

THE SPOKEN WORD

JANUARY 2004

VOLUME 33, NUMBER 1

Pertinent Paragraphs from the Presidents

Thank you, to all the volunteers

Without volunteers most of the activities you enjoy would disappear. All of our events such as the Annual Bike Swap, The Arlington 500, the club picnic, progressive dinner, Tuesday night rides, Saturday rides, etc. occur because you, as members of the Arlington Heights Bicycle Association, stepped forward and volunteered your time and talents.

We would like to thank Chris and Dave VanDornick who do a multitude of jobs from calculating everyone's mileage, the club picnic, Saturday Advanced rides, winter Show-N-Go rides, etc; Ron McPherson who keeps track of all our money; Al and Jeanne Gain for the superb job they do year after year on the Bike Swap; Greg Konieczny for his organizational skills on the Arlington 500; Cindy Trent for the magnificent job she does on the Club website; Bob Hinkle for his wonderful Wisconsin trip; Tom and Debbie Wilson for the great progressive dinner and newsletter; Nancy Wagner for securing Intermediate ride leaders for Saturday mornings; Jim Shoemaker for coaching all our beginner riders; Cecily Rood for handling the membership and mailing of the newsletter; Jan McCandless and/or Carl Jester for supplying refreshments for the General Meetings. Your volunteer time as ride leaders, swap workers, "500" workers, idea contributors, etc. is what makes this club the success that it is. A big **THANK YOU** to all of you for your contributions.

Karen Zmrhal and Roy Euclide

President's Column:

As I write this column, in mid-December, I think to myself spring is just around the corner. The east coast was hit with a big winter snowstorm this past weekend and technically winter doesn't start for another 13 days. How can I say that spring is just around the corner? Signs of bicycling are all around me. My daily email has at least one cycling related message. Temperatures are still above freezing and I see cyclists riding nearly every day. It may feel like winter, the weather reports may look like winter, but for many of us, cycling is part of our daily lives.

Try and describe in just a few words, all that the Arlington Heights Bicycle Association has to offer. For sure any description includes our major events of the year: The rides, the Swap, the Arlington 500, the Picnic, the Progressive Dinner, the Banquet, the Helmet program, the Monthly Meetings, all in all quite an impressive list. Most importantly the club is about all of us. While all those events may seem to happen automatically, it is those of you who give your time and volunteer that makes it all happen. Everyone in the club owes a big thanks to our volunteers. An extra warm round of thanks to last year's officers: Karen, Roy, Christine, Dave, Ron, and Barb. You are a hard act to follow.

Club meetings are held at the Park District facility located at Recreation Park on the 4th Wednesday evening at 7:30pm. We have a brief business meeting and then offer a program of interest related to cycling. See elsewhere in the newsletter for upcoming programs. The board meets at 6:30pm on the same evening and all members are invited to participate.

This year I'm planning on holding informal long term brainstorming sessions and these are planned for the 2nd Wednesday evening of the month at 7:30. Everyone is invited to come and discuss and make suggestions on a variety of topics. These will be held in my living room. See elsewhere in the newsletter for upcoming topics. Many of these topics we have discussed during the general meetings but haven't had time to give them undivided attention. This is a chance to make a difference.

For those of you not on the Yahoo distribution list, there has been a lot of planning underway that you have missed. Bill Kragh is organizing a group to ride in France this coming July and also see Lance Armstrong go for his 6th Tour de France victory. Tom Drabant is organizing a group to ride GOBA in Ohio. Don Ami continues to be our informal social director and lead to group to view Christmas lights. If you are wondering how to get on this list, or view the messages you posted see that announcement also in the newsletter.

Happy New Year to all. I'm hoping for 2004 to be a year without Flats, Downhill with a Tailwind.

On your left,
Gary Gilbert

<p>Presidents Gary Gilbert garygilbert@comcast.com 847-577-4275</p>
<p>Vice Presidents Dave & Chris Van Dornick 847-259-7917</p>
<p>Secretary Sue Smyczynski 847-899-7387</p>
<p>Treasurer Mitch Polonsky 847-255-1873</p>
<p>Refreshments Jan McCandless 847-680-1729 Carl Jester</p>
<p>Membership Cecily Rood 847-398-7448</p>
<p>Newsletter Editor Tom Wilson tomwilson@wideopenwest.com 847-632-1412</p>
<p>Newsletter Mailing Jim Shoemaker injims@msn.com 847-910-8640</p>
<p>Bike Swap Al & Jeanie Gain 847-392-1547</p>
<p>Arlington 500 Greg Konieczny konie@mindspring.com 847-398-4633</p>
<p>Web Site Cindy Trent ctrent@dist214.k12.il.us 847-392-6750</p>
<p>AHBA Ride Hotline 847-255-3468</p>
<p>Web Address http://www.geocities.com/colosseum/midfield/2543</p>

Next Membership Meeting

January 28, 2004

There will be a Board Meeting at 6:30 pm before the Membership Meeting.

The Membership Meeting will begin at 7:30 pm.

All are welcome!

The meeting will be at Recreation Park in Arlington Heights

Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Email your information, ride stories, photos (send or email) with captions and articles to me by the 10th of the **preceding** month.

Tom Wilson
105 N. Elmhurst Ave.
Mt. Prospect, IL 60056
tomwilson@wideopenwest.com

* * * * *

2003 AHBA Top Mileage Riders

The top 25 in mileage for 2003

1. Mitch Polonsky	4083
2. Art Cunningham	3503
3. Bob Hinkle	3422
4. Christine Van Dornick	2875
5. David Van Dornick	2766
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8. Greg Konieczny	2459
9. Kris Sudrovech	2401
10. Earle Horwitz	2349
11. Bob Dominski	2042
12. Paula Matzek	2003
13. Reinhilde Geis	1935
14. Don Ami	1682
15. Vince Kelley	1611
16. Scott Schaedel	1570
17. Cindy Trent	1555
18. Geri McPheron	1538
19. Ralph Salle	1511
20. Carl Jester	1498
21. Kurt Schoenhoff	1323
22. Ron McPheron	1206
23. Don Derebey	1154
24. Tom Drabant	1115
25. Nancy Wagner	1102

* * * * *

Hockey Outing

Don Ami likes hockey and he hopes you do too. He is organizing an outing to see the 3-time champion Chicago Wolves play the Houston Aeros on Saturday night, February 21, 2004 at the Allstate Arena. Game time is 7:00pm. Tickets are \$16.50 per person. Make checks payable to Don Ami and mail to Don at 285 Pembroke Ln, Schaumburg, Il 60193. Those that wish will go out for a late snack after the game. All money must be in Don's hands by the next meeting, January 28. Don will also be there to accept money.

Don Ami

AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am	Deerfield Bakery Ride	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	10:00 am	Show-n'-Go rides	I	Frontier Park	They are weather dependant rides, typically 30-40 miles in length with a breakfast stop.	30 to 40	Chris and Dave 847-259-7917

Call AHBA Ride Hotline 847-255-3468 or see the web site for updates/change

A = Advanced (12-15 mph average)	¹ Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.
I = Intermediate (moderate pace)	² Recreation Park is located in Arlington Heights at Miner & Douglas.
N = Newcomers (pace will depend on ability of participants)	³ Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District
C = Choose your own pace	

The New Year's Day Ride will start at 11:00 am from Tom Drabant's house, The chili party will begin at 12:30 pm. Please RSVP by December 27 to let Tom know. The length of the ride is dependent upon the temperature and weather. Please bring a dish to pass and share with everyone.

The Great Ohio Bicycle Adventure

Nancy Wagner, Tom Drabant and I have registered to ride GOBA - June 19-June 26, 2004.

All information on this ride is available through the GOBA website. If anyone has questions, please call Janice McCandless at 847-680-1729 or e-mail at janicewmc@aol.com.

Upcoming Club Meetings:

- Mark these dates on your calendar. 7:30 pm. at Recreation Park
- January 28, 2004
- February 25, 2004
- March 24, 2004

The programs are not yet confirmed, so watch the Yahoo list and the next newsletter for details. In the works are programs about Winter Cycling, Solo touring, Group tours to Ecuador, and a Cycling a vintage bicycle.

Club Planning Meetings

- Mark these dates on your calendar. 7:30 pm. at Gary Gilbert's home 814 E Hackberry Drive Arlington Heights, IL 60004 (847) 577-4275
- January 14, 2004 - Increasing membership and generating publicity
- February 11, 2004 - Promoting Safe Riding
- March 10, 2004 - Training Ride Leaders and Developing New Rides

Arlington Heights Club Email

Club email is available as Arlington Heights Bicycle Association is a registered Yahoo Group. Visit <http://groups.yahoo.com/group/ahbacyclists/> for more information. To join the group, send an email message to ahbacyclists-subscribe@yahoo.com. If you want to join the group and are having problems, contact Gary Gilbert at gary.bicycles@comcast.net. Once you join the group, you will receive email distributed to other club members and you can send email to the club members without knowing others email addresses by sending email to ahbacyclists@yahoo.com

A Winter Ride

"Look at that nut! 10 degrees out there, snow on the ground, windy, and he's on a bicycle!"

As I crossed the four lanes of pavement, I noticed the salt polluted road was packed with cars, waiting for nothing. Each driver sat in solitude, staring with no expression. Pathetic. What wasted lives. Well, I'm almost there now. Just one more field and the horse bridge crossing the river.

The air has that crisp, clean, cold feel today. Don't see any horse tracks yet on last evening's snow. Only the tracks of a single deer. The river sure looks nice with the sun steaming the surface. And the snow sounds great crunching under my tires. Whoa! Slide right. Slide left. Slide right and left. Yeah! Roadies miss all that. Too bad.

Ah! There's a buck darting across the trail. Magnificent antlers. And a couple doe. White tails bobbing. A raccoon hides behind a log. Birds glide above in the clear blue sky. You can really see a long way in the wintertime.

Some squirrels chase each other up a tree. Hm-m-m. A large, black raven is perched on that branch ahead right over the trail. Doesn't even move! Just watches the cyclist below. Guess he knows his own kind. I love it! A meaningful existence. And so the Raven cycled away.....forevermore.

Huginn and Muninn

Lee Venet

[Note: The author's bicycle is a black Cannondale/Saeco red Raven. Huginn and Muninn refer to the two ravens sent out each morning by the Norse god Odhinn to observe and record the day's happenings throughout the world.]

Thought you might enjoy it as you sit in front of a cozy, warm fire.....sipping whatever you sip. Take care.

Leaves Aren't the Only Things Falling

by Bob Hinkle

Two riders fell on a ride in October. They were embarrassed but not hurt. The first ride had been walking the bicycle and mounted the bike to start riding again. According to an eyewitness, the bicycle was in a high gear (big chain ring in front / little cog gear in back). The rider was unable to push the pedal hard enough to turn the wheel fast enough to maintain balance. When you stop your bicycle leave it in a gear that you can push when start up again. If you can't turn the wheel you will have a tough time maintaining your balance.

Did you ever hear the expression; "He can't walk and chew gum at the same time?" The second rider fell while walking his bicycle through a parking lot. The fall could have been just as serious a fall from the bike. The rider was wearing cleated shoes which are great for bicycling but not so great for walking on pavement. As the rider put it; "My feet suddenly shot up into the air and I landed on my rear-end and my back hit the pedal on my bicycle." The bike then slid into a parked car. Since the rider's cleats stuck out from the shoe he should have put cleat covers over them once he got off the bike. Cycling shoes with recess cleats provide a better walking surface once you get off the bike. However I have done some slipping and sliding and felt the metal cleat pushing into the bottom of my foot while walking on hard surfaces wearing recessed cleated cycling shoes. Some riders carry sandals to wear when they get off the bike. If you ride using toe clips, there is no need to have cleats on your riding shoes. Without cleats you will have an easier time walking.

BIKE CLUB 101

by P.L. Matzek

When you tell your non-biking friends and relatives that you ride with a bike club and that you rode 40 or 50 or 75 miles on Saturday, they are generally quite impressed. "Wow, I could NEVER do that!" The truth is, they could if they really wanted to. They could gradually build up to the longer mileages just like all of us did when we first became interested in cycling. But what they might not be prepared for is the plethora of other prerequisite skills that one needs to be a really successful bike club member. Therefore, if we as a club want to truly promote bicycling, we need to start offering some seminars and workshops to help biker wanna-bes develop these necessary skills.

1. Weather Forecasting, an all-important set of skills for those who don't enjoy riding in rain or other inclement weather conditions. (Those of us who did TOMRV this year would probably not be your best instructors for that particular seminar.)

2. Communication, which includes

1. proper use of e-mail among bike club members
2. informal telephone networking, as in "I don't know, should we ride today? Is it going to rain in Rockford?"

3. oral communication on the road: "Hole," "Gravel," "Car back, CAR BACK, CAR BACK..."

3. Style and Fashion, including color coordinating all of your bicycle clothing and accessories, including water bottles. (Instructor: Don Ami.)

4. Mapping and Navigation, in which we learn to both design and decipher complex route sheets, which could include directions such as "loop through parking lot," "left at the new fence," or "right at the house with the red door."

5. Event Planning and Catering, perhaps the most important set of skills that any successful bike club member can hope to attain. (This course will be taught by a series of guest speakers which will include Marilyn, Bena, Carl, Jan, Chris and Dave, Deb and Tom, Jackie and Vince, Cap, Tom, and others TBA.)

6. Restaurant Critiquing, in which we learn to sample and rate the food at hundreds of eating establishments in Illinois, Wisconsin, Indiana, Iowa, New York, Canada and so on.

7. Photography, in which we learn dozens of tricks for successfully documenting day trips, long tours, parties, and events in ways that are guaranteed to entertain and embarrass others.

8. The Science of Sleep, in which we learn the importance of being able to nap anywhere at any time. (Instructor: Glenn Sulser.)

9. Finance, in which we learn how to supplement our incomes by finding and retrieving road coins. (This course will be taught by a team of experts -- Bena, Bob Hinkle, Mitch, and I. Hey, how do you think I financed that new Waterford?)

10. Recycling, which is related to the aforementioned Finance seminar but specializes in finding and retrieving usable items. Prepare to be amazed at what treasures can be found along our roadways.

Clean and Repair Your Bike

by Bob Hinkle

As the riding season winds down many cyclists are hanging up their bicycles and won't take them down until next spring. Before you do this give your bike a thorough cleaning. Use a soapy solution, sponges, and soft brushes and start with the frame, then wheels, rims, brakes etc. Use the brushes to get into the nooks and crannies and the cavities around the gears. You will probably have to use a degreaser to clean the chain, rear derailleur, freewheel and chain rings. Remove the chain and soak it in the degreaser and then use a brush and soapy solution to remove the degreaser. If you can't remove the chain consider buying a chain brush bath. It snaps onto the chain and cleans the chain when the pedals are rotated backwards. A bicycle gear cleaning brush also is helpful to clean between the freewheel gears. These tools can be bought at our local bike stores. Wearing gloves when cleaning this part of the bike will keep your hands clean. After washing your bike dry it and then lubricate the pivot points on the front and rear derailleur, and jockey wheel. Lubricate the chain by dripping or spraying the lubricant onto the chain while moving the pedals backwards. Wipe off any excess lubricant. The paraffin base lubricant I use doesn't wash off or pick up dirt. That helps keeps the chain clean.

A clean bicycle makes it easier to handle bike parts

and to identify mechanical problems. Even if you're not mechanically inclined you can spot problems and have the bike shop fix them. Give your bike a complete inspection. Check your tires for cuts, bulges and wear. Is the entire brake pad making contact with the rim when you put on the brakes? Is there uneven wear on the brake pads? Are there cracks or dents in the rim? What about the frame? Pick up the wheels and spin them. Do the wheels wobble?

How about during the riding season, did your chain skip? Could you access all of your gears? Did you hear any grinding or rubbing noises? Was there play in the headset? If you had sore knees, neck, arms or your hands went to sleep maybe your bike is not properly adjusted for you. Also remember parts wear out and have to be replaced. Chains and cables will stretch and adjustments have to be made.

Problems that you spot after cleaning and inspecting your bike, or problems that you did not get fixed during the year, or simple maintenance and adjustments should be done during the winter when you are less apt to ride. The bike shops are not as busy during the winter months as in the spring and summer months. When spring rolls around you will want to be on your bike not waiting to have it repaired. Get your bicycle serviced during the winter.

This year do Illinois!

No need to drive long mileage for bike tours in other states. Try the Grand Illinois Trail And Parks ride (GITAP). It's close to home, delightfully scenic, features good food and friendly folks, and all profits go to advancing bicycling in Illinois. Sponsored by the League of Illinois Bicyclists, with the cooperation and assistance of the Illinois Department of Natural Resources, the ride is a celebration of Illinois, unique trails and state parks.

The GITAP is set for Sunday, June 13, to Saturday, June 19, 2004. It begins this year in DeKalb, travels along the I & M and the Hennepen trails to the Quad Cities, heads north on the Great River Trail to Galena,

then visits two more state parks before returning to DeKalb - all told about 450 miles.

The registration fee of \$310 (\$290 for LIB members) includes camping at state parks (a motel package is also available), breakfast and dinner every day, luggage transfer and T-shirt, door prizes, and a unique touring experience around northern Illinois.

For more information and a registration form, email Chuck Oestreich at oestreich@qconline.com or call 309-788-1845.

For an in-depth look at the ride, go to <http://dnr.state.il.us/orep/planning/GITAP/> and <http://www.bikelib.org/gitap/index.html>

MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) _____

Address _____ email _____

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 here by 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 _____

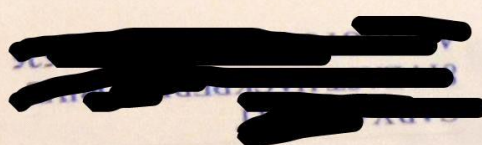
SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

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 Kings bury Dr.
Arlington Heights, IL 60004-2450

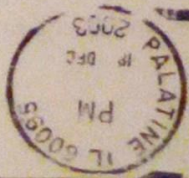
AHBA Ride Hotline 847-255-3468 Web site - http://www.geocities.com/colosseum/midfield/2543



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



121803 PALATINE P&DC IL. HAPPY HOLIDAYS



THE SPOKEN WORD

FEBRUARY 2004

VOLUME 33, NUMBER 2

President's Column:

STOLEN BIKE, HELP WANTED

Last month I wrote about how spring was just around the corner. We all know that washing one's car has a direct causal effect and it subsequently rains. I disclaim all knowledge if writing about either spring or cycling causes snow and certainly that can't possibly be true. Despite the blanket of snow that sits on the ground, I still get at least one cycling related email or phone call a day. I was recently listening to jazz at a club in Chicago and joined in the conversation next to me with a cyclist who recently moved to the Midwest from Seattle.

A huge thank-you is due from all of us to Tom Drabant for once again hosting his annual News Year's Day bicycle ride and massive eat-a-thon. It was a grand time to relax with club members. Those of us attending were able to give a hearty congratulation and applause to Jan McCandless upon her retirement on December 31, 2003. Jan brought a large photo poster of herself taken with her bike to share. It seems that Jan likes to ride solo as well as with the club. Nancy Wagner claims to have been present when the photo was taken but the evidence must have disappeared.

I'll keep this short and to the point. Our club is successful due to the members who volunteer. They make look like we are on autopilot but we're not. If you are not volunteering your time, please do, don't wait until someone asks you, speak up and join in. To those of you who continually contribute your time and effort, sit on

your hands for a few minutes and gently urge the rest of us to step forward.

The club receives monthly newsletters from several other Chicago area clubs. If you are interested in seeing what is going on in other clubs, let me know. We hear from the Chicago Cycling Club, Elmhurst Cycling Club, Evanston Bicycle Club, Schaumburg Bicycle Club, and the Wheeling Wheelmen. Here comes the help wanted part of this column!! I'm looking for a volunteer to be a liaison to other clubs in the area. Duties are very simple, require a small amount of time, and can have a positive impact on us. I'm looking for someone to attend another club's meeting once a month and / or join in one of their rides and report back any ideas about how their club operates that you think we should adopt.

The January club meeting will feature Wayne Estes. Wayne is an experienced cyclist. He has cycled many portions of the US. He prefers loaded touring, fast down hills, recumbent, and will entertain us with tales of his solo cycling adventure in Arizona.

Last month some members thought I was wishing them a year without down hills. Let me try again: Happy New Year to all. I'm hoping for 2004 to be a year without any Flats, and always Downhill with a Tailwind.

As far as the title of this column, I'm not above using cheap tricks to get you to read the newsletter.

On your left,
Gary Gilbert

<p>Presidents Gary Gilbert <i>garygilbert@comcast.net</i> 847-577-4275</p>
<p>Vice Presidents Dave & Chris Van Dornick 847-259-7917</p>
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Club Planning Meeting

The second 2004 discussion for AHBA is Wednesday Februray 11th at 7:30PM. This is an informal get together where we can talk about ways to improve the bike club. The topic of that night is promoting safe riding. Everyone is invited to come and discuss and make suggestions. This is a chance to make a difference.

7:30 PM at Gary Gilbert's home
 814 E Hackberry Drive
 Arlington Heights, IL 60004
 (847) 577-4275

A H B A R I D E S C H E D U L E

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am	Deerfield Bakery Ride	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
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C = Choose your own pace	

B r e a k f a s t R i d e s ?

Saturday February 7, 10am, 0 miles, breakfast at Monica's Cafe & Pancake House, 401 E Euclid Ave, Mt Prospect

Saturday March 6, 10am, 0 miles, breakfast at Granny's, 24 E Miner St, Arlington Heights.

Jeanie & Al Win Arlington Hearts of Gold Award

Six years ago the Village of Arlington Heights started an awards program named Hearts of Gold to honor village individuals or groups who make a difference in the village through their unpaid efforts. Awards are available in twelve categories such as most helpful neighbor, educator and volunteer along with nine others.

This year our very own Jeanie and Al Gain were nominated in the Volunteer category. Nomination forms are carefully reviewed and scored and if no one in a particular category scores high enough there is no award in that category for the year. Well, Jeanie and Al were in a competitive category but based on the judges review they received the highest score. They will be honored for their extensive involvement in the Arlington Heights Historical Society as well as beginning and running the annual Bike Swap for the past 22 years.

To honor the winners of all the categories there will be an awards dinner on Saturday,

February 21, 2004 at European Crystal. Seating is limited to the first 450 people. Individual tickets are \$40 with a table of 10 at \$400. The deadline for tickets is January 31st. I thought it would be nice if AHBA could organize a table or two of ten club members to be there to honor Jeanie and Al for all they do for our club. If you would like to attend I would be happy to make arrangements for our group. Please send me your check (Bill Kragh 505 E Saint James St. 60004 (847-255-2814) and let me know by Friday January 23rd and I will get tickets for our group.

The details of the dinner are: European Crystal, 519 W. Algonquin Road, Arlington Heights. The date is Saturday, February 21 with a cash bar at 5:30pm, dinner at 6:30pm, awards at 8:00pm and dancing at 9:00pm. If you want to make an individual reservation or an arrangement for another group you can contact Claudia Starck at 847-818-6050 for further information.

RIDES OF A DIFFERENT FLAVOR A 2003 REVIEW

The year 2003 marked the fourth season for the Wednesday Rides of a Different Flavor tour of area bike paths & trails. The 2003 season tour covered 1,400 miles of scheduled rides on bike trails and connecting streets and roads in 26 unique rides each featuring a different trail or combination of trails. Trails traversed three state parks, more than 24 forest preserves and 10 major touring trail or trail networks. Trails crossed the Fox River in 15 locations from Ottawa, IL to Waukesha, WI. Routes followed green-ways along many rivers and creeks including the Chicago, Des Plaines, Fox, Rock, I&M Canal, Bark and Blackberry Cr. as well as the Lake Michigan lakefront. All this located in 16 counties in Illinois and Wisconsin within reasonable driving distance for a daylong ride.

Touring trails included:

- the 65 mile I&M Trail from Lockport to La Salle;
- the 70 mile Fox River/McHenry Co. Prairie Trail from Oswego to Ringwood plus the 28 mile Great Western west spur to Sycamore and the 20 mile Gillman spur to Waubensee Collage on IL 47;
- the 78 mile North Channel/Green Bay/North Shore/McClory/Kenosha/Pike Trail from Lawrence Ave. in Chicago to Carlton Collage north of Kenosha plus the 18 mile North Shore Mundellien / Millennium Spur to Lakewood Forest Preserve, Wauconda to Lake Bluff;
- the 72 mile Prairie Path from Maywood to Wheaton and its various spurs to Aurora, Batavia, Geneva and South Elgin which network it with the Fox River trail plus the 12 mile Great Western east spur;
- the 25 mile Long Prairie/Stone Bridge/Honowegan Trail from near Capron to Rockton;

- the 25 mile Plank Road Trail - Park Forest to Joliet;
- the 32 mile Glacial Drumlin Trail east from Waukesha, WI to Jefferson Junction, WI;
- the 20 mile Chicago Lakefront Path
- the 28 mile Lake Co. Des Plaines River Trail;
- the 16 mile North Branch (Chicago River) Path.

The miles of touring trails combined with many lesser forest preserve and village trails provided many miles of riding opportunity within a reasonable drive of our northwest suburb home base. The longer touring trails were sliced and diced into manageable segments. These and the shorter trails were spliced to interesting spurs and loops. Streets and roads connected shorter paths and trails. Where feasible touring trail segments were combined and blended into loops. Most touring trail rides were there and back. On that basis the touring trails listed above add up to over 1000 miles of riding.

There were from 2 to 13 riders on various rides during the 2003. The average number was just over 5. Bad weather forced some cancellations during the spring but we managed to ride 25 of the 31 rides that were on the schedule for the season. As in every other year rides are refined and new ones are added. This past year a ride at Moraine Hills State Park was added. Looking forward to 2004 a new season with new and improved rides is the goal. Perhaps you will choose to join us on the trail for a ride of a different flavor.

What Again

by Bob Hinkle

Just when you think that the 2003 riding season would end without anyone else falling someone did. The AHBA member fell the day before Thanksgiving. He was visiting his daughter in New York and decided to ride 14 miles to a beach on Manhattan Island. As he told me he wanted to ride there in under an hour so he was riding „Äsomewhat fast.„Ä The bicycle path that he was riding on had two successive right angle turns. As he rounded the first turn he encounter a walker coming towards him in his lane. He swerved into the other lane. There was a thin layer of mud on that side of the path. His back wheel slide out from under him and he went down on his shoulder and smack his helmet on the pavement. He heard a snap and felt a sharp pain. He had broken his collarbone.

He immediately got up and the walker looked back at him and seeing him standing kept on going. Now he was by himself and had no cell phone. He had trouble using his hand on the side where he had broken his collarbone. Eventually he was able to rest that hand on the handlebar and use his other hand to ride the six miles back to where he was staying.

It has been said when driving, speed kills. In bicycling, speed contributes to many falls. Remember that the faster you go the less time you have to react. The rider should have slowed down before he reached the turn. If he had, he might have been able avoid the mud.

The rider was surprised that the walker didn,Äôt offer to help him. But when the walker turned around to see what was happening the rider had gotten up and appeared to be all right. The rider should have told the walker that he thought he had broken his collarbone and ask for help. It is also a good idea to carry a cell phone when you ride. The rider could have phone for help and not had to endure the painful ride back.

In the article in Bicycling, August 2003, „ÄBad To The Bone,„Ä orthopedic specialist Dr. Carl Basamania estimates that two-thirds of the collarbone breaks that he treats belong to cyclists. In fact he says

that he has seen just about every member of the local bicycle club.

Because there is no good way to immobilize the bone there is not much a doctor can do for a broken collarbone. Every time you lift your arm the collarbone rotates 40 degrees. Even breathing, coughing, or laughing causes the bone to move. About 95 % of all collarbone fractures mends by themselves.

The article gives six tips for happy healing and one way to avoid breaking your collarbone. If you do fall try not to land on the end of your shoulder. Tuck your head and shoulders into your body and roll when you crash. Hopefully this will absorb and spread the impact better.

You know you,Äöre getting to be an old cyclist when

You drive to the beginning of a ride instead of riding your bike.

The fast group you ride with comes in last all the time.

It looks like rain so you don,Äôt go on the club ride.

You wear the original club jersey.

Your riding shorts are so thin that you moon everybody when off the bike.

You don,Äôt do the extra mileage on invitational rides.

Quitting becomes an option.

You haven,Äôt bought anything new for your bike in over a year.

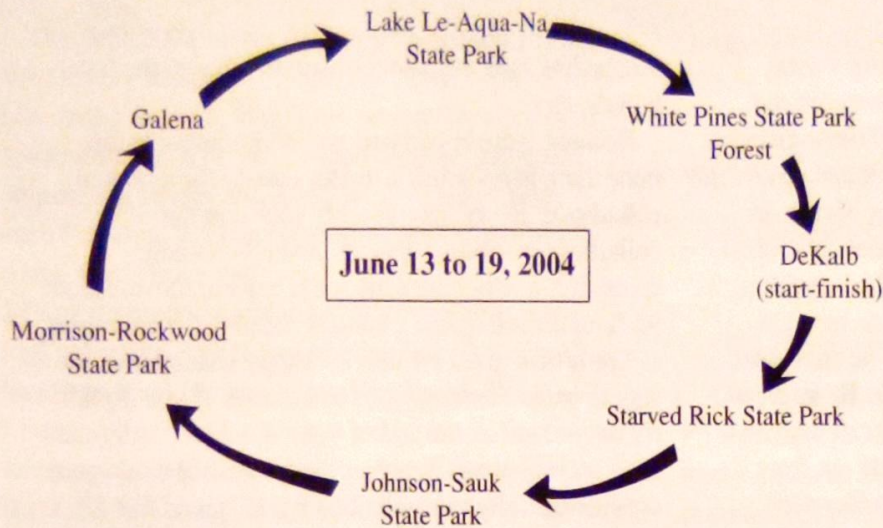
You haven,Äôt bought a new bicycle in over ten years.

You like the view from the hillsides but avoid riding on roads that have hills.

You spend more time riding in the sag wagon than your bike.

You haven,Äôt cleaned your bike in over a month.

Go for an Illinois Loop this Summer!



GITAP-04 – Grand Illinois Trails And Parks ride
 Sponsored by League of Illinois Bicyclists
 Information: Chuck at oestreich@qconline.com
 309-788-1845

The GITAP is set for Sunday, June 13, to Saturday, June 19, 2004. It begins this year in DeKalb, travels along the I & M and the Hennepin trails to the Quad Cities, heads north on the Great River Trail to Galena, then visits two more state parks before returning to DeKalb - all told about 450 miles.

The registration fee of \$310 (\$290 for LIB members) includes camping at state parks (a motel package is also available), breakfast and dinner every day, luggage transfer and T-shirt, door prizes, and a unique touring experience around northern Illinois.

For an in-depth look at the ride, go to <http://dnr.state.il.us/orep/planning/GITAP/> and <http://www.bikelib.org/gitap/index.html>

Harper College Continuing Education Bicycle Maintenance

Learn how to keep your bicycle in top condition for the upcoming warm weather. Our expert will cover periodic maintenance adjustments, tire changing, and emergency repair for all types of bikes. Bring your bike to the hands-on learning experience. Tools and equipment are provided, and students will receive a free inner tube and lubricant!! Presented by Wayne Mikes of Mike's Bike Shop in Palatine.

Course LIO0095-001 Tuition \$30.00, Tuesday
 4/13/2004 7:00PM-9:00PM.

Harper Registration Phone (847)925-6300

The Great Ohio Bicycle Adventure

Nancy Wagner, Tom Drabant and I have registered to ride GOBA - June 19-June 26, 2004.

All information on this ride is available through the GOBA website. If anyone has questions, please call Janice McCandless at 847-680-1729 or e-mail at janicewmc@aol.com.

Arlington Heights Club Email

Club email is available as Arlington Heights Bicycle Association is a registered Yahoo Group. Visit

<http://groups.yahoo.com/group/ahbacyclists/> for more information. To join the group, send an email message to ahbacyclists-subscribe@yahoogroups.com. If you want to join the group and are having problems, contact Gary Gilbert at garygilbert@comcast.net. Once you join the group, you will receive email distributed to other club members and you can send email to the club members without knowing others email addresses by sending email to ahbacyclists@yahoogroups.com

Photocopy as needed for additional applications



May 2004 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 2004. A sample of this year's plate is pictured above in black and white. The colors are: a goldenrod background with black print. A color picture of the plate can be seen on the League of Illinois Bicyclist web site at www.bikelib.org.

The plate sets are numbered from 1 to 400. Priority will be given to those who ordered plates last year. All remaining plate sets are issued on a first-come-first-served 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 license plate registration.

You may also find a copy of this order form at the LIB web site.

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) _____

Driver's License Number _____

Current Plate Number _____ Expiration Date _____

Car Make & Model _____ VIN# _____

Without a copy 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 Kuhlman, 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 _____ email _____

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 here by 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 _____

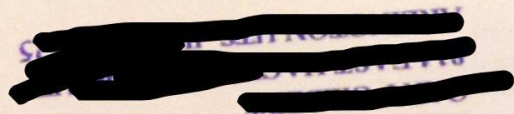
SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

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 Kings bury Dr.
Arlington Heights, IL 60004-2450

AHBA Ride Hotline 847-255-3468 - Web site - http://www.geodhies.com/colosseum/midfield/2543
5000411528 20



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



THE SPOKEN WORD

MARCH 2004

VOLUME 33, NUMBER 3

President's Column:

WINNING LOTTERY TICKET LOST, HELP WANTED

I've just come back home from our February Zero Mile Breakfast Non-Ride. About 15 members joined together for breakfast. It was a great time and allows us to dream together about the upcoming cycling season. It was suggested that in addition to tracking the riding mileage for club members that we also should track pancakes eaten by club members. As you know, we are always looking for volunteers to help. If anyone would like to be the Pancake list chairperson, please let me know.

Planning has begun to make 2004 another successful year. Al and Jeanie Gain continue to lead our Bike Swap. Greg Konieczny continues to lead our Arlington 500 Invitational Bike Ride. Please give these dedicated members your thanks, your admiration, and your help. Without their work, our bike club could not sustain the value we all receive from the club.

2004 Membership dues are due by March 31. Effective March 1, annual dues are \$15 per year. Dues paid before March 1 are eligible for the previous rate of \$10 per year. Dues are for a single address, either Individual or Family, and are collected by Cecily Rood, our membership chairperson.

In January, we developed a list of suggestions on how to generate some publicity for the club and how to increase our membership. Jan McCandless has graciously volunteered to be our Publicity Chairperson and lead that effort. Don't wait for Jan to call you to help on this important club project, give her a call now.

The February 25th club meeting will feature Carey Williams. Carey is the Illinois state division chairman of The Wheelmen. The Wheelmen is a national, non-profit organization dedicated to keeping alive the heritage of American cycling, promoting the

restoration and riding of early cycles (1918 or earlier), and encouraging cycling as part of modern living. Members are intent on learning lost skills, retelling lost stories, researching and writing of the golden era of cycling. It should be an exciting evening. Carey is planning on bringing an Ordinary Bicycle with him.

Last month I titled my column that a bicycle had been stolen. Thanks to a generous club member, a slightly used (and mangled) bicycle found its way to my driveway. I'm hopeful this month to find a winning lottery ticket.

On your left,
Gary Gilbert

Club Planning Meetings

The informal discussion sessions planned for the 2nd Wednesday evening of the month at 7:30 have been a success. Everyone is invited to come and discuss and make suggestions on a variety of topics. Many of these topics we have discussed during the general meetings but haven't had time to give them undivided attention. This is a chance to make a difference.

Mark these dates on your calendar.

7:30 PM at Gary Gilbert's home
814 E Hackberry Drive
Arlington Heights, IL 60004
(847) 577-4275

March 10, 2004 - Training Ride Leaders and Developing New Rides

April 14, 2004 - Technology, the Internet, and Communications

May 12, 2004 - New Members Handbook

<p>Presidents Gary Gilbert <i>garygilbert@comcast.net</i> 847-577-4275</p>
<p>Vice Presidents Dave & Chris Van Dornick 847-259-7917</p>
<p>Secretary Sue Smyczynski 847-899-7387</p>
<p>Treasurer Mitch Polonsky 847-255-1873</p>
<p>Refreshments Jan McCandless 847-680-1729 Carl Jester</p>
<p>Membership Cecily Rood 847-398-7448</p>
<p>Newsletter Editor Tom Wilson <i>tomwilson@wideopenwest.com</i> 847-632-1412</p>
<p>Newsletter Mailing Jim Shoemaker <i>imjims@msn.com</i> 847-910-8640</p>
<p>Bike Swap Al & Jeanie Gain 847-392-1547</p>
<p>Arlington 500 Greg Konieczny <i>konie@mindspring.com</i> 847-398-4633</p>
<p>Web Site Cindy Trent <i>ctrent@dist214.k12.il.us</i> 847-392-6750</p>
<p>AHBA Ride Hotline 847-255-3468</p>
<p>Web Address <i>http://www.geocities.com/colosseum/midfield/2543</i></p>

Upcoming Club Meetings:

February 25, 2004

Our goal is to have fun programs about cycling at each meeting. We're always looking for new ideas. Please share yours with any club officer.

Mark these dates on your calendar.
 7:30 PM at Recreation Park
 February 25, 2004 Carey Williams on Riding a Heritage Bicycle (circa 1900)

March 24, 2004 Jim Redd from Tread Lightly Tours on Cycling Tour of Ecuador

April 28, 2004 TBD

The board meets at 6:30PM on the same evening and all members are invited to participate.

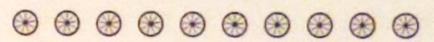
The meeting will be at Recreation Park in Arlington Heights

* * * * *

2004 AHBA Top Mileage Riders

The top 10 in mileage as of February 10, 2004

1. Mitch Polonsky	253
2. Christine Van Dornick	237
3. Greg Konieczny	210
4. David Van Dornick	180
5. Vince Kelley	176
6. Bena Gerber	175
7. Lee Venet	138
8. Jackie Kelley	103
9. Paula Matzek	103
10. Dave Martin	96



Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Email your information, ride stories, articles, photos (send or email) with captions and to me by the 10th of the **preceding** month.

Tom Wilson
 105 N. Elmhurst Ave.
 Mt. Prospect, IL 60056
tomwilson@wideopenwest.com



Saddle Up for the St. Patrick's Day Ride

Saddle up on Sunday, March 14th for the first invitational ride of the season! The St. Patrick's Day Ride is a club ride and the miles count. We are meeting at the Wauconda High School at 555 N. Main Street in Wauconda at 10:00 am.

The ride has two loops, a 16 mile loop that brings you back to the school for cookies and hot drinks and a chance to warm up. Then a second loop of 20 miles ending at the school for more cookies.

The fee for the ride is \$10.00 and registration opens at 8:00 am, closes at 10:30 am.

A H B A R I D E S C H E D U L E

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am	Deerfield Bakery Ride	C	Willow Stream Park	The park is located on Old Checker Rd. a half mile west of the bakery on Buffalo Grove Rd. Just N. of Lake-Cook Rd. Enjoy the goodies at the Bakery after the ride	25, 45	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
<p>Show-N-Go rides will continue through March 6, 2004 from Frontier Park at 10:00 am. They are weather dependant rides, typically 30-40 miles in length with a breakfast. The regular ride schedule will begin the following weekend with the rides as shown below. Call the Van Dornicks at 847-259-7917 to add rides or for ride schedule details.</p>							
Saturday Mar. 13	9:30 am	Brite Spot Ride	A, I	Frontier Park	Breakfast in Itasca	37	Chris and Dave 847-259-7917
Snu. Mar. 14	10:00 am	St. Patrick's Day Ride	C	Wauconda High School 555 N. Main St.	Ride as a group on this invitational	16, 20, 36	Chris and Dave 847-259-7917
Saturday Mar. 20	9:30 am	Long Grove Tune up Ride	A, I	Recreation Park	Breakfast at Granny's after the ride	30	Chris and Dave 847-259-7917
Saturday Mar. 27	9:30 am	Barrington for Breakfast	A, I	Frontier Park	Breakfast at Egg Harbor or Einsteins	35	Chris and Dave 847-259-7917
Saturday Apr. 3	9:00 am	Nine Village Tour	A, I	Frontier Park	Some hills, lunch 1/2 way	39	Chris and Dave 847-259-7917
Saturday Apr. 10	9:00 am	Libertyville Louter Ride	A, I	Frontier Park	Breakfast at the Liberty Restaurant	37	Chris and Dave 847-259-7917
Saturday Apr. 17	9:00 am	W D G O W Ride	A	Frontier Park	A new one, lunch on the way	40	Chris and Dave 847-259-7917

Saturday, April, 24 and Sunday, April, 25 SWAP WEEKEND COME TO HELP!

Call AHBA Ride Hotline 847-255-3468 or see the web site for updates/change

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 Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District

B R E A K F A S T N O N - R I D E

Saturday March 6, 10am, 0 miles, breakfast at Granny's, 24 E Miner St, Arlington Heights.

S U M M E R R I D E S

Club members are looking forward to a number of cycling adventures this summer. Consider joining in the fun on one or more of the following. If you are planning on other rides, send a note to Tom Wilson for inclusion in the next newsletter. Club mileage credit is given for out of state rides if 3 or more riders participate and the ride is announced in the newsletter.

GOBA - Great Ohio Bicycle Adventure - June 19-26, 2004 - Contact Tom Drabant - <http://www.goba.com>

Erie Canal - NY - July 11-18, 2004 - Contact Gary Gilbert - <http://www.nypca.org/>

Cycling in France with Lance - July 2004 - Contact Bill Kragh or Cindy Trent

Bon Ton Roulet - Finger Lakes, NY - July 25-31, 2004 - Contact Don Ami - <http://www.bontonroulet.com/>

Ragbrai - IOWA - July 25-31, 2004 - Contact Gary Gilbert or Tom Wilson - <http://www.ragbrai.org/>

Cycling Door County Wisconsin - August 1-? - Contact Jan McCandless or Bena Gerber

Mississippi River - Minneapolis to New Orleans - August 21-September 15, 2004 - Contact Marilyn Wilkerson - <http://www.abbike.com/>

Cyclists Need to Bone Up

An article titled "Why You Need to Bone Up" written by Roy M. Wallack was featured in the March 04 issue of *Bicycling Magazine*. The article was mainly about cycling purists (those who choose only to bicycle as a form of exercise) and resulting osteoporosis. The article had some merits for all of us.

A study by Jeanne Nichols, Ph.D., a San Diego State University professor of exercise and nutrition, reviewed osteoporosis in a group of male cyclists of various ages. Professor Nichols found that male cyclists who used cycling as their only form of exercise suffered significant bone density loss as a result. Men typically have much thicker denser bones than women and don't begin to lose density until later in life than women do. However, there are many factors that can cause bone thinning.

Here is the problem with those who are cycling purists. Bicycling is a non-weight bearing exercise. While it is a muscle building and aerobic exercise, it puts no stress on the major bones in the skeletal system. In addition, calcium is lost through sweat. On a challenging ride, calcium is lost at a rate of nearly 200 milligrams per hour of riding. Some diets do little to replace that lost calcium. If your diet does not include dairy products such as milk, cheese, ice cream and yogurt, you are not taking enough in to replace what is lost. Consuming soft drinks and alcohol takes calcium out of the bones, too.

If cycling is not enough to build up strong bones, what is the solution? Cross train by adding weight training to your plan. Lifting weights just twice a week is a great counter attack. Other cross training methods include brisk walking, running, and skipping rope.

As you begin to plan your workout schedule for 2004 and beyond, plan to look for ways to take care of your bones. Take a calcium supplement to add calcium to your diet. Better yet, work dairy products such as milk and yogurt into your meal plan. Low-fat varieties still add protein, and Vitamin A as well as being an excellent source of calcium. Cut back on soft drinks containing phosphoric acid and alcohol. Lift weights. I have read more that once that anyone over forty can significantly increase their metabolism and add the right kind of density to your frame by lifting weights. Strengthen your lower back by doing back extensions at the gym. An at home strengthening plan can include the

following. Lie on your stomach on an exercise mat or softer rug. Either clasp your hands behind your head or place hands on the floor about a shoulder width apart and push up and lift your head and shoulders off the floor. Hold for 5-30 seconds and repeat 3 to 10 times.

So you cycling purists (and you know who you are!) take action before a broken bone or fracture keeps you out of the saddle. And you all thought I was nuts for being a runner, too!

Christine Van Dornick

INDOOR CYCLING

You can almost smell it in the air. What is that? The beginning of the outdoor cycling season is almost here. How are you going to be ready to jump right on that bike and do the miles? One way (I like to say one of the best ways) is to join in a group cycling ride indoors. Group cycling has come to a fitness center near you with someone you know as your MOTIVATOR. The Wheeling Park District has added four new Group Cycling classes: Mondays and Thursdays at 6:00 a.m.; and Mondays and Wednesdays at 9:30 a.m. There is also a 1/2 and 1/2 class on Thursdays at 9:30 a.m. (30 mins. of cycling and 30 mins. weight resistance exercises).

WHAT IS IT?

An indoor stationary cycling program based on simulated road cycling. With the use of music you will complete a 45 minute ride to music. The program is designed for people of all ages and abilities.

CAN ANYONE TAKE THE CLASS?

Yes! The bikes have adjustments that allow every rider to get a good fit. There is no competition in Group Cycling – everyone can set his/her own level of intensity by adjusting the bike's resistance. No matter your age, ability or fitness level, you can do it.

Come join me for a complimentary class at any of the times listed above. If you like it and want to continue, you will just need to purchase a punch card from the Wheeling Park District.

e-mail Barb Swasas at powerbarb@juno.com or call at 630/628-6267 for more information.

Hilly Hundred October 16 and 17, 2004

This club ride is a 2 day event originating in Bloomington, IN. The Hilly is a 2 day, 100 mile (50 miles each day) invitational bike ride sponsored by CIBA, the Central Indiana Bicycle Association. The ride with over 4000 participants travels through the beautiful forests and farm lands surrounding Bloomington. CIBA provides food & beverages, full lunch stops and entertainment along the way. We have accommodations for Friday and Saturday night at the College Motor Inn near downtown Bloomington. The room charge for 2 nights is \$177.60 for 1 bed or \$188.70 for 2 beds. I'll try to pair up singles who would like to share a room. A pot luck dinner is planned for our group on Saturday. And oh by the way, with a name like "Hilly Hundred" you might have to expect a "few" hills along the way. Contact Greg at 847-398-4633 or konie@mindspring.com if you're interested.

The Arlington 500 Rides Again

This year's 500 is scheduled for May 23, 2004. Like last year, we'll originate from Barrington High School and use the same routes and sag stops. As always, we need club members to help out at the flyer mailing party, tentatively scheduled for April 15th (free pizza for those of you who have finished your taxes), the sandwich making party on May 21st and registration, sag stops, sag drivers and sweep riders on the day of the ride. Contact Greg at 847-398-4633 or konie@mindspring.com if you can help.

Does Your New Year's Resolution Include Funding a Cure for Cancer?

It could.

Team In Training (TNT) is the nation's most widely recognized endurance sport training program designed to prepare an individual to run or walk a 13.1 mile half marathon, a 26.2 mile full marathon, an Olympic distance or 1/2 Ironman triathlon or a 100 mile cycle century ride. In exchange for professional coaching and event travel, TNT participants raise funds to support The Leukemia & Lymphoma Society. The TNT program allows participants to reach their fitness goals while simultaneously raising critical funds to support local cancer research and patient service programs.

We are currently recruiting cyclists for America's Most Beautiful Bike Ride in Lake Tahoe, Nevada on June 6, 2004.



To find out more about our program, visit our website at www.teamintraining.org/il or call our offices at 312.651.7350 and ask for Anne.

ahbacyclists@yahoo.com

Club email is available as Arlington Heights Bicycle Association is a registered Yahoo Group. Visit <http://groups.yahoo.com/group/ahbacyclists/> for more information. To join the group, send an email message to ahbacyclists-subscribe@yahoo.com. If you want to join the group and are having problems, contact Gary Gilbert at garygilbert@comcast.net. Once you join the group, you will receive email distributed to other club members and you can send email to the club members without knowing others email addresses by sending email to ahbacyclists@yahoo.com

MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) _____

Address _____

email _____

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 here by 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 = \$15 (\$10 before March 1, 2004).

Family Members under 18 yrs. _____

Age _____

Age _____

Age _____

Make check payable to Arlington Heights Bicycle Association

Mail to: Cecily Rood

505 Kings bury Dr.

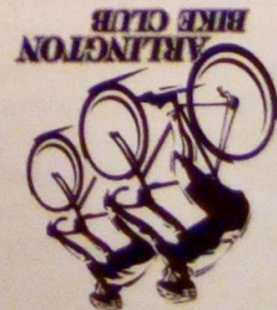
Arlington Heights, IL 60004-2450

AHBA Ride Hotline 847-255-3468 Web site - <http://www.geocities.com/colosseum/midfield/2543> 60004/1525

2004 DUES DUE

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



THE SPOKEN WORD

APRIL 2004

VOLUME 33, NUMBER 4

President's Column:**BECOME 10 YEARS YOUNGER, HELP WANTED**

We've all been waiting for more signs of spring. After the sixty-degree weather last weekend I noticed my crocuses pushing through the ground. This is a great time to give your bike the attention you've been planning all winter long. Before long the weather will be warm enough for the warm weather cyclists to declare that cycling season has begun.

*** BIKE SWAP *** BIKE SWAP *** BIKE SWAP ***

The Bike Swap is April 24 & 25. The swap is an event that is looked forward to every year by the community. Your help is needed. The swap is our major fundraiser for the year. A successful swap is essential to keep our club strong. Call Al and Jeanie to volunteer. New members, old members, and everyone in-between, your help is needed for a variety of tasks.

*** BIKE SWAP *** BIKE SWAP *** BIKE SWAP ***

In February, we developed a list of suggestions on how to promote safe riding by all members. We all get tired on occasion and don't always follow safe riding practices. Reminders of how to ride safely are in the best interest of all club members. One person's mistake does affect other cyclists. Nancy Wagner is the Safety Chairperson. She will be gently reminding us how we can improve our habits.

Rides are starting soon. Christine and Dave VanDornick are again coordinating our advanced ride schedule. Alan Gibbs is coordinating the Intermediate rides and Vince Kelly the Tuesday night rides. Please give one of them a call and offer to lead a ride. It is easy and fun and improves your own cycling skills. If you are not comfortable leading a ride, ask for help from one of our experienced leaders.

Our new Web site is up and running. Cindy Trent is our dedicated Webmaster. Check it out at www.cyclearlington.com This address is owned by the club and should be easier for everyone to remember.

The March 24 club meeting will feature Jim Redd of

Tread Lightly Tours. Jim is active in the Chicago cycling community and will talk about cycling tours to Ecuador. He is committed to treading lightly on the earth, whether in our native city of Chicago, or experiencing the culture and landscape of an exotic destination. And what better way to honor that commitment than traveling by bicycle? Tread Lightly Tours was born of a vision that tourism need not be another consumerist activity, but an exchange of ideas, education and resources, regardless of cultural or economic differences

The last two months, I've expressed my wishes in the headlines of this column. Our club Genie has granted all my wishes so far. I could have gotten by without the Gym Shoe but the winning lottery ticket was a nice touch. This month, I've made it a bit harder for the Genie.

On your left,
Gary Gilbert

Club Planning Meetings

The informal discussion sessions planned for the 2nd Wednesday evening of the month at 7:30 have been a success. Everyone is invited to come and discuss and make suggestions on a variety of topics. Many of these topics we have discussed during the general meetings but haven't had time to give them undivided attention. This is a chance to make a difference.

Mark these dates on your calendar.

7:30 PM at Gary Gilbert's home
814 E Hackberry Drive
Arlington Heights, IL 60004
(847) 577-4275

April 14, 2004 – Technology, the Internet, and Communications

May 12, 2004 – New Members Handbook

Q: Why can't a bicycle stand up?

A: Because it's two tired!

<p>Presidents Gary Gilbert garygilbert@comcast.net 847-577-4275</p>
<p>Vice Presidents Dave & Chris Van Dornick 847-259-7917</p>
<p>Secretary Sue Smyczynski 847-899-7387</p>
<p>Treasurer Mitch Polonsky 847-255-1873</p>
<p>Refreshments Jan McCandless 847-680-1729 Carl Jester</p>
<p>Membership Cecily Rood 847-398-7448</p>
<p>Newsletter Editor Tom Wilson tomwilson@wideopenwest.com 847-632-1412</p>
<p>Newsletter Mailing Jim Shoemaker imjims@msn.com 847-910-8640</p>
<p>Bike Swap Al & Jeanie Gain 847-392-1547</p>
<p>Arlington 500 Greg Konieczny konie@mindspring.com 847-398-4633</p>
<p>Web Site Cindy Trent ctrent@dist214.k12.il.us 847-392-6750</p>
<p>AHBA Ride Hotline 847-255-3468</p>
<p>Web Address http://www.cyclearlington.com</p>

Upcoming Club Meetings:

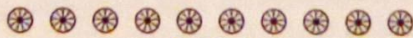
March 24, 2004

Our goal is to have fun programs about cycling at each meeting. We're always looking for new ideas. Please share yours with any club officer. We meet the 4th Wednesday of the month at 7:30PM at Recreation Park. March 24, 2004 Jim Redd from Tread Lightly Tours on Cycling Tour of Ecuador
April 28, 2004 TBD
May 26, 2004 TBD
The board meets at 6:30PM on the same evening and all members are invited to participate.
The meeting will be at Recreation Park in Arlington Heights

Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Email your information, ride stories, articles, photos (send or email) with captions to me by the 10th of the preceding month.

Tom Wilson
105 N. Elmhurst Ave.
Mt. Prospect, IL 60056
tomwilson@wideopenwest.com

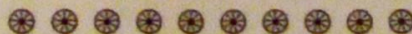


2004

AHBA Top Mileage Riders

The top 10 in mileage as of February 10, 2004

- | | |
|--------------------------|-----|
| 1. Mitch Polonsky | 253 |
| 2. Christine Van Dornick | 237 |
| 3. Greg Konieczny | 210 |
| 4. David Van Dornick | 180 |
| 5. Vince Kelley | 176 |
| 6. Bena Gerber | 175 |
| 7. Lee Venet | 138 |
| 8. Jackie Kelley | 103 |
| 9. Paula Matzek | 103 |
| 10. Dave Martin | 96 |



Should a sports drink ever replace water during a workout?

Water helps you stay hydrated during exercise, but it's not the safest way to maintain the body's fluid balance if you're doing an endurance exercise that lasts more than 90 minutes. Drinking lots of water without adequately replacing the sodium you lose as you perspire may put you at risk for hyponatremia. This potentially fatal condition occurs when sodium levels in the blood drop because a large intake of water has diluted the blood.

"To stay hydrated and avoid hyponatremia, replace fluid at a rate equal to your sweat loss," says Dr. Francis G. O'Connor, co-author of Textbook of Running Medicine. "Drink 400ml (13.5 ounces) to 400ml (27 ounces) of fluid for every hour you exercise. And switch to an electrolyte solution (sports drink) if the workout extends past an hour." Sports drinks not only replace the body's lost sodium but also maintain the blood's electrolyte balance and provide fuel for working muscles.

"Long-distance runners, especially those who run a marathon in four or more hours, should be aware of hyponatremia," says Barbara Baldwin, programs director for the American Running Association. "Symptoms include confusion, dizziness, nausea, severe fatigue, lack of coordination, swollen hands and feet, and headache."

Michael O'Shea, Ph.D., is a fellow of the American College of Sports Medicine. By Michael O'Shea

AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am 9:00 am starting Thursday, April 1st.	Deerfield Bakery Ride	C	Willow Stream Park	The park is located on Old Checker Rd. a half mile west of the bakery on Buffalo Grove Rd. Just N. of Lake-Cook Rd. Enjoy the goodies at the Bakery after the ride	25, 45	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Saturday Mar. 13	9:30 am	Brite Spot Ride	A, I	Frontier Park	Breakfast in Itasca	37	Chris and Dave 847-259-7917
Sun. Mar. 14	10:00 am	St. Patrick's Day Ride	C	Wauconda High School 555 N. Main St.	Ride as a group on this invitational Take Rand Rd to RT176 go East 0.7m. to Main turn Left for 0.6m. to school.	16, 20, 36	Chris and Dave 847-259-7917
Saturday Mar. 20	9:30 am	Long Grove Tune up Ride	A, I	Recreation Park	Breakfast at Granny's after the ride	30	Chris and Dave 847-259-7917
Saturday Mar. 27	9:30 am	Barrington for Breakfast	A, I	Frontier Park	Breakfast at Egg Harbor or Einsteins	35	Chris and Dave 847-259-7917
Saturday Apr. 3	9:00 am	Nine Village Tour	A, I	Frontier Park	Some hills, lunch 1/2 way	39	Chris and Dave 847-259-7917
Saturday Apr. 10	9:00 am	Libertyville Looter Ride	A, I	Frontier Park	Breakfast at the Liberty Restaurant	37	Chris and Dave 847-259-7917
Saturday Apr. 17	9:00 am	W D G O W Ride	A	Frontier Park	A new one, lunch on the way	40	Chris and Dave 847-259-7917
Saturday, April, 24 and Sunday, April, 25 SWAP WEEKEND COME TO HELP! Call Al and Jeanie 847-392-1547 to volunteer.							

Call AHBA Ride Hotline 847-255-3468 or see the web site for updates/change

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 Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District

SUMMER RIDES

Club members are looking forward to a number of cycling adventures this summer. Consider joining in the fun on one or more of the following. If you are planning on other rides, send a note to Tom Wilson for inclusion in the next newsletter. Club mileage credit is given for out of state rides if 3 or more riders participate and the ride is announced in the newsletter.

GOBA - Great Ohio Bicycle Adventure - June 19-26, 2004 - Contact Tom Drabant - <http://www.goba.com>

POWWOW's - Wisconsin's Fox Valley Tour - June 20-25, 2004 - Contact Bob Hinkle - <http://www.wisconsinbicycletours.com>

Grand Traverse Adventure - League of Michigan Bicyclists <http://www.LMB.org> has expanded its ride options for this summer. The route that many of the club rode in years past called the Shoreline West Tour has changed its route. A new option called Grand Traverse Adventure is a four day trip from June 23-27 (Wed. - Sun.) stationed in Traverse City with either dorm rooms or motel, a sailing cruise, a half day of kayaking, and three great rides. Vince and Jackie Kelley have already signed up.

Erie Canal - NY - July 11-18, 2004 - Contact Gary Gilbert - <http://www.nypca.org/>

Cycling in France with Lance - July 2004 - Contact Bill Kragh or Cindy Trent

Bon Ton Roulet - Finger Lakes, NY - July 25-31, 2004 - Contact Don Ami - <http://www.bontonroulet.com/>

Ragbrai - IOWA - July 25-31, 2004 - Contact Gary Gilbert or Tom Wilson - <http://www.ragbrai.org/>

Cycling Door County Wisconsin - August 1-7 - Contact Jan McCandless or Bena Gerber

Mississippi River - Minneapolis to New Orleans - August 21-September 15, 2004 - Contact Marilyn Wilkerson - <http://www.abbike.com/>

Hilly Hundred - Bloomington, IN - October 16 and 17, 2004, We have accommodations for Friday and Saturday night at the College Motor Inn near downtown Bloomington. The room charge for 2 nights is \$177.60 for 1 bed or \$188.70 for 2 beds. A pot luck dinner is planned for our group on Saturday. And oh by the way, with a name like "Hilly Hundred" you might have to expect a "few" hills along the way. Contact Greg at 847-398-4633 or konie@mindspring.com if you're interested.

The fifth annual tour of local bike paths and touring trails kicks off on the first Wednesday of April. A unique ride features a different trail or combination of trails every week. All roadies are welcome to join in a Ride of a Different Flavor featuring scenery unmatched in our usual highway and byway rides.

Art Cunningham

RIDES OF A DIFFERENT FLAVOR

April Wednesday Chicago Area Bike Path/Trail Rides 2004

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
4/7	10:00	32	North Branch Path to Botanic Garden	Lake Rd. Harms Woods Parking Lot	Go east on Lake Rd.; parking lot is past Glenview Golf Course, Wagner Rd. and the trail overpass to the right	Paved Path Botanic Garden optional (bring a bike lock)
4/14	9:00	55 loop	Medley of Trails - Poplar Creek to Ned Brown	Ned Brown F. P., Golf Road Parking Lot	South of Golf Rd. just East of I-290	Paved with connecting roads
4/21	10:30	40	Chicago Lake Front Path	Foster Ave Beach	East on Peterson off Edens, rt. on Ridge, bear rt. on Broadway to Foster, lft. under Lake Shore to 1st parking lot on lft.	Paved path
4/28	9:00	42	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. 76th, park at pool lot on rt.	Paved path and connecting roads

Path & Trail News

The Lake County Forest Preserve dedicated a new south segment of the Des Plaines River Trail in October. It connects with the Cook County trail at Lake-Cook Road. Unfortunately my dream of riding from Potawatomi Woods off Dundee Rd. all the way to the Russell Rd. near the Wisconsin border via trail has not been achieved. There is still a gap of about a mile at Ryerson Conservation Area. Lake Co. planned to route the trails along the west bank of the Des Plaines but has not obtained the right way. Two bridges would be required to route it through Ryerson. \$1,000,000 has been appropriated for improvement of the north section of the Des Plaines River Trail in Cook Co.

Lake County is set to undertake construction of a 14 mile extension of the Millennium Trail this year. It extends from Lakewood F. P. northwest to Marl Flats Forest Preserve on the east side of Fish Lake north of IL 120. Construction of part of it is already under way. A spur going west at about where this trail crosses Gilmer is proposed to go to Glacial Hills State Park and connect with the McHenry Prairie Trail at Bull Valley Rd.. A segment of this trail through the State Park was dedicated late last year. This trail will be utilized in the new ROADF Glacial Hills to Hebron Ride.

We may change our ROADF ride "Ride to Oswego" to "Ride to Yorkville". County forest preserve maps show the 5 mile Yorkville section to be complete. The trail is proposed to extend another 4 miles along the Fox River to Silver

The Arlington 500 Rides Again

This year's 500 is scheduled for May 23, 2004. Like last year, we'll originate from Barrington High School and use the same routes and sag stops. As always, we need club members to help out at the flyer mailing party, tentatively scheduled for April 15th (free pizza for those of you who have finished your taxes), the sandwich making party on May 21st and registration, sag stops, sag drivers and sweep riders on the day of the ride. Contact Greg at 847-398-4633 or konie@mindspring.com if you can help.

Safety Reminders to Start 2004 Cycling Season

First, I want to give Bob Hinkle a huge thank you for writing the Safety Column for so many years. I've read, enjoyed and learned from all of the columns Bob authored. Bob, I am speaking for everyone when I say how much we have appreciated the time and effort you have taken to help us be safer riders.

At a loss for a subject, I turned to you, the members of the club, for material. After polling a number of you and asking; "What is the one safety concern you think we abuse the most?" I put together the following list of your safety concerns (in no particular order):

1. Stop at stop signs, especially when there are vehicles at or near the stop sign. Blowing through a stop sign is unsafe for you and your fellow riders.

2. When you are going to pass a rider, announce "Passing on your left" before you get there, don't just breeze by. Don't surprise other riders, they may surprise you and ride right into you. Always pass on the left; never pass on the right side of another rider. If you have no choice or in an emergency, announce you are passing so the rider knows you are there. Remember, don't make a practice of passing on the right, no one expects you to be there.

3. When crossing a major intersection, be prepared to ride and cross, work as a group, don't take over the whole intersection.

5. When riding, stay to the right, not the middle of the road.

6. Communicate, if riders in front or behind you say "car up" or "car back" pass the information along. Besides announcing to the group there is a car, they may also mean, "Get out of the middle of the road."

7. Don't ride right next to the Ride Leader. Rider Leaders need a little space; hanging just over their shoulder can be distracting.

8. Too many riders ride side-by-side and riders extend into the middle of the road.

9. At intersections keep an awareness of intentions and positions of cars/trucks. Cars turning right may not see you next to them. Pay attention to the car's turn signals. Do you want to be on the right side of a car turning right? (Yes, I know only 50% of cars have turn signals or drivers that use them.)

10. Don't ride erratically, other riders and drivers can't guess what you plan to do. Learn to ride in a straight line and until you do, don't crowd other riders, stay back a little bit.

11. When a fellow rider announces "Clear" when crossing a road, intersection, etc. – don't rely 100% on the rider's judgment. Do you really trust someone else's timing and perspective?

Are we all guilty of making some/all of these cycling errors? Probably not, but on the other hand, we may all break some of them some of the time. One key thought is this:

You are responsible when riding your bike and it is your responsibility to make decisions based on the assessment of a specific situation.

As we all know, it only takes a few seconds to lose your concentration and make a mistake and when riding, some mistakes are much more serious than others.

Now get ready for Spring, tune up your bikes, tune up your skills and encourage each other to ride safely.

Tailwinds,
Nancy

Withlacoochee Trail

By Bob Hinkle



*Bob Hinkle encounters a
Withlacoochee Trail hazard*

This past January I rode the Withlacoochee Trail in central Florida with two other club members, Dick Marr and Bill Lance. Both Bill and Dick during the winter live near the 46 mile paved trail. The 12 foot wide trail is mostly flat and straight a few restrooms and water fountains. The only hill is really a bridge over state route 50. Most of the paved state and county roads are narrow and heavily traveled making the trail a popular place to ride.



*Dick Marr riding the
Withlacoochee Trail*

There are 6 other paved bicycle paths within an hour and a half drive from Dick and Bill, in Inverness, FL. Bill drove a support van for a tour group that took cyclists to these different trails. If you are retired or can get the time off this could become a winter ride for the club. Let me know if you are interested.

Cell Phones

By Bob Hinkle

At one time we used walkie-talkies on our club rides to communicate between the ride leader and the sweep. It was a way to keep the group together. However walkie-talkies are of little value when you need to summon help such as an ambulance or call home for a ride in case of a breakdown.

Many people now have cell telephones. If riders carry their cell phones while biking, there would be no need for walkie-talkies on club rides. If the rider gets lost or needs help all he/she would need to do would be to telephone someone on the ride. When using cell phones to communicate to one another on a ride remember that:

1. The cell phone should be charged and in an easy to get to location.
2. Everyone should have their cell phone turned on.

3. Everyone should have the cell phone numbers of the other riders.

The ride leader at the start of the ride should remind those with cell phones to turn them on and to exchange cell phone numbers. To make exchanging of cell phone numbers faster and easier carry labels or cards with you that have your cell phone number on them. All you have to do at the start of the ride is to exchange labels or cards.

It probably would be a good idea that when you use your cell phone, stop and get off the bike.

ahbacyclists@yahoo.com

Club email is available as Arlington Heights Bicycle Association is a registered Yahoo Group. Visit <http://groups.yahoo.com/group/ahbacyclists/> for more information. To join the group, send an email message to ahbacyclists-subscribe@yahoo.com. If you want to join the group and are having problems, contact Gary Gilbert at garygilbert@comcast.net. Once you join the group, you will receive email distributed to other club members and you can send email to the club members without knowing others email addresses by sending email to ahbacyclists@yahoo.com



Your Preferred Customer Invitation to Amling's Cycle Recumbent, Road, and Tandem Cycling Extravaganza

(We'll talk about other bikes and stuff too, if you want.)

Tuesday March 30, 2004
5:00 to 9:00 PM

You got questions? We got answers!

Come meet and talk with the reps:

Baccheta, Burley, Giant, Jamis,
Morati, Shimano, Sun Bikes

(And of course the wonderful Amling's Cycle staff.)

One night only specials:

- 20% off all accessories (in stock products)
 - 10% off bikes (Some even more!)
 - Many other savings opportunities!

Raffle Prizes!!!!!!

Munchies and Drinks will be served!

Please R.S.V.P. no later than 3/28/04

Amling's Cycle
8140 N. Milwaukee Avenue
Niles, IL 60714

Phone: 847-692-4240
Fax: 847-692-4260
www.amlingscycle.com

MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) _____

Address _____

email _____

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 here by 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 = \$15

Family Members under 18 yrs. _____

Age _____

Age _____

Age _____

Make check payable to Arlington Heights Bicycle Association

Mail to: Cecily Rood

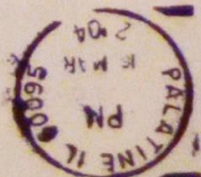
505 Kings bury Dr.

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AHBA Ride Hotline 847-955-3468 Web site http://www.aahba.org/colosseum/midfield/2543

[Redacted signature area]

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



THE SPOKEN WORD

MAY 2004

VOLUME 33, NUMBER 5

President's Column:**ACCEPT THE IMPOSSIBLE, HELP WANTED**

The calendar says "Spring" although the weather has not always cooperated as most common temperature seems to be mid-40s. Saturday rides and Tuesday night rides have started and are attracting a 10 or so riders. On this morning's ride, we noticed the daffodils in bloom and the extremely loud chorus of the local frog population. Even the non-cyclists in the world seem to have a spring friendly attitude toward cyclists. Remember it is our responsibility to Share the Road also.

You should receive the May newsletter before our 24th annual Bike Swap. In case you have forgotten, the dates are April 24 & 25. If you've never worked at the swap before or simply want to refresh your memory, Al and Jeannie are holding a training session at their home on Tuesday April 20 at 7:00PM. Tuesday night cyclists will head over to their home after the ride completes. Look for the Bike Swap sign at 1336 North Dunton, Arlington Heights or call (847)392-1547 to volunteer. Be sure and give Al and Jeannie your thanks for their dedication to this incredible community event.

After the bike swap, club members are in a good mood. We've held another successful event and are raring to go on a successful riding season. Since you've had such a good time hanging out with other club members, there are more opportunities to continue making the Arlington Heights Bicycle Association the premier cycling club in the Chicago area. The Arlington 500 is upon us as well. Call Greg Konieczny at (847)398-4633 and say "Hi Greg. What can I do to help with the Arlington 500". If you are too telephone shy to call Greg, then email him at konie@mindspring.com instead. The 500 is Sunday May 23rd. Traditionally club members pre-ride the route the Saturday before the ride.

The April 28th club meeting will feature Wayne Mikes of Mikes Bike Shop in Palatine. Wayne is the Illinois state representative to the International Mountain

Biking Association (IMBA) and a board member of the Chicago Area Mountain Bikers (CAMBr). He is an active mountain biker and involved in trails in Deer Grove. Mountain Biking and mountain bikes have been responsible for the resurgent interest in cycling. Come hear about this exciting aspect of the sport of cycling.

The May 26th club meeting will feature Mike Krueger. Mike is a regular cycling commuter. Mike will talk about the benefits and challenges facing commuting to work on a bicycle. He is a frequent poster on the Bike Chicago list server.

Recently I learned a few words of wisdom from another club member. The difficult is possible. The impossible simply takes a little more thought. I've been reflecting on those words and applying those words to my life. I know I'll never compete in the Tour De France, play 3rd base for the Cubs or sing like Mick Jagger. I can however, dream about the impossible.

On your left,
Gary Gilbert

Club Planning Meetings

The informal discussion sessions planned for the 2nd Wednesday evening of the month at 7:30 have been a success. Everyone is invited to come and discuss and make suggestions on a variety of topics. Many of these topics we have discussed during the general meetings but haven't had time to give them undivided attention. This is a chance to make a difference.

Mark these dates on your calendar.

7:30 PM at Gary Gilbert's home

814 E Hackberry Drive

Arlington Heights, IL 60004

(847) 577-4275

May 12, 2004 – New Members Handbook

*** This date is tentative and may change. Please call to confirm ***

Presidents

Gary Gilbert
garygilbert@comcast.net
847-577-4275

Vice Presidents

Dave & Chris Van Dornick
847-259-7917

Secretary

Sue Smyczynski
847-899-7387

Treasurer

Mitch Polonsky
847-255-1873

Refreshments

Jan McCandless
847-680-1729
Carl Jester

Membership

Cecily Rood
847-398-7448

Newsletter Editor

Tom Wilson
tomwilson@wideopenwest.com
847-632-1412

Newsletter Mailing

Jim Shoemaker
imjims@msn.com
847-910-8640

Bike Swap

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Arlington 500

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April 28, 2004

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April 28, 2004 Wayne Mikes

May 26, 2004 Mike Kruege

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Newsletter Policy

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Tom Wilson
105 N. Elmhurst Ave.
Mt. Prospect, IL 60056

tomwilson@wideopenwest.com

Ride Coordinators

Advanced Rides: Christine and

Dave VanDornick

Intermediate Rides: Alan Gibbs

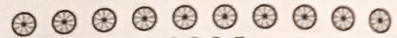
Tuesday Night Rides: Vince Kelly

Wednesday Trail Rides:

Art Cunningham

New Comers Rides: Jim Shoemaker

Check out our web site at www.cyclearlington.com
Send updates to Cindy Trent

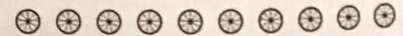


2004

AHBA Top Mileage Riders

The top 20 riders as of 4-10-04

1. Christine Van Dornick	457
2. David Van Dornick	453
3. Greg Konieczny	431
4. Mitch Polonsky	406
5. Bena Gerber	370
6. Bob Hinkle	344
7. Vince Kelly	256
8. Kris Sudrovech	246
9. Dave Martin	231
10. Paula Matzek	222
11. Jackie Kelly	183
12. Gary Gilbert	171
13. Len Geis	147
14. Reinhilde Geis	144
15. Art Cunningham	142
16. Lee Venet	138
17. Tom Drabant	137
18. Bob Dominski	130
19. Jim McClure	117
20. Harlan McDaniel	110



Heard on a recent club ride where Carl was not even present.

Ride Leader: Hurry up, this is a short light.

From the back of the pack: It looks to be the same height as all the other lights.

A H B A R I D E S C H E D U L E

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am 9:00 am starting Thursday, April 1st.	Deerfield Bakery Ride	C	Willow Stream Park	The park is located on Old Checker Rd. a half mile west of the bakery on Buffalo Grove Rd. Just N. of Lake-Cook Rd. Enjoy the goodies at the Bakery after the ride	25, 45	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Saturday May. 1	9:00 am	The Algonquin Ride	A	Frontier Park	Breakfast in Algonquin	45	Greg K. 847-398-4633
Saturday May. 8	8:30 am 10:00 am	Lamb's Farm Ride	A	Frontier Park Dan wright school	Joint ride with Mount Prospect, Dan Wright School is located 1/2 mile north of Rte 22 on Riverwoods Rd	54 26	
Saturday May. 15	8:30 am	The Bartlett Ride	A	Frontier Park	Lunch in Bartlett	50	Chris and Dave 847-259-7917
Saturday May. 22	9:00 am	Arlington 500 preride	A,I	Barrington High School	Bring a snack along, some routes have few lunch options	32-65	Greg K. 847-398-4633
Sunday May, 23 THE ARLINGTON 500. COME AND HELP OUT THE CLUB!							
Sat-Sun May. 29-30		The Stateline 60	A,I	Rockford, IL	A great invitational on quiet roads Breakfast Great chow too	60	
Monday May. 31	8:30 am	Just a Ride	A,I	Recreation Park	Get out and Ride!	35	Chris and Dave 847-259-7917
Saturday June. 5	8:30 am	Crystal Lake Ride	A	Frontier Park	Lunch in Crystal Lake, a few hills on the way	68	Chris and Dave 847-259-7917

Call the Van Dornicks at 847-259-7917 to add rides or for ride schedule details.

Call AHBA Ride Hotline 847-255-3468 or see the web site for updates/change

A = Advanced (12-15 mph average)	¹ Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.
I = Intermediate (moderate pace)	² Recreation Park is located in Arlington Heights at Miner & Douglas.
N = Newcomers (pace will depend on ability of participants)	³ Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District
C = Choose your own pace	

I N T E R M E D I A T E R I D E S C H E D U L E

Date	Time	Ride Leader Phone#	Starting Point	Miles	Description
Saturday May 1	9:00 am	Janice McCandless	Frontier Park	40	Ride to Oreganos Restaurant rolling hills
Saturday May 8	9:00 am	Tom Drabant	Frontier Park	42	Millies Restaurant in Addison flat terrain
Saturday May 15	9:00 am	Carol Ghertner	Frontier Park	35	Carol's Birthday Ride to Itasca with lunch stop
Saturday May 22	9:00 am		Barrington High School	30, 54, & 68	Arlington 500 Pre ride
Saturday May 29	9:00 am	Marilyn Wilkerson	Frontier Park	35	Ride to and around Elk Grove flat terrain with food stop

New Comers Ride, Sunday, May 2. Starts at Fronter Park at 9:00 am. (Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.) Bring: water, extra tube, pump, tire levers, your bike will be safety checked. Also bring sun glasses or safety glasses.

For more in information call Sue Smyczynski 847-899-7387

The bike paths/trails on the May schedule include some with packed crushed limestone surfaces. I generally use my hybrid 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.

Art Cunningham

RIDES OF A DIFFERENT FLAVOR

May Wednesday Chicago Area Bike Path/Trail Rides 2004

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
5/5	9:00	46	Long Prairie Trail to Rockton	East Trail Head, near Chemung, IL	North on Rt. 14 to Rt. 173, lft. 4 1/2mi to County Line Rd., rt. 1/2mi. to parking lot on the lft.	Paved, packed crushed stone ***
5/12	9:00	50/30 loops	Medley of Trails - Deer Grove Woods to Lake Arlington	Nichols Hill Golf Course	From Dundee Rd. turn north on Kennicott to end, 1st lot on left (bottom of hill).	Packed crushed stone and paved paths, short unimproved trail / roads **
5/19	9:00	42 partial loop	Great Western - Prairie Path Loop	Kline Farm, Winfield	North Ave, lft. (s) at Country Farm Rd., 1/2 mi., lot on right	Packed crushed stone, some paved ***
5/26	9:00	32/54	Chicago to Lake Bluff Ride	Turnbull Woods Forest Preserve	Lake Cook Rd., turn rt. on Green Bay Rd., 0.2 mi. to lot on lft.	Paved, some packed crushed stone. ***

Is Your Bike Safe?

Nothing spoils a ride faster than riding a few miles from home and having a problem with your bike. A poorly maintained bike can lead to unsafe riding. There are a number of sources for information about bicycle maintenance including the Internet, cycling friends, your favorite local bike shop and, of course, the owner's manual. Here is a simple list of items to check on your bike to ensure it is in safe riding condition.

1. Wobbly wheels will be a problem for steering and controlling your movement. Make sure wheels are attached securely and spin freely. Wheels may need to be trued and spokes adjusted. (Unless you are familiar with this process and have the correct tools, your local bike shop may be the best choice for making these adjustments.)

2. Tires should be inflated correctly. Look on the sidewall for recommended air pressure. Worn or cracked tires should be replaced.

3. Check the brakes. As you apply the brakes, both brake pads should make contact with the wheel evenly. Worn brake pads should be replaced.

4. Make sure the chain is clean, lubed and it moves smoothly.

5. Tighten or adjust loose parts including handlebars, pedals, seat, handgrips and cables.

6. If you haven't ridden the bicycle for awhile, check for cracks in the frame, fork or damaged spokes.

Tailwinds,
Nancy

S U M M E R R I D E S

Club members are looking forward to a number of cycling adventures this summer. Consider joining in the fun on one or more of the following. If you are planning on other rides, send a note to Tom Wilson for inclusion in the next newsletter. Club mileage credit is given for out of state rides if 3 or more riders participate and the ride is announced in the newsletter.

GOBA - Great Ohio Bicycle Adventure - June 19-26, 2004 - Contact Tom Drabant - <http://www.goba.com>

POWWOW's - Wisconsin's Fox Valley Tour - June 20-25, 2004 - Contact Bob Hinkle - <http://www.wisconsinbicycletours.com>

Grand Traverse Adventure - League of Michigan Bicyclists <http://www.LMB.org> has expanded its ride options for this summer. The route that many of the club rode in years past called the Shoreline West Tour has changed its route. A new option called Grand Traverse Adventure is a four day trip from June 23-27 (Wed. - Sun.) stationed in Traverse City with either dorm rooms or motel, a sailing cruise, a half day of kayaking, and three great rides. Vince and Jackie Kelley have already signed up.

GRABAAWR is coming up June 26-July 3. There are several club members that are signed up for this ride. Any one who has been on this ride in the past knows it's well organized and lots of fun. Go to www.bikewisconsin.org Chris and Dave Van Dornick 847-259-7917

Erie Canal - NY - July 11-18, 2004 - Contact Gary Gilbert - <http://www.nypca.org/>

Cycling in France with Lance - July 2004 - Contact Bill Kragh or Cindy Trent

Bon Ton Roulet - Finger Lakes, NY - July 25-31, 2004 - Contact Don Ami - <http://www.bontonroulet.com/>

Ragbrai - IOWA - July 25-31, 2004 - Contact Gary Gilbert or Tom Wilson - <http://www.ragbrai.org/>

Cycling Door County Wisconsin - August 1-? - Contact Jan McCandless or Bena Gerber

Mississippi River - Minneapolis to New Orleans - August 21-September 15, 2004 - Contact Marilyn Wilkerson - <http://www.abbike.com/>

Hilly Hundred - Bloomington, IN - October 16 and 17, 2004, We have accommodations for Friday and Saturday night at the College Motor Inn near downtown Bloomington. The room charge for 2 nights is \$177.60 for 1 bed or \$188.70 for 2 beds. A pot luck dinner is planned for our group on Saturday. And oh by the way, with a name like "Hilly Hundred" you might have to expect a "few" hills along the way. Contact Greg at 847-398-4633 or konie@mindspring.com if you're interested.

TOMRV Weekend-June 12th and 13th-This Saturday/Sunday ride is a Tour of the Mississippi River Valley from Bettendorf, IA to Dubuque and back. 100 mile or 50 mile per day routes are available. TOMRV is sponsored by the Quad Cities Bike Club and includes baggage service, sag stops, overnight accommodations at Bettendorf plus a delicious buffet dinner. Several club members are already signed up and ready to go. If you're interested, contact Greg at 847-398-4633 or konie@mindspring.com. Greg Konieczny

The Swap is almost Here.

If you haven't worked a swap, it is fun. Sure we work all day but we meet lots of new people looking for bikes! At 6:30 on Saturday our work begins:

- We put together bike racks for holding the bike on the tennis courts.
- We set up tables for displaying the helmets, shoes and parts.
- We put signs and flags up announcing our swap.
- We start bringing in the bikes from the bike shops that arrive early.
- We start checking in the bikes from all those who are eager to sell. Swap sales begins at 10 am until 4pm.
- We bring all the bikes into the field house at 4 pm for overnight storage. Like a garage sale most of our customers come between 10 and 12 on Saturday.
- We need most of our help from 6:30 to 1:00 on Saturday but people bring bike until 2:00 on Saturday and again from 10 to 12 on Sunday. Ask any of the regulars! We have a good time and Chris and Dave give us a great lunch. We'll have coffee, tea, hot chocolate and goodies on Saturday morning. We will have a learning session at our house on Tuesday, April 20th from 7 to 9 pm if any one wants to come to learn more about the swap or if you have questions about the swap.
- We'll talk about the items we will accept, how to write a tag, etc.
- Please come! It's hard to explain the jobs when so much is going on the day of the swap. Our address is 1336 N. Dunton, Arlington Heights. I'll put the swap sign out front! Call Gary Gilbert or us if you want to sign up to work the swap. Al & Jeanie 847-392-1547

The Arlington 500 Rides Again

This year's 500 is scheduled for May 23, 2004. Like last year, we'll originate from Barrington High School and use the same routes and sag stops. As always, we need club members to help out at the flyer mailing party, tentatively scheduled for April 15th (free pizza for those of you who have finished your taxes), the sandwich making party on May 21st and registration, sag stops, sag drivers and sweep riders on the day of the ride. Contact Greg at 847-398-4633 or konie@mindspring.com if you can help.

Taken from the May/June 1989 Utne Reader, which took this from Shawn Gosieski, New Cyclist, Fall 1988. and it has come in from other sources.

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

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

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

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

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

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

In the Are You Nuts category:

Greg Konieczny and Gary Gilbert are participating in the National 24 Hour Challenge June 18 and 19. Barbara Barr is participating in the RAIN ride July 10th. These long distance rides are challenging but fun. We encourage everyone to consider discovering your own limits in long distance riding.

Important Club Dates

July 17, 2004 Progressive Dinner
August 22, 2004 Annual Picnic
September 18-20, 2004 Milwaukee Ride

There will be a women's bike cornering (bike handling skills) clinic on April 24 -25. To obtain a seminar outline in pdf format go to www.redlanternevents.com

ahbacyclists@yahoogroups.com

Club email is available as Arlington Heights Bicycle Association is a registered Yahoo Group. Visit <http://groups.yahoo.com/group/ahbacyclists/> for more information. To join the group, send an email message to ahbacyclists-subscribe@yahoogroups.com. If you want to join the group and are having problems, contact Gary Gilbert at garygilbert@comcast.net. Once you join the group, you will receive email distributed to other club members and you can send email to the club members without knowing others email addresses by sending email to ahbacyclists@yahoogroups.com

MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) _____

Address _____ email _____

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 here by 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 = \$15

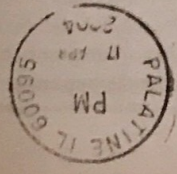
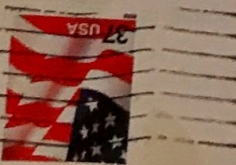
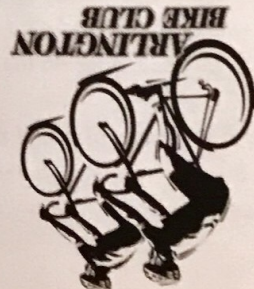
Family Members under 18 yrs. _____ Age _____
_____ Age _____
_____ Age _____

Make check payable to Arlington Heights Bicycle Association
Mail to: Cecily Rood
505 Kings bury Dr.
Arlington Heights, IL 60004-2450

ARLINGTON HEIGHTS BICYCLE ASSOCIATION 847-255-3468 Web site: <http://www.ahtcycling.com>

1
[Redacted Signature]

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



THE SPOKEN WORD

JUNE 2004

VOLUME 33, NUMBER 6

President's Column:

FREE AIR, HELP WANTED

The cycling season is in full force. As I write this column in early May we've had temperatures in the low 80s. Perhaps we're going to have a hotter than usual summer? June is the perfect month to join in our Tuesday night rides. Sunset is at 8:18PM on June 1st, giving us nearly 2 hours to ride. We have a full complement of Advanced, Intermediate, Newcomer, Bakery, and Trail rides scheduled. Come out and join in the fun.

The 24th annual Bike Swap was a success. Since next year will be our 25th anniversary, its not to early to begin thinking about ways to celebrate. Al and Jeanie Gain are to be congratulated on how smoothly and effectively we're able to accept a large number of cycling related items and sell a substantial portion of them. Every year I am amazed at their individual calmness and sense of humor and how those personal attributes make the entire event just happen. Under their direction what could be pure chaos turns into a finely tuned machine. Thank you to Bill Kragh for organizing the office staff; Greg Konieczny for organizing the check-in area; Bob Hinkle for turning the tennis courts into a well organized collection of bikes; Christine and Dave VanDornick for feeding us so well; and to everyone else who contributed part or all of their weekend. We had 59 volunteers - a fantastic turnout indeed and our success reflects on each and every one of you.. The swap is our major fund raiser and allows us to continue to finance our fun events as well as contribute to the community. A final thanks to whoever arranged to hold off the rain until the bikes were safely stored away on Saturday night and we were all cleaned up on Sunday.

The Arlington 500 is upon us as well. Call Greg Konieczny at (847)398-4633 and say "Hi Greg. What can I do to help with the Arlington 500". If you are too telephone shy to call Greg, then email him at

konie@mindspring.com instead. The 500 is Sunday May 23rd. Traditionally club members pre-ride the route the Saturday before the ride.

The May 26th club meeting will feature Mike Krueger. Mike is a regular cycling commuter. Mike will talk about the benefits and challenges facing commuting to work on a bicycle. Mike is also an avid touring cyclist and has made cycling part of his everyday life. There is not a club meeting in June. The July meeting is the progressive dinner ride on Saturday July 17th. The August meeting is the club picnic on Sunday August 22nd. Any issues or suggestions can be made to any of the club officers via phone or email.

One additional thank-you to those of you who have participated in January through May club planning meetings. We have made a long list of positive ideas on ways to improve AHBA. I look to you to help implement these over the coming months.

Please support our local bike shops. Sure it is possible to save a few pennies to support your cycling habit by ordering through a catalog or on the Internet. More importantly, when you make those purchases at a local bike shop you are ensuring the long-term viability of cycling in our community, access to service for your bicycle, access to new potential club members, and supporting fellow cyclists. These businesses are individually owned and operated by people with a love of cycling.

When I first began cycling, I thought all I had to do was to purchase a bike and ride. I didn't realize that I needed special clothes, tools, spare parts, a better bike, etc. Recently I figured out one important fact. I can fill my tires with air for FREE. I don't have to pay to purchase air to fill my tires. What a wonderful world.

On your left,
Gary Gilbert

<p>Presidents Gary Gilbert garygilbert@comcast.net 847-577-4275</p>
<p>Vice Presidents Dave & Chris Van Dornick 847-259-7917</p>
<p>Secretary Sue Smyczynski 847-899-7387</p>
<p>Treasurer Mitch Polonsky 847-255-1873</p>
<p>Refreshments Jan McCandless 847-680-1729 Carl Jester</p>
<p>Membership Cecily Rood 847-398-7448</p>
<p>Newsletter Editor Tom Wilson tomwilson@wideopenwest.com 847-632-1412</p>
<p>Newsletter Mailing Jim Shoemaker imjims@msn.com 847-910-8640</p>
<p>Bike Swap Al & Jeanie Gain 847-392-1547</p>
<p>Arlington 500 Greg Konieczny konie@mindspring.com 847-398-4633</p>
<p>Web Site Cindy Trent ctrent@dist214.k12.il.us 847-392-6750</p>
<p>AHBA Ride Hotline 847-255-3468</p>
<p>Web Address http://www.cyclearlington.com</p>

Check out our web site at
www.cyclearlington.com
Send updates to Cindy Trent

Upcoming Club Meetings: May 26, 2004

Our goal is to have fun programs about cycling at each meeting. We're always looking for new ideas. Please share yours with any club officer. We meet the 4th Wednesday of the month at 7:30PM at Recreation Park.

May 26, 2004 Mike Kruege

The board meets at 6:30PM on the same evening and all members are invited to participate.

The meeting will be at Recreation Park in Arlington Heights

Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Email your information, ride stories, articles, photos (send or email) with captions to me by the 10th of the preceding month.

Tom Wilson

105 N. Elmhurst Ave.
Mt. Prospect, IL 60056

tomwilson@wideopenwest.com

Ride Coordinators

Advanced Rides:

Christine and Dave VanDornick

Intermediate Rides: Alan Gibbs

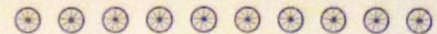
Tuesday Night Rides: Vince Kelly

Wednesday Trail Rides: Art Cunningham

New Comers Rides: Jim Shoemaker

Trivia:

A Google Search on the internet for CYCLING returns approximately 8,490,000 responses. A second search for CYCLING ARLINGTON return 39,700 responses. And finally a third search for THE CYCLIST FORMERLY KNOWN AS EARLE returns 58 responses.



2004

AHBA Top Mileage Riders

The top 20 riders as of 5-10-04

1. Bob Hinkle	741
2. Mitch Polonsky	683
3. Art Cunningham	656
4. Christine Van Dornick	613
5. Len Geis	567
6. David Van Dornick	545
7. Bena Gerber	498
8. Greg Konieczny	469
9. Reinhilde Geis	460
10. Bob Dominski	419
11. Dave Martin	369
12. Vince Kelly	358
13. Paula Matzek	327
14. Tom Drabant	299
15. Earle Horwitz	299
16. Kris Sudrovech	284
17. Gary Gilbert	257
18. Jackie Kelly	257
19. Ralph Salle	239
20. Diane Ghertner	200



Readers are invited to help respond to the attached letter. Please send your responses to the newsletter editor.

Dear Abby:

I'm going on a bike ride in a few weeks. The organization that runs the ride has offered a really cool looking cycling jersey for sale. I really like the way it looks and I already have socks to match. I used to be addicted to cycling t-shirts and after a long hard battle, I won over those demons. Now I may have transferred my addiction and I fear becoming the Imelda Marcos of cycling jerseys. I've already ordered jerseys for two other rides I'm doing this summer.

I'm sure I could give away some of my older jerseys but its hard to make sure they end up at a good home. Unlike t-shirts they can't be used for cleaning the bathroom or washing the car.

How many jerseys are too many? How do I know if I have a problem?

AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	9:00 am	Deerfield Bakery Ride	C	Willow Stream Park	The park is located on Old Checker Rd. a half mile west of the bakery on Buffalo Grove Rd. Just N. of Lake-Cook Rd. Enjoy the goodies at the Bakery after the ride	25, 45	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Every Tues night	6:30 pm	Tuesday Night Ride	I	Recreation Park	Bring a snack along, some routes have few lunch options	10, 15	Vince Kelley 847-259-6899
Saturday May 22	9:00 am	Arlington 500 pre-ride	A,I	Barrington High School	Bring a snack along, some routes have few lunch options	32, 65	Greg K. 847-398-4633
Sunday May, 23 THE ARLINGTON 500. COME AND HELP OUT THE CLUB!							
Sat-Sun May 29-30		The Stateline 60	A,I C	Rockford, IL	A great invitational on quiet roads Breakfast Great chow too	60	
Monday May 31	8:30 am	Just a Ride	A,I	Recreation Park	Get out and Ride!	35	
	7:30 am	Lincoln Park Zoo Ride	A	Recreation Park	Show -n-Go to Lincoln Park Zoo	75	Gary Gilbert 847-577-4275
Saturday June 5	8:30 am	Crystal Lake Ride	A	Frontier Park	Lunch in Crystal Lake, a few hills on the way	68	Chris and Dave 847-259-7917
	9:00 am	A birthday ride	I	Bena's home 723 Plumtree Ln, Wheeling	Breakfast in Algonquin. Advanced riders welcome on the ride with cake & ice cream afterwards	45	Bena Gerber 847-459-4921
Saturday June 12	8:30 am	Schaumburg and beyond	A	Frontier Park	Breakfast out west somewhere	50	
Saturday June 19	8:30 am	Lakewood Bridge Ride	A	Frontier Park	Lunch in Highland Park	53	Chris and Dave 847-259-7917
Saturday June 26					TBA		
Saturday July 3					TBA		
Saturday July 10	8:30 am	Volo Bog Ride	A	Frontier Park	Lunch in McHenry after the bog	70	Chris and Dave 847-259-7917

Call the Van Dornicks at 847-259-7917 to add rides or for ride schedule details.

Call AHBA Ride Hotline 847-255-3468 or see the web site for updates/change

A = Advanced (12-15 mph average) ¹ Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.
 I = Intermediate (moderate pace) ² Recreation Park is located in Arlington Heights at Miser & Douglas.
 N = Newcomers (pace will depend on ability of participants) ³ Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District.
 C = Choose your own pace

INTERMEDIATE RIDE SCHEDULE

Date	Time	Ride Leader Phone#	Starting Point	Miles	Description
Saturday June 5	9:00 am	Bena Gerber 847-459-4921	Bena's home 732 Plumtree, Wheeling.	45	To: Lang's Restaurant (if open) in Algonquin, Bena invites the Advanced Riders on the ride with cake & ice cream afterwards; it's a B-Day party for 2.
Saturday June 12	9:30 am	Earle Horwitz 847-374-1129	Remote start Fox River Forest Preserves	35	Broken Out - Old Dog, New Truck ride, Directions: Rand Rd. west to Miller Road. Left at Miller to River Rd. Right on River Rd. to Roberts Rd. 1 mile left on Roberts from River Rd. Forest Preserve entrance is on the left. Broken Out opens for lunch at 11:30.
Saturday June 19	9:00 am	Paula Matzek 847-394-4920	Frontier Park	35	Miso and Onk ride. A ride through the area west of AH stopping at Brothers BBQ restaurant (Onk) other choices are available - and Obeyesee Dairy (Miso). Helmet stickers supplied.
Saturday June 26	9:00 am	Sue Smyczynski 847-899-7387	Frontier Park	?	Ride distance and destination: like whatever!

New Comers Ride, Sunday, June 27. Starts at Frontier Park at 9:00 am. (Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.) Bring: water, extra tube, pump, tire levers, your bike will be safety checked. Also bring sun glasses or safety glasses.

For more information call Sue Smyczynski 847-899-7387

RIDES OF A DIFFERENT FLAVOR

June Wednesday Chicago Area Bike Path/Trail Rides 2004

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
6/2	9:00	40/62 partial loops	Loops of the Aurora Spur of the Prairie Path	Roy C. Blackwell F. P., Warrenville (Mack Rd. entrance)	Go east I-90; go south IL-59; go right Mack Rd. 1/2 mile; Forest preserve parking on the left.	Packed crushed stone, some paved ***
6/9	9:00	40/52	Salt Creek to Waterfall Glen	Willow Springs Access I&M Canal F. P.	Go south on I-294; go left (east) on I-55; go south on US-45; go rt. on Archer (IL-171); go rt. on Cliffside Dr. to parking under the Willow Springs (Wentworth) bridge past the tracks	40 miles paved trail & streets; 12 miles crushed stone in Waterfall Glen
6/16	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 Joe Irons, Host - 359-0551
6/23	9:00	46 partial loop	North Portion Lake Co. Des Plaines Riv. Tr.	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 ***
6/30	9:00	55	Ride to Illinois Beach	Lakewood F. P. Millennium Trail access	East of Fairfield Rd. opposite Ivanhoe Rd. just south of IL 176	Packed stone paved. Short park loop, sandy.

*** approved for narrow tires ** wide tires recommended * wide tires required
Bring snacks and plenty of water to drink - Check with Art Cunningham - 847-963-8746 for details

How To Safely Ride in a Group

There are a lot of advantages to riding with a group. With safety in mind, a group is more visible to drivers. There is security in numbers, just in case someone has a mechanical problem or a flat tire. If you are riding in a new area, someone else probably knows the area, has a map or even a GPS. It's FUN! It is important, however, to understand that riding in a group is different than riding alone and riding styles may need to be adapted.

Listed below are some of the group riding suggestions that I found on numerous websites (websites are credited below, check them out for even more information).

Stay Alert - an accident can happen in a split second. Be aware of riders in front and behind of you. Maintain a safe distance from the rider in front of you. If they move to avoid a road hazard you want to have room to react.

Communicate - if you need to brake unexpectedly, yell "Slowing!" Point out or yell for road hazards, holes or glass. Announce when you are passing other riders.

Pass on the Left - no one expects another rider to pass on the right unless it is an emergency. Make sure you announce your intentions.

Hold Your Line - be predictable.

Share the Road - in most areas it is necessary to ride single file. On side roads with no traffic two abreast can sometimes work.

Move Off the Road - if it is necessary to stop, move off the road so not to block traffic. Do not move back onto the road as a group. Each cyclist is responsible for their own safety, make sure to look for traffic and yield if needed.

Tailwinds,
Nancy

SUMMER RIDES

Club members are looking forward to a number of cycling adventures this summer. Consider joining in the fun on one or more of the following. If you are planning on other rides, send a note to Tom Wilson for inclusion in the next newsletter. Club mileage credit is given for out of state rides if 3 or more riders participate and the ride is announced in the newsletter.

TOMRV Weekend-June 12th and 13th-This Saturday/Sunday ride is a Tour of the Mississippi River Valley from Bettendorf, IA to Dubuque and back. 100 mile or 50 mile per day routes are available. TOMRV is sponsored by the Quad Cities Bike Club and includes baggage service, sag stops, overnight accommodations at Bettendorf plus a delicious buffet dinner. Several club members are already signed up and ready to go. If you're interested, contact Greg at 847-398-4633 or konie@mindspring.com. Greg Konieczny

GOBA - Great Ohio Bicycle Adventure - June 19-26, 2004 - Contact Tom Drabant - <http://www.goba.com>

POWWOW's - Wisconsin's Fox Valley Tour - June 20-25, 2004 - Contact Bob Hinkle - <http://www.wisconsinbicycletours.com>

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Sparta Elroy Weekend- July 16, 17, 18 - Starts in Wilton between Elroy and Sparta, Camp or motel it, Call Jim Shoemaker for details 847-259-1692.

Bon Ton Roulet - Finger Lakes, NY - July 25-31, 2004 - Contact Don Ami -<http://www.bontonroulet.com/>

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Cycling Door County Wisconsin - August 1-? - Contact Jan McCandless or Bena Gerber

Mississippi River - Minneapolis to New Orleans - August 21-September 15, 2004 - Contact Marilyn Wilkerson - <http://www.abbike.com/>

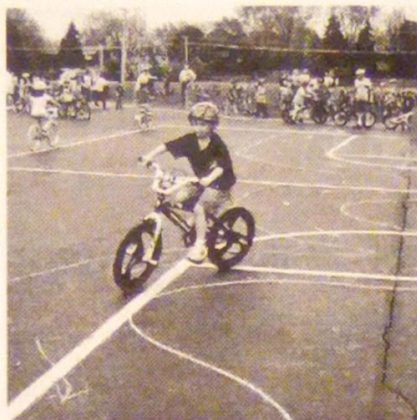
Hilly Hundred - Bloomington, IN - October 16 and 17, 2004, We have accommodations for Friday and Saturday night at the College Motor Inn near downtown Bloomington. The room charge for 2 nights is \$177.60 for 1 bed or \$188.70 for 2 beds. A pot luck dinner is planned for our group on Saturday. And oh by the way, with a name like "Hilly Hundred" you might have to expect a "few" hills along the way. Contact Greg at 847-398-4633 or konie@mindspring.com if you're interested.

Bike Rodeo

By Bob Hinkle

Over the past five years the AHBA have been giving away a quality bicycle helmet each month during the school year to children in Arlington Heights. The Bicycle Helmet Safety Program was started in remembrance of Emil s Donkers a one time active member of the AHBA. Emil loved to ride and was concerned about bicycle safety.

This year the AHBA also provided 10 Giro Kickfire Helmets for the Ivy Hill Elementary School, bicycle rodeo. The rodeo was sponsored and run by the Ivy Hill PTA. After registration the children had their bicycles checked by Andy (Arlington, Village Cycle Sport) and Bill (Arlington Bicycle Company). Then it was on to the rodeo, cycling course, which was set-up and run by members of the Arlington Heights Bicycle Commission



Riding the curve course

and members of the Arlington Heights Bicycle Association. Each rider had their helmet checked to be sure it was properly adjusted before going onto the course. The course consisted of a slow ride, salaam ride around cones, the curve ride and fast straight ride. The course would challenge many of our own members.

After completing riding portion of the rodeo the children were given a copy of the booklet Safe Bicycling In Illinois. A policeman from Arlington Heights also talked to the children about biking rules and the importance of wearing a helmet

A drawing was held near the end of the rodeo for the helmets. The ten recipients couldn't, wait to put their new helmets on and where they should be when they are riding their bikes.



Helmet winner



Andy inspecting participants bikes



Helmet winner



Making sure the helmet is properly adjusted

AHBA Photo Contest

Announcing the first annual AHBA photo contest! Quite a few AHBA members also enjoy photography, so we've decided to hold a contest.

Rules:

- * Entries may only be submitted by AHBA members.
- * Entries may only be submitted by the original photographer.
- * Entries must be submitted to Carl Jester at least one month prior to the AHBA banquet.
- * Entries must have been taken in 2004
- * Members may submit up to two entries per category.
- * Each photo may only be submitted once; the same picture may not be entered in multiple categories.
- * Entries should be no larger than 5x7.
- * Entries will be posted on the AHBA web site; submitter must grant AHBA a non-exclusive right to do so. The entry form and release will appear in a future newsletter.
- * AHBA reserves the right to reject any entry.
- * AHBA reserves the right to amend these rules.

Categories:

- * AHBA rides (single day or weekend): Photos (any subject) taken during an AHBA ride. Please include which ride the photo was taken on. Excludes major tours such as GRABAAWR, includes rides such as TOMRV or Milwaukee.
- * Any bike tour: Photos (any subject) taken during a bike tour, such as GRABAAWR and RAGBRAI. Tour does not have to be on the AHBA schedule. Please include which tour the photo was taken on.

- * Cycling specific: The subject must be cycling or cycling related (does not need to be AHBA specific).

Prizes:

- * The admiration of your peers.

Judging:

- * Photos will be on display at the banquet. All members attending the banquet will be given a ballot. Ballots must be submitted by the start of the meal so they can be counted.

Hints & Comments:

- * Be respectful & considerate. Please note that there are no categories for "best candid" or "most embarrassing." Respect the wishes of those who don't want their picture taken.
 - * Ride safely and don't allow picture taking to interfere with the ride. If you want action shots, ride ahead and wait for the group to come into view.
- If you want to stop for a photo, let somebody know you're stopping, then use the cue sheet to catch up - don't impose on the group.
- * Don't be afraid to try. Pack a disposable in your jersey pocket or seat bag if you want a low cost way to try it out.
 - * Significant digital alterations are discouraged. (Adjusting color and contrast in Photoshop is fine, pasting Lance Armstrong's head on somebody else's body is not.)

Important Club Dates

July 17, 2004 Progressive Dinner
 August 22, 2004 Annual Picnic
 September 18-20, 2004 Milwaukee Ride

ahbacyclists@yahoogroups.com

Club email is available as Arlington Heights Bicycle Association is a registered Yahoo Group. Visit <http://groups.yahoo.com/group/ahbacyclists/> for more information. To join the group, send an email message to ahbacyclists-subscribe@yahoogroups.com. If you want to join the group and are having problems, contact Gary Gilbert at garygilbert@comcast.net. Once you join the group, you will receive email distributed to other club members and you can send email to the club members without knowing others email addresses by sending email to ahbacyclists@yahoogroups.com

MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) _____
Address _____ email _____
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 here by 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

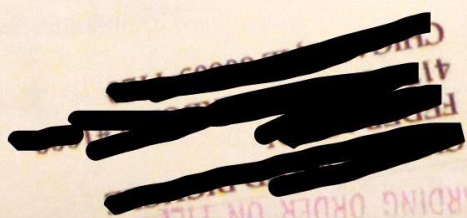
Membership for both Individuals and Families = \$15

Family Members under 18 yrs. _____ Age _____
_____ Age _____
_____ Age _____

Make check payable to Arlington Heights Bicycle Association



AHBA Ride Hotline 847-255-346



RETURN TO WRITER 60115
UNDELIVERABLE AS ADDRESSED
NO FORWARDING ORDER ON FILE

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



THE SPOKEN WORD

JULY 2004

VOLUME 33, NUMBER 7

President's Column:

BE PASSIONATE, HELP WANTED

This morning Venus made its transit across the face of the sun. This was the first time this particular astronomical event has happened since 1882. The Venusian transit only occurs four times every 243 years. Two are in December, eight years apart, and then 121.5 years later there are two June transits, also eight years apart. After another 105.5 years the cycle begins again. If you missed arising at 5:18AM on June 8th, the next passage will occur in 2012 but will not be visible in many parts of the world. In 1882 Peugeot introduced the Le Grand Bi Penny-Farthing Bicycle. Bicycles have certainly evolved dramatically since the last Venusian transit.

The 2004 Arlington 500 was a success. Despite the gloomy weather forecast, and Greg Kionieczny's last minute car problems, approximately 150 cyclists participated. The rides had better weather than the few members who attempted the pre-ride on the day before the 500. Thanks to Greg for organizing the event. Planning for the Arlington 500 starts long before the middle of May and is a significant contribution by Greg to make sure we have the best invitational ride possible. Next time you see Greg, please thank him personally for the success of the 500. I also want to thank the rest of the club members who handled registration, rest stops, and the most coveted position of SAG drivers. Barnaby's struggled to keep up with the eating frenzy at the post ride party.

Our full summer schedule of rides continues. Please call one of the ride coordinators and volunteer to lead a ride. If you haven't led a ride ask to co-lead a ride with an experienced ride leader. Leading a ride is a chance to lead the club down your favorite routes or out of the way lunch stop. Rarely, but it does occur on occasion, a ride leader has been known to teach Bob Hinkle a new route variation or even a new previously unknown passage.

Here comes the Help Wanted part: The Arlington

Criterion is Saturday July 31, 2004. See <http://www.arlingtonbikerace.com/> for details. There are not any club rides scheduled that day, as club members will be helping out. Karen Zmrhal is coordinating our assistance. Please give her a call at (847) 397-1499 and offer a few hours to help support this exciting event. AHBA has been a strong contributor to our community. Please continue that tradition.

The people I meet while cycling are passionate individuals. That passion is evident no matter how one participated in cycling. The dictionary defines passion as Boundless Enthusiasm. I often wonder if passion brings people to cycling or does cycling bring passion to peoples lives? At this years club meetings we've heard from cyclists whose passions are solo touring, heritage bicycles, leading tours, mountain biking, and commuting. All those cyclists are passionate about cycling in different ways. Members of our club are passionate about those and many other aspects of cycling. Consider writing an article for the newsletter about the parts of cycling that motivate you.

I am not a fan of what the club has come to call "disease rides". In my opinion these rides often don't raise significant funds for the charities they claim to help. In some well known situations these rides are commercially oriented with some small portion allocated to a charity to encourage public interest. Despite my skepticism, every now and again I am surprised and come across a story that inspires me. Read the story elsewhere in the newsletter about Charlie Hamilton. I stumbled across his story on the Internet. Charlie is combining his passions - cycling and baseball - to visit every major league ballpark by bicycle - and doing something good along the way. Charlie will be in Chicago in August.

On your left,
Gary Gilbert

<p>Presidents Gary Gilbert garygilbert@comcast.net 847-577-4275</p>
<p>Vice Presidents Dave & Chris Van Dornick 847-259-7917</p>
<p>Secretary Sue Smyczynski 847-899-7387</p>
<p>Treasurer Mitch Polonsky 847-255-1873</p>
<p>Refreshments Jan McCandless 847-680-1729 Carl Jester</p>
<p>Membership Cecily Rood 847-398-7448</p>
<p>Newsletter Editor Tom Wilson tomwilson@wideopenwest.com 847-632-1412</p>
<p>Newsletter Mailing Jim Shoemaker injims@msn.com 847-910-8640</p>
<p>Bike Swap Al & Jeanie Gain 847-392-1547</p>
<p>Arlington 500 Greg Konieczny konie@mindspring.com 847-398-4633</p>
<p>Web Site Cindy Trent ctrent@dist214.k12.il.us 847-392-6750</p>
<p>AHBA Ride Hotline 847-255-3468</p>
<p>Web Address http://www.cyclearlington.com</p>

Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Email your information, ride stories, articles, photos (send or email) with captions to me by the 10th of the **preceding** month.

Tom Wilson
105 N. Elmhurst Ave.
Mt. Prospect, IL 60056
tomwilson@wideopenwest.com

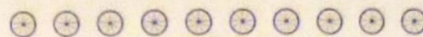
Ride Coordinators

Advanced Rides:
Christine and Dave VanDornick
Intermediate Rides: Alan Gibbs
Tuesday Night Rides: Vince Kelly
Wednesday Trail Rides: Art Cunningham
New Comers Rides: Jim Shoemaker

Medical Information Kit

If all goes according to plan, you should receive a Medical Information Carrier System inside this newsletter. The systems were given to each participant on the Arlington 500 and AHBA purchased sufficient quantities to provide one to each club member.

The system incorporates a 1/2-inch round, red and white insignia/decals that adheres to the outside of the helmet. The external decal is made of a reflective material. Emergency and law enforcement personnel can recognize it immediately and know to look inside the helmet for the 1 1/2 x 4 1/2 inch medical information sheet slipped inside a bright orange plastic carrier envelope. The plastic carrier is attached to the inside of the bike helmet by double-faced tape. The adhesive was tested extensively with high-pressure water and

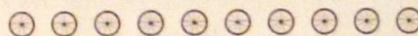


2004

AHBA Top Mileage Riders

The top 20 riders as of 6-5-04

1. Bob Hinkle	1274
2. Art Cunningham	1144
3. Mitch Polonsky	1128
4. Len Geis	867
5. Christine Van Dornick	845
6. Reinhilde Geis	731
7. David Van Dornick	726
8. Earle Horwitz	688
9. Bob Dominski	610
10. Bena Gerber	583
11. Greg Konieczny	580
12. Vince Kelly	456
13. Paula Matzek	451
14. Kris Sudrovech	416
15. Chris Wager	414
16. Dave Martin	413
17. Geri McPheron	374
18. Gary Gilbert	372
19. Jan McCandless	364
20. Wayne Woodworth	359



steam to ensure that it would adhere well to the inside of any helmet. The information sheet itself is a waterproof, synthetic polyolefin material that resists grease, blood, oil and other stains. The helmet owner uses a ballpoint pen to complete the pertinent information, including emergency contacts, medical/surgical history, medications and allergies

Jersey Sale

The club jerseys contain the slogan Ride to Live, Live to Ride. Did you know that there is a song by Twisted Sister with that same title? We have one jersey left for purchase. Woman's size Medium. Price \$45. Contact Gary Gilbert if you are interested

Check out our web site at
www.cyclearlington.com
Send updates to Cindy Trent

AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	9:00 am	Deerfield Bakery Ride	C	Willow Stream Park	The park is located on Old Checker Rd. a half mile west of the bakery on Buffalo Grove Rd. Just N. of Lake-Cook Rd. Enjoy the goodies at the Bakery after the ride	25, 45	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Every Tues night	6:30 pm	Tuesday Night Ride	I	Recreation Park	An easy ride on city streets, relax and talk with friends	10, 15	Vince Kelley 847-259-6899
Saturday June 19	8:30 am	Lakewood Bridge Ride	A	Frontier Park	Lunch in Highland Park	53	Chris and Dave 847-259-7917
Saturday June 26					Check the rideline for the latest information		
Saturday July 3					Check the rideline for the latest information		
Saturday July 10	8:30 am	Volo Bog Ride	A	Frontier Park	Lunch in McHenry after the bog		Chris and Dave 847-259-7917
Saturday July 17	10:00 am	Progressive Dinner Ride	A + 1	1806 Azalea Ln Mount Prospect	A well attended event. You must RSVP to Chris Van Dornick by 7-10 at chnstiv@golencoe.com Or at 847-259-7917	35-40	
Saturday July 24	8:30 am	Wauconda (former Biloxi Ride)	A	Frontier Park	Lunch in Wauconda	60	Chris and Dave 847-259-7917
Saturday July 31	CRITERIUM EVENT COME TO HELP We may ride later in the day. Still depends on time available.						

Call the Van Dornicks at 847-259-7917 to add rides or for ride schedule details.

Call AHBA Ride Hotline 847-255-3468 or see the web site for updates/change

A = Advanced (12-15 mph average)	¹ Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.
I = Intermediate (moderate pace)	² Recreation Park is located in Arlington Heights at Miner & Douglas.
N = Newcomers (pace will depend on ability of participants)	³ Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District
C = Choose your own pace	

INTERMEDIATE RIDE SCHEDULE

Date	Time	Ride Leader Phone#	Starting Point	Miles	Description
Saturday June 19	9:00 am	Paula Matzek 847-394-4920	Frontier Park	35	Moo and Oink ride. A ride through the area west of AH stopping at Brothers BBQ restaurant (Oink!) - other choices are available - and Oberweis Dairy (Moo!). Helmet stickers supplied.
Saturday June 26	9:00 am	Sue Smyczynski 847-899-7387	Frontier Park	?	Ride distance and destination: like whatever!
Saturday July 3	8:30 am	Nancy Wagner	Frontier Park	40-45	Recipe for a Great Saturday! Be with Your Friends, Enjoy the Scenery, Beat the Heat (Ride Early and Let Someone Else Cook & Yes, there will be a food stop).
Saturday July 10	9:00 am	Ron & Geri McPherson	Frontier Park	30	Ride around Schaumburg with food stop
Saturday July 17				?	Progressive Dinner
Saturday July 24	9:00 am	Vince and Jackie Kelley	Frontier Park	50	Ride to Lake Forest with food stop.
Saturday July 31					no ride scheduled as volunteers needed for Arlington Criterium

Mailbag

Contact Gary Gilbert if you are interesting in any of the following:

- Club Newsletters from Wheeling Wheelmen, Elmhurst Bicycle Club, Schaumburg Bicycle Club, Evanston Bicycle Club, and Chicago Cycling Club.
- The Tour de France Companion
- Bicycling Magazine
- Rails to Trails Magazine

- Chicago Area 2030 Regional Transportation Study
- Ride Brouchures from Hancock Horizontal Hundred Sept 12, Findlay Ohio; Garden of Eden Tour June 26 Galesville Wisconsin; Biking Illinois July 17-22; Hill and Hollow July 10 Biggsville Illinois; Bike to Build June 26 Centreville Michigan; Scenic Shore 150 July 24 Brookfield Wisconsin; Great Arizona Bicycle Adventure October 2-10; Kiwanis Fun Day Ride August 28 Mt Vernon Illinois;
- League of American Bicyclists membership application;
- Cycling Friendly Community brochure.

RIDES OF A DIFFERENT FLAVOR

July Wednesday Chicago Area Bike Path/Trail Rides 2004

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
6/23	9:00	46 partial loop	North Portion Lake Co. Des Plaines Riv. Tr.	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 ***
6/30	9:00	55	Ride to Illinois Beach	Lakewood F. P. Millennium Trail access	East of Fairfield Rd. opposite Ivanhoe Rd. just south of IL 176	Packed stone paved, Short park loop, sandy.
7/7	9:00	65	I&M Trail - Morris to Lockport	Channahon access	I-55 south to US-6; exit west to Canal (just before bridge over canal); left to parking on the right.	Packed stone, city streets through Joliet
7/14	8:00	80	Super Dog Ride	Half Day Woods F. P	Go north on Milwaukee (US-45) / IL-21 to Half Day; Strait on IL-21 1.7 mi. to entrance on right.	Packed stone, paved trails, connecting streets ***
7/21	9:00	Est. 65	Moraine Hills to Hebron	Moraine Hills State Park	Go north on Rand (US12) to W Liberty (IL176); go left to River Rd. to 1st parking lot on right.	Packed stone, connecting roads
7/28	9:00	57	Great Western Ride to Sycamore	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 ***

*** approved for narrow tires ** wide tires recommended * wide tires required
Bring snacks and plenty of water to drink - Check with Art Cunningham - 847-963-8746 for details

Safety Check From the Safety Chick

Gear - we love it. Gear makes our ride more comfortable. Gear makes us look better. Some gear makes riding safer. The following list includes a variety of items that contribute to a safe ride.

Gloves - Other than helmets gloves are the most used item of bicycle safety equipment. Gloves are available in a variety of styles. In case you fall, they will protect your hands. Gloves are padded to provide cushioning from compression stress.

Eye protection - To keep debris, bugs and rain out of your eyes, glasses are a great help. Using the appropriate color lens for the time of day and lighting conditions is important.

Tires - There are many styles of tires suited to all types of uses and riding conditions. Your local bike shop can determine the correct tread, material and style of tire for your use.

Flags - a variety of bike flag styles are available. On open roads and highways cyclists use white or bright colors flags attached to their back or the back of the bike. Recumbent bicyclists use flags attached to a tall pole to increase their visibility.

Toe clips, clipless pedals and cleats - To avoid your foot slipping off the pedal, riders use toe clips, clipless pedals and cleats to provide stability. Proper

adjusting is important so riders efficiently position their foot or clip-in. Careful - don't cause an unsafe condition looking away from the road and down to check the position of your foot.

Active lights - If you ride near or after dark, lights will help you see where you are going. More importantly, they will help you to be seen. A flashing red, rear light, wheel reflectors and additional types of motion indicators all help to make you visible.

Reflective materials - These materials are great, when a car's headlights shine on the material. Caution -- They gain a driver's attention but not all drivers will immediately realize that you are a cyclist or exactly how far away/near you are to them.

One final, really important safety tool - **your brain**. The brain can protect the rider to avoid more injuries than any kind of gear. Don't let emotion take over, stay aware and ride safely.

Tailwinds,
Nancy

S U M M E R R I D E S

Club members are looking forward to a number of cycling adventures this summer. Consider joining in the fun on one or more of the following. If you are planning on other rides, send a note to Tom Wilson for inclusion in the next newsletter. Club mileage credit is given for out of state rides if 3 or more riders participate and the ride is announced in the newsletter.

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Mississippi River - Minneapolis to New Orleans - August 21-September 15, 2004 - Contact Marilyn Wilkerson - <http://www.abbike.com/>

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Last month we published a letter from a reader who wondered whether they had a cycling jersey addiction. This month we publish a response:

Dear Confused In Illinois:

You asked: "How many jerseys are too many?". This is like the age-old question of "What is the sound of one hand clapping?" Or another analogy is about the man who wanted a house but then realized: "Why for do I need but two rooms: The one I'm in and the one I'm going to?" To some it is like Oreo cookies: "One is never enough."

Your second question was: "How do I know if I have a problem?". Problems are problematical, which often means

the solution might be hanging right in front of us and we don't realize it. Speaking of hanging, do you hang or fold your jerseys? I've found I have a terrible problem when I fold clothes similar to this. There seem to be creases that don't go away quick enough. You talk about problems. Just the other night I had a major engagement and one of my favorite dresses had wrinkles that would just not go away.

I'm so glad I was able to help you.

Abigail

Dear Confused in Illinois,

You have a problem when you begin to ask how many jerseys are too many.

Lee Venet

Going for the cycle: An 11,000-mile trek to see every ballpark

PAUL NEWBERRY, AP Sports Writer

Charlie Hamilton enjoys cycling and always wanted to see every major league ballpark. Hey, why not combine the two passions?

The Red Sox fan set off last weekend on a six-month, 11,000-mile sojourn that will take him from Atlanta's Turner Field to Boston's Fenway Park -- with Dodger Stadium, Wrigley Field and 26 other big league stadiums sprinkled in along the way.

Excusing the mixed metaphors, this is hardly a slam dunk.

"I hope I can pull it off," said Hamilton, sounding a bit worried about keeping his 80-mile-a-day schedule. "It's going to be tough. There might be times when I have to cheat and take a bus, just to make up time."

At first glance, Hamilton's quest seems, well, a bit kooky.

He gave up his job as a software engineer, with no guarantee it will be there when he gets back. He left behind his wife of seven years, knowing they won't get many chances to see each other over the next six months. Though he's trying to go on the cheap -- camping out along the way, relying on the generosity of friends, family and strangers -- the trip could cost \$20,000.

"When I told my parents, they were like, 'OK, next subject,'" Hamilton said. "It took a while before they finally believed I was serious about it. My boss was like, 'You're crazy.'"

Actually, the genesis of this big adventure was a question from Hamilton's wife, Molly. She asked if there was anything he had always wanted to do. "Gee, I'd love to see all the ballparks," he replied. Hamilton also had done some cycling over the years. "Why not combine them," he thought to himself.

The idea grew from there. Last September, as the pennant races were winding down, Hamilton geared up. He unfolded a map of the country and began planning things out.

"I didn't know if it was even possible," said Hamilton, who couldn't finalize his plans until baseball released its 2004 schedule.

While the trip started out as a purely personal endeavor, he wound up with a higher purpose: raising money for cancer research.

Hamilton got together with the Pan-Mass Challenge, which runs the country's most successful cycling event for charity in his home state. Since 1980, more than \$102 million has been generated for research and treatment at the Dana-Farber Cancer Institute.

The arrangement made sense -- Dana-Farber's work is supported by the Jimmy Fund, the official charity of the Red Sox.

Hamilton hopes to raise \$125,000 for the Jimmy Fund, using his Web site and business cards -- made up by his wife -- that he'll hand out along the way. He's asking for donations of a penny per mile, which works out to about \$110.

"I really don't care about getting publicity for myself," Hamilton said. "But if I can help raise money for charity, that's great."

Through the Pan-Mass Challenge, Hamilton met 15-year-old Eric Donovan, who is being treated for bone cancer in the Boston area. They plan to stay contact via e-mail and cell phone.

"It gives him a different focus," said Donovan's mother, Kathie. "We can at least help raise some money."

Billy Starr, executive director and founder of the Pan-Mass Challenge, said the organization has worked with plenty of other cyclists on cross-country treks.

"But Charlie is the first one using the ballpark motif to propel himself across the country," Starr said.

Hamilton, who lives in suburban Boston, flew to Atlanta last week to

begin his trip. He watched the Braves play an exhibition game against the Red Sox at Turner Field, then headed off for an eight-day ride to Miami's Pro Player Stadium. He'll attend Sunday's game between the Marlins and Phillies.

Checking in from the road Wednesday, Hamilton said a couple of flat tires were his only problems thus far. Oh yeah, his rump was a little sore, too, but he was a bit ahead of schedule, pedaling 110 miles on his third day.

"I stop to eat a huge lunch," Hamilton said by cell phone from Marineland, Fla., south of Jacksonville. "It's great. You can eat whatever you want."

He plans to end his trip Sept. 26, the Red Sox final home game against the New York Yankees ("I hope I can get a ticket," he writes on his Web site).

By then, if all goes according to plan, he will have experienced a big part of Americana. Chicago's Wrigley Field is No. 1 on his list. Dodger Stadium is another prime target, along with the new parks in San Diego and Philadelphia. Even Tropicana Field, a generally reviled dome in Tampa, will get a look.

"I definitely want to see them all," Hamilton said. "I'm not real thrilled about Tropicana Field, but I definitely want to see it."

The schedule is tight in some places. A rainout could mess things up, since he'll make some stops right before the home team leaves on a long road trip. Riding in stormy weather is another concern.

Already, though, the trip has given Hamilton a new view of life. He got a couple of free lunches, plus a free haircut, from those who admire the magnitude of his journey.

"I'm usually kind of a cynical person," Hamilton said. "People have been great to me about the whole thing. It's been a really nice experience."

A NEW CONTEST!

You've read about the Photo Contest. Now read about another contest, this one dreamed up by some easily-amused sweep riders on the Arlington 500. It's the GREAT ROADSIDE TREASURE HUNT! Keep your eyes out for some unusual treasures as you are out biking this summer and fall. Bring your most unusual or special "found-on-the-roadside" item to the banquet in November. Most unique object wins!

Good luck!

IF IT'S SATURDAY, IT MUST BE RAINING, or You Can't Have Fun Like This in Rockford

by P.L. Matzek

On a recent Saturday morning ten riders in training for G.O.B.A. and other upcoming tours met at Barrington High School. They had high hopes of FINALLY getting to do the entire 68-mile route of the Arlington 500. 9:00 was the agreed-upon start time, so of course at 9:00 sharp, the raindrops started falling. "Let's go anyway" said the intrepid ten. "It will probably stop soon."

Eighteen miles later, with no let-up in sight, seven of the riders decided to turn back. What they'll never know is, did the other three riders actually complete the route, or did they too cut it short?

IF IT'S MEMORIAL DAY, IT MUST BE RAINING

by P.L. Matzek

Could we just get one day of the holiday weekend without rain? No. But at least this ride was ridden partially under sunny skies. Six riders actually rode a record-breaking 35 miles, with a well-timed motel overhang and Baker's Square lunch stop keeping them protected from the most torrential of the rains.

Two of the riders actually made the supreme sacrifice by ordering pie after breakfast so that we might remain in the restaurant until the rain had fully stopped.

BOOK REVIEW

"The Race" by David Shields

by Cindy L. Trent

As many of you know I will be going to France this summer to watch the tour so when I found a book about the tour I just had to read it. "The Race" is a fictional story about Ben Barnes, a bike racer from the US, who gets the opportunity to ride as a domestique for a European team. As Ben in going through various stages in the tour his mind wanders and recalls parts of his cycling past from races to getting his first bike and his first crash. It's really great story telling. I couldn't put it down. After a Wednesday ride with Wheeling I managed to stay up until nearly midnight to finish the book.

Enjoy.

PLEASE CIRCLE JULY 31 ON YOUR CALENDAR!

The Arlington Criterion Bike Races are coming to town again! Sponsored by the Village of Arlington Heights, the Arlington Heights Bicycle Association has been invited to help with the races.

Please save Saturday, July 31, 2004 on your calendar. No rides will be scheduled for that day in anticipation of members of the club helping at the event. We will asking club members to sign up as marshals to help in controlling the crowds around the race course - in shifts of 3-4 hours. You can enjoy being right up front and the races are really fun to watch!

In addition to the time commitment on Saturday, there will be 1 instructional meeting - probably on Thursday night before the races for 1-1 1/2 hours.

The benefits are: you get to enjoy the races up close to the action, camaraderie, and receive yet ANOTHER shirt - just what you always wanted, I know!

More information will be available in the next newsletter and the website.

Apology

Recently the board of the Arlington Heights Bicycle Association learned that one of our club members informed a member or members of the Wheeling Wheelmen that their attendance at the Arlington 500 was undesirable and unwanted. This unwarranted action has disrupted the relationship between our two clubs.

We should not have to state the obvious: All cyclists are invited to participate in the Arlington 500. Due to the proximity of the two clubs, we especially welcome all members of the Wheeling Wheelmen to participate in the Arlington 500.

We have had a long and close relationship with the Wheelmen and the board is completely shocked by this recent incident. For many years, AHBA has made the Wheelmen's St. Patrick's Day Ride and the Harmon 100 regular club events, publicized in our newsletter and posted on our ride schedule. The Tuesday / Thursday Bakery Rides as well as the Wednesday Trail rides are joint rides between the clubs. We have always supported the activities of the Wheeling Wheelmen and discouraging their participation in our events is an outrageous and offensive action.

Myself included, the membership rolls of both clubs overlap by 23 members. These members are some of the most active in the two cycling clubs.

On behalf of the board of the Arlington Heights Bicycle Association, an apology will be sent to the Wheeling Wheelmen

Gary Gilbert
President, AHBA

THE SPOKEN WORD

AUGUST 2004

VOLUME 33, NUMBER 8

President's Column:

TIME TO DREAM and RIDE, HELP WANTED

The past few weeks have been hectic and joyful at my house. I had friends from California who came for a visit. They are long time friends and cyclists and truly RAGBRAI obsessed – my kind of people. Their visit was followed up the next day by the arrival of my kids back in Chicago, one for a long weekend and one for a few months and brought along assorted friends also visiting Chicago. Somewhere I found time myself to get ready for an upcoming ride. I'm leaving tomorrow morning so this column may be a bit more brief than usual.

Even the most warm weather riders among us find time to ride in July and August. I think we are most fortunate that our major club events that require the most time of our members are scheduled for April (Bike Swap), May (Arlington 500), and November (Banquet). That gives us more time to ride when the weather cooperates.

I recently attended a meeting of bike club presidents, hosted by the Chicagoland Bicycle Federation. It was interesting to meet with other cycling organizations in the area and to share ideas. I heard several good ideas that we can consider for the future. I look forward to sharing some of them with you in the fall --- when riding season starts to slow down a bit. There were a couple of exciting events that are worth mentioning --- these are events that start me dreaming and may have the same effect on you.

The Chicago Cycling Club sponsors a ride in October that runs the circumference of the City of Chicago. The route is 100 – 120 miles, depending if they include O'Hare. Watch the Chicago Cycling Club website for further information.

A new bicycle path will soon be opened in Chicago. This path is named for Major Taylor, a world champion cyclist who raced at the end of the 19th century. There will be a ceremonial opening with the hope to bring

more cycling to people on the south side. Major Taylor crossed the color line and fought bigotry in sports many years before Jackie Robinson did the same in baseball. Watch the Chicago Bicycle Federation website for more information.

For those not planning on riding on the Milwaukee Ride, scheduled for the weekend of September 18-20 – do not despair – another exciting event is planned for Saturday September 18. Reserve that day for a singular event – the Ride of 20,000. The event will feature both an Advanced and Intermediate paced ride with food and party favors. Watch for next month's newsletter for details.

On your left,
Gary Gilbert

Once again, Abby invites your response to a recent letter.

Dear Abby:

I spend a significant amount of time riding my bicycle. I can ride several days a week for many weeks and then all of a sudden – POW – I'll have 7 flats in 3 days. I find that these often occur at the beginning of a ride, when everyone I'm riding with is all set to go and they have to stand around and watch me fix the flat. Other times they occur just as I'm nearly finished with a long ride and I'm just too tired to re-inflate the tire. I follow all the standard procedures: keeping my tires inflated, checking the tire to make sure that I've removed any road debris and properly placed rim tape. Sometimes I even have a bike shop mechanic repair the flat for me. Why is this happening to me? Am I being punished?

Still Confused in Illinois.

Presidents

Gary Gilbert
garygilbert@comcast.net
847-577-4275

Vice Presidents

Dave & Chris Van Dornick
847-259-7917

Secretary

Sue Smyczynski
847-899-7387

Treasurer

Mitch Polonsky
847-255-1873

Refreshments

Jan McCandless
847-680-1729
Carl Jester

Membership

Cecily Rood
847-398-7448

Newsletter Editor

Tom Wilson
tomwilson@wideopenwest.com
847-632-1412

Newsletter Mailing

Jim Shoemaker
imjims@msn.com
847-910-8640

Bike Swap

Al & Jeanie Gain
847-392-1547

Arlington 500

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

Web Site

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

AHBA Ride Hotline

847-255-3468

Web Address

<http://www.cyclearlington.com>

Check out our web site at
www.cyclearlington.com
Send updates to Cindy Trent

Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Email your information, ride stories, articles, photos (send or email) with captions to me by the 10th of the preceding month.

Tom Wilson
105 N. Elmhurst Ave.
Mt. Prospect, IL 60056
tomwilson@wideopenwest.com

Ride Coordinators

Advanced Rides:

Christine and Dave VanDornick

Intermediate Rides: Alan Gibbs

Tuesday Night Rides: Vince Kelly

Wednesday Trail Rides: Art Cunningham

New Comers Rides: Jim Shoemaker

For Sale

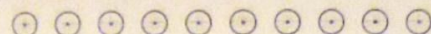
White Cannondale

Tandem

\$1000

Call Kurt Schoenhoff

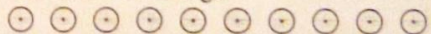
847-634-2634

**2004****AHBA Top Mileage Riders**

The top 20 riders as of 7-04-04

1. Mitch Polonsky	1425
2. Bob Hinkle	1325
3. Art Cunningham	1258
4. Christine Van Dornick	1048
5. Len Geis	1047
6. Reinhilde Geis	862
7. Paula Matzek	839
8. David Van Dornick	808
9. Earle Horwitz	762
10. Bena Gerber	709
11. Bob Dominski	684
12. Kris Sudrovech	665
13. Vince Kelly	598
14. Greg Konieczny	580
15. Jan McCandless	563
16. Tom Drabant	524
17. Chris Wager	495
18. Gary Gilbert	478
19. Milo Plavec	478
20. Ralph Salle	464

Please note that this mileage does not reflect either GOBA miles or GRABAAWR miles pending complete list of participants and their total mileage.

**Safety Check** ✓

From the Safety Chick

Thanks to a number of AHBA Riders for sending me bike safety articles and information they have come across. The July 2004 Consumer Reports has a two-page article on Bike Helmets including their "Ratings." Some important information in the article:

1. All helmets sold in the U.S. must meet federal safety standards for impact and buckle-and-strap standards.

Whether the helmet is priced at \$100 or \$40 – the standards are the same.

Expensive helmets tend to have more vents or styling.

2. Not all helmets are suited for multi-sports. If you are also into skate-sports, check to make sure the helmet is rated for skate-style or multi-sport.

3. Try the helmet before you buy it. Your local bike shop will have a lot of choices and will be able to advise on proper fit for you or your child.

For Proper Fit (also from Consumer Reports, July 2004)

- Use the appropriate pads and rear stabilizer or fit system to create a snug fit when you place the helmet level on your head.
- With the chinstrap buckled and all other straps tight, push up firmly on the helmet's front edge. If the helmet moves enough to expose the forehead, shorten the front straps, then tighten the chinstrap enough so that you can feel the top of the helmet when you open your mouth. Repeat as necessary.

AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	9:00 am	Deerfield Bakery Ride	C	Willow Stream Park	The park is located on Old Checker Rd. a half mile west of the bakery on Buffalo Grove Rd. Just N. of Lake-Cook Rd. Enjoy the goodies at the Bakery after the ride	25, 45	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Every Tues night	6:30 pm	Tuesday Night Ride	I	Recreation Park	An easy ride on city streets, relax and talk with friends	10, 15	Vince Kelley 847-259-6899
Saturday 7/17	10:00am	Progressive Dinner Ride	A+I	1806 Azalea Ln Mount Prospect	A well attended event. You must RSVP to Chris Van Dornick by 7-10 at christiv@goglencoe.com Or at 847-259-7917	35-40	Chris and Dave 847-259-7917
Saturday 7/24	8:30 am	Wauconda (former Biloxi Ride)	A	Frontier Park	Lunch in Wauconda	60	Chris and Dave 847-259-7917
Saturday 7/31	CRITERIUM EVENT COME TO HELP We may ride later in the day. Still depends on time available.						
Saturday 8/7	7:30 am	Lake Geneva	A	Hawthorne Woods	Hawthorn Woods Community Park is on the north side of the intersection at Quentin and Old Mchenry Rds	102	Chris and Dave 847-259-7917
	10:30 am	Lake Geneva		Glacial Park (Wonder Lake)	Take Rt 12 to Rt 31 and Turn left at Tryon Grove Rd, 1.5 miles to Keystone Rd. Turn left and 1.75 miles to Glacial park on the east side of Keystone Rd	48	Lunch in Lake Geneva Bring an energy snack for the long route
Saturday 8/14	8:30 am	Botanic Garden	A	Recreation Park	Lunch in Highland Park	58	Chris and Dave 847-259-7917
	9:30 am	Botanic Garden		Belleau Park off Busse Hwy in Des Plaines	Take Rt 14 across the Des Plaines River, turn Right just past the river on Busse Hwy, Belleau Park is on the left side 2 miles south of Rt 14	45	

Call the Van Dornicks at 847-259-7917 to add rides or for ride schedule details.

Call AHBA Ride Hotline 847-255-3468 or see the web site for updates/change

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 Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District

INTERMEDIATE RIDE SCHEDULE

Date	Time	Ride Leader Phone#	Starting Point	Miles	Description
Saturday 7/17	10:00 am	Chris and Dave 847-259-7917	1806 Azalea Ln Mount Prospect	35-40	Progressive Dinner Ride A well attended event. You must RSVP to Chris Van Dornick by 7-10 at christiv@goglencoe.com Or at 847-259-7917
Saturday 7/24	9:00 am	Vince and Jackie Kelley	Frontier Park	50	Ride to Lake Forest with food stop.
Saturday 7/31	CRITERIUM EVENT COME TO HELP We may ride later in the day. Still depends on time available.				
Saturday 8/7	9:00 am	Chris Wager 847-397-7217	Remote start @ Higgins/Dundee Ave, East Dundee	45	Woodstock with food stop in Woodstock.
Saturday 8/14	9:00 am	Karen Zmrhal 847-397-1499	Frontier Park	30-35	Destination TBD (see web site before ride)
Saturday 8/21	9:00 am	Janice McCandless 847-680-1729	Frontier Park	46	Ride to Independence Grove in Libertyville with food stop at the Grove.
	9:25 am		Kildeer School	40	
Saturday 8/28	9:00 am	Alan Gibbs 847-398-1376	Frontier Park		Ride to Vernon Hills / Mettawa with food stop in Vernon Hills.

Safety—from page 2

- Grasp the helmet by its rear edge and peel it off to the front. If it moves enough to cover your eyes, shorten the back straps (but leave the front straps alone.) Repeat as necessary.
- If you still can't achieve a satisfactory fit, choose another model.

Thanks to Jim Barr for sending the article to my attention.

Other Tidbits -

There is a great website - www.bicyclesafe.com with an article titled *How to Not Get Hit By A Car. It Lists 10 Ways Not to Get Hit. Collision Type #3 Red Light of Death (a condensed version)*

You stop to the right of a car that's already waiting at a red light or stop sign. They can't/don't see you. When the light turns green you move forward, and then they turn right, right into you. Even small cars can do you in this way, but this scenario is especially dangerous when it's a larger vehicle or truck.

To Avoid this

Don't stop in the blind spot, stop BEHIND the vehicle, instead of to the right.

Tailwinds,
Nancy

RIDES OF A DIFFERENT FLAVOR

Aug. Wednesday Chicago Area Bike Path/Trail Rides 2004

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
7/21	9:00	Est. 65	Moraine Hills to Hebron	Moraine Hills State Park	Go north on Rand (US12) to W Liberty (IL176); go left to River Rd. to 1st parking lot on right.	Packed stone, connecting roads
7/28	9:00	57	Great Western Ride to Sycamore	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 ***
8/4	9:00	77	I & M Trail Morris to La Salle	Gebhard Woods St. Park, Morris	Exit I-80 S IL-47; R on US 6; follow signs to park.	Packed stone, some paved***
8/11	8:00	54	Fox River / Virgil Gilman to Oswego	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***
8/18	9:00	64	Glacial Drumlin Trail to Jefferson Junction	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, 14 mi. paved***
8/25	9:00	57	Plank Road Ride	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 - Check with Art Cunningham - 847-963-8746 for details

TRAIL NEWS August 2004

The writer biked the Waterfall Glen F. P. ten mile trail for the first time in six or seven years. What was formerly a rough grass trail is now a first rate packed crushed stone trail equal to the other Du Page County Forest Preserve trails; the eight mile Blackwell F. P. Trail and the twelve mile Lake Herrick/ Danada F. P. Trail. Members of the June 9th tour handled the trail quite well on road bikes. The Waterfall Glenn trail is separated from the I & M Canal F. P. Trail by a 0.1 mile ride on busy IL 83 and a 0.6 mile ride on the bikable Bluff Road. The Salt Creek to Waterfall Glen ride features the Salt Creek F. P. Trail along with these.

A 14 mile length of the Wouponsee Glacial Trail was dedicated in May. The completed section goes from the SW side of Joliet to Manhattan in Will County. Another 14 mile section is scheduled for completion to the Kankakee County line in the next couple of years. Dick Wesfall of the IDNA tells me that the trail right-away extends into Kankakee County to within 5 miles of Kankakee State Park which now features 15 miles of trail along the Kankakee River. Further in the future these trails are planned to network with 48 miles of trail in the Midwin National Tallgrass Prairie. The Plank Road Trail now part of the Ride of a Different Flavor tour is within less than a 4 mile road ride of the Waupanse Glacial which makes a ride to Manhattan a near future proposed addition to the tour. Further in the future are a lot more trail tour possibilities in this network.

Another interesting trail development is out Rockford to Freeport way. I had the pleasure of riding about 7 miles of the Jane Adams Trail. This first rate crushed stone trail goes north from Freeport to the Wisconsin border. Over 10 miles of this 13 mile trail is now complete. The trail continues into Wisconsin as the Badger Trail. The right-way all the way to Madison has been acquired and construction to Monroe is planned to start soon. Tutty's Crossing trailhead in Freemont has been constructed to serve the Jane Adams Trail to the north and the planned Pecatonica Prairie Trail to the east. The 23 mile Pecatonica Prairie Trail goes to Rockford. Construction of a bicycle bridge over the Pecatonica River is scheduled for this year and construction of a segment at the Rockford end is scheduled for next year with completion of the project in 2006.

Closer to home, construction has started on the Millennium Trail out of Lakewood Forest Preserve. This heads northwest to a completed (but not yet opened) segment north of Gilmer Rd. that goes north to Marl Flat F. P. near Fish Lake. A sizable parking lot complete with toilet facilities is completed at the Gilmer/Fish Lake intersection trail access. Signs indicate completion of the 7 mile section under construction in the summer of 2004. I am not that optimistic. Perhaps this will be available in 2005 for the tour.

Art Cunningham

SUMMER RIDES

Club members are looking forward to a number of cycling adventures this summer. Consider joining in the fun on one or more of the following. If you are planning on other rides, send a note to Tom Wilson for inclusion in the next newsletter. Club mileage credit is given for out of state rides if 3 or more riders participate and the ride is announced in the newsletter.

Bon Ton Roulet - Finger Lakes, NY - July 25-31, 2004 - Contact Don Ami - <http://www.bontonroulet.com/>

Ragbrai - IOWA - July 25-31, 2004 - Contact Gary Gilbert or Tom Wilson - <http://www.ragbrai.org/>

Cycling Door County Wisconsin - August 1-? - Contact Jan McCandless or Bena Gerber

Mississippi River - Minneapolis to New Orleans - August 21-September 15, 2004 - Contact Marilyn Wilkerson - <http://www.abbike.com/>

Hilly Hundred - Bloomington, IN - October 16 and 17, 2004, We have accommodations for Friday and Saturday night at the College Motor Inn near downtown Bloomington. The room charge for 2 nights is \$177.60 for 1 bed or \$188.70 for 2 beds. A pot luck dinner is planned for our group on Saturday. And oh by the way, with a name like "Hilly Hundred" you might have to expect a "few" hills along the way. Contact Greg at 847-398-4633 or konie@mindspring.com if you're interested.

GREAT ORATIONS BY AHBA

AHBA Riders Comment on The Great Ohio Bike Adventure 2004

Reporter: Nancy Wagner

Nine hearty riders from the Arlington Heights Bicycle Club and a brother, from Columbus, ventured to NE Ohio to take part in the Great Ohio Bike Adventure 2004. What an adventure it was. Riders included: Dan Currier, Don Drabant, Tom Drabant, Bena Gerber, Dianne Ghertner, Al Gibbs, Jim Shoemaker, Wayne Woodworth and Reporter Nancy Wagner. My apologies, due to some technical difficulties I was unable to reach Dianne and Dan before press time. (I was a little late coming up with an idea for the article and was unable to reach everyone.)

Jan McCandless

G.O.B.A. was one of the most beautiful and probably the hilliest ride I have ever ridden. One day was non-stop Granny Gear and even hoped for a Great Granny Gear a few times. Beautiful scenery, good weather, great rest stops, and optional sightseeing days made this one of the best rides I have done.

Most unforgettable memory was the great train ride in Dennison on the short route that day. Most Arlington riders opted for alternate plans on this layover day but four of us decided to do some sightseeing and on Tom Drabant's suggestion we headed out for Dennison and rode the mystery train. Tom is so sorry he missed it!

Tom Drabant

HILLS. Intense hills. Not gently, rolling hills as described by my brother. Friendly Amish people. Amish children wearing straw hats, selling fresh baked cookies at the top of a hill. (We had to pass up the water stands at the bottom or on the sides of hills.) Perfect weather. Beautiful farmland. Unbelievably long down hills. Camaraderie. Friends.

Jim Shoemaker

I went, I rode, I got conquered. Had a great time. (Reporters Note: After six days of riding, Jim said "It isn't about the ride, it is about the great people you meet . . . walking up the hills.")

Bena Gerber

Besides having a great time with the other AHBA riders....what I probably enjoyed most about the trip was seeing all of the families out riding. I think the organizers said the oldest rider was in their 70's and the youngest actually on a bike (not in a trailer) was 2. We saw everything from little kids on Huffys, (passing us on the climbs), to parents with kids as stokers on tandems....even two quad bikes that rode the route-and claimed to NOT walk any of the hills. Everyone was friendly and encouraging to other riders. Even passing walkers on the hills....they'd call out words of encouragement--and we'd even receive congratulations from others waiting at the top.

AND...of course...a HUGE thank you to our spin instructor, Barb Barr, for getting us in to shape for the ride.

Al Gibbs

We had a great time on our "day off" from scheduled rides on Tues. Nancy, Janice, Wayne, and Al biked to a Moravian village inhabited 1772-1777 but only discovered in the 1920's. And from there, the four of us continued on to Dennison to see some vintage locomotives and have dinner in the train station. It was nice to have Illinois style rolling hills for a day and to tour the small towns at our own pace. As always during our week, the people we met were friendly and glad to see us.

Wayne Woodworth

I enjoyed the exquisite scenery and terrain. Far more picturesque than Iowa RAGBRAI. Well organized and good food stops. Excellent road markings. 50 mile routes left plenty of time for sight-seeing and tourist attractions. Really enjoyed the two towns where I stayed in a motel, I camped the other nights. (Reporter's note: Wayne's motel nights also coincided with the nights it rained.) Nice AHBA riding group. I rode my brand new bike and now realize it needs gearing for climbing up redwood trees, not Midwest maple trees.

Nancy Wagner

Beautiful country, low traffic, great roads and well organized. Great people. Clog Dancers. One-gear Gayle, her bike was a one-gear bike, similar to the one I had as a child. Aaron Hillier, he will be running for US President in 2024. Victorian mansion, log cabins, Sugar Grove and Lehman's hardware. Great food. What hills?



The ride started on Father's Day, so all the AHBA male riders were presented a Father's Day Tie to wear that day. The Biker Chicks spared no expense acquiring them at an exclusive "Garage Sale."

The GRABAAWR Report

by P.L. Matzek

The week of June 26 through July 3 found fourteen A.H.B.A. members enjoying the Great Annual Bicycle Adventure Along the Wisconsin River. We were part of a group of 850 total riders from 38 states and Canada. (Besides this geographical information, the organizers had also calculated the average participant age, and several of us from the Arlington group found out that we truly are above average!)

Bike Wisconsin, the organization which runs GRABAAWR, always reminds riders that "the second A stands for adventure." Jim, who had a knee problem which forced him and Barb to bail out after four days of riding, had perhaps the least pleasant "adventure," but for most of the rest of the Arlington group the week was a good one. Mechanical troubles were limited to several people having to replace tires and one rider having to replace a spoke. In addition, the weather was amazingly cooperative, such that the most time any rider in our group had to spend riding in the rain was about 20 minutes. As expected, the weather was quite cool in Eagle River and Rhinelander, and



Scott - tire trouble on Day 1 of the ride!



A break at the brewery, Day 3



Paula celebrates Canada Day

Donna supplied nightly temperature reports from her tent. As we headed south, the weather warmed up, eventually reaching the low to mid-80's by week's end. The last day was overcast, and showers were expected, but, miraculously, the skies didn't open up until 30 minutes after everyone from our group had finished the ride.

Those who have done GRABAAWR in the past know that some of the adventures along the way are in the form of memorable terrain (Brokaw Hill, County C, ...), beautiful scenery, and traditional stops (the "bottle bar," The Mint Cafe, Spring Green General Store, Devil's Lake, ...) Each year also brings a few new never-to-be-forgotten adventures. Just ask Kris and Don about their cottage, Paula about her luxurious new vacation home, Cindy about "the monkey stories," Scott about carbon vs. steel, Dave about serving as tour guide to a reporter, Mitch about riding a whole week with no flat tires, Chris about the triumph of climbing the hills... Just don't ask us about the mosquitoes -- we're trying to forget! Please pass the Benadryl cream.

With the racing season well underway, recreational cycling beginning, and the Tour de France, thought the timing for the following might be appropriate.

Where I Live

I always rode to my limit. If I won by three minutes, that's because I couldn't make four. - Eddy Merckx (Belgian professional cyclist 1965-1978)

Merckx was good. Some say the best. A fairly quiet guy. Not really the cannibal others called him. But he strove to maximize himself... to be his own best.

If I could measure myself against anyone today, it would be Merckx.

Yes! I would take him at a moment of weakness. I would try to wind him up to see if he was having a good day. And perhaps I'd beat him. - Eddy Merckx

I admire Merckx for that. I don't compete. Racing is OK for some. Not my thing. I'm a social rider. Just like to talk... and look around. That's all.

Take it easy.

After cycling to a ride one day, some were surprised that having done about a hundred miles, I still had another thirty to do to get home. One woman asked,

What do you do? Live on your bicycle? I thought about her question. Not a bad place to observe the world... from my bike saddle... or to think about what I'm doing and who I am.

The unexamined life is not worth living for a human being. - Socrates (Athenian non-cyclist 468-399 B.C.)

Good perspective here. Separate from that world out there. Sure I ride on some roads. Share them? I'd rather not, but I do... if there happens to be a road under me. I go where the earth takes me.

My bicycle and my body were the two materials which improved together.

- Bernard Hinault (French professional cyclist 1974-1986)

Good feeling. Ever notice the more you ride, the clearer your head gets?

It does... if you put a few miles on during the year. Oh sure, your body gets better. But you can discern the world better. Clearer. See the real world, the only important one. Yeah, this is where I belong. This is where I can best examine the world... and is where I live.

The Tour (de France) had given me the opportunity to express myself as a man, because it was on the bike that I became one. - Eddy Merckx

by Lee Venet

After the October AHBA meeting in which Robbie Ventura spoke, member of USPS along with Lance Armstrong, I bravely made a phone call to his company, Vision Quest Coaching Services, and was nearly speechless (I know, hard for you guys to imagine) when Robbie answered the phone. I explained that I was a club rider looking to improve. Two days later I was in Lake Bluff for my performance testing.

As I finally pulled into the parking lot, not an easy place to find, I encountered several "real" riders with amazing bikes and legs. Wow!!! I felt like a huge dork, but I was there for here's what we did.

Baseline Physiological Measurements

- * Percentage Body Fat (UGH!! Scary for all, especially women)
- * Body Mass Index
- * Vertical Jump (really feeling like a dork now)
- * Blood Pressure (I'm good)
- * Resting Heart Rate (56 and that's with Robbie holding my wrist - feeling studly again)

Performance Assessment

- * Power Testing
- * Blood Lactate Threshold Test (Rode my bike on a trainer and he took blood from my finger every couple of minutes to determine my LT at 165)
- * Maximum Heart Rate Determination (I think I hit low 180's)
- * Spinscan Pedal Stroke Analysis (pathetic, little to no hamstring pull)

Post-Assessment Analysis

- * Heart Rate Training Zones
- * Prescribed Race/Workout Warmup - Athlete and Sport Specific
- * Professional Bike Fit (This was awesome. Bike feels so good now.)
- * Athlete Specific Areas for Growth

So Robbie gave me some specific workouts and eating plans for the winter.

I'm proud to say that I've lost 15 pounds. Robbie wanted me to loose 15 pounds by February. I think considering I started this whole thing in November, I did pretty well. I followed his "simply diet".

1. Eat most carbs for lunch and then fats and proteins for dinner.
2. Don't eat 3 hours before you go to bed.
3. Cut back on simple sugars. (I made up my own rule that I would try not to eat candy after 2pm.)

For November and December emailed a friend in Wisconsin who also wanted to loose weight so we would send our daily food diaries to eachother. That really helped because I wouldn't want to admit eating a bag of M&M's or a Snickers Bar.

For weights I had a new leg workout that Robbie recommended. I would do 10 step-ups each leg with hand weights, 10 lunges each leg with hand weights and then 10 leg curls for the hamstrings each leg on machines. Then I would go and ride the bike at 40 rpms for 10 minutes. Then repeat

the whole thing. The theory here is that by riding with the proper pedal stroke after doing weights, you "teach" your muscles what they are for. (2 times a week)

For bike training/cardio, I had two workouts. The first was for rpm improvement. I was to ride at 105, 110 and 115 rpms for 5 minutes and build up to 10 minutes with recovery time in between. The second was to work on my lactic acid threshold so I was to ride at a heart rate of 165 for 10 minutes (build up to 20 minute intervals) and recover for 10 minutes and repeat. This one really hurts. I'm usually dead after the two 20 minute sets. On some days it's really hard to get up to the 165 HR.

Since November I have done weights 3 times a week and ridden between 100-150 miles indoor a week. My longest indoor ride was 50 miles and some weekends I did up to 86 miles. I would try to do at least 20-25 miles a night. I had a few busy weeks and didn't quite maintain this level of intensity, but really I did to all this most other weeks.

On March 26th I rode outside for the first time. I went up for the bakery ride. It was in the 50's and very windy. I think I did great. I rode 33 miles with the group plus 8 miles up and 8 back home. I feel great and I think I rode really well for the first ride of the season. I would tell you my average, but the battery died on my odometer sometime over the winter. Overall, I'm very happy with my winter training and even happier to be back outdoors again. Perhaps the best part of the ride was the comments by several that my "butt was smaller" (thanks Pletch) but many noticed the weight loss. Only cycling friends can make comments like that and have it be OK.

I spoke with Robbie again to check in and report my weight loss. He's very encouraging. In addition we discussed what I should be doing now that I'm riding outdoors. Basically it's the same. I should do a ride or two a week going HARD for threshold, keep working on cadence and to go easy once a week, heart rate under 140, for 1.5 - 3 hours. The easy ride lets my body recover but more importantly it burns fat.

The VQ Performance Testing cost \$270 (ouch), but with my spring ride results, I'd say it was well worth it. It kept me motivated all winter and Robbie is just great. Over the winter I called him a few times with questions and clarifications regarding the workouts. He was always friendly, encouraging and upbeat. I really look forward to the 2004 riding season. Just a side note, but Robbie is just about the nicest person and he truly loves cycling. He seems to really appreciate his position with the USPS team. If you check out the USPS cycling website, he is writing articles from their training camp in January through the 2004 racing season. In addition he writes training articles on the Vision Quest website too. In his writing you can see his enjoyment of cycling and appreciation of his amazing team and teammates.

Cindy L. Trent



MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) _____

Address _____ email _____

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 here by 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

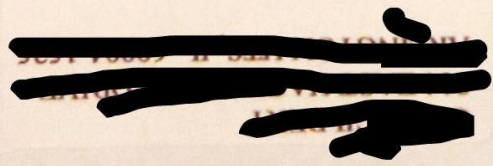
Membership for both Individuals and Families = \$15

Family Members under 18 yrs. _____ Age _____
_____ Age _____
_____ Age _____

Make check payable to Arlington Heights Bicycle Association
Mail to: Cecily Rood
505 Kings bury Dr.
Arlington Heights, IL 60004-2450



AHBA Ride Hotline 847-255-3468 Web site- <http://www.cyclclearlington.com>



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



Returned for Postage

THE SPOKEN WORD

SEPTEMBER 2004

VOLUME 33, NUMBER 9

President's Column:

WHAT HAPPENED TO SUMMER?, HELP WANTED

I've been wondering about warm weather cycling. I don't think I've yet ridden on a day that is much above the upper 70s. Today's temperature is below 60 degrees and that is significantly below the typical August temperatures of 90s and occasional 100s. Are people cycling? Are you wearing gloves and other cold weather paraphernalia? What do these temperatures say about our prospects for winter rides.

After a summer hiatus, club meetings are held the 4th Wednesday evening in September and October at 7:30 PM at the Arlington Heights Park District facility on Miner Avenue. Everyone is encouraged to attend. We have a brief business meeting followed by an interesting cycling related presentation. Our November meeting is our Annual Banquet and we adjourn until January. Mileage for 2004 club rides ends the last day of October with the new year starting on November 1st. This year's banquet will feature our two new contests – the Photography contest and the Road Treasures contest. Rules for each of those were published in past newsletters. Contact Carl Jester or Paula Matzak for further details.

A lot of club members, myself included, have ridden on a variety of tours the past few months. We're all looking forward to hearing about those tours. Thank you to the members who went on GOBA this year and wrote about their adventure in the last newsletter in Ohio. Please write about your tour and send it to Tom Wilson for inclusion in the newsletter.

Some rumors have begun to surface about RAGBRAI. I heard that one of our members got confused and went into the wrong tent one evening. He claimed that someone else had an identical tent and

was camped next to his tent. I'm doubtful as to that excuse as I also hear he had a 'date' with Miss Iowa and was probably just a bit distracted.

In July, I rode 6 of an 8 day organized tour along the Erie Canal. I flew to Buffalo, NY with my bicycle, joining a group of friends I met on other tours. The tour was organized by the New York Erie Canal Corporation. It is a well run tour, that follows the Erie Canal and Mohawk River between Buffalo and Albany. It is primarily a camping tour although I did sleep in dorm rooms and motel rooms a few nights. More than half of the tour follows the tow path along the canal. The path is mostly unpaved, crushed limestone, and completely flat. The rest of the tour was on slightly hilly roads. The appeal of the tour is the canal itself. Quite an engineering feat from the early 1800s. It was dug mostly by hand, 363 miles, 40 feet wide, and 4 feet deep and included 85 locks. Workers were paid \$69 a month and 16 shots of whiskey a day. I visited several museums documenting the creation and use of the canal. One overnight was in Seneca Falls. Seneca Falls is well known as the home of the 1st Woman's Rights Convention. Women's Rights National Historical Park, in Seneca Falls commemorates women's struggle for equal rights and the first Women's Rights Convention, held at the Wesleyan Chapel in Seneca Falls, New York on July 19-20, 1848. Three hundred women and men attended the Convention and at the conclusion, 68 women and 32 men signed the "Declaration of Sentiments" drafted by Elizabeth Cady Stanton. Additionally, many folks theorize that Seneca Falls was the model for Bedford Falls, hometown

<p>Presidents Gary Gilbert <i>garygilbert@comcast.net</i> 847-577-4275</p>
<p>Vice Presidents Dave & Chris Van Dornick 847-259-7917</p>
<p>Secretary Sue Smyczynski 847-899-7387</p>
<p>Treasurer Mitch Polonsky 847-255-1873</p>
<p>Refreshments Jan McCandless 847-680-1729 Carl Jester</p>
<p>Membership Cecily Rood 847-398-7448</p>
<p>Newsletter Editor Tom Wilson <i>tomwilson@wideopenwest.com</i> 847-632-1412</p>
<p>Newsletter Mailing Jim Shoemaker <i>imjims@msn.com</i> 847-910-8640</p>
<p>Bike Swap Al & Jeanie Gain 847-392-1547</p>
<p>Arlington 500 Greg Konieczny <i>konie@mindspring.com</i> 847-398-4633</p>
<p>Web Site Cindy Trent <i>ctrent@dist214.k12.il.us</i> 847-392-6750</p>
<p>AHBA Ride Hotline 847-255-3468</p>
<p>Web Address <i>http://www.cyclearlington.com</i></p>

Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Email your information, ride stories, articles, photos (send or email) with captions to me by the 10th of the **preceding** month.

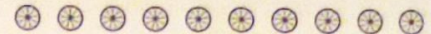
Tom Wilson
 105 N. Elmhurst Ave.
 Mt. Prospect, IL 60056
 tomwilson@wideopenwest.com

Ride Coordinators

Advanced Rides:
 Christine and Dave VanDornick
 Intermediate Rides: Alan Gibbs
 Tuesday Night Rides: Vince Kelly
 Wednesday Trail Rides: Art Cunningham
 New Comers Rides: Jim Shoemaker

For Sale

White Cannondale
 Tandem
 \$1000
 Call Kurt Schoenhoff
 847-634-2634



2004

AHBA Top Mileage Riders

The top 20 riders as of 8-09-04

- | | |
|--------------------------|------|
| 1. Bob Hinkle | 2425 |
| 2. Mitch Polonsky | 2331 |
| 3. Len Geis | 1842 |
| 4. Paula Matzek | 1701 |
| 5. Christine Van Dornick | 1658 |
| 6. Art Cunningham | 1631 |
| 7. Reinhilde Geis | 1585 |
| 8. Earle Horwitz | 1448 |
| 9. David Van Dornick | 1422 |
| 10. Kurt Schoenhoff | 1352 |
| 11. Kris Sudroveck | 1175 |
| 12. Scott Schadel | 1093 |
| 13. Bena Gerber | 1076 |
| 14. Chris Wager | 1056 |
| 15. Jan McCandless | 1050 |
| 16. Bob Dominski | 1035 |
| 17. Tom Drabant | 953 |
| 18. Don Ami | 897 |
| 19. Cindy Trent | 851 |
| 20. Jim Shoemaker | 808 |



Upcoming Meetings:

September 22nd - another exciting speaker to be announced.

October 27th - another exciting speaker to be announced.

Abby responds to a recent letter.

Dear Confused in Illinois:

Of course you had a fl*t tire. You used that word in public.

The FCC has added that fl*t word to the list of 7 words you can't use on Radio or TV. It is considered poor sportsmanship to use that word within 1000 feet of any cyclist. In many states, the bicycling statutes specifically dictate a fine of up to \$10,000 and 30 days in the county slammer for even discussing bicycle f*ats. You don't even hear that word in the entire country of France during the Tour de France. Don't even consider denying that you used the word fla*, we have ways of making you talk.

Now go wash you mouth out with soap.

Respectfully, Abigail.

Dear Still Confused in Illinois:

YES. You are being Punished!

Abby

Check out our web site at
www.cyclearlington.com
 Send updates to Cindy Trent

AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	9:00 am	Deerfield Bakery Ride	C	Willow Stream Park	The park is located on Old Checker Rd. a half mile west of the bakery on Buffalo Grove Rd. Just N. of Lake-Cook Rd Enjoy the goodies at the Bakery after the ride	25, 45	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Every Tues night	6:30 pm	Tuesday Night Ride	I	Recreation Park	An easy ride on city streets, relax and talk with friends	10, 15	Vince Kelley 847-259-6899
Saturday 8/21	8:30am	Arl 500 Route	A	Barrington HS	Lake Cook Road west of downtown Barrington (Rte 59) Park in the west school lot off Hart Road Lunch in Wauconda	66	Chris and Dave 847-259-7917
Sunday 8/22	10:30am	Picnic Ride	I	Kimball Hill Park behind the school off Meadow Drive	In Rolling Meadows, 1/2 block north of Kirchoff on Meadow. Bring an appetizer, salad or desert, club provides meat, beverage and fun	Ride about 25	Chris and Dave 847-259-7917
Saturday 8/28	8:30am	Dawes Park Ride	A	Fronties Park	Lunch in Evanston	58	Chris and Dave 847-259-7917
Saturday 9/4	8:30am	Wheaton Ride	A	Fronties Park	Lunch in Wheaton, Optional loop to follow 15-20 miles	53	Chris and Dave 847-259-7917
Saturday 9/11	8:30am	West Dundee Ride	A	Fronties Park	Lunch at Lakes in Carpentersville, Optional 20 mile loop to follow	50	Chris and Dave 847-259-7917
Sunday 9/12	6:00am to 10:00am	Harmon Hundred	C	Wilmot H. S. Wilmot Wisconsin	Wheeling Wheelman fall invitational ride	25, 50, 75, 100	
Sunday 9/19	9:00am	Milwaukee Oak Leaf Trail	A	McKinley Marina, Milwaukee WI	I-94 north to Milwaukee, exit 194 East, move to left lanes, exit Lincoln Memorial Drive, park in parking lot slips A-E Close to Lincoln (allow 1 1/2 hours travel time) Ride is 78 miles, plenty of stops, including 2 Kopps Custard stops, paved trails and roads	78	Chris and Dave 847-259-7917
For those who are riding up to Milwaukee and back, leave from Van Dornicks in Rolling Meadows at 9:00 on W18 Day 1, about 80 miles, Day 2 close to 100 miles, Day 3 80 miles. Bring plenty of water and some snacks.							
Sunday 9/26	8:30am	Jack's Birthday Ride	A	Dawes Park, Evanston	Come and celebrate longevity in the saddle	78	Chris and Dave 847-259-7917
Sunday 10/10	10:00am	Glen's Ride around Geneva Lake	A	From Glen's house in New Menasha, WI	Some hills, contact Glen at 262-537-2893 to RSVP or for instructions, Or email at gsubser@genevawonline.com	50	Glen 262-537-2893
Saturday 10/16 Sunday 10/17	The Hilly Hundred Weekend, in Indiana. The club members going to this are planning a Saturday eve potluck supper. Contact Greg K for available rooms at 318-4633. Don't wait too long to sign up for this event or to reserve a room. Chili is the main course for the potluck. Ride is 50 miles each day and yes there are hills!						

Call the Van Dornicks at 847-259-7917 to add rides or for ride schedule details.

Call AHBA Ride Hotline 847-255-3468 or see the web site for updates/change

- | | |
|---|--|
| A = Advanced (12-15 mph average) | ¹ Frontier Park is located in Arlington Heights at Palatine Rd. & Komeccott. |
| I = Intermediate (moderate pace) | ² Recreation Park is located in Arlington Heights at Miner & Douglas. |
| N = Newcomers (pace will depend on ability of participants) | ³ Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District |
| C = Choose your own pace | |

For those not planning on riding on the Milwaukee Ride, scheduled for the weekend of September 18-20 – do not despair – another exciting event is planned for Saturday September 18. While it is unlikely that I will be able to lead the ride that day, the ride will take place, and there will be cake and ice cream after the ride. The ride is a once in a life time experience, The Ride of 20,000.

Gary Gilbert

President's Column: *continued from page one*

of George Bailey in the 1946 movie, "It's a Wonderful Life." The movie was filmed in California but the town has a George Bailey bridge and a café named for one of the characters in the film – Zuzu.

Since I've been unable to ride the past few weeks, I've been getting my cycling fixes by reading other cyclists adventures on the Internet. One that caught my interest lately is Kristin Sullivan's ride from Alaska to Chile.

Kristin left Fairbanks in June and will arrive in Chile next may. You can visit her web site and journal at <http://www.earthcycle.org/> Another rider, George Farnsworth, documents his recent tour from Helsinki Finland to the Artie Circle and other tours on his web site at <http://www.gfarnsworth.com/FamaZine/BikeTrips.cfm>

On my couch,
Gary Gilbert

INTERMEDIATE RIDE SCHEDULE

Date	Time	Ride Leader Phone#	Starting Point	Miles	Description
Saturday 8/21	9:00 am	Janice McCandless 847-680-1729	Frontier Park	46	Ride to Independence Grove in Libertyville with food stop at the Grove.
	9:25 am		Kildeer School	40	
Saturday 8/28	9:00 am	Alan Gibbs 847-398-1376	Frontier Park		Ride to Vernon Hills / Mettawa with food stop in Vernon Hills.
Saturday 9/4	9:00 am	Mitch Polonsky 847-255-1873	Frontier Park	40	Ride to Libertyville with a choice of eating establishments
Saturday 9/11	9:00 am	Alan Gibbs 847-398-1376	Frontier Park	40	Addison's favorite place for pancakes
Saturday 9/18	9:00 am	Gary Gilbert 847-577-4275	Frontier Park	44	This ride is an intermediate paced ride and has ample opportunity for advanced paced riders to ride ahead. Lunch stop at Rancho Nueva. Return is via Gary Gilbert's house for Ice Cream, Cake and other assorted cyclists favorites. Discover the reason this ride is called the ride of 20,000.
Saturday 9/25		Alan Gibbs 847-398-1376	TBD		TBD - see Web-site Rides or call Al at 847-398-1376

RIDES OF A DIFFERENT FLAVOR

Sept. Wednesday Chicago Area Bike Path/Trail Rides 2004

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
8/18	9:00	64	Glacial Drumlins Trail to Jefferson Junction	Fox River Sanctuary, Waukesha, WI	I-94 west of Milwaukee exit at WI 164 south to Waukesha, rt. on St. Paul Ave., lft. on Prairie to College, rt. to the Fox River Sanctuary parking	Packed, crushed limestone, 14 mi. paved***
8/25	9:00	57	Plank Road Ride	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
9/1	9:00	46 partial loop	North Portion Lake Co. Des Plaines Riv. Tr.	Parking Lot D, Old School Forest Preserve	IL 176 to St. Mary's Rd.; south to Forest Preserve on the lft. Park in shelter D lot.	Packed crushed stone ***
9/8	9:00	40	Des Plaines River Trail into Cook County	Willow Stream Park	Lake-Cook Rd. to Buffalo Grove Rd.; go north to Old Checker; go left to parking on the right	Packed stone, dirt, some paved**
9/15	9:00	70	Milwaukisha Loop	Fox River Sanctuary, Waukesha, WI	I-94 west of Milwaukee exit at WI 164 south to Waukesha, rt. on St. Paul Ave., lft. on Prairie to College, rt. to the Fox River Sanctuary parking	Packed crushed limestone, paved, connecting roads***
9/22	9:00	55	Wouponsee Glacial to Manhattan	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, crushed stone path, connecting roads ***
9/29	9:00	52	Fox River - Illinois Prairie Path Loop	Dundee Depot	Dundee /IL-68 west to Barrington Ave. (past IL-25); left to N River; park on street near depot	Crushed stone, paved ***

*** approved for narrow tires ** wide tires recommended * wide tires required
 Bring snacks and plenty of water to drink - Check with Art Cunningham - 847-963-8746 for details

SUMMER RIDES

Club members are looking forward to a number of cycling adventures this summer. Consider joining in the fun on one or more of the following. If you are planning on other rides, send a note to Tom Wilson for inclusion in the next newsletter. Club mileage credit is given for out of state rides if 3 or more riders participate and the ride is announced in the newsletter.

Mississippi River - Minneapolis to New Orleans - August 21-September 15, 2004 - Contact Marilyn Wilkerson - <http://www.abbike.com/>

Hilly Hundred - Bloomington, IN - October 16 and 17, 2004, We have accommodations for Friday and Saturday night at the College Motor Inn near downtown Bloomington. The room charge for 2 nights is \$177.60 for 1 bed or \$188.70 for 2 beds. A pot luck dinner is planned for our group on Saturday. And oh by the way, with a name like "Hilly Hundred" you might have to expect a "few" hills along the way. Contact Greg at 847-398-4633 or konie@mindspring.com if you're interested.

Safety Check

From the Safety Chick

How Bikeable Is Your Community?

Based on the number of miles club members ride in our community, it would seem that we do have a "bikeable" community. Could it improve? The U. S. Department of Transportation has an easy test to determine what needs to improve and suggestions on how to get the improvements started. On their website www.nhtsa.dot.gov you will find the "Bikeability Checklist." Take a ride, answer a few questions, determine the rating and read the suggestions to improve the community's score.

Questions include:

- Did you have a place to bicycle safely?
- How was the surface that you rode on?
- How were the intersections you rode through?
- Did drivers behave well?
- What did you do to make your ride safer?

Improvement ideas include:

- Work with the local community and public works departments
- Talk to trail managers or agencies
- Set an example to auto drivers by riding responsibly
- Join a local bicycle advocacy group
(League of Illinois Bicyclists, Chicagoland Bike Federation)

Here are some other websites that are interested in improving "bikeability."

Organization	Website
League of American Bicyclists	www.bikeleague.org
Pedestrian and Bicycle Information Organization	www.bicyclinginfo.org
Thomas Jefferson Planning District Commission (Charlottesville, VA)	www.tjpc.org/transportation/bikeWalk.asp

A Forgotten Hero

by Ken Kifer

About twenty years ago, I was browsing in a college library, looking for something interesting to read, when by chance I discovered Major Taylor's autobiography, next to a book on weightlifting.

I have never been much of a fan of bicycle racing; however, I was intrigued by this story of a sports hero I had never heard of before, who raced back in the golden age of cycling at the turn of the century, and I read his book completely absorbed. It was his personality, his struggle, and his open and unpolished writing style that made me his admirer, rather than his victories on the track.

In our involvement in cycling, Taylor and I did not have much in common. I go on long, slow rides to enjoy the beauty of nature; Taylor's cycling consisted of short, vicious, high-speed battles that seldom lasted much over four minutes; nowhere does Taylor even mention the pleasure of cycling outdoors.

On the other hand, as a cyclist and as a person, I have experienced undeserved attacks caused by ethnocentric intolerance just because I did not conform to the majority. Taylor happened to be born with a black skin and could never hope to satisfy people who chose to draw the color line. Yet, he had the tenacity to fight the battle again and again without hating his rivals, no matter how unfair they were to him.

Although Taylor was arguably the fastest rider in the United States from roughly 1897 to 1900, his greatest struggle was with "that monster prejudice." Time after time, he was refused entry into races, and he wasn't permitted to race in the South, which hurt his overall standings every year. He was not allowed to join the League of American Wheelman, the dominant cycling organization of his day, simply because of his color. He was turned away at hotels and restaurants, even on the evenings before major races. He was fined on numerous occasions for not racing when he had been the victim and not the cause of the problem. He faced a number of attempts to get him disqualified both because of his race and because of problems arising out of prejudices against him. He was sometimes fearful of other cyclists, and not without reason, as they sometimes threatened his life. He was personally attacked by the other racers, both before, after, and during the races, being choked insensible on one occasion and deliberately rammed at high speeds on another. During the race itself, it was more common than not for the other racers to all conspire against him, often trying to seriously hurt him, and otherwise trying to block him from winning. Even

when he had won a race, the judge would often find the white man to be the victor when the race had been very close and, in the event of a tie, Taylor would lose. After the race, it was a rare occasion to have his opponents congratulate him. After Taylor's racing career was over, he found doors shut against him, for instance, being denied the opportunity to get a college degree.

One very telling although not important incident, told by biographer Andrew Ritchie, shows how uniform the prejudice was against Taylor. While in one city in Europe, Taylor found that he was not being given his favorite room, number 13, and he made attempts to correct the situation, only to discover that Room 13 was a janitor's closet. His attachment to the number was so strong by that time that he thought about having the room fixed up for him. Now, why would Taylor be obsessed with the number 13 when it is regarded as an unlucky number in the United States? Very simply, Taylor had been assigned that number for so many races and so many rooms that he had overcome his prejudice against it and considered it to be his lucky number.

Taylor learned how to live with prejudice without letting it destroy him. He said he was proud of being a Negro. He did not hate white people in return, although he said that he had "no great admiration for White people as a whole, because I am satisfied that they have no great admiration for me or my group as a whole." On the other hand, he freely pointed out that his success in life would have been impossible without the support of white friends, especially Birdie Munger, who asked for nothing in return.

Major Taylor had four great weapons at his command in his numerous track competitions. First, the very fact that he was tricked and attacked again and again made him strong and absolutely determined to win. The others were racing for the money; Taylor was racing to prove that he was the equal of any man.

Second, Taylor used his brains and was considered to be a great tactician in a race. Time after time, he outsmarted his enemies, pretending he was tired when he was not, pretending to attack when he wanted them to attack first, having his subordinate mark the position where he would begin his sprint when he intended no such thing, attacking whenever his opponent would begin to climb the bank to prepare an attack against him, and deliberately allowing his opponents to get him "in the pocket," so they would relax, and so he could strike without warning.

see **Hero** on page 7

Hero

Continued from Page 6

Third, Taylor was a trick rider and could sometimes perform "impossible" feats to get into a better position or out of a jam. For instance, when racing against Edmond Jacquelin in France, the two men circled the track as slowly as possible to try to get the advantageous rearmost position.

Finally, they were both standing still, and then Taylor began to pedal his bike backwards! Edmond laughed, accepted the front position, and was beaten in the sprint. Taylor used another great trick to get out of pockets. In this position, he would have one elbow on the edge of the track with one man ahead and one man on his other elbow. Taylor would deliberately strike his tire against the wheel of the rider in front of him, normally a suicidal move. The rider in front would jerk violently, the rider to the side would veer to avoid crashing, and Taylor would shoot through the opening.

Taylor's fourth great advantage was decisive: No one could beat him in a sprint. Time and again, Taylor would be the last man in the home stretch, and the others would be pushing for all they were worth, when suddenly Taylor would rocket by them, not only passing the whole field, but passing the lead rider by several lengths as well. Because of Taylor's terrific ability to shoot pass the other racers at the very last second, he was a great crowd pleaser and a great ticket attraction. It was for this reason that he was allowed to compete, in spite of the great hostility against him.

There was a sad end to Taylor's life, as told by Andrew Ritchie. Taylor died during the depression from heart failure at the age of 53, an impoverished and forgotten man. I cannot help but see his early death as a victory for prejudice and intolerance. A reasonable diet and a daily bicycle trip could have prevented his death. God have mercy on a society that will let such talent die rather than use it. Taylor should have been a spokesperson for tolerance and clean living, someone to encourage children to persevere. Hopefully, our society will continue to become more tolerant of differences and more sensitive to ability in the future.

Copyright © Ken Kifer

Author's note: The books I read were "The Fastest Bicycle Rider in the World," by Major Taylor, an abridged autobiography published in 1972 by the Stephen Greene Press, Battleboro, VT., and "Major Taylor: The Extraordinary Career of a Champion Bicycle Racer,"

<<http://www.amazon.com/exec/obidos/ASIN/0801853036/majortayloras-20>> by

Andrew Ritchie published by the Johns Hopkins University Press. The second book gives a clearer overall picture of Major Taylor's life; the first, although sometimes repetitious, is the more moving book.

Webmaster's note: My friend Ken Kifer died on September 14, 2003, after being hit by an alleged drunk driver while cycling near his home in

"I've really had it with my dog: he'll chase anyone on a bicycle."

"So what are you going to do - leave him at the dog's home? Give him away? Sell him?"

"No, nothing that drastic. I think I'll just confiscate his bike."

A tired cyclist stuck his thumb out for a lift: After 3 hours, hadn't got anyone to stop. Finally, a guy in a sports car pulled over and offered him a ride. But the bike wouldn't fit in the car. The driver got some rope out of the trunk and tied it to his bumper. He tied the other end to the bike and told the rider: "*If I go too fast, ring your bell and I'll slow down.*"

Everything went well until another sports car blew past them. The driver forgot all about the cyclist and put his foot down. A short distance down the road, they hammered through a speed trap. The cop with the radar gun and radioed ahead that he had 2 sports cars heading his way at over 150 mph. He then relayed, "*and you're not going to believe this, but there's a cyclist behind them ringing his bell to pass!*"

ahbacyclists@yahoo.com

Club email is available as Arlington Heights Bicycle Association is a registered Yahoo Group. Visit <http://groups.yahoo.com/group/ahbacyclists/> for more information. To join the group, send an email message to ahbacyclists-subscribe@yahoo.com. If you want to join the group and are having problems, contact Gary Gilbert at garygilbert@comcast.net. Once you join the group, you will receive email distributed to other club members and you can send email to the club members without knowing others email addresses by sending email to ahbacyclists@yahoo.com

MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) _____

Address _____ email _____

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 here by 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 = \$15

Family Members under 18 yrs. _____ Age _____
_____ Age _____
_____ Age _____

Make check payable to Arlington Heights Bicycle Association

Mail to: Cecily Rood

505 Kings bury Dr.

Arlington Heights, IL 60004-2450

AHBA Ride Hotline 847-255-3468 Web site- <http://www.cyclclearlington.com>

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



THE SPOKEN WORD

OCTOBER 2004

VOLUME 33, NUMBER 10

President's Column:

ONE FOR THE BIRDS, HELP WANTED

It seems to me that 2004 just started and I'm sitting down to write for the October newsletter. What happened to the first 9 months of the year? I've been looking out my kitchen window when I eat breakfast. I have some cone flowers planted and nearly every morning 2 or 3 yellow finches land on the top of the flowers and spend 30 minutes or so eating the seeds as the flowers ready themselves to propagate the species. The birds remind me of our bicycle club. We ride around fairly long distances and when the time is right, we descend upon some unsuspecting restaurant and have a feast. The flowers too remind me of our club. As the end of the season approaches, we begin making plans for next year to ensure our survival.

Our fall meetings are important, plan on attending. Nominations for 2005 officers are made at the September meeting. Please consider volunteering your time. Please volunteer your fellow members. Although it may seem like things just happen automatically, each event requires planning to make them enjoyable for everyone. Elections are held at the October meeting.

In the past years the club has sponsored several bicycling advocacy groups. These include the Chicagoland Bicycle Federation, League of American Bicyclists, League of Illinois Bicyclists, Adventure Cycling, and Rails to Trails. We will soon be deciding which groups to sponsor this year. We would like to learn which of advocacy groups you support as individuals and which groups you believe the club should support. We will discuss this at the September meeting. You can also send me an email or give me a phone call to express your opinions.

We communicate to our members via the Newsletter, the Internet, Email, and the ride line. I recently looked at the statistics from our club web site www.cyclearlington.com and learned that the number of times our site was accessed in August was 67 times per day, and for the first 10 days in September 52 times per day.

Thank you:

- To Karen Zmrhal for organizing our support of the Arlington Criterium. The clubs presence helped make the race a success.
- To Alan Gibbs for being the master chef at the picnic in August.

On my couch, but not for long,
Gary Gilbert

Dear Abby:

I went for a bicycle ride Saturday when the unthinkable happened -- my bike computer stopped working! Yes, it's true! I was on a downhill where I'd expect to be doing about 25mph and when I glanced at my computer, it was reading 0. Tragedy!

I stopped and fiddled with the wires & magnet placement, but it didn't help. Couldn't find the Ctrl-Alt-Del key. My mileage was about 3 miles short of where I'd expect to be. AHHHHHHHHHHH!

I can't risk riding an unrecorded mile. I'm competing with another cyclist for the number of miles we ride this year. What shall I do?

Confused in Illinois

<p>Presidents Gary Gilbert garygilbert@comcast.net 847-577-4275</p>
<p>Vice Presidents Dave & Chris Van Dornick 847-259-7917</p>
<p>Secretary Sue Smyczynski 847-899-7387</p>
<p>Treasurer Mitch Polonsky 847-255-1873</p>
<p>Refreshments Jan McCandless 847-680-1729 Carl Jester</p>
<p>Membership Cecily Rood 847-398-7448</p>
<p>Newsletter Editor Tom Wilson tomwilson@wideopenwest.com 847-632-1412</p>
<p>Newsletter Mailing Jim Shoemaker jmjims@msn.com 847-910-8640</p>
<p>Bike Swap Al & Jeanie Gain 847-392-1547</p>
<p>Arlington 500 Greg Konieczny konie@mindspring.com 847-398-4633</p>
<p>Web Site Cindy Trent ctrent@dist214.k12.il.us 847-392-6750</p>
<p>AHBA Ride Hotline 847-255-3468</p>
<p>Web Address http://www.cyclearlington.com</p>

Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Email your information, ride stories, articles, photos (send or email) with captions to me by the 10th of the preceding month.

Tom Wilson
105 N. Elmhurst Ave.
Mt. Prospect, IL 60056
tomwilson@wideopenwest.com

Ride Coordinators

Advanced Rides:
Christine and Dave VanDornick
Intermediate Rides: Alan Gibbs
Tuesday Night Rides: Vince Kelly
Wednesday Trail Rides: Art Cunningham
New Comers Rides: Jim Shoemaker

Upcoming Meetings:

September 22nd - Gary Gilbert will describe his tour of the Erie Canal.
October 27th - Cindy Schneider will talk and show photos of her recent ride in France to the Loire Valley, Brittany, and Normandy.

Board Meetings

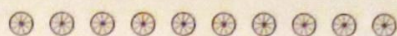
are open to all members.
September 22nd - 6:30PM at Arlington Heights Park District, 500 E Miner.
October 13th - 7:30PM at Gary Gilbert's house.

The Tuesday Night rides are over for this year, see you next year.

A piece of motorway and piece of dual carriage way are enjoying a drink in the pub. In walks a piece of red tarmac. The bit of motorway whispers to the bit of carrageway "Come on lets drink up and go before the trouble starts; He's a bit of a cyclepath!"

My granny started cycling at 97 years old. She has been doing ten miles per day - and now we don't know where the heck she is!

Headline: Cyclists Are Gearing Up for Bike to Work Day



2004

AHBA Top Mileage Riders

The top 20 riders as of 9-10-04

- | | |
|--------------------------|------|
| 1. Mitch Polonsky | 2890 |
| 2. Bob Hinkle | 2875 |
| 3. Art Cunningham | 2152 |
| 4. Len Geis | 2077 |
| 5. Paula Matzek | 1964 |
| 6. Christine Van Dornick | 1905 |
| 7. Reinilde Geis | 1819 |
| 8. Earle Horwitz | 1813 |
| 9. Kurt Schoenhoff | 1756 |
| 10. Chris Wager | 1529 |
| 11. David Van Dornick | 1492 |
| 12. Scott Schadel | 1266 |
| 13. Bob Dominski | 1244 |
| 14. Bena Gerber | 1206 |
| 15. Geri McPheron | 1181 |
| 16. Kris Sudrovech | 1175 |
| 17. Jan McCandless | 1168 |
| 18. Tom Drabant | 1126 |
| 19. Cindy Trent | 1091 |
| 20. Jim Shoemaker | 1034 |



Check out our web site at
www.cyclearlington.com
Send updates to Cindy Trent

AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	9:00 am	Deerfield Bakery Ride	C	Willow Stream Park	The park is located on Old Checker Rd. a half mile west of the bakery on Buffalo Grove Road just north of Lake-Cook Rd. Enjoy the goodies at the Bakery after the ride	25, 45	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Sunday 9/19	9:00am	Milwaukee Oak Leaf Trail	A	McKinley Marina, Milwaukee WI	I-94 north to Milwaukee, exit 794 East, move to left lanes, exit Lincoln Memorial Drive, park in parking lot slips A-E Close to Lincoln (allow 1 1/2 hours travel time) Ride is 78 miles, plenty of stops, including 2 Kopps Custard stops, paved trails and roads	78	Chris and Dave 847-259-7917
For those who are riding up to Milwaukee and back, leave from Van Dornicks in Rolling Meadows at 9:00 on 9/18 Day 1, about 80 miles, Day 2 close to 100 miles, Day 3 80 miles. Bring plenty of water and some snacks.							
Saturday 9/25	8:30am	Woodstock Ride	A	Lakewood Forest Preserve	located off Fairfield Road, south of Rte 176 Breakfast in Woodstock, bring a snack for fun in the hills later.	72	Chris and Dave 847-259-7917
Sunday 9/26	8:30am	Jack's Birthday Ride	A	Dawes Park, Evanston	Come and celebrate longevity in the saddle	78	Chris and Dave 847-259-7917
Saturday 10/2	9:00am	Lake County Ride	A	Frontier Park	Ride into Lake County for some quieter miles	55	Chris and Dave 847-259-7917
Saturday 10/9	9:00am	Ride to Algonquin	A	Frontier Park	A good all time favorite ride, some hills	45	Chris and Dave 847-259-7917
Sunday 10/10	10:00am	Glenn's Ride around Geneva Lake	A	From Glenn's house in New Meunster, WI	Some hills, contact Glenn at 262-537-2893 to RSVP or for instructions, Or email at grolsenr@genevaonline.com	50	Glenn 262-537-2893
Saturday 10/16 Sunday 10/17	The Hilly Hundred Weekend, in Indiana. The club members going to this are planning a Saturday eve potluck supper. Contact Greg K for available rooms at 398-4633. Don't wait too long to sign up for this event or to reserve a room. Chili is the main course for the potluck. Ride is 50 miles each day and yes there are hills!						
Saturday 10/23	9:30am	Kettle Moraine Ride	A	From the parking lot near the General Store in Lagrange, WI	This is at the intersection of Rte 12 and County H. Beautiful fall ride area. Two loops (at one 31 miles the second 21 miles. Some hills. Allow about 1 1/2 hours to drive there.	31 21 52	Chris and Dave 847-259-7917
Saturday 10/30	9:30am	Halloween Ride	A	The Pavilion, Elk Grove Village	Time for goals and goblins to ride through the day to prepare for "the ritual" Come in costume or as your Naturally scary self! The Pavilion is south of Betterfield Road on Wellington	35	Chris and Dave 847-259-7917

Call the Van Dornicks at 847-259-7917 to add rides or for ride schedule details.

Call AHBA Ride Hotline 847-255-3468 or see the web site for updates/change

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. & Kenosha.

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

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

For those not planning on riding on the Milwaukee Ride, scheduled for the weekend of September 18-20 - do not despair - another exciting event is planned for Saturday September 18. While it is unlikely that I will be able to lead the ride that day, the ride will take place, and there will be cake and ice cream after the ride. The ride is a once in a life time experience, The Ride of 20,000. (see Intermediate Ride schedule for details)

Gary Gilbert

For those planning to do Glenn's Geneva Lake ride on Sunday, October 10, come up a day early for a Saturday afternoon outing to Old World Wisconsin in Eagle, WI. Then spend the night at Glenn's if you wish before riding Sunday's ride. For more information, call Glenn at 262-537-2893.

Which is bigger: a 27-inch bicycle tire or a 28-inch bicycle tire?

Answer: a 27-inch bicycle tire!

Actually, either answer could be correct, because there are two different "28 inch" sizes!

"28 x 1 1/2" is 635 mm, used on old-fashioned rod-braked roadsters. "27" is 630 mm "28 x 1 5/8 x 1 1/4" and similar markings are 622 mm, the size commonly known in English-speaking areas by their French designation: "700c" This particular "28 inch" designation is mainly used in Germany, the Netherlands and other northern European areas.

For more arcane tire sizing knowledge, check out <http://sheldonbrown.com/tire-sizing>

INTERMEDIATE RIDE SCHEDULE

Date	Time	Ride Leader Phone#	Starting Point	Miles	Description
Saturday 9/18	9:00 am	Gary Gilbert 847-577-4275	Frontier Park	44	This ride is an intermediate paced ride and has ample opportunity for advanced paced riders to ride ahead. Lunch stop at Rancho Nueva. Return is via Gary Gilbert's house for Ice Cream, Cake and other assorted cyclists favorites. Discover the reason this ride is called the ride of 20,000.
Saturday 9/25		Alan Gibbs 847-398-1376	TBD		TBD - see Web-site Rides or call Al at 847-398-1376
Saturday 10/2	8:30 am	Tom Drabant 847-397-4497	Frontier Park	45	Intermediate speed, hilly ride to a club favorite
Saturday 10/9	10:00 am	Joan Willmeth 847-331-5913	105 Alder Ct, Rolling Meadows	35	Barrington & Inverness ride with something different. Barrington & Inverness with break (bring a snack) and caramel apples at Joan's afterword.
Saturday 10/16		Alan Gibbs 847-398-1376	TBD		No ride scheduled yet. Check web site or call Al Gibbs @ 847-398-1376
Saturday 10/23	9:00 am 9:30 am	Nancy Wagner 847-298-7069	Frontier Pk Kildeer School in Long Grove	48 or 36	Miles to enjoy fall colors
Saturday 10/30	9:00 am	Marilyn Wilkerson 847-439-4496	Frontier Park	40	Halloween Ride

RIDES OF A DIFFERENT FLAVOR

Oct. Wednesday Chicago Area Bike Path/Trail Rides 2004

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
9/22	9:00	55	Wouponsee Glacial to Manhattan	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, crushed stone path, connecting roads ***
9/29	9:00	52	Fox River - Illinois Prairie Path Loop	Dundee Depot	Dundee /IL-68 west to Barrington Ave. (past IL-25); left to N River; park on street near depot	Crushed stone, paved ***
10/6	9:00	40/62 partial loops	Loops of the Aurora Spur of the Prairie Path	Roy C. Balckwell F. P., Warrenville (Mack Rd. entrance)	Go east on I-90 to IL-59; exit south to Mack Rd.; go 1/2-mi. to park entrance on left; parking lot left of maintenance bldg.	Packed crushed stone, some paved
10/13	9:00	40	Ride to Old School	Half Day Forest Preserve	Off Milwaukee Ave. 1-1/2 mi. north of IL-22 - park at the 1st lot on the rt.	Crushed stone/ paved paths
10/20	9:00	42	White River Trail Ride	Lyons, WI	Go North on I-94 to WI-50; go left to South/Lyons Rd. to Lyons; park near Jenies Store	Crushed stone path and connecting roads
10/27	9:00	50	Des Plaines/ McClary Lake County Loop	Parking Lot D, Old School Forest Preserve	L 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D lot.	Packed crushed stone, paved ***

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

Bring snacks and plenty of water to drink - Check with Art Cunningham - 847-963-8746 for details

Safety Check

From the Safety Chick

You may have seen a few leaves fall. Perhaps you've seen a tree that has already started to change colors. Also our fellow bikers/teachers will tell us, school is back in session. Autumn, here it is much before we expected it or wanted it. As the seasons change we may need to adjust some of our riding habits. Here are some suggestions, no doubt there are many more.

Leaves on the street or path can be very dangerous.

- When it is wet, the leaves will contribute to slippery conditions and remain wet longer than roads.
- Leaves will hide holes and cracks in the pavement
- On the edge of the path/trail leaves may accumulate and obscure the change from path to ground.

The days are getting shorter. If you are riding at dusk or night take appropriate precautions.

- Wear reflective clothing.
- If you are riding after, dark use a high quality headlight.
- Use other reflectors on your bike and/or helmet.
- Use a flashing taillight.

As the temperatures cool down, we will be changing our clothing styles. Visibility is a major factor in keeping a cyclist safe. Make sure you are seen, wear bright or light colors.

Upcoming newsletter – "Winter Riding – How to Dress For It." Send me your favorite winter cycling dressing tip (via email, snail mail or if you see me at a ride I will accept written suggestions). The most creative (as judged by the SafetyChick, aka Nancy Wagner) will be awarded a valuable prize(as judged by the SafetyChick).

All suggestions must be received by October 5, 2004.

(email to: wagnerdn@msn.com. To keep from getting dumped in the junk mail, please note subject line: Winter Riding)

Tailwinds,
Nancy

Higher Power Cycling

by Lee Venet

Do you wear a bicycle helmet? Many club members are very adamant about this but then disregard the law while cycling. I am a member of several bicycle clubs around Illinois, and much of what follows is applicable to all clubs.

Recently I was cycling with one such club. Even though this ride was considered by the club to be for advanced cyclists, I observed many actions which could at first just be deemed foolish or inconsiderate behavior, but in reality are violations of the law.

How does your club stack up? How do you stack up?

This article was prompted by several cyclists arguing about proper right turn hand signals. Should one extend the right arm? Or extend the left arm and then bend the arm upward at the elbow? Or are both correct? Or neither? Who decides?

One amateur bicycle racer initiated this debate. Another veteran cyclist and past club president told me my hand signal was antiquated. Even the ride leader and club officer mentioned her way of signaling, which by the way also differed from mine.

From a safety standpoint the issue is important since hand signals warn vehicles, including automobiles, as to a cyclist's intention. Therefore, an automobile driver must recognize and understand your signal. So are there any standards? And, if so, what power has set them?

To validate his form of hand signals, the racer mentioned seeing something on some web site somewhere: perhaps the Chicagoland Bicycle Federation or League of Illinois Bicyclists. Reality is that neither of these organizations has any authority to legislate cycling laws. While local municipalities can legislate certain rules within their jurisdiction, such rules shall not abet or contradict state rules. Only one organization has the authority to

regulate statewide rules for operating vehicles (such as but not limited to automobiles and bicycles). That organizing authority is known as the State of Illinois Secretary of State Office. Yes, the same place automobile drivers get license plates and driver's licenses. So where would one go to determine proper (and legal) operation of a bicycle? Well, certainly NOT some local velodrome, your local club, CBF, LIB, etc.

Unfortunately this group of advanced cyclists also made many other infractions during the day, including stopping to regroup or take breaks in the middle of streets, stopping in turn lanes marked as Right Turn Only although the group would later be going straight, and left turns from the extreme right of roadways in one continuous motion.

Some of these infractions inherently assume bicycles do not have the same privileges as automobiles and are caused by an uneasiness with street traffic. Yet when operating a bicycle on roadways, one should act in the same way as any safe and legal automobile driver would. As one example, when it's your turn to go at an intersection, go. Don't obstruct traffic.

So before you learn all about wearing helmets, the latest greatest bicycle, proper nutrition, changing flats, the mechanical workings of a bicycle, creating cue sheets, and even the latest racing acumen and techniques of Lance Armstrong, please learn the official rules of the road. They're not just suggestions; they're the law. You'll not only be legal, but you will also make the roads safer for all those operating any type of vehicle on the roads.

So what is the proper hand signal in the state of Illinois?

The State of Illinois Bicycle Rules of the Road booklet is available at any Secretary of State office or on-line. This booklet is a supplement to the general Rules of the Road booklet which governs proper AND LEGAL operation of ANY vehicle within the boundaries of the state of Illinois. Read it. Learn it. Then do it. Don't be just another road hazard.

THE SPOKEN WORD

NOVEMBER 2004

VOLUME 33, NUMBER 11

President's Column:

2004 Was a Grand Year for AHBA, Help Wanted?

Spring is a great time of year as it brings to all of us thoughts of the coming cycling season. Despite the advantages of spring, Fall, however is my favorite season. Cycling in the fall colors is special and beautiful. One highlight is the annual club Halloween Ride. I encourage all members to participate in this ride and dress for the occasion – wear a costume – and enjoy chili and pumpkin bars at the end.

I wrote earlier this year about Charlie Hamilton. Charlie rode his bicycle this summer to all the major league baseball parks. He finished the last week of September and now gets to stay home and watch his favorite team (Boston Red Sox) in the playoffs. What an adventure! An adventure worthy of mention and my admiration.

13 The annual club banquet is scheduled for November 13. Thank you to Christine VanDornick for organizing this event. See elsewhere in the newsletter for details. This year at the banquet we are having our first club Photography Contest. Rules were published in the June newsletter. We are also having our first Great

Roadside Treasure Hunt contest. Rules were published in the July newsletter. Thank you to Carl Jester and Paula Matzak for organizing these contests.

Elections are held at the October meeting. Nominations were made in September. Additional nominations may be made prior to the election. For 2005 the following members have been nominated:
 President Gary Gilbert
 Vice President Christine and Dave Van Dornick
 Treasurer Mitch Polonsky
 Secretary Kris Sudovich (will be nominated at October meeting)

In addition to elected officers, there are a number of appointed positions. The following members have been recently appointed to positions:

Membership Jim Shoemaker
 Newsletter Laurie Liska
 Ride Line Don Ami

On Your Left,
 Gary Gilbert

Winter Pancake Zero Mile Rides

This winter we will again be offering club miles for each pancake eaten.

December 5, 2004	Sunday 10 AM	Monica's Café and Pancake House, 401 E Euclid Ave, Mt Prospect
January 8, 2005	Saturday 10 AM	Egg'lectic Café, 2905 Algonquin, Rolling Meadows
February 6, 2005	Sunday 10:30AM	Curragh Irish Pub, 1700 Woodfield Road, Schaumburg
March 5, 2005	Saturday 10 AM	Egg Harbor Café, 140 E Wing Street, Arlington Heights

<p>Presidents Gary Gilbert <i>garygilbert@comcast.net</i> 847-577-4275</p>
<p>Vice Presidents Dave & Chris Van Dornick 847-259-7917</p>
<p>Secretary Kris Sudrovech 847-437-3512</p>
<p>Treasurer Mitch Polonsky 847-255-1873</p>
<p>Refreshments Jan McCandless 847-680-1729 Carl Jester</p>
<p>Membership Jim Shoemaker <i>imjims@msn.com</i> 847-910-8640</p>
<p>Newsletter Editor Laurie Liska <i>LDezign@interaccess.com</i> 847-397-2459</p>
<p>Newsletter Mailing Jim Shoemaker <i>imjims@msn.com</i> 847-910-8640</p>
<p>Bike Swap Al & Jeanie Gain 847-392-1547</p>
<p>Arlington 500 Greg Konieczny <i>konie@mindspring.com</i> 847-398-4633</p>
<p>Web Site Cindy Trent <i>ctrent@dist214.k12.il.us</i> 847-392-6750</p>
<p>AHBA Ride Hotline 847-255-3468</p>
<p>Web Address <i>http://www.cyclearlington.com</i></p>

Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Email your information, ride stories, articles, photos (send or email) with captions to me by the 10th of the preceding month.

Laurie Liska
121 South Vail Ave.
Arlington Heights, IL 60005
LDezign@interaccess.com

Ride Coordinators

Advanced Rides:
Christine and Dave VanDornick
Intermediate Rides: Alan Gibbs
Tuesday Night Rides: Vince Kelly
Wednesday Trail Rides: Art Cunningham
New Comers Rides: Jim Shoemaker

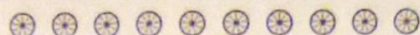
Upcoming Meetings:

October 27th – Cindy Schneider will talk and show photos of her recent ride in France to the Loire Valley, Brittany, and Normandy.

November 10th - Annual Banquet
No Meeting in December

Board Meetings are open to all members.

October 13th - 7:30PM at Gary Gilbert's house.



2004

AHBA Top Mileage Riders

The top 20 riders as of 10-6-04

1. Mitch Polonsky	3397
2. Bob Hinkle	3227
3. Art Cunningham	2617
4. Len Geis	2077
5. Christine Van Dornick	2339
6. Paula Matzek	2314
7. Kurt Schoenhoff	2109
8. Reinhilde Geis	2092
9. Earle Horwitz	2051
10. Chris Wager	2026
11. David Van Dornick	1926
12. Bena Gerber	1876
13. Scott Schadel	1700
14. Geri McPheron	1453
15. Tom Drabant	1367
16. Kris Sudrovech	1363
17. Bob Dominski	1356
18. Jim Shoemaker	1343
19. Jan McCandless	1282
20. Greg Konieczny	1245



Newsletter News

This will be my last newsletter, Laurie Liska will be taking over for me. I would like to thank everyone who helped me pull it together each month: the people that organize the ride schedules, write the articles and those that take the pictures. It has made for an interesting and fun newsletter. Many Thanks!

You can now send your information to Laurie at:

121 South Vail Ave. #207
Arlington Heights, IL 60005
847-397-2459
LDezign@interaccess.com

Check out our web site at
www.cyclearlington.com
Send updates to Cindy Trent

AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	8:00am 10	Deerfield Bakery Ride	C	Willow Stream Park	The park is located on Old Checker Rd. a half mile west of the bakery on Buffalo Grove Road just north of Lake-Cook Rd. Enjoy the goodies at the Bakery after the ride	25, 45	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Saturday 10/23	9:30am	Kettle Moraine Ride	A	From the parking lot near the General Store in Lagrauge, WI	This is at the intersection of Rte 12 and County H. Beautiful fall ride area. Two loops 1st one 31 miles the second 21 miles. Some hills. Allow about 1 1/2 hours to drive there.	31 21 52	Chris and Dave 847-259-7917
Saturday 10/30	9:00am	Halloween Ride	A	Frontier Park	Time for ghouls and goblins to ride through the day to prepare for "the ritual". Come in costume or as your Naturally scary self!	45	Chris and Dave 847-259-7917
	9:30am		I	The Pavilion, Elk Grove Village	The Pavilion is south of Beisterfield Road on Wellington We will meet up with the intermediate riders at the Pavilion.	35	Marilyn Wilkerson 847-439-4496

Call the Van Dornicks at 847-259-7917 to add rides or for ride schedule details.

Call AHBA Ride Hotline 847-255-3468 or see the web site for updates/change

A = Advanced (12-15 mph average)	¹ Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.
I = Intermediate (moderate pace)	² Recreation Park is located in Arlington Heights at Miser & Desaglas.
N = Newcomers (pace will depend on ability of participants)	³ Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District.
C = Choose your own pace	

Please turn in all sign up sheets before the end of October so that we can record and add the mileage up!

Winter Rides

The winter Show N' Go rides begin on **November 6, 10:00 AM** from Frontier Park. These rides are generally 35-45 miles and include a breakfast/lunch stop. Weather criteria is dry pavement and temperatures above 30. The destination and length of the ride are generally determined by the weather of the day.

The November Awards Banquet

Annual Awards Banquet: Saturday, November 13, 2004 at Cucina Roma Restaurant in Elk Grove Village
The restaurant is located west of Arlington Heights Road off of Beisterfield Road.
6:30 cocktails and appetizers (drinks are on your own)

7:30 dinner

Cost is \$15.00 per person (\$35 for non-members) All must RSVP by November 5. Make checks payable to AHBA, and send them to Mitch Polonsky at 3219 Carraigeway Drive, Arlington Heights, IL 60004
Remember to bring your entry for the photo contest. Judging will take place at the banquet.

*Sylvia -
I'll buy you
dinner -
you eat here!!!
Steve*

Dear Abby:

Last month we heard from a rider whose bicycle computer shut off during a ride.

Dear Confused:

Are their written rules for this competition? I wouldn't suggest consulting an attorney unless there are UCI investigators lurking outside your home.

Hopefully you are engaged in friendly competition and you can discuss the situation with your competitor -

and come to some mutual agreement.

If you can't come to an agreement, you can always use my favorite trick. Make sure you turn your computer on as you walk your bike to the start and from the finish of every ride. It will lower your average speed a bit but you will pick up several extra feet on each ride. That should more than compensate for the lost 3 miles.

Abigale

Safety Check ✓

From the Safety Chick

"When do you stop riding for winter?"

"Do you ride in November?"

"The high temperature is only going to be in the 50s."

These are a few of the comments I have been asked lately by some of our new riders. Probably other riders in the club have heard the same questions. Many riders do stop riding when the temps dip below 50 or 40 or whatever. Some new riders have expressed concern for our sanity . . . how can you ride if it is so cold?

I can't really speak for anyone else's sanity, not even my own. I will say that riding in the cooler months, even winter, can be very enjoyable. The club continues Show N Go Rides throughout the winter as long as the temperature is above freezing (32°F) and ice is not a factor on the roads. See the Ride List for details.

A very important part of riding in cooler/cold weather is to dress appropriately. For suggestions on winter riding I have turned to the best source I know, Chicago Bike Winter. CBW is a group of riders dedicated to winter riding, they have a great website www.bikewinter.org. Look there for lots of tried and true solutions to coping with the weather. They offer information on bike handling, maintenance and personal and bike essentials.

Their dressing suggestions include:

1. Dress in layers – a three-layer system works well. A base layer made of a wicking fabric, a middle layer for insulation and an outer layer that offers protection from wind and precipitation. Synthetic fabrics usually work well than cotton, though silk is also popular. Many "cycling"

jackets have zippers in the armpits, allowing the cyclist to have cross ventilation if they get to warm. Yes, it is possible to get too warm.

2. A variety of pants are available, again a layer system works well. Start with long underwear, synthetic or silk. Tights or light pants can be the middle layer. Then add a wind block or rain pant. Ski tights with a wind block are popular and are available in varying weights.

Keeping the extremities warm is harder than the torso or legs.

3. Protect your eyes and ears. A variety of suggestions for ears include: headband, balaclava, or a thin cap that fits under the helmet. There are helmet covers available to block wind and rain. Don't forget you sunglasses. Here's a tip I haven't tried but I will this year. "Treat the lenses of your sunglasses with a bit of gel toothpaste to prevent fogging. DO NOT use a toothpaste with baking soda as it will scratch the lenses."

4. Keeping feet warm is very important. Multiple layers of socks help, wool socks, synthetic booties for over the shoe protection or chemical toe warmers are all popular.

5. Using our hands is a pretty important part of cycling. Shifting, braking, signaling and steering – pretty important. Hands also need protection. Layers work here too. A liner with a water repellent or wind block outer glove may work. The "lobster glove" is used by a number of riders.

If you decide to ride during the cooler weather just remember, safety is always important. Be visible, ride smart and ride safe.

Tailwinds,
Nancy

AHBA Jerseys

A number of members missed out when we ordered our Arlington Heights Bicycle

Association club cycling jerseys or have asked about ordering an additional jersey.

Jim Shoemaker is organizing the purchase of jerseys. The jerseys will be the same design from our previous order. The fabric is updated since our previous order.

Sizes range from 3X - XS. There are both mens and woman's sizes; short sleeved and sleeveless; jerseys and vests; Many members thought that the sizes ran a bit small so please ask other club members before you place your order. Jerseys are not returnable.

The targeted date for placing the order is November 19th for delivery in February. If we don't have a

minimum of 25 orders by November 19th, the next target date will be in January for delivery next summer.

Price is \$70 plus shipping.

Any questions - ask Jim Shoemaker.

Music for the Edmonton Cycle Club (UK) party

Here's an eclectic selection, dreamed up by club members in the garden of the Crown & Horseshoes during Bike Week!

Bicycle Race - Queen

Riding along on a pushbike - Mungo Jerry

Tour de France - Kraftwerk

Bike- Pink Floyd

Pump it up! - Elvis Costello

Daisy Daisy - various Music Hall artistes!

Chain Reaction - Diana Ross

The Chain - Fleetwood Mac

Ramdrops keep falling on my head - Sacha Distel

Goddam the Pusher Man - Howlin' Wolf (from the film Easy Rider)

From Team Estrogen

Prenuptials for Cyclists

This agreement acknowledges that the forthcoming marriage is an arrangement that accepts the perpetual continuity of pre-existing relationship between the first two parties and that a three-way coexistence shall be created consisting of the following participants:

Spouse A (the non biking loved one) hereafter referred to as SA; Spouse B (the biker) hereafter referred to as SB, and; The Bike (the glorious one) hereafter referred to as TB.

Condition I: Acknowledgment

SA shall henceforth recognize that SB and TB have forged a long standing and unbreakable relationship and shall never attempt to permanently divide, or otherwise separate the two.

Condition II: Cohabitation

SA and SB shall agree upon comfortable and equal living quarters for TB, its related service equipment and riding gear. TB shall only be exposed to the elements of nature during rides. All other times TB shall have access to warm, dry, low traffic living space. If at any time there should be conflict w/ SA, SB or furniture, TB shall have preference as to where it stays. In SA's absence TB shall be permitted bedroom space (if not already arranged).

Condition III: Exclusivity and Infidelity

At no time shall SA, SB, or TB be loaned out to be ridden by anyone outside the three-way relationship. SA must request from SB permission to ride, fondle or otherwise physically contact TB and only do so in the presence of SB.

Condition IV: Equal Time

SA shall be guaranteed quality time equivalent to TB unless it conflicts with TB in which case TB gets preference. Service time shall be guaranteed and considered a separate requirement. In the event of emergency, ie SA stranded, child sets hair on fire etc, SB shall complete whatever TB related activity as soon as possible and attend said emergency. In the event of a in-law visit or should, for any reason, SB become depressed or otherwise in need of stress relief, SB shall be permitted as much time w/TB or TB related activities, magazines, books, events etc as needed until such time SB feels better.

Condition V: Parts

SA and SB will agree that SB be permitted and encouraged to purchase any and all TB related equipment at any and all times, whether they be repairs, replacements, upgrades, or just plain Chi-Chi. Any

replaced parts shall be considered cherished spares and provided appropriate storage space equivalent to that provided for TB, preferably under the bed, favorite closet or on coffee table as a conversation item.

New Items immediately installed shall require TB to be put on prominent display (ie in front of TV). Newly purchased items not immediately installed shall be put on display as a centerpiece during the day and they shall be kept under the pillow of SB at bed time, unless it is potentially dangerous to said part. This shall be for no less than 5 days or until they are installed whichever comes first.

Condition VI: Finance

All household finance shall be considered separate from TB finance. If conflict should arise then TB gets preference.

Condition VII: Disposition

In the event SA has a compatible bike SB can offer spare parts to be temporarily installed for use by SA until such time SB requires their use on TB. No prior notice is required. All equipment and TB they are installed upon or intended for, shall remain the property of SB come hell or high water, and shall not be relinquished under any circumstance including death, in which case the surviving party will be obligated to complete the upgrades (expressed, implied or dreamed of) and bury TB with the departed, unless TB or SB requests a separate grave in which case they shall be buried side by side and SA shall not be buried between them.

Condition VIII: Protected Communications

All TB related communications intended for SB, be they voice (phone messages, visitors); print (mail-order catalogues, etc.); or electronic (e-mail, buddies calling to ride, etc.) shall be forwarded and delivered to SB as expediently as possible. Furthermore, no censorship of said communications shall occur, and SA agrees to refrain from making disparaging comments about the content of these communications and/or their source(s).

Extended Conditions: TB shall never be the focus of an argument nor brought up as part of one. TB shall never be discussed w/ in-laws unless said discussion is in praise or defense of TB. No retaliation shall ever be taken against TB.

All of the above is to be considered iron-clad and in stone and non negotiable, unless of course, the nonbiker says so.

MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) _____

Address _____ email _____

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 here by 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 = \$15

Family Members under 18 yrs. _____ Age _____
_____ Age _____
_____ Age _____

Make check payable to Arlington Heights Bicycle Association
Mail to: Cecily Rood
505 Kings bury Dr.
Arlington Heights, IL 60004-2450

AHBA Ride Hotline 847-255-3408 Web site: <http://www.aahba.org>

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

