet at 847-998-5582



## Rock 'n' ROLL into the new CENTURY with the A.H.B.A.!

TIREd of the same old boring New Year's Eve routine? Then get in GEAR for a very special New Year's Eve celebration, A.H.B.A. style. Mark your calendar now for this, the ultimate "INVITATIONAL."

Invite your favorite friend or "significant other," and come join us at the Colony Country Clubhouse 1455 Piccadilly Circle Mt. Prospect, Illinois (Enter the complex from Camp McDonald Road just west of Route 83.) on December 31, 1999 - January 1, 2000 from 8:00 P.M. - 1:00 A.M. Dress as casual or as dressy as you want to be (Dancing shoes would be a plus!)

Soft drinks and ice will be provided by A.H.B.A. Bring an appetizer, dish, or dessert to share. Also bring your favorite adult beverage, your favorite party / dance tapes (no 8-tracks, Tom) or C.D.'s and your favorite memories of this past year (decade? century?).

Finally, bring your bike if you fear that your car is not Y2K compliant.

R.S.V.P. to Paula at 847-394-4920.

## We have met the enemy and he is us!

by Bob Hinkle, Safety Chairman

Please stop falling off your bicycles. I have enough material to write about. Another rider fell when the front wheel of the bicycle apparently slipped into the crack between the pavement and the paved shoulder of the road. Again I would highly recommend that you carry a cellular phone when you ride. We were immediately able to call for an ambulance. Pay attention to road hazards, conditions and be alert to where you are steering. On another ride the cyclist in front of me suddenly rode off the road and through the grass. He was able to ride back onto the road without any mishap. When I asked him what happened he said that he was looking at some horses and the next thing he knew he was riding in the grass. I know of no accidents this year to any AHBA member while on a club ride caused by the negligence of an automobile driver. There might have been some scary moments, but no accidents. We were responsible for our own accidents.

## Rides Gone By...

Saturday September 18 We all met for breakfast at a small mom and pop joint in Manitowoc just across the street from the Days Inn for *The Manitowoc Ride*. The service was friendly, as is most of the community where Dave and I grew up. The morning air was cool and crisp as this community is directly on Lake Michigan. Before we could leave the parking lot of the hotel we repaired two flat tires and made some other adjustments. Needless to say, we started a little later than planned. On day one our plan was to go west and then north to have lunch in Kenosha. The wind was out of the south east so it was easy going through the beginning of the ride. Our first stop was at Maribel Caves, a county park with some small caves and a number of hiking trails down to the small creek which runs through the park. We hiked in and enjoyed some of the backwoods of Wisconsin. Then we got to climb the hill coming out of the park drive. That was only the beginning of the challenge for the day. As we got further out on the ride, some of the cyclists decided that 82 miles was more than they would enjoy, so some alternate routes were planned. Next we pressed onward to Kenosha for the lunch stop, after climbing a few more hills. We began to go east and south on the return and discovered just how strong the wind was. This section of Wisconsin has some flat and wide open areas. That translates into a lot of peddling with only a few breaks. We were all grateful to see the tree line near the lakefront as we approached the portion of the route that turned south along the lakefront. We took a break and shared power bars, cookies and some water. In Two Rivers, we could not help but stop to have an ice cream sundae, since Two Rivers is the home of the sundae. We stopped at an old fashioned ice cream parlor which had an old restored ball room upstairs. The sun was sinking low and the air had turned much cooler as we finished our ice cream and got back to Manitowoc along the lakefront.

-CVD

Sunday, September 19 *On Day Two of the Manitowoc Ride* our goal was to do a southern loop. The wind was still out of the south so we again rode into it. Many people were still a little tired from the day before. As we stopped at the Lower Cato Falls area, the group put it to a vote to do the short route, about 35 miles. We rode into the wind a little while longer and then turned east and already felt a break with just a cross wind. Dave routed us across an old wooden bridge that was still in use on this rural road. We continued east and stopped at a Mobil station for a break and to grab a snack. From there we cruised with the wind along Lake Shore Drive and saw some of the more expensive real estate in this mid section of Wisconsin. As we got back into Manitowoc, we decided to regroup on the south side of town at a drive in restaurant that still has car hop service.

-CVD



Saturday, September 4 A hot, sunny day found sixteen riders (including several new ones —welcome!) joining the club's *Fox River Trail Ride* at some point or another. Some drove to the starting point in St. Charles, others rode there, and at least one chose his own starting point. Bob joined the ride just long enough for the group to sing a rousing version of "Happy Birthday" in honor of his \_\_\_ birthday the day before.

The heat made everyone appreciate the abundant shade along the route. The one rider who had to repair both a broken chain and a flat tire on the ride must have been especially appreciative. And how about the raccoon that one rider daringly rescued from a trash can in a park in South Elgin? That animal dashed for the shade immediately.

Those who rode all the way to Algonquin enjoyed a great breakfast/lunch at their choice of Reese's or Lang's. (Mmmm...Chinese vegetable omelette!) But what, no ice cream stop?? Our leader claimed that Dundee was too soon after lunch, and when we arrived at our alternate stop in Elgin, we found it closed for the Labor Day weekend!

- PM

Saturday, September 11 Rumor has it that the later-than-scheduled start of the *North Shore Ride* was because the leader was busy "rotating his tires." (On his car or his bike?) We should only be grateful that he didn't have to do an oil, lube, and filter too, or goodness knows when we would have gotten started. Fortunately the ride was worth waiting for. A very cool morning quickly warmed up to a pleasant, sunny day with a cool lake breeze, making for perfect riding conditions. The thirteen riders enjoyed a bit of real estate "shopping" as we rode from Evanston to Lake Forest and back.

During the lunch stop at Einstein's Bagels, one member learned from an expert the finer points of ordering a bagel dog. Among the other topics of luncheon conversation was the question of why it is not socially acceptable for adults to deal with their frustrations by screaming and crying like 2-year olds. The ride leader wisely avoided being the object of such behavior by making sure that the return trip included an ice cream stop at the Good Humor truck on Lagoon Drive. He also proved himself a master ride leader by revealing to the group that he had even had a back-up ice cream stop in mind just in case the Good Humor truck had not been there!

-PM

# November

	1	2	3	4	5	6
		Bakery Ride 10 am		Bakery Ride 10 am		Ride To Elgin 9 am Pavilion
7	8	9	10	11	12	13
		Bakery Ride 10 am		Bakery Ride 10 am		Show 'n Go 10 am Frontier Park Banquet
14	15	16	17	18	19	20
		Bakery Ride 10 am		Bakery Ride 10 am		Show 'n Go 10 am Frontier Park
21	22	23	24	25	26	27
		Bakery Ride 10 am				Show 'n Go 10 am Frontier Park
28	29	30				
		Bakery Ride 10 am				

October  
3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31

December  
1 2 3 4  
5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30 31

# S M T W T F S

See the back of the calendar for information about the **BANQUET**

There will be no general membership meeting in December. The next meeting will be January 26, 2000.

**President**  
Tom Drabant  
397-4213 drabant@aol.com

**Vice Presidents**  
Dave & Chris Van Dornick  
259-7917

**Secretary**  
Milo Plavec  
639-2299

**Treasurer**  
Ron McPherson  
824-5091

**Membership**  
Cecily Hood  
398-7448

**Newsletter Editors**

Cindy and Dick Trent  
392-6750 ctrent@dst214.k12.il.us

**Newsletter Mailing**  
Jim Shoemaker  
259-1692

**Bike Swap**  
Al & Jeanie Gain  
392-1547

**Refreshments**  
Barb Swasas  
459-9065

**Arlington 500**  
Greg Konieczny  
398-4633

**Meeting Program**  
Roy Eucilde  
437-0442

**Safety Chairman**  
Bob Hinkle  
259-4423

**Web Site**  
Cindy Trent  
392-6750 ctrent@dst214.k12.il.us

**AHBA Ride Hotline**  
255-3468

**Web Address**

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

**Deerfield Bakery Ride**  
25-32 Miles  
Pace Y+  
Bob Hinkle 259-4423

The Bakery ride starts at 10:00 am sharp. These rides are in conjunction with the Wheeling Wheelmen. There is no ride leader for these rides and you ride at your own pace. Usually there is a Y pace group and an X pace group of riders. The standard Tuesday ride is 25 miles while the standard Thursday is 32 miles. We also enjoy the goodies from the bakery at the end of the ride. Please park in the funeral parlor parking lot along the north side of the Deerfield Bakery building. During the winter months, we meet even in bad weather. Although we may not ride, we still enjoy the coffee, the company and the Bear Claws. **NOTE THE CHANGE IN TIME.**

**Elgin For Breakfast**  
45-50 Miles  
Pace Y

Greg Konieczny 398-4633

Begin at the Pavilion at Bensterfield and Wellington Rds. in Elk Grove and ride to Elgin for Breakfast.

**Show 'n Go**  
30-50 Miles  
Pace Y  
Chris Van Dornick 259-7917

Show 'n go rides begin on November 13 and continue through the winter with the following criteria. The pavement must be reasonably dry and temperatures somewhere around or above the freezing mark. Those rides begin at 10 am. at Frontier Park. The distance of these rides vary somewhat depending on weather conditions but are generally 30 to 50 miles and include a break-fast stop.

**Annual Banquet**  
0 Miles  
Pace Leisure  
Linda Tandet 847-998-5582

The annual awards banquet is November 13 at Hackney's in Glenview. Come out for this end of the year celebration with lots of door prizes and other "special" awards! If you have any ideas for those "special" awards, call Chris (259-7917) with your ideas!

**1999 Banquet**  
**November 13, 1999**  
**Hackney's on Lake**  
**1514 E. Lake Ave., Glenview, IL**  
**(847) 724-7171**

**Only \$8**  
**Make**  
**Checks Out**  
**To AHBA**

**Entree Choices**

**Top Butt Steak**  
**Grilled Chicken and Asparagus**  
**Broiled Shrimp and Broccoli**  
**Broiled Orange Roughy**

**Dinner**  
**7 pm**

**Send Checks** Linda Tandet  
**to:** 706 Carriage Hill Dr.  
Glenview IL 60025  
Call Linda  
847-998-5582

**Questions ???**

**Upcoming Events**

The next members meeting will be held on January 26, 2000 following the October meeting on October 27.

Continue to watch the ride schedule on the web for updates, starting points and other events. Call Chris or Dave to schedule a ride or volunteer to lead a ride.

If you have e-mail and would like to be informed of last minute rides, contact Cindy Trent (ctrent@dst214.k12.il.us) with your address so she can keep you updated.

Only two more months until the BIG celebration. That's right - December 31, 1999-January 1, 2000!

The club is working on plans for a New Year's Eve party to be held at the clubhouse at Colony Country in Mt. Prospect. Put it on your calendar now, and be with us as we bring in the new century (and the new millennium, according to some non-mathematicians)! No, we will not ride a century that night. Maybe the next morning, though, if our bikes are Y2K compliant! This will be the event of the century (or millennium as far as any of us can remember). See the newsletter for more details.

Want to spend a week in good company, good riding and great peanut butter sandwiches? GRABAWR 2000 will be from July 1 through July 8. Several club members have made the trip in the past and have met others who are now club members. Talk to other riders to learn details.

Club members are planning a three day trip to Eagle River, WI next summer. The trip will probably be Tuesday, August 15 through Thursday, August 17. See the back page of the newsletter for more details.

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

Saturday, September 25 Who knew when we read "TBA" on the ride schedule for September 25 that it stood for "Total Bewilderment in the AM?" Rec. Park 8:00? Yes, five riders showed up there. Frontier Park 9:00? Yes, five more riders showed up there! Eventually, the whole group got together and set out on this warm sunny day for *Volo Bog*. As the ride progressed, various "themes" for the day emerged, one of which was "Waiting for Greg." Was he punishing all of the other riders for the fact that he had gotten up that morning for an 8:00 start? At any rate, it was during one of these waits that the ride almost developed its "X-Rated Ride" theme, with talk of restrooms, gentlemen's magazines, and tennis ball cans. At the Bog, the ride began to take on a religious and educational theme, as we "walked on water" and learned all about bogs and the origin of the word "bogeyman." Also, while gazing at the scum growing on the top of the bog, we discovered what had inspired the club's GRABAARW jersey color this year. After our tour of the

bog, the seven hungriest riders continued on to McHenry, where we lunched at Vickie's Place on the Fox River and imagined ourselves on the shores of the Caribbean in Jamaica. (O.K., would you believe the Atlantic Shore in Myrtle Beach?) After lunch, the seven jerks (oh, no, wait — we ATE jerk chicken for lunch) headed for home, having worked out some new apprenticeship arrangements that will have Tom referring to Greg as "Yoda" next season and Greg calling Tom "Grasshopper." Marty was still obsessed with the bog and, consequently, kept getting BOGGed down with a mind-BOGGling array of puns. Meanwhile, Paula was preoccupied with all of the "Boogie" men she would be meeting later that night. As we all continued on into the headwind, some of the previous weekend's Manitowoc riders started having flashbacks ("Tannery Road!!") Eventually, our many-themed ride came to an end, and, waiting for NO ONE, we all sprinted for home.

-PM

## Another Fall

By Earle Horwitz

Ralph fell! What? Ralph fell! A quick look backwards and an immediate stop. It was a beautiful fall like day on September 18th. We left The Pavilion in Elk Grove Village for a 70 mile ride to Aurora. Everyone agreed it was perfect biking weather, we were having a great ride, and we were 1 1/2 miles from getting back to The Pavilion. We were on the downside of the Route 53 overpass when the cry came out.

Ralph was laying on the street and cars had stopped around him. He had not been hit by a car but we didn't know what happened. We quickly made a physical check for his vitals but he was non-verbal.

We had cell phones with us but so did the drivers and they had already called 911 to get help. He was bleeding from a wound just below his helmet and we had him lay where he was until "help" arrived. He was coherent by the time they got there but was unable to explain what caused his fall.

They took him to Alexian Brothers Hospital which was only a few miles away. Ralph was attended to and spent around 5 hours in the ER for stitches and tests. Thankfully, he will be OK but will be sore and off his bike for awhile.

I'm sure, like the others there, it certainly gives one pause to this thing that we do. We all know that there is a degree of danger to this love of ours. We accept that degree, pray it doesn't happen to us, and then bury it in the back of our mind.

It could be any one of us laying on that street. Ralph is a good and careful rider. He wasn't doing anything out of

the ordinary when the fall occurred. The rest of us had all passed that same place and yet, Ralph was down there. He thought his tire got between two cracks on the shoulder we were riding on. In checking the pavement, we also noticed a drop-off on the side near the road and we wondered if his wheel hit that and then threw him when the wheel turned.

We try to understand how an accident happens so we can be aware of that danger and try to avoid a recurrence. As we know, it's hard to avoid a problem like that because it comes upon us so quickly and in an instant, we get past it or we're down.

Make no mistake, it has already happened to some of us, and to me personally, and there doesn't seem to be an immunity toward an event like this occurring. We are all involved with that fallen rider and we do what we can for that person at the time. We try and be prepared by riding carefully, most of the time, and by having cell phones to call for help in an emergency. I can't stress the importance of having that cell phone on a ride. It's also comforting to know that there are people there who are ready to come to your help when you need them.

It is one of the advantages of riding as a group and belonging to a club, like ours. We hate to see these accidents occur because we realize how quickly they can happen to any one of us and how fragile we really are.

I'm looking forward to riding with Ralph again, when he's ready, and pray that we can all pursue this passion of ours with a minimum of the pain and suffering it sometimes causes.

August 15, 16, & 17, 2000

## EAGLE RIVER, WISCONSIN RIDES Three (3) great days of biking & socializing!

Bicycle approximately  
50 miles each day

Stay at the American Heritage Inn, Eagle River, WI  
(becomes Days Inn during Nov. '99)

Make reservations for four (4) nights  
beginning Monday, August 14, 2000

Drive approximately 350 miles on  
Monday, bicycle on Tuesday,  
Wednesday, & Thursday, drive home on  
Friday

Bicycles may be  
kept in rooms or  
put in small  
garage.

Make your reservation early!  
Call 1-800-356-8018 or 715-479-5151 for reservations

Organized by Bob  
Hinkle, Dick Marr,  
and Howard Paul

To get the following weekday group rates, identify yourself as being with the  
Arlington Heights Bicycle Association (confirmation #5548). We have 20 non-  
smoking rooms reserved as follows. Rates are for either 1 or 2 people. No other  
discounts apply.

8 Standard Double Rooms (2 queen beds) at \$49 + tax  
7 Double Deluxe Rooms (2 queen beds, microwave, &  
refrigerator) at \$54 + tax

2 Single Deluxe Rooms (1 queen bed, 1 hide-a-bed,  
microwave & refrigerator) at \$54 + tax  
3 Whirlpool Rooms (1 queen bed + whirlpool) \$59 + tax

Rooms will be held for the AHBA until July 17, 2000 & thereafter released to the public.

Cancellations may be made without penalty except during last 24 hours prior to arrival.

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



THE



# SPOKEN WORD

Newsletter of the  
Arlington Heights Bicycle Association

December 1999  
January 2000  
Volume 28, No. 12

## View from Behind the Bars



As we roll, or ski, into December, let me offer each of our members a joyful and meaningful holiday season with the hope for a happy and prosperous New Year. In the forthcoming year it appears that a number of the municipalities in the north and western suburbs are planning for ways to make their communities more "bike friendly." Recently, I attended the Northern Cook County Bicycle Planning Workshop and found strong interest among the attendees for a cohesive and coherent bicycle plan that would involve municipalities, county, federal and state officials (including IDOT) in the development of a regional network of bike facilities throughout the area.

This would include the possibility of changing the existing infrastructure to include more bike paths, bicycle/pedestrian bridges, and street lanes to reflect the growing interest in biking as transportation and recreation. The mayor of Barrington, Ron Hamelberg, spoke about the need for intervillage cooperation in the development of a network of bike paths and lanes between the municipalities. These plans portend well for the future of biking throughout our region in the near future, and I was pleased to have been included in the process.

And recently we celebrated our annual banquet in which the slate of officers put up by the board was elected and a number of our members were honored with appropriate gifts, some silly and some meaningful. Also the top milers were rewarded with certificates verifying the amazing number of miles that these erstwhile athletes had ridden throughout the season. It's not too surprising that Dave

This is a combined December and January issue of the newsletter. There is no calendar, but please look at the Coming Events carefully. Hopefully this issue will give you everything you need to know for the next two months. Enjoy your Holidays and see you around. You can expect the February Newsletter at the end of January.

"Lance" Van Dornick was the number one AHBA rider this year with 3,539 club miles ridden this season. (Does Dave really have a job, or does he ride day and night?)

And mentioning "night rides," plan on attending our AHBA New Year's Party with or without your bicycle on December 31. For those hardy bikers who aren't afraid of the Y2K menace or the possibility of a little cold weather on New Year's Day, I will be hosting a "Slow & Go" Chili party at noon on that day. (If the roads are dry and clear of ice, we plan to ride.) In any case, all club members are welcome, whether they ride or not. Libations and hot (some mild) chili will be provided. If you would like to attend and bring something edible with you, please let me know by December 26.

And finally, I wanted to share with you some comments by Lance Armstrong in talking about his passion for biking. "I'm on the bike and I go into a rage—I shriek for about five seconds, I shake like mad, my eyes kind of bulge, and I'd never quit. That's heart. That's soul. That's guts"

Hope to see you soon, on the road.

Tom

## Ride (or ring) in the New Year with the AHBA

TIREd of the same old boring New Year's Eve routine? Then get in GEAR for a very special New Year's Eve celebration, style. Mark your calendar now for this, the ultimate "INVITATIONAL."

Invite your favorite friend or "significant other," and come join us at the Colony Country Clubhouse (1455 Piccadilly Circle Mt. Prospect - Enter the complex from Camp McDonald Road just west of Route 83.) on December 31, 1999 - January 1, 2000 from 8:00 P.M. - 1:00 A.M. Dress as casual or as dressy as you want to be (Dancing shoes would be a plus!)

Soft drinks and ice will be provided by A.H.B.A. Bring an appetizer, dish, or dessert to share. Also bring your favorite adult beverage, your favorite party / dance tapes (no 8-tracks, Tom) or C.D.'s and your favorite memories of this past year (decade? century?).

Finally, bring your bike if you fear that your car is not Y2K compliant.

**R.S.V.P. to Paula at 847-394-4920 by December 26.**

Y2K,  
Why not?



## Rides Gone By...

Saturday, October 2 There must have been a lot of people who believed in the weather forecast and stayed in on what appeared to be a blustery cool rainy Saturday for *The Woodstock Ride*. We drove to Lakewood Forest Preserve almost entirely in a steady rain and really did not expect to see any other cyclists. Even as we pulled into the lot it was still drizzling and in the upper 40's. Yet there were two brave people who were ready to meet the challenge of the day. The 4 of us set out and it started to rain a little just to test our mettle a bit more. We even tried to reason that the rain was coming off the trees from the wind! By the time we reached Woodstock, it was dry but it was barely 50. With a nice hot breakfast in side, dare we do the whole route and defy the weatherpersons? We decided on a modified route that would not take us as far north but would still not miss the hills that Dave has found to add to this route. We got through the smaller ones and must have psyched ourselves up for the other very abrupt ones because they did not seem so bad. We stopped at the Broken Oar for a pit stop and just then we actually saw shadows. The sun was peeking out and finally warming things up beyond the 50 degree mark. We got back to the park and were satisfied with the modified route.

-CVD

Saturday, November 20 Where was the sunny 50-degree day that the forecasters had been promising? Ah, well, cloudy and 44 degrees was close enough for this Show-'n-Go to *The Broken Oar*. Even the two club "temperature gauges," A.K.A. "The Birthday Girl" and "The Biker Chick," deemed November 20 an acceptable riding day, and all eleven of the riders seemed to enjoy the trip.

Our ride leader started out the day with a scary disclaimer about not really knowing exactly where he was going, but we were never lost once on our way to the Broken Oar in Cary. While at the Broken Oar (not to be confused with the Broken Elbow, Bent Elbow, or Elbow Room in Manitowoc), some of the members hatched a plan for next year's banquet — turkey reubens and hot chocolate at the Broken Oar!

In a quest to build up our fat reserves for the coming winter and in honor of the newly-adopted bylaw, the group altered the return route in order to make a stop at Deerfield's Bakery. There we sang "Happy Birthday" to Barb, witnessed the giving of a touching half-gift (think "Michael Jackson"), and tried to picture the gift her son would give her. We also heard stories worthy of the National Enquirer. (Would you believe twins born twenty years apart?) And in a great show of generosity and chivalry, one member bought a Deerfield's muffin to take home to his wife, unable to join us on the ride, so that she would not be in any danger of having her membership revoked.

-PM



Saturday, November 6 "Could it really be November?" wondered the thirteen riders who came out for *The Elgin Ride*. A picture-perfect fall day made it seem more like September or October than November 6. Nevertheless, a chill in the air made all of the riders glad to have their gloves and earmuffs. (Although one member pointed out that the real reason for the earmuffs may have been just in case the Knox College duo decided to reprise their scary musical performance of the previous Saturday.)

At the first rest stop in Hanover Park, the group got so impatient that they left ride leader Greg behind at McDonald's. Undoubtedly they were fondly remembering previous meals at George's Restaurant and wanted to hurry there to get a head start on stealing Greg's soup. Eventually, however, a couple of flat tires slowed the group down a bit. One member, obviously concerned about being able to find his way back home, tried a variation on the old "leaving a trail of bread crumbs." Since he didn't have any bread crumbs, he substituted the contents of his bike bag — gloves, keys, glasses, cell phone...

A lesson learned on this ride is that even in a bike club, you can't always trust the president 100 percent. Just ask Joan how much she enjoyed her "35-mile ride."

During lunch, Bill and Andrew shared photos and memories of their recent bike trip in Morocco. And apparently the group was so engrossed in these travel tales that everyone forgot all about Greg's soup.

On the trip home, a brand new member of the club underwent a very scary "initiation" on the streets of Streamwood. Fortunately, his injuries and those to his bike were minor, and he was able to finish the ride. (But will his wife ever let him ride with this "rough group" again?)

The Knox duo did not sing on this ride, but an even scarier musical event was the invention by Earle of new lyrics to the Mamas and Papas song "California Dreamin.'" "All the leaves are brown..."

-PM

## Biking Fables

(Things that happen only in cyclists' dreams)

**AHBA President:** Will the roads be ready for the News Year's Day ride?

**Streets and Sanitation Worker:** Of course. I'll have the street all plowed in time for your News Year's Day ride.

## If you leave a "L" out of Kelly; Kelly will knock the "L" out of you. By Bob Hinkle

We were making numerous turns while on a Tuesday night ride. I made a comment that I could use a cue sheet for the ride. The person next to me said, "I always called them clue sheets." Who's right? I decided to do a little research. The first impulse was to use the spell check on my computer, but alas that is only good to determine if you spelled the words correctly. So I did it the old fashion way and looked up the definitions in my "Webster's Collegiate Dictionary."

The word clue is defined as "something that guides you through an intricate procedure or maze." A clue sheet will certainly do this. Hopefully you will be able get to your destination by using this guide. The word cue is defined as "a signal to a performer (bike rider) to begin a specific action." So when I look down at the next line on the cue sheet and read "right turn on Nutty St. for 1.2 miles", I am given a signal to turn.

Simple isn't it. If you like solving puzzles, putting pieces together, then think of the sheet as a clue sheet. However if you like to be told what to do and when to do it, think of the sheet as a cue sheet. Now you know what to call this sheet of paper that the ride leader sometimes hand out at the beginning of a ride.

Just remember that if you leave the "L" out of clue, you are clueless and left only with cue. Someone is going to have to tell you when and what to do.

---

# Dress For Winter

by Bob Hinkle, Safety Chairman

Don't put your bicycle away for the winter. Even in the winter there are times when it is warm enough and the roads are free of ice and snow to ride a bicycle outside.

It is important in cold weather to dress smart. Hypothermia is a real threat if you don't. The garment you wear closest to your skin is the most important for cold weather riding. This piece of clothing must pull moisture away from your skin to the outer layer where it evaporates. This is the key for keeping dry and comfortable. The cotton fabrics you wear in the summer hold the moisture next to your skin. In the summer this helps keep you cool, something you don't want in cold weather.

There are many synthetic fabrics such as polypropylene (Olefin) which allows for moisture transfer. Wool on the other hand will still insulate you against the cold even when it's wet. Some fabrics combine both wool and polypropylene. The wool insulates while the synthetic outer layer wicks away the moisture. The advantage of the dual layer fabric is that its eliminates fabric cling.

Instead of a one heavy jacket, dress in layers. Wear a long sleeve riding jersey or a wool sweater over polypropylene. You also could add a long sleeve shirt(s). Your outer layer should be a wind resistant yet breathable jacket. Jackets made of Gore-Tex fabrics are supposed to do this. The advantage of layers of clothing is that you can remove a layer if you get warm. Don't forget your legs, feet, hands, and head. Good riding tights are a must. Some come with a windproof, water repellent front panel. Wool socks and booties keep your feet warm. I have worn an old pair of socks over my biking shoes in place of biking booties.

There are many different gloves that can be used for biking. Make sure they are not bulky and you can grip your handle bars and work your gears and brakes. You'll need more on your head than just your helmet. A headband covers your ears but I prefer a balaclava. It fits under the helmet and completely covers the entire head and neck except for the face.

# 1999 Miles

## Overall Miles Club Members with over 100 miles



1	David Van Dornick	3539
2	Bob Hinkle	3103
3	Christine Van Dornick	3044
4	Cindy Trent	2867
5	Terry Zmrhal	2819
6	Greg Konieczny	2602
7	Bena Gerber	2436
8	Barb Swasas	1934
9	Jim Barr	1665
10	Paula Matzek	1604
11	Earle Horwitz	1538
12	Cindy Kinsley	1482
	Jim Zdunek	1482
14	Geri McPheron	1439
	Kurt Schoenhoff	1439
16	Don Ami	1304
17	Howard Paul	1257
18	Jack Edwards	1242
19	Dick Marr	1146



20	Don Derebey	961
21	Emily Fuentes	937
22	Tom Drabant	918
23	Ralph Salle	896
24	Ron McPheron	838
25	Dan Currier	797
26	Marty Rouse	748
27	Bernie Quesada	741
28	Gene Snyder	672
29	Janice McCandless	627

30	Jackie Bonovitz	602
31	Roy Euclide	598
32	Marilyn Wilkerson	581
33	Glen Salser	520



34	Harlan McDaniel	486
35	Pat Marshall	464
36	Dolores Hanvey	440
37	Bill Kragh	392
38	Linda Tandet	363
39	Derek Brown	338
	Roger Caruana	338
41	Gary Gilbert	334
42	Chris Wager	324
43	Cindy Cochrane	322
44	Sue Simon	311
45	Steve Flack	307
46	Doris Wagner	258
47	Dottie Tockey	253
48	Lowell Plavec	251
49	Marty Krawitz	229
50	Hope Schwartz	226
51	Vince Kelly	221
	Jeff Kressman	221
	Wayne Woodworth	221
54	Karen Zmrhal	213



55	Mary Fitzwater	189
56	Cindy Witt	169
57	Rick Glan	157
58	George Hyduk	154
59	Valerie Kerner	152
60	Joan Willmeth	144
61	Rex Diamond	130
62	Barb Duffy	129
63	Mary Jenson	128
64	Ed Curtin	100

## Deerfield Bakery Rides Top 10 Riders



1	Bob Hinkle	1687
2	Kurt Schoenhoff	1288
3	David Van Dornick	1015
4	Geri McPheron	904
5	Don Derebey	783
6	Earle Horwitz	728
7	Dick Marr	704
8	Howard Paul	685
9	Gene Snyder	555
10	Terry Zmrhal	550

## Tuesday Night Rides Top 10 Riders



1	Greg Konieczny	262
2	Christine Van Dornick	261
3	Roy Euclide	240
4	Don Ami	239
5	Cindy Kinsley	224
6	Doris Wagner	223
7	Paula Matzek	216
8	Cindy Cochrane	203
9	Jim Zdunek	191
10	Bob Hinkle	180

# Coming Events

## Still Goin' On

### Deerfield Bakery Ride

Tuesdays and Thursdays  
25-32 Miles  
Pace Y+  
Bob Hinkle 259-1423

The Bakery ride starts at **10:00 am sharp** on Tuesdays and Thursdays. These rides are in conjunction with the Wheeling Wheelmen. There is no ride leader for these rides and you ride at your own pace. Usually there is a Y pace group and an X pace group of riders. The standard Tuesday ride is 25 miles while the standard Thursday is 32 miles. We also enjoy the goodies from the bakery at the end of the ride. Please park in the funeral parlor parking lot along the north side of the Deerfield Bakery building. During the winter months, we meet even in bad weather. Although we may not ride, we still enjoy the coffee, the company and the Bear Claws.

### Show 'n Go

Saturday  
30-50 Miles  
Pace Y  
Chris Van Dornick 259-7917

Show 'n go rides continue through the winter with the following criteria: The pavement must be reasonably dry and temperatures somewhere around or above the freezing mark. Those rides begin at 10 am at Frontier Park. The distance of these rides vary somewhat depending on weather conditions but are generally 30 to 50 miles and include a breakfast stop.

## Special Events

### New Year's Eve Party

0 Miles, but lots of fun  
Paula Matzek 394-4920

TIREd of the same old boring New Year's Eve routine? Then get in GEAR for a very special New Year's Eve celebration, AHBA style. Mark your calendar now for this, the ultimate "INVITATIONAL."

Invite your favorite friend or "significant other," and come join us at:

The Colony Country Club-  
house 1455 Piccadilly Circle  
Mt. Prospect, Illinois  
(Enter the complex from  
Camp McDonald Road just  
west of Route 83.)

on December 31, 1999 - January 1, 2000 from 8:00 P.M. - 1:00 A.M. Dress as casual or as dressy as you want to be (Dancing shoes would be a plus!)

Soft drinks and ice will be provided by AHBA. Bring an appetizer, dish, or dessert to share. Also bring your favorite adult beverage, your favorite party/dance tapes (no 8-tracks, Tom) or C.D.'s and your favorite memories of this past year (decade? century?).

Finally, bring your bike if you fear that your car is not Y2K compliant.

R.S.V.P. to Paula at 847-394-4920.

### New Year's Day Ride

Slow 'n Go  
5225 Old Plum Grove Rd, Palatine  
noon 1/1/00  
Tom Drabant 397-4213

See the Y2K crisis from the seat of your trusty 2 wheeler. Ride in this "Slow 'n Go" Chili party, beginning at noon on that day. (If the roads are dry and clear of ice, we plan to ride.) Food (Tom's Chili) and Drink. If you would like to attend and bring something edible with you, please let Tom know by December 26. Call Tom for information.

## Plan Ahead

### January Membership Meeting

January 26, 2000  
7:30 pm-Rec Park

Bill Kragh just returned from a jaunt in Europe through Morocco and Spain. He will show slides and tell some great stories at the January membership meeting.

### Eagle River, Wisconsin Ride

August 14-18  
Bob Hinkle 259-1423

Bob Hinkle, Dick Marr and Howard Paul are organizing this three day ride in Eagle River. Participants will drive approximately 350 miles on Monday, bicycle on Tuesday, Wednesday, and Thursday, before driving home on Friday. Each day of riding will be approximately 50 miles. Rooms are being held at the Days Inn of Eagle River until July 17, 2000. Call 1-800-356-8018 or 1-715-479-5151 for reservations. To get the following weekday group rates, identify yourself as being with the AHBA (confirmation #5548).

Bicycles may be kept in rooms or put in a small garage. Join us for three great days of biking and socializing.

Start planning the summer of '00 now.

For up to the minute information about AHBA events, check out the world wide web at:

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

and the ride line at 847-255-3468

# Halloween 1999

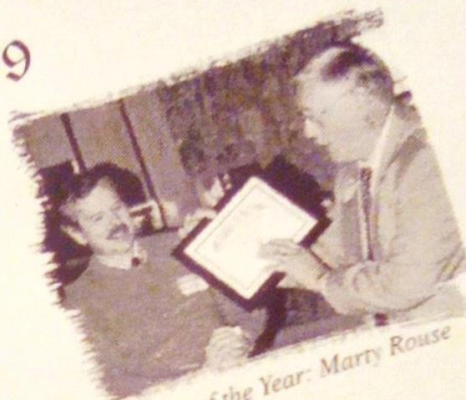


# Banquet

November 13, 1999



*CheeseHeads Unite*



*Rookie of the Year: Marty Rouse*



*New By-Law Proposed: When passing the Deerfield Bakery, you must stop!*



*Lance, training for the Tour?*



*Greg and the LightSaber*

# Official Sponsor's of the AHBA

by: Paula Matzek

As you know, our club has sort of an unofficial motto: "We ride to eat... and we eat to ride." But, don't we, such a prestigious, well-established institution as the AHBA, need some other, more official designations. The Olympics has all kinds of official sponsors. For example, the official orange juice of the Olympics is Minute Maid. They provide support for the Olympics and in turn they get to use the Olympic logo in their advertising. So let's speculate a bit on some of the official sponsors for the AHBA.

- Official frozen custard ..... Kopp's
- Official Vegetarian Meal ..... Garbage Potatoes at Lang's in Algonquin
- Official Soup ..... Whatever Greg is eating
- Official Retail Bakery ..... Deerfield's in Buffalo Grove
- Official Ice Cream Parlor ..... Oberweis in Rolling Meadows  
Eros in Arlington Heights
- Official Bowling Alley ..... Arlington Heights Lanes
- Official Triathlon Training Site ..... Twin Lakes, WI (bike, swim, eat ice cream)
- Official Park Rest Stop ..... Veteran Acres, Crystal Lake (rated "4 rolls" by some)
- Official Gambling Establishment ..... Hollywood Casino in Aurora
- Official Bar or Tavern ..... Elbow Room in Manitowoc, WI (a.k.a The Broken Elbow or the Bent Elbow)
- Official Tropical Restaurant ..... Vickie's Place on the Fox River in McHenry
- Official Night Club ..... Boogie Nights in Schaumburg
- Official Wetland ..... Volo Bog
- Official Traveling Jersey Color ..... Volo Bog Green
- Official Shower ..... Cindy Trent's
- Official Timepiece ..... NOT Dave's alarm clock; Tom's because he's always up bright and early
- Official Tire Pump ..... Whatever Don Ami has,  
because it obviously can stand up to some heavy use

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

