

THE

Arlington Heights Bicycle Association  
January/February 2001  
Volume 30, No. 1



# SPOKEN WORD

## Pertinent Paragraphs from the Presidents



Karen Zmrhal and Roy Euclide are your presidents for the 2000-2001 season.

We wish to conduct board meetings as informal discussions on the fourth Wednesdays of January, February, March, April, September, and October at 6:30 p.m. Board meetings are the time to present your ideas about programs, social events, money, etc. We encourage all members to become part of this decision making process. You may examine the current bank statement and read the minutes of previous meetings. We are interested in your ideas. A formal voting meeting will follow where we need membership authority. The presentation and formal voting part of the meeting will begin at 7:30 p.m. at Recreation Park in Arlington Heights.

Marilyn Wilkerson will present a program about her cross-country bicycle trip during the January meeting. Please come and join us to hear all about her exciting adventures.

Thanks to all of you who volunteered your services for the various positions that make the AHBA a great club with many special social events. We want to give a special thank you to the newer members who offered their services.

If anyone has any new and "brilliant" ideas that you would like to have the club think about doing, feel free to call Karen at 397-1499 or Roy at 437-0442 or any other board member. We are always willing to entertain new ideas.

Start your weekend with a bit of fresh air before you settle in for the weekend on those "must do" chores. As winter is upon us, there is no need to give up your biking. We hope Santa brought you some warm winter bike clothing (remember to layer your clothing) and join us on Saturday mornings at 10:00 a.m. at Frontier Park for the Show-n-Go rides. We will be riding provided the temperature is 32 degrees and there is no snow on the streets.

Become a "do it now" person. The world is out there waiting to follow those who have faith to move ahead.

Who are your friends? Your companions are like the buttons on an elevator. They will either take you up or they will take you down.

HAVE A WONDERFUL YEAR!!

**Presidents**

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kz2000@mediaone.net  
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Roy Euclide  
(847) 437-0442

**Vice Presidents**

Dave & Chris VanDornick  
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**Safety Chairman**

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(847) 259-1423

**Web Site**

Cindy Trent  
ctrent@dist214.k12.il.us  
(847) 392-6750

**AHBA Ride Hotline**

(847) 255-3468

**Web Address**

<http://www.geocities.com/colosseum/midfield.2543>

## AHBA Membership Meetings every 4th Wednesday of the Month at Recreation Park 7:30 p.m.

**January 24, 2001**

There will a Board Meeting at 6:30 p.m. before the Membership Meeting. All members are welcome!

The Membership Meeting will begin at 7:30 p.m. The program will be a presentation by Marilyn Wilkerson about her cross-country trip.

**February 28, 2001**

There will a Board Meeting at 6:30 p.m. before the Membership Meeting. All members are welcome!

The Membership Meeting will begin at 7:30 p.m. The program is tentatively scheduled to be a demonstration on fixing a flat tire. Presenter is yet to be determined. You are encouraged to BYOT. Call Roy Euclide (437-0442) with any questions or comments.

**Amishland & Lakes Ride Update**

July 17-19, 2001

Bob Hinkle (259-1423)

This is not a beginner's ride. Each day's ride will contain a short (about 30 miles) and long (about 60 miles) route. We will furnish you clue sheets and maps once you arrive. Remember you must make your own reservations. Let me know if you are going, so when it's time to make the maps and clue sheets, I'll know how many to make.



The Super 8 in Howe, IN is holding (until July 1) 20 rooms for the nights of July 16, 17, 18 (M, Tu & W). If you wish to stay on the 19th, tell them when you make your reservation. Rates will be \$65 + tax for 2 people, or \$55 + tax for 1. To get these rates, we need to use 10 of the rooms. Phone (219) 562-2828 Identify yourself as being with AHBA.

**CLUB RIDES****Deerfield Bakery Ride**

25-32 Miles

Pace Y+

Bob Hinkle (259-1423)

The Bakery ride starts at 9:00 a.m. 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 (12-15 mph) and an X pace group (16+ mph) 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.

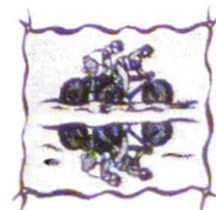
**Show-n-Go Rides**

Distance TBD

Chris & Dave VanDornick  
(259-7917)

Pace Y (12-15 mph)

As long as the roads are dry (without snow) and the temperatures are above freezing these rides leave every Saturday from Frontier Park (Kennicott and Palatine Roads) at 10:00 a.m.



**10th ANNUAL MIDWEST CONSUMER  
BICYCLE SHOW**  
February 16-18, 2001  
Donald E. Stevens (Formerly Rosemont)  
Convention Center

**Volunteers Needed**

CABDA is looking for volunteers to help staff the Closeout Center, Goodie Bag Area and the Bike Corral by the Test Ride Area. They need people to help with set up on Thursday, February 15, tear down when the show closes, stocking the tables and running the cash registers during the show for the Closeout Center. The Goodie Bag Area just needs to have the goodie bags placed on the tables and the Bike Corral needs to have volunteers helping consumers pick out the bikes they want to ride and making sure they all wear helmets.

Volunteers will work a 4 hour shift in exchange for free admittance to the show, first choice and a 10% discount on Closeout Center items, and their parking fee reimbursed with their paid parking ticket.

For more information and to sign up, please call Dawn Post at (708) 798-2004 or e-mail [cabdadawn@aol.com](mailto:cabdadawn@aol.com)

If you missed Paula's recitation at the banquet, it's reproduced below.

**TOP TEN REJECTED GRABAAWR  
JERSEY SLOGANS**

10. Deerfield's, McPhersons', Wilkersons' — so many baked goods, so little time.
9. Team Arlington — Our group keeps growing; must be all the calories.
8. Arlington HEIGHTS — we're good on hills but not as good as those people from MOUNT Prospect.
7. Team LITE SPEED.
6. Team Arlington — our women are NOT floozies.
5. Team Arlington — tackier than St. Mary's Road.
4. Save Ruckus the Moose.
3. Notice that the color blind guy no longer picks out our jersey colors.
2. Team Arlington — hotter than Dave's Insanity Sauce.
1. GRABAAWR Tri-athlete — biking, swimming, and curling.

DON'T MISS THE EXCITING  
CABDA  
Midwest  
Consumer  
Bicycle Show



**February 16-18, 2001**

Donald E. Stevens Convention  
Center  
Rosemont, Il.

Friday, February 16 5 pm-9 pm  
Saturday, February 17 10 am-7 pm  
Sunday, February 18 10 am-4 pm

Take advantage of the 1000's of  
bargains at the  
Closeout Center



**1 Off** New Products,  
**Coupon** Freestyle Shows,  
Demonstrations,  
Exciting, Informative  
Seminars,

Presenting: Sally Edwards, best-selling author, world-class athlete, fitness expert, professional speaker & entrepreneur Saturday, Feb. 17, 1 pm and Sunday, Feb. 18, 2 pm speaking on "How to ride better using a heart rate monitor" and "For women, how to have more fun on a bike".

Use this coupon for \$1 Off at the Bicycle Show



**Sale!**

Cyclops Wind Trainer. Turns a regular bike into an exercycle. \$125 or best offer.  
Call Mary at 708/383-0282 or [marymavis@aol.com](mailto:marymavis@aol.com)



Don't run from your problems, riding is much faster.  
Ed.

## First Crash

by Bob Hinkle, Safety Chairman



Our new riding season officially began after the November 18 banquet. On the Thanksgiving Day ride, November 23, our first crash of the new season was recorded. It occurred on the way out of the Arlington Heights downtown parking garage. There was a tar filler in the gap between two sections of cement. The tandem's front wheel struck the tar as the cyclist was turning. Aside from some bruises, there were no major injuries. Arlington Heights and neighboring communities many times will enlarge cracks in the street and then fill the cracks with tar. Bike tires can drop down into the depression between these cracks causing the cyclist to fall. In the summertime the tar can become mushy, or when wet, become slippery which also can lead to falls. Avoid riding parallel on these cracks; cross them at right angles.

## Watch Out for Frost

By Bob Hinkle, Safety Chairman

On the Show-n-Go ride Saturday, November 25, I noticed that the streets were wet even though it hadn't rained. During the winter months it is not uncommon for condensation to form on the cold roads when warm moist air moves into the area. It's the same effect one gets when he takes a cold can of pop out of the refrigerator on a hot humid day. Condensation forms on the can. As long as the temperature remains above freezing there is usually no problem. But, as the temperature drops, the condensation may freeze and develop into icy patches on the surface of the road. I have gone out riding on bright sunny winter mornings with hardly a breeze blowing. The roads appeared to be clear and dry. However, in shaded sections, I have discovered the roads covered with frost. If you ride during the winter, watch out for frost on the road, particularly during the morning and in shady areas of the road.



## The Heat Stroke Revisited

By P.L. Matzek

Nine riders from two different states met in New Munster, Wisconsin on October 22, 2000 to ride Glenn's adapted version of the Heat Stroke invitational ride. The day was sunny with temperatures in the upper 60's, and the route brought us through some gorgeous "autumn in the country" scenery. We experienced some rolling hills, but most of the riders couldn't figure out why one of the newsletters had described the route as "rough." Even the famous "Cindy's Hill" on Highway KD didn't faze us much. In fact, two riders enjoyed it so much that they actually did it twice.

In reality, Glenn's version of the ride should probably be named the breakfast in Burlington and lunch in Rochester. Four of the riders definitely covered two of the GRAABAWR tri-athlete sports: biking a little too cool for swimming.



"EAT Stroke," since it included both even went out to dinner! O.K., so we and eating. Unfortunately, it was just

**MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION**

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

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

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

In signing this release for myself and/or all named participants 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 release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned, arranged, sponsored or otherwise participated in by the Arlington Heights Bicycle Association

Signature \_\_\_\_\_ Date \_\_\_\_\_

**SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP**



Family Members under 18 yrs \_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_

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

*Membership is now \$10.00 for both individual and family.*

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



THE



# SPOKEN WORD

Arlington Heights Bicycle Association  
March 2001  
Volume 30, No. 2

## Pertinent Paragraphs from the Presidents



It has been a L-O-O-O-N-G winter, but **SPRING IS COMING!!!** So says the calendar. With winter starting so early, there have been few days with streets clear of snow and/or ice and temperatures above freezing to ride this year. Remember the Show-n-Go rides begin at Frontier Park at 10:00 a.m. through the end of March. The Deerfield Bakery rides are still going on Tuesday and Thursday mornings at 10:00 weather permitting. Warm up in the bakery afterward. Hopefully you have found other ways to keep in shape—maybe cross country skiing or walking for outdoor sports or swimming or aerobics for indoor sports. If you are not in shape, it is time to start thinking about it, as biking season will soon be upon us and there will be plenty of types of rides to offer you. The Saturday X and Y paced rides will begin in April. Tuesday night rides start April 3. Jim Shoemaker has again volunteered to do the slower paced rides on Sunday mornings. There have been many social rides planned. Some of you have longer rides such as GRABAAWR and RAGBRAI planned for 2001. Watch the newsletter for the starting date of all upcoming rides. Check the schedule inside the newsletter for scheduled ride dates.

The General Club Meetings will be on the fourth Wednesday of each month through May at 7:30 p.m. The same night will be the Board Meeting at 6:30 p.m. Please feel free to join us and bring fresh ideas and suggestions. The March meeting will feature a presentation on bicycle maintenance.

Anyone interested in biking and getting paid for it? The Chicago Bike Federation has been asked by the City of Chicago to start a **Bicycling Ambassador** program. See article inside for more information.

Hope to see you on the road soon!

Karen

We would like to thank Marilyn Wilkerson for her great presentation at the January Membership Meeting on her trip from California to New Hampshire in the summer of 2000.

The Emil Donkers Helmet Program continues at Windsor and Patton Schools. Each month AHBA buys a bicycle helmet for a deserving student at each school. I always ask the winners to promise they will wear the helmet whenever they ride a bicycle regardless of trip length.

Roy

*\$ Cash Only \$* *\$ Cash Only \$*

## BICYCLE SWAP 2001

It's Like a Large Garage Sale  
Saturday April 28 & Sunday April 29  
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. It gets tagged with your price. You need not stay with the bike, however, you must pick up the bike 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

Kennicott & Palatine Rds  
Arlington Heights IL





21st Annual Swap  
Arlington Heights Bicycle Association  
for information: 847-250-3400

**\$ CASH ONLY \$    No checks    No credit cards    \$ CASH ONLY \$**



**Presidents**

Karen Zmrhal  
*kz2000@mediaone.net*  
 (847) 397-1499  
 Roy Euclide  
 (847) 437-0442

**Vice Presidents**

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 (847) 259-7917

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**Treasurer**

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**AHBA Ride Hotline**

(847) 255-3468

**Web Address**

*http www.geocities.com*  
*colosseum.midfield.2543*

**AHBA Membership Meetings  
 every 4th Wednesday of the Month  
 at Recreation Park 7:30 p.m.**

**March 28, 2001**

There will a Board Meeting at 6 30 p.m. before the Membership Meeting. All members are welcome!

The Membership Meeting will begin at 7 30 p.m. The program will be a presentation on bicycle maintenance.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

★ **AHBA Top Mileage Riders** ★

★ (November 1, 2000 - January 31, 2001) ★

	<u>Miles</u>
★ 1 Christine Van Dornick	★ 361
★ 2 David Van Dornick	★ 328
★ 3 Greg Konieczny	★ 208
★ 4 Bob Hinkle	★ 136
★ 5 Paula Matzek	★ 116
★ 6 Harlan McDaniel	★ 116
★ 7 Patty Stephens	★ 116
★ 8 Gary Gilbert	★ 79
★ 9 Earle Horwitz	★ 75
★ 10 Tom Wilson	★ 74
★ 11 Bob Pletch	★ 59
★ 12 Cindy Trent	★ 58

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Last Show-n-Go Ride on  
 March 17**

**Distance TBD**

**Chris & Dave VanDornick  
 (259-7917)**

**Pace Y (12-15 mph)**

As long as the roads are dry (without snow) and the temperatures are above freezing these rides leave every Saturday from Frontier Park (Kennicott and Palatine Roads) at 10 00 a.m.

The Great Ohio Bicycle Adventure (GOBA) is the week of June 16-23, 2001 A loop of 321 miles+ in southeastern Ohio where it will definitely be hilly 2 nights are spent in Marietta, Ohio giving an option of riding 0, 65 or 93 mile loops in addition to the 321 miles Cost is \$125 Check out their website <http://www.goba.com>.

The Lighthouse Tour is July 13-20, 2001 A tour of Nova Scotia starting with an overnight ferry boat ride from Portland, Maine to Nova Scotia. Approximately 350 miles. Cost is \$375 Check out their website <http://www.canamwheelers.com>.

Gary Gilbert has signed up for both of these rides If anyone interested in joining him, he's at 577-4275 or [garygilbert@home.com](mailto:garygilbert@home.com).



**Hinckley Springs Ride For Your Health  
 Women's Bike Racing and Health Awareness Camp (May 18-20, 2001)  
 Freeport, IL**

Arrive Friday evening. Saturday there will be a short group ride along with instruction in time trial starts, turn arounds, bike position, practice a 5-10K time trial. There will be discussions on nutritional and hydration needs of women, basic bike maintenance and repair, cardiovascular risks for women. On Sunday, you will drive to Cedarville, IL to participate in a MATTS—20K Time Trial Race. For more information, please call Barb Swasas at 891-2554 or e-mail at [powerbarb@msn.com](mailto:powerbarb@msn.com), or call Jean Tschampa at 630/790-9488 or e-mail [IBRSchool@aol.com](mailto:IBRSchool@aol.com).

## AHBA Ride Schedule

Date	Time	Ride Name	Type*	Starting Point	Directions/Description	Miles	Leader Phone #
Every Tues & Thurs	10:00 am Until 5/1	Deerfield Bakery Rides	C	Deerfield Bakery	The Bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N of Lake-Cook Rd. Parking at the rear of the Grove Memorial Chapel. Enjoy the goodies at the bakery after the ride.	25/Tues 35/Thurs	No ride leader - call Bob Hinkle (259-1423) for info. Joint ride with Wheeling Wheelmen.
Sat 3/17	10:00 am	Last Show-N-Go Ride	A	Frontier Park <sup>1</sup>	(See Page 2)	TBD	Chrs & Dave Van Dornick (259-7917)
Sun 3/18	Register 8:30 am to 11:00 am	St. Pat's Ride	C	Wauconda Apple Orchards	Gossell Rd., 1/2 mi. off Fairfield, North of Rte. 176. \$5 Fee. To ride as club meet at 10:00 am.	17/ 34	Wheeling Wheelmen Sponsors Hotline 520-5010
Sat 3/24	9:30 am	Woodfield/Wyndham Woosh	A	Frontier Park <sup>1</sup>	First Scheduled Ride. A jaunt to the south w/many lunch options.	30	Chrs & Dave Van Dornick (259-7917)
Sat 3/31	9:30 am	Long Grove Tune Up	A	Recreation Park <sup>2</sup>	The ride will proceed to the first rest stop in Long Grove. Breakfast/lunch at Granny's after the ride.	28	Chrs & Dave Van Dornick (259-7917)
Sat 4/7	9:30 am	Lake Opeka/Twin Lakes	A	Recreation Park <sup>2</sup>	A trip around Lake Opeka hidden in Des Plaines. Reacquaint yourselves with ArlHts, DesPl, MtProspect on the way. Breakfast/lunch at Granny's after the ride.	30	TBA
Sat 4/14	9:00 am 10:00 am	Broken Oar	A	9:00-Frontier Park <sup>1</sup> 10:00-Kildeer School <sup>3</sup>	Joint ride with Mt. Prospect Bike Club - Lunch at the Broken Oar. This ride has two starting points and a couple of small hills. Start at Frontier for longer ride and Kildeer School for shorter ride.	34/46	TBA
Sat 4/21	9:30 am	Millie's Pancake	A	Frontier Park <sup>1</sup>	Ride to Addison for breakfast at Millie's Pancakes. The getting there will be longer than the getting back.	42	Chris Van Dornick (259-7917)

**Sat/Sun April 28/29 - The Bike Swap - No Scheduled Ride. Call Al or Jeanie Gain (392-1547) to sign up to help.**

**Call AHBA Ride Hotline for updates/changes (255-3468)**

### Other Dates to Jot Down

May 20 - Arlington 500  
 June 30-July 7-GRABAAWR  
 July 14 - Progressive Dinner  
 July 17-19 -Amushland & Lakes  
 July 28 -Club Picnic  
 August 4-Nifty-Fifty Ride w/scavenger hunt  
 August 11-13 Milwaukee Ride

Sept 15-16 - Weekend Ride  
 (Location to be determined)  
 October 20-21 - Hilly Hundred  
 October 27 - Halloween Hullabaloo

All of these dates will be on Schedule at appropriate times.



\* A - Advanced (12-15 mph)  
 I - Intermediate  
 N - Novice  
 C - Choose your own pace

<sup>1</sup> Frontier Park is located in Arlington Heights at Prairie Rd. & Kenoska  
<sup>2</sup> Recreation Park is located in Arlington Heights at Miller & Douglas  
<sup>3</sup> Kildeer School is located on Old McHenry Road, just NW of Long Grove Shopping District





**Tradition**  
By Bob Hinkle

Do you remember the musical *Fiddler On the Roof*? The story takes place in the Jewish village of Anatevka, Russia. In the story Tevye sings the song "Tradition". Tradition is the cultural continuity, it's beliefs and customs, that are passed on to the next generation. Tevye tries to follow these traditions in bringing up his daughters.

The Arlington Heights Bicycle Association also has it's own set of traditions which were indoctrinated in me many years ago. One tradition is that the riding season officially begins on New Years Day with a bicycle ride. Usually the ride leaves from the AHBA President's house. I can remember one year when it was mild enough and the streets were clear of snow that we rode 30 miles. Another year I rode my single speed bike in subfreezing temperatures, dodging clumps of snow left behind by the snowplow, to the President's house for the ride. I was shocked when the president said it was too cold to ride. We had our hot chocolate and cookies, swapped stories and as we were leaving, several members got their bikes out of their cars and rode up the street. I joined them and then rode my bicycle back home.

The last few years, I have not attended the official New Years Day Ride. But that really doesn't matter. **It's the ride that counts.** The last three years I have been in St. Paul, MN on New Years Day and greeted each year by riding. Some of my ideas for the newsletter came from these rides. In 1999 it never got above zero degrees and I wrote about cold weather cycling and the importance of wearing layers. The year 2000 the temperature was in the high 20's and the roads were clear except for a few patches of ice. Icy patches made it into the newsletter as for things to watch out for when riding in cold weather. I was able to ride a ten mile loop that year. This year was the worst. Not only was it cold (10 degrees) but several days before New Years Day, St. Paul got dumped on. Twelve inches of new snow. Fortunately, the snow plow came by so I didn't have to shovel a path in order to ride. The roads were snow packed and littered with schmegtites, the hardened form of schmegs. In case you have forgotten the article "Interview With a Municipal Engineer," schmegs can be seen forming on the underneath side of cars. I was only able to ride a half mile this year. Why did I ride? **Tradition!** Welcome to the new riding season.



**Ride Your Bike and Get Paid For It**

The Chicago Bicycle Federation is starting a Bicycling Ambassador program designed to deliver expertise personally in demonstrations and conversation in public places and at events. The City of Chicago is also deploying a campaign to show motorists how to share the road with bicyclists in hopes to educate the public about the role of bikes in transportation. There will be a team of 2-5 ambassadors reporting to a Team Leader. The work week would be between 25 and 40 hours, working outdoors and at times indoors at events any day of the week, including Saturdays and Sundays. A 5-10 day training period will be provided. You'll work at street festivals, shopping and commercial areas, public parks, schools, and with police officers, sponsors, business organizations, etc throughout Chicago. Call CBF at 312/427-3325 for more info. Candidates should write why they consider themselves suited to the job and list qualifications and/or relevant experience to Heather Convey ([heather@chibikefed.org](mailto:heather@chibikefed.org) at the CBF office).

Don Ami is organizing an outing to the Metropolis Performing Arts Center to see the Second City Players on July 14. Please contact Don Ami (301-1366) before March 17 and provide him with a \$10 deposit for each ticket. Tickets will cost between \$12-\$15 (depending on the group size). After the show, the plan is for anyone interested to go for dinner and listen to jazz music at the restaurant. Boiler Room adjacent to the theater.



If you're ridin' ahead of the herd, take a look back every now and then to make sure it's still there. (Will Rogers). Ed.

# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

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

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

In signing this release for myself and/or all named participants 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 release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned, arranged, sponsored or otherwise participated in by the Arlington Heights Bicycle Association

Signature \_\_\_\_\_ Date \_\_\_\_\_

## SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

\_\_\_\_\_

Membership for both Individuals and Families = \$10

Family Members under 18 yrs. \_\_\_\_\_ 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

Arlington Heights Bicycle Association  
April 2001  
Volume 30, No. 3

## Pertinent Paragraphs from the Presidents



I gave you warning last month that Spring was coming! It is now upon us. How many of you took the warning seriously and started getting in shape? If you haven't actively participated in some type of training over the winter months or flew south for a head start on the riding season, it is time to start the physical conditioning necessary for early Spring rides which already are upon us with the first spring ride that was led by Chris and Dave Van Dornick on March 24.

We plan to offer our club members a variety of rides this Summer, from beginner paces to the "awesome" maniac paces, so all members will have the opportunity to participate in rides that suit their riding and fitness level. Just pick a ride that has an appropriate distance and speed for you. If you have any questions, please ask.

Not everyone can make the board meeting and the general meeting on the 4th Wednesday of the month, especially now that they are on the same night. Everyone is important and has an equal voice in the club. If you have any suggestions for club rides, club activities, club meetings, etc., please call Karen or Roy or anyone on the board (listed inside the newsletter on page 2). We always welcome suggestions.

Any club is only as good as its volunteers, which means YOU!! We need everyone to volunteer for something, and there are plenty of opportunities this year for you to volunteer. The BICYCLE SWAP on April 28-29 needs as many of you as possible. Please call Al and Jeannie and offer your services. Greg needs your help with the Arlington 500 on May 20. See page 2 for all of your volunteer opportunities.

The deadline for paying the 2001 dues (\$10 for individual or family) is June 1, 2001. Don't miss out on a newsletter and the monthly ride schedule due to a lack of dues.

We will know during the month of May how much money the club has available to donate to organizations of interest to the club. We will probably decide this at the May meeting. The board is asking the membership to consider what fraction of this discretionary money we should donate to each organization.

Come to the April membership meeting to hear Chicagoland Bicycle Federation's Randy Warren speak on bicycle commuting—"Sure you are a cyclist, but do you commute using the two-wheeled wonder? If not, why not?" Randy will challenge YOU to try bicycling for at least part of your commute during CBF's Bicycle Commuter Challenge May 18-25. If you already use your bicycle to commute, that's great! The Commuter Challenge will reward you too. Come find out about bicycle commuting and the Bicycle Commuter Challenge.

Karen Zmhral and Roy Euclide

*\$ Cash Only \$* *\$ Cash Only \$*

## BICYCLE SWAP 2001

It's Like a Large Garage Sale  
Saturday April 28 & Sunday April 29  
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. It gets tagged with your price. You need not stay with the bike, however, you must pick up the bike 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**  
Karnicott & Palatine Rds  
Arlington Heights IL



21st Annual Swap  
Arlington Heights Bicycle Association  
for information: 847-255-3469



No checks  
No credit cards

*\$ CASH ONLY \$* *\$ CASH ONLY \$*

**Presidents**

Karen Zmrhal  
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(847) 397-1499  
Roy Euclide  
(847) 437-0442

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**Web Site**

Cindy Trent  
ctrent@dist214.k12.il.us  
(847) 392-6750

**AHBA Ride Hotline**

(847) 255-3468

**Web Address**

http://www.geocities.com/colosseum/midfield/2543

**AHBA Membership Meetings  
every 4th Wednesday of the Month**

April 25, 2001

There will a Board Meeting at 6:30 p.m. before the Membership Meeting. All members are welcome!

The Membership Meeting will begin at 7:30 p.m. Randy Warren from the CBF will discuss commuter issues. "Sure you are a cyclist, but do you commute using the two-wheeled wonder? If not, why not?"

**HOLD THE PRESSES!  
An Arlington 500  
Update**

I'm going to try something different this year. Rather than succumbing to endless procrastination until the panic stage sets in, let's be real efficient and get this whole thing organized way ahead of time.

So, I need all of you to **call me immediately at 398-4633** and sign up to help at our annual invitational ride on May 20. We need help at registration, sag stops and sag drivers.

**PLEASE, PLEASE, PLEASE** volunteer to be a sag driver. It's a thankless, boring, mundane job, but you'll have a lot of fun doing it anyway.

Don't delay. The good jobs are going fast. I already have volunteers for the 65 and 52 mile ride sweeps. Those who sign up last will be assigned the task of peeling off duct tape road markings with a putty knife.

I almost forgot, the first 10 volunteers will be rewarded with an extra slice of beltbuster pizza at Bababy's afterwards. But, you get to buy me a beer first.

Greg

**WE NEED RIDE LEADERS.** If you would like to lead a ride, but are a little hesitant, we would be glad to have you co-lead a ride with a veteran ride leader. Ride leaders are needed for Tuesday evening rides, Saturday Advanced rides, and Saturday Intermediate rides. Please call Karen Zmrhal (397-1499) to let her know when you can lead a ride.

**AHBA Top Mileage Riders**

	<u>Miles</u>
1 Christine Van Dornick	454
2 David Van Dornick	440
3 Greg Konieczny	343
4 Harlan McDaniel	192
5 Bob Hinkle	178
6 Patty Stephens	158
7 Garry Gilbert	149
8 Paula Matzek	116
9 Earle Horwitz	111
10 Tom Wilson	110



is when you need to volunteer to help at the **BIKE SWAP**. People are needed early (7:30 am) on Saturday to set up the park and receive the bike shop bikes. By 8:30 am check-in is set up and sellers are waiting to leave their bikes. People are needed for checking in bikes, runners to take the bikes from check-in area to pool area. The more check-in volunteers the easier and quicker it goes.

When the swap opens, help is needed at the check-out line, the hold area and just being there representing the club.

If you can't come during swap hours, come at 4:00 pm on Saturday to help put bikes in the gym for overnight storage. On Sunday, people are needed at 9:00 am to move the bikes back out to the pool area for opening at 10:00 am.

Sunday is a slower day and check-in lasts only until noon. The line is never long but usually continuous.

**Call Al or Jeannie at 392-1547 to volunteer.**

## AHBA Ride Schedule

Date	Time	Ride Name	Type*	Starting Point	Directions/Description	Miles	Leader Phone #
Every Tues & Thurs	10:00 am until 4/26 9:00 am beginning 5/1	Deerfield Bakery Rides	C	Deerfield Bakery	The Bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N of Lake-Cook Rd. Parking at the rear of the Grove Memorial Chapel. Enjoy the goodies at the bakery after the ride.	25/Tues 35/Thurs	No ride leader - call Bob Hinkle (259-1423) for info. Joint ride with Wheeling Wheelmen.
Sat 3/31	9:30 am	Long Grove Tune Up	A	Recreation Park <sup>2</sup>	The ride will proceed to the first rest stop in Long Grove. Breakfast/lunch at Granny's after the ride.	28	Chris & Dave Van Dornick (259-7917)
Starting 4/3 and every Tues. for the season at 6:30 pm		Tuesday Night	I	Recreation Park <sup>2</sup>	Leisurely paced rides in surrounding suburbs.	Varies	Call Chris or Dave Van Dornick to volunteer to lead one of these rides (259-7917)
Wed 4/4	10:00 am	Salt Creek	T	Bemis Woods	South on I-294 to Ogden Ave., left (east) on Ogden 1/4 mi. to entrance on left. Paved path, Brookfield Zoo optional (bring a bike lock).	14	Art Cunningham (963-8746)
Sat 4/7	9:30 am	Lake Opeka/Twin Lakes	A	Recreation Park <sup>2</sup>	A trip around Lake Opeka hidden in Des Plaines. Reacquaint yourselves with ArlHts, DesPl, MtProspect on the way. Breakfast/lunch at Granny's after the ride.	30	TBA
Wed 4/11	9:00 am	Fox River/McHenry Prairie Trail	T	East Dundee Depot	West on Dundee (Rt. 68) bear right at Barrington Ave. just past Rt. 25 to River St., depot to left. Paved path.	46	Art Cunningham (963-8746)
Sat 4/14	9:00 am 10:00 am	Broken Oar	A	9:00-Frontier Park <sup>1</sup> 10:00-Kildeer School <sup>3</sup>	Joint ride with Mt. Prospect Bike Club. Lunch at the Broken Oar. This ride has two starting points and a couple of small hills. Start at Frontier for longer ride and Kildeer School for shorter ride.	34/46	TBA
Sat 4/14	9:00 am	Hawthorne	I	Frontier Park <sup>1</sup>	Ride North to Hawthorne Shopping Center.	30	Marty Rouse (394-9845)
Sun 4/15	10:00 am	Newcomers	N	Frontier Park <sup>1</sup>	See description on page 4.	10 to 15	Jim Shoemaker (259-1692)
Wed 4/18	11:00 am	Chicago Lake Front	T	Foster Avenue Beach	E. on Peterson off Edens, right on Ridge, bear right on Broadway to Foster, left under Lake Shore to first parking lot on left. Paved path.	37	Art Cunningham (963-8746)
Sat 4/21	9:30 am	Millie's Pancake	A	Frontier Park <sup>1</sup>	Ride to Addison for breakfast at Millie's Pancakes. The getting there will be longer than the getting back.	42	Chris Van Dornick (259-7917)

**Call AHBA Ride Hotline for updates/changes (255-3468)**

**(OVER)**

- A - Advanced (12-15 mph average)
- I - Intermediate (moderate pace)
- N - Newcomers (pace will depend on ability of participants)
- C - Choose your own pace
- T - Trail Ride (see Art's description on page 4)

<sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Koenigcott.  
<sup>2</sup> Recreation Park is located in Arlington Heights at Miner & Douglas.  
<sup>3</sup> Kildeer School is located on Old McHenry Road, just NW of Long Grove Shopping District.

## AHBA Ride Schedule (Cont'd)

Date	Time	Ride Name	Type*	Starting Point	Directions/Description	Miles	Leader Phone #
Sat 4/21	9:00 am	Intermediate	I	Frontier Park <sup>1</sup>	TBD	25+	Karen Zmrhal (397-1499)
Sun 4/22	10:00 am	Newcomers	N	Frontier Park <sup>1</sup>	See description below	10 to 15	Jim Shoemaker (259-1692)
Wed 4/25	10:00 am	North Branch/ Botanical Gardens	T	Skokie Lagoon Forest Preserve	E on Willow Rd. just E. of Edens (No access going South on Edens to Willow). Entrance to left. Paved path. Botanical Gar- dens optional (bring a bike lock)	32	Art Cunningham (963-8746)
<b>Sat/Sun April 28/29 - The Bike Swap - No Scheduled Rides. Call Al or Jeanie Gain (392-1547) to sign up to help.</b>							
Sat 5/5	9:00 am	Algonquin Breakfast	A	Frontier Park <sup>1</sup>	Breakfast in Algonquin	45	Greg Koneczny (398-4633)
Sat 5/5	9:00 am	Intermediate	I	Frontier Park <sup>1</sup>	TBD	25+	Gary Gilbert (577-4275)
Sun 5/6	10:00 am	Newcomers	N	Frontier Park <sup>1</sup>	See description below	10 to 15	Jim Shoemaker (259-1692)
Sat 5/12	9:00 am	Schaumburg and Beyond	A	Frontier Park <sup>1</sup>	Joint ride with the Mt. Prospect Bike Club. Discover what there is beyond Schaumburg.	45	Chris and Dave VanDornick (259-7917)
Sat 5/12	9:00 am	Intermediate	I	Frontier Park <sup>1</sup>	TBD	25+	Karen Zmrhal (397-1499)
Sun 5/13	10:00 am	Newcomers	N	Frontier Park <sup>1</sup>	See description below	10 to 15	Jim Shoemaker (259-1692)
Sat 5/19	9:00 am	Arlington 500 Pre-ride	C	Lake Zurich High School	School located on Midlothian Rd. Route 12 NW to Route 22 East (right) on 22 about 1 mile to Church. Go North (left) on Church (Midlothian in about 1/2 mile. School is on the right	26, 52 & 65	Greg Koneczny (398-4633)
<b>Sunday, May 20 - The Arlington 500 — No Scheduled Rides. Call Greg Koneczny (398-4633) to sign up to help.</b>							
Sat 5/26	9:00 am	Rockford Stateline 60	C	Rockford, IL	The ride runs on both Sat. and Sun. Mileage will count on either day, which covers a great route and provides lunch at the finish. The club will meet on Saturday to ride together	12, 35 or 60	Call Chris or Dave VanDornick for details (259-7917)
Sat 5/26	9:00 am	Intermediate	I	Frontier Park <sup>1</sup>	Ride to Barrington	30	Roy Eucide (437-0442)
Mon 5/28	10:00 am	Memorial Day	I	Deerfield Bakery	Deerfield Bakery. The Bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N of Lake- Cook Rd. Parking at the rear of the Grove Memorial Chapel	30	Karen Zmrhal (397-1499)

**Newcomers Ride** — Start Spring on a slow-n-easy ride of about 10-15 miles. Jim Shoemaker will lead rides beginning at 10:00 am from Frontier Park. Take this 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 get advice on bike purchases and maintenance.

**Trail Rides** — Rides of a Different Flavor. This will be the 2nd year Wednesday rides on Chicago and surrounding area bike paths and trails will be scheduled for those who enjoy rides of a different flavor. There are many great bike paths within driving distance passing through urban and rural areas with many scenic views and points of interest not duplicated by the road. More trails are being added every year. Rides will be show-and-go at a leisurely pace.

**Off the Road**

by Gary Gilbert

For many of us, cycling is a way of life. Besides riding, we belong to the Arlington Heights Bicycle Association. The club organizes rides and gives back to the community. Our annual Bike Swap is a benefit for the northwest suburbs beyond the serious riders our club attracts. The Arlington 500 is our contribution to other riders in the Chicago area. The helmet program teaches the importance of cycling safety to the next generation of potential cyclists. <http://www.geocities.com/Colosseum/Midfield/2543>

Besides the club, there are other cycling oriented groups that I believe you should consider joining.

The League of American Bicyclists is the national bike advocacy group. In return for your membership, you receive a bi-monthly newsletter, a discount on Bicycling magazine, bike fly free on 6 different airlines, and information about rides all across the US. <http://www.bikeleague.org>

The League of Illinois Bicyclists is the statewide advocacy group promoting cycling in Illinois. This year they are focused on getting support for the Boub legislation. This year members recently received a package containing information about many club invitational rides. <http://www.bikeLIB.org>

The Chicagoland Bicycle Federation is the Chicago area bike advocacy group. Along with promoting cycling, they produce the Chicago area bike map, run the Boulevard Lakefront Tour on Father's Day, and run the closeout center at the CABDA bike show each February. <http://www.chibikefed.org>

I've included URL's for the organizations for those of you with Internet access. Call me if you want further information or want to take a look at membership information. (577-4275)

**Why I Didn't Go to the Bike Show**

by Bob Hinkle (Safety Chairman)

You don't expect to hear about bicycle accidents in winter, but they do happen. One club member who was riding in Arizona rode into a parked car. The rider was shaken up but not seriously hurt. The helmet did what it was supposed to do and had to be replaced. If there is a crack in your helmet, buy a new one. Another club member fell off his bike in February. He broke his thumb and two ribs. The road conditions were not the cause of the accident. He was adjusting his mirror on his helmet and rode off the road.

What caused the accidents? It was not giving full attention to riding. Following too close to another rider so you can't see the road ahead and adjusting equipment while you are riding have led to many accidents that I have written about in the last two years.

It is nice to see all the new bicycle items at the Chicago Area Bicycle Show. It gets cyclists thinking about riding again especially with a new gizmo on the bike. Don't get me wrong, I like the new gizmos too. The problem with odometers, heart monitors, mirrors, water bottles, bike bags, toe clips and clipless pedals, etc. is that they sometimes distract you from watching where you are riding. I don't need any more distractions. If you buy any of the things, fiddle with them when you are off the bike, not while you are riding.

As one of our colleagues told me, the most fragile and vulnerable thing on the bicycle is the "**nut**" holding the handlebars.

**You Don't Have to Go Bikeless**

by Bob Hinkle

This past January, I was able to purchase some cheap airfare to Orlando, Florida. My bicycle stayed home. However, the resort I was staying at advertised that they had bicycles to rent. The single speed bicycles rented for \$5/hour or \$20/day. That was the good news. The bad news was that their two adult bicycles were not rideable. The nearest bike shop was over 5 miles away and they didn't rent bicycles, so I decided to do some walking instead. As luck would have it, I saw a pawn shop with about 10 old clunker bicycles out in front. I went in and asked if they rented their bicycles. They said no. I next asked, "If I bought a bike from you can I sell it back to you?" They told me that they would buy the bike back from me for half the original selling price. I bought the best rideable bike I could find. It was a 10 speed Huffy mountain bike. The gears didn't work and the front wheel was out of true and rubbed against the brake pads. I borrowed a wrench to adjust the seat and a screwdriver to make adjustments to the derailleur so the chain would stay on the chain ring that I selected. I walked the bike two blocks to the gas station to inflate the tires, put on my helmet, and then went for a ride. At the end of my stay, I resold the bicycle back to the pawn shop. It was just like renting a bicycle for \$23 for the entire week.



FYI — The Moose Tour in Maine —

If you've ever wanted to join a ride and see the East coast, the Moose Tour takes place 8/5 thru 8/10. Don Amu and Dan Courner are both participating. Don will be flying out there and Dan will be taking the train. The fee for the tour is \$300 paid before April 20 and \$320 after that date. If you would like more information, Don can be contacted at 301-1366 or e-mail [donwaus@yahoo.com](mailto:donwaus@yahoo.com). Dan can be contacted at 788-9708(H) or 427-4458(W).



"Nothing compares to the simple pleasure of a bike ride." John F. Kennedy

Ed.

# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

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

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

In signing this release for myself and/or all named participants 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 release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned, arranged, sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

Membership for both Individuals and Families = \$10

Family Members under 18 yrs. \_\_\_\_\_ 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

Arlington Heights Bicycle Association  
May 2001  
Volume 30, No. 4

## Pertinent Paragraphs from the Presidents



Our riding is well under way!! We have had some GREAT turnouts for Saturday rides, for both the advanced and intermediate rides, because of some BEAUTIFUL Spring weather—for which we are very grateful. The Tuesday night rides have had low attendance because of some uncooperative weather, but still some brave souls have weathered the cold, damp, and windy conditions to ride.

We are a club that relies on everyone to volunteer and this is the season for EVERYONE to help. All talents are welcomed and used—whether it be for the Bike Swap, the Arlington 500, the progressive dinner, the picnic, ride leaders, sweeps, etc.—we need YOU!! If you have any suggestions for other types of activities you would like to see the AHBA sponsor, please let any board member know.

The Arlington 500 is on May 20. Please call Greg at 398-4633 to volunteer to help. We need everyone.

Dick Marr and Bob Hinkle initiated the Emil Donkers bike helmet program that was mentioned in the last newsletter. Emil Donkers was a member of the AHBA for many, many years before passing on. The program started at Windsor School and has since expanded to Patton School also. During the last program at Christmas, it was really great when the students at Patton School all promised they would wear helmets whenever they rode their bicycles.

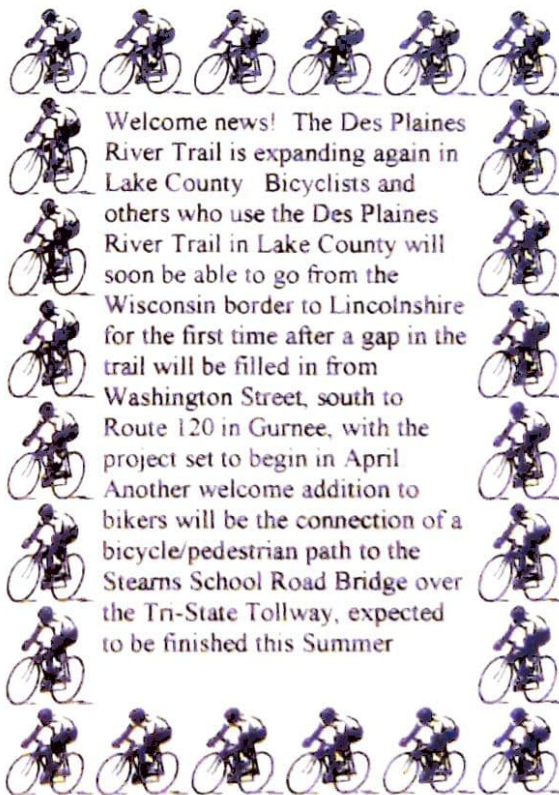
Chris Van Dornick suggested that AHBA business cards be made available to easily provide basic information to anyone interested in the club. Inclusions could be the logo, the ride hotline, the website, and information concerning the Tuesday and Saturday rides. Let us know if you have any other ideas.

Call the ride leader if you have any doubts as to whether there will be a ride. Call Roy Euclide at 437-0442 or Karen Zmrhal at 397-1499 if you have any doubts whether there will be a ride leader and the ride leader's phone number is unavailable.

The deadline for paying the 2001 dues (\$10 per individual or family) is June 1, 2001.

We will decide at the May meeting how much money will be available to donate to all organizations of interest to the club. The board is asking the membership to consider what fraction of this discretionary money we should donate to each organization considered.

Remember to check the ride schedule inside each newsletter, the website (address on page 2), or the ride hotline (number on page 2) for dates and times of all club rides.



Welcome news! The Des Plaines River Trail is expanding again in Lake County. Bicyclists and others who use the Des Plaines River Trail in Lake County will soon be able to go from the Wisconsin border to Lincolnshire for the first time after a gap in the trail will be filled in from Washington Street, south to Route 120 in Gurnee, with the project set to begin in April. Another welcome addition to bikers will be the connection of a bicycle/pedestrian path to the Stearns School Road Bridge over the Tri-State Tollway, expected to be finished this Summer.

"I mean, you either love spinning the pedals and watching scenery whiz by, or you don't. And if you love it, not much can sour you on the idea of riding your bike." - Keith Mills

Ed.



See you on the road.

Karen Zmrhal and Roy Euclide

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kz2000@mediaone.net  
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**AHBA Membership Meetings  
every 4th Wednesday of the Month  
at Recreation Park 7:30 p.m.**

May 23, 2001

There will a Board Meeting at 6:30 p.m. before the Membership Meeting. All members are welcome!

The Membership Meeting will begin at 7:30 p.m.

Have you been meaning to put miniature golf back into your life? On June 2 you will have a chance to golf(?) with the AHBA and others. Meet at Parking (Milwaukee Ave. & Aptakisic Road) at 7:00 p.m. And, of course, you will be famished after that, so next stop is Flatlanders Microbrewery. For r.s.v.p. (if you are coming) and more info, call Don Ami at 301-1366.



\*\*\*\*\*  
**AHBA Top Mileage Riders**  
\*\*\*\*\*

	<u>Miles</u>
1 Christine Van Dornick	454
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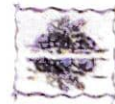
These will be updated in the next newsletter

\*\*\*\*\*

**WE ALWAYS NEED RIDE**

**LEADERS.** If you would like to lead a ride, but are a little hesitant, we would be glad to have you co-lead a ride with a veteran ride leader. Ride leaders are needed for Tuesday evening rides, Saturday advanced rides, and Saturday Intermediate rides. Please call Karen Zmrhal (397-1499)

**Amishland & Lakes Ride REMINDER  
July 17-19, 2001**



If you are planning to go on this ride, make your reservations at the Super 8 in Howe, IN. They are holding 20 rooms for us the nights of 7/16, 7/17, 7/18 (M,T,W) until July 1, 2001. If you wish to stay on the 19th, you should indicate that when you make your reservations. The nightly rates will be \$65+ tax for 2 people and \$55+ tax for one person. In order to get these rates we need to use at least 10 of the 20 rooms. Identify yourselves as being with the Arlington Heights Bicycle Association. The phone # is 219-562-2828. Clue sheets and maps will be furnished once you arrive. Each day will contain a short (about 30 miles) and long (about 60 miles) route. Call Bob Hinkle at 259-1423 if you are going or have any questions.

**ANNOUNCING THE "PRICES  
YOU NEVER THOUGHT  
YOU'D SEE THIS TIME OF  
YEAR"**



On Sunday, May 13, **Arlington Bicycle Company**, 45 S. Dunton, downtown Arlington Heights, **Amling's Cycle & Fitness**, 8140 N Milwaukee, Niles, and **Bob's Bike Shop**, 41 S. Vine, downtown Park Ridge, will be holding a combined sale. This sale will feature merchandise at unheard of savings (10 to 100% - that's right—there's free stuff scattered throughout the stores—come join the scavenger hunt!), including bicycles, clothing, parts & accessories, tires, tubes, helmets... if it's in the store, it's on sale! The sale will start at 11 a.m. and end at 4 p.m. (or when everything in the stores is sold). There will also be a raffle conducted for those who visit all 3 stores that day with prizes including gift certificates and other cool stuff! On top of all this, 1% of the day's proceeds will be donated to the Chicagoland Bicycle Federation. So come on out and spend, spend, spend and do your part to further the cause of cyclists in the Chicago area! **Don't miss this one!!!!** For info on Arlington Bicycle Company, see [www.arlingtonbicycle.com](http://www.arlingtonbicycle.com) and for Amling's Cycle & Fitness, see [www.amlingscycle.com](http://www.amlingscycle.com)

**ALSO**

There will be a special, "First Chance/Invite Only" sale at Arlington Bicycle Company for Arlington Flyers, Arlington Heights, and Mt. Prospect Bike Club members from 7 pm to 9 pm on Saturday night (5/12). We'll have the grill fired up with burgers, dogs, chips and pop for all. So come hang out with your cycling friends, pick up some super bargains and knock!

## AHBA Ride Schedule

Date	Time	Ride Name	Type <small>(See description below)</small>	Starting Point	Directions/Description	Miles	Leader Phone #
Every Tues & Thurs	9:00 am	Deerfield Bakery Rides	C	Deerfield Bakery	The Bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the bakery after the ride.	25/Tues 35/Thurs	No ride leader - call Bob Hinkle (259-1423) for info. Joint ride with Wheeling Wheelmen.
Every Tues. for the season at 6:30 pm		Tuesday Night	I	Recreation Park	Leisurely paced rides in surrounding suburbs.	Varies	Call Chris or Dave Van Dornick to volunteer to lead one of these rides (259-7917).
Wed 5/2	9:00 am	North Portion Lake Co. Des Plaines River Trail	T*	Gurnee Pool Parking Lot	I-94 to Grand, right (east) to O'Plaine, 1st right past river, 1st right on McClure to end. Lot on left. Packed crushed stone.	30 partial loop	Art Cunningham (963-8746)
	9:00 am	Algonquin Breakfast	A	Frontier Park <sup>1</sup>	Breakfast in Algonquin.	45	Greg Koneczny (398-4633)
Sat 5/5	9:00 am	Intermediate	I	Frontier Park <sup>1</sup>	Loop-de-Loop - a 20 mile loop returning to the park at approx 11 am. The 2nd 20 mile loop will follow a different route and leave Frontier at 11:15 am. We'll stop for lunch part way into the 2nd loop. Have plans in the afternoon? Come ride the first loop only. Up too late the night before? Come ride the second loop only.	20 or 40	Gary Gilbert (577-4275)
Sun 5/6	10:00 am	Newcomers	N	Frontier Park <sup>1</sup>	See description	10 or 15	Jim Shoemaker (259-1692)
Wed 5/9	9:00 am	Medley of Trails - Cuba Marsh to Arlington Lake	T**	Nickol Knoll Golf Course	From Dundee Rd. turn North on Kennicott to end, 1st lot on left, bottom of hill. Packed crushed stone and paved paths, short unimproved trail/roads.	50/30 loops	Art Cunningham (963-8746)
Sat 5/12	9:00 am	Schaumburg and Beyond	A	Frontier Park <sup>1</sup>	Joint ride with the Mt. Prospect Bike Club. Discover what there is beyond Schaumburg.	45	Chris and Dave Van Dornick (259-7917)
	9:00 am	Intermediate	I	Frontier Park <sup>1</sup>	TBD	25+	Karen Zmhral (397-1499)
Sun 5/13	10:00 am	Newcomers	N	Frontier Park <sup>1</sup>	See description	10 or 15	Jim Shoemaker (259-1692)
Wed 5/16	9:00 am	E. Great Western Trail/ East Prairie Path	T*	Klein Farm, Winfield	From North Ave., left (south at Country Farm Rd., 3/4 mile, lot on right). Packed crushed stone, some paved.	42 partial loop	Art Cunningham (963-8746)

**Invitational Rides**

May 6, Prairie Pedal, Grayslake, IL, Dundee Carp Bike Club, 847/622-4100

May 6, Sudden Century, Minooka, IL, Joliet Bicycle Club, 815/467-5748

May 20, Tour of the North Shore, Skokie, IL, Benefit for American Cancer Society, 847-328-5147

May 25, Bike to Work Day Rally, Daley Plaza, Chicago, 312/744-7432

June 3, Ladder Century, Union, IL, McHenry County Bicycle Club, 815-477-6858

**Call AHBA Ride Hotline for updates/changes (255-3468)**

- \* A - Advanced (12-15 mph average)
- I - Intermediate (moderate pace)
- N - Newcomers (pace will depend on ability of participants)
- C - Choose your own pace
- T - Trail Ride (see Art's description on page 4)

<sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.  
<sup>2</sup> Recreation Park is located in Arlington Heights at Mmer & Douglas.  
<sup>3</sup> Kildeer School is located on Old McHenry Road, just NW of Long Grove Shopping District.

**May 18-25, 2001  
 Bike to Work Week  
 Accept the Challenge**

## AHBA Ride Schedule (Cont'd)

Date	Time	Ride Name	Type <small>(See description on page 3)</small>	Starting Point	Directions/Description	Miles	Leader Phone #
Sat 5/19	9:00 am	Arlington 500 Pre-ride	C	Lake Zurich High School	School located on Midlothian Rd Route 12 NW to Route 22 East (right) on 22 about 1 mile to Church Go North (left) on Church/Midlothian about 1/2 mile. School is on the right	26, 52 & 65	Greg Konieczny (398-4633)
<b>Sunday, May 20 - The Arlington 500 — Call Greg Konieczny (398-4633) to sign up to help.</b>							
Wed 5/23	9:00 am	North Channel/ Green Bay/North Shore Paths	T*	Tumbull Woods Forest Preserve	Lake Cook Road, turn right on Green Bay Road, 0.2 mi. to lot on left. Paved, some packed crushed stone paths	32/54	Art Cunningham (963-8746)
	9:00 am	Rockford Stateline 60	C	Rockford, IL	The ride runs on both Sat. and Sun. Mileage will count on either day, which covers a great route and pro- vides lunch at the finish. The club will meet on Saturday to ride together	12, 35 or 60	Call Chris or Dave Van Dornick for details (259-7917)
Sat 5/26	9:00 am	Intermediate	I	Frontier Park <sup>1</sup>	Ride to Barrington	30	Roy Euclide (437-0442)
Mon 5/28	10:00 am	Intermediate	I	Frontier Park <sup>1</sup>	Deerfield Bakery. The Bakery is located at Buffalo Grove Rd. & Old Checker Rd. just north of Lake-Cook Rd. Parking at rear of the Deerfield Bakery.	30	Karen Zmhral (397-1499)
Wed 5/30	9:00 am	Fox River/St. Charles & Elgin Prairie Path	T*	East Dundee Depot	West on Dundee (Rte. 68) bear right at Barrington Ave. just past Route 25 to River St., depot to left	52 Partial Loop	Art Cunningham (963-8746)
Sat 6/2	9:00 am	Kloser Than Kopps	A	Recreation Park <sup>2</sup>	Another chance to try what some say is the "second" choice for the best custard. Come and find out.	45	Paula Matzek (394-4920)
Sat 6/9	9:00 am	Biloxi Grill	A	Frontier Park <sup>1</sup>	Ride to Wauconda for lunch at the Biloxi Grill (not Luke's)	58	Barb Swasas (891-2554)
Sat 6/16	9:00 am	Kane County Kruise	A	Langum Park, St. Charles	Description to be provided in next newsletter	72	Dave Van Dornick (259-7917)

**Newcomers Ride** — Start Spring on a slow-n-easy ride of about 10-15 miles. Jim Shoemaker will lead rides beginning at 10:00 am from Frontier Park. Take this 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 get advice on bike purchases and maintenance.

**Trail Rides** — The bike paths/trails on the May schedule include some with packed crushed limestone surfaces. I generally use my cross bike on these trails but many are smooth, hard and well maintained and suitable for narrow tired road or touring bikes. At worst, one may have to dismount and walk across an area where there has been water erosion or the surface isn't packed because of fresh repairs. Trails are rated \*, **approved for narrow tires**. Other trails where rougher, less packed surfaces are more likely to be encountered are rated \*\*, **wide tires recommended**. The less developed trails or those where the condition is not known are rated \*\*\*, **wide tires required**. Let me emphasize that all trails are well developed, no off road conditions. These rides are slow paced show and go. Rest stops are catch as catch can, may be forest preserve or park facilities. Although I will try to have stops where food is available, I recommend that you bring snacks and plenty of fluid. - Art Cunningham

## Off the Road

Gary Gilbert



Sometimes the weather simply doesn't cooperate. It's Tuesday night and you are all set to sneak out of work a few minutes early. It seems like a good day to put in an extra hour of riding before meeting up at Recreation Park at 6:30. A quick look out the window dashes those plans as the sky opens up and quickly drowns everything in sight.

If you are like me, you head home and pick up one of the cycling books that seems to be everywhere in your house. Here are a few favorites of mine.

*Effective Cycling* by John Forrester. This is the heaviest cycling book on my shelf. It covers everything mechanical, physiological, and safety you might want to know. Flipping through the books as I write, I find something to read about saddle selection, how to change lanes when riding on narrow or wide roads, what tools to carry with you on the bike,

and even a sample format for a club ride cue sheet.

*The Quotable Cyclist* edited by Bill Strickland. This is kind of like Bartlett's Favorite Quotations for cyclists. In this book we learn that Greg LeMond could have been a member of our club. "Dairy Queen. God, I dream about Dairy Queen."

*Discovering America. Bicycle Adventures in All 50 States* by Martha Retallick is one of many books covering a long cycling journey. This one is well written and talks about the emotional side of riding for many days. I read this when I'm thinking about how Bob and Marilyn describe their cross country trips with a big grin on their faces.

*The Spoken Word*. The monthly newsletter of the Arlington Heights Bicycle Associations. I read this when I'm planning next Saturday.

A quick search on Amazon.com for bicycles shows about 742 different titles. There is even a *Bicycling for Dummies*!! Another search on Amazon.com for cycling shows 1,456 titles. As a club, we count miles ridden and congratulate those who ride the most each year. I wonder who reads the most about cycling?

## AHBA Ride Etiquette

Bob Hinkle

When participating on a club ride, be ready to before you come to the ride. If you inflate your arrive early enough so that you can do these cause you are not ready to ride.

During the ride, "Let the ride leader lead the keep the group together and make sure all may have to change the route due to road con- Other riders may confuse you for the rider leader behind. If you feel you must go faster or leave the group, do it at a rest stop or at lunch. Tell the ride leader that you are leaving. The ride leader is not responsible for you if you ride ahead of him/her.



ride at the starting time. Check your bicycle to make sure is rideable tires, fill water bottles and put bags on the bike at the starting place, things before the scheduled starting time. Don't make others wait be-

ride." Leading a ride is not as easy as it looks. A ride leader tries to members of the group arrive safely at the destination. Sometimes they struction or other conditions. Don't ride in front of the ride leader and follow you. When this happens, riders get lost and others get left

Give the ride leader room to lead the ride. Don't ride to the left of the ride leader, particularly in town where there are lots of turns. A person riding on the left side of the ride leader blocks the view of road signs and approaching traffic from the left. This can be a safety issue for it is the ride leader's responsibility to alert others about traffic conditions as the group approaches the intersections. I have also seen a near collision when a ride leader tried to make a left turn and found the way blocked by a rider on the left. Don't ride in the mirror of the ride leader. A ride leader is constantly checking their mirror to see how the riders are progressing. Are the riders all there? Did everyone make the light?

## BOW WOW

Bob Hinkle

There is something that triggers a friendly tail-wagging pooch into a snarling snapping cur when a group of bicycle riders go by. It's been a long time since I had my last dog encounter, however, the March 31 Long Grove Ride was my first dog encounter this year. We were only a few blocks from Frontier Park. The dog's owner was talking to his neighbor and the dog was next to them unleashed on the sidewalk. As we went by, the dog suddenly bolted for us. The first three riders got by, but the fourth rider looked as if he was going to be the dog's lunch. I had to brake to prevent myself from running into the dog as he ran in front of me. The dog headed back to the curb and then turned and came snarling at me. I was boxed in by and there was nowhere to escape. I got off the bike and kept the bike between the dog and the other cyclists and me. Mean- perhaps he didn't while the dog owner was calling the dog, but Fido must have failed obedience school. Or finally corralled the dog like teachers and recognized me as an ex-teacher. The dog's owner, apologizing profusely, with a rolled up magazine. I The last thing I saw in my mirror as I rode down the street was the owner whacking the dog. I wonder if their newspaper boy delivers their newspaper on his bicycle. The dog now probably not only dislikes bicyclists, but anyone who brings newspapers and magazines.



When I got home, I dug out my can of Halts and mounted it on my bicycle.

# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

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

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

In signing this release for myself and/or all named participants 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 release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned, arranged, sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

\_\_\_\_\_

Membership for both Individuals and Families = \$10

Family Members under 18 yrs	_____	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

Arlington Heights Bicycle Association

June 2001

Volume 30, No. 5

## Pertinent Paragraphs from the Presidents



I want to give Al and Jeanie Gain and Greg Konieczny a huge thunderous round of applause (did you hear it?) for the marvelous jobs they did with the Bike Swap 2001 and the Arlington 500. Year after year Al & Jeanie spend many hours getting ready by talking to the Arlington Heights Police Dept., to the Arlington Heights Park District and more specifically dealing directly with the staff at Frontier Park, renting the truck to pick up all the bike racks, setting them up, taking them down, taking them back etc., to name just a few of their tasks. They even remembered to talk to the weatherman this year (please remember to put that in your job description). Could we have had any better weather? Year after year they produce a quality Swap, our big fundraiser for the year, allowing the club money to use for club activities.

Also Greg puts in many hours behind the scene—ordering port-a-potties, double checking the routes, coordinating volunteers, etc. We want to thank Greg for also remembering to talk to the weatherman this year. Our two biggest events of the year and what GREAT weather!

THANK YOU Al, Jeanie and Greg for your commitment and an outstanding job. THANK YOU also to all those who volunteered at these events. What is our club motto—WE RIDE TO EAT? We should probably add—WE WORK TO EAT! Pizza at Barnaby's after the events for all who volunteered at the events is only a small token of the club's way of saying thank you. A wonderful way to relax and socialize.

Our season is still very young with LOTS of activities yet to come. Do you have your calendars marked for the picnic, the progressive dinner, the Milwaukee ride, the planned multi-day ride events?

I hope everyone has been out enjoying some of the club rides—whether it be the leisurely Tuesday night rides, the Saturday morning intermediate rides, or the fast paced and longer mileage rides for those training for GRABAAWR later this month, or the newcomer rides on Sunday mornings.

I want to thank those members who came to the general meeting to support the distribution of AHBA funds to bike organizations. As a club, we chose to send contributions and support the Chicago Bicycle Federation, Adventure Cycling, League of Illinois Bicyclists, League of American Bicyclists, and Rails-to-Trails.

Dues were due June 1, 2001—if it has slipped your mind, send your check in TODAY to receive the next newsletter with the ALL IMPORTANT club HAPPENINGS.

We have a small core of people we rely on to lead the Tuesday night rides. It would be nice if we had a few more volunteers to lead the rides so it doesn't fall on the same people all the time. If you would like to lead a ride, but never have or don't know how, we will be glad to have you co-lead a ride with a veteran ride leader and learn the ropes. Always looking for more ride leaders for the advanced and intermediate rides also. Call Karen Zimhal for Tuesday night rides, Chris Van Dornick for the advanced rides, and Nancy Wagner for the intermediate rides.

No clubs meetings during the summer—too much riding to do. Next club meeting will be September 26 at 7:30 p.m. at Recreation Park with the Board Meeting at 6:30 p.m.

**Presidents**

Karen Zmrhal  
kz2000@mediaone.net  
(847) 397-1499

Roy Euclide  
(847) 437-0442

**Vice Presidents**

Dave & Chris Van Dornick  
saddleup\_169@msn.com  
(847) 259-7917

**Secretary**

Barb Swasas

**Treasurer**

Ron McPheron  
(847) 824-5091

**Meeting Program**

Roy Euclide  
(847) 437-0442

**Refreshments**

Jan McCandless  
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**Membership**

Cecily Rood  
(847) 398-7448

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**Newsletter Mailing**

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**Safety Chairman**

Bob Hinkle  
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**Bike Swap**

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**Arlington 500**

Greg Konieczny  
konie@mindspring.com  
(847) 398-4633

**Web Site**

Cindy Trent  
ctrent@dist214.k12.il.us  
(847) 392-6750

**AHBA Ride Hotline**

(847) 255-3468

**Web Address**

http://www.geocities.com/colosseum/midfield\_2543

**No Membership Meetings  
During the Summer Season**

**Next Membership Meeting  
September 26, 2001**

There will a Board Meeting at 6:30 p.m. before the Membership Meeting. All members are welcome!

The Membership Meeting will begin at 7:30 p.m.

**AHBA Welcomes John and Tom, the new owners of the Arlington Bicycle Company.**

**Off the Road**

Gary Gilbert



Sometimes other parts of my life are invaded by cycling. Listening to music is something I do on a regular basis. Recently I began thinking about songs that relate to cycling and music. I find things in titles and lyrics that allow them to be interpreted as a "cycling song". Some of these are a real stretch of my imagination, but here is the list:

- |                                    |   |
|------------------------------------|---|
| Spinning Wheel                     | Chicago                                 |
| Riders on the Storm                | The Doors                               |
| Free Ride                          | Edgar Winter                            |
| A Bicycle Built for Two            | HAI                                     |
| Back in the Saddle Again           | Aerosmith                               |
| Back in the Saddle Again           | Gene Autry                              |
| Take Me Home Country Roads         | John Denver                             |
| Ticket to Ride                     | The Beatles                             |
| Long and Winding Road              | The Beatles                             |
| Revolution                         | The Beatles                             |
| Mustang Sally                      | Wilson Pickett                          |
| A Cowboy's Got to Ride             | Chris LeDoux                            |
| Bicycle Race                       | Queen                                   |
| Big Wheels Keep on Turning         | Johnny Key and the Kool<br>Kats         |
| Talking About a Revolution         | Tracy Chapman                           |
| Where the Streets Have No Name     | U2                                      |
| Turn, Turn, Turn                   | The Byrds                               |
| Saltarello (used in Breaking Away) | Mendelssohn's 4th<br>(Italian) Symphony |

"Like dogs, bicycles are social catalysts that attract a superior category of people."

Chip Brown, "A Bike and a Prayer"



Ed.

**AHBA Top 20 Mileage Riders**

**Miles**

- |    |                       |        |
|----|-----------------------|--------|
| 1  | David Van Dornick     | 1005   |
| 2  | Bob Hinkle            | 1004   |
| 3  | Christine Van Dornick | 905    |
| 4  | Art Cunningham        | 837    |
| 5  | Greg Konieczny        | 828    |
| 6  | Earle Horwitz         | 614    |
| 7  | Chris Wager           | 566    |
| 8  | Paula Matzek          | 542    |
| 9  | Gary Gilbert          | 512    |
| 10 | Kurt Schoenhoff       | 502    |
| 11 | Ralph Salle           | 403    |
| 12 | Bob Pletch            | 393    |
| 13 | Tom Wilson            | 386    |
| 14 | Nancy Wagner          | 367    |
| 15 | Marty Rouse           | 364.83 |
| 16 | Tom Drabant           | 350    |
| 17 | Velda Knorr           | 342    |
| 18 | Geri McPheron         | 326    |
| 19 | Don Dereby            | 322    |
| 20 | Vince Kelly           | 302    |

**Swap Update**

What a great Swap! Sunny weekend, warm weather. Lots of sunburn (except for the office crew, who only felt the heat).

There was a huge variety of tasks that needed to be done, so it was wonderful to have all of you serve so willingly and cheerfully. Thanks to all of you who gave up a good chunk of a beautiful weekend to help out your club. We appreciate you.

The time and energy you put in will serve many people within our community as we use the proceeds to run our club and bike organization we support.

Thank you all!!!





# AHBA Ride Schedule



Date	Time	Ride Name	Type <small>(See description below)</small>	Starting Point	Directions/Description	Miles	Leader Phone #
Every Tues & Thurs	9:00 am	Deerfield Bakery Rides	C	Deerfield Bakery	The Bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the bakery after the ride.	25/Tues 35/Thurs	No ride leader - call Bob Hinkle (259-1423) for info. Joint ride with Wheeling Wheelmen.
Every Tues. for the season at 6:30 pm		Tuesday Night	I	Recreation Park	Leisurely paced rides in surrounding suburbs.	Varies	Call Chris or Dave Van Dornick to volunteer to lead one of these rides (259-7917).
Wed 6/6	9:00 am	Long Prairie Trail (Boone Co.)	T	East Trail Head, near Chenung, IL	North on Rt. 14 to Rt. 17, right 4-1/2 mi to County Line Road, Right 1/4 mi. to parking lot on the left. Paved, packed crushed stone *	46	Art Cunningham (963-8746)
Sat 6/9	9:00 am	Biloxi Grill	A	Frontier Park <sup>1</sup>	Ride To Wauconda for lunch at the Biloxi Grill (not Luke's)	58	Barb Swasas (891-2554)
	9:00 am	Rosemont Falls	I	Frontier Park <sup>1</sup>	Destination is Rosemont Falls, route is mostly side streets.	30	Roy Euclide 437-0442
Wed 6/13	9:00 am	Medley of Trails Poplar Creek to Ned Brown	T	Harper College	Off I-90 North on Roselle Rd. to Euclid, right into parking lot on left. Paved with connecting roads *	55 loop	Art Cunningham (963-8746)
Sat 6/16	9:00 am	Kane County Kruse	A	Langum Park St. Charles	Happy Father's Day! Riverside Dr. & Devereaux East Side of River in St. Charles (joint ride with Mt. Prospect)	72	Dave Van Dornick (259-7917)
	9:00 am	Libertyville	I	Frontier Park <sup>1</sup>	We will work our way north to downtown Libertyville, lots of options for a short food stop.	35	Marty Rouse (394-9845)
Sun 6/17	10:00 am	Newcomers	N	Frontier Park <sup>1</sup>	See description on page 4	10 or 15	Jim Shoemaker (259-1692)
Wed 6/20	9:00 am	Prairie Path Aurora Branch Loops	T	Roy C. Blackwell FP, Warrenville	South on Route 59 to Butterfield Rd. left on Butterfield Road, 1/2 mile to entrance on left, Park in 1st lot to right. Packed, crushed stone, some paved*	40/62 partial loops	Art Cunningham (963-8746)
Sat 6/23	9:00 am	Crystal Lake	A	Frontier Park <sup>1</sup>	Lunch in Crystal Lake, some hills but great ride.	68	Chris Van Dornick (259-7917)
	9:00 am	Biker Chicks' Egg-celent Adventure	I	Frontier Park <sup>1</sup>	All of you "biker chicks" (and you biker dudes too) will want to "flock" to this ride. Optional food stop at an appropriately themed restaurant.	30-35	Paula Matzek (394-4920)

**Invitational Rides**

June 10, RAMBLE, Wauconda High School/Bicycle Club of Lake County 847-604-0520 (www.bikebc.com)

June 17, Boulevard Lake Tour (BLT), CBF (www.ndelblt.com)

June 23-24, MS 150 Bike Tour, Elgin, National MS Society, 800-FIGHTMS (www.msdlinois.org)

June 23, Bike Walk & Roll, Bassic Woods American Cancer Society 847-358-3965

June 24, Marmette, WI Menominee River Canyons 800-447-5611

June 24, Swedish Days 630-978-0865 Burlington, WI Fox Valley Bike Club

July 4, 4th of July Motors, Plainfield, High School, Joliet Bike Club (www.jolietbicycleclub.org)

July 15, A Bike Odyssey, Plano High School, Naperville Bike Club (naers.aol.com/clubabc)

- A - Advanced (12-15 mph average)
- I - Intermediate (moderate pace)
- N - Newcomers (pace will depend on ability of participants)
- C - Choose your own pace
- T - Trail Ride (see Art's description on page 4)

<sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Kenosca.

<sup>2</sup> Recreation Park is located in Arlington Heights at Miner & Douglas.

<sup>3</sup> Kildeer School is located on Old McHenry Road, just NW of Long Grove Shopping District.

**Call AHBA Ride Hotline for updates/changes (255-3468)**



## AHBA Ride Schedule (Cont'd)



Date	Time	Ride Name	Type (See description on page 3)	Starting Point	Directions/Description	Miles	Leader Phone #
Sun 6/24	10:00 am	Newcomers	N	Frontier Park <sup>1</sup>	See description below	10 or 15	Jim Shoemaker (259-1692)
	9:00 am	Cantigny	A	The Pavilion Biesterfeld- Wellington Elk Grove	Visit Colonel McCormick's Mansion, military museum, tour the mansion or just stroll the gardens. Joint ride with the Mt. Prospect Bike Club	56	Don Amu (301-1366)
Wed 6/27	9:00 am	Lake Co. Des Plaines River Trail South Segment	T	Half Day Forest Preserve	Off Milwaukee Ave 1 mile north of Rt. 22. Entrance on east side, park in first lot to right. Packed, crushed stone *	38	Art Cunningham (963-8746)
Sat 6/30	7:00 am (not a typo)	Loop-de-Loop	I	Frontier Park <sup>1</sup>	This ride is 3 different loops, approx. 20 miles each, with each loop return- ing to Frontier Park. The early bird loop leaves promptly at 7:00 am and returns by 8:55. The 2nd loop leaves at 9:00 am and returns by 11:00 am. The last loop leaves at 11:15 am. The lunch stop will be during the final loop. Come ride any 1, 2 or all 3 por- tions of this ride. Have plans in the afternoon? Ride the 1st or 2nd loop only. Up too late the night before, ride the third loop only.	20, 40 or 60	Gary Gilbert (577-4275)
Sat 7/7	9:00 am	TBD	I	Frontier Park <sup>1</sup>	TBD	25+	Karen Zmrhal (397-1499)
Sat 7/14	Progressive Dinner - No Other Rides (Call Deb Wilson 632-1412 to volunteer your home for one of the courses)						

### RIDES OF A DIFFERENT FLAVOR

The bike paths/trails on the June Schedule includes the fourth ride covering a segment of the Fox River/Prairie Path network. In April we covered the segment from East Dundee to Ringwood, 47 miles there and return, on a rainy day. In May a ride was scheduled to depart from Kline Farm in Winfield to cover the loop formed by the Great Northern East Path to the north and the Prairie path to the south between Winfield and Elmhurst. The ride continues along the Prairie Path to the eastern end at 1<sup>st</sup> Ave in Maywood and return. Total distance is 42 miles for this ride. Later in May a ride was scheduled to leave the East Dundee Depot going south on the Fox River trail to its junction with the Elgin Branch of the Prairie Path. Turning east on this we join the St. Charles Branch of the Prairie Path in Winfield returning on this through West Chicago to the Fox River Trail. After touring a local park trail in St. Charles, we continue north to return to East Dundee. Total mileage for this ride is 52 miles. The 62 mile ride scheduled this month starts with the Blackwell Forest Preserve trail, then joins the Aurora Branch of the Prairie Path taking it to Illinois Ave in Aurora. We then return to the Batavia Branch of the Prairie Path which we take to join the Fox River Path in Batavia. We go north on the Fox River Trail on the east bank to the Fabyan Road Path following this east to the Kirk Road Path. We turn at the entrance to the Fermi Lab following a trail which joins the Prairie Path in Warrenville to complete the west loop. We complete the ride by continuing east on the Prairie Path to Wheaton. On the return we turn off the Prairie Path on a short path adjacent to Wiesbrook Road to join the Herneck Lake and Danada Forest Preserve Path. The two forest preserve trail systems toured are the finest in Du Page County. The ride is completed via the Prairie Path to the starting point. Two additional rides are to be scheduled in the far southern and western part of this network.

**Trail Rides** — The bike paths/trails on the May schedule include some with packed crushed limestone surfaces. I generally use my cross bike on these trails but many are smooth, hard and well maintained and suitable for narrow tired road or touring bikes. At worst, one may have to dismount and walk across an area where there has been water erosion or the surface isn't packed because of fresh repairs. Trails are rated \*, **approved for narrow tires**. Other trails where rougher, less packed surfaces are more likely to be encountered are rated \*\*, **wide tires recommended**. The less developed trails or those where the condition is not known are rated \*\*\*, **wide tires required**. Let me emphasize that all trails are well developed, no off road conditions. These rides are slow paced show and go. Rest stops are catch can, may be forest preserve or park facilities. Although I will try to have stops where food is available, I recommend that you bring snacks and plenty of fluid. - Art Cunningham

**Newcomers Ride** — This is a slow-n-easy ride of about 10-15 miles. Jim Shoemaker will lead rides beginning at 10:00 am from Frontier Park. Take this opportunity to meet new club members, reacquaint yourself with other club members, and get the feel of riding in preparation for the season. Come early and have Jim check your bike and get advice on bike purchases and maintenance.

## Anticipating Traffic

By Bob Hinkle

How good are you at anticipating what could happen when you ride your bike. In the drawing to the right car A is coming towards the cyclist, car B appears to be parked in the cyclist's lane, and car C is just passing the cyclist. Pretend that you are the cyclist pictured in the drawing and list the different scenarios that could happen. After you have thought about your list, see bottom of page 6 for my list.



B



C



## Heights in Tights

By Bob Hinkle

Several rides ago a few of us sat around and discussed what differentiated us from the other local bicycle clubs. It was soon pointed out that we always seemed to be riding someplace to eat. While riding back to the bakery one Thursday morning this crazy poem popped up in my mind.

**Arlington Heights in bicycle tights is a crazy wild bunch.**

**Arlington Heights in bicycle tights is off to Barrington for lunch.**

**Arlington Heights will stuff their tights when they order double French toast.**

**Arlington Heights will stretch their tights seeing who can eat the most.**

**Arlington Heights will take off their tights after their big meals.**

**Arlington Heights without their tights will be able to turn their wheels.**

**Arlington Heights in their stretched out tights will ride again next weekend.**

**So put on your tights and jump on your bike and let the fun begin!**

Marilyn Wilkerson submits this website for you to check out— <http://www.geocities.com/bamacyclist/>

Mike Munk, one of the leaders on my Cross Country trip last summer with ABB, has much useful and interesting information, good articles and links on his very complete website which he is currently updating as he travels.

Mike, 53, retired from the Air Force in 1996 and is now living in Prattville, Alabama. He's ridden over 95,000 miles since he began cycling in 1990 and now shares his passion with others by leading cross country bicycle rides for America by Bicycle, a touring company from Plaistow NH. Since retirement, Mike has crossed the US 9 times on his bicycle— 7 from west to east and 2 from north to south. His cycling resume includes training from the Walden's School of Cycling, medals at the district, regional, and national level, instructor certification from LAB, and two gold medals from the 1999 National Senior Olympics.

The following is taken from his site.

Dear Mr Sprocket

Our club is having an argument on how a cyclist should signal a right turn. Should he use the right arm extended pointing in the direction of the turn or the left arm bent at the elbow like a car signal? Enlighten us old wise one. Lefty

Dear Lefty,

When was the last time you saw someone in a car give a hand signal for a right turn? That went out with the Edsel! There were several reasons for the left arm signal for motorists. In the early cars, one could reach the right window to signal, but it was Henry Ford who first suggested the left arm signal after he broke 3 fingers when he forgot to roll down the right window. Later, as the cars got bigger, it was impossible to reach all the way across the car to extend the right arm, therefore, it was only logical to figure out some signal to use out the left side. Now they could have had someone riding as a passenger to perform their right turn signals but that was a little too inconvenient. Plus, remembering to tell that person to perform the signal became a haphazard practice as you can imagine from present day drivers who can't even remember to flick the little lever to engage the blinking light. However, on a bicycle, it is simpler (and less confusing to a motorist) to extend the right arm to point the direction of turn like you extend the left to signal a left turn. A left arm bent at the elbow could be mistaken for a wave to the friendly ice cream man or UPS driver. Also, if you are bent over the handlebars, a left arm bent at the elbow is hard to see (and perform) as you would have to rotate your arm backwards almost out of the socket to make your forearm perpendicular to the ground. Keep it simple— point where you are going, then go there!

Serocket

## ARLINGTON 500 WRAPUP

### Greg Konieczny

You can't expect good weather every year for the 500 and when AJ claimed his share for the Swap, I had some real concerns. But who can complain about a little overcast and a cool morning. It didn't seem to bother the 330 cyclists who enjoyed the riding, the route and the food and appreciated all the effort that the club put out to make it a fun day. We received plenty of compliments. Thanks to all of you that helped out this year.

Al & Jeanie Gann - Ride brochure  
Roy Euclide - Ride brochure pickup  
Martin Krawitz - Sag stop application  
Earl Horwitz - Preregistration  
Barb Swasas - Mailings to callers  
Chris & Dave Van Dornick - Sag stop food and supplies  
Chris Van Dornick - Road markings

Chris Van Dornick - Mailings to past years' riders  
Marty Rouse - Mailings to past years' riders  
Cynthia Simmons - Mailings to past years' riders  
Bob Hinkle - Mailings to past years' riders  
Nancy Wagner - Mailings to past years' riders  
Jan McCandless - Mailings to past years' riders

Chris Van Dornick - Sandwich Maker  
Dave Van Dornick - Sandwich Maker  
Cynthia Simmons - Sandwich Maker  
Donna Ponte - Sandwich Maker  
Tom Drabant - Sandwich Maker  
Rex - Assistant Sandwich Maker  
Oscar - Assistant Sandwich Maker

Bill Kragh - Sag driver  
Cindy Kinsley & Paul Zimmerman - Sag driver  
Dave Van Dornick - Sag driver  
Dick Marr - Sag driver  
Roger Caruana - Sag driver  
Vince Kelly - Sag Driver

Chris Van Dornick - Fox River Grove sag stop  
Mary Fitzwater - Fox River Grove sag stop  
Jennie Jakopin - Fox River Grove sag stop  
Janis Fromberg - Penny Rd. Pond sag stop  
Marty Rouse - Penny Rd. Pond sag stop  
Tom Wilson - Penny Rd. Pond sag stop  
Deb Wilson - Penny Rd. Pond sag stop  
Gary Gilbert - Penny Rd. Pond sag stop  
Jan McCandless - Lakewood Forest Preserve sag stop  
Tom Drabant - Lakewood Forest Preserve sag stop  
Earl Horwitz - Lakewood Forest Preserve sag stop  
Pat Herrmann - Lakewood Forest Preserve sag stop  
Nancy Wagner - Lakewood Forest Preserve sag stop  
Milo Plavec - Lakewood Forest Preserve sag stop

Bikes Plus Barrington - Registration area support  
Ron McPheron - The bank  
Jim Shoemaker - Registration  
Don Ami - Registration  
Bena Gerber - Registration  
Ralph Salle - Registration  
Jeanne Salle - Registration  
Roy Euclide - Registration  
Cecily Rood - Registration

Barb Swasas - 54 mile sweep  
Jim Barr - 54 mile sweep  
  
Don Ami - 66 mile sweep  
Paula Matzek - 66 mile sweep  
Glen Sulser - 66 mile sweep  
Cynthia Simmons - 28 mile sweep

Amy Polakow - Volunteered  
Jackie Kelly - Volunteered  
Mike Culligan - Volunteered  
Emily Qualich - Volunteered  
Chris Wager - Volunteered

### Wisconsin Bicycling Weekend

The club is planning a weekend of bike riding in Wisconsin on September 15 and 16. This year, we're considering the Green Lake area, about 160 miles from Arlington Heights, near Fond du Lac. My informant tells me that there are plenty of beautiful routes available. We just have to work out the details. Lodging will be reasonably priced and includes both a Friday and Saturday night stay. As before, we'll ride both Saturday and Sunday, returning home Sunday afternoon. A variety of routes and distances will be available both days. Complete details in next month's newsletter. If you're interested call Greg at 398-4633 and I'll hold a room for you.

### Hilly Hundred Weekend

We'll be at the Hilly Hundred ride in Bloomington, IN again this year. It's a Saturday and Sunday ride, October 20 & 21, 50 miles each day. The Hilly is a huge event with over 5000 participants, plenty of food and entertainment, a beautiful route with spectacular Autumn colors and of course, just a "few" hills to keep you invigorated along the way. We have Friday and Saturday night accommodations at the College Motel near downtown Bloomington, a reasonably priced (about \$50), comfortable place to stay about 4 miles from the Hilly starting point at Bloomington High School. If you're interested in joining us, call Greg at 398-4633.

### Traffic Scenarios (from page 5)

1. Car B may suddenly pull out in front of you.
2. Car C may not leave you with enough room to pass car B.
3. Car C may pull over to the curb after passing car B.
4. Car C may make a right hand turn in front of you at the corner.
5. Somebody could open the driver's door in car B as you ride by.
6. Car C blocks the view of you from car A. Car A then turns left in front of you.
7. Car A could take the middle of the road squeezing you into car B.
8. Car C passes you and continues straight while car A continues in its lane giving you plenty of room to pass the parked car, car B.

Did you foresee these possibilities? Did you see others that could affect your safety?

# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

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

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

In signing this release for myself and/or all named participants 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 release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned, arranged, sponsored or otherwise participated in by the Arlington Heights Bicycle Association

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

\_\_\_\_\_

Membership for both Individuals and Families = \$10

Family Members under 18 yrs. \_\_\_\_\_ 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

Arlington Heights Bicycle Association  
July 2001  
Volume 30, No. 6

## Pertinent Paragraphs from the Presidents



Summer is in full swing!!! Lots of participation has been the key to successful activities so far. Early in the season, Tuesday night rides fell prey to cold and rainy weather, but the number of riders has picked up lately due to better weather. Saturday rides have had some great numbers—both intermediate and advanced rides.

And thank you to all who have volunteered their time at the again successful Bike Swap, the wonderful Arlington 500, and those who have been ride leaders. We are always looking for ride leaders. We will be glad to pair you up with a veteran ride leader so you can learn the ropes.

The annual progressive dinner is coming up on July 14, 10:30 a.m. Riders will start with appetizers at Greg Konieczny's house, then ride on to Barb Swasas and Jim Barr's house where the salad(s) will be available. We will then head to the Van Dornicks to again test Dave's cooking skills, and ride on to Tom & Debbie Wilson's house for dessert. The starting point for the dinner will be at the Wilson's at 105 N. Elmhurst, Mt. Prospect - the first house north of the cemetery.

Don't forget the Club picnic on July 28 - with tons of food in keeping with the Club motto, "We ride to eat".

The deadline for paying the 2001 AHBA dues WAS June 1, 2001. If you have not paid them, please do so that you may be kept up to date with the Club newsletter. Members at the May business meeting decided to donate money to the Chicago Bicycle Federation (\$300), Adventure Cycling Association (\$115), Rails to Trails (\$200), League of American Bicyclists (\$150), and League of Illinois Bicyclists (\$200). We thank the members for their input and considerations.

The Club also discussed an incident that occurred during the Arlington 500 between a rider (not a member of our club) and an automobile. Barrington Hills police described it as road rage. The lesson to be learned is that bike riders should never do ANYTHING to aggravate automobile drivers—whatever the circumstances. Watch out for YOUR best interests.

The next scheduled meeting is September 26, 2001.

The membership should start thinking about the officers they wish to elect in October.

### Bikes on Buses & Trains

85 bike racks have been installed on CTA buses - those running closest to the lakefront path - with the thought that hopefully more bike racks will be added at a later date.

Up until this time, bikes on the "L" trains were limited to weekends. Bikes are now welcome on weekdays, but with extremely limited times. Bikes will be NOT be allowed on the "L" from 4 a.m. - 10 a.m. and from 2 p.m. - 8 p.m. - so still not available to commuters. But this is a great start - little by little the program has been expanded.

Karen Zmrhal and Roy Euclide

**Presidents**

Karen Zmrhal  
kz2000@mediaone.net  
(847) 397-1499  
Roy Euclide  
(847) 437-0442

**Vice Presidents**

Dave & Chris Van Dornick  
saddleup\_169@msn.com  
(847) 259-7917

**Secretary**

Barb Swasas

**Treasurer**

Ron McPheron  
(847) 824-5091

**Meeting Program**

Roy Euclide  
(847) 437-0442

**Refreshments**

Jan McCandless  
(847) 680-1729

**Membership**

Cecily Rood  
(847) 398-7448

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(847) 259-1692

**Safety Chairman**

Bob Hinkle  
(847) 259-1423

**Bike Swap**

Al & Jeanie Gain  
(847) 392-1547

**Arlington 500**

Greg Konieczny  
konie@mindspring.com  
(847) 398-4633

**Web Site**

Cundy Trent  
ctrent@dist214.k12.il.us  
(847) 392-6750

**AHBA Ride Hotline**

(847) 255-3468

**Web Address**

http://www.geocities.com/colosseum/midfield/2543

**No Membership Meetings  
During the Summer Season**

**Next Membership Meeting  
September 26, 2001**

There will a Board Meeting at 6:30 p.m. before the Membership Meeting. All members are welcome!

The Membership Meeting will begin at 7:30 p.m.

The Inner City Outings Group (ICO) of the Chicago Chapter of the Sierra Club is sponsoring their 6th Annual bike ride/fundraiser/gourmet picnic/raffle on the I & M Trail near Channahon, IL. The ride is from Channahon to Morris (an easy 30 mile round trip). In Morris we stop at Gebhard Woods State Park for the Dulcimer Festival and a gourmet picnic lunch. We will have two groups of riders, one fast and the other a more leisurely pace.

All funds go towards taking inner city kids on outdoor activities they may not be able to do on their own, such as camping, hiking and canoeing. Donation \$18/person. To reserve your spot, send a SASE to Barb Reed, 9133 Ewing, Evanston, IL 60203. Make \$18 check payable to Chicago-ICO. Full information will be sent to you. For more information, call Barb at (847) 329-0213 between 5:00 and 9:00 p.m. Get more from the Web <http://explorer.msn.com>

"Bike riding as little as three miles a day will improve your sex life." - Dr. Franco Antonini



Ed.

**AHBA Top 20 Mileage Riders**

**Miles**

1	Bob Hinkle	1434
2	Dave Van Dornick	1267
3	Art Cunningham	1264
4	Chris Van Dornick	1177
5	Greg Konieczny	1046
6	Gary Gilbert	815
7	Chris Wager	808
8	Ralph Salle	789
9	Kurt Schoenhoff	714
10	Paula Matzek	701
11	Earle Horwitz	701
12	Tom Wilson	696
13	Marty Rouse	602 0037
14	Nancy Wagner	574
15	Bob Pletch	566
16	Tom Drabant	547
17	Geri McPheron	506
18	Velda Knorr	502
19	Vince Kelley	453
20	Debbie Wilson	450



Many of you may have heard that a rider took a fall on one of the Newcomers rides. Jim Shoemaker informs me that the gentleman is home recuperating and hopes to be riding again in August.

We wish him a speedy recovery.

This rider who fell would like to have a message sent out to all bike riders. Wear your helmet!

We have heard it many times, but it always needs to be repeated. Wearing a helmet can make a fall from a bicycle something we can recuperate from.



## AHBA Ride Schedule



Date	Time	Ride Name	Type (See description below)	Starting Point	Directions/Description	Miles	Leader Phone #
Every Tues & Thurs	9:00 am	Deerfield Bakery Rides	C	Deerfield Bakery	The Bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the bakery after the ride.	25/Tues 15/Thurs	No ride leader - call Bob Hrnicle (259-1421) for info. Joint ride with Wheeling Wheelmen.
Every Tues. for the season at 6:30 pm		Tuesday Night	I	Recreation Park	Leisurely paced rides in surrounding suburbs.	Varies	Call Chris or Dave Van Dornick to volunteer to lead one of these rides (259-7917).
Sat 6/30	9:00 am	TBD	A	TBD	TBD	TBD	TBD
Sat 7/7	9:00 am	TBD	I	Frontier Park	TBD	25+	Karen Zimbal (397-1499)
	9:00 am	TBD	A	TBD	TBD	TBD	TBD
Wed 7/11	9:00 am	Fox River Trail/ Great Western West Section	T	South Elgin Trail Access	South on Rte. 31 to West State St. turn left (east) then right just before the bridge to parking. Paved, packed, crushed stone.	57	Art Cunningham (963-8746) <b>BRING SNACKS &amp; WATER</b>
Sat 7/14	<p align="center"><b>Progressive Dinner Ride — Starts 10:30 a.m. - Approximately 40 miles — No other Rides</b>                  No cost — But need to register with Dave Van Dornick (259-7917) - Starts at 105 N. Elmhurst in Mt. Prospect                  More details on page 1</p>						
Sun 7/15	10:00 am	Newcomers	N	Frontier Park	See description below.	10 or 15	Jan Shoemaker (259-1692)
Wed 7/18	9:00 am	Fox River/ McHenry Prairie Path	T	East Dundee Depot	West On Dundee (Rte. 68) base right at Harrington Ave. just past Rte. 25 to River St. Depot to left. Paved, packed, crushed stone.	40/62 (partial loops)	Joe Irons (359-0551) <b>BRING SNACKS &amp; WATER</b>
Sat 7/21	8:30 am	Volo Bog Ride	A	Lake Arlington Parking Lot, Windsor Dr. Arlington Hts.	Ride to Volo Bog.	70	Chris or Dave Van Dornick or someone nice enough to volunteer their services.
	9:00 am	TBD	I	Frontier Park	TBD	25+	Karen Zimbal (397-1499)
Sun 7/22	10:00 am	Newcomers	N	Frontier Park	See description below.	10 or 15	Jan Shoemaker (259-1692)

**International Rides**

July 8, Houtersville (OH) - Burlington, WI, benefits Cancer-ers Education Department. Scott Hoffman 262-763-0719 scott@jps.net

1 Ultimate Neighborhood Ride - Chicago, IL - Chicago - cycling July 7, 7:30-8:00. www.chicagocyclingclub.org

July 15, Okara, WI - Okara, WI, Lake Forest. 815-238-7476. www.okaracyclingclub.com, www.lake-forest.com

1 A.Y.K. Ride - 10 a.m. - Chicago, IL - Rockingham Forum. www.ayk.com. Benefits Friends of the Park. Name: John. 773-888-8888. www.friends-of-the-park.com, www.rockingham.com

July 28, Winnetka, Illinois - Oak Mount, Illinois - Winnetka, Illinois. 815-426-4115. www.winnetkacycling.org

- A - Advanced (12-15 mph average)
- I - Intermediate (moderate pace)
- N - Newcomers (pace will depend on ability of participants)
- C - Casual (easy pace)
- T - Trail Ride (see Art's description on page 1)

- 1 - Frontier Park is located in Arlington Heights at Potomac Rd. & Lemmon St.
- 2 - Recreation Park is located in Arlington Heights at Myler & Douglas
- 3 - Kildare School is located on Old McHenry Road, just NW of Long Grove Shopping District

**Call AHBA Ride Hotline for updates/changes (259-3468)**

**Newcomers Ride** — This is a slow-to-moderate ride of about 10-15 miles. Jan Shoemaker will lead rides beginning at 10:00 am from Frontier Park. Take this opportunity to meet new club members, reacquaint yourself with other club members, and get the feel of riding in preparation for the season. (Come out!) and have Jan check your bike and get advice on bike purchases and maintenance.



## AHBA Ride Schedule (Cont'd)

Date	Time	Ride Name	Type (See description on page 3)	Starting Point	Directions/Description	Miles	Leader Phone #
Wed 7/25	9:00 am	Green Bay/North Shore/Robert McClory to Illinois Beach	T	Trumbull Woods F.P. Glencoe	East on Lake Cook to Green Bay Rd. left to parking on the left * Paved, packed, crushed limestone - Illinois Beach Loop**	52	Art Cunningham (963-8746) <b>BRING SNACKS &amp; WATER</b>
Sat 7/28	Club Picnic — At Kimball Hill Park, park in the south lot at Kimball Hill School, located one block north of Kirchoff on Meadow. Ride starts at 10:30. Plan to meet at the park at 10:00 a.m. Ride to be 25-30 miles. Club provides the meat and sweet corn, please bring a salad, dessert or appetizer to share. Other events at the Picnic.						
Sat 8/4	9:00 am	Nifty 50	A	Frontier Park <sup>1</sup>	More details to come	56	Vince and Jackie Kelley 259-6899

**August 11-13 — The Milwaukee Ride.** Chris and Dave Van Dornick lead this ride up to Milwaukee on Saturday, 8/11. Or join Jim Barr and Barb Swasas who will be leaving at an earlier hour. 1st day 75-80 miles, 2nd day, 100 miles, 3rd day 75-80 miles. Some hotel rooms have been booked; however space is limited. Call Dave or Chris Van Dornick (259-7917). If you can't make it for the whole weekend, join us for the ride in Milwaukee on Sunday. Meeting 9:00 a.m. from McKinley Marina, slips A-D in Milwaukee — about 78 miles from Arlington Heights.

### RIDES OF A DIFFERENT FLAVOR

There are five north-south bike trails in the Chicago Area. The first is the Chicago Lake Front Path on the east. The second is a series of connected paths to the west, the North Channel - Green Bay - North Shore - Robert McClory Trail. This trail continues north into Wisconsin to Kenosha and beyond. Further to the west is the third, the North Branch - Skokie Lagoon path. Yet further west is the fourth, the Des Plaines River Trail in Cook and Lake Counties. Finally most westerly is the fifth, Fox River - McHenry, Prairie Path which was covered in last month's description of the Fox River-Prairie Path network. This week the first and second paths are covered.

We rode the Lake Front Bike Path in April before the summer beach crowds made riding impossible. Starting at Foster Beach Avenue we went south on the lake side to the Jackson Park Pavilion south of the Museum of Science and Industry with side trips to the Filtration Plant, Navy Pier and the Planetarium and Meigs Field. On the return we went up the spur on the south side of the Chicago River to Michigan Avenue. One of our party, Tom Drabant guided us to an elevator which took us to Columbus Street which we took to Illinois Street back to the trail for an unusual diversion. We then returned via trails around the South Lagoon, Lincoln Park Zoo and the North Lagoon. This bike path has no connection with any of the other north-south trails. The trip to bike this 40 mile route is well worth the tedious drive to the starting point. There is no other way to view the Chicago skyline from so many varied points. Warm summer days and weekends in particular are to be avoided as this path is extremely crowded.

In May we rode 35 miles of the second north-south bike path to the west, the Green Bay Path from the Lake-Cook Road access south to Lawrence Avenue in Chicago. There are short gaps in the path at Glencoe and Kenilworth and longer ones south of Wilmette where a lightly traveled street on the east side of the track is followed to Lincoln St. One then turns right under the tracks and follows the sidewalk south along Green Bay Road a short distance to the Evanston and Skokie North Channel trails which feature the Ladd Arboretum and the Skokie statue park. Another gap occurs at Devon where one crosses the North Channel turning immediately right at Kedzie to Lincoln Ave. There is a bad intersection with Peterson. A right on Peterson for a short distance leads to a path in Veterans Park and connected parks the remainder of the way. The scheduled ride continued north of Lake-Cook Road 20 miles to Lake Bluff and returned to the starting point. This segment was cancelled because of rain. The omission of this path segment will be rectified with the Illinois Beach ride in the July schedule. A short ride between the Green Bay Path and the Entrance to the Botanical Garden along Lake Cook Rd. gives access the North Branch-Skokie Lagoon Path which we rode in April.

**Trail Rides** — The bike paths/trails include some with packed crushed limestone surfaces. I generally use my cross bike on these trails but many are smooth, hard and well maintained and suitable for narrow tread road or touring bikes. At worst, one may have to dismount and walk across an area where there has been water erosion or the surface isn't packed because of fresh repairs. Trails are rated \*, **approved for narrow tires**. Other trails where rougher, less packed surfaces are more likely to be encountered are rated \*\*, **wide tires recommended**. The less developed trails or those where the condition is not known are rated \*\*\*, **wide tires required**. Let me emphasize that all

### Grand Illinois Trail

While on a Wednesday trail ride we stopped at the bicycle shop in the tiny town of Capron, IL. There we met Bev Moore. Bev was one of the people responsible for the Long Prairie Trail which runs through Capron and eventually connecting to Roscoe, IL. She serves on the board of the Illinois Trail Conservancy. The Illinois Trail Conservancy is trying to connect the states' communities and countrysides and promoting the use of trails for recreation and transportation. They are working with many agencies to get the job done. They have three members on the Conservation Congress to identify issues and bring them before the legislature. They also participate on the Greenways & Trails Council at IDNS, and Inter-Agency Bikeways Council at IDOT. The Illinois Trail Conservancy has been instrumental in working with state and local governments to connect with trails outside of their jurisdiction, thereby creating larger trail networks. Out of this work came the **Grand Illinois Trail**.

The Grand Illinois Trail will be a 475 mile looping trail between Lake Michigan on the East, the Illinois River on the South, the Mississippi River on the West, and the Illinois / Wisconsin border on the North. The Lake Front Path, DesPlaines River Trail, and Fox River Trails run along the Eastern side of this loop. The Old Plank Trail, I & M Canal Trail follow the Illinois River on the South side to LaSalle. Parts along the Illinois are still under construction. The Kaskaskia Alliance Trail and Hennepin Canal Trail continue the southern edge to the Moline area. The western side parallel the Mississippi River. The Great River trail runs from Moline to Thompson. From this point to Galena connecting trails are in the planning stage. Also the Northern side from Galena to the Jane Addams Trail in the Freeport area is in the planning stages. The Pecatonica Prairie Path from Freeport to the Rockford area is being completed this year. Eventually the Northern loop will connect to the Long Prairie Trail which ends in Chemung. Still in the planning stage is a route through Northern McHenry to connect to the Prairie Trail in Richmond. The existing trails run the gambit from paved, crushed limestone, coarse gravel to dirt.

For more information on the Grand Illinois Trail log onto the following websites:

- <http://dnr.state.il.us/orep/planning/gi.htm>
- <http://www.bikehub.org/trails/gi.html>

For more information on Illinois Trails Conservancy log onto their website at [www.connet1.net/ILLTrails](http://www.connet1.net/ILLTrails)

### Six AHBA Members Hit By A Car by Bob Hinkle

Six members of the Arlington Heights Bicycle Association were struck by a car while standing on St. Mary's Road in Lake County. The bicyclists had stopped when one of their members had fallen off her bike after riding into the cyclists in front of her. All of the bicyclists were standing in a row on the white line next to the edge of the pavement. The driver of the car said that the car in front of him suddenly swerved to the left and he then saw the cyclists but it was too late to miss them. "It was just like dominos," he said. "I hit the first one and the whole line went down. If only they had standing on the gravel shoulder instead of on the road I would not have run into them."

This was the scenario that ran through my mind as I watched this group of riders standing on St. Mary's Rd. St. Mary's Rd. had a lot of traffic in this location. Don't think that accidents happen only to the other person. Reduce your chance of having them. If you stop riding get off the road or bike path. Don't be a target for an accident.

### Do's and Don'ts While Riding By Bob Hinkle

**Do** let others know of your presence. If coming up behind a slower rider or a walker let them know you are there. Ring your bell, say hello, cough, whistle or make some noise to alert the person in front of you.

**Do** let people know when you are passing them. An "On your left", and a brief pause to make sure the person doesn't dart in front of you before passing can reduce chances of accidents.

**Do** alert people while riding in a group as to cycling conditions. Hole, car up or back, slowing or stopping, is helpful information for your fellow cyclists.

**Don't** follow the person in front of you too close. If they suddenly stop could you? Remember in a rear end collision it's usually the rider in back that falls.

**Don't** ignore the warning, "car back". Ignoring the car back warning on the Tuesday night rides is a common practice. Those rider should take heed. Maybe the driver of the car that wants to pass you had a bad day.

**Don't** ride erratically. Weaving in and out of traffic whether on the road or on the bike path is dangerous. Also don't ride faster than conditions permit. In town there is always the chance a car could pull out in front you. Could you stop in time? The same is also true on the bike paths. Slower cyclists or walkers could suddenly ride or step in front of you.

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### Bikeway Plans

The first of six meetings were held on June 5, 2001 to improve the northwest region bicycle routes. Randy Neufeld from the **Chicagoland Bicycle Federation**, along with Larry Bury and Megan Swanson from the **Northwest Municipal Conference** invited representatives from Arlington Heights, Des Plaines, Mount Prospect, Elk Grove, Rolling Meadows and Wheeling. Five members from the Arlington Heights Bicycle Association also attended the meeting. Other meetings will be held in the surrounding Chicagoland suburbs.

The meeting objective was to first get a bikeway inventory and second to prioritize the information which will eventually lead to a Chicagoland regional bikeways map. The inventory consisted of

- *Linking together of existing bikeways between neighboring cities and beyond.*
- *Identifying proposed bicycle routes in the all of the cities in the region.*
- *Identifying barriers (Interstates, rivers, train tracks, and high traffic volume roads).*
- *Identifying existing routes that are no longer considered safe.*

Most of the village representatives attending the meeting were not bicycle riders and several were new employees who couldn't give much information about their village bikeways or future plans. The AHBA members who attended were able to add or confirm the information on the current bikeways in the area. We must get members to attend these meetings so that the bicyclists concerns can be heard.

# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

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

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

In signing this release for myself and/or all named participants 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 release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned, arranged, sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

\_\_\_\_\_

Membership for both Individuals and Families = \$10

Family Members under 18 yrs \_\_\_\_\_ 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

Arlington Heights Bicycle Association  
August 2001  
Volume 30, No. 7

## Pertinent Paragraphs from the Presidents



We continued with our club motto of "We Ride to Eat", which is exactly what we did on July 14. What a great turnout for our progressive dinner! THANK YOU to Debbie and Tom Wilson for coordinating the event for us—a job well done! Riding from the Wilson's in Mt. Prospect, we went to Greg's for appetizers—who commented he had to do it all by himself! I am wondering if all the other courses REALLY had 2 people preparing it—or just had 2 names on it. Fabulous deviled eggs—Greg's specialty I understand. Then onto Barb Swasas and Jim Barr's for salads where potato salad and a combination fruit and vegetable salad hit the spot after a hot ride! Next came shish kabobs at the VanDornick's. We all enjoyed them - including the dogs. After eating so much, it was a good thing it was only about 5 miles to the Wilson's for desserts—where pies, cheesecake, brownies, cookies and ice cream were the choices. Yummy—yummy! The remains of the desserts were passed around the circle and EVERYONE had to oblige until the plate was empty. That was the rule we were told.

We also want to thank Bob Hinkle for organizing the Amish Land and Lakes ride. In trying to honor the above club motto of "We Ride to Eat", it was reported that those who stopped for lunch on Thursday got drenched on the way back and those not stopping to eat were back well ahead of the rain. I understand over 20 people went on the ride and a good time was had by all. Thanks again for a job well done, Bob.

The club picnic had a WONDERFUL turnout—again the purpose being to eat.

Special thanks to Chris VanDornick for selecting a great central location for the picnic and organizing the ride and food—plenty of brats, hamburgers, hot dogs, corn-on-the-cob. Lots of other hors d'oeuvres and desserts were supplied by the rest of the club members and disappeared in a hurry by hungry riders. Thank you to Jim Shoemaker for bringing his ever faithful supply of tickets for door prizes which were supplied by Jim and I assume the courtesy of the Arlington Bicycle Company. Again, we had several new people at the picnic. Please make the new people welcome by talking with them on rides.

We've had some really good turnouts for all of the club activities—Tuesday, Saturday and Sunday rides—always happy to see more riders. We have had many new people try out our club this summer. Please introduce yourself and make them feel welcome.

Come to the rides to check out stories (can they all be true?) of the many people who have gone on organized rides this summer such as GRABAWAR, Maine, Virginia, RAGBRAI, Ohio, the Amish ride, and others.

August and September bring the annual rides to Milwaukee, Lake Geneva, and weekend trips to Wisconsin.

As you all know, our annual Bike Swap is held at Frontier Park. As many of you may not be aware, Frontier Park will be under construction next year at Swap time. If anyone has any ideas as to where we could hold the Swap, please let us know. Keep in mind the large amount of space we need with security being of utmost importance, and a place to store the bikes at night, as we used to put them inside the gym at Frontier Park.

### KEEP BIKING!

Roy would like to know - Are there other organizations that you feel should be picked as recipients of AHBA funds, other than those listed in the July newsletter? Start thinking about who you would like to see as your AHBA officers for next year. Do you have any other ideas that you would like to see the club consider—either biking in the summer—or should we consider other non-biking social activities, such as Ravinia concerts, miniature golf?? Are there interesting programs that you would like to see at our monthly general meetings? Please help answer these questions by attending the AHBA informal business meeting September 26 from 6:30 p.m.-7:30 p.m. and the business meeting that starts at 7:30 p.m. where discussions are finalized. WE NEED YOUR IDEAS!

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**AHBA Ride Hotline**

(847) 255-3468

**Web Address**

<http://www.geocities.com/colosseum/midfield/2543>

**No Membership Meetings  
During the Summer Season**

**Next Membership Meeting  
September 26, 2001**

There will a Board Meeting at 6:30 p.m. before the Membership Meeting. All members are welcome!

The Membership Meeting will begin at 7:30 p.m.

METRA has finally relented—bikes WILL be allowed on the METRA trains— for a short term trial basis in August and September with very severe restrictions. For two months, on Saturdays only, on one train line each day, on one train each way in the morning and in the evening. There will be only one designated station in each fare zone where bikes will be allowed to board, where a maximum of 12 bikes will be allowed. Bikers MUST call in advance to CBF to make a reservation and must pay \$5 per bike. It may not be what we want just yet, but is a starting point states CBF.

**MORE NEWS**

The Chicago Department of Transportation's (CDOT) goal is ambitious—to establish or reestablish 20 miles of bike lanes in 2001. Staff have been busy since January developing implementation strategies for proposed on-street bike lanes across Chicago. They have been coordinating with different road reconstruction and resurfacing projects and conducting community outreach for each proposed lane. 20 miles is not much, but it is a start.

"You never have the wind with you — either it is against you or you're having a good day."

Daniel Behrman, *The Man Who Loved Bicycles*



Ed.

**AHBA Top 20 Mileage Riders**

		<u>Miles</u>
1	Dave VanDornick	2200
2	Christine VanDornick	1920
3	Bob Hinkle	1885
4	Art Cunningham	1837
5	Greg Konieczny	1675
6	Paula Matzek	1615
7	Cindy Trent	1303
8	Earle Horwitz	1160
9	Don Ami	1157
10	Ralph Salle	1149
11	Kurt Schoenhoff	1139
12	Tom Drabant	1138
13	Gary Gilbert	1118
14	Tom Wilson	1084
15	Nancy Wagner	1018
16	Geri McPheron	992
17	Bob Pletch	965
18	Barb Swasas	964
19	Jim Barr	940
20	Velda Knorr	905

These miles include  
GRABAAR and the Amish  
Land and Lakes Rides

September 22 - One more time for this year. Come join Don Ami and others for an evening of miniature golf. Meet at Par King (Milwaukee Ave. & Aptakisic Road) at 7:00 p.m. And, go again (because I believe people made it to this part in June), to dinner, etc. at Flatlanders Microbrewery. For r.s.v.p. (if you are coming) and more info, call Don at 301-1366.



# AHBA Ride Schedule

Date	Time	Ride Name	Type <small>(See description below)</small>	Starting Point	Directions/Description	Miles	Leader Phone #
Every Tues & Thurs	9:00 am	Deerfield Bakery Rides	C	Deerfield Bakery	The Bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the bakery after the ride.	25/Tues 35/Thurs	No ride leader - call Bob Hinkle (259-1423) for info. Joint ride with Wheeling Wheelmen.
Every Tues. for the season at 6:30 pm		Tuesday Night	I	Recreation Park <sup>2</sup>	Leisurely paced rides in surrounding suburbs.	Varies	Call Chris or Dave VanDornick to volunteer to lead one of these rides (259-7917).
Wed 8/8	8:00 am	Half Day to Chicago	T	Half Day Forest Preserve	Off Milwaukee Ave. 1/2 mi. north of IL 22, park at first lot to right. Packed, crushed stone, paved*.	75	Art Cunningham (963-8746) <b>BRING SNACKS &amp; WATER</b>
<p>August 11-13—Milwaukee Ride. Chris and Dave VanDornick lead this ride up to Milwaukee on Saturday. 1st day 75-80 miles, 2nd day 100 miles, 3rd 75-80 miles. Some hotel rooms have been booked, however, space is limited. Can Dave or Chris at 259-7917. <b>If you can't make it for the whole weekend, join us for the ride in Milwaukee on Sunday (about 75 miles). Meet at 9:00 a.m. from McKinley Marina, slips A-D in Milwaukee—about 78 miles from Arlington Heights. Call Chris or Dave VanDornick (259-7917).</b></p>							
Sat 8/11	9:00 am	Milwaukee Alternative	I	Frontier Park <sup>1</sup>	Not going to Milwaukee for the weekend? Join Pat on a ride through the NW suburbs.	30	Pat Hermann (991-2951)
Sun 8/12	10:00 am	Newcomers	N	Frontier Park <sup>1</sup>	See description below.	10 or 15	Jim Shoemaker (259-1692)
Wed 8/15	9:00 am	Mundelem to Kenosha	T	Camel H.S., Mundelem	Off Maple Avenue (IL 76), 3/4 mi east of US 45. Packed, crushed stone, paved*.	65	Art Cunningham (963-8746) <b>BRING SNACKS &amp; WATER</b>
Sat 8/18	8:00 am	Woodstock Ride	A	Lakewood F.P.	On Ivanhoe Rd., West of Fairfield, just South of Route 176.	72 or 54	Chris and Dave VanDornick (259-7917)
	9:00 am	Ride to Wilmette	I	Potawatami F.P.	Ride starts at the Forest Preserve in Wheeling on Dundee Rd., 1/2 mile east of Milwaukee Ave. Enjoy a change of direction, we will work our way east to the North Shore.	36	Howard Paul (824-2941)
Sun 8/19	10:00 am	Newcomers	N	Frontier Park <sup>1</sup>	See description below.	10 or 15	Jim Shoemaker (259-1692)
Wed 8/22	9:00 am	Fox River Path So./Virgil Gillman	T	Good Templar Park, St. Charles	Off IL 25, 1-1/2 mi. South of Main (IL 64/ North Avenue). Paved, packed crushed stone*.	55	Art Cunningham (963-8746) <b>BRING SNACKS &amp; WATER</b>

**Invitational Rides**

August 26, Old Mill Century, Oregon Park West, Oregon. E. Kevin Asiam, 815/732-3156, [kevin\\_asiam@yahoo.com](mailto:kevin_asiam@yahoo.com), [www.oldmillcentury.com](http://www.oldmillcentury.com)  
 Bike Psycho Century, Coal City High School to Coal City. Mike 708/802-1804. Oak Lawn Bike Psychos. [bikapsychoes@yahoo.com](mailto:bikapsychoes@yahoo.com), [www.gocities.com/colostown/field/5458](http://www.gocities.com/colostown/field/5458)

September 9, Harmon Hundred, Wheeling Wheelmen, Wilmet Mountain in Wilmet, WI ([Wheeling@wheelmen.com](mailto:Wheeling@wheelmen.com)) [www.wheelmen.com](http://www.wheelmen.com)

September 16, North Shore Century, Evanston Bicycle Club, Danco Park, Evanston. 847/866-7743 [www.evanstonbicyclub.org](http://www.evanstonbicyclub.org)

September 30, Apple Cider Century, Three Oaks Michigan, [www.applecidercentury.com](http://www.applecidercentury.com)

- A = Advanced (12-15 mph average)
- I = Intermediate (moderate pace)
- N = Newcomers (pace will depend on ability of participants)
- C = Choose your own pace
- T = Trail Ride (see Art's description on page 4)

- <sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.
- <sup>2</sup> Recreation Park is located in Arlington Heights at Miner & Douglas.
- <sup>3</sup> Kilders School is located on Old McHenry Road, just NW of Long Grove Shopping District.

**Call AHBA Ride Hotline for updates/changes (255-3468)**

**Newcomers Ride** — This is a slow-n-easy ride of about 10-15 miles. Jim Shoemaker will lead rides beginning at 10:00 am from Frontier Park. Take this opportunity to meet new club members, reacquaint yourself with other club members, and get the feel of riding in preparation for the season. Come early and have Jim check your bike and get advice on bike purchases and maintenance.

**Trail Rides** — The bike paths/trails include some with packed crushed limestone surfaces. I generally use my cross bike on these trails but many are smooth, hard and well maintained and suitable for narrow tread road or touring bikes. At worst, one may have to dismount and walk across an area where there has been water erosion or the surface isn't packed because of fresh repairs. Trails are rated \*, **approved for narrow tires**. Other trails where rougher, less packed surfaces are more likely to be encountered are rated \*\*, **wide tires recommended**. The less developed trails or those where the condition is not known are rated \*\*\*, **wide tires required**. Let me emphasize that all trails are well developed, no off road conditions. These rides are slow paced show and go. Rest stops are catch as catch can, may be forest preserve or park facilities. Although I will try to have drinks where food is available I recommend that you bring snacks and plenty of fluid. - Art Cunningham

## AHBA Ride Schedule (Cont'd)

Date	Time	Ride Name	Type (See description on page 3)	Starting Point	Directions/Description	Miles	Leader Phone #
Sat 8/25	8:00 am	Lakewood Bridge	A	Recreation Park <sup>2</sup>	Rides goes toward Glencoe - there is a lunch stop in Highland Park	50-60	Chris and Dave VanDornick (259-7917)
	9:00 am	TBD	I	Frontier Park <sup>1</sup>	TBD	30	Marilyn Wilkerson (439-4496)
Wed 8/29	9:00 am	M&I Path— West section to LaSalle	T	Gebhard Woods Park, Morris, IL	Exit I-80 South on IL 47—follow signs to park. Paved crushed stone*	62	Art Cunningham (963-8746) <b>BRING SNACKS &amp; WATER</b>
Sat 9/1	8:00 am	Wauconda	A	Harms Woods	Parking lot off Harms Road at Old Orchard Road. Lunch stop at Luke's in Wauconda	81	TBD (Call Chris 259-7917)
	9:00 am	Hills of Barnington	I	Kildeer School <sup>1</sup>	Kildeer School just North of Long Grove on Old McHenry Road	38	Ron & Geri McPherson (824-5091)
Sat 9/8	<b>For Everyone.</b> The Lake Geneva Ride. 50 or 110 miles. Two starting points: long route starts from Community Park at the north side of Old McHenry Road at Quentin Road in Hawthorne Woods at 7:30 a.m. Short route starts from Glacier Park. To get to Glacier Park take Route 12 to Route 120, go west to Route 31 north, go 0.1 mile to Barnard Mill Road, turn left and then right at the Y, then right on Keystone. Start for the short route is 10:00 a.m. Lunch in Lake Geneva. Bring snacks on the long ride. Dave and Chris VanDornick (259-7917)						
Sat 9/15	8:00 am & 9:00 am	Botanical Gardens	A	Recreation Park <sup>2</sup> Beck Lake FP	From Rec Park 8:00 am for 64 miles. From Beck Lake FP 9:00 am. Forest Preserve is located on Central Road about 1/4 mile east of the entrance to Oakton Community College in Des Plaines. The Forest Preserve is on the north side of Central Road. Lunch in Highland Park	45 or 64	Chris VanDornick (259-7917)

**September 14-16—Green Lake, WI.** Green Lake is located 30 miles west of Fond du Lac, about a 2-1/2 hour drive from NW suburbs. For the weekend, we are renting the 5 bedroom Onchen House at the Green Lake Conference Center, a wooded estate on the shores of Green Lake, owned by American Baptist Association (No, you won't have to listen to a sermon on Sunday!). The house has 5 bedrooms, 4 baths, a fireplace, microwave and full kitchen facilities. Accommodations will be for Friday and Saturday night. Cost is about \$85 per person for the weekend. On Saturday, we'll provide the option of a 30, 50 or 70 mile ride. The routes are mostly flat with some gentle rolling hills except for some significant climbs on the 70 mile route. On Sunday, we'll provide a 25 or 40 mile route out of Montello, just west of Green Lake. Green Lake is a resort town similar to Lake Geneva, but much quieter and less crowded. A group dinner will be planned for Saturday night. If you are interested, contact Greg Konieczny (398-4633) or e-mail at [konie@mindspring.com](mailto:konie@mindspring.com). He will need a deposit for this trip. Hope you can join us.

### RIDES OF A DIFFERENT FLAVOR

In August, we start with the east segment of the Michigan & Illinois Canal State Trail from the Brandon Locks in Rockdale just south of Joliet to Gebhard Woods Park west of Morris. Later in the month, the west segment of the trail to LaSalle is scheduled. This good quality packed crushed stone 55 mile touring trail is part of the 475 mile Grand Illinois Trail. About 15 miles further west is the next closest state trail to Chicago, the 70 mile Hennipen Canal State Trail that ends in Moline. I rode this trail on a hybrid to Geneseo on rough grass and dirt surfaces some years ago. The state is in the process of improving the condition of this trail. I am told that parts of it are even paved. This trail could be added to our tour in future years.

The east end of the M & I State Trail is connected to the Plan Road Trail to Park Forest in the west and the Heritage Trail to Lockport to the north via marked routes on streets through Joliet. We will schedule the Plank Road Trail in September. I rode the short Heritage Trail from Lockport to Joliet earlier this year where it ends at a paved parking lot. Well posted signs guide you through Joliet streets to the Brandon Locks and the M & I trailhead. The Illinois DNR has published a brochure on the Grand Illinois Trail. It shows how the above trails and others that have been on our tour schedule such as the Long Prairie Trail, the McHenry Prairie Trail/Fox River Trail and Prairie Path and many others are networked into the Grand Illinois Trail.

### Get Off The Bike By Bob Hinkle

Another experienced rider fell on a bakery ride. She thought she had ridden through some glass that was on the road and did what she had done many times before to brush away the glass stuck on the tire. She reached down with her gloved hand so that the padding of the glove slightly touched her front wheel. At that moment the wheel hit something in the road causing her hand to shoot forward wedging it between the fork and the spokes. She fell cracking her helmet, chewing up the back of her hand and has a bad case of road rash.

It seems that many bicycle accidents occur when the rider becomes distracted. The safest way to fix a problem while riding is first stop and get off the bicycle.

## Reduce Your Chance Of Getting Skin Cancers

By Bob Hinkle

My brother-in-law visited me the other day and said that he had three cancerous lesions removed from his skin. He also had some lymph nodes removed from under his arm and sent to a lab to check to see if the cancer had spread. Skin cancer is increasing at an alarming rate. Two factors causing this increase is the thinning of the ozone layer which filters out the more harmful UVB (higher energy ultraviolet waves) and the idea that suntans makes a person appear to be sexy and healthy. UVB rays are responsible for sunburns and chromosome damage leading to skin cancer.

Most UVA (longest, less energy, ultraviolet wavelength) penetrates the ozone layer and when it comes in contact with the skin it causes certain cells in the epidermis to produce the pigment melanin. As this pigment increases one develops a tan. The pigment does shade the dermal layer. However, with prolonged exposure to the sun, the UVA radiation will penetrate the dermal layer. Here the UVA can damage the elastic collagen fibers leading to the wrinkling and aging of the skin. The tan is even less protective against the gene altering UVB radiation.

To reduce you chances of getting skin cancer, stay out of the sun. That's pretty hard to do if you like to ride your bike. Consider riding earlier in the morning or later in the afternoon when less UV radiations reaches the earth. Also try wearing a long sleeve white shirt and helmet with a visor. I have used a bandana to shade the back of my neck while riding. Don't forget you eyes. Wear sunglasses that block out UV radiation. Ultraviolet radiation has also been linked to cataracts.

Using sunblocks are a must for the bicyclist. Choose a sunscreen with at least a SPF (sun protection factor) of 15. A SPF of 15 or greater protects the skin against 94% of UVB rays and a significant portion of UVA rays. I am using a 30 SPF sunblock, which is supposed to be sweatproof. Make sure that you apply the sunblock to all exposed areas of your body. The back of the neck, ears, and face, especially the nose, are often forgotten. Some lip balms now have sunscreen in them. For those cyclists that are bald wear a cycling cap under you helmet or use sunblock on your head. After you have been riding awhile it's a good idea to reapply your sunscreen especially if you have been sweating.

Skin cancer doesn't happen overnight. What you didn't do today may not affect you until years later. By then it will be too late to prevent it.

## COMPLETE GRAND ILLINOIS TRAIL INFO POSTED TO WEB

Over the past few weeks, LIB has posted new and improved Grand Illinois Trail (GIT) information on the web. The new GIT web pages replace and expand on the first draft cue sheets we posted last year. The new trail information is broken down into 9 segment pages, each of which features:

- segment maps and inset city maps
- segment cue sheets with distances, turns, and street names
- major scenic attractions
- Hotel, motel, & camp ground locations and phone numbers
- emergency numbers
- restaurants
- bike shop locations and phone numbers
- downloadable Adobe Acrobat pages

The total distance for the Grand Illinois Trail loop is 535 miles. To put together the cue sheets we've broken that down into 9 segments of 38 to 75 miles each. A 10th segment offers an alternate lakeshore route from McHenry to Navy Pier. The 10 segments are:

1. Chicago - Maywood to Burnham Green - 38 miles
2. Burnham Greenway to Joliet - 39 miles
3. Joliet to Bureau Junction - 75 miles
4. Bureau Junction to East Moline - 73 miles
5. East Moline to Mississippi Palisades State Park - 57 miles
6. Mississippi Palisades State Park to Lake Le-Aqua-Na State Park - 73 miles
7. Lake Le-Aqua-Na State Park to Rock Cut State Park - 68 miles
8. Rock Cut State Park to McHenry - 57 miles
9. McHenry to Maywood - 55 miles
10. McHenry to Navy Pier - 64 miles (this is an alternate for all of segment 9 and 14-miles of segment 1)

The Grand Illinois Trail joins together existing and proposed state and local trails to create the state's longest continuous trail. It hugs the historic Illinois & Michigan and Hennepin canals, crosses unglaciated hills, parallels the Illinois, Rock and Fox Rivers, and includes the Illinois Prairie Path, one of America's first rail-trails.

GIT goes from Lake Michigan to the Mississippi along the northern border of Illinois and then loops back across the state along the Illinois River and the Hennepin Canal. About 200 miles of the route is on paved township and county roads while the rest is on a variety of asphalt or limestone trails or bike paths.

Staff and volunteers from the League of Illinois Bicyclists with the support of the Illinois Department of Natural Resources (IDNR) and other trail partners have assembled the maps, cue sheets and important trail information you will need to ride this trail. It's all on the web at <http://bikeLIB.org/trails/git> along with links to additional resources. Later this year the GIT information and maps will also be available in a booklet format. In the meantime you can download them from the web in Adobe Acrobat format.

At the website you will find a GIT homepage with links to 10 separate segment pages, one for each of the 10 trail segments. Each segment page features a link to a 2 or 3-page Adobe Acrobat file with all the maps, cue sheet and contact information. Once you download the Acrobat pages they can be printed out and taken with you as you ride the trail.

If that long URL is too much to remember just type in bikeGIT.org or <http://bikeGIT.org> and your web browser should also be directed to the right spot.



# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

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

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

In signing this release for myself and/or all named participants 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 release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned, arranged, sponsored or otherwise participated in by the Arlington Heights Bicycle Association

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

\_\_\_\_\_

Membership for both Individuals and Families = \$10

Family Members under 18 yrs. \_\_\_\_\_ 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

Arlington Heights Bicycle Association  
September 2001  
Volume 30, No. 8

## Pertinent Paragraphs from the Presidents



Can you believe it is September already? And, the best part of the riding season is already gone. But don't fret, lots of rides and activities are planned. September 8 is the ride to Lake Geneva. Two different times and starting points, depending on the distance you want to ride. Lunch as always is at Popeye's (not the Popeye's chicken place that someone thought it was). Don't forget Greg's weekend in Wisconsin. Check the website and ride calendar in the newsletter for further details. And, there are still several invitational rides for September. The Harmon 100, Apple Cider Century in Michigan, the Pumpkin Ride at Starved Rock, and the Hilly Hundred in Indiana. The Tuesday night rides are great for hearing all about the many rides that were taken this summer. Wisconsin, Ohio, Virginia, Nova Scotia, Maine and wherever. Have you heard Dan and Don's stories about seeing the moose on the Maine Moose Ride? Has anyone asked for pictures of the moose they saw?

Our next club meeting is September 26 at 7:30 p.m. at Recreation Park. Please join us. Everyone is welcome to attend the board meeting at 6:30 p.m. before the General Meeting. We will be talking about who you would like for officers next year. Come and give us your input and suggestions for officers, board members and ideas for general meetings.

Put November 3 on your calendar for the club and watch the newsletter for further details.

Karen Zmrhal and Roy Euclide

A note from a new member to the  
Arlington Heights Bicycle  
Association.

I am a new member who had  
heatstroke on Tuesday, August 7  
I want to thank everyone who made  
sure I was O.K. I am glad to be a  
member of your club.

Angie Velasco

This is what our club is all about, riding together as a group  
and watching out for each other. Job well done for those  
who helped out Angie

Karen



### AHBA 2001 Banquet



The reservation has already been  
made (Saturday, November 3) at Brunetti's  
on Milwaukee Avenue. Put the date on your  
calendar. More information will follow. But,  
in the meantime, Chris Van Dornick needs  
help with the "awards" for the banquet.  
Please call her with suggestions.

**Presidents**

Karen Zmrhai  
kz2000@mediacore.net  
(847) 397-1499  
Roy Euclide  
(847) 437-0442

**Vice Presidents**

Dave & Chris Van Dornick  
Saddle\_up169@msn.com  
(847) 259-7917

**Secretary**

Barb Swasas

**Treasurer**

Ron McPheron  
(847) 824-5091

**Meeting Program**

Roy Euclide  
(847) 437-0442

**Refreshments**

Jan McCandless  
(847) 680-1729

**Membership**

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**Safety Chairman**

Bob Hinkle  
(847) 259-1423

**Bike Swap**

Al & Jeanie Gain  
(847) 392-1547

**Arlington 500**

Greg Konieczny  
konie@mindspring.com  
(847) 398-4633

**Web Site**

Cindy Trent  
ctrent@dist214.k12.il.us  
(847) 392-6750

**AHBA Ride Hotline**

(847) 255-3468

**Web Address**

<http://www.geocities.com/colosseum/midfield/2543>

**Next Membership Meeting  
September 26, 2001**

There will be a Board Meeting at  
6:30 p.m. before the Membership Meeting.  
All members are welcome!

The Membership Meeting will begin at  
7:30 p.m.

**Sale!**

Mid 90's Cannondale Super V3000 full suspension, 19" aluminum/carbon fiber frame, Headshox front susp., FOX rear susp., full XTR, Mavic rims. Deer Grove has been the only dirt this bike has ever seen. Never should have bought it in the first place. Bike of this caliber would go for \$2500-\$3000. How about \$1,000. Call or e-mail for pics or to come over & see 847/392-6588 (jabikes@aol.com)

Arlington Bicycle Company, 45 S. Dunton, Arlington Heights will be hosting an event for Habitat for Humanity ("HFH") at the shop from 10:00 a.m. to noon on **Saturday, September 8**. A portion of the shop sales during those hours will be donated to HFH. Present representatives from HFH and the 2 featured cycling fundraisers Tom and Peter are making an appearance at the shop in the course of touring the USA by bicycle in order to attend a baseball game at every major league park while raising funds for HFH. They are cycling to Milwaukee from the shop at noon and are looking for riders to accompany them part or all the way. Please call John Amling at 253-7700 or 392-6588 for further information.



**AHBA Top 20 Mileage Riders**

		Miles
1	Dave VanDornick	2597
2	Christine VanDornick	2455
3	Art Cunningham	2192
4	Bob Hinkle	2175
5	Greg Konieczny	2011
6	Paula Matzek	1997
7	Kurt Schoenhoff	1560
8	Cindy Trent	1530
9	Don Ami	1455
10	Earle Horwitz	1444
11	Tom Wilson	1399
12	Ralph Salle	1366
13	Gary Gilbert	1277
14	Nancy Wagner	1229
15	Tom Drabant	1195
16	Bob Pletch	1175
17	Chris Wager	1167
18	Geri McPheron	1122
19	Velda Knorr	1105
20	Don Dereby	1056

**September 22** - There is still time to r.s.v.p. and join Don Ami and others for an evening of miniature golf. Meet at Par King (Milwaukee Ave. & Aptakisic Road) at 7:00 p.m. They will go to dinner at Flatlanders Microbrewery. For r.s.v.p. (if you are coming) and more info, call Don at 301-1366.



Be at one with the universe.  
If you can't do that, at least be at one with your bike.  
Lennard Zinn

Ed.



## AHBA Ride Schedule

Date	Time	Ride Name	Type <small>(See description below)</small>	Starting Point	Directions/Description	Miles	Leader Phone #
Every Tues & Thurs	9:00 am	Deerfield Bakery Rides	C	Deerfield Bakery	The Bakery is located at Buffalo Grove Rd & Old Checker Rd. Just N of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the bakery after the ride.	25/Tues 35/Thurs	No ride leader - call Bob Hinkle (259-1423) for info. Joint ride with Wheeling Wheelmen.
Every Tues. for the season at 6:30 pm		Tuesday Night	I	Recreation Park <sup>2</sup>	Leisurely paced rides in surrounding suburbs.	Varies	Call Chris or Dave Van Dormick to volunteer to lead one of these rides (259-7917).
Wed 9/5	9:00 am	M&I Path—East Section	T	Channahon Access	From I-55 exit west on US 6 to Canal St., left about 1/2 mile to parking on the right. Packed, crushed stone*.	50	Art Cunningham (963-8746) <b>BRING SNACKS &amp; WATER</b>
Sat 9/8	7:30 am 10:00 am	The Lake Geneva Ride	A and I	Community Park	2 starting points. Long route starts from Community Park at the north side of Old McHenry Road to Quentin Road in Hawthorne Woods at 7:30 a.m. Short route starts from Glacier Park. Take Route 12 to Route 120, go west to Route 31, north, go 0.1 mile to Bamard Mill Road, turn left and then right at the Y, then right on Keystone. Start for the short route is 10:00 a.m. Lunch in Lake Geneva. Bring snacks on the long ride.	110 or 50	Chris and Dave Van Dormick (259-7917)
Wed 9/12	8:00 am	Tinley Creek F.P. District Paths	T	Community Park, Palos Heights	So I-294, E. I-55, So US 45, East IL 83 past IL 7, right 76th, park at pool lot on right. Packed, crushed stone, mostly paved.*	50	Art Cunningham (963-8746) <b>BRING SNACKS &amp; WATER</b>
Sat 9/15	8:00 am 9:00 am	Botanical Gardens Ride	A	Recreation Park <sup>2</sup> Beck Lake F.P.	Longer route leaves from Rec Park. The 45 mile route leaves from Beck Lake Forest Preserve. The F.P. is located on Central Road about 1/4 mile east of the entrance to Oakton Community College in Des Plaines. It is on the north side of Central Road. Lunch in Highland Park.	45 or 64	Chris Van Dormick (259-7917)
	9:00 am	Ride to Hawthorne	I	Frontier Park <sup>1</sup>	Ride will head north, with the 1/2 way point near Hawthorne Shopping Center. Several options for a rest stop.	40	Karen Zmrhal 397-1499

**September 14-16—Green Lake, WI.** Green Lake is located 30 miles west of Fond du Lac, about a 2-1/2 hour drive from NW suburbs. For the weekend, we are renting the 5 bedroom Onchen House at the Green Lake Conference Center, a wooded estate on the shores of Green Lake, owned by American Baptist Association (No, you won't have to listen to a sermon on Sunday!). The house has 5 bedrooms, 4 baths, a fireplace, microwave and full kitchen facilities. Accommodations will be for Friday and Saturday night. Cost is about \$85 per person for the weekend. On Saturday, we'll provide the option of a 30, 50 or 70 mile ride. The routes are mostly flat with some gentle rolling hills except for some significant climbs on the 70 mile route. On Sunday, we'll provide a 25 or 40 mile route out of Montello, just west of Green Lake. Green Lake is a resort town similar to Lake Geneva, but much quieter and less crowded. A group dinner will be planned for Saturday night. If you are interested, contact Greg Koneczny (398-4633) or e-mail at [koni@mindspring.com](mailto:koni@mindspring.com).

### Involuntary Rides

September 9, Calumet Crank Club Lakeshore Century, 25-62-100, Liberty School in Chesterton, IN. 219-662-6923, [detock@mail.loomip.com](mailto:detock@mail.loomip.com), [www.bicycling.org](http://www.bicycling.org)  
 Harmon Hundred, Wheeling Wheelmen, Wilmet Mountain in Wilmet, WI ([Wedding@wheelmen.com](mailto:Wedding@wheelmen.com))  
[www.wheelmen.com](http://www.wheelmen.com)  
 September 15, Tour du Lac, 20-40-60, Fontana, WI. Benefits the American Cancer Society. 262-436-5574, [Russell@genewaonline.com](mailto:Russell@genewaonline.com)  
 September 16, North Shore Century, Evanston Bicycle Club, Dawes Park, Evanston. 847-866-7743, [www.evanstonbicycleclub.org](http://www.evanstonbicycleclub.org)  
 September 30, Apple Cider Century, Three Oaks Michigan, [www.applecidercentury.com](http://www.applecidercentury.com)  
 Pumpkin Pie Ride, 25-50/75-100, Peru, IL. Ditzel at 815-434-7823, [bid11@ednet.net](mailto:bid11@ednet.net), [www.goodtats.com](http://www.goodtats.com)  
 Colosseum/2947

- A - Advanced (12-15 mph average)
- I - Intermediate (moderate pace)
- N - Newcomers (pace will depend on ability of participants)
- C - Choose your own pace
- T - Trail Ride (see Art's description on page 4)

- <sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott
- <sup>2</sup> Recreation Park is located in Arlington Heights at Minor & Douglas
- <sup>3</sup> Kildeer School is located on Old McHenry Road, just NW of Long Grove Shopping District

**Call AHBA Ride Hotline for updates/changes (255-3468)**

## AHBA Ride Schedule (Cont'd)

Date	Time	Ride Name	Type <small>(See description on page 3)</small>	Starting Point	Directions/Description	Miles	Leader Phone #
Wed 9/19	9:00 am	Glacial Drumlins Trail	T	Fox River Sanctuary Waukesha, WI	I-94 West of Milwaukee. Exit at WI 164 south to Waukesha, right on St. Paul Ave., left on Prairie to College, Right to the Fox River Sanc- tuary Parking *	50	Art Cunningham (963-8746) <b>BRING SNACKS &amp; WATER</b>
Sat 9/22	8:00 am	Rock Cut State Park	A Avg. speed 15 mph	Union Elementary School Union, IL	Take I-90 to U.S. 20, Marengo exit north on U.S. 20 to Marengo Huntley Rd., East and then north on South Union Road (KOA Campground). East on West Union Road (Jefferson) Cross tracks to National, North on National (look for School—Washington and National) 2 rest stops and lunch at the concession stand at the park or bring your own.	90	Bob Hinkle (259-1423)
	9:00 am	Chinese Buffet	I	Frontier Park <sup>1</sup>	Ride will head west to Schaumburg, plan on lunch at the Chinese Buffet	30	Roy Euclide (437-0442)
Wed 9/26	9:00 am	Plank Road Path	T	Frankfort, IL	I-294 south to I55 east, US 45 south to Frankfort, straight at N White (US 45 goes to right), left on Nebraska to park and trail on left.*	50	Art Cunningham (963-8746) <b>BRING SNACKS &amp; WATER</b>
Sat 9/29	9:00 am	Gurnee Gander	A	Frontier Park <sup>1</sup>	Ride to and around Gurnee and an interesting lunch stop	65	Chris Van Dornack (259-7917)
	9:00 am	Frontier Park	I	Frontier Park <sup>1</sup>	Jan will lead us north towards Vernon Hills	35	Jan McCandless (680-1729)
Sat 10/6	9:00 am	North Shore Ride	A	Dawes Park Evanston	Parking is available on the street on Judson near Church Street. Lunch stop. Flat route for the most part.	50	Chris Van Dornack (259-7917)
	9:00 am	NW Loop	I	Frontier Park <sup>1</sup>	Loop through the Northwest suburbs	30	Karen Zmrhal (397-1499)
Sat 10/13	9:30 am	Kettle Moraine	A	General Store LaGrange, WI	Take route 12 north of Lake Geneva to County Highway H, lunch at the Gen- eral Store. Shorter distance available as this is to loops. There are hills on this ride!	60	Chris Van Dornack (259-7917)
	9:00 am	TBD	I	Frontier Park <sup>1</sup>	TBD	35	Greg Konieczny 398-4633
Sun 10/14	9:30 am	Wheatland Fire Dept. Ride	A	Glen Sulser's House	Glen lives in New Meunster, WI. Call or e-mail to r s v p. There are hills on this ride too!	62	Glen Sulser (262/537-2893) <a href="mailto:grsulser@genevaonline.com">grsulser@genevaonline.com</a>

### TRAIL RIDES

**Trail Rides** — The bicycle trail tour in August was scheduled to complete the Fox River/Prairie Path network with the segment of the Fox River trail from Good Templar Park south of St. Charles to Aurora. The ride includes a marked route through Aurora leading to the east-west Virgil Gillman trail and an extension of the Fox River trail toward Oswego.

The east segment of the M&I Canal State Trail ride cancelled in August because of the heat is rescheduled in September. The Plank Road path is also scheduled in September. This path will add another stretch of the Grand Illinois Trail on our tour. The eastern terminus of the trail at Sauk Trail Forest Preserve is scheduled to be networked with the Lakefront Path through a series of existing forest preserve trails and connector paths some of which are currently under construction. I'm not holding my breath, I remember proposals for some of the trails published over twenty years ago. The current push with the IL Grand Trail may bring these plans to fruition. All told, all the rides completed or scheduled would cover over 230 miles of the designated 450 mile Grand Illinois Trail.

The September Schedule also includes the Chicago area's largest network of Forest Preserve trails around Palos Heights and points south. The nearest Wisconsin State trail is also on the schedule for our only out of state ride. I generally use my cross bike on these trails but many are smooth, hard and well maintained and suitable for narrow tread road or touring bikes. At worst, one may have to dismount and walk across an area where there has been water erosion or the surface isn't packed because of fresh repairs. Trails are rated \*, approved for narrow tires. Other trails where rougher, less packed surfaces are more likely to be encountered are rated \*\*, wide tires recommended. The less developed trails or those where the condition is not known are rated \*\*\*, wide tires required. Let me emphasize that all trails are well developed, no off road conditions. These rides are slow paced show and go. Rest stops are catch as catch can, may be forest preserve or park facilities. Although I will try to have stops where food is available, I recommend that you bring snacks and plenty of fluid. - Art Cunningham

**Hooked on "Le tour" (submitted by Jeff Kressman)**

Did anyone else's spouse have a problem because they didn't want to participate in—well, sort of—she wasn't real sympathetic

By the multi-colored jerseys of the peloton swirling past hunched over their bikes, generating speeds of 27 or 28 mph for 50 miles or more—obviously way past the threshold of pain—domestiques getting passed bottles of water from their team cards, so they can carry them to their teammates—thousands of fans lining the roadways, some of them jumping out of the way only just before the riders approached—other fans running alongside the peloton, shouting who knows what encouragement (or ridicule) at the riders?—Stuart O'Grady, wearing the green jersey for getting all those points in the sprints (I'm still not sure I understand how, exactly)—Laurent Jalabert doing the same in the hills despite the fact that Lance so overwhelmingly dominated everyone else in those same hills

And, what are we to make of Lance, the superman? He certainly is very Michael Jordanesque—so cocky in his talents that he can look tauntingly at his closest competitor as he passes him on his way to victory—Wasn't this just what Michael used to do, as he destroyed his competition, physically and mentally? What is it like to be that good on a court, a field, or on a bike? We can only imagine, as we struggle up Signal Hill at 10 mph

I only know that the Bears and Bulls have become boring—I can hardly wait for the next race on OLN

**Three Safety Tips from the Picnic Ride**

by Bob Hinkle

We had 28 riders on the picnic ride which was ridden primarily on residential streets in the Arlington area. It is hard to keep a large group together and not loose anybody. The rider leader did a good job leading the ride. I was the sweep for the ride and observed the following events.

At several points on side streets that had little to no traffic, we rode two abreast. This didn't create a problem. The problem came when cyclists began to ride three abreast and cross over into the other lane. They thought it was OK because there were no cars coming from the other direction. As a car approached from the rear, I yelled "car back". Other riders heard the warning and yelled the warning ahead. The warning was ignored by several of our riders, including the ones riding three abreast. These riders put themselves and others in danger when the cars tried to get past them. Remember, sharing the road goes both ways. We want the cars to share the road with us, but we also must share the roads with the cars.

At several places, some of the group came upon a car in the right hand lane waiting at a stop sign. The proceeded to crowd their way between the car and the curb. This is illegal, you could get "doored" or worse yet run into if the driver turns right. Like cyclists, not all drivers signal their intent. Don't ride between a stopped car in the right hand lane and the curb.

The main body of riders had just cleared a four way stop sign as another smaller group approached the stop sign. A car that had waited for the main body of riders to pass was about to take his turn. The rider in front of the second group stopped and waved the car on. The rider behind the stopped rider continued on through the stop sign. Fortunately, the car stopped. Take your turn. Since the car was there first, it had the right away. As for a motorist waving you on or you waving a motorist on, that's fine, if only you two were involved. When other motorists or cyclists are present, it's better to take your turn.

**Rides Past****Woodstock Ride, August 18, 2001 (by Christine Van Dornick)**

9 riders showed up on a questionably weird weather day. The sky was overcast and there was a chance of rain but more of a chance in the afternoon. It was warm enough that getting wet only meant minor discomfort, rather than the chance of hypothermia. As we worked our way to Woodstock, a slow light, rain fell on us as a warning. There was some tension in the air as some riders had already indicated that they would prefer to get back early to try to beat the rain. As we got into town to the familiar stop for breakfast, there was a sudden mutiny! The ride leaders locked up and went inside for breakfast at Angelos, but the remainder of the group was going through the square to find just a coffee shop. They wavered outside a bit but then grouped and headed back out the same way that we had ridden into town. Dave and I watched in amazement as all of the people who had followed us into Woodstock abandoned us! Where was the usual hearty breakfast appetite that most members are known for? After all, there are some who earn the frequent diner club designation. On this less than perfect weather day, we knew who the tough ones were. We are stripping those who left us of their frequent diner club privileges. They will have to earn them back!

P.S. Even those that left early still got mileage for the ride, and they got wet too because it started to rain while we were eating breakfast

**Ride from Wheeling to Wilmette, August 18, 2001 (by Howard Paul)**

Fifteen riders left Potowatomie Woods, near Wheeling, in Sunshine to bike to Gillison Park on Wilmette's lakefront. That soon changed to several misty periods that felt good and didn't even show up on the pavement. After our sandwiches at Homer's Restaurant on Green Bay Road on the return trip, rain drops started falling lightly, and continued until within a mile of the starting point. We returned wet, but not drenched, and a good time was had by all.

# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

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

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

In signing this release for myself and/or all named participants 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 release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned, arranged, sponsored or otherwise participated in by the Arlington Heights Bicycle Association

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

Membership for both Individuals and Families = \$10

Family Members under 18 yrs \_\_\_\_\_ 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

Arlington Heights Bicycle Association  
October 2001  
Volume 30, No. 9

## Pertinent Paragraphs from the Presidents



Where did the summer go? Thank you to all those who have volunteered your time and talents to the AHBA activities—whether it be the Bike Swap, the Arlington 500, ride leaders, officer, club activity chairperson, etc. Without you, there would be no club. So thanks again for all of your contributions and for making the AHBA a great club.

We have had many new bikers try out our club this year and then they have decided to join. I want to say thank you to all of you who made the new people feel welcome.

Last year, we tried a few "intermediate" rides for those who wanted to ride shorter distances and a little more leisure of a ride. Indications were very strong last year that people liked that caliber of rides so they were continued this year. An average of 12-16 people showed up every Saturday for those rides, and many considered the rides to be very successful. So the "intermediate" rides will continue next year as well as the "advanced" rides and the "newcomer" rides.

At the last general meeting, officer David Kann of the Barrington Hills Police Department talked to the members about bikers vs. cars. He explained his Top 10 Concerns about biking in Barrington Hills. He expressed a thoroughly professional commitment to law enforcement and was very knowledgeable as he answered questions.

At the last general meeting, a discussion of contributions to other bicycle organizations not approved at the May 2001 meeting was tabled until the May 2002 board meeting.

The AHBA will elect officers at the October meeting. Club members at the September meeting decided to ask the present club officers (President, Vice President, Secretary, and Treasurer) and appointees of the Club activities (listed on page 2 in the newsletter) to continue their responsibilities during 2002. Club members may nominate other members as officers during the October meeting, but be sure your nominee wants to be nominated.

Do you have any ideas for programs? Any ideas for club ride destinations? For example, would you like to ride to the winery in Roselle? Would you like any winter social activities, such as cross country skiing, attending a play as a group, a road rally by car or bike, concerts, festivals, etc. We welcome any and all suggestions.

Karen Zmrhal and Roy Euclide



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- Secretary**  
Barb Swasas
- Treasurer**  
Ron McPheron  
(847) 824-5091
- Meeting Program**  
Roy Euclide  
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- Safety Chairman**  
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- AHBA Ride Hotline**  
(847) 255-3468
- Web Address**  
<http://www.geocities.com/colosseum/midfield/2543>

**Next Membership Meeting**  
**October 24, 2001**

There will be a Board Meeting at  
6 30 p.m. before the Membership Meeting  
All members are welcome!

The Membership Meeting will begin at  
7 30 p.m.

**Managing Your Bike Bag For Fall Riding**  
**by Bob Hinkle**

When I started out on the September 22, Rock Cut State Park ride at 8 00 a.m., it was cool enough for tights and a lightweight jacket. However, by 9 30 a.m. it was too warm for the tights and the jacket. I had made sure there was enough extra space in my bike bag to store the layer of clothes if I needed to remove them. Several others on the ride assumed that it would warm up and didn't wear the extra layers. On this ride they guessed right and after a cool start were comfortably dressed. If they had guessed wrong, they would have been cold all day long.

The fall riding season can be fickle. Weather conditions can change quickly. A cool morning may not be followed by a warm afternoon. In fact, sometimes a warm morning can be followed by a cool afternoon. Getting caught in a rain storm in the summer is generally no big problem. You just get wet. However, getting caught in the rain the fall when it's cool could lead to hypothermia. Now that the fall riding season is here, it's time to add a rain jacket to your bike bag. The jacket can be used to keep you warm, as well as dry.

My nylon rain jacket sometimes gets too warm when I wear it for warmth. Often my arms sweat. The jacket has large under arms vents. I discovered that if I tuck the jacket's sleeves in the jacket's vents and then put my arms through the vent openings, my arms stay cool while my body is comfortable.

If it's cool when you start a ride, dress for it, but don't forget to leave extra space in the bike bag for layers of clothing that you may remove during the ride. Also, carry a rain jacket, not only for rain, but for warmth. It's like an insurance policy.

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

**AHBA Top 25 Mileage Riders**  
**AS of 9/30/2001**

	<u>Miles</u>
1	Dave Van Dornick 2988
2	Christine Van Dornick 2793
3	Art Cunningham 2506
4	Bob Hinkle 2417
5	Paula Matzek 2257
6	Greg Konieczny 2185
7	Kurt Schoenhoff 1880
8	Earle Horwitz 1780
9	Cindy Trent 1701
10	Ralph Salle 1591
11	Tom Wilson 1539
12	Gary Gilbert 1485
13	Don Ami 1474
14	Bob Pletch 1447
15	Don Dereby 1439
16	Velda Knorr 1385
17	Tom Drabant 1311
18	Geri McPheron 1307
19	Nancy Wagner 1303
20	Chris Wager 1225
21	Barb Swasas 1200
22	Jim Barr 1161
23	Debbie Wilson 1098
24	Ron McPheron 1072
25	Vince Kelley 853

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

"When man invented the bicycle he reached the peak of his attainments. Here was a machine of precision and balance for the convenience of man. And (unlike subsequent inventions for man's convenience) the more he used it, the fitter his body became. Here, for once, was a product of man's brain that was entirely beneficial to those who used it, and of no harm or irritation to others. Progress should have stopped when man invented the bicycle."

Elizabeth West, *Hovel in the Hills*



## AHBA Ride Schedule

Date	Time	Ride Name	Type <small>(See description below)</small>	Starting Point	Directions/Description	Miles	Leader Phone #
Every Tues & Thurs	9:00 am	Deerfield Bakery Rides	C	Deerfield Bakery	The Bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the bakery after the ride.	25/Tues 35/Thurs	No ride leader - call Bob Hunkle (259-1423) for info. Joint ride with Wheeling Wheelmen.

Tuesday night rides are done for this year and will resume in April of 2002. The regular weekend rides as scheduled through the end of October will count towards 2001 mileage. The Show 'n Go rides begin on Saturdays at Frontier Park at 10:00 a.m. depending on the weather. The distance varies between 30 to 50 miles and generally includes a breakfast. Dry pavement and temperatures near or above freezing are the criteria.

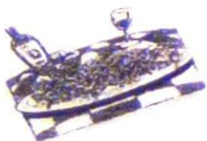
Sat 10/13	9:30 am	Kettle Moraine	A	General Store LaGrange, WI	Take route 12 north of Lake Geneva to County Highway H. lunch at the General Store. Shorter distance available as this is two loops. There are hills on this ride!	60	Chris Van Dornick (259-7917)
	9:00 am	TBD	I	Frontier Park <sup>1</sup>	TBD	35	Greg Komieczny 398-4633
Sun 10/14	9:30 am	Wheatland Fire Dept. Ride	A	Glen Sulser's House	Glen lives in New Munster, WI. Call or e-mail to RSVP. There are hills on this ride too!	62	Glen Sulser (262/537-2893) <a href="mailto:grsulser@genevaonline.com">grsulser@genevaonline.com</a>

### Saturday/Sunday, 10/20, 10/21 Hilly Hundred in Bloomington, Indiana

Sat 10/20	9:00 am	Algonquin	I	Frontier Park <sup>1</sup>	Ride to Algonquin for breakfast/lunch at Lang's	40	TBD
Sat 10/27	9:30 am	Halloween Ride	I	The Pavilion in Elk Grove	Ride in costume if desired. A spooky adventure!	35	Marlyn Wilkerson 439-4496
Sun 10/28	10:00 am	Apple Cider Ride	A	Kildeer School Long Grove	Kildeer School is on Old McHenry Road in Long Grove. This will be the last of this ride since Wauconda Orchards has been sold for development. Joint ride with the Wheeling Wheelmen.	38	Kurt Schoenhof 634-2634

**Saturday Show 'n Go rides begin on November 3, 10:00 a.m., leaving from Frontier Park, distances 30-50 miles, depending on weather, dry pavement and temperatures near or above freezing are the criteria. Coordinators: Dave and Chris Van Dornick (259-7917).**

### AHBA BANQUET 2001



**Saturday, November 3** at Brunetti's Italian Restaurant on Milwaukee Avenue just south of Willow Road. Cocktails and social hour at 6:30 p.m., dinner at 7:30 p.m., and program to follow. You need to RSVP to Ron McPheron, along with sending a check for \$10 per person by October 24. Send the checks to Ron at 1806 Azalea Lane, Mt. Prospect, IL 60056. Also, Chris is looking for ideas for "special awards", so please contact her if you have any ideas.

- A - Advanced (12-15 mph average)
- I - Intermediate (moderate pace)
- C - Choose your own pace (on ability of participants)

- <sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.
- <sup>2</sup> Recreation Park is located in Arlington Heights at Miner & Douglas.
- <sup>3</sup> Kildeer School is located on Old McHenry Road, just NW of Long Grove Shopping District.

**Call AHBA Ride Hotline for updates/changes (255-3468)**

# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

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

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

In signing this release for myself and/or all named participants 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 release, and agree to hold harmless the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned, arranged, sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

Membership for both Individuals and Families = \$10

Family Members under 18 yrs \_\_\_\_\_ 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

*Arlington Heights Bicycle Association  
November-December 2001  
Volume 30, No. 10*



SPOKEN WORD

**Pertinent Paragraphs  
from the Presidents**



Do you know what the most important thing is to your club?

If you said volunteerism you would be right. Without volunteers most of the activities you enjoy would disappear. All of our events such as the Annual Bike Swap, The Arlington 500, the club picnic, progressive dinner, Tuesday night rides, Saturday rides, etc. occur because you, as members of the Arlington Heights Bicycle Association, stepped forward and volunteered your time and talents. Our job as co-presidents have been made relatively easy because of all of you who have volunteered and did fantastic jobs this year.

We would like to thank Chris and Dave Van Dornick who do a multitude of jobs from calculating everyone's mileage, the club picnic, Tuesday night rides, Saturday Advanced rides, winter Show-N-Go rides, etc; Barb Swasas and Jim Barr who have done a great job on the newsletter this year; Ron McPherson who keeps track of all our money (how many vacations have you gone on this year Ron?); Al and Jeanne Gain for the superb job they do year after year on the Bike Swap; Greg Konieczny for his organizational skills on the Arlington 500; Cindy Trem for the magnificent job she does on the Club website; Bob Hinkle for his great safety tips in the newsletter each month and the school helmet program; Tom and Debbie Wilson for the wonderful progressive dinner; Nancy Wagner for making sure the Intermediate riders always had a ride leader on Saturday mornings, Jim Shoemaker for coaching all our beginner riders and graduating them up to the Saturday rides, Cecily Rood for handling the membership and mailing of the newsletter; Jan McCandless for supplying refreshments for the General Meetings on Wednesday evenings. I don't have the room to mention everyone who volunteered to be a ride leader, work at the Swap or Arlington 500. A big THANK YOU to all of you for your contributions.

Remember our Show-N-Go rides on Saturdays at 10:00 AM at Frontier - weather permitting.

The first Club activity of the New Year will be a New Year's Day ride—weather permitting.

FYI - The new bridge over Route 53 just north of Biesterfeld Rd that connects Busse Woods with Schaumburg is OPEN!!! Happy safe biking!!

Karen Zmrhal and Roy Euclide

**Presidents**  
 Karen Zmrhal  
 kz2000@home.com  
 (847) 397-1499  
 Roy Euclide  
 (847) 437-0442

**Vice Presidents**  
 Dave & Chris Van Dornick  
 Saddle\_up169@msn.com  
 (847) 259-7917

**Secretary**  
 Barb Swasas

**Treasurer**  
 Ron McPheron  
 (847) 824-5091

**Meeting Program**  
 Roy Euclide  
 (847) 437-0442

**Refreshments**  
 Jan McCandless  
 (847) 680-1729

**Membership**  
 Cecily Rood  
 (847) 398-7448

**Newsletter Editors**  
 Barb Swasas & Jim Barr  
 jimbarr@screaminet.com  
 (847) 891-2554

**Newsletter Mailing**  
 Jim Shoemaker  
 (847) 259-1692

**Safety Chairman**  
 Bob Hinkle  
 (847) 259-1423

**Bike Swap**  
 Al & Jeanie Gam  
 (847) 392-1547

**Arlington 500**  
 Greg Konieczny  
 konte@mindspring.com  
 (847) 398-4633

**Web Site**  
 Cindy Trent  
 ctrent@dist214.k12.il.us  
 (847) 392-6750

**AHBA Ride Hotline**  
 (847) 255-3468

**Web Address**  
<http://www.geocities.com/colosseum/midfield/2543>

**Next Membership Meeting**  
**January 23, 2001**

There will be a Board Meeting at  
 6:30 p.m. before the Membership Meeting.  
 All members are welcome!

The Membership Meeting will begin at  
 7:30 p.m.

**Second Second City Outing**

Come January, it will most likely get cold and since we may not be out biking, a nice little get together sounds like fun, doesn't it?

Don Ami has graciously organized a second outing to see Second City in Arlington Heights, along with the Northwest Nordic Ski Club

The Show is "The Best of Second City" on Saturday, January 26, 7:30 p.m. at the Metropolis Theatre, 1110 W Campbell Street, Arlington Heights



Cost is \$17 per person (if we get 20 or more people, we get a 20% discount) A \$10 per person deposit is due by December 1. The remaining money is due the night of the show

Make checks payable to Don Ami and mail to Don at 285 Pembridge Lane, Schaumburg, IL 60193

After the show, those wishing to extend the evening will meet at one of the many fine restaurants in Downtown Arlington Heights for some good food and conversation

If you need more information, call Don at 847/301-1366 or e-mail him at [donwaus@yahoo.com](mailto:donwaus@yahoo.com)

**AHBA Top 25 Mileage Riders**  
**For 2000-2001 Season**

		<u>Miles</u>
1	Dave Van Dornick	3324
2	Christine Van Dornick	3089
3	Art Cunningham	2546
4	Bob Hinkle	2533
5	Paula Matzek	2434
6	Greg Konieczny	2354
7	Kurt Schoenhoff	1980
8	Earle Horwitz	1965
9	Tom Wilson	1740
10	Cindy Trent	1707
11	Ralph Salle	1641
12	Don Ami	1634
13	Gary Gilbert	1602
14	Bob Pletch	1521
15	Velda Knorr	1485
16	Tom Drabant	1473
17	Don Dereby	1439
18	Nancy Wagner	1348
19	Geri McPheron	1307
20	Barb Swasas	1270
21	Debbie Wilson	1249
22	Jim Barr	1270
23	Chris Wager	1225
24	Ron McPheron	1072
25	Scott Schnedel	1051

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

—Hallman

Ed.



Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone #
Every Tues & Thurs	10:00 am	Deerfield Bakery Rides	Choose your own pace	Deerfield Bakery	The Bakery is located at Buffalo Grove Rd & Old Checker Rd Just N of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the bakery after the ride.	25/Tues 35/Thurs	No ride leader - call Bob Hmkle (259-1423) for info. Joint ride with Wheeling Wheelmen.

**Saturday Show 'n Go rides every Saturday, 10:00 a.m., leaving from Frontier Park, distances 30-50 miles, depending on weather, dry pavement and temperatures near or above freezing are the criteria. Coordinators: Dave and Chris Van Dornick (259-7917).**

**Thanksgiving Day Ride**—9:30 a.m.—meet at Recreation Park—25-30 miles Dave and Chris (259-7917)

**New Year's Day Ride**—12:00 noon—meet at Tom Drabant's house (397-4213)

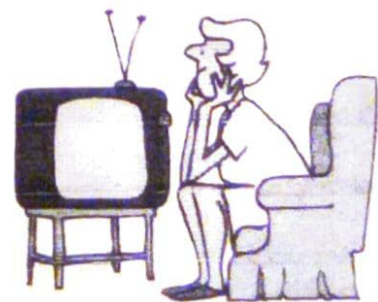
**Call AHBA Ride Hotline for updates/changes (255-3468)**

For those of you who missed the banquet on November 3, Paula Matzek had some information that all of us cyclists might be interested in.

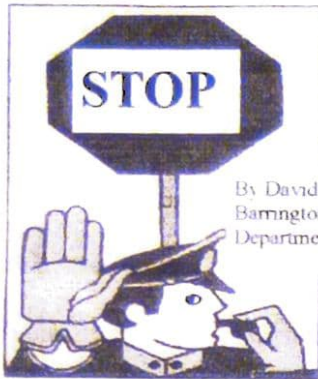
We all know that cable TV has really swept the nation, and there are new channels popping up all of the time. Some are becoming very specialized. There is a channel all about food. There is a channel devoted strictly to travel. There are special channels for women, such as the Women's Entertainment Channel and Oxygen. There is even a channel devoted to golf. The rumor is that there is a channel under development that will be devoted to bicycling. Paula searched the internet to find out more about it, and lo and behold, one of the channel's producers has leaked some information. First of all, the name of the channel has not yet been decided, but they are leaning toward C-SPIN. Another possibility is to make the channel the sister channel of Oxygen and call it "Gasping for Oxygen." Paula was amazed to find on the internet a list of some of the proposed programming for the new bicycling channel, and they would be

Wide World of Shorts  
Spinning City  
Barrington Hillbillies  
Everybody Loves Roy  
My Favorite Cheesehead  
The Weakest Chain Link  
Wheels of Fortune  
Who Wants to Be a Millionaire and Buy a Bike Shop  
and Give us All Lite Speeds  
Van Dornick's Creek  
Buffy, the Mean-Dogs-Who-Chase-Bikes Slayer  
WPD Blue  
Northwest Wing  
Dick Clark's American Trackstand  
Survivor IV GRABAAWR  
Antiques Roadshow  
Mighty Morphin Power Bars  
Cap'n Cindy

Saturday Morning Live  
Saturday Night Exhausted  
  
Late Night with David Kann of the Barrington Hills Police  
Department  
Rosie O'Donnell Hosts the Charlton Heston Curling Hour



Check your listings



By David Kann of the  
Barrington Hills Police  
Department

## Dave's Top Ten Concerns About Biking in Barrington Hills

- 1 All bicycles are required to stop at stop signs and yield signs
- 2 When you are biking on a laned roadway, you must ride as close as possible to the right hand curb or edge of the roadway
- 3 You must ride with a light at night, front and rear
- 4 You must signal when you are making turns and at least 100 feet before the turn
- 5 Bicycle racing is lawful, but it must be during a racing event and approved by the respective jurisdiction
- 6 You can ride two abreast, but you cannot impede the normal movement of traffic
- 7 Let's all remember why the town is called Barrington Hills Please remember when you are going up and down the hills, ride single file.
- 8 Let's look for gravel at the bottom of hills and at intersections It will be there
- 9 When on an recumbent bike, please use a flag, because it is so hard to see you in between the hills Also, when you are riding into the sun, it is very hard to see you
- 10 Please always carry a form of identification with you or have your name and telephone number on the bike so we can contact someone if you get hurt.

## Crossing Railroad Tracks By Bob Hinkle

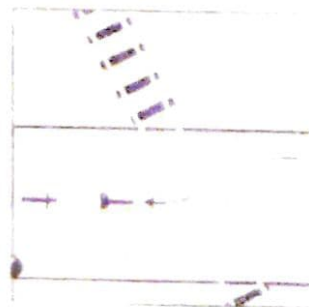
Railroad crossings can be very dangerous for bicyclists To the casual observer, the cyclists could get the wheel of the bike caught between the track and the road It is a possibility, but other nasty things can happen if you are not careful

Three riders on two different rides recently fell while riding across the railroad tracks on Otis Road in Barrington The tracks cross Otis Road at a forty-five degree angle At this angle it is possible to get your wheel caught between the track and road It is best to ride across railroad tracks at a ninety-degree angle On Otis road this means slow down, check to make sure there is no traffic behind or coming towards you Swing out far enough so that you can ride across the tracks at a right angle and then safely proceed back into your lane

On a Tuesday morning bakery ride, a bicyclist landed on top of a guardrail and went to the hospital while trying to navigate this crossing The rider crossed the tracks at a right angle but was going too fast She skidded on some gravel along the edge of the road on the other side of the tracks

Four days later two more riders fell at the same crossing but due to different circumstances It was raining that Saturday and the tracks and matrix at the crossing were wet When railroad crossings get wet they have a nasty habit of becoming slippery! The first rider *fish tailed* going over the crossing, but the next two riders weren't so lucky They fell Their bikes skidded out from underneath them If the crossing is wet, slow down and cross the track at a right angle or better yet get off the bicycle and walk it across the tracks.

**Slow down and cross railroad tracks at a right-angle.  
Walk the bike across if the crossing is wet.**



Have you not skated in years, but would love to do it with other people who haven't done it in years, then just keep looking on the web page and/or call the hot line to see what we are going to do in December (weather permitting) Now for this, we have to actually wish for below freezing weather

Don Ami is going to organize an outing to "Skate on State" - hopefully before December 25 We don't have a date yet, because the weather has to be cold enough for the ice

Once again, please check the web page and/or hot line in the upcoming weeks for any developments on this outing

The plan is to take the Metra downtown, "Skate on State" (ice skates can be rented, but bring your own padding), after we've had enough of that, we will walk on State Street and see the department stores holiday windows and then we will go somewhere for dinner

Any other details, call Don Ami at (847) 301-1366



Have you wondered what this aerobic workout "Spinning" thing is all about?

Spinning is an individualized workout that burns serious calories, tones the lower body and creates aerobic improvement that can transfer over to other activities. Spinning is held on specially designed stationary bikes (with music) which enable you to easily adjust the resistance to your own fitness level. Whether you are a beginner or a skilled athlete, all fitness levels will start at the same place and will successfully complete a 40 minute workout together

Here is your chance to try a Spin workout with one of your very own members as an instructor. Barb Swasas is a certified Spin instructor with Mad Dogg Athletics (the "original" Spin workout)

On Sunday, November 25, 10:00 a.m. at the Wyndham Hotel, Northwest Athletic Club in Itasca, you can join Barb in an introductory 40 minute Spinning workout. There are 9 bicycles available for first come first serve. Please call Barb at 847/891-2554 and reserve your bicycle now. There will be no charge for this introductory session.

Depending on interest, there could be another introductory Spin workout offered.



ALSO, on Sunday, November 25, from 12:00 p.m.—4:00 p.m. Arlington Bicycle Co. welcomes the AHBA and other area bike clubs to a **HOLIDAY BONANZA**. There will be special discounts (from mild to Severe!) on all bicycles, parts and accessories.

Food and Beverages will be available.

**ARLINGTON BICYCLE CO.**

45 S. Dunton  
Arlington Heights, IL 60005  
(847) 253-7700



# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

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

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

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

In signing this release for myself and/or all named participants 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 release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned, arranged, sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

\_\_\_\_\_

Membership for both Individuals and Families = \$10

Family Members under 18 yrs. \_\_\_\_\_ 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

