

# THE SPOKEN WORD

Newsletter of the  
Arlington Heights Bicycle Association

February 2000  
Volume 29, No. 1

## View from Behind the Bars



As we ride into the 21<sup>st</sup> century, it appears that our club members will have more opportunities to experience the joys of riding than in the past. This year we plan to offer additional and more diverse ride options besides the Slow 'n Go and usual Saturday morning and Tuesday night rides. At the suggestion of some of our members, a ride mentor program is being proposed in which certain riders (like me) will be paired with the top ten bikers of last year. Many of these bicyclists are already ride leaders, and it is our hope that we can develop a larger pool of leaders to head our club rides. This will allow us to have more club members participate in more diversified rides by possibly varying the pace, start time, route, and mileage of the club ride. Club members are encouraged to offer suggestions and any ideas they have in making this a successful club endeavor.

The top ten riders will be called and asked if they would like to participate in the mentor program and be paired with other riders in order to help them become future ride leaders. Greg Konieczny has graciously accepted this position and will be instructing me in the nuances of leading club rides. (It is my understanding that reading cue sheets is also part of this training.) Other apprentices will be selected as well and asked to accompany the ride mentors on selected club rides in order that they eventually will feel comfortable enough to lead their own AHBA club rides.

Volunteerism is an important part of any club, and ours is no exception, whether it is volunteering for our proposed mentor program, our important AHBA Bike Swap or the Arlington 500, the club needs your help. Please plan on offering your time and effort in this 21<sup>st</sup> century in order to make this an even better one than last.

And from the Italian Sport Magazine, *La Gazeta dello Sport*, come these words.

*"Bycling—the sport of the century—mechanization which, together with the marvelous nature of man, triumphs over time and space."*

Hope to see you triumphing soon,  
Tom



January 26  
7:30 pm-Rec Park

Bill Kragh recently returned from a jaunt in Europe through Morocco and Spain. He will show slides and tell stories at the January Membership Meeting.

February 23  
7:30 pm-Rec Park

Vince Boyer will get those juices flowing and the dreams started as he discusses things we should look for when buying a new bicycle. Start saving those pennies now so you can purchase a bike that is right for you spring at the Bike Swap.

March 22  
7:30 pm-Rec Park

John Amling, from ABC Cyclery, will discuss the art of bike maintenance. Nothing is more frustrating than a minor mechanical problem. Wait, maybe a major mechanical problem would be more frustrating. Either way, John can give you some confidence in making your own repairs.



## Rides Gone By...



Saturday, December 4 The foggy weather did not dissuade seven riders from coming out to ride. The riding temperature was pleasant (so where was Barb?), and we headed up to Lake Zurich for a swim — oops, no, not that pleasant. Off to the Koffee Kup in Lake Zurich for breakfast. While enjoying the raisin French toast, the riders naturally began to discuss ... our next food stop! So after breakfast, the ride leader took the group on a quick ten-mile jaunt to Deerfield's Bakery. On the way, the sun actually made an appearance, prompting several members to break into song. Fortunately, the singing did not seem to ruin anyone's appetite. Three of the four charter members of the Deerfield's Bakery Eating and Riding Club were present, and one of these three was kind enough to treat a Deerfield's first-timer to his choice of baked goods. (Wisely, he chose two.) The rain held off until later that evening, when all of the riders were safely at home trying to digest the day's consumption.

-PM

Saturday, December 11 The morning started out a little on the chilly side, but the sun had peaked through enough to entice a few people out for the regular Show n' Go ride. There was a little wind, mostly out of the south, prompting us to proceed south and we had not been to Park Ridge in a while. Only 6 cyclists thought that it was acceptable to ride or the rest of you were out diligently Christmas shopping. The ride to the pancake house in Park Ridge was mostly uneventful. As we got closer to the last street to turn north to the restaurant, the leader missed a turn and proceeded further east. That was OK since there is always adventure in exploring. I recognized the error and got us back on track. Once at the restaurant, we noted that our usual server, who is always ready to dish up a little sarcasm along with the delicious pancakes and waffles, was not working. We were somewhat disappointed but decided that it was in our best interest to eat anyway. The food was great as usual, and I think we got out with few delays. On the return, a suggestion from one of the riders for an alternate route proved to be useful in getting us away from one particular stretch of busy road. It was a great day to be out riding in December.

-CVD

Saturday, January 1 Neither the anticipation of the new year nor this Y2K thing stopped 24 cyclists from coming out to start the new year and millennium on a healthy note. As we started out there was a lot of excitement since the temperature was above 40 degrees. Dave, the ride leader, added to the adventure with a route that only he knew. No cue sheet. No hint of a plan. Unfortunately, the first two flat tires occurred almost simultaneously on the ride. One of the downfalls of riding in the winter is that it may be difficult for a cyclist to pick out glass particles from the particles of salt on the road. The break gave the riders a chance to socialize. Although we proceeded to get a little separated on the middle section of the ride but being in a familiar section of Palatine allowed the group to reunite. Amazing when that happens isn't it? Anyway, we knew that Tom had prepared some of his now famous chili and we returned to Tom's house for a literal smorgasbord of food complete with desserts, glug, and much to munch. As everyone had their fill and either found the college bowl games on TV or proceeded back to find their shoes, they were required to take some leftovers home. As Dave and I were getting ready to leave, I tried to beg off from the leftovers because we had ridden from our house. Tom immediately had the solution; he could give us a lift. We still managed to ride home but had our bike bags packed more than when we arrived. It was a great New Year's Day Ride as I heard more than once that "life is good". That pretty much sums up my thoughts. Any time you can get out and ride, life is good, especially when you're riding with a bunch of likeminded people.

-CVD

Saturday, January 8 The wind was blowing out of the south bringing us warmer than usual temperatures for the month of January. There were a baker's dozen cyclists out and by group decision we decided to head to Itasca to the Brite Spot. As we headed through Busse Woods, there were still a few snow patches on the trail, but nothing that caused any slips or falls. We stopped for one warm-up break allowing circulation to return to our toes. Riding into the wind meant the wind chill was in effect. By the time we reached the Brite Spot, it was already feeling much warmer than the start. 3 cyclists chose to go on since they had time commitments. The rest of us filed in and greeted the owners of this small but friendly little diner. We were served, and as always, treated with a smile. On the return, Dave continued south into the wind which as usual prompted some individuals to question his abilities. He laughed and assured everyone that he was just rerouting slightly. As most of you know, he is good at finding his way around. We gradually turned north and got some help from the wind. Dave altered the route a little bit to avoid Busse Woods on the return. We rode east as far as the high fences of O'Hare and then turned north and flew up Mount Prospect Road. The ride ended at a perfect time as the sun was starting to hide behind the clouds as we made it back to the park.

-CVD

## BICYCLING ON AMERICA'S ROADS IS FACING AN INCREASING DANGER!

Rumble strips are increasingly being installed on roads around the country, including rural roads and bicycle routes frequently used by cyclists. Rumble strips are gouges ground into the shoulders of roads, designed to arouse sleepy drivers.

While these strips may reduce the frequency of run-off-the-road accidents for motorists, they are an increasing safety hazard for cyclists and are depriving cyclists of roads and shoulders they need and want to ride on. Shoulders with rumble strips are often unridable, forcing cyclists out into traffic, and the strips frequently appear with no warning to the cyclist coming downhill or around a bend.

Within the past few years, the Federal Highway Administration (FHWA) has started aggressively pushing states to install rumble strips on their roads. The type and design — how deep, how much of the shoulder to take up, which roads to install them on — is left up to each state.

While we recognize that rumble strips can be an important safety device for motorists, it is also important to develop a design standard for strips that do not injure or kill cyclists. In addition, rumble strips should be installed only in places where they are needed — and not in places where there is little or no run-off-the-road crash problem.

We believe that the FHWA should stop promoting the installation of rumble strips on roads that cyclists use un-

til research has been done, and until a design standard that is good for both motorists and cyclists has been developed.

Please write a letter (not e-mail) TODAY to the Federal Highway Administrator, with a copy to Congressman James L. Oberstar, ranking member of the Transportation Committee, who is assisting the League with our efforts.

Your letter can be brief, but personal letters are more effective than form letters. If possible, include reasons you are concerned, your background in cycling, and any problems you have encountered with rumble strips. Be sure to include your address so that you get a reply. Please urge the FHWA to 1) Conduct research on a design standard for rumble strips that is bicycle-friendly and 2) Limit installation to interstates until a bicycle-friendly design is developed.

Send a copy of your letter to the League, and we will make sure that it is circulated to other key people at FHWA and in Congress. If possible, send copies to your own Senators and member of Congress as well.

Kenneth R. Wykle  
Administrator, FHWA  
400 7th Street SW  
Washington, DC 20590

Congressman James L. Oberstar  
2366 Rayburn  
US House of Representatives  
Washington, DC 20515

League of American Bicyclists  
1612 K St. NW #401  
Washington, DC 20006

## What Is Stupidity?

by Bob Hinkle, Safety Chairman

I have done many dumb things in my life and will probably continue to do so. One such occurrence was a Saturday morning this past December. The day was warm, but foggy and I wanted to get in a good bike ride in before winter arrived.

I set off for the club's "Show 'n Go Ride," but I could scarcely see twenty yards ahead of me. To compound the problem tiny droplets of moisture collected on my glasses further obscuring my vision. As I headed west on Thomas Avenue I saw headlights looming out of the fog ahead of me and thought to myself, "Boy am I glad he has his headlights on so I could see him."

Then the thought occurred to me that I didn't have any lights on my bike. Would the cars be able to see me in time to avoid hitting me? What I was doing was dumb and I knew it! I turn around and went back home. If I continued to ride under those conditions that would be stupidity.

Stupidity is not doing something dumb, but to continue to do something dumb when you know it is dumb to do so! After waiting a few hours the fog lifted and I went out for a ride. I rode past Frontier Park and saw five cars belonging to members of our bicycle club parked in the parking lot. The occupants and their bicycles were gone.

## Another Crash

By Bob Hinkle, Safety Chairman

It happened again! On Tuesday morning 11/30/99, leaving the bakery a cyclist fell. He reached down to the front fork of his bicycle to adjust the computer's sensor while riding. The next thing he remembered was that he was on the ground and his bicycle was on top of him. He had bruised hips, sore ribs and a sore shoulder. The smart thing

he did was to wear a helmet. The helmet sustained major damage but his head didn't. Helmets can't protect you if you don't have them on your head. Remember play it safe get off the bike when making adjustments and always wear those helmets.

# 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.

## Top Ten Riders

### 11/1999 through 1/8/2000

1. David Van Dornick ..... 388
2. Ralph Salle ..... 347
3. Bob Hinkle ..... 315
4. Earle Horwitz ..... 280
5. Paula Matzek ..... 253
6. Greg Konieczny ..... 223
7. Cindy Trent ..... 222
8. Kurt Schoenhoff ..... 203
9. Tom Drabant ..... 175
10. Bill Kragh ..... 160

## Special Events

### 'Bike' to CABDA Bike Show

February 26  
9:30 am-Frontier Park  
35 Miles  
'Captain' Terry D. Zmrhal & 'Rear Admiral'  
Bena Gerber

Come ride with the Club to the Rosemont Convention Center to see the Midwest Consumer Bicycle Show sponsored by CABDA - Chicago Area Bicycle Dealers Association. CABDA is a not-for-profit organization dedicated to improving cycling.

We plan on spending about three to four hours at the show, before riding back to Frontier Park. The cost is \$7.00, but the Club will most likely have a \$1.00 discount coupon for each rider.

We suggest that you bring your panniers, bike locks, perhaps a change of shoes/clothes, bunge chords, 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 so that we can show our presence at the show. If the weather is such that we cannot ride to the show, we will car pool from Frontier Park at 9:30.

Tom will drive those who want to go, but do not want to ride. Sorry, no milage for those who drive.

## Plan Ahead

### Bike Swap

April 29-30

The annual Bike swap is coming. As always, we need volunteers. More details will follow, but clear your calendars. If you have any questions, call Al and Jeanie Gain at 392-1547.

### Arlington 500

May 21

The only change in plan this year is better weather. We have all enjoyed the wonderful rides that other groups have put on. Now it is our turn. Information about the pre-ride will be coming soon, but on that wonderful Sunday, we are going to need your help. For more information, or to volunteer, call Greg at 398-4633.

### Bike Across Kansas

June 10-17

Gary Gilbert

Are there any other AHBA cyclists interested in going along? Limited information is available at <http://www.bak.org>. The ride starts at the Kansas/Colorado state line and makes its way to the Kansas/Missouri state line. Last year there were 3 different routes which merged together for the last couple of days.

If you are interested, e-mail me at [garygilbert@home.com](mailto:garygilbert@home.com) or phone me at 577-4275 (home) or work 781-6865.

### 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. See last month's newsletter for more information or call Bob.

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

## Other Events

### GRABAAWR

Eagle River, Wisconsin  
July 1-8, 2000

Join fellow club members on a the Great Annual Bicycle Adventure Along the Wisconsin River. The journey begins and ends in Prarie Du Chien. After busing from the staging area to Eagle River, the route will pass through Minocqua, Merrill, Stevens Point, Adams and Friendship, Sauk City and Richland Center. Highlights include, swimming, riding, relaxing, meeting new people, and of course eating the local fare. Talk to one of the several club members that have been riding GRABAAWR for years. More information is available at [www.bikewisconsin.org](http://www.bikewisconsin.org).

### Covered Bridge Rally

Bloomsburg, Pennsylvania  
June 2-5, 2000

Explore rolling hills, soaring mountains, quiet country roads, and, of course, many of Columbia County's 22 covered bridges. Visit the state's oldest amusement park. Hosted by the Susquehanna Bicycle Racing Team.

### Minnesota Lakes & Rivers Rally

St. Paul, Minnesota  
June 30-July 3, 2000

Cycle to 25 lakes in 35 miles; explore historic sites & fountains, rivers & bluffs, lakes & beaches, and gracious neighborhoods. Attend a "Mountain Biking for Absolute Beginners" Clinic, tour Quality Bicycle Products and visit the Mall of America. Hosted by the Twin Cities Bicycling Club.

### Cascades to the Coast Rally

Bellingham, Washington  
August 18-21, 2000

Pedal through miles of spectacular scenery beneath snow-capped Mount Baker. Routes will lead to the Dutch farm community of Lynden, the coastal town of LaConner, the pioneer heritage sites of Ferndale, and scenic Chuckanut Drive. Hosted by the Mt. Baker and Skagit Bicycle Clubs.

All three rides feature road rides ranging from 15-100 miles, mountain biking, educational sessions, feature presentations, special guests from the world of bicycling, and an ice cream social.

For Information on any of these three rides, call 202-822-1333

## New Years' Eve and Day



# Renew Now!

## 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

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



# THE SPOKEN WORD



Newsletter of the  
Arlington Heights Bicycle Association

March 2000  
Volume 29, No. 2

## View from Behind the Bars



Riding recently on a brisk Show 'n Go with Chris & Dave and Bob Hinkle, it came to me how much our club means to us as bicyclists and how thankful we ought to be for all of the members who give so much of their time and effort in making it such a fun and worthwhile organization. Last week, as I attended a regional meeting of Chicago area bike clubs and spoke proudly about the many activities in which our club participates like the SWAP and Arlington 500, I realized how highly regarded we are by the other bike clubs, thanks to the efforts of our members. Our club offers so many diverse rides like the Deerfield Bakery Ride, the Spring Tune-up, the Tuesday Night rides, the "Happy Trails" ride, the Lake Geneva outing, the Volo Bog trip, the AHBA Picnic ride (July 22, this summer), and the Great Milwaukee Ride, as well as the Slow 'n Go, slower paced rides. Certain people in our club have helped to make it the successful bike club that it is, and it is my hope to have even more people participate this season.

Whether you are asked to lead a ride or share some time with your club at our all important SWAP next month (April 29 & 30) and the Arlington 500 in May, please plan to volunteer to do something to help. When you give of yourself, your return is magnified in the pleasure you receive in the joy of helping.

Don't be shy! Call Al & Jeanie and sign up to help your club. If you have never helped before, you will be pleasantly surprised to see how much fun it is to give time and effort to your club.

As Albert Einstein wrote— On the theory of Relativity,

*"I thought of that while riding my bike"*

Hope you have thoughts of helping,

Tom

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## Membership Meeting February 23

Vince Boyer, of Village Cyclesport, will talk about different types of bikes, including mounting, touring, and hybrids. He will also discuss different sizes and types of tires. He will also talk about new types of frames and shifting mechanisms. Everything you needed to know about buying a bike.

## Bicycle Swap

The Swap is just around the corner, just like spring... On April 29 and 30 we need your help. We need your help as checkers, runners, cashier helpers, security or just a "presence" to keep us all safe. If you only have an hour to give, come Saturday at 4:00 to put the bikes into the gym; or come at 9:00 on Sunday morning to take them out of the gym for sales beginning at 10:00. It's a fun two days! Come and help to make it a successful swap for the club and all those kids and adults who leave happy with a bike or the money because they sold their bike. Lunch is served by our great cooks—Chris and Dave. Salads and desserts are always welcome. Sign Up at a membership meeting or call Al & Jeanie at 392-1547.

## The Serious Cyclist

By Terry Zmrhal

A "serious cyclist" can't seem to get by with only one bike. If two are good, three are better yet, and four are not an excess. His bike gets cleaned every week, but his lawn needs mowing. His bike rides on \$42 sewup tires, but his car rides on \$19 recaps. His bike has a custom paint job, but his car is rusty and has body rot. He knows his shoe size in Italian. At least two rooms in this house need to be painted.

He can tell you the ratio of every gear on every bike he owns in teeth or inches, but he can't remember his Social Security number or his wife's birthday. He doesn't own any American size tools. He can rebuild a Campy bottom bracket, but he can't put a fan belt on his car. He's tired after work, but he feels great after riding fifty miles. He thinks warm water out of a dirty plastic bottle tastes good, but he won't eat at McDonald's. His chain is freshly oiled, but the doors in his house squeak.

She (see, I'm no chauvinist) hasn't fixed the seam in her shirt yet, but she sewed on her century patch the same day she rode it. She doesn't own any gloves with fingers. She can't tell a Buick from an Oldsmobile, but she can tell you the exact difference in the dimensions of a Colnago and a Masi. He wouldn't even consider using Campy grease on a garage door hinge. He will ride next to someone on a Huffy for twenty minutes and not say a word. He owns twelve cycling jerseys (at least), but he may not own even one suit. He can walk on his heels.

## Rides Gone By...

January 8, 2000 It was sort of sunny with a light south wind and a temperature in the low 40's at the start of this *Saturday Show and Go to the Brite Spot*. Some cyclists were bundled up like it was a lot cooler. As we approached Busse Woods, some riders questioned if we would encounter snow on the trail. Dave assured us that he had been riding just recently through another section and got through with no problem. As we approached the more wooded sections where the sun had not melted it there was a little bit of snow and ice but nothing that a road bike could not travel through. We stopped just north of Itasca for a 'wiggle your toes' break and then arrived in a more direct route to the Brite Spot. This small breakfast spot is always cheerful and seems to draw a lot of regular customers since the cook and main server greet diners by their first names. They do know us as the 'biker group' but that's it. We ate and then went further south into the wind which had gotten a little stronger and as usual drew some comments to find out if Dave really knew where he was headed. We just rode further east than usual and came back with the wind pushing at our backsides. We took one more break just inside Des Plaines in front of a home with the nativity scene out including the three magi. The discussion came up as to what calendar they were following and then concluded by breaking into a political discussion. Go figure! People peeled off as we got back into the Arlington Heights area. Even though we started with 13 riders, we returned with only three!

-CVD

January 29, 2000 It was less than the usual required 32 degrees but with the right apparel, it didn't seem all that bad to four of us who came out to ride a bit. Dave decided to meander a bit through Arlington Heights and we even thought about bothering Roy since we rode close to his house. Our 1st real goal was to ride into the east wind first and to view the snow sculpture in the front yard of the house on Arlington Heights Road south of White Oak. This year I'm certain that the sculptor had to wait to create his rendition of Jesus the Good Shepherd complete with sheep since winter didn't actually arrive until January 18. As we rode up we got to see the proud owner doing some fine tuning and touch ups to his sculpture where the sun had melted some of it. Anyway our real goal was to get to the Deerfield Bakery, of course. We arrived taking the front way in and got inside for some delicious bakery, sandwiches and soup. After being thoroughly stuffed, we began to explain to Bob all about schmeg. You'll have to read Bob's article to get his interpretation of schmeg. Anyway we left the bakery and went a little further east into the biting east wind and were delighted to have the wind finally at our backs as we turned west. We rode almost as many miles as the temperature reading which was 27 when we finished.

-CVD



January 15, 2000 The weather report had promised that it was going to rise into the middle 40's and 7 cyclists actually believed it enough to show up for this *Show and Go to Barrington*. We decided to ride to Barrington since the wind was mostly out of the west with just a hint from the south. It was a very chilly start and was not much fun riding into the wind through Palatine and into Inverness. Even there were only 7 cyclists, we broke up into two groups because one group was either hungrier or colder than the other. We got to the Egg Harbor Café, locked up and hurried inside to warm up. One cyclist could not even move his fingers enough to unstrap his helmet so another cyclist came to his assistance. Just being inside was helpful, but the hot breakfast was even better. While we were inside, the temperature did come up according to the Harris Bank thermometer to a steamy 37 degrees. Even that felt better than what we started out in earlier. As we were on the return trip, we were at the intersection of Hintz and Rand waiting for the signal to change. We pressed the walk button, and then waited like good law abiding citizens. Several cars had also approached the intersection but as most of you know Rand Road gets a very long green time. One car sitting right behind us was obviously growing impatient. He began tooting his horn at us I guess to be annoying. The Don't Walk light finally began to blink and we knew the light was going to change soon. Not soon enough for the impatient driver who at that point had pressed on his horn continuously. We turned and waived politely and waited very cautiously to finally go across the intersection after the light had turned green. I think we won that one! Maybe he was upset because he wasn't out on his bike!

-CVD





# March

- The Top 15 List**
- 1 Dave Van Dornick 492
  - 2 Ralph Sallie 347
  - 3 Bob Hinkle 348
  - 4 Cindy Trent 333
  - 5 Earle Horwitz 312
  - 6 Paul Matzek 285
  - 7 Kurt Schoenhoff 282
  - 7 Chris Van Dornick 282
  - 9 Tom Drabant 232
  - 10 Greg Konieczny 223
  - 11 Bill Krugh 194
  - 12 Jim Barr 178
  - 12 Barb Swass 178
  - 14 Jackie Bonovitz 140
  - 15 Jim Zdunek 133

				<b>1</b>	<b>2</b> Bakery Ride 10 am	<b>3</b>	<b>4</b> Show and Go Ride 10 am - FP
<b>5</b>	<b>6</b>	<b>7</b> Bakery Ride 10 am	<b>8</b>	<b>9</b> Bakery Ride 10 am	<b>10</b>	<b>11</b> Show and Go Ride 10 am - FP	
<b>12</b>	<b>13</b>	<b>14</b> Bakery Ride 10 am	<b>15</b>	<b>16</b> Bakery Ride 10 am	<b>17</b>	<b>18</b> Lake Opeka Ride 9:30 am - FP	
<b>19</b> St. Patrick's Day Ride Wheeling Wheelman Spring Invitational 10 am - Wauconda Orchards	<b>20</b>	<b>21</b> Bakery Ride 10 am	<b>22</b> Membership Meeting 7:30 pm - RP	<b>23</b> Bakery Ride 10 am	<b>24</b>	<b>25</b> Woodfield Wyndam Woosh 9:30 am - FP	
<b>26</b>	<b>27</b>	<b>28</b> Bakery Ride 10 am	<b>29</b>	<b>30</b> Bakery Ride 10 am	<b>31</b>		

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	29	30	31	April
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# S M T W T F S

February Membership Meeting  
February 23  
Vince Boyer

Ride to the CABDA Bicycle Show  
February 26

March Membership Meeting  
March 22  
John Amling

April Membership Meeting  
April 26  
Bob Hinkle

Bike Swap  
April 29-30

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259-7917

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392-1547

**Refreshments**  
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459-9065

**Arlington 500**  
Greg Kotieczny  
348-4633

**Meeting Program**  
Roy Lucille  
437-0942

**Safety Chairman**  
Bob Hinkle  
259-1423

**Web Site**  
Cindy Trent  
392-6750 ctrent@dir214.ck11.net

**AHBA Ride Hotline**  
259-3488

**Web Address**  
<http://www.gfoocycles.com/closseum/Midfield/25943>

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

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

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.

**Show and Go Rides**  
Distance Depends on the Weather  
Dave and Chris Van Dornick 259-7917

The important information is as follows: Yes, we will eat somewhere.

**Lake Opeka Ride**  
25-30 Miles  
Pace Y

Dave and Chris Van Dornick 259-7917

A trip around Lake Opeka hidden in Des Plaines. Reacquaint yourself with Arlington Heights, Des Plaines and Mount Prospect on the way to this man made lake. We will eat at Granny's on the return.

**St. Patrick's Day Ride**  
Wauconda Orchards  
17 or 34 Miles  
Wheeling Wheelmen

Sponsored by the Wheeling Wheelmen, 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 Fairfield Road. This is north of Route 176. The Orchards are open for refreshments. There are some hills and some flat spots. Registration takes place between 7 and 10:30 am. Meet at Wauconda Orchards at 10 am to ride as a group.

**Woodfield Wyndam Woosh**  
33 Miles  
Pace Y

Dave and Chris Van Dornick 259-7917

A jaunt to the south with many lunch options during the ride. It will give us something to talk about.

**Ride to the CAHBA Bicycle Show**  
Frontier Park  
35 miles  
Pace Y  
Terry Zambal 924-7320

Ride to the Rosemont Convention Center to see the Midwest Consumer Bicycle Show sponsored by CAHBA (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, or a trailer. If you have it. You might also want to bring a change of shoes/clothes, bungee 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 or snows, call to car pool to the show.

## BICYCLE SWAP 2000

It's Like a Large Garage Sale  
**Saturday April 29 & Sunday April 30**  
10:00 - 4:00

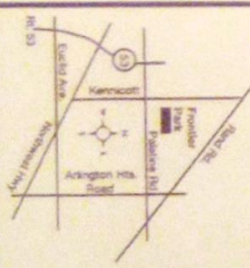
**Recycle the Bicycles you have outgrown. Look for a new one for the kids or yourself.**

**Seller:** Bicycles can be dropped off Saturday 9:00 a.m.-2:00 p.m. & Sunday 10:00-12:00. They get tagged with your price. You need not stay with the bike, however, you must pick it or the money up before 4:00 p.m. on Sunday.

**Buyer:** Sale hours are between 10:00 a.m. and 4:00 p.m. both days. No sales before 10:00 a.m.



**Frontier Park**  
Kannocott & Palatine Rds  
Arlington Heights IL



20th Annual Swap  
Arlington Heights Bicycle Association  
for information: 847-255-3400

### Upcoming Events

**July 22** Annual Picnic  
**August 26, 27, 28** Milwaukee Ride  
**April Membership Meeting**  
March 22  
7:30 pm- Rec Park

Bob Hinkle will discuss the trip he took last year.

**March Membership Meeting**  
March 22  
7:30 pm- Rec Park

John Anning, from ABC Cycles, will discuss the art of bike maintenance. Nothing is more frustrating than a minor mechanical problem. What maybe a major mechanical problem would be more frustrating. Either way, John can give you some confidence in making your own repairs.

Call Al and Jeanie at  
392-1547 to help

# Club Purchases Two Way Radios

The club has purchased a pair of Motorola two way radios. These small radios have a 2 mile range and run on batteries. They will be used during rides to aid in communication between the ride leader and the sweep. The entire group will now know when a rider has a flat or other mechanical difficulty and can avoid the group separating. The radios are small and light enough to be carried in a

rider's pocket. The club also owns a wireless telephone, which ride leaders can take with them. Many riders also carry their own wireless telephones. These have been instrumental when injuries or major mechanical problems have occurred.

The radios are another tool to maintain safety.

## Interview With A Municipal Engineer

### What is a Schmeg?

by Bob Hinkle, Safety Chairman

Recently I had a conversation with a municipal engineer about winter cycling hazards. The following is a report of that conversation.

**Bob:** What are some of the hazards that the winter cyclists should watch out for?

**Engineer:** Without a doubt they should be on the lookout for schmegs.

**Bob:** What are schmegs?

**Engineer:** You won't find the term in the dictionary. Schmegs are a combination of snow-salt mixture ranging from a hard solid to a slurry consistency format. They are various shades of black, black and white, and brown.

**Bob:** Where should we look for schmegs?

**Engineer:** A lot of time you see them forming on the underneath side of cars. If the schmeg is in the hard state and hanging on a car we call that a schmegtite. Schmegtites often break free from cars and can cause se-

rious injury to a cyclist if run into it. It can flip him right over the handle bars.

**Bob:** What about the other kinds of Schmeg?

**Engineer:** The plain schmegs are the softer variety and are frequently found nearer the curb formed by both cars and snowplows. If the patch of schmeg is over 3 ft. long we call that **megaschmeg**. It is difficult to ride through schmeg let alone a strip of **megaschmeg**. There is also a chance of the bicycle slipping out from underneath the rider. If it gets warm enough schmeg may change into the thick soupy form, **schmegva**. Even though I've seen cyclists ride through **schmegva**, I don't recommend it. The risk of the bicycle skidding out from underneath you are too great.

So there you have it. Know your schmegs and avoid them.

## It's In The Bag

by Bob Hinkle, Safety Chairman

I purchased a new bicycle while on a coast to coast bicycle trip. As I was transferring my bag to my new bicycle the bicycle mechanic came up to me and said, "Now that you got that new light weight bicycle its time to get rid of all that excessive weight you carry in the bag." So she made me dump out the bags contents and to justify what I put back into the bag. Over the next series of newsletters I'll tell you what I carry in my bike bag and why. The items will not be listed in any particular order. In the bag is a red bandanna. I've used it as a handkerchief, washcloth, sweatband, wear around the neck to block the sun, used it as a bandage, and also wore as a hat under my helmet to keep my ears and head warm. The bandanna stays in the bag

# Renew Now, Or Else

Membership expires in March, will this be your last newsletter?  
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 \_\_\_\_\_

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

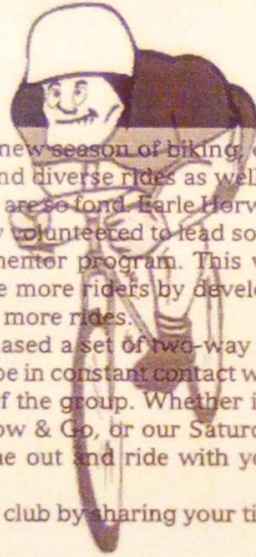


# SP **SPOKEN** WORD

Newsletter of the  
Arlington Heights Bicycle Association

April 2000  
Volume 29, No. 3

## View from Behind the Bars



As we roll into spring and a new season of biking, our club will begin offering more and diverse rides as well as the traditional ones of which we are so fond. Earle Herwitz and Bob Hinkle have graciously volunteered to lead some of these rides as part of our mentor program. This will allow our club to accommodate more riders by developing a pool of leaders to captain more rides.

Also, the club recently purchased a set of two-way radios so that the ride leader can be in constant contact with the sweep, riding at the back of the group. Whether it is our Tuesday night ride, our Slow & Go, or our Saturday morning jaunt, why not come out and ride with your club?

Why not come and help your club by sharing your time and energy at our Swap, too?

And from H.G. Wells, *The Wheels of Chance*, come these words.

*"After your first day of cycling, one dream is inevitable. A memory of motion lingers in your legs, and round and round they seem to go. You ride through Dreamland on wonderful dream bicycles that change and grow."*

See you at the Swap,

Tom

## Newcomers Ride

Start the spring on a slow-n-easy ride of about 10-15 miles. Jim Shoemaker will lead rides on April 2, April 9, and April 22 beginning at 10:30am from Frontier Park. Take this great opportunity to meet new club members, reacquaint yourself with other club members, and get the feel of riding in preparation for the summer. Come early and have Jim check your bike and advice on bike purchases and maintenance.

## Attention! Coming Soon to a Park Near You. The 2000 Bike Swap

Help! The Bicycle Swap needs you if it is to be a success. Saturday, April 29 and Sunday, April 30 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.

See the enclosed flyer for more information. Pass the flyer on to a friend or neighbor. Come join the fun at our twentieth annual swap.

## Rides Gone By...

February 5 Kind of a cold day, but not too cold for *The Dave and Chris Ride*. Yes, the wind was a bit on the raw side, but the sun was out and the temperature was almost at the freezing point. We rode to Frontier Park and found no one else to ride with. There were a few kids playing hockey on the ice rink but they had no bicycles. So Dave and I took off taking a very meandering route to Mount Prospect. The wind was blowing out of the northwest but we rode with the wind going south and east and then reluctantly to the north. We stopped at the Carriage House because they have really good fritattas and we were cold and hungry. We parked our bikes in the snow bank that housed the bike rack and hoped our water bottles would not freeze while we ate. We thawed and ate more than our share and then pulled our bikes out of the snow bank. It was warmer than earlier by about 3 degrees, but we had to battle that west wind on the return. We did that only out of necessity to return home. But it was great to have gotten out and ridden.

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-CVD



February 12 There were 5 cyclists out on this almost normal February weather day for *The Ride to Park Ridge for Pancakes*. The temperature had topped the freezing mark and the wind was blowing out of the southeast, letting us know that maybe some precipitation would fall later. We decided to ride south east into Park Ridge for breakfast. It was a bit brisk at times, but assurance that we would have a tail wind on the way home was enough to keep us moving. Plus the food at the Park Ridge Pancake House is usually very good. As many of you know this a time of year when pot holes abound and salt and glass look very similar on the road. We kept a watchful eye out for such perils and arrived in Park Ridge without incident. We warmed up, ate, and proceeded north with the wind. On the way back, Dave was on a mission. Being that Valentines Day was just around the corner, he needed to check on one of the usual sites where a particular vendor usually was on Central Road. For any of you who know this particular section of Central Road as it goes through the Des Plaines River Forest Preserve area, it is somewhat treacherous to ride. But in the name of business, we rode it anyway and ...UGH! No Flower vendor! Oh well. We got off Central as soon as we could and continued on our way home. It was still a good ride, despite our somewhat failed mission. P.S. We did find the vendor later; they were delayed picking up their flowers. And the Roses got to the restaurant!

-CVD

## Tuesday Night Rides

Tuesday night rides begin April 4. The regular ride schedule begins on March 18, so the last Show n' go ride will be on March 11. See the schedule for upcoming events and rides.

## GRABAAWR UPDATE

We're looking for ideas for a possible jersey design or logo for those of you who will be participating in GRABAAWR. If you have some and are interested in making up a jersey or assisting with artwork, call us at (847)-259-7917. At last count there are at least a dozen people signed up for the ride this year again.

# April

## The Top 15 List

1. Dave Van Dornick	596	6. Cindy Trent	333	11. Jim Zdunek	209
2. Bob Hinkle	441	7. Paula Matzek	324	12. Bill Kragh	194
3. Chris Van Dornick	425	8. Kurt Schoenhoff	319	13. Jackie Bonovitz	179
4. Earle Horwitz	376	9. Tom Drabant	271	14. Barb Swasas	178
5. Ralph Salle	372	10. Greg Konieczny	262	14. Jim Barr	178

									<b>1</b> Long Grove Ride 9:30 am - RP
<b>2</b> Newcomers Ride 10:30 am - FP	<b>3</b>	<b>4</b> Bakery Ride 10 am Tuesday Night Ride 6:30 pm - RP	<b>5</b>	<b>6</b> Bakery Ride 10 am	<b>7</b>	<b>8</b> Bride Spot Ride 9:30 am - FP	<b>9</b> Newcomers Ride 10:30 am - FP	<b>10</b>	<b>15</b> Ride to the Broken Oar 9:30 am - FP 10 am - Kildeer School
<b>16</b>	<b>17</b>	<b>18</b> Bakery Ride 10 am Tuesday Night Ride 6:30 pm - RP	<b>19</b>	<b>20</b> Bakery Ride 10 am	<b>21</b>	<b>22</b> Happy Trails Ride 9 am - FP Newcomers Ride 10:30 am - FP	<b>23</b>	<b>24</b>	<b>29</b> The Bike Swap
<b>30</b> The Bike Swap		<b>25</b> Bakery Ride 10 am Tuesday Night Ride 6:30 pm - RP	<b>26</b> Membership Meeting 7:30 pm - RP	<b>27</b> Bakery Ride 10 am	<b>28</b>	<b>29</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	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			

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

## Upcoming Events

July 22 - Annual Picnic

August 26, 27, 28 - Milwaukee Ride

### 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.

### 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 at 259-7917.

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



### Deerfield Bakery Ride

25-32 Miles

Pace Y+

Bob Hinkle 259-1423

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.

### Long Grove Ride

30 Miles

Pace Y

Chris and Dave 259-7917

The ride will leave from Rec Park and will proceed to the first rest stop in Long Grove. Have breakfast later at Granny's.

### Brite Spot Ride

37 Miles

Pace Y

Chris and Dave 259-7917

The traditional ride to breakfast in Itasca. Good Eats and smiles.

### Ride to the Broken Oar

34 or 46 Miles

Pace Y

Earle Horwitz 398-2177

This ride has two starting points and a couple of small hills on the course. Start at Frontier Park for the longer ride or Kildeer School for the shorter ride.

### Happy Trails Ride

40 Miles

Pace Y

Cindy Trent 392-6750

This is a joint ride with the Mount Prospect Bicycle Club. Travel the trails that you've missed since last summer. Lunch at Penny Tap.

### President

Tom Drahant

397-4313 tom.drahant@ohio.com

### Vice Presidents

Dave & Chris Van Dornik

259-7917

### Secretary

Milo Payer

639-2889

### Treasurer

Tom McPherson

824-5091

### Membership

Geoff Boyd

588-7348

### Newsletter Editors

Cindy and Dick Trent

392-8160 trent@ohio.com

### Newsletter Mailing

Jim Shoemaker

259-4092

### Bike Swap

Al & Jeanie Gain

392-1547

### Refreshments

Barb Swank

459-0998

### Applington 500

Greg Kowalczyk

959-4633

### Meeting Program

Way Lucade

437-4442

### Safety Chairmen

Bob Hinkle

259-1423

### Web Site

Cindy Trent

392-6750 trent@ohio.com

### AHBA Ride Hotline

355-5468

### Web Address

<http://www.ohio.com/CyberCentre/>

Midfield 2544

Pace Z = 8-11 mph

Pace Y = 12-15 mph

Pace X = 16+ mph



## CABDA Bike Show Proves To Be An Interesting Experience

by Terry Zrmhal

On February 26th Bena and I attended the CABDA Bike Show. While at the show we saw other AHBA members Chris & Dave V., Barb, Jim B., President Tom, Jim Z., Dave, and Emily. We also heard that Earl was at the show, but did not see him.

We had the opportunity to work the C.A.T.S. Club booth in the afternoon and found that to be a very rewarding experience.

At this show one gets to see all of the latest bikes, accessories, ... and gadgets. A neat 'accessory' was the propellers we bought for our helmets (as did Chris, Dave, Barb, & Jim) to make us go faster. A neat gadget was the bi-directional pedaling conversion kit that replaces the standard bottom bracket and allows the rider to continue to move the bike forward while pedaling backward. The major benefit (and I quote) "is that pedaling backward works the hamstrings which compliment the quadriceps development of forwarding pedaling, resulting in better overall leg conditioning."

In addition, one gets to pick up all of the brochures for this season's upcoming rides. One ride that needs mentioning is the Harmon Hundred, a favorite of many AHBA members, which will start in Wilmot, WI rather than at

the Apple Orchard. The move will avoid traffic congestion.

Another favorite part of the show is the Discounted Sale area where all types of biking accessories are available at considerable discounts. Last year Sue found biking shoes. This year we found pairs of SPD Compatible shoes for the unheard of prices of \$20.00 and \$30.00 a pair.

Another 'highlight' of the show for me was being 'recognized' by Shawn Sheppard - the chief honcho at the Co-Motion Tandem Bicycle Company. Actually, in reality, he 'recognized' my name (from my name tag for working the C.A.T.S. booth) as he had just sold a Co-Motion tandem to my son who lives in Seattle. "Small World" indeed.

However, the "highlight of the show" for me was meeting Bill McCready, owner of Santana Tandems. He volunteered to give Bena and me a "private lesson" after the show closed on the workings of the Formula Disk Brake that came on the Santana Sovereign we ride. We likened it to having Bill Gates volunteer to give us a lesson on how Windows works on our computer. And no crashes.

For those of you who did not attend the show, you missed a good one and I would recommend you put it on your calendar for next year.

## It's In The Bag

by Bob Hinkle, Safety Chairman

I carry a film canister with duct tape wrapped around the outside and a dollar in change, several aspirin and ibuprofen tablets, and two safety pins on the inside. The duct tape has been used for numerous temporary tire repairs, patching holes in clothing and tent, keeping the frame pump on the bike, keeping the handlebar tape from unraveling, attaching the computer wire to frame, and used to hold a gauze pad over road rash.

There have been times when I was riding in the summer when I needed change for a pop machine. When you are

hot and thirsty carrying a dollar in change is worth the extra weight. I also used the change for a dryer in a Laundromat one rainy day when riding cross country.

I have used the aspirin for headaches, sore muscles, and leg cramps. The ibuprofen can be used for headaches and sore muscles, but it has the added advantage of reducing swelling. Swelling is something I do when I get zapped by certain insects or fall off the bike. The safety pins I have used to keep a broken zipper together. The Boy Scouts aren't the only ones who should be prepared.

## Check Your Brakes

This is time of year when you are most apt to ride on wet roads. Water from melting snow or rain can get on the rims of your wheels making your brakes less efficient. If you ride on wet pavement or through a puddle try your brakes. If they seem to "grab" the wheel you're OK. But if your wheels keep on slipping through the brake pads then you need to keep applying the brakes until they begin to "grab" the wheel. Don't wait until you have to stop before trying your brakes. If you apply your brakes and you hear a scraping sound coming from your brake pad, stop your bike and release the brakes.

Examine the brake pad for foreign materials such as bits of gravel or glass. Sometimes these materials can get caught and embedded in the brake pad while applying the brakes. The scraping sound results from the rim being scratched. Remove any materials on or in the brake pad

and check the rim for any grit adhering to it. It is also a good idea to clean and wipe the rim.

It is also a good idea to check you brakes to be sure they are aligned properly. All of the brake pad should touch the rim when the brakes are applied. The brake pads should never touch the tire! Release the brakes so that you can inspect the pad. If you see any raised portions on your brake pads, your brakes are not properly aligned and you are losing braking efficiency.

Your brakes can sometimes alert you as to other problems. If you apply your brakes and your bike seem to "shudder" it could be caused by a rim that needs to be trued or a loose headset that need to be tighten. If you are not mechanically inclined check out the local bicycle shops for tune-ups and repairs.

## Rides Gone By...

February 5 Kind of a cold day, but not too cold for *The Dave and Chris Ride*. Yes, the wind was a bit on the raw side, but the sun was out and the temperature was almost at the freezing point. We rode to Frontier Park and found no one else to ride with. There were a few kids playing hockey on the ice rink but they had no bicycles. So Dave and I took off taking a very meandering route to Mount Prospect. The wind was blowing out of the northwest but we rode with the wind going south and east and then reluctantly to the north. We stopped at the Carriage House because they have really good fritattas and we were cold and hungry. We parked our bikes in the snow bank that housed the bike rack and hoped our water bottles would not freeze while we ate. We thawed and ate more than our share and then pulled our bikes out of the snow bank. It was warmer than earlier by about 3 degrees, but we had to battle that west wind on the return. We did that only out of necessity to return home. But it was great to have gotten out and ridden.

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February 26, 2000 When it's as balmy as it was on this February day, Dave and I expected a few more cyclists to show up for the ride to *the CABDA Bike Show* at the Rosemont Convention Center. Some must have thought that it was either too windy or that we would need to ride on busier roads to get there, but there were only six riders. It was a little windy out of the south but we took it in the face on the way there. With that strong south wind and the sun coming out from time to time the temperature climbed above 60 degrees in a hurry. We were somewhat reminded that it was still winter because there was a lot of broken glass on streets that have not been swept by municipal services all winter. I picked up some glass and had a flat while we were still in Arlington Heights. That was fixed in a hurry and we circumvented most of the busy streets around the Rosemont Center on the way there by taking the back roads in. Once at the show after locating the bicycle parking, we grouped and trucked on in to see all the toys at the show. Several bike club members had driven (4 wheeled vehicles!) to the show and we met up with other familiar faces like Al and Jeannie at the CATS booth. We utilized the walkie talkies at the show to keep track of the people who rode to meet up for lunch and when it was time to leave. They worked great despite the mass of people and metal and concrete surrounding us. When we'd had enough of the show, the cyclists regrouped, packed up their purchases and began our return in a light drizzle. The temperature was still pretty decent but the wind had started to switch more westerly so we had to face it again. All together though, it was a good ride and a great show.

-CVD



February 12 There were 5 cyclists out on this almost normal February weather day for *The Ride to Park Ridge for Pancakes*. The temperature had topped the freezing mark and the wind was blowing out of the southeast, letting us know that maybe some precipitation would fall later. We decided to ride south east into Park Ridge for breakfast. It was a bit brisk at times, but assurance that we would have a tail wind on the way home was enough to keep us moving. Plus the food at the Park Ridge Pancake House is usually very good. As many of you know this a time of year when pot holes abound and salt and glass look very similar on the road. We kept a watchful eye out for such perils and arrived in Park Ridge without incident. We warmed up, ate, and proceeded north with the wind. On the way back, Dave was on a mission. Being that Valentines Day was just around the corner, he needed to check on one of the usual sites where a particular vendor usually was on Central Road. For any of you who know this particular section of Central Road as it goes through the Des Plaines River Forest Preserve area, it is somewhat treacherous to ride. But in the name of business, we rode it anyway and ...UGH! No Flower vendor! Oh well. We got off Central as soon as we could and continued on our way home. It was still a good ride, despite our somewhat failed mission. P.S. We did find the vendor later; they were delayed picking up their flowers. And the Roses got to the restaurant!

-CVD

## Tuesday Night Rides

Tuesday night rides begin April 4. The regular ride schedule begins on March 18, so the last Show n' go ride will be on March 11. See the schedule for upcoming events and rides.

## GRABAAR UPDATE

We're looking for ideas for a possible jersey design or logo for those of you who will be participating in GRABAAR. If you have some and are interested in making up a jersey or assisting with artwork, call us at (847)-259-7917. At last count there are at least a dozen people signed up for the ride this year again.

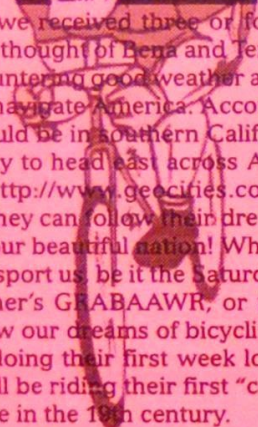
THE

# SPOKEN WORD

Newsletter of the  
Arlington Heights Bicycle Association

May 2000  
Volume 29, No. 4

## View from Behind the Bars



Unable to ride today, since we received three or four inches of wet snow last night, I thought of Bena and Terry and hoped that they were encountering good weather and ride conditions as they circumnavigate America. According to their itinerary, they should be in southern California this weekend, getting ready to head east across Arizona (see their web site at <http://www.geocities.com/bena63/>). How fortunate that they can follow their dream of riding across (and around) our beautiful nation! Whenever our dreams of riding transport us, be it the Saturday morning club ride, this summer's GRABAAWR, or the Tuesday night ride, let us follow our dreams of bicycling, and ride. Some of us will be doing their first week long rides this year while others will be riding their first "century," something that was done in the 19th century.

"It is impossible to say exactly who rode the first women's century, but in July 1894, Mrs. E.E. Witchie became the first woman in the Midwest to cover a hundred miles in one day, the distance from Anoka Minnesota, to St. Cloud and back. Mrs. A.E. Rhinehart of Denver was on record as having ridden 17,152 miles in 1896, including 116 centuries!"

— From *A Social History of the Bicycle*  
by Robert A. Smith

This month offers another opportunity for our members to help their club by volunteering their time and efforts at the Arlington 500, taking place on May 21. Please give Greg a call and come out and help your club. Once again our club is grateful to those members who share their time at the AHBA Swap and the Arlington 500.

See you at the 500,  
Tom

## Las Vegas and the Lower Colorado River

On Wednesday April 26 Bob Hinkle will present a slide program on his October bicycle trip to Las Vegas and the Lower Colorado River. Find out if there is more to do in Las Vegas than play the slots. What is Arizona's favorite saying? See where the Arizona Navy stopped California's invasion. All this on a bicycle, WOW!

## Bike Swap

April 29-30

The annual bike swap is coming. The swap is a service to the community for people who want to buy or sell their bicycles. It is a great opportunity to let others make use of your unused bicycles.

In order to pull off an event like this, the AHBA needs your help. Al and Jeanie are organizing the swap again and would appreciate any help you can offer on Saturday or Sunday. Please call them at 392-1547 for more information.

In addition, spread the word to your friends and neighbors. Let's encourage others to find the joy of biking. Also, maybe you need a new bike or some equipment. Think about it. Hope to see you at the swap.

## Arlington 500

The time to procrastinate is through. Soon the Arlington 500 will be upon us. We better be ready or face the wrath of 350 hungry cyclists wondering where the cookies, watermelon, Gatorade and sandwiches are. Obviously, we don't take this thing too seriously, but we still want to provide a good ride and fun outing for all including the club members that help out that day. If you want to join the party including pizza at Barnaby's afterwards, call Greg at 398-4633. There's one catch. You have to be willing to help out at registration, sag stops, sag drivers etc. The date of the ride is May 21st. Be there! But leave the rain at home this time.

## Bike Rally

On Saturday, May 13 the Arlington Heights Bicycle Advisory Commission is conducting a bicycle rally at Rec Park from 10am to 1pm. The rally will consist of bicycle skills, bike rodeo, bicycle safety check, and a nonprofit helmet sale. If any AHBA member would be willing to volunteer to help at this event, please call John Amling at 253-7700 or 392-6588. We need about 10-18 people to run the rodeo, sit and sell helmets, and pass out literature about local clubs, rides and cycling in general. This is a great way to spend a Saturday and to promote cycling and our club.

## Rides Gone By...



**Saturday March 4, 2000** It was a relatively balmy day for early in March and that drew out 17 cyclists for the *Show n' go to the Koffee Cup* in Lake Zurich. We rode into a west wind toward Lake Zurich. I was not as familiar with the cue sheet as I should have been and goofed up on a couple of turns. Thanks to Bob Hinkle and a few others who set me straight. We arrived at the Koffee Cup in Lake Zurich to a full house of other diners. Fortunately, there was a large table at the front of the restaurant that seated a majority of those who came in to eat. The others found a four top and sat. Drawing on my days of restaurant work, I cleared the table of its dirty dishes being that the staff of the restaurant was busy with other clientele. With that a server came by and wiped off the table and we were in business with beverages to sip while our orders were being cooked. Within a short period of time we were back out on the road and I made a few more errors. Some were probably questioning my sanity when I rode west onto Miller Road into the wind again. Little did they know that I had abandoned the cue sheet and was on the old Arlington 500 route. We eventually wandered back to Frontier Park with a few exhausted cyclists called it a day.

-CVD

**Saturday, April 1** *The Long Grove Tune Up Ride* was aptly named because it used to be the lead off ride for the regular season. It is relatively short, has a couple of hills, and has some urban as well as rural riding. Anyway, just 26 riders showed up for this ride. no foolin! We took a serpentine route zigging and zagging through Arlington Heights and Buffalo Grove. In Long Grove we made a brief stop at the Apple Cider House for the great, but slightly expensive, apple fritters and cider. After that, we headed west on Cuba Road. From my perspective as sweep it appeared either that a majority of the riders had a sugar rush or that there was so much adrenaline cooped up in people that we zoomed down Cuba. A couple of short hills slowed the pace somewhat, but then we were back to Checker Road and the open country once more. Marty decided that Checker Road was a good place to have a flat tire. The rest of us continued on and finished the ride at Grannies for some late breakfast.

-CVD

**March 18** It was a little on the damp and cool side for the first scheduled ride of the 2000 season, *the Lake Opeka Ride*. Dave was pretty certain that some people forgot that the show n' go rides were ending and decided to do the tail end of the ride first. That is, we rode around Twin Lakes in Palatine before starting to go south and east into Des Plaines. The wind was out of the southeast and was a bit on the raw side. We made a pit stop in Des Plaines at a small restaurant and then continued on to the manmade lake. We rounded Lake Opeka and began our return. Now that the wind was at our back, the trip was much easier. We ended up at Grannies in Arlington Heights to chow down some breakfast. Of course, while we were at breakfast, the sun came out for the first time that day!

-CVD

**March 25** The day was a bit on the breezy side for the *Woodfield Wyndham Woosh*. Today, Woosh referred to more than the ride's speed. We went south and a bit west around Woodfield Mall (sorry no shopping) and continued on to Elk Grove Village. In the north part of Itasca there are bike paths interspersed among the office and hotel buildings. We avoided the golfers and the geese, but caught bits of strong wind as we rounded corners of buildings on this path. The wind was quite strong out of the west and caused a bit of bike lag for some riders. We all cruised around to the shopping center west of Wellington at Beisterfeld. There are a number of dining opportunities here so we split up and regrouped after lunch. The return route took us through the east part of Busse Woods forcing us to take the wind in the face once more. We wooshed through Busse Woods and returned to Frontier Park.

-CVD

## Deerfield Bakery Rides

Starting Tuesday May 2nd the Tuesday & Thursday morning Bakery rides will leave from the Deerfield Bakery at 9:00 AM. Remember to park in the back of the funeral home's parking lot along the south side of the bakery.

# May

- The Top 15 List**
- 11. Tom Probst 304
  - 12. Ron Barr 239
  - 13. Mark Swanson 239
  - 14. Larry Bourne 194
  - 15. Bill Krugh 194
  - 6. Ralph Sale 372
  - 7. Cindy Dren 381
  - 8. Paula Mann 474
  - 9. Kurt Schenck 385
  - 10. Jim Zdenek 376
  - 11. Dave Van Dornick 707
  - 12. Chris Van Dornick 581
  - 13. Bob Hinkle 474
  - 14. Craig Koenig 385
  - 15. Darle Horvitz 376

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

	1	2	3	4	5	6
		Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	Lake Co. Des Plaines River Trail 9 am - Gurnee Pool	Bakery Ride 9 am		Schauburg & Beyond 9 am - FP
7	8	9	10	11	12	13
Newcomers Ride 10:30 am - FP		Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	Great Western Path/ Prairie Path 9 am - Winfield	Bakery Ride 9 am		Kloser Than Kopps 9 am - FP
14	15	16	17	18	19	20
		Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	North Channel / Green Bay / North Shore Paths 9 am - Glenview	Bakery Ride 9 am		Arlington 500 Pre-ride 9 am - Lake Zurich High School
21	22	23	24	25	26	27
The Arlington 500 Newcomers Ride 10:30 am - FP		Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	Prairie Path 9 am - West Dundee Membership Meeting 7:30 pm - RP	Bakery Ride 9 am		Blackhawk Stateline 60 9 am - Roscoe, IL Slow Pace Ride 9 am - RP
28	29	30	31			
		Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP	Boon & Winnebago County Long Prairie Trail 9 am - County Line Road			

April	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	
June	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

S M T W T F S

April Membership Meeting  
 April 26  
 Bob Hinkle

Bike Swap  
 April 29 and 30

## WEDNESDAY TOUR OF CHICAGOLAND BICYCLE TRAILS & PATHS

Many of you like me may have started your biking experience on the bike trails and paths that are plentiful in the Chicago and surrounding area before graduating to road biking. There are many great trails in the area that present an alternative biking experience to road biking which offer different vistas and a change of pace. Each Wednesday of May (sorry you working stiffs) I will schedule a different trail route every week so that most of the trails which can be reached with a reasonable drive will be included. These rides will be on a show and go basis and done at a leisurely pace of 10-12 miles per hour. Touring trails, many appropriate for narrow tired road bikes, will be included. I hope some like minded bicyclists will join me through the year as these trails are explored. Phone Art Cunningham, 847-963-8746 for more information. Check the website for more detailed descriptions.

**Blackhawk Stateline 60**  
15, 35, or 60 Miles  
Y+

Invitational sponsored by Blackhawk Bicycle and Ski Club (815-282-0244). On the web at <http://www.laeroinc.net/users/bbbsc>  
Great routes and great food. Same routes and support both Saturday and Sunday. We'll meet there for a 9am start on Saturday.

**Slow Pace Ride**  
25 Miles  
Pace Z  
Don Derebey 255-3422

Easier paced ride.

**Boon & Winnebago County Long Prairie**  
Trail  
46 miles  
Pace Y  
Art Cunningham 963-8746

The trailhead parking lot is on County Line Rd. 0.4 miles north of Rt. 173. Turn west onto Rt. 173 off Rt.14 in Harvard and go 4 miles to a right turn on County Line Rd. Excellent paved trail through Boone Co., and Winnebago Co. including a spur along the Rock River. Trail passes through forests & prairie farmland of northern Illinois. Wide tires recommended.

**Kloser Than Kopps**  
45 or 55 Miles  
Pace Y  
Paula Matzek 394-4920

A near second choice for the best custard. Come and find out. Start at 8:30 am at Rec Park for the 55 mile ride or meet at Lions Park in Mount Prospect at 9 am. Lions Park is 2 blocks east of route 83 off of Prospect Avenue (south of 14). This is a joint ride with the Mount Prospect Bike Club.  
**North Channel/Green Bay/North Shore**  
Paths  
54 miles  
Pace Y  
Art Cunningham 963-8746

Art Cunningham 963-8746

Start at Turnbull Woods Forest Preserve, Glencoe. To reach the parking lot, go 1 mile east of Rt. 41 to Green Bay Rd, turn right for 0.2 miles to the parking lot on the left. We will head south on the North Shore Path through Glencoe, Winnetka, Kenilworth, Wilmette, through the Evanston Arboretum and the Skokie Statue Park into Chicago. Returning by the same route, we continue north through Highland Park, Highwood, Lake Forest, and Lake Bluff. The route is mostly paved with some crushed stone stretches. Road bikes are acceptable but wider tires are preferred.

**Arlington 500 Pre-Ride**  
35, 42, or 65 Miles  
Pace Y and X  
Greg Koniczny 398-4633

Preride the route for our invitational. Leave from Lake Zurich High School. Take Route 12 north-west to Route 22. East on Route 22 to Church St. Left (North) on Church to the High School.

**Arlington 500**  
Greg Koniczny 398-4633

Come and help out to make this ride a success.

**Fox River/St. Charles & Elgin Segments of the Prairie Path**  
52 miles  
Pace Y  
Art Cunningham 963-8746

Start at the West Dundee Depot (trail headquarters). To get to the depot take either Higgins (Rt. 72) or Dundee to East Dundee. Heading west on Higgins, turn right on 4<sup>th</sup> St. 2 blocks to the depot. Heading west on Dundee, bear right at the first intersection past Rt. 25 (Barrington Ave) to 4<sup>th</sup> St. and the depot. We head south on the Fox River Trail through Elgin, South Elgin, St. Charles, Geneva, and Winfield. The Fox River Trail is paved and the Prairie Path is packed crushed limestone. Wide tires are preferred.

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

**Note New Starting Time.** 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.

**North Portion of the Lake Co. Des Plaines River Trail**  
29 miles  
Pace Y  
Art Cunningham 963-8746

To reach the Gurnee Pool, take 194 north to Grand Ave. (Rt. 132), turn right (east) and go past Rt. 21 and the Des Plaines River and turn right at the first turn and immediately turn right on McClure to the parking lot. The trail traverses a prairie, marshland, and forest wilderness area. Wide tires are recommended.

**Schaumburg & Beyond**  
50 Miles  
Pace Y  
Dave and Chris Van Dornick 259-7917

A new twist on an old ride. And of course there is lunch. Come and experience the excitement for yourself.

**East Branch of the Great Western Path/East Segment of the Prairie Path**  
46 miles  
Pace Y  
Art Cunningham 963-8746

Start at the County Farm Rd. Parking Lot in Winfield on County Farm Rd. about 1 mile south of North Ave (Rt. 64) on the intersection with Geneva Rd. Wide tires are preferred.

**Newcomers Ride**  
10-15 Miles  
Pace Z  
Jim Shoemaker 259-1692

This set of three slow-n-easy rides are the perfect opportunity to start slow and get the cobwebs off the spokes. If you come early, Jim will check out your bicycle and talk to you about other equipment options.

**President**  
Tom Drabant  
397-4213 [tdrabant@aol.com](mailto:tdrabant@aol.com)

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

**Secretary**  
Milo Playec  
639-2689

**Treasurer**  
Ron McPherson  
824-5091

**Membership**  
Cecily Rood  
398-7448

**Newsletter Editors**  
Cindy and Dick Trent  
392-6750 [ctrent@dist14.k12.il.us](mailto:ctrent@dist14.k12.il.us)

**Newsletter Mailing**  
Jim Shoemaker  
259-1692

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

**Refreshments**  
Barb Swasas  
459-9065

**Arlington 500**  
Greg Koniczny  
398-4633

**Meeting Program**  
Roy Euclide  
437-0442

**Safety Chairman**  
Bob Hinkle  
259-1423

**Web Site**  
Cindy Trent

392-6750 [ctrent@dist14.k12.il.us](mailto:ctrent@dist14.k12.il.us)  
**AHBA Ride Hotline**  
255-2469

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

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

## Memories of a wet 1999 Arlington 500



May we have better weather...



...and many VOLUNTEERS



## It's In The Bag

by Bob Hinkle

I'll probably get a lot of disagreement on this one, but with the type of riding I do I carry a rain jacket in my bike bag. I ride all year long and often go more than 50 miles on a ride. I have used the rain jacket for both keeping warm and to keep "dry". Generally I still get wet wearing the rain jacket in the rain, not so much from the rain but from perspiration. I have not found a rain jacket that really "breathes" while it is supposed to keep you dry. Many times after a rain shower the temperature drops and a jacket over a damp riding jersey can sure feel good. I have also

experienced cold fronts moving into my riding area before I had gotten to my destination. The jacket kept me warm. Carrying the few ounces of weight is like having insurance. If you need it, it's there! I also wore my rain jacket to keep a swarm of mosquitoes from biting, at least part of me, while changing a flat tire on a ride. For those that rely on the weather report as to whether to pack their rain jacket or not ride, I leave you with this question. Is the weatherman always right?

## Something To Consider

With Apologies to Dr. Seuss  
by Bob Hinkle, Safety Chairman

On a Tuesday morning ride I noticed a rider taking his foot out of his clipless pedal and stepping down on his cleat while in the process of stopping his bicycle. The bicycle was still moving forward when the cyclist's cleat touched the pavement. As the rider shifted his weight to his foot he skid forward about 6 inches along with his bicycle. He was fortunate to maintain his balance. "Cleats on Streets" do not help a biker stop. Another rider using toe clips and wearing shoes without cleats had the same skidding experience when he stepped from the pedal of his bike before it had stopped. Normally the sole of the shoe would act as a brake pad when coming in contact

with the pavement. Usually you would see the cyclist kind of "hop" in this situation. But the rider happened to place his foot on some coarse sand which acted like many tiny ball bearings producing a skid similar to the rider wearing cleats. In both cases it would have been better if they kept their foot on the pedal or just an inch or two above the pavement until the forward momentum of the bike had stopped and then step forward as they place their foot on the street. Remember the following:

Cleat on Street.

Feet on Street.

Before you stop could make you flop.

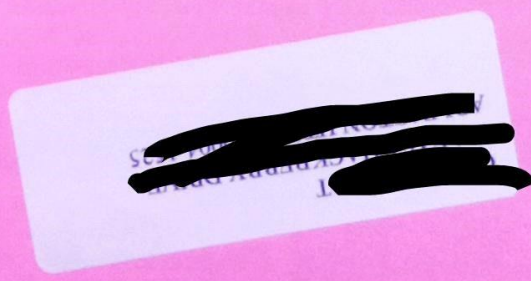
**Calendar Highlights**  
 Check out the Calendar for more information

**POWWOW FOX VALLEY RIDE**  
 Kurt Schoenhoff and Art Cunningham are organizing a POWWOW ride that starts from Watertown, WI on June 25-30 with registration the evening of Saturday, June 24 and Sunday, June 25 before the ride.  
 Contact Art by e-mail at [cunspoke@aol.com](mailto:cunspoke@aol.com) or phone Art at 963-8746 or Kurt at 634-2634 for details. Check out the official Website at [wisconsinbicycletour.com](http://wisconsinbicycletour.com)  
 We have 3 AHBA members signed up so far and would welcome additional interested members.

**GRABAAWR 2000**  
 It's not too late to join your fellow club members for a 500 mile adventure along the Wisconsin River. Join us July 1-8 for a seven day journey. Call Chris or Dave at 259-7917 for more details.

**WEDNESDAY TOUR OF CHICAGOLAND BICYCLE TRAILS & PATHS**

There are many great trails in the area that offer different vistas and a real change of pace. Each Wednesday of May (sorry you working stiffs) I will schedule a different trail route. These rides will be on a show and go basis and done at a leisurely pace of 10-12 miles per hour. Touring trails only, many appropriate to narrow tired road bikes will be included. I hope some like minded bicyclists will join me trough the year as these trails are explored. Phone Art Cunningham, 847-963-8746 for more information.

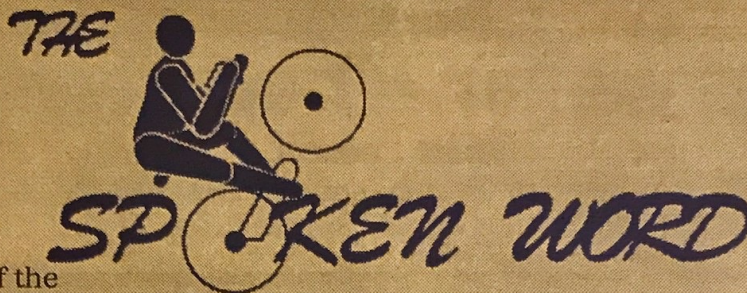


Arlington Heights Bicycle Association  
 500 E. Miner Street  
 Arlington Heights, IL 60004





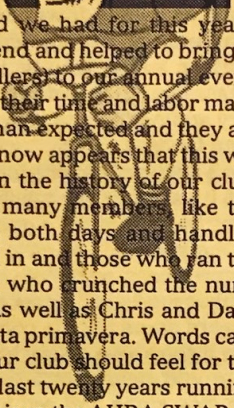
THE  
SPOKEN WORD



Newsletter of the  
Arlington Heights Bicycle Association

June 2000  
Volume 29, No. 5

### View from Behind the Bars



What an incredible weekend we had for this year's SWAP! The Sun shone all weekend and helped to bring in a bevy of bicycle buyers (and sellers) to our annual event. The many members who shared their time and labor made the SWAP run more smoothly than expected and they are to be graciously thanked, and it now appears that this will be the most successful SWAP in the history of our club, too. So many thanks go to so many members, like the people who stood in the cage both days and handled money, the people who checked in and those who ran the bikes, the member/accountants who crunched the numbers throughout the weekend as well as Chris and Dave for their wonderful chili and pasta primavera. Words cannot express the gratitude that our club should feel for the two people who have spent the last twenty years running every aspect of our chief fund-raiser, the AHBA SWAP. Al and Jeanie Gain have been steadfast, tenacious, tireless, and simply incredible in making our SWAPs the successes that they are. This one was no exception. With perspicacity and the ability to handle minutiae, they worked long hours to oversee every detail to ensure the success of the event. Thank you, Al and Jeanie for the last twenty years, as well as for this year's SWAP.

Having a successful SWAP allows us to offer so many things like our school helmet awards, the bicycle advocacy we finance, our annual picnic and banquet, our Arlington 500, and of course, the many bicycle rides that we offer to our members.

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, "going" down the road,

Tom

## New Intermediate Level Rides

by Mary Fitzwater

**Great News - your Board has approved  
a new level of rides to be added to our  
ride schedule**

These rides have come about as a result of many club members who want to limit their weekend riding to distances of around 30 or so miles and at a pace of 12-14 Miles Per Hour. They will be referred to as Intermediate Level Rides.

By scheduling such rides, we will be able to provide longer and faster rides for our Advanced Level riders at varied distances at a Pace of 15+ MPH, while continuing to provide shorter and slower rides at an Entry Level pace of between 8-11 MPH and limited to around 20 miles in distance (even less, if the need is such).

Our club is growing and we want to be able to provide both current and new members with as many choices as possible to encourage everyone to ride with the club. The Saturday Intermediate rides will start at 9am from Frontier Park each week in June and July.

We believe that by providing 3 distinct ride levels we should be able to increase the numbers of members who ride. We especially want to encourage club members who are new or haven't done much riding recently to think about joining us on one of the rides. Ride leaders are always welcome and we invite you to lead a ride if you can. Cue sheets are available from President Tom or Vice Presidents Chris and Dave and/or from other ride leaders. If you are thinking about becoming a ride leader but need some mentoring, try co-leading a ride with someone or volunteer to be a sweep.

One last note, in order to keep the scheduled pace of the rides, please recognize your riding limits and ride with the group you can keep up with. So, polish up that bike, load the water bottles, and get ready to have some fun on the road.

# Bike vs. car = bad news

by: Robert Loerzel

Originally appearing in the Schaumburg Review 5/25/00

Reprinted courtesy of Pioneer Press

The common reactions I get when I tell people I was recently hit by a car while riding my bike are looks of shock and worry.

While I appreciate the concern, the accident wasn't as bad as it sounds. I wasn't so much hit by a car as I was nudged to the pavement. Still, it's not the sort of nudge I'd like to receive every day.

The extent of my injuries was a scratch on one elbow and a minute-long dizzy spell with red spots flashing in front of my eyes.

Though I emerged from the accident largely unscathed, it did give me pause for thought about the safety of riding a bicycle in areas where cars and trucks are the dominant forms of transportation.

The car hit me as I was coming out of the Deer Grove Forest Preserve in Palatine, at the corner of Quentin and Dundee roads.

It's a busy intersection for bicyclists, because it is where the Cook County Forest Preserve's bike path links up with another trail maintained by the Palatine Park District. And yet, no signs are posted there to warn motorists to look out for bicyclists.

Such a sign might have prevented my accident — assuming the driver of the car would have paid attention to it.

I stopped my bike at the northwest corner of the intersection, then decided to proceed east across Quentin Road in the crosswalk, going with a green light. I glanced at the car that was stopped in the right lane. It didn't appear that the car was about to move. I don't believe its turn signal was on.

But as I pedaled out into the crosswalk, the car started to edge forward. The driver was apparently looking to his left and he began to turn right, not realizing I was there.

I tried to shout out, "hey?" though I'm not sure I got the word out of my mouth. Fortunately, the motorist didn't floor it. He was probably going only about 5 or 10 mph, and I had enough time to brace myself as the car struck my bike and I fell to the pavement.

The car's front left tire ended up on top of my bike's front wheel, making the bike rather wobbly to ride afterward.

As soon as I went down, the motorist stopped, got out of his car and came to my assistance.

The driver, a man who had recently moved to the area from Massachusetts and was looking for an apartment, was very apologetic and almost more shaken by the incident than I was.

Though my head never touched the ground, I'm glad to say that I was wearing a helmet, and the accident reinforces my belief that it's a good idea to wear one.

Even though this was a close call, I still think bicyclists and motorists can peacefully co-exist. The key for people using either mode of transportation is to stay alert.

I've heard some people complain that cyclists treat the roads as if they own them, breaking laws that most motorists would never dare to violate, such as running through stop signs and red lights. Meanwhile, bicyclists complain that motorists are often oblivious to their presence.

Both criticisms have some truth.

When I'm riding my bike, I would like to be treated as an equal of motorists. However, I usually err on the side of caution rather than brazenly behaving as if I can ride anywhere on the road I want.

One undisputable fact is that in a bike-car confrontation, the bike never wins.



## Rides Gone By...

### WISHING IT WERE EVEN KLOSER

*Kloser than Kopp's* was the name of the ride, and Culver's Custard in Schaumburg was our destination. But that strong west wind on May 13 sometimes made it feel like we were riding all the way to Kopp's in Milwaukee!

When the 24 riders eventually met up from all three starting points, we headed west in our quest for Butter Burgers and custard. Keeping these food goals in mind provided the incentive we needed to keep pedaling, even when the wind seemed determined to blow us backward.

The return trip east was a "breeze." With a tailwind assist, we cruised along at 23 miles per hour on some stretches of road. But did anyone ever figure out what the sweep was trying to say on that walkie-talkie? (It sounded kind of like "Toto, we're not in Rolling Meadows any more.")

-PLM



July 22 - Annual Picnic  
August 12, 13, 14 - Milwaukee Ride

**Fox Valley/McHenry Prairie Trail**  
46 Miles  
Page Y-

Art Cunningham 963-8746  
Start at the West Dundee Depot (tourist bureau & chamber of commerce). To get to the depot take either Higgins (Rt. 72) or Dundee to East Dundee. Heading west on Higgins, turn right on N. River Street to the depot. Heading west on Dundee, bear right at the first intersection past Rt. 25 (Barrington Ave.) to N. River Street and the depot. We go north to the end of the trail in Crystal Lake. Then over some streets to a hilly trail through Veterans Park and the new section of the Prairie Path to Ringwood. These trails are paved and suitable for both road and trail bikes.

**Prairie Path Aurora Branch Loops**  
40/662 Miles  
Page Y-

Art Cunningham 963-8746  
Start at the Roy C. Blackwell Forest Preserve in Warrenville at 8am. To reach the forest preserve from the East-West Tollway (I-88), go 1.5 miles north on Winfield Rd., turn left on Butterfield Rd. 1 mile to the forest preserve entrance. From the north take Route 59 to Butterfield Rd. Take a left on Butterfield 1 mile to the forest preserve entrance. Park in the first parking lot to the right near the entrance. After biking the Blackwell Forest Preserve trails, we will take a connecting trail to the Aurora Branch of the Prairie Path and go west to it's end in Aurora. We will return to the Batavia Branch of the Prairie Path to the Fox River Trail and go south to Batavia for lunch. We then will return to the forest preserve. Those electing to continue will take the Aurora Branch to its end in Wheaton and tour the loops of the Herrick Lake/Danada Forest preserves. Most of the trails are packed, crushed limestone - wide tires preferred.

**Lake County Des Plaines Trail-South Segment**  
38 Miles  
Page Y-

Art Cunningham 963-8746  
Start at 9am at the Half Day Forest Preserve which is on Milwaukee Avenue, 1 mile north of Route 22. Park in the first parking lot on the right. We will bike through forested trails along the Des Plaines River with loops in Captain Dan Wright and Old School Forest. Preserves and salient trail to Mundelein are included. Trails are packed, crushed limestone - wide tires preferred.

**Deerfield Bakery Ride**  
25-32 Miles  
Page 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.

**Botanical Garden Ride**  
45-63 Miles  
Page Y+

Chris and Dave VanDornick 259-7917  
Leave at 8:15am from Rec Park for the 63 mile ride or leave at 9am from Beck's Lake Forest Preserve for the 45 mile ride. The ride will go to the Chicago Botanical Gardens with lunch in Highland Park. Beck's Lake Forest Preserve is located on the north side of Central Road, east of Oakton Community College.

**Algonquin Breakfast Ride**  
50 Miles  
Page Y+

Greg Konieczny 398-4633  
Travel from Frontier Park to Lang's for garbage Potatoes. Who could ask for more?

**Wauconda Ride**  
80 Miles  
Page Y+

Jack Edwards 570-0495  
Leave at 8am from Harms Woods Forest Preserve for this joint ride with the Evanston and Mount Prospect Clubs. Come one, come all for this great ride.

President  
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Vice Presidents  
Dave & Chris Van Dornick  
259-7917

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Arlington 590  
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Meeting Program  
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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>

This month's newsletter contains two calendars, both June and July. Since we are busy riding, we have limited the time it will take you to read the newsletter.

Please check the ride line at 255-3468 and the web page at <http://www.geocities.com/Colosseum/Midfield/2543> for ride updates and other information.

Of course you can call a board member if you have questions about anything.

**NOTE THE CHANGE**

Page Z = 8-14 mph  
Page Y = 12-14 mph  
Page X = 15+ mph

# July

									<b>1</b> To Be Announced Check the Ride Line or Web Page
			<b>4</b> Bakery Ride 9 am	<b>5</b> M&I Path/Waterfall Glen 9 am - Waterfall Glen Forest Preserve	<b>6</b> Bakery Ride 9 am				<b>8</b> Bakery to Broken Oar 9 am - Checker Rd. Roy Euclid's Rosemont Falls Ride 9am - FP
<b>2</b>	<b>3</b>	<b>10</b>	<b>11</b> Bakery Ride 9 am	<b>12</b> M&I Path - East Section 9am - Channahon Access	<b>13</b> Bakery Ride 9 am				<b>15</b> Lake Geneva Ride 7:30 am - Hawthorne Woods 10 am - Glacial Park Karen Zbimal's Ride 9am - FP
<b>9</b> Heastroke 100 6-9 am - Burlington, WI			<b>18</b> Bakery Ride 9 am	<b>19</b> Fox River Trail/Great Western Trail - West Segment 9 am - South Elgin	<b>20</b> Bakery Ride 9 am				<b>22</b> Picnic Lakewood FP
		<b>17</b>	<b>25</b> Bakery Ride 9 am	<b>26</b> Green Bay/Robert McClary Trail to Illinois Beach 9 am - Turnbull Woods	<b>27</b> Bakery Ride 9 am				<b>29</b> Woodstock Ride 8:30 am - Lakewood FP Karen Zbimal's Ride 9am - FP
		<b>24</b>	<b>25</b> Tuesday Night Ride 6:30 pm - RP						
			June	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						
<b>30</b>	<b>31</b>		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						

S M T W T F S

ADVANCED RIDES appear in bold/italic  
INTERMEDIATE RIDES appear in italic  
NEWCOMERS RIDES appear in normal

Upcoming Events

July 22 - Picnic  
August 12, 13, and 14 - Milwaukee Ride

**Woodstock Ride**  
50 or 72 Miles  
Pace X

Chris Van Dornick 259-7917

This joint ride with Wheeling leaves from Lakewood Forest Preserve (see directions in PICNIC description). Breakfast in historic downtown Woodstock. Bring a snack for later. There are some hills.

**M&I Path/Waterfall Glen**  
30 Miles  
Pace Y-

Art Cunningham 963-8746

The ride begins from Waterfall Glen Forest Preserve. Take Route 83 about 2 miles south of I-55 and take a right on Bluff Road into the forest preserve. Park at the first available parking area. It is about a 45 minute drive. Please plan on being there 30 minutes early in case there is traffic. We will bike the loop trail around Argonne National Laboratory then access the twin loops of M&I Forest Preserve Path. The M&I Path is paved, the Waterfall Glen trail requires wide tires.

**M&I Path - East Section**  
56 Miles  
Pace Y-

Art Cunningham 963-8746

Start at 9am from the Cannahon Access. Take I-55 to US6. Go west on US6 about 2 miles then left on S. Canal Street about 1 mile to the parking lot on the right. It is about a 1 hour drive. Please plan on being there 30 minutes early in case there is traffic. The ride covers the eastern half of the M&I Path from the Brandon Locks in Rockdale to Gebhart Woods State Park in Morris. The trail is packed, crushed limestone - wide tires preferred.

**Fox River Trail/Great Western Trail-West Segment**  
57 Miles  
Pace Y-

Art Cunningham 963-8746

Start at 9am from trail parking in South Elgin. Go east one block on W. State Street from Route 31, turn right just before the bridge to the parking area along the trail. It can also be reached from Route 59 by going west on W. Bartlett which is Middle St. past Route 25. There is a 1 block jog right in South Elgin on Gilbert Street to E. State. Go across the bridge and turn left at the first street to the parking area. This ride follows a spur of the Fox River Trail to the eastern trail head of the Great Western Trail. Most of the trail is packed, crushed limestone - wide tires preferred.

**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.

**Bakery to Broken Oar Ride**  
42 Miles  
Pace Y+

Earl Horwitz 374-1129

Meet at the Public Parking lot on checker Road, 1/3 mile west of Buffalo Grove Road. Great sandwiches at the Broken Oar or hold out for treats at the Deerfield Bakery.

**Heatstroke 100 Invitational**  
18, 36, 57, or 100 Miles  
Pace Y+

Scott Hoffman 262-763-0219  
email: scott@wi.net

This ride in Burlington, Wisconsin has a \$18-20 registration fee, with registration between 6-9am. Leave from Bob's Peddle Pusher Bike Shop at 466 S. Pine, in Burlington. It is located on Route 83, two blocks south of Dairy Queen. Parking is available at the High School, 2 blocks west. There are hills on all the routes that travel across country roads. There are many rest stops.

**Lake Geneva Ride**  
50 or 100+ Miles  
Pace Y

Chris and Dave VanDornick 259-7917

Leave at 7:30am from the Hawthorne Woods Community Park for the 100 mile ride. This is at the northwest corner of Quentin Rd. and Old McHenry Rd. Leave at 10am from Glacial Park for the 50 mile ride. To get to Glacial Park, take Route 12 to 120, go west to Route 31 North. Go 0.1 mile to Barnard Mill. Turn left and then right at Y. Turn right on Keystone.

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Milo Flavec  
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Al & Jeanie Gain  
392-1547

Refreshments  
Barb Swiras  
459-9065

Arlington 500  
Greg Komieczny  
398-4633

Meeting Program  
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437-0942

Safety Chairman  
Bob Hinkle  
259-1423

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Pace Z = 8-11 mph  
Pace Y = 12-14 mph  
Pace X = 15+ mph

## Picnic

Chris VanDornick 259-7917  
Tom Drabant 397-4213

Lakewood Forest Preserve off Fairfield Road. Take Fairfield to Ivanhoe Rd., left on Ivanhoe to the forest preserve. We will be in Shelter A. The day will start with a 25-30 mile ride. Then, the club will provide meat, buns, beverages, and condiments. If your last name begins with the letters A-J, please bring a salad or appetizer. If your last name begins with K-Z, please bring a dessert. Then participate in the Bike Rodeo.

**Green Bay/Robert McClory Trail**  
52 Miles  
Pace Y-

Art Cunningham 963-8746

Start at 9am at Turnbull Woods Forest Preserve in Glencoe. Go 1 1/2 mile east of Route 41 on Lake-Cook Rd. to Green Bay Rd, then right about 0.2 miles to the parking lot on the left. We will head north on the Green Bay Trail and take the Robert McClory Trail to Zion. Then continue on a Zion Township trail to Illinois Beach State Park. Most of the trails are paved to Lake Bluff, which is crushed limestone. The State Park Trails require wide tires.

## GRABAWR

The annual ride through Wisconsin along the Wisconsin River will take place between July 1 and July 8. A fairly large group of AHBA members will be making the trip, including some first time GRABAWR riders. Good luck to all, and to all a good night - enjoy the tents.

# The Zen of Cycling

A Zen teacher saw five of his students returning from the market, riding their bicycles. When they arrived at the monastery and had dismounted, the teacher asked the students, "Why are you riding your bicycles?"

The first student replied, "The bicycle is carrying the sack of potatoes. I am glad that I do not have to carry them on my back!" The teacher praised the first student, "You are a smart boy! When you grow old, you will not walk hunched over like I do."

The second student replied, "I love to watch the trees and fields pass by as I roll down the path!" The teacher commended the second student, "Your eyes are open, and you see the world."

The third student replied, "When I ride my bicycle, I am content to chant nam myoho renge kyo." The teacher gave praise to the third student, "Your mind will roll with the ease of a newly trued wheel."

The fourth student replied, "Riding my bicycle, I live in harmony with all sentient beings." The teacher was pleased, and said to the fourth student, "You are riding on the golden path of non-harming."

The fifth student replied, "I ride my bicycle to ride my bicycle." The teacher sat at the feet of the fifth student and said,

"I am your student!"



Enjoy a great morning of leisurely cycling with friends at Lakewood Forest Preserve on July 22nd. 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. The mileage will be approximately 20 miles at Y pace. Following the ride there will be a Bike Rodeo 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-J Salad or Appetizer  
K-Z Desserts

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

## It's In The Bag by Bob Hinkle

I carry not one, but two bungee cords. What can I say? I'm a pack rat. There have been times where I started out with several layers of clothes. As the day warmed up the layers came off. I couldn't get all of the clothes into the bag so I used the bungee cord to fasten some of them on top of my bag. I have also purchased and found items too big to fit into my bike bag, but I was able to get them to my destination attached to my bike using my bungee cords.

# Safety In Numbers?

By Bob Hinkle, Safety Chairman

There is safety in numbers. Don't always count on that. While riding on a busy road through a rough neighborhood in Washington D.C. we were asked to ride in groups. The reason was simple. A group of riders are more easily seen by automobile drivers than a single rider. Most of the time the drivers gave us a wide berth when passing us. Another reason we rode in a group was to reduce the chances of being harassed by drivers and the residents of the area.

However following the herd instincts sometimes isn't always safe. All you have to do is to ride sweep on a Tuesday night ride to see what I mean. There have been times that we fill the street riding two, three and yes even four abreast. I've seen cars coming from the rear and the sweep yells out, "car back" and nobody pays attention to the warning. Think of it, maybe the driver stopped at the bar and had a few drinks or had a bad day. Would you intentionally ride in front of someone under those conditions? Give them plenty of room to pass!

I have watch in amazement as a herd of bicyclists came

up to a car in the right hand lane with its right turn signal blinking. Instead of waiting behind the car for the light to change, they proceeded to crowd between the car and curb. When the light changed the cyclists started across the intersection preventing the driver from making his turn. What would happen if someone would have been in the driver's blind spot when he made his right turn?

When you ride in a large group there is that tendency to ride close together so you can carry on a conversation with one another. The riders in front of you may prevent you from seeing a road hazard in time to avoid riding into it. This could cause you to fall. Likewise I have seen two cyclists riding side by side approach a corner. The curb side bicyclist not paying attention to the ride leader turning right, continued straight. The outside bicyclist, seeing the ride leader make the right turn, turned right. There was a collision and both cyclist went down. If you're more engrossed in your conversation then with where and how you are riding; you're going to get yourself into BIG TROUBLE.

# 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 \_\_\_\_\_

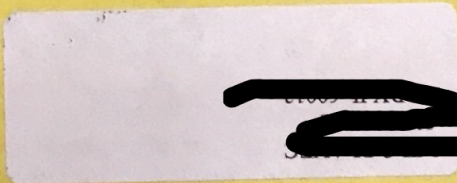
Single (Must be 18 yrs. or older) \_\_\_\_\_ \$6.00; Family \_\_\_\_\_ \$8.00, Number \_\_\_\_\_

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 60004-2450



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





THE

# SPOKEN WORD

Newsletter of the  
Arlington Heights Bicycle Association

August 2000  
Volume 29, No. 5

## View from Behind the Bars

Last week, in riding my first GRABAAWR, I discovered the joy and excitement of touring Wisconsin from Eagle River to Prairie du Chien. In spite of some challenging hills, especially on County C the last day of the ride, it proved to be a most interesting and memorable experience.

Fifteen of our club members made the trip, and although some of us are night people and rode the late morning ride, others chose to ride in the cool of the early morning. Most of our members reported that they thoroughly enjoyed the tour and expect to ride it again.

As we ride into August and September, I think it's important to look for someone to replace the incumbent president (me) as well as the club secretary Milo Plavec who plans to step down from that position after two years of note taking. Cindy and Dick Trent, who have done an incredible job in helping to produce, edit, print and disseminate our club newsletter, are also planning to relinquish this task after this season (or sooner if possible.) Ron McPheron, as well as Chris and Dave, fortunately have consented to continue in their positions next year. Also, it is my understanding that both Cecily Rood and Jim Shoemaker will graciously continue to perform their tasks in membership and newsletter mailing. It is my sincere hope that some of our stalwart club members will step forward and throw their helmets into the ring and consider running for these important AHBA club offices and positions. There will not be an August meeting, so by next month at the September meeting, it is hoped that we will have a list to offer of concerned candidates who want to help their club.

And finally, I wanted to offer this quote taken from W. Somerset Maugham.

*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

## Bicycle Rodeo

by Bob Hinkle

The Arlington Heights Bicycle Rodeo was held Saturday May 13th from 10 to 1 PM at Recreation Park. The rodeo's format was provided in a pamphlet issued by Secretary of State of Illinois, Jesse White.

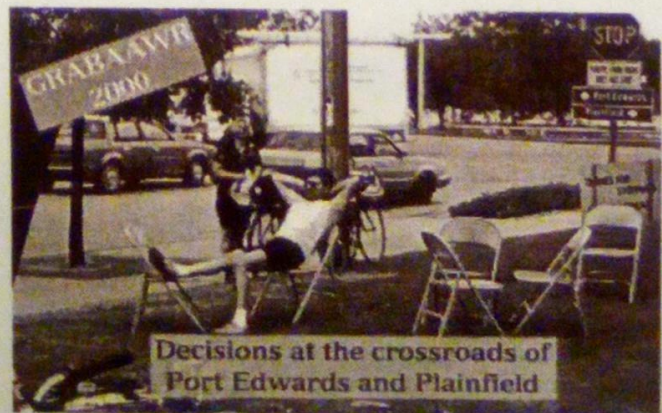
Safety was the real issue at the rodeo. The first stop was the check-in counter. Here, the participants were given the pamphlet, "Bicycle Rules of Illinois". If the child didn't have a helmet or needed a larger one they could purchase an approved helmet for \$15. They also get instructions on how to adjust and wear the helmet.

The next stop was the bike safety check. A certified bicycle mechanic checked the bicycle to make sure it was in good mechanical order. One parent went home and brought back her bicycle to be checked.

Then it was on to the third stop, the bicycle skills course. The four part skills course consisted a narrow width ride; a slalom around the cones ride; the slow ride; and the "U" turns ride. Most of the kids did a pretty good job of riding. Some even outperformed AHBA club members. Those that passed were given a certificate of achievement.

The fourth and final stop was with the Arlington Heights Police who pointed out some bike safety rules and gave the children a bag of goodies, including a reflective zipper clip, UV protective sun glasses, and junior police badge.

Unfortunately the turnout for the bicycle rodeo was light. The day was cold and windy which probably kept some who intended to come at home. The bicycle rodeo should be an annual activity and it should be supported by the AHBA.



Decisions at the crossroads of  
Port Edwards and Plainfield

## Rides Gone By...

Saturday, May 6 The day was warmer than usual for early May for the *Schaumburg and Beyond* ride. The high reached 85 degrees with a southwest wind to remind us of summer conditions still to come. Of course the warm temperatures summoned a large number of cyclists too. Some new faces as well as some who dared to show untanned limbs showed up. We rode south and west of Schaumburg into the wind first which is the way we would like all rides to work. As we arrived at the International House of Pancakes, several people decided to go on without lunch. We do not generally understand this concept of riding and not eating! After filling our stomachs, we continued north and east around Woodfield and back to the Arlington Heights area.



Saturday, May 20 The day for the *Arlington 500 Preride* dawned somewhat cloudy with a promise of sunshine later in the day. After a cool start we set off to check the courses set for our invitational the next day. Many chose the long route, and some the intermediate distance. Those on the long route, convened at the Penny Road Pub for some sandwiches and libations. On the return route, the group got spread out. By this time the sun had come out to warm us up. It was a very comfortable 75 degrees by the finish of the ride. We all hoped that the invitational the next day would have equally nice weather.

Saturday, June 4 It always helps when the ride leader knows what time she said she would start the ride. OOPS! Enough said. Despite a late start, the *Crystal Lake Ride* began without a hitch and we did arrive at the second starting point just a little late. There were almost 25 cyclists out overall on this ride which ventured into Crystal Lake and some of the boroughs around it. On the way to Crystal Lake, some of us got a first hand lesson in how to change a sew-up tire as Eddie had a flat within 4 miles of the lunch stop. On the return, we encountered mud, wind, and plenty of sunshine. The wind was out of the east so we had to deal with it on the return. The short route group split off from the rest on Penny Road just south of Algonquin. The rest of us struggled on ward and returned to the park.

Saturday, May 27 and 28 The weather report for both days of *The Blackhawk Stateline 60* was not promising for this ride in Roscoe Illinois, but three hardy souls went there anyway on Sunday to attempt the ride. Little did we know that even though it rained all day in the Arlington Heights area on Saturday, it was not so bad in Roscoe. Only one slightly silly cyclist rode the whole route on Sunday (way to go Don A.!) and we gave him the credit for riding almost all of the 65 miles in the rain!

Saturday, June 10 Balmy was not the word for the weather for *The Ride to the Chicago Botanical Gardens*. It was very warm and very windy, especially in the afternoon. One group began at Recreation Park and worked their way mostly due east to the Beck's Lake Forest Preserve. Since the wind was out of the south west, we did not feel its full effect until after lunch. We used the North Branch of the Chicago River trail to proceed north to the edges of Glencoe to the Botanical Garden. Most of the cyclists wandered around a bit and viewed the Japanese garden show in progress. Some just parked in the shade and took a short break. We rode a little further north to Highland Park for some lunch and then began heading back into the wind on the return. The heat and fatigue from the wind began to take its toll on some cyclists who were not yet ready for the 90 degree heat and the strong wind. The park in Glenview was a welcome spot to get cool water and relax a bit before handling the last part of the ride.

# Upcoming Events

September 4 - Labor Day Ride

September 10 - Harmon Hundred, from Wilmette Wisconsin. See info at left.

September 16 and 17 - The Manitowoc Ride

September 17 - The North Shore Century, from Evanston. See info at left.

October 14 and 15 - Hilly Hundred, from Bloomington, Indiana. Greg has room information. Call him (338-4633) to reserve a room. See info below.

## Hilly Hundred

30-50 miles each day

CIBA 317-767-7765 www.cibaride.org

Voted the 1999 best overall event by Bicycling Magazine, CIBA is proud to sponsor the Hilly Hundred, a classic bicycling event, designed for the touring bicyclist. If you like a bicycling challenge that includes entertainment and fellowship with 5000 riders from more than 40 states and several foreign countries, the Hilly Hundred is for you.

The two day event is held in the scenic hills of southern Indiana with challenging terrain with several short, but steep hills. Saturdays ride offers an option of a 40 or 50 mile loop. Sunday offers a 30 or 50 mile loop. Travel through Morgan-Monroe State Forest with beautiful lakes, hills, and colorful, thick forest. Travel through scenic Brown County, Lake Lemon and the charming town of Nashville Indiana. The ride starts in Bloomington, IN, the home of Indiana University and Bobby Knight (watch out for flying chairs).

## North Shore Century

25, 50, 62, 100 Miles  
Evanston Bike Club 847-866-7743

The 16th annual North Shore Century leaves from Dawes Park (registration and starting point). To get to Dawes Park, take Dempster St. east to Forest, then north about four blocks to Church Street. This ride offers routes of 25, 50, 62 and 100 miles on flat to rolling roads, with scenery varying from semi rural on the century route to luxurious suburban on all routes. If you choose to ride the century, you'll even get to ride a lap on the velodrome in Kenosha, the country's oldest continuously-operated bike track. On the 25-mile route, you'll be guided to some unique architectural treasures with an annotated cue sheet.

As always, we'll have road monitors on bicycles, as well as sag wagons patrolling the course while you ride, so that you'll never be far from a friendly, helpful EBC volunteer in case you need help. (Remember, though, that SAG wagons are for emergencies, not for tired riders. So please gauge your abilities realistically before you begin your ride.

There will be food at rest stops every 15 to 18 miles along the route. These stops will include high-carb foods, water and sports drinks. 25-mile riders will be able to enjoy ice cream.

There will be live music at the final rest stop on the 50, 62 and 100 mile rides, as well as at the finish area at Dawes Park.

## Harmon Hundred

35, 65, 100 miles  
Wheelmen 398-5010  
www.wheelmen.com

Organized by the Wheelmen, this ride has a new starting point at the Wilmet Mountain Bike and Skate Park in Wilmet, WI. The ride covers 35 scenic, 65 rolling, or 100 challenging miles through southeast Wisconsin. The cost is \$10 pre-registration (before September 1) or \$15 the day of the ride.

The fee entitles you to well marked routes, cue sheets, SAG support, friendly volunteers, and our "FAMOUS" rest stops that serve sushi and submarine sandwiches along with many other cycling-friendly goodies.

After pre-riding the 100 mile route, critics (Cindy) said, "It is definitely worth the drive to ride on rural Wisconsin roads and it's really not that hilly. REALLY."

## 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 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.

Earle's Ride  
45 Miles  
Pace Y

Earle Horowitz

Leave from Frontier Park and try to ride where there is no construction.

Milwaukee 3 Day Ride  
76 Miles  
Pace Y+

Chris and Dave VanDornick 259-7917  
Some riders will ride to Milwaukee on Saturday. On Sunday riders will leave from McKinley Marina, slips A-E. The Sunday ride has several stops along the way. If you rode up on Saturday, ride back on Monday. Call Chris or Dave for more details.

Kettle Moraine Ride  
60 Miles  
Pace Y+

Chris and Dave VanDornick 259-7917  
Leave from The General Store parking lot in LaGrange, Wisconsin. The ride includes two loops over very rolling terrain with lunch at The General Store between loops. Call for directions.

Fermi Lab Ride  
65+ Miles  
Pace Y+

Greg Komieczny 398-4633  
Start from the Pavilion in Elk Grove, which is at the southwest corner of Biesterfeld and Wellington Roads in Elk Grove.

Newcomers Ride  
15-18 Miles  
Pace Z+

Jim Shoemaker 259-1692  
These short, relaxing rides are perfect for a Sunday morning. Travel around the village with other club members.

### President

Tom Drabant  
397-4213 tdrabant@aol.com

### Vice Presidents

Dawn & Chris Van Dornick  
259-7917

### Secretary

Milo Plavec  
630-2889

### Treasurer

Tom McPherson  
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Jim Shoemaker  
259-1692

### Bike Swap

Al & Jeanie Gahn  
392-1547

### Refreshments

Barb Swasas  
439-9065

### Arbitration

500  
Greg Komieczny  
398-4633

### Meeting Program

Roy Euclide  
437-0442

### Safety Chairman

Bob Hinkle  
259-1423

### Web Site

Cindy Trent  
392-6750 ctrent@dis214.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

# August

			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
			Bakery Ride 9 am		Bakery Ride 9 am		Earle's Ride 9 am - FP Intermediate Ride 9am - FP
<b>6</b>	<b>7</b>		<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
			Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP		Bakery Ride 9 am		Milwaukee 3 Day Ride 9 am - McKinley Marina Intermediate Ride 9am - FP
<b>13</b>	<b>14</b>		<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Milwaukee 3 Day Ride 9 am - McKinley Marina Newcomers Ride 10 am - FP	Milwaukee 3 Day Ride 9 am - McKinley Marina		Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP		Bakery Ride 9 am		Kettle Moraine Ride 9 am - LaGrange, WI Intermediate Ride 9am - FP
<b>20</b>	<b>21</b>		<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Newcomers Ride 10 am - FP			Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP		Bakery Ride 9 am		Fermi Lab Ride 8:30 am - Pavillion, Elk Grove Intermediate Ride 9am - FP
<b>27</b>	<b>28</b>		<b>29</b>	<b>30</b>	<b>31</b>		
Newcomers Ride 10 am - FP			Bakery Ride 9 am Tuesday Night Ride 6:30 pm - RP		Bakery Ride 9 am		
			July				September
			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				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

**S M T W T F S**

ADVANCED RIDES appear in bold/italic  
 INTERMEDIATE RIDES appear in italic  
 NEWCOMERS RIDES appear in normal



## Viewing the Net

These were found on the newsgroup rec.bicycles.rides

**You know you've been cycling too much ...**

when you have your mom stitch a chamois insert into ALL of your undershorts and trousers!

when you leave the little rear view mirror on your glasses permanently and stop worrying about the funny looks people give you.

when you have permanent "helmet hair" and grow to like the style.

when you keep a supply of garbage and rocks on your passenger seat to pelt the cars behind, if they refuse to "take a turn up front."

when you only buy cars that come with Presta valves so you don't have to bother reversing the valve on your floor pump.

when you can remember the location of all potholes on streets within a 30 miles radius from your home.

when you steer around patches of glass - driving a 3/4 ton truck.

when you carry your car keys in your bike bag — no, come to think about it, that's when you're cycling just enough.

when you can't find a place to park your car, because none of the spots have a post you can lock it to.

## It's In The Bag

by Bob Hinkle

I carry a pencil and a piece of paper in my bag. The pencil has been used on many occasions. For example I used it to sign people in for club rides, jot down telephone numbers, addresses, directions, combination lock num-

bers, license plate numbers of cars that were harassing me and to write post cards on bike trips. If you carry a pencil, you'll find that it will come in handy at some point in time.

## Eagle River Rides

by Bob Hinkle

I have checked out the motel, and bicycle routes for the Eagle River rides for Tuesday, Wednesday, and Thursday, August 15th through 17th. The American Heritage Inn is now the Days Inn. It is about 350 miles from Arlington Hts., to the motel. Plan on a 6 and a half hour drive. It's recommended that you stay 4 nights arriving Mon., Aug. 14th. The motel is located on US 45 (Railroad St.) just north of the downtown area across the bridge. It is on the west side of the road. The room I stayed in was comfortable with a coffee maker, hair dryer, and iron. The motel has an indoor pool, whirlpool, and an excellent continental breakfast including cereal, pastries, bagels, toast, orange juice and coffee. The new owners didn't have us registered as the AHBA or under the confirmation # 5548, but under our own names. The rates have increased but Days Inn will honor the price at which you made your reservation. For those that have procrastinated you'll have to pay the higher rate. The Days Inn telephone number is (715) 479-5151 or 1-800-DAYS-INN. I have checked the bike

routes and found one road under construction but was told it should be paved by the time we ride in August. The rides will go through forests and around the lakes in the Eagle River region. There are several places where you'll encounter hills. The three rides, The Boat Hoist Ride, 31 miles, Head Waters of The Wisconsin River 42 miles, and The Big St. Germain Lake Ride 38 miles all have additional loops for extra mileage. There is no prize for those who finish the ride first! There is a municipal beach on Silver Lake about a mile from the motel and all kinds of opportunities to fish. You might consider bringing a fishing pole. The first ride will start at 9 AM in the parking lot behind the Day's Inn Motel. Make sure you have plenty of water and munchies. There are not many places for water and food on the route. You'll be given a clue sheet and a map for the day's ride. I'll lead a 12-13 mph pace ride similar to last year's Door County Ride. If you have any questions call me (Bob Hinkle) at 259-1423.

# GRABAAWR 2000



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



THE

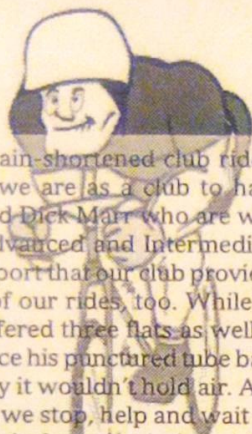


# SP KEN WORD

Newsletter of the  
Arlington Heights Bicycle Association

Sep/Oct 2000  
Volume 29, No. 6

## View from Behind the Bars



As I returned today from a rain-shortened club ride, I thought about how fortunate we are as a club to have members like Earl Horowitz and Dick Marr who are willing to step up and lead our Advanced and Intermediate rides. The camaraderie and support that our club provides are some of the nicer aspects of our rides, too. While en route to the Biloxi Grill, we suffered three flats as well as the ride leader attempting to place his punctured tube back into the tire and wondering why it wouldn't hold air. As a club, it is rewarding to see how we stop, help and wait for each other whenever a mechanical or physical problem occurs. Whether it's Mary's "Up North" Ride, Chris and Dave's Milwaukee Ride, Paula's "Kloser Than Kopps" Ride or one of our now popular Newcomers Rides, our club is lucky to have such members who make our rides so successful. And at our club picnic this summer we were feted with fine food and drink, as well as an enjoyable ride by other AHBA members. As we wheel into the Fall season, it is my hope to see the continuing participation by our club members in our rides like the September "wind free" Manitowoc weekend ride, as well as Marilyn's "Halloween Hullabaloo" ramble.

As I mentioned in last month's newsletter, the club has been looking for prospective nominees for two club offices, president and that of secretary. Roy Euclid and Barb Swasas have placed their helmets into the ring as possible candidates for these positions. (The current officers in the other positions have graciously allowed themselves to be considered for another term in office.) If anyone else wishes to step up and be considered for these important positions, let me know and their names will also be placed on the ballot. This important election will be held at the club meeting of October 25, so it is my hope to see a good member turnout that evening!

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 on the road,

Tom

## Progressive Dinner Ride

On Saturday, September 23, the club will hold its annual Progressive Dinner Ride. The ride will begin at 1806 Azalea Lane in Mt. Prospect and continue, stopping for a different foodstuff at different locations along the way. The ride will finish at 1806 Azalea, where dessert will be served.

What an ideal ride, food at every stop and great conversation along the way. This ride is a relaxed ride perfect for every club member.

If you are interested, call Chris and Dave at 259-7917 before September 18, to RSVP. Call if you have any questions.

## General Membership Meetings

September's meeting will be held on September 27 at Rec Park at 7:30 pm. We will view video footage of Biking to the Extreme, including the Tour de France and other strange biking episodes.

As of now, there is no topic for the October meeting. Check the web page as the fourth Wednesday of October approaches.

Everyone is welcome and you do not need to RSVP. Roy Euclid (437-0442) organizes these meetings and can answer any of your questions.

What would you like to see at a meeting? Roy welcomes your suggestions. If you have an idea, he will try to arrange it, but he needs ideas. Surrender your thoughts to him and your needs will be fulfilled.

# Bicycle Rules of the Road

From The Schaumburg Review, July 13, 2000. Reprinted Courtesy of Pioneer Press

Unlike their four-wheeled counterparts, bicycles can't travel at double the speed limit, which seems to be the fashion among suburban drivers.

But they are their equals when it comes to the law.

"Generally, bicyclists must follow the same rules that automobile drivers follow," said John D'Ambrose, a member of the Arlington Heights' Bicycle Commission.

Sill, state statutes have several provisions specific to bike riders. For example, "No bicycle shall be used to carry more persons than the number for which it is designed and equipped," except when an adult rider is carrying a child securely attached through a back pack or sling.

Also, anybody riding at less than the normal speed of traffic must ride as close to the right-hand curb or edge of the roadway. The only exceptions: the bicyclist is passing another vehicle or bicycle going in the same direction; the bicyclist is preparing for a left turn; the bicyclist is avoiding unsafe conditions; the right lane is too narrow; the road is a one-way highway with two or more marked lanes (in which case a bike rider may ride near the left-hand curb).

The statutes require bicyclists not to ride more than two abreast, except on paths or parts of roadways set aside for bikes. Nor can they carry anything that would hamper their ability to control the bike with both hands.

At night, every bicycle must have a front lamp visible from at least 500 feet to the front and a red reflector on the rear visible from 100 feet to 600 feet when viewed from headlamps on a motor vehicle.

When making a turn, a bicyclist must signal a right or left turn at least 100 feet before turning and while the bicycle is stopped waiting to turn.

Riders using sidewalks are required to yield the right-of-way to pedestrians and give an audible signal before overtaking and passing them. Also, bicyclists using the sidewalk shall "have all the rights and duties applicable to a pedestrian under the same circumstances."

Those are the rules. But are those rules enforced?

Leanne Redden, director of transportation for Schaumburg, said the village hires college students as bicycle enforcement officers. They actually ride bikes themselves, making sure bicyclists follow the traffic rules.

Their role, she said, is not so much to enforce the rules as educate riders. They can ticket adults and children, she said, and a bicycle court is held once a year with the village attorney or senior police officers. Usually, court involves giving information on safety and the rules of the road.

"If we have a really chronic offender, we will have them write an essay on safety," she said.

Schaumburg Police Officer Sandy Olson said the department likes to target youth, because it makes more of an impression.

She said those who are stopped can be given a verbal warning or a ticket. The tickets themselves do not carry fines, since the bike patrol members have no police powers.

If a ticket is given to a child, the department mails a copy to the parents to make sure it reaches them at home.

She said the village issued 35 tickets and 69 verbal warnings in June.

Usually, she said, the parents tell police the incident won't happen again.

Olson said the village reinforces good biking behavior. Schaumburg participates in the Helmets Are Cool program, in which bicyclists who show they wear helmets can receive coupons for free food items from supporting McDonald's franchises.

Do bicycle riders follow the rules?

D'Ambrose, a senior citizen, said more mature riders or those who view bicycle riding as a means of transportation generally follow the rules. Younger riders, he said, are usually less careful.



**SUNDAY, July 25** A congenial group of Evanston, Arlington Heights, and Mt. Prospect club members converged on Harms Woods on a warm, sunny day for the the *Harms Woods - Wauconda Ride*. Jack's superb route started north on the bike trail, soon took us onto the streets of various North Shore neighborhoods, and eventually wound its way westward toward Wauconda.

Those in training for the upcoming GRABAAWR found this ride to be great preparation — 86 miles, with food stops approximately every 20 miles! Would GRABAAWR, however, offer a McDonald's with a buffet brunch?

While Jack's ride certainly simulated the eating demands of GRABAAWR, this ride's tollroad overpasses couldn't begin to simulate Wisconsin's hill-climbing demands. But could GRABAAWR ever hope to match the adventure of a muddy "portage" over a closed road?

The Mt. Prospect and Arlington Heights members proved their non-competitive natures by refusing to meet the challenge set forth by the Evanston members — "We had two flats on the way to Wauconda; your turn!" Graciously, we declined, preferring our excitement in the form of broken water bottle cages and mud-encrusted brake pads.

Air conditioning for overheated riders was gallantly provided by one Arlington member with an over-active water bottle.

-PM





### The Progressive Dinner Ride

35 Miles  
Pace Y

Chris Van Dornick 259-7917

Start this ride at the dessert house at 1806 Azlea Lane in Mt. Prospect. Take Euclid, east of Wolf Road, to Burning Bush. Turn right (south) on Burning Bush to Azalea. Turn right on Azalea (west) to 1806. This ride will travel from stop to stop, eating along the way. Dessert will be served at 1806 Azalea at the end of the ride (not the beginning). Call Chris at 259-7917 before September 18 to RSVP.

The North Shore ride

50 Miles  
Pace Y

Dave Van Dornick 259-7917

Ride through the North Shore area with lunch in the park on this mostly flat ride. Begin from Cornelia Lunt Park in Evanston. Cornelia Lunt Park is located 2 blocks south of Golf (Emerson) and East of Sheridan Road at the intersection of Church and Judson Streets.

## Tuesday Night Rides

will continue through September

## Intermediate Rides

The Intermediate Rides will continue on Saturdays through September. They begin at 9am from Frontier Park.

Following is a list of the Ride Leaders and the dates of their rides.

September 2 - Pat Herrmann  
September 9 - Marty Rouse  
September 16 - Roy Euclid  
September 23 - Tom Drabant  
September 30 - Paula Matzek

### The Manitowoc Ride

70 or 50 Miles-Saturday  
35-40 Miles-Sunday  
Pace Y+

Chris Van Dornick 259-7917

Come visit Chris and Dave's hometown. 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. Call Chris and Dave for Hotel information.

North Shore Century

25, 50, 62, 100 Miles

Evanston Bike Club 866-7743

The North Shore Century leaves from Dawes Park. To get to Dawes Park, take Dempster St. east to Forest, then north about four blocks to Church Street. This ride offers routes of 25, 50, 62 and 100 miles on flat to rolling roads.

As always, there will be road monitors on bicycles, as well as sag wagons patrolling the course.

There will be food at rest stops every 15 to 18 miles along the route. These stops will include high-carb foods, water and sports drinks. 25-mile riders will be able to enjoy ice cream.

Harmon Hundred

35, 65, 100 miles

Wheeling Wheelmen 520-5010

www.wheelmen.com

Organized by the Wheeling Wheelmen, this ride has a new starting point at the Wilmet Mountain Bike and Skate Park in Wilmet, WI. The ride covers 35 scenic, 65 rolling, or 100 challenging miles through southeast Wisconsin. The cost is \$10 pre-registration (before September 1) or \$15 the day of the ride.

The fee entitles you to well marked routes, cue sheets, SAG support, friendly volunteers, and our "FAMOUS" rest stops that serve sushi and submarine sandwiches along with many other cycling-friendly goodies.

### 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.

Liberty Metric Route

65 Miles  
Pace Y

Jack Edwards 570-0495

Leave from Dan Wright School at 9 am. Dan Wright School is located on Riverwoods Road, about 3/4 mile north of Route 22 (Half Day Road). Lunch in McHenry on this ride with travels through rolling hills and the country side.

Deerfield Bakery Ride-Special Edition

40 Miles  
Pace Y+

Chris Van Dornick 259-7917

For the 9-5 group who can't normally make these weekday rides, come out on Labor Day. Park in the Funeral Home lot just south of the Bakery which is on Buffalo Grove Road at Checker Road in Buffalo Grove.

The Burlington Ride

60 Miles  
Pace Y+

Greg Konieczny 398-4633

Yes, there are some hills on this rural jaunt through southern Wisconsin. Good eats in Eagle and custard at the finish. Leave from Riverside Park in Burlington.

#### President

Tom Drabant  
397-4213 tdrabant@aol.com

#### Vice President

Dave & Chris Van Dornick  
259-7917

#### Secretary

Milo Plavec  
539-2883

#### Treasurer

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#### Newsletter Mailing

Jim Stromaker  
259-1692

#### Bike Swap

Al & Jeanie Galt  
392-1547

#### Refreshments

Barb Swasas  
459-9665

#### Arlington 500

Greg Konieczny  
398-4633

#### Meeting Program

Roy Euclid  
457-0442

#### Safety Chairman

Bob Hinkle  
259-1423

#### Web Site

Cindy Trent

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

#### AHBA Ride Hotline

255-3448

#### Web Address

http://www.geocities.com/Colosseum/Minfield72543

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

# October

1	2	3	4	5	6	7
		Bakery Ride 9 am		Bakery Ride 9 am		The Old Fashioned Ice Cream Ride 9 am - FP
8	9	10	11	12	13	14
		Bakery Ride 9 am		Bakery Ride 9 am		The Hilly Hundred Bloomington, IN Local Ride TBA
15	16	17	18	19	20	21
The Hilly Hundred Bloomington, IN		Bakery Ride 9 am		Bakery Ride 9 am		The Whyanon Ride 9 am - FP
22	23	24	25	26	27	28
The Abbreviated Heistroke Hundred 9 am - Burlington, WI		Bakery Ride 9 am	Membership Meeting OFFICER ELECTIONS 7:30 pm - RP	Bakery Ride 9 am		Halloween Ride 9:30 am - Pastoria, Elk Grove
29	30	31				
		Bakery Ride 9 am				
		September				
		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				
		September				
		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				
		November				
		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				

S M T W T F S

ADVANCED RIDES appear in bold/italic  
INTERMEDIATE RIDES appear in italic  
NEWCOMERS RIDES appear in normal

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

President  
Tom Drabant  
397-4213 [tdrabant@aol.com](mailto:tdrabant@aol.com)

Vice Presidents  
Dave & Chris Van Dormick  
259-7917

Secretary  
Milo Plavec  
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Treasurer  
Ron McPherson  
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Membership  
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Arlington 500  
Greg Konieczny  
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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.

The Old Fashioned Ice Cream Ride  
47 Miles  
Pace Y

Greg Konieczny 398-4633

Ride out to the northwest for an old fashioned ice cream experience. Begin at Frontier Park.

Hilly Hundred  
30-50 miles each day  
CIBA 317-767-7765 [www.cibairide.org](http://www.cibairide.org)

The two day event is held in the scenic hills of southern Indiana with challenging terrain with several short, but steep hills. Saturday's ride offers an option of a 40 or 50 mile loop. Sunday offers a 30 or 50 mile loop. Travel through Morgan-Monroe State Forest with beautiful lakes, hills, and colorful, thick forest. Travel through scenic Brown County, Lake Lemon and the charming town of Nashville, Indiana. The ride starts in Bloomington, IN, the home of Indiana University and Bobby Knight (watch out for flying chairs).

The Wheaton Ride  
55 Miles  
Pace Y

Chris Van Dormick 259-7917

Ride south and west on some trails, but mostly roads. Begin at Frontier Park.

The Abbreviated Heatstroke Hundred  
67 Miles  
Pace Y+

Glenn Sulser 262-537-2089

Follow the route of the Heatstroke Hundred (July 9). Glen will lead through some rolling to rough terrain. Start in Burlington, WI from Glenn's house. Call for directions.

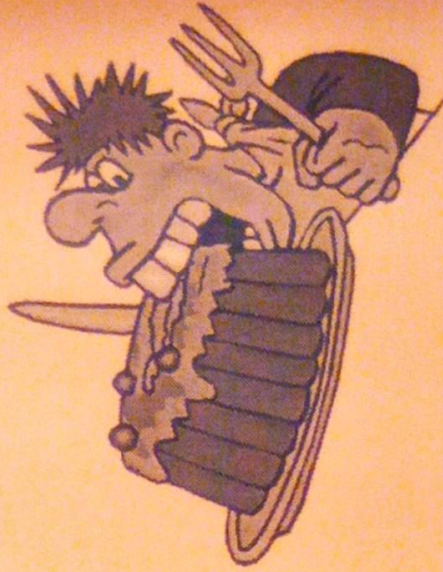
The Halloween Ride  
35 Miles  
Pace Y

Marilyn Wilkerson 439-4496

Come on out for this annual event. Costumes are not required, but encouraged. BE CREATIVE. We will ride through several area cemeteries, perform our Presidential Ritual to inaugurate a new president, and then return to Marilyn's for Chili and her famous pumpkin bars. Please RSVP by October 25 to Marilyn.

## Coming Soon: The Annual Banquet

Stay Tuned for Details



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

# Screwed

by Bob Hinkle

We received the ominous warning before we started the Biloxi Ride. One of the walkie talkies was not working. That meant that the sweep couldn't alert the ride leader to problems encountered by those riding in the back of the pack. And problems we did have.

We had gone only a few miles when Earle had his first flat tire. Fortunately everyone was in shouting distance and stopped. Fifteen minutes later we were on our way again. The ride leader picked up the pace and the group was strung out going down Cuba Road. He couldn't hear the shouts of the sweep and turned down Old Farm Road leaving half of the group at Cuba Marsh. Earle had another flat tire. Of course it was the ugly rear tire with the dirty, greasy free wheel and chain. Earle put on his surgical gloves to keep his hands clean (smart move). Out came the old tube and in went the new tube. We used my new Topeak pump which can be used like a floor pump to inflate the tire. The tire was put on the bike and the tools packed. Earle got on his bike and got off the bike. The back tire was flat. All of Earle's tubes had holes in them. Now you know why I carry patches as well as two spare tubes. We patch one of the tubes and after checking the tire and rim Earle put the tube back into the tire. I again used my Topeak pump to inflate the tire. But I could only get 100 psi into the tire. That would have been more than enough pressure to complete the ride. However it soon dropped to 90 psi, 80 psi, 70 psi, I think you got the picture. Off comes the tire and out comes the tube. Tom said, "Hey Earle didn't you patch that tube before you put it

into the tire?" I bent over and picked up a tube that was laying on the ground. It had a patch on it. Remember once you patched the tube put it into your tire not the tube that still has the hole! The patched tube went flat while being inflated. After close examination of the rim we found a tiny hole in the rim tape at the head of a spoke. We padded the hole with strips of duct tape. Duct tape is something I always carry in my bag. Earle borrowed a new tube and this time we were successful and the tire remained inflated. We had been at Cuba Marsh about an hour. We knew we weren't going to catch the other half of the group so we decided to modify the route and not go to the Biloxi Grill. The only problem with this was that two people in the first group had given Earle their wallet and another their car keys to carry. After this experience maybe they will get their own bike bag or at least make sure they ride with the person carrying their things!

As bad as this was they were not screwed. I was. While going down Miller Road I heard a clicking noise coming from my tire. I stopped and there protruding from my back tire was the head of a one inch wall board screw. I had to use my Philip head screw driver to get it out. I put another tube in and inflated the tire. It took about 10 minutes. To the west the clouds were gathering as we headed down Old McHenry Rd. We had planned to eat at a tavern overlooking Forest Lake but a couple of drops of rain urged us on. By the time we got to Lake Cook Rd. the rain meant business and we threw up rooster tails of water going the rest of the way back to Frontier Park.

## It's In The Bag Watch Out for Road Hazards

by Bob Hinkle

If you ride a bicycle long enough you'll get a flat tire. Therefore, I carry the tools needed to change a tire. I carry two spare tubes, a patch kit, tire levers, and a frame pump. Make sure the tube you carry is the proper size and has the correct valve stem for your wheel!

Why do I carry two tubes? I have gotten three flats on one of my rides. At least I didn't have to use my patch kit for the first two flats. Why carry a patch kit? Because you might have more flats than tubes. Instead of the standard tire levers I carry Crank Bros. Speed Levers. This tool makes job of getting the tire off and on the rim easy and reduces the chance of pinching the tube. My frame pump, Topeak Morph, converts into a floor pump with built in gauge. I can actually pump up my tires to 120 psi using this frame pump.

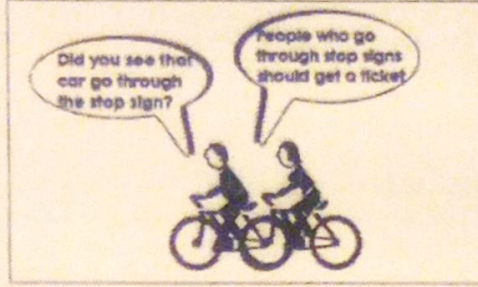
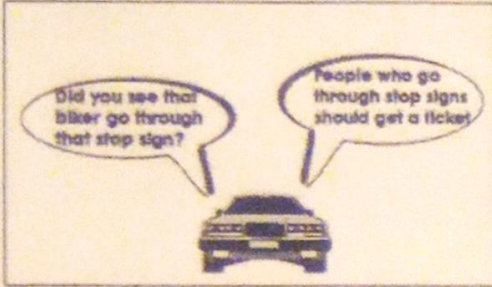
If you had a flat tire on your ride don't forget to patch your tube when you get home. Before you put the patched tube back into your bag check it for leaks by inflating the tube and hold it under water. If no bubbles rise to the surface your tube is ready to use again. I learned from experience to always check to make sure that the tubes I patch do not leak air.

by Bob Hinkle, Safety Chairman

In June another AHBA member crash while several miles from the Deerfield Bakery on Buffalo Grove Road. He was hospitalized for four days with a hairline fracture of his pelvis. As of this report he is going to rehab and is still quite sore. As to why he fell, he doesn't know and since he was at the back of the pack no one saw him fall. The speculation is that he got his tire caught in the crack between the road and the paved shoulder. I can't say enough about watching for road hazards (holes, broken and uneven pavement, debris, water, mud and gravel). Give yourself time to react to road hazards. Make sure that you can see the pavement ahead of you. If this means slowing down or backing off from the rider in front of you then do it. Don't think accidents happen only to the other guy.

## Different Perspectives

By Bob Hinkle



See Rules of the Road story on page 2

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



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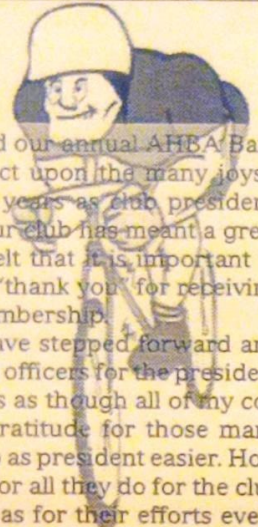


# SPOKEN WORD

Newsletter of the  
Arlington Heights Bicycle Association

November/December 2000  
Volume 29, No. 7

## View from Behind the Bars



As we ride into November and our annual AHBA Banquet, it gives me pause to reflect upon the many joys I have experienced the past two years as club president. Having been allowed to serve our club has meant a great deal to me and I have always felt that it is important to give back some of yourself as a "thank you" for receiving so many benefits from one's membership.

A number of our members have stepped forward and offered their services as possible officers for the president and secretary positions. It seems as though all of my columns appear to be letters of gratitude for those many members who have made my job as president easier. How can I not thank Chris and Dave for all they do for the club with the rides they lead as well as for their efforts every summer at our annual picnic? Those people who lead the rides like the Intermediate rides, and the Newcomers rides as well as the Advanced rides every weekend are to be graciously thanked as well. Our signature ride, the "Arlington 500," has always been so well coordinated every year by Greg Konieczny that I think we sometimes forget what a wonderful job he does in organizing the club invitational. Dick and Cindy Trent did a wonderful job in editing this newsletter and should be thanked too, for the job Cindy does in maintaining our AHBA web site. Milo Plavec has also done a great job as club secretary in writing up

the club minutes from every meeting and Ron McPheron is to be commended as club treasurer in overseeing our club's funds. Cecily Rood has done an admirable job in her efforts as membership chairperson, as has Jim Shoemaker in helping new members in their rudimentary bicycling efforts. Of all the people to whom the club's gratitude should be offered, Al and Jeannie Gain should receive a great deal of thanks for their efforts in running the annual AHBA SWAP, our chief fund raiser. Besides the many members who volunteer their time at the SWAP, Al and Jeannie have spent countless hours in coordinating, planning and running this event to ensure its continued success. Many of these members will be thanked at our November Banquet when we will also introduce the new club officers.

And finally, I wanted to offer this quote from A. Conan Doyle:

"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."

Thank You, Arlington Heights Bicycle Association

Tom Drabant

**Thanksgiving Day Ride**  
9:30 am  
Rec Park  
25-30 miles  
Dave and Chris  
259-7917

**Elgin Ride**  
November 4  
9:30 am  
Elk Grove Pavilion  
45 miles

**Show 'n Go Rides**  
10 am  
Every Saturday  
Frontier

**coming SOON**  
see inside for more details

**Amishland and Lakes Ride**  
July 17-July 19, 2001  
Bob Hinkle

**New Year's Day Ride**  
Noon  
Tom Drabant's House

**Banquet**  
November 18, 2000  
Brunetti's Resteraunt  
6:30 pm

**Membership Meeting**  
October 25, 2000  
Election Night

**End of Season/ Closed Door Sale**  
November 12, 2000  
Arlington Bicycle Company  
Amling's Cycle & Fitness  
Bob's Bike Shop  
10am-3pm

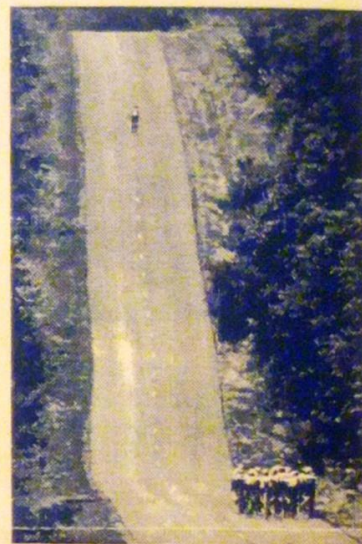
**Eagle River Ride**  
August 15-17, 2000

We had 26 riders show up for three days of riding through the north woods of Wisconsin. The first days ride took us to the Burnt Rollways Boat Hoist. There we watch a boat being picked up out of one lake and carried by a hoist on railroad tracks across the road and lowered into another lake. It was a beautiful riding day with great scenery and low volume

traffic roads. Most riders took the extra loop ending up with 55 miles. Day two was another sunny warm but not hot day. Half the riders elected to stop at eat lunch at the Liars Restaurant on the shore of Big St. Germain Lake the other group were in a hurry to attack the small rolling hills on the long route. It was cold and drizzling when we got up for our last day's ride. Half the riders went home early but by 10:00 am the drizzle stopped and the



roads dried quickly and it was off to the Headwaters of the Wisconsin River. We stopped at a mini-mart in the town of Land O' Lake. I asked the clerk if the store was in Wisconsin or Michigan. The reply was, "It depends where you stand. This side of the white line on the floor is Wisconsin and that side is Michigan." We stopped briefly at the small park on "Lac Vieux Desert" to see the start of the Wisconsin River come tumbling over a small dam. We encountered some good size hill in this area but were encouraged when we saw Dick Marr's messages scrawled in the gravel shoulder at the top of the tallest hills. Dick didn't stop for lunch and was ahead of us. Again we had great scenery, low volume traffic and because of the cool temperature we didn't sweat much going up the hills.



## Get a jump on your Holiday shopping!

On Sunday, November 12, Arlington Bicycle Company, 45 S. Dunton, downtown Arlington Heights (2 blocks west of Arlington Heights Road and 1 block south of Northwest Highway); Amling's Cycle & Fitness, 8140 N. Milwaukee, Niles (between Oakton and Dempster); and Bob's Bike Shop at 141 S. Vine, downtown Park Ridge (2 blocks south of Touhy and Northwest Highway), will be holding their combined "End of Season/Closed Door" sale.

This sale will feature merchandise at unheard of savings and include bicycles, clothing, parts and accessories, tires, tubes, helmets ... if it's in the store, it's on sale!!!

The sale will start at 10 am and end at 3 pm (or when everything in the stores is sold!). Admission to this sale is open to bicycle club members or anyone willing to join a bike club on the spot (or show up with a donation of \$5 in canned goods for the local food pantries). In lieu of the normal 10% club discount given on parts and accessories, 5% of the total spent at the sale will be donated to the Chicagoland Bicycle Federation! Don't miss this one!!!!!!!

For information on Arlington Bicycle Company, see [arlingtonbicycle.com](http://arlingtonbicycle.com) and for Amling's Cycle & Fitness, see [amlingscycle.com](http://amlingscycle.com).



coming SOON

## AHBA Annual Banquet

The banquet will be on November 18, 2000, at Brunetti's Restaurant, 1250 S. River Road. Cocktails will begin at 6:30 and dinner at 7:30. The cost is \$12.00 per person. Please send checks to Ron McPheron payable to AHBA. Ron's Address is 1806 Azaela Ln, Mt. Prospect 60056. Deadline to RSVP is November 11. The easiest way to get to the restaurant is by taking Palatine Road (Willow) to Milwaukee Avenue exit south. The restaurant is just south of where Milwaukee Avenue splits off from River Road.

## Elgin Ride

November 4  
9:30 am

Greg K. will lead this 45 mile ride which will leave from the Pavilion in Elk Grove. The ride will be Y Pace. Call Greg at 398-4633 if you have questions.

## AHBA Amishland and Lakes Ride

If you liked the Door County Ride and / or the Eagle River Ride you'll probably like the ride Dick Marr and Bob Hinkle are planning for the AHBA next summer. The three day ride will be from Tuesday July 17 through Thursday July 19, 2001. The routes will take us through the Amishlands of northwestern Indiana and lakes of southern Michigan. At the present time we are trying to get a group discount at one of the motels in the area. Mark the ride on your calendar. There will be more information in upcoming newsletters. For information call Bob Hinkle at 259-1423.

## New Year's Day Ride

January 1, 2001  
noon

Once again, Tom Drabant will provide his always famous and delicious CHILI. Please bring something to share. We will ride at noon from Tom's house (5225 Old Plum Grove Road in Palatine), weather permitting. Then we eat!! Whether we ride or not, we will eat and celebrate the new year. RSVP to Tom by December 22 at 397-4213 or 397-4497.

# It's In The Bag

by Bob Hinkle

This is the last in the series of "It's In The Bag" because after this article the bag is empty. I never realized I packed so much stuff until I started writing this article. But it's all essential and it stays in the bag.

I carry an assortment of tools including a chain break tool which has been used by myself and various members of the club. Chains have been known to break. By removing the broken link and repining the chain, we were able to continue the ride, but with a slightly shorter chain. I carry a spoke tool which I used to true my wheel after I

broke a spoke out in the middle of nowhere in Minnesota.

Waterbottle cages, back rack saddle and headset adjustments usually have bolts that require the use of an Allen wrench. It seems that bike accessories become loose only when riding. Therefore if you got the tool you can tighten the part back down. My Allen wrenches also have both a standard and Philips screw driver in the kit. A small crescent wrench and small narrow nose pliers round out my tools.

# Don't Wave

By Bob Hinkle

While I was on a AHBA ride we came to a stop sign at a busy street. A driver saw us waiting for the traffic to clear the intersection. Even though he had the right-of-way he stopped and waved us across. The driver coming from the opposite direction however did not stop. Had we tried to cross the road when being waved across, we would have put ourselves in danger of being hit by a car coming from the opposite direction.

This is not just a problem caused by car drivers. We came to a four way stop sign at the same time a car arrived. The

first rider waved the car on at the same time another rider was passing the first rider. Had the driver of the car proceeded when he saw the biker waving him on the other rider could have been hit.

The solution is to follow the traffic rules. If you get a stop sign then stop. Wait for and then take your turn. Remember if you're with a group of riders or there are several cars, everybody may not see the wave or know what it means.

# 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

