

THE

Arlington Heights Bicycle Association
January-February 2002
Volume 31, No 1



SPOKEN WORD

Pertinent Paragraphs from the Presidents



HAPPY NEW YEAR to all!! The first event of the year has already passed. Many enjoyed Tom's famous chili - whether you were brave enough to try the REALLY, REALLY spicy chili, or just the spicy chili, or the chicken chili — everyone saying all varieties were delicious! The chocolate torte was a real hit - especially with Jim Barr keeping a very heavy eye on it for himself. A few brave souls (5 to be exact) did venture out to Schaumburg and back for a brisk ride of about 20 miles, even though it was well below the 32 degree temperature criterion set for a Club ride. Oh! You want to know who those brave souls were! OK - who else but Chris and Dave Van Dornick, Don Ami, and Tom and Debbie Wilson.

Don Ami said a group of 4 people enjoyed the ice skating at Navy Pier and the Christmas Lights at Lincoln Park on December 23. Thanks Don for organizing the activity. If anyone has any other ideas for social gatherings, please contact myself at 847/397-1499 or Don Ami at 847/301-1366.

The next general meeting will be January 23 at 7:30 at Recreation Park. Come see what some have said was the most exciting half hour of the Tour de France. Come join us - there will be REFRESHMENTS!! As I know that it is important to most people in the Club, don't forget you are always welcome to come to the open Board Meeting prior to the general meeting at 6:30. The bicycle website will have the most up-to-date information. Check page 2 of this newsletter for that address.

Some of the money from the AHBA goes to help support CBF (Chicagoland Bicycle Federation). What do they do? They promote biking and biking safety in the Chicago area. Because of CBF, the CDOT (Chicago Department of Transportation) Bike Program began installing bike parking racks inside 20 CTA stations in November, hoping to entice drivers who might not be within walking distance to a station to leave their cars at home, bike to the station, and hop on a CTA train. Go to biketraffic.org for a complete listing of CTA stations with indoor bike parking.

Also, CBF has produced a pamphlet that teaches drivers how to share the road with bicyclists, entitled *Tips for Motorists*. The pamphlet was produced for CDOT as part of its Safety in Motions program, specifically for a module on car-bike road sharing meant for high-school driver education classes. Hopefully, the State Board of Education will incorporate it into the driver education training manuals.

Don't forget the Show 'n Go rides on Saturdays starting from Frontier Park — weather permitting - meaning dry pavement and temperatures above freezing.

Think Spring!!

Karen Zmhral and Roy Euclide

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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

**February Membership Meeting
 February 27, 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

Gary Gilbert will be giving a
 presentation on his trips he took in 2001, one
 in Nova Scotia and another in Mississippi

It's a great way to find out about
 different organizations offering these rides
 and find out if you may want to try one of
 these types of trips

**AHBA Top 20 Mileage Riders
 As of January 9, 2002**

	<u>Miles</u>
1 Kurt Schoenhoff	668
2 Tom Wilson	518
3 Bob Hinkie	452
4 Earle Horwitz	451
5 Bob Pletch	411
6 Mitch Polonsky	396
7 Chris Van Dornick	298
8 Dave Van Dornick	288
9 Reinhilde	286
10 Len Geis	286
11 Ralph Salle	209
12 Gary Gilbert	184
13 Deb Wilson	181
14 Scott Schnedel	175
15 Velda Knorr	165
16 Art Cunningham	155
17 Donna Ponte	135
18 Nancy Wagner	135
19 Paula Matzek	116
20 Greg Koneczny	108

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

Arthur Conan Doyle, in an 1896
 article for *Scientific American*



Ed.

Date	Time	Ride Name	Type	Starting Point	Directions Description	Miles	Leader Phone #
Every Tues & Thurs	10:00 am	Deerfield Bakers Rides	at leisure 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 Hinkle (847/259-1423) 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 (847/259-7917).

Call AHBA Ride Hotline for updates/changes (847/255-3468)

Door County Ride August 27-29, 2002

By Bob Hinkle

I am setting up an AHBA and friends club ride in Door County starting Tuesday, August 27th through Thursday, August 29th, 2002. I will primarily be using Howard Paul's routes we rode three years ago. The rides will be approximately 50 miles each day.

I called the Alpine Inn in Egg Harbor, WI and tried to get a block of rooms set aside for us. Alpine Inn can not set aside a block of rooms for us but said they have plenty of rooms to choose from ranging from \$107 to \$81 per day. Make sure you ask for your post season 20% discount. Make your reservation early as possible to get the type of room that you want. Alpine Inn requires a one night deposit to hold the accommodation, either a check or money order. The balance is can be paid with a credit card or cash and is due upon arrival.

I would recommend that you make reservations for at least three days— Monday, August 26, Tuesday, August 27, and Wednesday, August 28. The ride begins about 9 am on Tuesday, August 27, so I would recommend that you arrive on Monday afternoon and spend the night at Alpine Inn. You may also want to stay Thursday, August 29. If you stay Thursday night, you'll have a place to shower and won't have to deal with a three hour drive back home after the ride. Thursday night is optional.

Please let me know when you have made your reservations. If you have any questions call Bob Hinkle at 1-847-259-1423.

Alpine Inn and Cottages
P.O. Box 200
Egg Harbor, WI 54209-0200
1-920-868-3000

INN ROOMS:

- \$ 107 less 20% suite with queen bed or two doubles facing water
- \$ 98 less 20% two doubles facing water
- \$ 86 less 20% queen facing pool or two doubles corner room
- \$ 81 less 20% double or single poolside or inland

Winter Riding By Bob Hinkle

This past November and December were bonus months for cycling. One of our members reported that he had ridden over 1,000 miles in November and 600 miles for December. His season temporarily concluded on the Saturday before Christmas. That Saturday three people showed up for the show and go ride. The temperature was just above freezing and the pavement was dry. They were riding on the bicycle path along Algonquin Rd. when it began to rain. Two nasty things immediately came to my mind as he was telling his story: rain changing into ice or snow and hypothermia. They turned around and began to ride back to Frontier Park. All three riders fell on a thin film of ice covering the path.

You don't necessarily have to put your bike away during the winter months. There are days when you can ride safely. Four things you can do to help reduce your chances of hypothermia and falling when riding in cold weather are:

- 1 Dress in breathable layers. Remember usually your extremities (Toes, Fingers, Ears and Nose) will get cold first, so keep them warm. If they get cold then it's time to stop riding.
- 2 Be aware of the weather conditions before and during your ride. Check the forecast and temperature before you start riding. Start your ride later in the day after the temperature warms up. If it looks as if it could rain/snow or the temperatures drops during the ride, it's time to end the ride.
- 3 Ride shorter distances when it is cold. Ride a short distance to a place where you can go inside and warm up and then ride home, such as the library or a restaurant. Try riding loops so that you are never far from your starting point.
- 4 Be conscious of the road or bike path conditions. Look out for ice or snow. Frost can sometimes linger on the road or path in shaded areas. Also slow down so that you'll have a chance to avoid icy patches. If you can't avoid an icy patch walk your bike across.



5 Uses for Plastic Grocery Bags By Bob Hinkle

You get them when you go to the grocery store and many other stores as well - plastic bags. Instead of throwing them out, consider sticking a couple into your bike bag. They don't take up much space and weigh very little. Here are 5 ways that I've made use of these bags.

1. It provides me with a waterproof bag to put things into that wouldn't fit into my rack bag. I simply bungee cord it to the top of my rack bag.
2. On days I get caught out in the rain, I cover my rack bag with the plastic bag. The rack bag and its contents stay dry even if you don't.
3. I have used the plastic bags to keep my shoes dry on rainy days and in the early mornings at wet dewy campgrounds. The bag can be worn between your shoe and riding socks if you don't use toe clips. The shoe gets wet but your socks stay dry. The bag also helps keep your feet warm on cold mornings.
4. I've used a plastic bag under my bike helmet to help keep my head dry and also for warmth.
5. Sooner or later you'll get a flat tire on your rear wheel. That usually means getting your hands dirty from your bicycle chain while changing the tube. I use a plastic bag as a mitt when removing and to putting the chain back on the chain ring and free wheel. The bag gets dirty but not my hands. Replace the bag when you get home.

Winter Cycling

By Chris Van Dornick

It can be a challenge finding the right combination of clothing to wear on days when some people shudder at the thought of going out the door to exercise outside. With many new types of fabric available, it is easier than you think.



The base layer, that which is directly against your skin, is the most important. **DO NOT WEAR 100% COTTON!** The best to wear is tops and bottoms made from polypropylene, thermax, or silk. These fabrics are highly breathable, meaning that they do not hold onto moisture, your sweat. This is very significant to remember. The next layer is the insulating layer. Fleece, Polartec or a similar high loft type of fabric is best. The purpose of this middle layer is to trap a warm air layer close to you and any cool air on the outside. Some high tech fleece has been treated so that it may even have strategic wind block capabilities. The front chest and front sleeves are the areas most likely to be treated. The outer layer too is very important. On windy days, you will want a good wind breaker. The outer layer needs to have some vital vents to allow for your sweat to escape. Some good things to look for are a vented back panel, zip pits, and either a draw cord waist or partial elastic. Mesh linings work to keep the main part of the jacket away from the middle layer, thus allowing the inner layers to breath into the mesh and then for the moisture to escape via the vents. Tights are the preferred outer layer for the legs. Most have a wind proof outer layer and may have a light fleece on the inside.

Your feet, hands and head need special consideration also. We'll work our way down. You lose a significant amount of heat through your head. Earlobes don't get a lot of blood flow to them and need to be protected. Your helmet is designed to provide ventilation, so you may need to provide some insulation. Something as simple as a baseball cap, not constructed of nylon or all cotton, may provide the insulation that will fit under the pads of the helmet. Balaclavas work also. They are generally shaped like a hood, and have protection for the neck and chin as an added benefit. Micro fleece or polypropylene works the best. Next the hands need protection from the wind and other weather elements. For some a good pair of winter cycling gloves works the best. For others, a "lobster" type of glove may help if you tend to have trouble keeping your hands warm. Any type of winter hand covering needs to be flexible enough for you to shift and brake. The feet are our last stop. Start with a liner sock such as polypro or light silk. This again is to act as the insulation. An outer sock with a wool blend, thermal, or even polar tech should be enough to keep your tootsies warm. You may need to loosen you shoelaces in order to fit the extra bulk in the shoe. Before you head out the door, place the layer on your feet and put your shoes on, then see if you still have some wiggle room in the shoes. This could be very important on very cold days. There are also neoprene booties that fit over your shoes. I have not tried these but some others swear by them.

One last thing to consider. Whether the day is predicted to be sunny or cloudy can make huge difference. If the sun is out and it is not windy, dress slightly lighter by maybe wearing a lighter fleece layer or a vest instead of a jacket. Stand in the wind on a windy day before you leave. If you feel a little cool when standing there, you will most likely be just right as you are moving and riding.

Dressing right can make winter riding very enjoyable. Try it! Come to the show and go rides on Saturdays from Frontier Park at 10 am. or if you have the time, the bakery rides are still 10 am from the Deerfield Bakery on Tuesday and Thursday mornings.

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
March 2002
Volume 31, No. 2



SPOKEN WORD

Pertinent Paragraphs from the Presidents



What a winter for biking!! All you have to do is look at the top twenty mileage chart - 668 miles in January - all those retirees riding on Tuesday and Thursday mornings from the bakery! I know most of you can't ride Tuesday and Thursday mornings, but many Saturdays and Sundays have had warm temperatures also. Remember the Saturday Show-n-Go rides start from Frontier Park at 10 AM if the pavement is dry and at least 32 degrees.

As I have mentioned before, our club is built around volunteers and we are extremely thankful for the many who do volunteer. Our annual Bike Swap will be April 27 and 28, 2002 at Pioneer Park in Arlington Heights and we will need ALL of you who volunteered last year at the Bike Swap plus many more this year. The challenge of holding the Swap at a new facility with different logistics will take more people and we need EVERYONE so PLEASE mark your calendar NOW. It really is FUN to see all your friends after a winter of hibernation and don't worry - there is a job for everyone. Remember for your time and talent for those 2 days, doughnuts and coffee are provided in the morning, Chris and Dave provide a delicious lunch each day, and we invite everyone to join us for a pizza party after we finish cleaning up on Sunday evening at 6 PM.

The Chicagoland Bicycle Federation's second annual Bike Town Bash is March 9, 2002 at the A. Finkl & Sons steel factory in Chicago. Against this chic industrial backdrop, Chicago's single most swanky celebration of cycling couture commands the catwalk with a fashion show while the partying people sway and mingle and natty servers slink through the crowds serving drinks and hors d'oeuvres from Coup de Gras, and fabulous live and silent auction items tease and delight. Beautiful, baby!

Its not too late to be a part of this magnificent event. Go to <<http://biketraffic.org/bikebash/>> for more information and to buy your tickets.

We're Making Your Town a Bike Town!

Karen Zmhral and Roy Euclide

**Next Membership Meeting
March 27, 2002**

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 The program will be a presentation on bicycle maintenance

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(847) 392-6750

AHBA Ride Hotline
(847) 255-3468

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

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AHBA Top 20 Mileage Riders

		<u>Miles</u>
1	Kurt Schoenhoff	731
2	Tom Wilson	554
3	Mitch Polonsky	495
4	Bob Hinkle	488
5	Chris Van Dornick	480
6	Dave Van Dornick	470
7	Earle Horwitz	451
8	Bob Pletch	411
9	Reinhilde Geis	286
10	Len Geis	286
11	Scott Schnedel	249
12	Greg Konieczny	246
13	Vince Kelley	229
14	Deb Wilson	217
15	Ralph Salle	209
16	Gary Gilbert	184
17	Nancy Wagner	173
18	Velda Knorr	165
19	Paula Matzek	155
20	Art Cunningham	155

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The Subaru Chicago Bike Show will be held March 22-24 at Navy Pier in Chicago

If you would like to attend as a group, Don Ami will be going on Sunday 3/24 Show times on that date are 10 00 am - 5.00 pm No further information about ticket prices are available yet on Navy Pier's web site but he will get that info to you as soon as it is available Those wishing to join Don for a this group outing should call him at 847-301-1366 or e-mail him at donwaus@yahoo.com so he can coordinate car pools



Don Ami—“unofficial” entertainment director



This also in from Don Ami — **Saturday, April 6.** Another joint outing for the AHBA and the Northwest Nordic Ski Club A Tour of the Lynfred Winery, 15 S Roselle Rd in Roselle Tour begins promptly at 6 30 pm and lasts approximately 2 1/2 hours Tour is limited to 30 adults Cost is \$17 50 per person and includes sampling a variety of 10 Lynfred wines with cheese and bread along with an educational tour of the wine cellar A 10% discount will be given on any wine purchases made during the evening If you are interested in this tour, make a check payable to Don Ami and mail to him at 285 Pembridge Lane, Schaumburg, IL 60193 All winery tour money is due to Don by March 29



After the tour those interested can also join in a visit to a nearby Italian restaurant for dinner Dinner cost will be on your own If you will be going to dinner let Don know so he can make reservations If you need more info call Don at 847-301-1366 or e-mail at donwaus@yahoo.com For more info about the winery visit www.lynfredwinery.com

Last Show 'n Go Ride March 16, 2002

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 (847/259-7917).

April 2, 2002 Tuesday Night Rides start— 6:30 pm at Recreation Park—leisurely paced rides in surrounding suburbs The miles vary Call Karen Zmrhal to volunteer to lead rides or any questions (847/397-1499)

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone #
Every Tues & Thurs	10:00 am Time changes to 9:00 on 4/9	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 (847/259-1423) for info Joint ride with Wheeling Wheelmen
Sun 3/17	Register 8:00 am to 10:30 am	St Pat's Day Ride	C	Wauconda High School	Main Street in Wauconda off Rte 176 \$7 fee To ride as club meet at 10:00 a.m	16/ 20	Wheeling Wheelmen Sponsors Hotline 847/520-5010, #3
Sat 3/23	9:30 am	Lake Opeka Ride	A	Recreation ² Park	First Scheduled Ride A trip around Lake Opeka hidden in Des Plaines	27	TBA
Sat 3/30	9:30 am	Dave's West Loop	A	Frontier ¹ Park	Breakfast in Arlington Heights after the ride	30	Chris and Dave Van Dornick (847/259-7917)
Sat 4/6	9:30 am	Long Grove Tune-Up Ride	A	Recreation ² Park	A tune-up for your legs for the upcoming riding season The ride will proceed to the first rest stop in Long Grove Breakfast/lunch after the ride	27	Chris and Dave Van Dornick (847/259-7917)
Sat 4/13	9:00 am	Brite Spot Ride	A	Frontier ¹ Park	Heading south from Frontier Park to enjoy the sun and the Brite Spot restaurant in Itasca	37	Chris and Dave Van Dornick (847/259-7917)
Sat 4/20	9:00 am	Elgin Ride	A	The Pavilion	Meet at The Pavilion in Elk Grove Biesterfeld at Wellington	45	Greg Komeczny (847/398-4633)

- 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

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

Call AHBA Ride Hotline for updates/changes (847/255-3468)

Other Dates to Remember

April 7, Spring Forward Bike Invitational 15/31/62 \$12-\$15, 8 am start at Union, IL (847/891-6010) www.schaumburbikeclub.org

April 27-28 Bike Swap at Pioneer Park (more on that later)

May 18 pre-ride for Arlington 500

May 19 Arlington 500 at Lake Zurich High School

May 25-26 Blackhawk Stateline 60

June 29-July 6 GRABAAWR XVII www.bikewisconsin.org (club members participating)

July 27-August 3 Shoreline West Tour (Michigan) www.lmb.org (club members participating)

August 17-19 Milwaukee Ride (Club Ride)

August 27-29 Bob Hinkle's Door County Ride

September 14-15 A weekend Club Ride (Port Washington)

October 5-6 Hilly Hundred Weekend (club members participating)





Commuter Corner by John Amling

Since I've recently become a bicycle commuter again, I've decided to put some of my thoughts, observations and tips down on paper. Hopefully you'll be either amused, enlightened, or both by my ramblings.

Between the early 70's and the early 80's I was pretty much an everyday bicycle commuter, averaging in the neighborhood of 3,000 miles each year. Having only one car to share with my wife, who had a job requiring her to dress much better than me, started me down this path. After awhile it became almost an addiction. The 6-mile ride, mostly down back streets between Des Plaines and Niles, became my morning wake-up and evening un-wind. Not to say, there weren't days that were less than delightful! There were the days that my commute time went from its normal 25 minutes to several hours through the snow. I'll never forget the day I had a flat on the way to work and two more on the way home. The last one occurred about a block from home and I walked the rest of the way and "threw" the bike in the garage, not in any hurry to see it again until the morning!

In the middle 80's, my job became much more time and energy consuming while family demands also increased. Bicycle commuting, except for the occasional opportunity, became a thing of the past. Luckily I also went for quite a bit of this time without seeing a doctor so I remained ignorant of what the increased job pressures and lack of bike riding might have been doing to my blood pressure. I did manage to put on about 70 lb. over those years though, so I knew the lack of riding was having its effect. Looking back, I can see the difference in my mental outlook too! For the most part, I never got to work "pumped" like I did when I got there on the bike and I would arrive home at night still frazzled by the day's events.

Recently, I once again went through a major job change, which has allowed me to go back to bicycle commuting. I've been doing this since about the first of the year and all the great feelings have come flooding back! I can hardly wait to get on the bike in the morning and I arrive at work totally psyched for the day. The one thing that has changed is I'm not quite the commuting "animal" of the 70's. I do wimp out and drive when the weather is really bad, something I didn't have the luxury of doing in the past.

Enough of the background – next month "The Route – The Good, The Bad & The Ugly!"

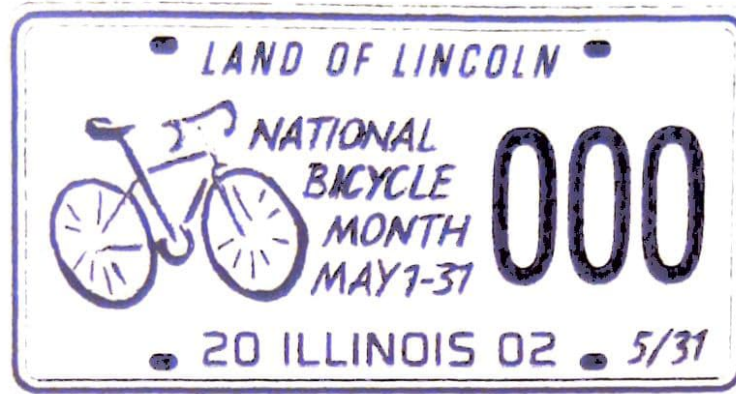
"Cycling satisfies so many needs. If you're in a gregarious mood, you can go out with a group. Or you can go alone—solo. If you're in an aggressive mood, you can go fast, or if you're tired and want to unwind, you can go slow. A bicycle doesn't discriminate in age, either"

- Georgena Terry (founder of Terry Precision Bicycles)



Ed

Photocopy as needed for additional applications



May 2002 Is National Bicycle Month

Attention all bicycle enthusiasts! Celebrate National Bicycle Month with a limited edition license plate set. The plates are approved by the Secretary of State's office and you may display them instead of your regular plates during the months of April and May 2002. A sample of this year's plate is pictured above in black and white. The colors are: a white background, orange logo and teal numbers. Land of Lincoln and border. A color picture can be seen on the League of Illinois Bicyclist web site at www.bikelib.org.

The plate sets are numbered from 1 to 200. Priority will be given to those who ordered plates last year. All remaining plate sets are issued on a first-come-first-serve basis. The cost of each plate set is \$25. To order your set, please fill out this form and return it along with your payment and a photocopy of your car's current registration number by no later than March 14, 2002. You may also find an order form on the LIB web page.

PLEASE PRINT LEGIBLY OR TYPE

Name _____ Signature _____

Address (No P.O. Boxes) _____

City _____ State _____ Zip _____

Phone _____ FAX _____

E-Mail _____

Business Name (Only if using as shipping address) _____

Shipping Address (if different than above) (NO P.O. BOXES) _____

Driver's License Number _____

Current Plate Number _____ Expiration Date _____

Make & Model _____ VIN# _____

Without a photocopy of your car's current registration, your application cannot be processed.

Please make your \$25 check or money order payable to League of Illinois Bicyclists
 Mail it, along with this form and a photocopy of your car's current registration to: LIB, c/o Laura Sanborn,
 1 So. 110 Normandy Woods Lane, Winfield, IL 60190. Phone: 630-462-5427, FAX: 630-462-5428

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 60004-2450

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



THE



SPOKEN WORD

Arlington Heights Bicycle Association

April 2002

Volume 31, No. 3

Pertinent Paragraphs from the Presidents



Chicago weather!! Wait five minutes and it will change! Amazing – in the March newsletter the high total mileage was commented on due to the wonderful winter biking weather we have had with some very beautiful sunny days and high temperatures. Spring is upon us (or so says the calendar) and all we have had recently is BLUSTERY winds, cold temperatures, and SNOW – not exactly biking weather. Go figure.

Oh well – spring is really around the corner so get ready for another season of great biking, again consisting of Tuesday night rides, longer advanced rides at an average pace of 12-15 MPH, intermediate rides of 30-50 miles at a more moderate pace, and shorter newcomer rides at a leisurely pace. And don't forget the social rides – the progressive dinner, the Club picnic, the Door County ride in August, the Milwaukee ride, and whatever else we pack in. If you have any suggestions for different destinations and/or unique rides, let us know.

The **ANNUAL BIKE SWAP** will be April 27-28 at **PIONEER PARK** in Arlington Heights – a new location. We need **EVERY-ONE!!** If you have not signed up to help yet, PLEASE sign up by calling Al and Jeanne Gain at 392-1547. An even better reason for volunteering to work at the swap is to see all your friends after a winter of hibernation and to have FUN doing it. There is a job for everyone – and remember **FOOD** is provided – thanks to Chris and Dave Van Dornick.

The first Tuesday night ride will be **April 9** at 6:30 PM beginning at Recreation Park in downtown Arlington Heights – after daylight savings time has started. The Tuesday and Thursday morning Deerfield Bakery rides new time will also begin on Tuesday, April 9 at 9:00 AM. Our show-n-go rides are over. Be sure to check the calendar for the list of scheduled Saturday rides and destinations in the newsletter.

Ride leaders are **NEEDED!** Call the Van Dornicks at 259-7917 if you would like to lead a Saturday advanced ride; call Nancy Wagner at 298-7069 if you would like to lead a Saturday intermediate ride; and call Karen Zmrhal at 397-1499 if you would like to lead a Tuesday night ride. We can fix you up with a co-leader if you have never led a ride and would like to learn to be a ride leader.

All club members are reminded that you are welcome to participate in the informal monthly board meetings (4th Wednesday 6:30-7:30 PM) as well as the formal meeting and program (4th Wednesday 7:30-9:00 PM). This is an excellent opportunity to discuss your ideas and concerns with club officers. No meetings are scheduled for June, July, or August.

The date for payment of club dues is usually March 30, but because of a miscommunication, the deadline is extended until June 30, 2002. Please get your dues to Cecily Rood by that date or you will not receive the newsletter. Dues are \$10 per family.

The club will decide during the May 22 business meeting which organizations are to receive club money. Amounts will depend on the success of the Swap and the Arlington 500. Share your opinion(s) at the May 22 board and members meetings.

We discussed upcoming Tuesday night rides during the meeting of February 27. There should be at least one leisurely paced ride every Tuesday night that rarely exceeds an average 12 MPH. The club again discussed road rage. Minimize (if possible avoid) an angry (possible unstable) automobile driver-bicycle confrontation: it is in your best interests.

Karen Zmrhal and Roy Euclide

AHBA Ride Schedule

April 3, 2002 Trail Rides start - For details, see page 5.

April 9, 2002 Tuesday Night Rides start— 6:30 pm at Recreation Park—leisurely paced rides in surrounding suburbs. The miles vary. Call Karen Zmrhal to volunteer to lead rides or any questions (847/397-1499)

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone #
Every Tues & Thurs	10:00 am Time changes to 9:00 on 4/9	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 (847/259-1423) for info. Joint ride with Wheeling Wheelmen.
Every Tues. for the season at 6:30 pm		Tuesday Night	I	Recreation Park ²	Leisurely paced ride in surrounding suburbs.	Varies	Call Karen Zmrhal to volunteer to lead one of these rides (847/397-1499)
Sat 4/6	10:00 am	Newcomers	N	Frontier ¹ Park	See description on page 4	10 to 15	Jim Shoemaker (847/910-8640)
Sat 4/13	9:00 am	Brite Spot Ride	A & I*	Frontier ¹ Park	Heading south from Frontier Park to enjoy the sun and the Brite Spot restaurant in Itasca.	37	Chris and Dave Van Dornick (847/259-7917)
	9:00 am	Newcomers	N	Frontier ¹ Park	See description on page 4	10 to 15	Jim Shoemaker (847/910-8640)
Sun 4/14	10:00 am	Newcomers	N	Frontier ¹ Park	See description on page 4	10 to 15	Jim Shoemaker (847/910-8640)
Sat 4/20	9:00 am	Eigan Ride	A & I*	The Pavilion	Meet at The Pavilion in Elk Grove. Bustedfield at Wellington.	45	Greg Komieczny (847/398-4633)
Sun 4/21	10:00 am	Newcomers	N	Frontier ¹ Park	See description on page 4	10 to 15	Jim Shoemaker (847/910-8640)
April 27-28 — No Scheduled Rides - The Swap (Call Al and Jeannie Gain at 847/392-1547 to volunteer your services)							
Sat 5/4	9:00 am	Algonquin Ride	A	Frontier ¹ Park	Breakfast in Algonquin.	47	Chris and Dave Van Dornick (847/259-7917)
		No Lunch Break Ride	I	Frontier ¹ Park	First Official Intermediate Ride—No lunch break on this ride.	25-30	Roy Euclide (847/437-0442)
Sun 5/5	10:00 am	Newcomers	N	Frontier ¹ Park	See description on page 4	10 to 15	Jim Shoemaker (847/910-8640)
Sat 5/11	8:45 am 9:30 am	Botanical Gardens	A	Recreation Park ² Beck Lake F P	From Rec Park 8:45 am for 64 miles. From Beck Lake F P 9:30 am for 45 miles. The F P is located on Central Rd., about 1/4 mile east of the entrance to Oakton Comm. College in Des Plaines on the N side of Central Rd. Lunch in Highland Prk.	45 or 64	Chris and Dave Van Dornick (847/259-7917)

* In April, Intermediate Rides will go the same destination as Advanced Rides, but at a moderate pace with an intermediate ride leader.

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

¹ Frontier Park is located in Arlington Heights at Palatine Rd. & Kenwood.

² Recreation Park is located in Arlington Heights at Miner & Douglas.

³ Kildar School is located on Old McHenry Road, just NW of Long Grove Shopping District.

Call AHBA Ride Hotline for updates/changes (847/255-3468)

AHBA Ride Schedule (Cont'd)

Date	Time	Ride Name	Type <small>(See descriptions on page 3)</small>	Starting Point	Directions/Description	Miles	Leader Phone #
Sat 5/11	9:00 am	Loop-de-Loop	I	Frontier ¹ Park	Ride is 2 different loops, approx. 20 miles each, with each loop returning to Frontier Park. The 1st loop leaves at 9:00 am and return by 11:00. The 2nd loop leaves at 11:00 am with a lunch stop during this final loop. Come ride any portion of this ride.	20 or 40	Gary Gilbert (847/577-4275)
Sat 5/11	10:00 am	Newcomers	N	Frontier ¹ Park	See description below	10 to 15	Jim Shoemaker (847/910-8640)
Sat 5/18	9:00 am	Arlington 500 Pre-ride	C	Barrington High School	The High School is located on the north side of Main Street approx. 0.6 miles west of Route 59	30, 54 & 68	Greg Konieczny (398-4633)
Sat 5/18	10:00 am	Newcomers	N	Frontier ¹ Park	See description below	10 to 15	Jim Shoemaker (847/910-8640)
Sunday, May 19 - The Arlington 500 — Call Greg Konieczny (398-4633) to sign up to help.							
Sat 5/25	9:00 am	Intermediate	I	Frontier ¹ Park	TBD	25 to 30	TBD
Sat, Sun 5/25-5/26	9:00 am	Rockford Stateline 60	C	Rockford, IL	This ride runs on both Sat. & Sun. Mileage will count on either day. Ride 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 Van Dornick for details (847/259-7917)
Mon 5/27	10:00 am	Memorial Day	A & 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 Jewish Funerals Chapel.	30	TBD

Newcomers Ride — Start Spring on a slow-n-easy ride of about 10-15 miles. Jim Shoemaker will lead rides 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.

MORE VOLUNTEERS WANTED!!!!

Preparations are feverishly underway for our annual, invitational bike ride, the **Arlington 500**. This year, we're so well organized that it's almost scary. Our flyer mailing party will be on April 11th, 7:30pm at Greg's house, a week earlier than normal. Gino's pizza will be served with plenty of napkins on hand to avoid getting greasy fingerprints on all the flyers. We'll even have diet soda available. In case you miss this, we still need help at the sandwich making party, the night before the 500 at Chris & Dave's place. And of course we need help on the day of the ride, at registration, sag stops, sag drivers and ride sweeps. Afterwards, you're all invited for one more **pizza party**, at **Barnaby's** where greasy fingers will be permitted and encouraged. Call **Greg** at 398-4633 to join in the fun.

The Arlington Heights Bicycle Advisory Commission is working on plans for Bike Month in Arlington Heights. Among the events being planned is a bicycle rodeo. The rodeo will be on May 18 either at Public Works or Recreation Park from about 8 am to 12 noon. We could use a couple of volunteers to assist us with this. No special skills (possibly an ability to withstand extreme cold - ask anyone who helped out 2 years ago) needed other than getting a kick out of seeing kids on bicycles! Give a call or e-mail if you can help out to John Amling at 847-392-6588 or jabikes@aol.com. Thanks much.

APRIL RIDES OF A DIFFERENT FLAVOR

For the second 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 road. More trails are being added every year. A nine-mile loop was completed late last year in the Poplar Creek Forest Preserve. The Lake County Des Plaines River Trail was also completed from Lincolnshire a few miles south of IL-22 to Russell Road on the Wisconsin border. This 27 mile trail has an additional 8 miles of connected forest preserve trails including the Sterling Lake loop in Van Patten Woods at the north end and the Independence Lake loop in the brand new Forest Preserve megapark north of Libertyville.

This bike path tour will leave on Wednesday mornings from a site on or near the trail route scheduled. The first ride scheduled on April 6 offers two short trails with an approximate 15-minute drive between starting points. A different path/trail will be explored each Wednesday with distances from 14 to 80 miles. Surfaces range from paved to crushed stone or improved gravel/grass. Definitely no off road, single track types. Rides will be show and go at a leisurely pace. Join me and experience the flavor of the many trails available in this area. Call me at 874-963-8746 for more information. Art Cunningham

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
4/3	10:00	14/28	Salt Creek & M&I Canal Trails	Bemis Woods Western Springs Trail Head	South on I-294 to Ogden Ave., left (east) on Ogden 1/4 mi. to entrance on left South on I-294; east on I-55 to La Grange Rd. (US-45), South to IL-172 (Archer), Rt. at Willow St. just past Willow Springs Rd. to parking under the bridge.	<ul style="list-style-type: none"> Paved path, Brookfield Zoo optional (bring lock) Extra paved path ride optional
4/10	9:00	46	Fox River/McHenry Prairie Trail	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path
4/17	11:00	37	Chicago Lake Front Path	Foster Ave Beach	East on Peterson off Edens, rt. on Ridge, bear rt. on Broadway to Foster, left under Lake Shore to 1 st parking lot on left.	Paved path
4/24	10:00	32	North Branch/Botanic Garden	Skokie Lagoon Forest Preserve	East on Willow Rd. just east of Edens (no access going south on Edens to Willow) entrance to left	Paved Path Botanic Garden optional (bring a bike lock)

MAY RIDES OF A DIFFERENT FLAVOR

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. These are rated ***, approved for narrow tires although narrow tires lose the advantage that they have on smooth pavement. 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. Of course road bikes are well suited for paved trails.

These rides are slow paced show and go. Rest stops are catch as catch can, may be forest preserve or park facilities. Although we will try to have stops where food is available, it is recommended that you bring snacks and plenty of fluid.

The gap joining the north and south portions of the Lake County Fox River trail was about complete last fall. Thus the trail from IL 22 to Russell Rd. just south of the Wisconsin border should be continuous this year. If this proves to be the case, the starting point for the north portion ride will be moved to Independence Park. This divides the trail into two 40-50 mile rides depending on side trails taken. Check the ride line for a possible update on the starting point.

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
5/1	9:00	50	Tinley Creek F.P. District Paths	Community Pk., Palos Hts	So. I-294, E I-55, So. US 45, E IL 83 past IL 7, rt. 76 th , park at pool lot on rt.	Paved path
5/8	9:00	50/30 loops	Medley of Trails - Cuba Marsh to Arlington Lake	Nichols Hill Golf Course	From Dundee Rd. turn north on Kennecott to end, 1 st lot on left, bottom of hill	Packed crushed stone and paved paths, short unimproved trail / roads **
5/15	9:00	42 partial loop	E. Great Western Tr / E. Prairie Path	Kline Farm, Winfield	From North Ave, lft. (s) at Country Farm Rd., 1/4 mi., lot on right	Packed crushed stone, some paved ***
5/22	9:00	32/54	North Channel/ Green Bay/N Shore Paths	Turnbull Woods Forest Preserve	Lake Cook Rd., turn rt. on Green Bay Rd., 0.2 mi. to lot on left	Paved, some packed crushed stone ***
5/29	9:00	40 partial loop	North Portion Lake Co. Des Plaines Riv. Tr	Gurnee Pool Parking Lot	I-94 to Grand, rt. (e) to O'Plaine 1 st rt past river, 1 st rt. on McClure to end. Lot on left	Packed crushed stone ***

INTERMEDIATE RIDES START SATURDAY, MAY 4, 2002

As you know from the preceding schedule, intermediate rides will start on Saturday, May 4, 2002. During May, intermediate rides will range from 25-35 miles.

As the season progresses, at the ride leader's discretion the distances will increase to range from 35-45 miles. Mileage will be published in the newsletter or call the ride leader for details.

Frontier Park is a great starting point. To add variety, other starting points could be Recreation Park, Busse Woods or Kildeer School. Start time is 9:00 am or as noted by ride leader in the newsletter.

Last year, great ride leaders kept us going. Thank you to everyone that helped.

The 2002 season is here - ride leaders are needed - please call to volunteer!

New leaders are always welcome. Not sure what is involved, sign up to co-lead a ride.

See you soon,

Nancy Wagner (847-298-7069)

AND, If all of those scheduled rides weren't enough — there are other rides.

Another Option

by Bob Hinkle

Do you want to go an inexpensive week long bicycle tour but don't want to camp? There is a small group of AHBA members that are proposing that POWWOW also be counted as a club ride. The ride 379 mile ride begins in Watertown WI., Sunday 6/23 and ends Friday 6/28 back in Watertown. This is a college to college tour. The colleges provide hot showers, sheets on the bed, and breakfast and dinner meals. The towns that the colleges are located in are Ripon, Sheboygan, DePere, Oshkosh, and back again to Ripon. The roads are marked, cue sheets and sag service are provided. The basic ride package for the FOX VALLEY TOUR is \$379 until June 1, 2002, after that the price increases.

For more information log onto www.wisconsinbicycletours.com

Call 414-671-4560 or write to POWWOW Bicycle Tours, 3533 W. Lapham Street, Milwaukee, WI 53215-1832 ask for the POWWOW Bicycle Tours 2002 pamphlet

MORE NEWS

According to Nick Jackson, the age of roads designed solely with cars in mind has passed. Jackson is coordinating a new bike tour program for CDOT (Chicago Department of Transportation) employees that's designed to let transportation planners experience the cyclist's perspective - by actually getting them out on the roads on a bicycle (YES!!! - what a novel idea). The basic idea is to get the people who are designing the roads out there riding a bicycle on city streets. Jackson says that the tours have two purposes. First to show them that bike lanes really work and second, to get them to think about bike lanes in their design work, and to show planners that lanes are an important part of many riders daily commute. It is wonderful to know we have a great advocate in the CDOT.

Something to think about for this new riding season

Personal Mileage

Most of us ride our bikes on more than club rides. We may ride while on vacation, go to Invitationals, commute, ride around the neighborhood to clear the head on a stressful day, or even go across the country. We think it might be fun to get an idea about how many total miles some of our members ride in a year. If you would like to share information about your annual mileage, we will publish it in the newsletter at the end of the year. Participation is strictly voluntary. This is not a contest. There are no prizes, so no one will audit the numbers you submit. Use your bike log if you have one, or keep track on your odometer, or just make your best guess. The year ends October 31, 2002. Transmit your numbers to the newsletter editors in early November. Also, if you have any questions, please contact the newsletter editors.



Commuter Corner by John Amling

"The Route – The Good, The Bad & The Ugly! (and occasional "rants")"

Living in Arlington Heights and working in Elk Grove does not give one a great deal of route choices. My only reasonable choice, without going several miles out of my way, is basically down Busse. This is NOT one of the primo bicycle roads around, but more on that in a minute. My ride from home starts by crossing Northwest Highway at the underpass by Mark Motors. From there, I take Davis west to Arthur, Arthur south to Central, and Central east to Busse and head south. I'm able to get off Busse at Oakton/Higgins by jogging west a block to Lively and continuing south on that. I end up a block west of Lively and a block south of Devon.

The "Good" parts of my commute are, neighborhood streets (from home to Northwest Highway), wide streets with sporadic traffic (Arthur and Lively) and streets with a sidewalk alternative (Central and Busse between Golf and Algonquin). In my opinion, nothing beats "neighborhood" streets for bike riding. **Therein lies one of the biggest obstacles to recreational or commuter riding - the way towns have been built up in the last 20 years where the neighborhoods do not connect.** Try riding a bicycle more than a mile or two without getting on a BUSY road out in, say, Crystal Lake. Arthur and Lively, while being busy commercial streets, are wide enough and the traffic is sporadic enough to make them ok. Central and Busse (Golf to Algonquin) have the advantage not only being wide streets, they have sidewalks which I sometimes use when traffic or weather is particularly bad.

The "Bad" parts of my commute are; Davis, Busse between Central and Golf, and Oakton/Higgins. Davis gets into this group just by having such lousy pavement. This will be addressed in the next couple of years by repaving and some bicycle accommodation. Busse (between Central and Golf) could have been a GREAT road to ride on. It has 2-3 foot paved shoulders on both sides the whole length (can you say "bike lane"?) but they put in rumble strips all the way! This is a somewhat narrow 2-lane road with relatively high-speed traffic on it and having to stay in the lane (there's also no sidewalks) puts you in uncomfortably close proximity to the traffic. **This is a classic example where bicycles could have been easily accommodated but, instead, were somewhat engineered off the road.** This is the section on which I have had my scariest episodes with drivers who just couldn't wait for oncoming traffic to clear before squeezing past me at speed. The Oakton/Higgins stretch between Busse and Lively is nasty only because of so much traffic going in so many directions. I have discovered a "cut through" just south of the toll way that keeps me off of most of it.

The "Ugly" part of my commute is Busse between Algonquin and Oakton/Higgins. What makes this the worst part of the ride is that the pavement is terrible, the traffic is awful (most of it trucks, buses and people apparently late for work) and the section under the toll way has no sidewalks to get away from the traffic. **This is a classic example of the "barrier" principle in bicycle planning.** This also could have been a very good section for bicycle use if bicycles/pedestrian needs had been considered when it was constructed. A simple bike path down the side would have been all that was needed.

Unless cyclists start speaking up, we will continue to be engineered off the roads. There are federal laws and mandates in place that say we (cyclists/pedestrians) must be "considered" when state transportation projects are designed and constructed. Unfortunately, the only possibility of this happening is if someone requests/demands it. As an example, if IDOT ever was to do any work on Busse under the toll way, unless someone spoke up, the level of accommodation for bicycles and pedestrians would probably not improve one bit! Even then, there are no guarantees. The Arlington Heights Bicycle Advisory Commission fought for years for bicycle accommodation through the Algonquin Rd/Arlington Hts Rd/NW Toll way area. The commission was told, "people on bicycles have no business being in that area – it's too dangerous!" Talk about a self-fulfilling prophecy!

But we can't quit trying! If you would like to see roads become more bicycle friendly (or at least not get any less bicycle friendly), get involved, make noise, be a squeaky wheel! At a minimum, I would urge everyone who reads this to join the Chicagoland Bicycle Federation. It's the single best lobbying organization in the state and the more members they have, the more muscle they have. If you would like to stay informed about transportation planning in this area, get on the CATS (Chicago Area Transportation Study) mailing list. The two organizations that I know of on the national level that are worth throwing your support behind are the League of American Bicyclists (bikeleague.org) and Bikes Belong (bikesbelong.org). If you have any ideas for ways in which bicycles can be accommodated better or their use encouraged in Arlington Hts, get in touch with the Bicycle Advisory Commission via Jim Massarelli in the engineering department. **Get active!**

A final idea that I just realized today – CENTER MEDIANS! As the snow from the big March 1-2 storm is melting, I was faced with the dilemma today of how to arrive home not covered in slop (it was still too cold this morning to be a problem). As I got onto Busse coming north from Oakton/Higgins, I noticed the high and dry center medians and decided to see if this was a decent alternative to the curbside slop and puddles. While I'm sure this was somewhat illegal (but no more dangerous than riding this stretch curbside), it did work! I got home far less messy than I thought I would be and this leads me to next month – "Equipment – can it get to the point where driving is actually cheaper?!"

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 60004-2450

Arlington Heights Bicycle Association
500 E. Miner Street
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THE



SPOKEN WORD

Arlington Heights Bicycle Association
May-June 2002
Volume 31, No. 4

Pertinent Paragraphs from the Presidents



The weatherman did not exactly cooperate this year for our Bike Swap – think back to last year's incredibly beautiful weather and be grateful for what we had last year! This year we had to do it with cold hands but WARM HEARTS!! Saturday morning, with its cool weather, still brought a good size crowd and we were extremely busy! With the onset of rain about noon on Saturday, the crowd thinned quickly, and by Sunday afternoon I think there were more AHBA members than people looking at bikes. But we managed to amuse ourselves with our "unofficial club photographer" taking pictures of club members trying out the tandems for sale. Some people as captains on the tandems were quite "shaky" in their new roles, while others as stokers "didn't like the view" or after riding a whole 300 feet decided they didn't like it all.

An extra big **THANK YOU** to Al and Jeanie Gain for an **OUTSTANDING** Bike Swap this year. They did an outstanding job, as always, but having to overcome many obstacles this year with a new location they deserve an extra round of applause!! We really have an amazing bike club whose members are always there when needed for a task at hand. **THANK YOU** to all of our club members who volunteered their time to help make the Swap such a success!!

And please remember that May 19 is the Arlington 500 and Greg will need all the help he can get to help with marking the roads, the sag stops, sag drivers, etc. Please call Greg at 847-398-4633 to offer your time and talents.

The Chicago Bicycle Federation is sponsoring a candidate forum at their annual meeting on May 11, 2002 at 77 W. Washington from 10:00-11:30 AM. They would like, if possible, a minimum of 6-8 people from each local bike club to represent all the bikers around the Chicagoland area. The purpose is to let the candidates hear the bikes needs and wants. Please help support the CBF. Possibly drive part way and ride your bike part way. CBF will have people watching the bikes during the meeting.

Here is your chance to ride your bike on Lake Shore Drive! Mayor Daley is closing Lake Shore Drive for a few hours on June 9, 2002 for a bike ride! For more details go to biketraffic.org and click on the link to the ride.

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

We will decide at the May meeting, after the Bike Swap and the Arlington 500, how much money will be donated to all organizations of interest to our club.

Don't forget to check the ride schedule inside each newsletter, the website, or the ride hotline for dates and times of all club rides. Remember we offer beginner rides of 10-15 miles at a very leisurely pace, intermediate rides of 25-40 miles at 12-14 MPH, and advanced rides for 40-?? miles at 15+ MPH. Tuesday evenings we offer leisurely, social rides beginning at 6:30 from Recreation Park in downtown Arlington Heights. Please choose the ride that best fits your riding ability.

We are always in need of ride leaders on Tuesday nights. Please call Karen Zmrhal at 847-397-1499 to sign up to lead a Tuesday night ride.

HAPPY BIKING THIS SUMMER!

**Next Membership Meeting
May 22, 2002**

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. Check the website for information
on the program that will be presented

*Don Ami—“unofficial”
entertainment director*

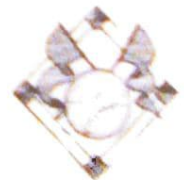


June 1

Join Don Ami, et al. for an evening of
miniature golf outing at the Mountain
View Mine Adventure Golf, 510 E
Algonquin (one block west of Wolf Rd.)
Meet at the golf course at 7:00 pm. Admission is \$6 (\$5
for Des Plaines Park District residents). Afterward, there is
an option for dinner at The Spaghetti Warehouse, 101
Busse Rd. (at Oakton) in Elk Grove Village. No deposit
required. Pay when you get there. RSVP to Don Ami by
phone (847-301-1366) or e-mail (donwausa@yahoo.com) any
time **before June 1** so he knows how many are coming.



**READ THIS
FIRST**



Saturday night, July 13, join Don Ami, et al. for a baseball game. The Schaumburg
Flyers do battle against the Duluth-Superior Dukes at Alexian Field, 1909 S. Springsguth
Rd. (south of Elgin-O'Hare Expy.) Game time is 6:20 p.m. First 2,500 fans entering the
ball park get a free floppy hat! Tickets are \$8.25 each.

Make checks payable to Don Ami and mail to Don at 285 Pembroke Lane, Schaumburg,
IL 60193. **All money is due by June 1st to get a ticket**

Those that wish after the game, they can go to a local restaurant for a snack before
heading home. If you need more info, call Don at 847/301-1366 or e-mail him at
donwausa@yahoo.com

Check out <http://www.flyersbaseball.com> for more Schaumburg Flyers information

Presidents

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kz2000@home.com
(847) 397-1499
Roy Euclide
(847) 437-0442

Vice Presidents

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AHBA Ride Hotline

(847) 255-3468

Web Address

<http://www.geocities.com/colosseum/midfield2543>

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

**AHBA Top 20 Mileage Riders
As of 4/24/02**

		<u>Miles</u>
☆☆	1 Bob Hinkle	1290
☆☆	2 Tom Wilson	1042
☆☆	3 Earle Horwitz	990
☆☆	4 Mitch Polonsky	984
☆☆	5 Kurt Schoenhoff	851
☆☆	6 Bob Pletch	849
☆☆	7 Art Cunningham	824
☆☆	8 Chris Van Dornick	784
☆☆	9 David Van Dornick	764
☆☆	10 Len Geis	673
☆☆	11 Reinhilde Geis	635
☆☆	12 Ralph Salle	577
☆☆	13 Greg Koniczny	432
☆☆	14 Vince Kelley	350
☆☆	15 Gary Gilbert	326
☆☆	16 Deb Wilson	298
☆☆	17 Nancy Wagner	276
☆☆	18 Paula Matzek	257
☆☆	19 Chris Wager	253
☆☆	20 Jan McCandless	230
☆☆	20 Geri McPheron	230

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

AHBA Ride Schedule

----- Check Page 5 for Wednesday Trail Rides-----

Date	Time	Ride Name	Type	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 (847/259-1423) for info. Joint ride with Wheeling Wheelmen.
Every Tues. for the season at 6:30 pm		Tuesday Night	I	Recreation Park ²	Leisurely paced ride in surrounding suburbs.	Varies	Call Karen Zmrhal to volunteer to lead one of these rides (847/397-1499).
Sat 5/25	9:00 am	Intermediate	I	Frontier Park ¹	Ride through the NW suburbs, short lunch stop.	30	Karen Zmrhal (847/397-1499)
Sat, Sun 5/25-5/26	9:00 am	Rockford Stateline 60	C	Rockford, IL	This ride runs on both Sat. & Sun. Mileage will count on either day. Ride 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 Van Dornick for details (847/259-7917).
Mon 5/27	10:00 am	Memorial Day	A&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 Deerfield Bakery.	30	TBD
Sat 6/1	8:45 am 9:30 am	Botanical Gardens	A	Recreation Park ² Beck Lake F.P.	From Rec Park 8:45 a.m. for 64 miles. From Beck Lake F.P. 9:30 a.m. for 45 miles. The F.P. is located on Central Rd., about 1/4 mile east of the entrance to Oakton Comm. College in Des Plaines on the N. side of Central Rd. Lunch in Highland Park.	45 or 64	Chris and Dave Van Dornick (847/259-7917)
	9:00 am	Loop-de-Loop	I	Recreation Park ²	Two different loops, each approx. 20 miles. 1st loop leaves Recreation Park at 9:00 a.m. Returns approximately 11:00 a.m. when the 2nd loop takes off. Plan lunch on the second loop. Ride 1 or 2 loops, your choice.	20-40	TBD
Sun 6/2	10:00 am	Newcomers	N	Frontier Park ¹	See description below HELMETS REQUIRED	10 to 15	Jim Shoemaker (847/910-8640)

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

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

Call AHBA Ride Hotline for updates/changes (847/255-3468)

Newcomers Ride — Start on a slow-n-easy ride of about 10-15 miles. Jim Shoemaker will lead rides 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.

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 6/8	8:30 am	Rawson Bridge	A	Frontier Park ¹	To Wauconda area	50	TBA
	9:00 am	Wilmette Ride	I	Wheeling Potowotomi F P	Forest Preserve is at Dundee Road (1/2 mile east of Milwaukee Avenue). Enjoy a change of direction—we will ride east to the North Shore winding through beautiful neighborhoods, working your way to Wilmette. Great stop for lunch (ice cream is definitely on the menu).	36	Howard Paul (847/824-2941)
Sun 6/9	10:00 am	Newcomers	N	Frontier Park ¹	See page 3 for description. HELMETS REQUIRED	10 to 15	Jim Shoemaker (847/910-8640)
Sat 6/15	8:30 am	Two Wheelin to Wheaton	A	Frontier Park ¹	Two Wheelin it to Wheaton for lunch	50	Chris and Dave Van Dornick (847/259-7917)
	9:00 am	TBD	I	TBD	TBD	30-35	Ron & Geri McPherson (847/824-5091)
	10:00 am	Newcomers	N	Frontier Park ¹	See page 3 for description. HELMETS REQUIRED	10 to 15	Jim Shoemaker (847/910-8640)
Sat 6/22	8:00 am	Crystal Lake	A	Frontier Park ¹	Ride to Crystal Lake for lunch	68	Chris and Dave Van Dornick (847/259-7917)
	9:00 am	Oregano's	I	Kildeer School ³	Jan will lead you up North through some neighborhoods and parts of Libertyville for lunch at Oregano's	30-35	Jan McCandless (847/680-1729)
Sun 6/23	10:00 am	Newcomers	N	Frontier Park ¹	See page 3 for description. HELMETS REQUIRED	10 to 15	Jim Shoemaker (847/910-8640)
Sat 6/29	8:00 am	Lakewood Bridge	A	Recreation Park ²		53	TBA
	9:00 am	No Name	I	Frontier Park ¹	Ride through the NW suburbs with a short lunch stop	30	Karen Zmrhal (847/397-1499)
June 30 through July 6 — GRABAAWR (a small group of AHBA members are participating)							
June 23 through June 28 — POWOW (a small group of AHBA members are participating)							
July 27 through August 3 — Shoreline Tour West (a small group of AHBA members are participating)							
August 10—12 COWALUNGA (a charity ride for the American Lung Association)							
August 17 through August 19—AHBA's Milwaukee Ride							

From the Terry Precision Cycling catalog, Spring 2002 (submitted by Paula Matzek)

Terry Rules of the Road

Be stylishly visible. Wear a proper fitting helmet, customized with improper stickers. If riding with a group, ride single file, far away from the guy doing a wheelie. Always carry plenty of water and a credit card for emergencies and indulgences. Keep your tires and lungs inflated. Wear clothing that lifts and ventilates. Use hand signals to indicate turns and the presence of Dairy Queens.



RIDES OF A DIFFERENT FLAVOR

With fair mid-week weather all five trail rides to date have taken off as scheduled. Nine riders participated on the Lakefront Bike Path ride on an unusually summer-like day. This ride is always the high point of the early schedule. Every year, this is the 3rd, the route has differed in some detail. This year the south end of the ride was at 75th Street. We had a rest stop there in the clubhouse of the South Shore Country Club now run by the Chicago Park District. The splendor of by-gone days was reflected in the beautiful chandeliers of the great hall and the broad view of Lake Michigan through an expanse of glass in the huge dining room. This building which dates back to the late nineteenth century is still in good condition.

The June schedule features the Long Prairie ride on the bike trail traversing Boone County into Winnibago County northwest of the Chicago area. The north portion of the Lake Co. Des Plaines River trail has been rescheduled from May. This will enable us to ride the new four-mile trail just completed filling the gap between the north and south trails.

Art Cunningham

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
6/5	9:00	46	Long Prairie Trail (Boone Co.)	East Trail Head, near Chemung, IL	North on Rt. 14 to Rt. 173, rt. 4 1/2 mi to County Line Rd., rt. 1/4 mi. to parking lot on the left.	Paved, packed crushed stone ***
6/12	9:00	55 loop	Medley of Trails - Poplar Creek to Ned Brown	Harper Collage	Off I-90 north on Roselle Rd., rt. on Euclid, rt. into collage to parking lot on left	Paved with connecting roads
6/19	9:00	40/62 partial loops	Prairie Path Aurora Branch Loops	Roy C. Blackwell F.P., Warrenville	South on Rt. 59 to Butterfield Rd., left on Butterfield Rd. 1/2 MI to entrance on left. Park in 1 st lot to rt.	Packed crushed stone, some paved ***
6/26	9:00	40 partial loop	North Portion Lake Co. Des Plaines Riv. Tr	Independence Forest Preserve, Libertyville	Milwaukee Ave (IL 21) north to Buckley (IL 137), east to River Rd., north to F.P. entrance on left to 1 st parking lot on the left.	Packed crushed stone ***

*** approved for narrow tires ** wide tires recommended * wide tires required
Bring snacks and plenty of water to drink

If There is a Will There is a Way

By Bob Hinkle

I was able to get cheap airfare to Orlando, FL this past January. This meant that my new bicycle that I purchased in December to take to Florida with me stayed home. Last January, I had purchased a used bicycle in Orlando at a pawn shop and then resold it back to the pawn shop when I was ready to come back home. I figured that I would be able to do the same again this year. I was wrong. The pawn shop had bicycles, but none were rideable. I was considering buying the cheapest bicycle that was my size at the Walmart store and then sell it to the pawn shop when I was ready to return home.

One of the people staying at my time share suggested that I drive up to the West Orange Trail, about 30 minutes from the resort and rent a bike at the trailhead and ride the 20 mile trail. I stopped by the trailhead on my way to a friend's house to check the trail and bike rentals. The rental shop charged \$10 for the first hour, \$5 for the second hour and \$4 for each additional hour. During the week the bike rental didn't open until noon. Trail riding would be expensive and I wouldn't be able to ride in the mornings when it was cool.

My friend knew that I did a lot of biking and asked if I had brought my bicycle. I told him about my Walmart and bike trail rental options. His reply was "I see you rented a station wagon. Take my mountain bike, helmet and water bottle and slide it into the back of your station wagon. Bring it back at the end of the week." Needless to say I borrowed his bike and rode the trail in the mornings from end to end when it was cool.

If there is a will, there is a way. Keep your options open. I needed a full size car to accommodate my wife and me and my son's family who would stay with us during the second week. When the car rental asked if I wanted a sedan or station wagon, I chose the station wagon just in case I could find a bicycle to use.

HELP WANTED

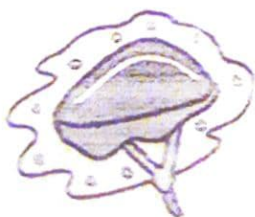
As some of you may have heard, there is a bike race coming to town. Taking place on August 3, 2002 will be the first Arlington Classic Criterium. Further info and a printable registration form can be gotten at www.arlingtonbikerace.com. This is just a plea for help! The race will take a large force of volunteers to make it run smoothly. No special skills or knowledge of bike racing (or even riding for that matter) is necessary. Just the ability to work hard (or at least look busy) at all hours for no pay! We will need help from about 6am to 4pm in the areas of course marshals, registration, barricade staffing, VIP tent help, garbage detail, (hurry, this one fills up fast!), etc, etc. If you plan to race, how about helping out a bit before or after your race! We will also need some help the afternoon of August 2nd for hay bale placement. If you would be available to lend a hand for any part of these days, we would greatly appreciate it. Besides our heartfelt appreciation, you even get a limited edition, collectable t-shirt and maybe even some food from the VIP area when no ones looking. If you're willing and able, get in touch with our volunteer coordinator, Paula, at 847-398-5429 or paula1432@aol.com to let her know what times you would be available and any special skills you might have.

HELP WANTED

Bicycle Rodeo by Bob Hinkle

Ivy Hill Elementary School held a bicycle rodeo for their students after school Friday, May 10 on the school playground. The school organized the event and both teachers and parents helped run the event. Over 250 children participated receiving bicycling safety instructions from the Arlington Heights Police department, having their bicycles inspected and minor adjustments made by ABC bike shop, and riding the special marked bicycle courses setup by the Arlington Bicycle Commission and AHBA members.

After the last event a drawing was held and bike helmets were given away to 10 participants. The helmets were furnished by the Arlington Police Department and Toys R Us. Refreshments were provided by the Northpoint Jewel. At the end of the drawing a group picture was taken of all the participants wearing their helmets. That picture made an impression on me. It told me that these kids had helmets and were proud to wear them. Maybe AHBA's bike helmet give away program should be through school sponsored bicycle rodeos where the children are also given bike safety instructions and have their bicycle checked. The idea is to get the children to ride safely. You too can help deliver the bike safety message by volunteering work at a bike rodeo.





Commuter Corner by John Amling

All right, I know I said this was going to be about equipment, but I can't help but turn this into somewhat of an "activist" column too. On my way back to my second childhood, I'm making a stop in my 60/70's activism years, only now my cause is bicycles. Definitely not going to expound on what my "causes" were then! I know some of you were almost beside yourself wondering what kinds of mystical junk I have on my bike, but that will just have to wait as this is much more important. I'll throw you a bone - I do have a bell!

There are two pieces of legislation currently in the government "bill mill" that should be of interest to all correct thinking American's (tongue in cheek - lighten up!) and cyclist's in particular. First is Fed bill HR1265 and the second is Illinois bill SB1579. I'll give you a brief overview of what they contain that is of interest, how you can have an impact on these important pieces of legislation, and how you can keep abreast of their progress (or lack of as often is the case in government).

HR1265 is a bill that provides for a roundabout tax break for bicycle commuters. I learned of this bill via the Maine Bicycle Coalition. Any of you who have cable TV here in Arlington Hts, may remember some bicycle helmet / share the road PSA's (public service announcements) on the village channel last summer. These were provided by this group and they gave us total permission to edit them anyway we wanted and use them free of charge! This is one committed, organized group! Simply put, this bill makes any reimbursement made to an employee by his/her employer for bicycle commuting tax exempt up to \$60/month. This bill is currently in the House Ways & Means Committee. One of the members of this committee is our very own Congressman Philip Crane of the Illinois 8th Congressional District. If you happen to live in this district and want to support this bill, get in touch with him to encourage his consideration of this bill. For those who live in other districts, get in touch with your congressman and bring this bill to their attention and encourage them to sign on as co-sponsors. Information on the status of legislation before the House or Senate and who your Congressman or Senator is can be found at www.house.gov or www.senate.gov.

SB 1579 came to my attention through a letter to the editor in the Daily Herald written by Steve Boime of Wheeling. If any of you know him, thank him for me for the heads-up. He pretty much covered it in his letter, so I'm going to use his info. At least wanted to give him credit for it. Basically, this bill brings the concepts of ISTEA/TEA21 to a state level. It says that in the design process of roadway projects, IDOT must solicit and consider input from groups including cyclists. This bill was introduced by Dan Cronin, Senator from the 39th district (Elmhurst), so if any of you live in his district, send him a letter of thanks. So far, Senators Roskam (20th-Glen Ellyn), Peterson (26th-Buffalo Grove) and Lauzen (21st-Aurora) have signed on as co-sponsors. Again, if any of you live in these districts, get in touch with these people and let them know you appreciate their efforts! If you don't live in these districts, it is even more important that you get involved by getting in touch with your Senator and push him or her to sign on as a co-sponsor and help move this bill out of the Rules Committee to passage. You can keep track of the status of this or any other Illinois legislation that you're interested in, and find out who your Illinois congressional representatives are at www.legis.state.il.us.

Sadly, we seem to be at a time when citizen interest and involvement in our government, other than ineffective whining, is at an all-time low. It seems every election sets a new record for low voter turnout. There is actually a somewhat "sick" good side to this though. It means that those of us who do speak up actually get noticed more. I actually got, what appeared to be, a "personal" response from Mark Kirk (10th Congressional District) on something I wrote to him about. So, I encourage everyone who reads these ramblings of mine to take part in the great American experiment. If you've actually read to this point before this hit the bottom of the birdcage, you at least have a passing interest in this stuff. I urge you to take some kind of action. Like I said last month, if we don't speak up, we just keep getting "engineered out". Also, if anyone becomes aware of any bicycle related pieces of legislation and would like to pass it along, I can be reached at 847-392-6588 or jabikes@aol.com. I would greatly appreciate it. Feel free to give a call or email also with any questions or comments or just to tell me to "put a sock in it". Next month, unless I come up with something more interesting - "Equipment (maybe)".

PS One brief item on equipment. Spring is here and even after the mild winter we've had, motorists are not used to seeing bikes on the road! To help them take notice of me, like cars that have their lights on all the time, I have my flasher on even in daylight. This is the single, best piece of bicycle safety equipment ever invented. I've used flags and safety vests in the distant past, but ever since the original Belt Beacon (anyone remember those?), I am a flasher believer! Next month, I'll tell you a story about my "seeing the light"!

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 60004-2450

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



THE

Arlington Heights Bicycle Association

July 2002

Volume 31, No. 5

SPOKEN WORD

Pertinent Paragraphs from the Presidents



A GIANT THANK YOU to all of you who worked at the Swap and the Arlington 500!! Your participation as a volunteer at those events allow us to have an Arlington Heights Bicycle Association, as those 2 events are our money makers for the year. Even though the weather did not cooperate very well for this year's swap, our dollar intake was the second highest of all the years we have been sponsoring the swap!

At the May general meeting the Club members voted to donate money in the same amounts and to the same organizations as last year, such as the Chicago Bicycle Federation, Adventure Cycling, etc.

Also discussed at the general meeting was the possibility of the AHBA partnering with the Arlington Heights Bicycle Commission and other organizations in sponsoring a Bike Rodeo at various local schools. A very successful bike rodeo was hosted at Ivy Hill School this past spring with over 250 children staying after school on a Friday afternoon for the event. The Arlington Heights Police department gave a presentation on bicycle safety, Jewel donated some refreshments for the occasion, and mane, many parents were on hand to help. The idea will be discussed at our next general meeting in September – come and bring your thoughts and suggestions.

A committee was formed to look into the possibility of having an AHBA bike jersey – one of the colorful types. Marilyn Wilkerson had suggested the idea awhile ago, so anyone who would like to work on the jersey committee, let Marilyn know. Do we have an artist in our group who might enjoy working on the design of the shirt? Again the idea will be discussed in greater detail at the next meeting in September.

Check in the newsletter for dates of the ever popular eating events – the Club picnic and the progressive dinner etc.

See you on the road!

Karen Zmhral and Roy Euclide

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 Karen Zmrhal
 kz2000@attbi.com
 kz2000@eudoramail.com
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 Roy Euclide
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 (847) 392-6750

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 (847) 255-3468

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

Next Membership Meeting September 25, 2002

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. Check the website for information
 on the program that will be presented

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**AHBA Top 20 Mileage Riders
 As of 6/9/02**

		Miles
☆☆ 1	Mitch Polonsky	1718
☆☆ 2	Tom Wilson	1408
☆☆ 3	Bob Hinkle	1322
☆☆ 4	Earle Horwitz	1311
☆☆ 5	Bob Pletch	1221
☆☆ 6	Kurt Schoenthoff	1131
☆☆ 7	Chris Van Dornick	1130
☆☆ 8	Dave Van Dornick	1012
☆☆ 9	Len Geis	960
☆☆ 10	Ralph Salle	887
☆☆ 11	Reinhilde Geis	868
☆☆ 12	Art Cunningham	841
☆☆ 13	Vince Kelley	645
☆☆ 14	Greg Konieczny	622
☆☆ 15	Chris Wager	614
☆☆ 16	Geri McPheron	548
☆☆ 17	Paula Matzek	543
☆☆ 18	Nancy Wagner	482
☆☆ 19	Scott Schnadel	421
☆☆ 20	Ron McPheron	397

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

HELP WANTED

As some of you may have heard, there is a bike race coming to town. Taking place on August 3, 2002 will be the first Arlington Classic Critrium. Further info and a printable registration form can be gotten at www.rlingtonbikerace.com. This is just a plea for help! The race will take a large force of volunteers to make it run smoothly. No special skills or knowledge of bike racing (or even riding for that matter) is necessary. Just the ability to work hard (or at least look busy) at all hours for no pay! We will need help from about 6am to 4pm in the areas of course marshals, registration, barricade staffing, VIP tent help, garbage detail, (hurry, this one fills up fast!), etc. etc. If you plan to race, how about helping out a bit before or after your race! We will also need some help the afternoon of August 2nd for hay bale placement. If you would be available to lend a hand for any part of these days, we would greatly appreciate it. Besides our heartfelt appreciation, you even get a limited edition, collectable t-shirt and maybe even some food from the VIP area when no ones looking. If you're willing and able, get in touch with our volunteer coordinator, Paula, at 847-398-5429 or paula1432@aol.com to let her know what times you would be available and any special skills you might have.

HELP WANTED

AHBA Ride Schedule

----- Check Page 5 for Wednesday Trail Rides-----

Date	Time	Ride Name	Type	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 (847/259-1423) for info Joint ride with Wheeling Wheelmen
Every Tues. for the season at 6:30 pm		Tuesday Night	I	Recreation Park ²	Leisurely paced ride in surrounding suburbs.	Varies	Call Karen Zmrhal to volunteer to lead one of these rides (847/397-1499)
4th of July	8:00 am	Lincoln Park Zoo	I	Triunvera Condos	Triunvera Condominiums (Milwaukee & Central in Glenview) - Ride to Lincoln Park Zoo — Lunch will be at the zoo. Bring a lock, you may want to lock up the bike when you are in the zoo.	55	Gary Gilbert (847/577-4275)
	2:00 pm	Ice Cream Ride	A	Recreation Park ²	After you've seen your town's parade, etc come ride with Chris for ice cream on this Independence Day and you'll have plenty of time after to attend any fireworks displays.	25	Chris Van Dornack (847/259-7917)
Sat 7/6	8:30 am 9:30 am	Bakery Ride (long route)	A	Recreation Park ² or Deerfield Bakery (see dir. above)	Ride the Deerfield Bakery longer route from Rec Park or the Deerfield Bakery	40 or 56	Chris Van Dornack (847/259-7917)
	9:00/ 9:45 am	Broken Oar	I	Frontier Park ¹ or Kildeer School ¹	If we are going to the Broken Oar, the leader must be the "Cyclist Formerly Known as Earle". Start from Frontier Park for 46 miles (9:00 a.m.) or Kildeer School for 37 miles (9:45 a.m.) Ride through Long Grove and surrounding areas. Lunch will be at the Broken Oar.	37 or 46	Earle Horwitz (847/632-1112)
Sun 7/7	10:00 am	Newcomers	N	Frontier Park ¹	See description below HELMETS REQUIRED	10 to 15	Jim Shoemaker (847/910-8640)

Saturday, July 13, the AHBA Picnic

Ride from Kimball Hill School in Rolling Meadows at 10:00 a.m., 30 miles, picnic to follow. **Bring a dessert or appetizer to pass.** The club will provide meat, roasted corn, and beverages. Picnic area is behind Kimball Hill school, park in the south part of the school lot. Kimball Hill School is located on Meadow Lane—three blocks north of Kirchoff.

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

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

Call AHBA Ride Hotline for updates/changes (847/255-3468)

Newcomers Ride — Start on a slow-n-easy ride of about 10-15 miles. Jim Shoemaker will lead rides 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 riding season. Come early and have Jim check your bike and get advice on bike purchases and maintenance.

AHBA Ride Schedule (Cont'd)

Sat 7/20	9:00 am	Intermediate	I	Frontier Park ¹	A ride through the suburban areas surrounding Arlington Heights.	30-35	Marilyn Wilkerson (847/439-4496)
	8:00 am	Volo Bog	A	Frontier Park ¹	A ride to the Bog in Volo with lunch of course	70	Chris and Dave Van Dornick (847/259-7917)
Sat 7/27	9:00 am	Intermediate	I	Frontier Park ¹	Show n' Go—Sorry, no intermediate ride leader. Check the Ride Line. If we don't have a ride leader, we will have a Show n' go.	35-40	TBD
	8:00 am	Algonquin	A	Frontier Park ¹	We may have gone to this location already this riding season, but Lang's was closed and I still didn't get a Chinese vegetable omelet. So, come join me even if you've already had your omelet fix this season.	60	Barb Swasas, Jim Barr (630/628-6267)
Sun 7/28	10:00 am	Newcomers	N	Frontier Park ¹	See page 3 for description. HELMETS REQUIRED	10 to 15	Jim Shoemaker (847/910-8640)
Sat 8/3	9:00 or 11:00 am	Loop-de-Loop	I	Frontier Park ¹	Gary's Loop-de-Loop. Two 20 mile loops, each returning to Frontier Park. You pick the mileage and the start time, do one - do both, its up to you.	20 or 40	Gary Gilbert (847/577-4275)
	TBD	TBD	A	Frontier Park ¹	TBD	60	TBD
Sun 8/4	10:00 am	Newcomers	N	Frontier Park ¹	See page 3 for description. HELMETS REQUIRED	10 to 15	Jim Shoemaker (847/910-8640)

Saturday, August 10

Progressive Dinner Ride to begin at 10:30 a.m. at the home of Carl Jester, 1661 White Hill Court, Wheeling (847/229-9325). You need to register for this ride before Monday, August 5, with Chris Van Dornick (847/259-7917). Participants must be capable of riding 30-40 miles at 14 mph rolling speed.

Sat 8/17	9:00 am	Tom's Ya Ya Surprise	I	Frontier Park ¹	Tom's ride will be determined by Tom, but will definitely include a lunch stop.	35-40	Tom Drabant (847/397-4213)
	8:30 am	Woodstock	A	Lakewood F P	Lakewood Forest Preserve is located on Fairfield, South of Route 176	72	Chris Van Dornick (847/259-7917)

IMPORTANT - There is a change in the Milwaukee Ride dates. They will be September 21-23. The ride in Milwaukee will be on Sunday, September 22. The other dates are only for those who will ride up to Milwaukee on Saturday and return on Monday. For more details, call Chris and/or Dave Van Dornick (847/259-7917)

"When you're on the starting line of your first century, it's not wise to sit there and think, 'I've got to ride one hundred miles.' I remember my first one, and my thought was to get to the first rest stop. I made each succeeding rest stop my goal. When they're about twenty-five miles apart, you don't get intimidated by what seems an impossible distance. All you need to do is ride twenty-five miles four times." — Sean Hogan



Ed

RIDES OF A DIFFERENT FLAVOR

In spite of the coldest, wettest April and May in recent times only one trail ride has been cancelled so far this year. For the first time weather has permitted the completion of the entire North Channel/Green Bay/North Shore Bike Paths from the south terminus near Lawrence Ave. where the Chicago River becomes navigable to the Bluff overlooking an azure Lake Michigan at Lake Bluff. The ride offers varied scenery passing through city parks, the Skokie Statue Park, the Evanston Arboretum and the affluent North Shore towns. In contrast we ended May with a ride on the Lake County Des Plaines River trail from its current terminus just south of IL 22 to Independence Park north of Libertyville. This ride is through a veritable tunnel of trees. With an alfresco lunch stop just off the trail at IL 60, a side loop through Vernon Hills local trails and the forest preserve loops along the way this great ride covers 46 miles.

In July the touring trails are featured. The two halves of the M&I Canal trail make up the longest continuous trail in Illinois and offer on an interesting and varied route. The ride to Illinois Beach takes us along the just completed Millennium Trail at Fairfield Rd., Wauconda east to Lake Bluff via the North Shore Path with a short gap on city streets in Midlothian. From there it's up the McClory Path to local Zion paths leading to Illinois State Park. There is a scenic 2-mile loop in the park requiring wide tires. Those with road bikes can visit the park museum during this stretch of the ride. The rest of the Paths are suitable for road bikes.

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
7/3	9:00	57	Fox River Trail/ Great Western - west section	South Elgin trail access	South on Rte 31 to W State St., turn left (east) then rt. just before the bridge to parking	Paved, packed crushed stone ***
7/10	8:00	80	Super Dog Ride	Half Day F P	Off Milwaukee Ave 1 1/2 mi. north of IL 22, park at first lot to rt	Packed crushed stone, paved *** Kurt Schoenhoff
7/17	9:00	55	Millennium/ North Shore/ McClory to Illinois Beach	Millennium Trail access	East of Fairfield Rd. opposite Ivanhoe Rd. just south of IL 176	Packed stone paved. Short park loop, sandy
7/24	9:00	65	M&I Path - Morris to Lockport	Channahon access	I-55 south to US-6, left on Canal St. to parking on the right	Packed stone, city streets through Joliet
7/31	9:00	52 partial loop	Fox River / St Charles & Elgin Prairie Path	East Dundee Depot	West on Dundee (Rte 68) bear right at Barrington Ave. just past Rte 25 to River St. depot to left	Paved and packed crushed stone paths ***

*** approved for narrow tires ** wide tires recommended * wide tires required

BRING SNACKS AND PLENTY OF WATER TO DRINK

Upcoming Invitationals

July 4, 4th of July Metric Ride Joliet Bicycle Club 30M/45M/60M Plainfield High School
Call Brenda Alberico 815/675-0200, ext 207 www.jolietbicycleclub.org

July 14, Heatstroke 100 Bike Ride 18M/36M/67M/100M, Bob's Pedal Pushers Bike Shop in Burlington, WI
Call Scott Hoffman 262/763-0219 Scott@wi.net

July 14, Melon Metric XVII, 32M/62M/100M, Gletty Rd., Sandwich, IL, Naperville Bike Club Call Naperville Park District
630/536-2700, ext. 1565, clubnbc@aol.com, <http://users.aol.com/clubnbc/>

July 28, Wizard Ride, 23M/41M/68M/100M (approx.), Beecher Community Center, Yorkville, IL
Call Petra Hofmann 630/415-BIKE, wizardride@hotmail.com, <http://elmhurstbicycling.org>

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 60004-2450

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



THE



SPOKEN WORD

Arlington Heights Bicycle Association
August 2002
Volume 31, No. 6

Pertinent Paragraphs from the Presidents



We have had some great weather for biking this year. Just look at the top ride mileage numbers!

It seems as though summer just started and already it is August and over half gone. BUT, we still have LOTS of activities left. August 10 is the date of the PROGRESSIVE DINNER, where we spend all day eating — riding from one course to the next course to progressively eat more and more and more! Be sure to register with Chris Van Dornick by August 5.

Bob Hinkle and clan will be riding in beautiful Door County the last week in August. For more information call Bob Hinkle at (847/259-1423), and the ever popular beautiful Milwaukee ride will be Sunday, September 22. For those of you wanting to ride up to Milwaukee and back, the dates will be Sept 21-23.

The board meetings will start up again this fall on Wednesday, September 25, 2002 at Recreation Park beginning 6:30 PM. All AHBA members are encouraged to attend the board meetings. The next general club meeting will be immediately following the board meeting at 7:30 PM.

Also, it is time to start thinking about new officers. The current officers' tours of duty ends the end of October and the new officers take over at the club banquet in November. So, if you would like to volunteer to be an officer or volunteer someone else to be an officer, talk to any of the board members. There are no prerequisites involved, only a willingness to serve. Think about all of the pleasures you have derived from the club. Is it time for you to give back to the club?

Cook County will be widening Quentin Rd from Dundee Rd to Lake-Cook Rd from 2 lanes to 4 lanes. Wayne Mikes of Mikes Bicycle Shop in Palatine has worked relentlessly for the last couple years plugging away for bike lanes preferably, but at least a few extra feet of paved shoulder. If you would like to contribute to the cause, consider writing a letter to the Cook County Highway Department, 69 W. Washington, Room 2300, Chicago, IL 60602.

GIT (Grand Illinois Trail) on with it! League of Illinois Bicyclists has posted route maps for the Grand Illinois Trail, the 475-mile loop of northern Illinois, from the Lake Michigan to the Mississippi River and back again. As of July 2001 the Grand Illinois Trail cuesheets and information have been revised. Go to <http://www.bikelib.org/trails/git.html> to see the map of the GIT. There is a separate webpage of information for each segment of the trail from 1 to 10. From each of those 10 webpages you can also download Adobe Acrobat files with the map and cuesheet information. These Adobe Acrobat pages can be stored, viewed, and printed from your local hard drive [git/index.html](#).

One side of the 17 by 22-inch "Imagine the Grand Illinois Trail" brochure is an overview map of the trail with 4 inset detail city maps. The other side has contact information for 25 trail, park and path organizations and 15 park and recreation areas along or near the Grand Illinois Trail.

Sign Up for the GIT Now

Send your name, address, city, state, zip and e-mail address to
Illinois Department of Natural Resources
Office of Realty & Environmental Planning
524 South Second Street LTP
Springfield, Illinois 62701
Attn: Trail Blazer 2000

Call 217-782-3715 or 815-732-9072 for more information

Karen Zmhral and Roy Euclide

AHBA Ride Schedule

----- Check Page 5 for Wednesday Trail Rides -----

Date	Time	Ride Name	Type	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 (847/259-1423) for info. Joint ride with Wheeling Wheelmen
Every Tues. for the season at 6:30 pm		Tuesday Night	I	Recreation Park ²	Leisurely paced ride in surrounding suburbs.	Varies	Call Karen Zmrhal to volunteer to lead one of these rides (847/397-1499)
Sat 8/3	9:00 or 11:00 am	Loop-de-Loop	I	Frontier Park ¹	Gary's Loop-de-Loop Two 20 mile loops, each returning to Frontier Park. You pick the mileage and the start time, do one - do both, its up to you	20 or 40	Gary Gilbert (847/577-4275)
	9:00 am	TBD	A	Frontier Park ¹	TBD Check web page or ride line	60	TBD
Sun 8/4	9:00 am	Newcomers	N	Frontier Park ¹	See below for description. HELMETS REQUIRED	10 to 15	Jim Shoemaker (847/910-8640)
Saturday, August 10							
<p>Progressive Dinner Ride to begin at 10:30 a.m. at the home of Carl Jester, 1661 White Hill Court, Wheeling, Arlington Club (847/229-9325). You need to register for this ride before Monday, August 5, with Christine Van Dornick (847/259-7917). Participants must be capable of riding 30-40 miles at 14 mph rolling speed.</p>							
Sun 8/11	9:00 am	Newcomers	N	Frontier Park ¹	See below for description. HELMETS REQUIRED	10 to 15	Jim Shoemaker (847/910-8640)

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

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

Call AHBA Ride Hotline for updates/changes (847/255-3468)

Newcomers Ride — Start on a slow-n-easy ride of about 10-15 miles. Jim Shoemaker will lead rides 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 riding season. Come early and have Jim check your bike and get advice on bike purchases and maintenance.

AHBA Ride Schedule (Cont'd)

Sat 8/17	9:00 am	Tom's Ya Ya Surprise	I	Frontier Park ¹	Tom's ride will be determined by Tom, but will definitely include a lunch stop	35-40	Tom Drabant (847/397-4213)
	8:30 am	Woodstock	A	Lakewood F P	Lakewood Forest Preserve is located on Fairfield, South of Route 176	72	Chris Van Dornick (847/259-7917)
Sun 8/18	9:00 am	Newcomers	N	Frontier Park ¹	See page 3 for description. HELMETS REQUIRED	10 to 15	Jim Shoemaker (847/910-8640)
Sat 8/24	9:00 am	Moo & Oink Ride	I	Frontier Park ¹	Great ride heading north and west - sounds like an interesting food stop!	37	Paula Matzek (847/394-4920)
	TBD	TBD	A	Frontier Park ¹	TBD. Check web page or ride line	TBD	TBD
Sat 8/31	9:00 am	DQ Ride	I	Frontier Park ¹	Could there be ice cream along the route???????	40 give or take	Mitch Polonsky (847/255-1873)
	TBD	TBD	A	Frontier Park ¹	TBD. Check web page or ride line	TBD	TBD

Upcoming AHBA Rides to Calendar

September 14-15 - A weekend ride in Port Washington, WI. For more details, contact Greg Konieczny (847/398-4633).

September 21-23 - The ride in Milwaukee will be on Sunday, September 22. The other dates are only for those who will ride up to Milwaukee on Saturday and return on Monday. For more details, call Chris and/or Dave Van Dornick (847/259-7917).

Upcoming Invitationals

August 4, Rotary Ride 2002, 10/25/50/75 Neuqua Valley High School, Naperville, Fred Goldenson (630/355-6693).
event@rotaryride.com, www.rotaryride.com

August 25, Old Mill Century, 25/50/75/100, Rock River Valley Bicycle Club, Oregon, IL, Kevin Askam (815/732-3156).
www.oldmillcentury.com

August 25, Bike Psychos Century, 35/50/70/108/126, Coal City High School, Coal City, IL, Jim Sim and Marv Boehm (708/802-1804).
www.geocities.com/colosseum/field/5658

September 1, The BLT — Chicago Boulevard Lakefront Tour, 10 or 35 miles. Visit biketraffic.org (Chicagoland Bicycle Federation) or call 312-427-3325 for registration details.

September 8, Harmon 100, Wheeling Wheelmen, 25/50/75/100, Wilmot, Mountain Ski Area, Wilmot, WI, 847/520-5010.
www.wheelmen.com/harmon.html

September 15, North Shore Century, Evanston Bicycle Club, 100/62/50/25, Dawes Park, Evanston, IL, 847/866-7743.
www.evanstonbikeclub.org

RIDES OF A DIFFERENT FLAVOR

August

In August we complete the Michigan & Illinois Canal State Trail with the east section Gebhard Woods State Park east to La Salle. This will complete the 71 miles of the trail Lockport to La Salle which are ridden both ways in the two M&I Canal rides. Work is progressing well on the 76-mile Hennepin Canal bike trail Bureau Junction to Colona (near Rock Island). I stopped at the Hennepin Canal St. Park near Sheffield to get an update on construction on my way to TOMRV. Construction is about 40% complete. Completion of the project is scheduled for the entire trail plus the 27-mile spur along the feeder canal to Rock Falls by the end of 2003. I rode an 8 mile crushed stone segment of the trail east and a couple of miles west on a completed paved segment. This trail could be added to our tour in future years.

In June a small group enjoyed our ride of the Aurora branch of the Prairie path. The 8-mi Blackwell and 12-mile Harrick Lake-Danada Forest Preserve trails on the east segment of the ride offer outstanding riding. This year a ¼-mile extension of the Danada trail was added that circles a small lake ending at Butterfield Road. This is to be extended in the future another ¼-mile or so to the Morton Arboretum. Dave Martin, a new member to our club gave us the nickel tour of the Fermilab on the return section of the west loop. His offer of a \$5.00 tour was turned down because of the late hour on this 62-mile ride.

Two rides in Lake County are also worthy of note. The north portion of the Des Plaines River Trail Independence Woods to Van Patan Woods in the north can now be ridden in a great 40-mile ride thanks to the completion of a fine 5 ½-mile section of the trail filling the gap between existing sections. This ride is anchored on both ends by trails circling lakes. At this time I am awaiting completion of paving the new Millennium trail from the trailhead off Fairfield Road & Ivanhoe in Lakewood F.P. to Midlothian High School. A short gap in Midlothian on village streets connects this trail to the Midlothian/Lake Bluff spur of the North Shore trail. This will be the route of our new Lakewood F.P. / Illinois Beach State Park ride later in July.

Art Cunningham

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
8/7	9:00	77	M & I Path - West section Morris to La Salle	Gebhard Woods St. Park, Morris, IL	Exit I-80 south on IL 47 - follow signs to park	Paved crushed stone ***
8/14	8:00	54	Fox River Path south-Virgil Gilman Path	Bennet Park, Geneva	North Ave (IL 64) to St Charles, south on IL 25 to park on rt. just past Geneva town line	Paved, packed crushed stone***
8/21	9:00	60	Old School Forest Preserve to Kenosha	Parking Lot D, Old School Forest Preserve	IL 176 to St. Mary's Rd., south to Forest Preserve on the left. Park in shelter D lot.	Packed crushed stone, paved ***
8/28	9:00	57	Plank Road Path	Frankfort, IL	I-294 south to I-80 west, US 45 south to Frankfort, turn left at sign to Historic Frankfort, parking in town on trail on N White St	Paved path

*** approved for narrow tires ** wide tires recommended * wide tires required

BRING SNACKS AND PLENTY OF WATER TO DRINK

"The bicycle makes summer a roomier and more intimate apartment of the year. The world nowadays is too big anyway, and most of us want to bring it closer, and personalize it."

Henry Beetle Hough, *Singing in the Morning*

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 60004-2450

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



THE



SPOKEN WORD

Arlington Heights Bicycle Association
September 2002
Volume 31, 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 August 10. What a great turnout for our progressive dinner!! THANK YOU to Debbie & Tom Wilson for coordinating the event for us - a job well done! Starting from Carl Jester's in Wheeling, we rode to Paul & Cindy Zimmerman's for appetizers, choosing from chicken wings, deviled eggs, veggies and dip, etc. Then taking the LONG way around - onto the Wilson's for lots of delicious salads - green salad, pasta salad, and fruit salad - something for everyone. And what would an AHBA progressive dinner ride be without stopping at the Van Dornick's for Dave's famous whatever! He outdid himself with stuffed seafood pasta shells - scrumptious! And then out into the heat and humidity again - but to Carl's with a choice of about 10 different desserts. Carl even took off work on Friday to bake! What a guy! THANKS to all of our hosts and hostesses for the delicious courses.

On August 8 several people from the club met at Gary Gilbert's house to discuss ideas for a real biker "Club" jersey. Tom Wilson, a graphic artist by trade, presented some great designs for the club to pick from. The designs will be available for viewing at the board meeting and membership meeting on September 25, 2002 at 6:30 PM at Recreation Park. At the October 23, 2002 general meeting, representatives from the company will be available for questions. The price of the jerseys has not been decided upon as yet, but the jerseys will be subsidized in part by the Club.

About 20 people will be going to Bob Hinkle's Door county ride August 27-August 29, 2002 - bikers and non-biker spouses. Several optional rides will be available each day - as well as the option to EAT! Thanks, Bob, for putting the special ride together for all to enjoy.

September brings the always popular Milwaukee ride. Some ride from here to Milwaukee on Saturday and back from Milwaukee on Monday. Others drive up to Milwaukee for the beautiful 76 mile ride and the ever popular stop at Kopp's for ice cream.

Tuesday night rides will continue through September from 6:30 until dusk. Saturday rides continue through October with Marilyn Wilkerson's annual Halloween costume ride on October 26.

The summer is winding down, but as you can see, there are still plenty of opportunities to ride.

Karen Zmhral and Roy Euclide

Did you miss the inaugural Bike the Drive this year (that is Lake Shore Drive)? Mayor Daley, an avid biker, in an unprecedented move, closed Lake Shore Drive on June 9 for 4 hours to give over 10,000 bikers a chance to bike on Lake Shore Drive. The many motorists who were irritated and inconvenienced that Lake Shore Drive was closed to bikers will have a year to get used to the idea that they will be inconvenienced again next year. The June 9 biking extravaganza was such a smashing success with bikers, that Mayor Daley plans to make the ride an annual event. The Chicagoland Bicycle Federation, the sponsor of the event, was extremely delighted that Bike the Drive will return next year.

Presidents
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 kz2000@aattbi.com
 kz2000@aedoramail.com
 (847) 397-1499
 Roy Euclide
 (847) 437-0442

Vice Presidents
 Dave & Chris Van Dornick
 Saddle_up169@msn.com
 (847) 259-7917

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 Barb Swasas

Treasurer
 Ron McPheron
 (847) 824-5091

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Arlington 500
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 kome@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 25, 2002

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. Check the website for information on the program that will be presented.



Attention Ride Leaders

Dave Van Dornick needs all of the outstanding ride sign-up sheets.



Club Jerseys Are Coming Soon

As discussed at the May Membership meeting, the club has allocated funds to subsidize jerseys. We have made significant progress towards realizing our dream of having distinctive club jerseys. Just imagine a club ride with many of your fellow cyclists wearing the same jerseys. It will be spectacular. A group of club members met in August and discussed possible designs for the jersey. It was an exciting event and we think everyone will like the design.

We have decided to have our jerseys created by Voler. They give us a wide range of options including Men's sizes from X-Small to XXX-Large, Women's sizes from X-Small to X-Large, ProSensor Micro Denier Poly wicking fabric, Short Sleeve, Sleeveless, Long Sleeve and Vest styles. Voler also has shorts, leg warmers, arm warmers, socks, headbands and other cycling accessories available.

Write these important dates down and be prepared.

September 25, 2002 - come to the club meeting, hear about our plans and see what the jerseys will look like. The design is nearly completed with much thanks due to our very able Tom Wilson.

October 1, 2002 - Beginning of period to place your order for your jersey.

October 12 through October 22, 2002 - call Gary Gilbert at (847) 577-4275. He will have sizing samples available. If you are not sure what size you want, you can arrange a time to try on various sizes before you order.

October 23, 2002 - come to the club meeting. A representative from Voler will be present to explain the product line and help us complete our ordering. There will be sizing samples available at the meeting. Come early, the samples will be available starting around 6:30PM. **IMPORTANT**— Bring your checkbook to the October meeting.

Any questions? Contact Gary Gilbert phone (847) 577-4275 or via email gary.gilbert@atbi.com

AHBA Top Mileage Riders As of 8/23/02	
	<u>Miles</u>
1	Mitch Polonsky 2904
2	Bob Hinkle 2831
3	Tom Wilson 2414
4	Art Cunningham 2188
5	Chris Van Dornick 2117
6	Earle Horwitz 2088
7	Dave Van Dornick 2033
8	Kurt Schoenhoff 1964
9	Greg Konieczny 1667
10	Len Geis 1588
11	Reinhilde Geis 1496
12	Ralph Salle 1490
13	Don Ami 1489
14	Bob Pletch 1439
15	Chris Wager 1315
16	Paula Matzek 1258
17	Debbie Wilson 1233
18	Scott Schnedel 1161
19	Dick Marr 975
20	Lee Venet 950
21	Nancy Wagner 946
22	Geri McPheron 885
23	Barb Swasas 844
24	Jim Barr 725
25	Donna Ponte 707

AHBA Ride Schedule

----- Check Page 5 for Wednesday Trail Rides-----

Date	Time	Ride Name	Type	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 (847/259-1423) for info. Joint ride with Wheeling Wheelmen.
Every Tues. for the season at 6:30 pm		Tuesday Night	I	Recreation Park ²	Leisurely paced ride in surrounding suburbs.	Varies	Call Karen Zmrhal to volunteer to lead one of these rides (847/397-1499).

September 24 — Last Tuesday Night Ride for 2002 — They will resume in April 2003

Sat 8/31	9:00 am	Schaumburg and Beyond	A	Frontier Park ¹	Discover what there is beyond Schaumburg.	50 w/ option for add'l 20	Chris Van Dornick (847/259-7917)
	9:00 am	DQ Ride	I	Frontier Park ¹	Could there be ice cream along the route?	40 give or take	Mitch Polonsky (847/255-1873)
Sat 9/7	7:30 am or 9:45 am	Lake Geneva Ride	A	See next panel	7:30 a.m. for the 102 miles — meet at the park at the NW corner of Quentin and Old McHenry Roads in Hawthorne Woods. or 9:45 a.m. for the 52 miles — meet at Glacial Park (take Route 12 to Route 120 West on 120 to Route 31. Turn right (North) on 31 about 3 1/2 miles to Barnard Mill Road, left on Barnard Mill, cross the river to the right at the Y go 1/4 mile to Keystone, turn Right on Keystone to Glacial Park — on the right).	102 or 52	Chris Van Dornick (847/259-7917)
	9:00 am	Willow Creek Ride	I	Frontier Park ¹	Ride through the NW suburbs, there will be a couple of options for lunch.		Karen Zmrhal (847/397-1499)

Call AHBA Ride Hotline for updates/changes (847/255-3468)

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

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

"Possibly the tragedy of the bicycle is that it was invented too close in time to the car. In the historical scheme, pedal power hardly got under way before the combustion engine appeared and, not only took over the roads, but changed our view of machines. We've forgotten that pedal power is a potent form of energy."

- Richard Ballantine



Ed

AHBA Ride Schedule

(Cont'd)

September 14-15 - There will be **no** weekend ride in Port Washington, WI for this year. It will happen in September 2003

Sat 9/14	9:00 am	Rawson Rendezvous	A	Frontier Park ¹	Join Greg on his ride to the Broken Oar (probably see Earl there)	50+	Greg Konieczny (847/398-4633)
	9:00 am	Biker Chick (guys are welcome)	I	Frontier Park ¹	Back by popular demand, Paula's famous "chick" theme ride — includes a lunch stop	35	Paula Matzek (847/394-4920)
Sat 9/21	9:00 am or 9:30 am	Broken Oar	I	Frontier Park ¹ or Kildeer School ¹	Two starting points. A standard, but always a fun ride (maybe Earl will be at this one also)	45 or 35	Tom Drabant (847/394-9845)

Sunday, September 22 Milwaukee Ride — 8:30 a.m. from McKinley Marina slips A-E, **76 miles**, 2 Kopp's stops, more fun than you can imagine in one day. Call Chris or Davie Van Dornick (847/259-7917) for directions if you need them. Call before Saturday as they will be riding up to Milwaukee on Saturday the 21st

Sat 9/28	9:00 am	North Shore Almost 1/2 Century	A	Dawes Park (Evanston)	Dempster Street East to Forest then north about four blocks to Church Street	48	TBA
	9:00 am	Princess Dr Ride	I	Frontier Park ¹	Dianne has been persuaded to lead a ride (yeah!) She'll be taking the lead and venturing to Millie's Pancakes	35-40	Dianne Ghertner (708/524-1963)

Saturday, October 5, Sunday, October 6, The Hilly Hundred in Indiana. Hotel space is limited and time to sign up is equally short. Call Dave Van Dornick (847/259-7917) or Greg Konieczny (847/398-4633)

Sat 10/5	9:00 am	Going North	I	Kildeer School ¹	Long Grove to Independence Grove. Jan has put together a new ride, heading north. Some roads, some paths, and, of course, lunch	TBD	Janice McCandless (847/680-1729)
Sat 10/12	9:00 am	Algonquin	A	Frontier Park ¹	A ride to Algonquin. I would only hope to eat at Lang's	47	TBD
	9:00 am	What Size Are You?	I	Frontier Park ¹	This ride will make a stop in Arlington Heights for riders to try on the Voler sizing samples for the club jerseys and to order/purchase jerseys. Bring your checkbook. The ride will resume and continue for 30-40 miles at the whim of the ride leader	30-40	Gary Gilbert (847/577-4275)

Upcoming Invitationals

September 8, Harmon 100, Wheeling Wheelmen, 25/50/75/100, Wilmot, Mountain Ski Area, Wilmot, WI, 847/520-5010, www.wheelmen.com/harmon.html.

September 15, North Shore Century, Evanston Bicycle Club, 100/62/50/25, Dawes Park, Evanston, IL, 847/866-7743, www.evanstonbikeclub.org.

September 15, Tour of Scenic Ogle County, Blackhawk Bicycle & Ski Club, 25/50/75/100, Stillman Valley, IL, 815/389-3226, twocrank@aol.com, www/aeroinc.net/users/blsc

September 29, Apple Cider Century, 25/50/75/100, in Three Oaks, MI, 888/877-2068, bryan@applecidercentury.com, www.applecidercentury.com.

September 29 or October 6, Pumpkin Pie Ride, 25/50/75/100, Starved Rock Cycling Club, Peru, IL, 815/357-6980, bike11@usdnet.net, www.geocities.com/Colosseum/2947

RIDES OF A DIFFERENT FLAVOR September

In September we'll try again to schedule the Illinois Beach ride from the new Millennium trailhead in Lakewood Forest Preserve, Wauconda. The trail through the Forest Preserve is finished but a short gap still remains just outside the Forest Preserve to be paved. The gravel ballast is in place all ready for paving so we can only hope that the job is done in time. Once again an outlying ride is scheduled in a Wisconsin state trail. This ride goes to scenic Rock Lake and the town of Lake Mills. Hope to see you on the trail.

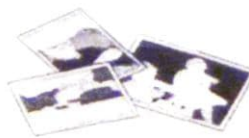
Art Cunningham

September Wednesday Chicago Area Bike Path / Trail Rides

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
9/4	9:00	50/30	Medley of Trails - Cuba Marsh to Arlington Lake	Nichols Hill Golf Course, Arlington Heights	From Dundee Rd. turn north on Kennicott to end, park in first lot at bottom of the hill	Packed crushed stone ***
9/11	9:00	55	Millennium/ North Shore/ McClory to Illinois Beach	Millennium Trail access	East of Fairfield Rd. opposite Ivanhoe Rd. just south of IL 176	Packed stone paved Short park loop, sandy
9/18	9:00	60	Glacial Drumlin Trail to Lake Mills	Fox River Sanctuary, Waukesha, WI	I-94 west of Milwaukee exit at WI 164 south to Waukesha, rt. on St. Paul Ave., left on Prairie to College, rt. to the Fox River Sanctuary parking	Packed, crushed limestone ***
9/25	9:00	46/58	Fox River/ McHenry Prairie Trail East Dundee/ Richmond	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path/gravel **

*** approved for narrow tires ** wide tires recommended * wide tires required

Bring snacks and plenty of water to drink



Bicycling and summer go together like apple pie and ice cream. A statement of the obvious, yes but important for you to consider because Chicago Bicycle Federation will be having a photo competition as part of the annual Bike Town Bash. That's right, as part of the next Bash planned for March 8, 2003 we will be conducting a photo contest. Imagine your beautiful photos in a room full of others taken by your friends and fellow cyclists. Now imagine fascinating celebrity judges picking your snap out as the best. You get a prize. You get glory and honor! And, since all of the photographs are for sale, you get a chance to take home some cool art. We are imagining many different types of categories like Lifestyle, Families, Racing and others. You define what these categories mean and click away! The only rule is that your photo must be bicycle related.

Don't wait until winter to begin taking your photographs. Take advantage of the season and the sun. Enjoy your bike and camera now! Play with it and have fun!

Keep checking www.biketraffic.org for updated info on the contest details.

TELL US DOT HOW TO SERVE YOUR COMMUNITY BETTER

Make sure your voice is heard! Now is the time for transportation to truly address major issues: civil rights, climate change, air pollution, public health, and access for children, seniors and persons with disabilities. For the first time ever, the U.S. Department of Transportation has launched a website to solicit input from people as part of reauthorizing the Transportation Equity Act for the 21st Century (TEA-21). U.S. DOT is now working with Congress, state and local officials, and other stakeholders to develop its proposals to take to the Office of Management and Budget after Labor Day.

It is extremely important that your views are recorded in this process. It is not clear how influential your comments will be in shaping the Administration's TEA-21 renewal package, but it is important to build a record of support for the key elements of our agenda. We know that the highway lobby is flooding the site with comments calling for more highways and more concrete. Comments will be accepted until January 1, 2003.

ACTION NEEDED

Visit <http://www.fhwa.dot.gov/reauthorization/> and submit your comments by August 30 for the greatest impact. Feel free to use the suggested message points and a sample letter below. We encourage you to tell stories and give examples that describe your experience with the transportation system, especially the problem areas. How well does your local transportation system serve your constituents? How does it affect the issues you work on? How would you like to see federal resources address local needs?

Make sure to send a copy of your comments to us at alert@bikesbelong.org. We will use your stories and ideas in our effort making the case for further transportation reform.

Comments may be submitted online by typing into a form, or by attaching a document file. They are also accepted by mail as noted below. The website asks you to categorize comments in the areas of the environment, public transportation, planning, safety, transportation data, freight issues, security, finance, intelligent transportation systems, and research/technology/education. They will be directed to U.S. DOT Task Forces on these topics. You will be asked to create a user ID and login, and may submit comments in as many areas as you like. Your comments will be visible to all other users of the website. Contact Andrea Broaddus for help at abroaddus@transact.org. Questions about the comment process can also be directed to U.S. DOT at 1-800-647-5527.

MESSAGE POINTS

Accountability

- Create performance measures for meeting air quality, congestion mitigation, and environmental protection goals
- Create performance measures for compliance with the Americans with Disabilities Act and Title VI of the Civil Rights Act
- Provide resources for state and local governments and MPOs to cooperate effectively

Fix it first by creating incentives for rehabilitation

- Reward states which prioritize maintenance and operations improvements over new highway capacity with additional resources
- Make federal funds eligible for more on-street bicycle enhancements and bicycle / pedestrian specific infrastructure

Make places that work by creating incentives for reinvestment and intermodal connections

- Reward transit oriented development and investment in existing neighborhoods with additional resources
- Reward states and planning agencies which routinely accommodate bicycles, pedestrians, and persons with disabilities in all projects
- Create new resources for connecting modes and key destinations such as rail linkages to airports, downtowns, and transit centers

Learn to serve people by modernizing practices

- Improve public involvement processes to engage the public early and meaningfully in visioning and planning transportation investments
- Improve data collection to include collecting information about trips made by bicycle and on foot, and intermodal commutes
- Include funding for research focused on assessing people's mobility needs and system performance for all modes

SAMPLE LETTER

Please note -- this is suggested text that you should personalize and edit to remove the text in brackets.

Docket Clerk
U.S. DOT, Room PL-401
Docket Number OST-2002-12170
400 Seventh St., SW
Washington, DC 20590

I am writing to you on behalf of [Your Organization], [a coalition of x groups] working to [brief mission description] in the [State or metro area]. We are particularly concerned with how the nation's surface transportation system works to serve all users equitably, protect the environment, enhance public health, and provide safe choices and coordinated services.

We would first like to affirm the basic structure and policy of the existing law, TEA-21. Existing programs, such as the Transportation Enhancements and the Surface Transportation Program particularly where funds have been provided to local decision-makers, have enabled our community to expand transit services, build new bicycle and pedestrian facilities such as the [name of local trail, transit improvement or other project], and better integrate and balance our surface transportation systems. Other TEA-21 programs, such as the Job Access and Reverse Commute (JARC) program, have delivered critical resources for connecting low-income job seekers with employment opportunities. The law's overall increases in public transit funding have improved transit services in our area. [If your area has clean air needs, note the importance of the Congestion Mitigation and Air Quality (CMAQ) program in providing resources to support local clean air compliance efforts.]

(Cont'd on next page)

However, it is increasingly apparent that the existing TEA-21 program framework, including its broad flexibilities to use funds for community-enhancing investment, is more often than not given lip service by [Your State] Department of Transportation. Traffic congestion is worsening even as outdated, one-size-fits-all highway and road investments continue to dominate. We must find ways in the renewal of TEA-21 to prompt states and local planning areas through incentives and other means to make further progress in using these funds for locally-determined transportation priorities. Too often, state bureaucracy and inadequate information stand in the way of meeting local transportation needs.

One example is that our state, like many others, has used the gap between contract authority and obligation limits to opt out of investing in certain federal programs. Historically, the gap between apportionments and obligation limits was not a problem. Under ISTEA and TEA-21, the difference has grown so that our state must distribute a 12 percent shortfall in funds among federal programs. The shortfall has fallen disproportionately to community-oriented programs like enhancements, safety and clean air. Those programs with a track record of underinvestment in [Your state] are [transportation enhancements, bridge repair, localized safety improvements, or clean air, if applicable in your state]. This unobligated balance loophole hurts our efforts to advance locally-determined transportation investments.

We are also alarmed about the attacks on federal environmental protection laws as the reason our state DOT has failed to deliver major investment projects on time or within budget. The National Environmental Policy Act and other similar environmental protections must not be weakened because of poor project selection and failed project delivery. Rather, these protections should be strengthened through investments in federal, state and local capacities to bolster progress on environmental goals and deliver broader public health protections.

Here is an example of our experience with the transportation program that illustrates the need for ensuring that our transportation investments work better to serve all users and community needs. [Tell a story about how the transportation system is failing to meet the needs of your constituents, and how it impacts your organizational goals.]

Finally, we want to echo the growing chorus of support for greater financial and institutional accountability for state DOTs and metropolitan planning organizations that receive TEA-21 funding. It is clear that additional reforms are needed to strengthen the transparency about where and how TEA-21 funds are being invested. Existing allocation decisions and processes now in place are inadequate and do not readily inform the public. For example, if S DOT is using an electronic platform to stimulate public comment and proposals for TEA-21 renewal, but we can't use the same technology to find out how taxpayer money is being used. We would also encourage you to restructure program incentives to ensure that we achieve broader community outcomes in the use of taxpayer funds for surface transportation.

We call on U.S. DOT to:
[Offer specific TEA-21 recommendations.]

Blaze the trail on a brand new, grand new ride

A new seven-day bicycle tour is coming to America – put on by the League of Illinois Bicyclists (LIB), in cooperation with the Illinois Department of Natural Resources (IDNR). The ride will boost bicycling as a health and fitness incentive to ride the trails and roads of northern Illinois – and to visit and experience some very unique natural resources – Illinois State Parks.

Much of the route will be on the Grand Illinois Trail and riders will camp in Illinois State Parks along the way (with motel or cabin opportunities close to every one of the overnight sites.)

The ride is called the Grand Illinois Trail And Parks ride, or GITAP. And although the ride is still in the planning stage, both the LIB and the IDNR have agreed that it will take place next year from Sunday, June 15 through Saturday, June 21. So after getting in shape with spring and early summer rides, you'll be set for a relatively leisurely week exploring the grand concept of the Grand Illinois Trail.

This will be the first ride sponsored cooperatively by the LIB and The IDNR, consequently ridership will be kept within limits. If you're interested at this early date, mail or call and your name will be put in our reserved file. You will be sent a registration brochure as soon as it is printed.

As of now, these are the features of this unique trail and parks ride: A seven day, six nights, ride of about 60-70 miles a day. Starting on Sunday, June 15, 2003, and ending on Saturday, June 21. The route follows the Grand Illinois Trail for much of its length. Overnight camping in Illinois State Parks for the most part. Each overnight is also close to a town with motel accommodations. Breakfasts and dinners provided, lunch on your own. Evening meetings, sometimes with entertainment and discussion. The ride starts close to Chicago, in the western suburbs (Oswego). The route includes the following overnights:

1. Starved Rock State Park
2. Geneseo
3. Morrison/Rockwood S.P.
4. White Pines S.P.
5. Rock Cut S.P.
6. Chain O' Lakes S.P.

We would love to have you blaze the trail on this brand new, grand new ride.

GITAP

Chuck Oestreich

815-722nd Street

Rock Island, IL 61201

(309) 788-1845

oestreich@zeqonline.com

"Exploring Illinois as you've never seen it before."

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 Roud
505 Kingsbury Dr
Arlington Heights, IL 60004-2450

Arlington Heights Bicycle Association
500 E Muner Street
Arlington Heights IL 60004



THE



SPOKEN WORD

Arlington Heights Bicycle Association

October 2002

Volume 31, No. 8

Pertinent Paragraphs from the Presidents



It is hard to believe that summer is gone already! The season started out a little slow - with lots of rain, but we have had an unbelievable number of beautiful sunny days to ride! All you have to do is to look at the top mileage go-getters - WOW - an astonishing number of miles.

I understand 26 people went to Door County and all had a marvelous time! The weather cooperated very nicely and the bikers had a choice of rides each day. Evie and Norma went up AND enjoyed some time with the group also. Thank you Bob Hinkle for the coordination of this event.

Only a few Saturdays left to ride in October before the show-n-go rides start in November from Frontier Park at 10 AM

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, officers, club activity chairmen, etc. Without you there would be no club. So thanks again for all your contributions and making the AHBA a great club.

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

Our annual AHBA Club banquet is coming up in November. More information will be coming.

The October general meeting will be on October 23, 2002 at Recreation Park in Arlington Heights at 7:30 PM. Officers will be elected at the October meeting. Do you have any suggestions, comments, etc. regarding the club? We invite everyone to the AHBA board meetings preceding the general meeting at 6:30 PM. Come and let your voice be heard.

Karen Zmhral and Roy Euclide

Cycling Tips for Drinking



Freeze a bottle of water for hot rides. It'll slowly melt, supplying you with cool, refreshing liquid.

If you become thirsty while cycling you've made a BIG mistake!! In hot weather you should be downing the better part of 2 water bottles per hour. Why so much? Dehydration is one of the primary - but most easily avoided - contributors to fatigue.



Several ways to clean a water bottle and help eliminate the plastic smell and taste.

Fill the bottle with hot water and put in 4 drops of bleach. Let it stand overnight, then rinse with alternating hot and cold water to break the molecular surface tension of any remaining bleach. This kills bacteria and leaves no taste.

If the idea of bleach doesn't appeal to you, let the bottle stand overnight with a teaspoon of lemon or lime juice in the water.

For more info on water and its effects, see page 4.

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 kz2000@eudoramail.com
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 (847) 437-0442

Vice Presidents
 Dave & Chris Van Dornick
 Saddle_up169@msn.com
 (847) 259-7917

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 Barb Swasas

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 Ron McPheron
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 (847) 398-4633

Web Site
 Cindy Trent
 cirent@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
 October 23, 2002**

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. Officers for next year will be
 elected. See pages 5 and 6 for details on the
 rest of the meeting.



Attention Ride Leaders

Dave Van Dornick needs
 all of the outstanding ride
 sign-up sheets.



**The AHBA Banquet
 will be November 16, 2002.**

Details as to where are not yet available
 The cost to you will be \$10. You need to
 RSVP to Ron McPheron, along with
 sending a check for \$10 per person this
 week. Send the checks to Ron at 1806
 Azalea Lane, Mt. Prospect, IL 60056. If
 you have any ideas for "special awards",
 please contact Chris Van Dornick.

It might be fun to get an idea about how many total miles some of our members ride in a year. If you would like to share information about your annual mileage, we will publish it in the next newsletter. Participation is strictly voluntary. This is not a contest. There are no prizes, so no one will audit the numbers you submit. Use your bike log if you have one, or keep track on your odometer, or just make your best guess.

NOW is the time to submit your estimate of your total miles for the last 12 months. E-mail to jimbarr@screaminet.com or via telephone at (630) 628-6267 (leave a message with your name and miles). All numbers received will be published in the next newsletter.

**AHBA Top Mileage Riders
 As of 8/23/02**

		<u>Miles</u>
1	Mitch Polonsky	2904
2	Bob Hinkle	2831
3	Tom Wilson	2414
4	Art Cunningham	2188
5	Chris Van Dornick	2117
6	Earle Horwitz	2088
7	Dave Van Dornick	2033
8	Kurt Schoenhoff	1964
9	Greg Konieczny	1667
10	Len Geis	1588
11	Reinhilde Geis	1496
12	Ralph Salle	1490
13	Don Ami	1489
14	Bob Pletch	1439
15	Chris Wager	1315
16	Paula Matzek	1258
17	Debbie Wilson	1233
18	Scott Schnedel	1161
19	Dick Marr	975
20	Lee Venet	950
21	Nancy Wagner	946
22	Geri McPheron	885
23	Barb Swasas	844
24	Jim Barr	725
25	Donna Ponte	707

Will be updated next month

Personal Mileage

Most of us ride our bikes on more than club rides. We may ride while on vacation, go to Invitationals, commute, ride around the neighborhood to clear the head on a stressful day, or even go across the country. We think

AHBA Ride Schedule

----- Check Page 4 for Wednesday Trail Rides-----

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone #
Every Tues & Thurs	9:00 am 10:00 am Starting 10/29	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 (847/259-1423) for info Joint ride with Wheeling Wheelmen

Tuesday Night Rides will resume in April 2003

Sat 10/12	9:00 am	Algonquin	A	Frontier Park ¹	A ride to Algonquin. I would only hope to eat at Lang s.	47	TBD
	9:00 am	What Size Are You?	I	Frontier Park ¹	This ride will make a stop in Arlington Heights for riders to try on the Voler sizing samples for the club jerseys and to order/purchase jerseys. Bring your checkbook. The ride will resume and continue for 30-40 miles at the whim of the ride leader.	30-40	Gary Gilbert (847/577-4275)
Sat 10/19	9:30 am	Kane County Krize	A	Langum Park St. Charles	Langum Park is located on the east side of the Fox River on Riverside Drive at Devereaux (Rte. 25 south of Rte. 64).	72	Chris and Dave Van Dornick (847/259-7917)
	9:00 am	Show n' Go	I	Frontier Park ¹	TBD	TBD	TBD
Sun 10/20	10:00 am	Tour Around Lake Geneva	A	New Munster WI	Joint ride with Mt. Prospect Bike Club. This ride goes around the lake, but not the city. Many opportunities for food stops. Starting point is Glen's house. Call Glen for instructions to his house or to make arrangements to stay over Saturday night.		Glen Sulser (262/537-2893) or gsulser@goviewonline.com
Sat 10/26	9:30 am	Halloween Ride	I	The Pavilion Elk Grove Village	Ride in costume if desired. A spooky adventure!	35	Marilyn Wilkerson (847/439-4496)

Saturday Show n' Go rides begin on November 2, 2002, 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 (847/259-7917).

Call AHBA Ride Hotline for updates/changes (847/255-3468)

- A - Advanced (17-15 mph average)
- I - Intermediate (moderate pace)
- N - Newcomers (pace will depend on ability of participants)
- C - Choose your own pace.

- ¹ Frontier Park is located in Arlington Heights at Palatine Rd. & Kensington.
- ² Recreation Park is located in Arlington Heights at Miner & Douglas.
- ³ Kinder School is located on Old McHenry Road, just N.W. of Long Grove Shopping District.

October Wednesday Chicago Area Bike Path / Trail Rides

We round out the tour of bike trails and paths with some that offer a chance to see some fall color on more local bike paths. The Lake Front path is also on the schedule for the second time this year for another chance to take in that fabulous skyline and Millennium Park. The Lake County Loop is routed on the Des Plaines River Trail and McClory Path joined on the north by Russell Road for a 50-mile loop ride in eastern Lake County. Join me on the trail for a ride of a different flavor.

Art Cunningham

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
10-2	9:00	55 loop	Medley of Trails - Poplar Creek to Ned Brown	Harper College	Off I-90 north on Roselle Rd, rt on Euclid, rt into college to parking lot on left	Paved with connecting roads
10-9	9:00	50	Des Plaines/ McClory Lake County Loop	Parking Lot D, Old School Forest Preserve	IL 176 to St. Mary's Rd, south to Forest Preserve on the left. Park in shelter D lot	Packed crushed stone, paved ***
10-16	10:30	37	Chicago Lake Front Path	Foster Ave Beach	East on Peterson off Edens, rt on Ridge, bear rt on Broadway to Foster, left under Lake Shore to 1 st parking lot on left	Paved path
10-23	9:00	52 partial loop	Fox River/ St. Charles & Elgin Prairie Path	East Dundee Depot	West on Dundee (Rte 68) bear rt at Barrington Ave just past Rte 25 to River St, depot to left	Paved and packed crushed stone paths ***

*** approved for narrow tires ** wide tires recommended * wide tires required

Bring snacks and plenty of water to drink

MORE ON WATER

75% of Americans are chronically dehydrated (this likely applies to half the world's population)

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger

Even mild dehydration will slow down one's metabolism as much as 3%.

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters investigated in a University of Washington study.

Lack of water is the #1 trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?

Jerseys, Jerseys, Jerseys, Club Jerseys are coming

October 5- 23

We will be receiving sizing samples from the vendor. We encourage everyone to try on a jersey before choosing your size, call Gary Gilbert to arrange a time.

October 12 9AM

The What Size Are You Ride? Congregate as usual at Frontier Park at 9AM. Ride a short way to Gary's house and try on the sizing samples. This show-n-go ride will continue for an additional 30-40 miles at the whim of the ride leader.

October 23 6:30 PM

A representative of Voler custom cycling clothing will be at our regular club meeting. Come early to try on samples. He will make a presentation and have additional items beyond those on the order sheet: Leg Warmers, Arm Warmers, Knee Warmers, Socks, Headbands, Bibs, Shorts, Gloves, and more.

October 23 **DEADLINE** - All orders and checks are due by October 23. We expect to receive the jerseys around mid-December.

Sizes appear to run small. Don't take a chance, take advantage of the sizing samples before ordering.

Mens:

Size	Waist	Weight	Height	Chest	Inseam
XS	26 - 29	100-120	5'5" & under	33-35	8.5
S	29 - 31	120-145	5'4" - 5'8"	35-37	9
M	32- 34	145-170	5'7" - 5'11"	38-40	9.5
L	35 - 37	170-190	5'10" - 6'2"	40-42	10
XL	38 - 41	190-220	6'1" - 6'5"	42-44	10.5
XXL	42 - 45	220-250	6'3" & up	44-46	11
XXXL	46 - 50	250-260	6'3" & up	46-48	

Womens:

Size	Waist	Hips	Weight	Height	Chest	Inseam
XS (0-2)	22 - 24	31-32	95 - 115	5'2" & under	30-32	7
S (4-6)	25 - 27	34-36	110 - 120	5'1" - 5'5"	32-34	7.75
M (8-10)	27 - 29	36-38	120 - 145	5'4" - 5'8"	34-36	8
L (12-14)	30 - 32	39-41	140 - 165	5'7" - 5'11"	36-38	8.25
XL (16)	33 - 35	42-44	160 - 185	5'10" & up	39-41	8.5

Deadline October 23, 2002

Checks only, payable to Arlington Heights Bicycle Association. No Cash. No Charge Cards.

Send all orders to Gary Gilbert, 814 East Hackberry Drive, Arlington Heights, IL 60004. Questions to Gary at (847) 577-4275 or gary.gilbert@attbi.com

Arlington Heights Bicycle Association

Club Jersey Order Form



The club is subsidizing the cost of jerseys so we are able to offer members top quality merchandise for a very reasonable cost. Each member is able to order **one** item from the following list. Please indicate your choice below. Include Men's or Women's and Size.

	M/W	Size	Price	Total
Short Sleeve Jersey			\$30.00	
Sleeveless Jersey			\$30.00	
Windshell Vest			\$23.00	
Thermal Vest			\$57.00	

Additional items are also available for purchase however the club subsidy is less. Each member is encouraged to order additional items from the following list. Please indicate your choices.

	M/W	Size	Price	Quantity	Total
Short Sleeve Jersey			\$42.50		
Sleeveless Jersey			\$42.50		
Windshell Vest			\$35.50		
Thermal Vest			\$69.50		
Long Sleeve Jersey **			\$59.50		
Windshell Jackets **			\$56.50		
Thermal Jackets **			\$84.50		

TOTAL XXXXXXXXXX

** We are not certain we will meet the minimum order quantities on these items in which case you will receive a refund.

Deadline October 23, 2002

Checks only, payable to Arlington Heights Bicycle Association. No Cash. No Charge Cards.

Send all orders to Gary Gilbert, 814 East Hackberry Drive, Arlington Heights, IL 60004. Questions to Gary at (847) 577-4275 or gary.gilbert@atfb.com

Sometimes I forget

By CHUCK FEARNOW

Editor's Note: The following article was first published in the newsletter of the Central Indiana Bicycling Association, and was reprinted in the July 1980 American Wheelmen. Since then it has continued to be reprinted in numerous bike club newsletters. The comments deserve to be kept alive, and we encourage bike clubs everywhere to reprint it. The author is chairman of next year's L.A.W. National Rally, hosted by CIBA.

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

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

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

This Sunday I forgot that. There was a couple riding slower than we were. We could have waited and ridden with them,

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

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

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

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



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

Open Quickly — Pictures and
order forms for new AHBA
Jerseys Inside.

Make check payable to Arlington Heights Bicycle Association
Mail to: Cheryl Reed
505 Kingsbury Dr.
Arlington Heights, IL 60004

Age _____
Age _____
Age _____

Family Members under 18 yrs

Membership for both Individuals and Families \$10

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

Date

Signature

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 minor my and minor's heirs and assigns, 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 liabilities from personal injuries or property damage. I will not sustain during any event, outing or activity planned, arranged, sponsored or otherwise participated in by the Arlington Heights Bicycle Association.


e-mail address

Address

Phone

City, State, Zip

MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

THE

SPOKEN WORD
Arlington Heights Bicycle Association
November-December 2002
Volume 31, No. 9

**Pertinent Paragraphs
from the Presidents**



A very big THANK YOU to EVERYONE who volunteered at one time or another this season. The Club would not exist without all of our volunteers. Thank you to those who volunteered at the annual Bike Swap, the Arlington 500 Invitational Ride, were ride leaders either on Saturday or Sunday mornings or Tuesday evenings, had a part in the Club picnic or the Club Progressive Dinner ride, organized Club rides and/or social events, whether week long or weekend long rides, or held a volunteer job as listed in the newsletter. I tried to remember all volunteer opportunities - if I forgot anyone, I sincerely apologize.

I want to give a special THANK YOU to Gary Gilbert and his committee for the great job they did in pursuing "AHBA Club" shirts. Also a giant THANK YOU to Tom Wilson who is responsible for the graphic design on the shirts themselves. We certainly do have lots of talent in our Club. We will be ordering a few extra shirts for anyone who didn't order the shirts the first time around.

The scheduled Saturday rides have ended with the ending of October. But do not forget the Show-N-Go rides leaving from Frontier Park every Saturday at 10:00 AM - weather permitting. Weather permitting is 32 degrees and above and no snow or ice on the roads.

The club banquet will be in November. See inside for more details.

Karen Zmhral and Roy Euclide



At the October membership meeting, the members elected the following officers for the 2002-2003 season:

- | | |
|------------------|--------------------------------|
| Co-Presidents: | Karen Zmhral and Roy Euclide |
| Vice Presidents: | Dave and Christine Van Dornick |
| Secretary: | Barb Swasas |
| Treasurer: | Ron McPheron |

Presidents
 Karen Zmrhal
 kz2000@attbi.com
 kz2000@eudoramail.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
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 Jan McCandless
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Bike Swap
 Al & Jeanie Gam
 (847) 392-1547

Arlington 500
 Greg Koneczny
 konic@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/mdfield/2543>

**Next Membership Meeting
 January 22, 2002**

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.



**The AHBA Banquet
 will be November 16, 2002.**

Hopefully everyone has RSVP'd to Ron McPheron (847/824-5091) to let him know you will attend this year's banquet and that you have sent your \$10.

The banquet will be at Poppa Clemenza's, 901 S. Plum Grove Road, Palatine.

Come for cocktails at 6:30 p.m.
 Dinner will be at 7:30 p.m.

Personal Mileage

Thanks to those of you who were willing to share your guesstimates on your annual personal mileage. The response was a little disappointing. But, as promised, here is the information that was sent. It is listed in the order received.

Paula Matzek	3500
Barbara Duffy	705
Kris Sudrovech	2500
Tom Wilson	5420
Deb Wilson	2460
Bob Hinkle	8600
Don Ami	4681
Don Dereby	7600
Barb Swasas	2870
Jim Barr	2500

AHBA Top Mileage Riders

		<u>Miles</u>
1	Mitch Polonsky	4297
2	Art Cunningham	4068
3	Bob Hinkle	3998
4	Earle Horwitz	3337
5	Kurt Schoenhoff	3199
6	Tom Wilson	3071
7	Dave Van Dornick	2948
8	Chris Van Dornick	2846
9	Len Geis	2602
10	Reinhilde Geis	2494
11	Greg Koneczny	2483
12	Bob Pletch	2463
13	Chris Wager	2203
14	Ralph Salle	2115
15	Don Ami	1956
16	Paula Matzek	1881
17	Scott Schnedel	1783
18	Lee Venet	1645
19	Deb Wilson	1597
20	Geri McPheron	1419
21	Nancy Wagner	1335
22	Kris Sudrovech	1292
23	Vince Kelley	1236
24	Velda Knorr	1203
25	Ron McPheron	1169
26	Dick Marr	1145

There are a few bakery sign-in sheets still outstanding. Total results will be available at the banquet.

AHBA Ride Schedule

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone #
Every Tues & Thurs	10:00 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 (847/259-1423) for info. Joint ride with Wheeling Wheelmen.

Saturday Show n' Go rides, 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 (847/259-7917).



Thanksgiving Day Ride, November 28 A ride starting at Recreation Park at 10:00. Distance will be 25-30 miles. Ride Leader: Chris Van Dornick (847/259-7917)



New Year's Day Ride begins at 11:00 a.m. from Tom Drabant's house on Old Plum Grove Road in Palatine. Distance will be about 15-20 miles. People who want to come just for Tom's chili, should come to Tom's house by 12:30 p.m. Tom will provide the chili and the drinks. The rest of us should bring appetizers and desserts. Let Tom know by December 27 if you will be attending (847/397-4213).



Call AHBA Ride Hotline for updates/changes (847/255-3468)

- A - Advanced (12-15 mph average)
 - I - Intermediate (moderate pace)
 - N - Newcomers (pace will depend on ability of participants)
 - C - Choose your own pace
- Frontier Park is located in Arlington Heights at Palatine Rd. & Kerns Court.
 Recreation Park is located in Arlington Heights at Meier & Douglas.
 Kuldeer School is located on Old McHenry Road, just NW of Long Grove Shopping District.



Don Ami—“unofficial” entertainment director



Chicago Wolves Game, Sunday, February 9 - Join Don Ami to the Allstate Arena to watch the American Hockey League defending Calder Cup champion Chicago Wolves do battle against the Norfolk Admirals. Game is at 3:00 pm. Tickets are \$16.25 each. Make checks payable to Don Ami and mail to Don at 285 Pembridge Ln, Schaumburg, IL 60193.

All money is due by December 7. Don will coordinate car-pooling to save on parking costs. After the game, those that wish will go out for dinner. Questions? Contact Don at 847-301-1366 or donwauus@yahoo.com



Thank you to everyone who helped me out with our new club jerseys. We started over the summer when a group of us met to talk about possible designs. We are fortunate to have a talented designer (Tom Wilson) in our midst. Our order has been sent off to the manufacturer and we should be seeing our new jerseys around the middle of December. We ordered a total of 69 jerseys and vests. We hope to have a "new jersey" ride in late May where we can be the best dressed club around.



Gary Gilbert

Free Winter Biking Class Heats Up Chicago Cyclists

Chicago, IL - Veteran Chicago all-season cyclists will be teaching a free winter cycling class to the public on Sunday, **November 10, 2002** 3-6 p.m. at Vittum Theatre, 1012 N. Noble (Milwaukee and Noble, accessible via #56 Milwaukee bus, 1/4 mile south of the Blue Line Division stop). Current and potential cyclists of all ages are welcome.



The class is part of the grassroots Chicago Bike Winter program started by bicycle activists three years ago to encourage all-season cycling in Chicago. Other activities throughout the winter include a bicycle art show, bicycle poetry night, bicycle film festival, and various bike rides.

Despite Chicago's reputation for harsh winters too cold for any outside activity, there are plenty of days suitable for winter biking with the proper clothing, technique, and bike equipment. Winter biking helps you keep in shape, save time and money, and reduce pollution-- especially for short trips less than 3 miles that make up most errands.

"You don't need to spend a lot of money on new hi-tech clothing or bicycles. An old thrift store bike upgraded with lights and fenders and some clothes you probably already have like sweat pants and a nylon windbreaker will work," according to Bob Matter, chair of the 2003 Chicago Bike Winter season. Dressing tips, bike maintenance, and safety will be covered in the class.

The reasons people cycle throughout the winter are as varied as the people themselves. Some like the convenience, you can just hop on a bike and go--you don't have to let it warm up or scrape ice off a windshield. Some don't like being dependent on CTA schedules or waiting for the bus. Some like the exercise to prevent winter weight gain. Bike Winter co-founder Gin Kilgore says "It's our civic duty. Politicians and planners need to see that cycling is a viable form of transportation every day of the year."

Winter cycling does not require any special athletic prowess. Men and women do it. Adults and children do it. West Rogers Park resident Mark Lebowitz takes his 4-year-old daughter Shira winter cycling to see holiday lights and decorations. Wicker Park real estate broker Marshia Jackson cycles through the winter to meet with her clients stretching from the South Loop to the Northwest Side. The most important ingredient is willpower. Taking the class is the first step.

See <http://www.bikewinter.org> for photos and stories of previous Bike Winter activities. Contact Bob Matter at rjmatter@prodigy.net or 219-845-5247 for more info.



Prepare Yourself: The Anti-Couch Potato Plan

By Christine Van Dornick (reprinted from Vol. 28, No. 1, January 1999 AHBA newsletter)

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



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

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

The Wall Lean. Find a wall and begin by standing with your back to the wall. Press your back into the wall and slowly walk out with your feet until your position is like sitting on a chair. When you reach this position, hold it for a count of 5 and then slowly return to a standing position by walking your feet back until the heels are at the wall. Try a couple of these.

The idea behind a strengthening exercise is to do the movement slowly and then to hold the stressed position for a count of either 5 or as you increase in strength to 10. Slow movement prevents you from overextending and also allows a full range of motion. The moral of this story is: Don't be a couch potato this winter. If you don't ride, try another activity. You'll be much further ahead in spring when the season starts for real!

"The bicycle is the most civilized conveyance known to man. Other forms of transport grow daily more nightmarish. Only the bicycle remains pure in heart."

Iris Murdoch, *The Red and the Green*



Ed.

Bye-Bye

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 60004-2450

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

