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The Arlington Heights Bicycle Swap 2019

by Gene Zaworski

The 2019 Bicycle Swap will be held on **April 27** at **Centennial Park** in **Arlington Heights,**

WE NEED EVERYONE'S HELP TO MAKE THIS A SUCCESSFUL EVENT.

A Little History

The Arlington Heights Bicycle Swap has been held for more than 30 years. In the old days, the Swap was a two-day sales event, which necessitated rolling all of the bikes indoors on Saturday night and rolling them back out to the sales area on Sunday morning. Everything was manually done, from inventory, to marking price tags, to the distribution of money.

Eventually, in 2011, the idea of automating the process was realized. A local high school student wrote the program and interfaces for the scanners, computers, and printers we use today. (This former high school whiz kid is now working for Microsoft.)

continued page 2 Swap details

President's Column

Hi, "anxious-for-winter-to-end" bikers.

If you were to ask our members, "why do you ride?" chances are that you would get as many reasons for riding as the number of people answering the question. On the other hand, if you were to ask "why do you ride with the club?" most of the answers would likely focus on the camaraderie of riding with friends in a group. I have been thinking about camaraderie and friendship a lot since January 12, when many of us in the club gathered to bid farewell to our friend Jim Shoemaker at his memorial service. With his sense of humor and tireless contributions to the club, Shoe will be missed.

While a return to the streets may seem like a small dot on the distant, frozen horizon at this point, here are some things to anticipate when riding temps finally return:

- the **2019 Bike Swap, scheduled for April 27**
- the **2019 Arlington 500, scheduled for May 19.**

Both fundraisers are important in order for our club to thrive and continue to grow and to allow us to donate to a number of cycling-related charities each year. Everyone's support is needed to make these events a success, so don't be shy about signing up to help.

Also, the board has established a committee to explore opportunities to make our rides more interesting and enjoyable this season. Please share your biking ideas when they reach out to you. We also have a strong lineup of speakers for our spring club meetings. You won't want to miss Bill Kragh's reflections on his experiences bicycling around Lake Michigan last year.

Biking is a pleasure that brings us together in sharing the sheer joy of the rolling wheel and the camaraderie and friendship of other club members. Perhaps biking and establishing relationships with others is analogous to achieving some success in life. As Frances Willard, the noted 19th century feminist and temperance leader wrote:

"She who succeeds in gaining the mastery of the bicycle will gain mastery of life."

Tailwinds and Downhills,

Tom Drabant

Read Carefully !

May the Spring 2019 "Spoken Word" bring a smile to your day.

Newsletter edited by Paula. Matzek. Layout design by Jackie Kelley



The Arlington Heights Bicycle Swap 2019 by Gene

Bike Swap article continued

The Modern Swap

The Swap today is a one-day event. Final set-up happens on Saturday morning. We take in bikes — first from the bike shops, starting at 6:30 AM, and then from individuals. This process is complete by 9:30 AM. We are then open to the public for bike sales from 10 AM to 2 PM. We sell a large number of bikes in that four-hour time frame. We also sell accessories, including tires, pumps, and bike clothing. All are slightly used. In addition, we sell child carriers and bike racks. The seller of each item receives 85% of the proceeds, and AHBC keeps 15%. This is one of our two largest fundraisers of the year and helps support our club's activities while also providing funds that we donate to biking non-profits such as the Active Transportation Alliance and Ride Illinois.

* As a working club member, you have the first right to buy. From 9:30 until 10 AM you can buy bikes or accessories before the Swap is open to the public. It pays to work at the Swap!

JOB Descriptions for Bike Swap

All Hands on Deck

We need all club members to assist with this event.

Look over the **list of jobs below and let Gene know (gzaworski@sbcglobal.net)**, which one best suits your time and talents.

We also need a **lead person**, or supervisor, for each job category. This person will assume responsibility and direct club members working with him/her.

•Set-up, Friday afternoon/evening, 8 needed

Pick up equipment from our storage facility and set up equipment at park. (The club rents a truck for this.) Build tents and set up wiring for computers.

•Set-up, 5 AM Saturday, 6 to 8 needed

Complete the set-up from night before. Assure everything is done prior to bikes coming in.

•Intake computer operators, 6:30 to 9:30 AM, 8 needed

Scan registration forms so bikes can be put into inventory. Have a basic knowledge of computers and use the AHBC Swap program.

•Accessory desk & computer, 6:30 AM to 2:30 PM,

6 needed Scan accessories for inventory and then assist in sales of that inventory.

•Bike runners, 6:30 to 9:30 AM, 14 needed.

Collect bikes from individuals and bike shops and place in inventory. Attach price labels to bikes and put into appropriate areas on sales floor. Give pink receipt for each item to individual sellers

•Line control, 6:30 AM to 10:30 AM, 2 needed

Keep people in line for equipment drop off. Work with bike runners to assure an easy flow.

•Sales desk computer operators and cashiers, 9:30 AM to 2:30 PM, 10 needed

Scan sold items to take out of inventory. Collect money and provide sales receipt.

•Bike mechanic(s) and test track monitors, 9:30 AM to 2 PM, 3 needed

Make minor adjustments on bikes and assure that everyone is safe. Keep an eye on traffic flow.

•Gate guards, 8:00 AM to 2:30 PM, 4 needed

Assure that bikes that go out the gate are sold and that the person has the right bike. Mark sales receipts (a la Costco).

•Bike sales floor monitors, 9:30 AM to 2 PM, 12 needed

Assist customers and answer questions. Help to determine bike fit and direct customers to different sale areas.

•Food prep and setup, 8:00 AM to 2 PM, 3 needed

Set up food area and put out food for our club workers. (Happy club workers breed success.)

•Back office and payout, 10:00AM to 3:30 PM, 6 needed

Count money and prepare payout envelopes. Distribute money at payout time.

•Tear-down and supply return, 2:00 PM to 6 PM, 8 needed

Tear down equipment, pack and place in truck. Help at storage site to put equipment away.

Please let Gene, gzaworski@sbcglobal.net , know what time you will help with the swap.

Check the the club website for last year's photos <https://www.cyclearlington.com/photos.php>



MEMBERSHIP RENEWAL

by Paula Matzek

Have you renewed your membership for 2019? We have a number of activities on the calendar that are open to members only, starting with the Arlington 500 pre-ride on May 18. Don't risk missing any of the fun. Renew today.

Membership dues for 2019 are due by the end of March.

To renew your membership, go to the website:

<https://cyclearlington.com>

Choose Our Bike Club,

then choose Renew AHBC annual membership.

Click to download a membership form. On the website you will see a list of all the possible ways to deliver your form and payment, including U.S. mail, paying via PayPal, and so on.

Membership questions to Kim at membership@cyclearlington.com

Website questions to Gary at web@cyclearlington.com

LET'S RIDE!

by Paula Matzek

The unofficial opening of the AHBC riding season is the **St. Patrick's Day Ride**, an invitational put on by the Wheeling Wheelmen. This year the ride will be held on **Sunday, March 17** at Wauconda High School. Find more details on their website, wheelmen.com.

The **official start** of our **AHBC ride season** is Saturday, March 23. (Tuesday evening rides will begin on April 2.)

We are in **need of ride leaders** for all levels of rides — leisure, intermediate, and advanced. Check the calendar on the website, cyclearlington.com, and find an open date on which you would like to lead, or contact Mitch at oranges50@aol.com. Never led before and feeling nervous? Co-lead your first ride with a veteran ride leader. Not sure where to go on your ride? Check our library of cue sheets under Rides and Events on the website.

"Volunteers do not necessarily have the time, they just have the heart"



On the Web

by Gary Gilbert, AHBC Webmaster

Arlington Heights Bicycle Club's website <https://cyclearlington.com> has been updated frequently in the past year to include information useful to members — club events, cycling events in the region, and cycling as an activity. The main goals of the website are: (1) to provide up-to-date information about club activities, (2) to attract participants for our primary public events (Bike Swap, Arlington 500 Invitational, Ride of Silence), and (3) to attract new members.

Over the next year, you can expect online capability to pay membership dues and online registration for the Arlington 500. The club also plans to have an more active Twitter and Instagram presence, as well as Facebook.

How can you help?

The purpose of AHBC, as embodied in our bylaws, includes promoting cycling safety for ourselves and the general cycling public. In past years we have had a member responsible for promoting **safety**. To date, no one has stepped up for that role this year. The club needs someone to volunteer to provide safety-related content for the website, the newsletter, and/or the Yahoo listserv. Ideally this would be a brief article every two weeks. There is substantial information available on the internet from a variety of organizations, so the article need be only a few sentences summarizing the content and a link to the fuller content. Contact Gary if you are interested in taking on this volunteer position.

Many club members participate in rides with other cycling clubs or touring organizations, sometimes in other parts of the region, country, or world. We have a section on the website where we have brief reviews of such rides. If you go on a ride, whether it is organized or self-planned, please write a brief **review of the ride and rate it from 1 to 5 stars**. The goal is to help other members choose rides for themselves. Gary can help you post your review.

Photos are a great way to provide content for the website. In the past year we've greatly increased the number of photos of club events. It would be great to have a photo of each club ride in 2019! Camera or cell phone photos are acceptable. Again, Gary can help you post your photos.

All of these requests are dual purposed: first, to inform fellow AHBC members, and second, to attract new members. The way that Google and Bing search engines work is to link together relevant content. Someone searching the internet for cycling-related content will hopefully find "cyclearlington.com" as a source of information and be inclined to join the club or participate in our public events.

Life is like riding a bicycle.

To keep your balance you must keep moving and volunteering...



2019 Arlington 500 Ride by Roger Hitchings

Our annual **Arlington 500 Invitational Bike Ride is on Sunday, May 19, 2019**. This event enables our club to fund the many social events we enjoy and to support local, regional, and national bicycle advocacy organizations.

Many volunteers are needed to make this event successful. In particular, we need **Crew Chiefs** for the following positions: **Food Preparation** (May 18), **First Shift Rest Stop** and **SAG** (Support and Gear) team. We depend on the Crew Chiefs to help organize the volunteers in these areas.

Saturday May 18:

8 volunteers to do **food preparation**. This includes making sandwiches and getting the food for the rest stop organized for Sunday. Approximately 3-4 hours at a volunteer's home.

8 volunteers to do **route marking** with at least four vehicles and one or two helpers per vehicle. Starting at 9:00 AM or after pre-ride on Saturday. Each route takes about 2-3+ hours to mark.

Sunday May 19:

16 volunteers at **Barrington High School** starting at 5:30 AM. Tasks include: **parking direction, greeter, photographer, registration, help with route directions, and providing refreshments**. Most jobs end at 10:30 AM with **three volunteers needed to greet returning riders** from 10 until about 4 PM.

14 volunteers needed from **6:00 AM to 11:30 AM at Rest Stop** to set up tents, tables, put out food, provide directions, photographer, and greet riders.

14 volunteers needed from **10:30 AM to 4:00 PM at Rest Stop** to take photos, put out food, greet riders, provide directions, take down tents and tables, clean utensils and photograph.

8 volunteers needed for **SAG team**. Four with vehicles capable of hauling at least two bicycles and have basic bike maintenance equipment and knowledge. Working time is from 6:00 AM to 4:00 PM. Check with Roger about actual shift times.

Eight volunteers needed for **sign pickup**. Teams of 2-3 volunteers with vehicle working from 1:00 PM to 5:00 PM. SAG drivers may also pickup signs.

A sign-up sheet will be available at the next club meetings on March 27 and April 24.

You can also sign up by contacting Roger Hitchings at rhitchings@gmail.com.

Volunteers can sign up for multiple jobs as many of the tasks change as the ride progresses.

See the sign-up sheet for specific times.

We also need volunteers to distribute flyers promoting our club, the Bike Swap and the Arlington 500 to local bike



SAVE THE DATES

**The club has a number of fun events planned for 2109.
Make a note of them so you don't miss any of the fun!**

- | | |
|------------------------|--|
| Wed., March 27 | club meeting, Bill Kragh on cycling around Lake Michigan |
| Wed., April 24 | club meeting at Village Cycle Sport on Rand Road in Arlington Heights |
| Sat., April 27 | Bike Swap, Centennial Park, Arlington Heights |
| Wed., May 15 | Ride of Silence, Recreation Park, 6:30 P.M. gathering/
announcements, 7:00 ride |
| Sat., May 18 | Arlington 500 pre-ride, Barrington High School (members only) |
| Sun., May 19 | Arlington 500 Invitational, Barrington High School/Spencer Loomis School |
| Wed., May 22 | club meeting and volunteer appreciation dinner, Pioneer Park |
| Sat., June 29 | club picnic at Karin and Jerry's (members only) |
| Sat., August 17 | Progressive Dinner (members only) |
| Wed., Sept. 25 | club meeting, Pioneer Park |
| Wed. Oct. 23 | club meeting and election of officers, Pioneer Park |
| Sat., Nov. 9 | annual banquet at Arlington Lakes Golf Course clubhouse |

Looking Ahead...

Your photos of and articles about club rides and events are needed for future newsletters.

Submit to Paula Matzek, plmatzek@aol.com



FROM THE ARCHIVES...

Originally published in the April 2000 newsletter.

(Did you save any of those old 35 mm film canisters?)

It's in the Bag

by Bob Hinkle, Safety Chairman

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

There have been times when I was riding in the summer when I needed change for a pop machine. When you are hot and thirsty, carrying a dollar in change is worth the extra weight. I also used the change for a dryer in a laundromat one rainy day when riding cross country.

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



President's Column

Hi, AHBC Members.

It has been a most interesting bike season as we encountered some wet and difficult road conditions. While many of us rode fewer miles this year than in previous years, we still managed to celebrate the joy of club riding. Our club members enjoyed a New Year's Day celebration at Tara and Don's home, some zero mileage breakfasts and dinners (thank you, Gary), the club picnic (thank you, Karin and Jerry), our Progressive Dinner Ride (thank you, Cindy Barba, Rebecca Frank, and Tara Riley and Don Sortor), and our annual banquet (thank you, Jennifer Rogers.)

We had our usual "interesting" Bike Swap weather and enjoyed a cool Arlington 500 this year. A prodigious "Thank You" goes out to each member who volunteered at these important club events.

At a recent club meeting, the following members were elected as club officers: Tom Drabant, president; Paula Matzek, vice-president; Kim Heuer, secretary; and Dave Martin, treasurer. The following members will assume the positions of appointed board members: Kim Kempf, membership chair; Gary Gilbert, webmaster; Dave Martin and Gene Zaworski, Bike Swap chairs; and Roger Hitchings, Arlington 500 chair. The position of Ride Chair is open, having been ably served for many years by Mitch Polonsky. (Many thanks go to Mitch for all of his work in arranging many of our rides).

Please plan to attend our annual New Year's Day Ride/Potluck Party at Pioneer Park. Details will be posted as we get closer to the event.

For many of us, as we close our bike season, except for the hardier cool/cold weather riders, it is pleasant to look back on our biking and think about the joy of club riding and the shared experiences of our time together. As John F. Kennedy said, "Nothing compares to the simple pleasure of a bike ride."

Tailwinds and Downhills,

Tom

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Ask not what AHBC can do for you, but what you can do for AHBC.



The Arlington 500: A Look Back and A Look Forward by Roger Hitchings

I wish to thank the 57 volunteers for all their work hosting the 2019 Arlington 500. Despite a low rider turnout, those riders who chose to ignore the inaccurate forecasts of severe weather were rewarded with warm welcomes by our volunteers, efficient registration, tasty food, and good riding conditions.

Our 2019 Arlington 500 was attended by 148 riders. 211 riders had pre-registered, and, of those, 105 showed up to ride. 43 riders registered the day of the ride. Severe weather predictions for that Sunday by all the local weather forecasters greatly hampered our attendance. As a result, this was the second year in a row in which we made only a very small profit on the ride. (Our 2018 Arlington 500 was dampened by torrential rains and strong winds and was attended by 200 riders.)

The 2020 Arlington 500 has been moved to Sunday, June 7. At this time, the routes are anticipated to be the same as in 2019. The registration location at Barrington High School and the rest stop at Spencer Loomis School will remain the same. In addition, there will be a change in weekend for the annual **Bike Swap to Saturday, May 2, 2020.** The change in dates was made after considerable discussion by the board and several members offering thoughtful analysis of the pros and cons of making these changes. Weather was one of several factors taken into consideration. (On a related note, we also moved our club storage locker to the first floor and in a sheltered area, which will make loading and unloading of equipment and supplies for our events much faster, easier, and safer.)

Now is the time to mark your calendars and make your plans to support our 2020 Bike Swap and Arlington 500 by volunteering for one or more of the jobs at each. Our website will have the volunteer sign-up sheets for the Arlington 500 posted so you can avoid the rush and sign up for your coveted jobs. As always, I need team leaders to organize and coordinate the route marking, registration, rest stop, SAG, and food acquisition teams. The various jobs are described on the sign-up sheet.



Local Bike Advocacy In Action

by Roger Hitchings

Crossing the very busy Lake Cook Road is often a challenge for cyclists and pedestrians. When the residents of North Arlington Heights learned that the Buffalo Creek Forest Preserve was to be improved by the addition of revised wetlands, new trails, and scenic overlooks, our homeowner's civic association decided to take action.

Most local pedestrians cross Lake Cook Road at the Wilke Road traffic light and have created a "goat path" to access the existing Buffalo Creek Trail. The only problem is that this intersection does not have pedestrian buttons nor pedestrian crossing markings. There also is a high curb on the north side of Lake Cook Road.

Bike riders often cross at Schaeffer Road, trying to outrun the fast vehicles on that stretch of Lake Cook Road. Some ride leaders avoid crossing at Schaeffer Road because of the danger and the difficulty of keeping the group together.

Action was needed. At a meeting of our homeowner's association, I was recruited to lead the advocacy effort to get the Lake Cook and Wilke Road crossing improved for pedestrians and cyclists.

This crossing involved many different governmental entities, since it is on the border of Cook and Lake Counties. There was always a debate among the entities regarding who should pay for improvements, which made getting funding very difficult.

Over the past year, a small group of residents and I arranged meetings with many of the involved governmental entities. We met with the Lake County Commissioners and the Director of Lake County Forest Preserves. We met with several of the Cook County Commissioners. We wrote letters. Several members of our bike club helped by contacting governmental officials. Thank you to those members!

I prepared a presentation package that we used at our meetings. It can be found here https://drive.google.com/drive/folders/1CKZyQoZc8lpBFJ0IWmtmnYoEQ_hmfSCH?usp=sharing

After a year of advocating for this improvement, funding was secured. According to the Arlington Heights Village Engineer, the project has been approved. Bids and permits are being secured, and construction is scheduled to start in the spring of 2020.

In order to meet the needs of road cyclists, I plan to start advocating for paving the stretch of the new Buffalo Creek Trail from Wilke Road to the Schaeffer Road trail crossing.

Advocacy can get results, but to be successful it requires work, organization, persistence, and, above all, a community. I am proud that Arlington Heights Bicycle Club is such a community. https://drive.google.com/drive/folders/1CKZyQoZc8lpBFJ0IWmtmnYoEQ_hmfSCH?usp=sharing



TOY RIDE 2019

by Paula Matzek

Each year in December, Amling's Cycle in Niles hosts a Toy Ride to benefit the U.S. Marine Corps Toys for Tots campaign. The "price" of the ride is one new toy. Riders gather at the shop in the early morning and ride to Corcoran's Grill on North Wells in the city, where we drop off the toys and enjoy a free hot breakfast before riding back to Niles.

This year's ride will be on **Friday, December 13**. Please consider joining some of your friends from the Arlington Heights Bicycle Club for this important and fun ride. Meet at Amling's Cycle, 8140 N. Milwaukee Avenue, Niles, at 6:30 A.M. for the ride to 1615 N. Wells, Chicago. (We will have a police escort, so we can legally run the red lights!) Please register in advance at toyridechicago.com.

Can't join the ride? Donations of toys are accepted at the shop throughout the weeks leading up to the ride.

Holiday Lights Ride

by Ford Sakata

This year's annual Holiday Lights Ride is scheduled for **Saturday, December 14th at 5 P.M.** This is an evening ride for which cyclists decorate their bikes with battery-powered lights. Some riders even dress in costume to spread holiday cheer throughout the town.

Details will be posted on the AHBC ride calendar.

You can't be sad while riding a bicycle.





Bike Riding in Alaska

by Vince Kelley



Lots of us have gone on a trip to Alaska. The things that come to mind when planning to explore the 49th state are glaciers, eagles, bears, and boundless wilderness. The majority will travel by cruise ship, bus, and train. However, a biker is missing a very important element if he/she doesn't also explore the option of seeing things on two wheels the way we like to here in the lower 48. The cruise

ships make stops along the inner passage in Ketchikan, Juneau, Skagway, and sometimes Sitka. Then they end up in Anchorage and Denali National Park. At every stop there are opportunities to rent a pair of wheels. In Ketchikan, the southernmost port in Alaska, there was little for us to do if we did not opt for an expensive (\$300-600) shore excursion. Instead, we found an unmanned bike rental station located in someone's back yard about a ten minute walk from the pier. We signed the book, dropped \$20 each in the coffee can, and selected our bikes. Like in other coastal towns, there is a limited number of roads, so it is hard to get lost. Most of our 20-mile trip was on a paved path along the narrow waterway that was the shoreline. Eagles were as abundant as passing cars. With a little bit of climbing, we found a stream crammed with spawning salmon, a nice totem pole park, and an awesome mountain hike.

In Skagway one of the popular excursions is to take the old mining train up into the mountains. There is an option to hop on a bike and ride back down instead of coming back by the train. Mitch P. found this thrilling. His wife found it too thrilling. Good thing they had a sag wagon.

In Anchorage, where we had a full day's layover, there were three bike rental outfits. Anchorage has an eight-mile trail along the waterway known as Turnagain Arm, where the tides rise and fall up to twenty-six feet. If you time it right, you can watch the wave of an incoming tide. From there it is possible to continue on for miles on a quiet highway with the mountains on one side and the bay on the other. Beluga whales and sometimes moose are commonly spotted here.

Many tours will take folks up to Denali for a few days. Cars are only permitted on the first ten miles into the park. Nearly all visitors take the park bus to go beyond that to catch sight of more moose, brown bears, caribou, and occasional wolves. Denali (Mount McKinley), when it is not shrouded in clouds, is the main attraction. If one has an extra day at the Denali resorts, a great option is to rent a bike and ride into the park for as many miles as your legs will carry you. When you get tired, flag down a bus and hitch a ride home.

Life's a climb, but the view is great.



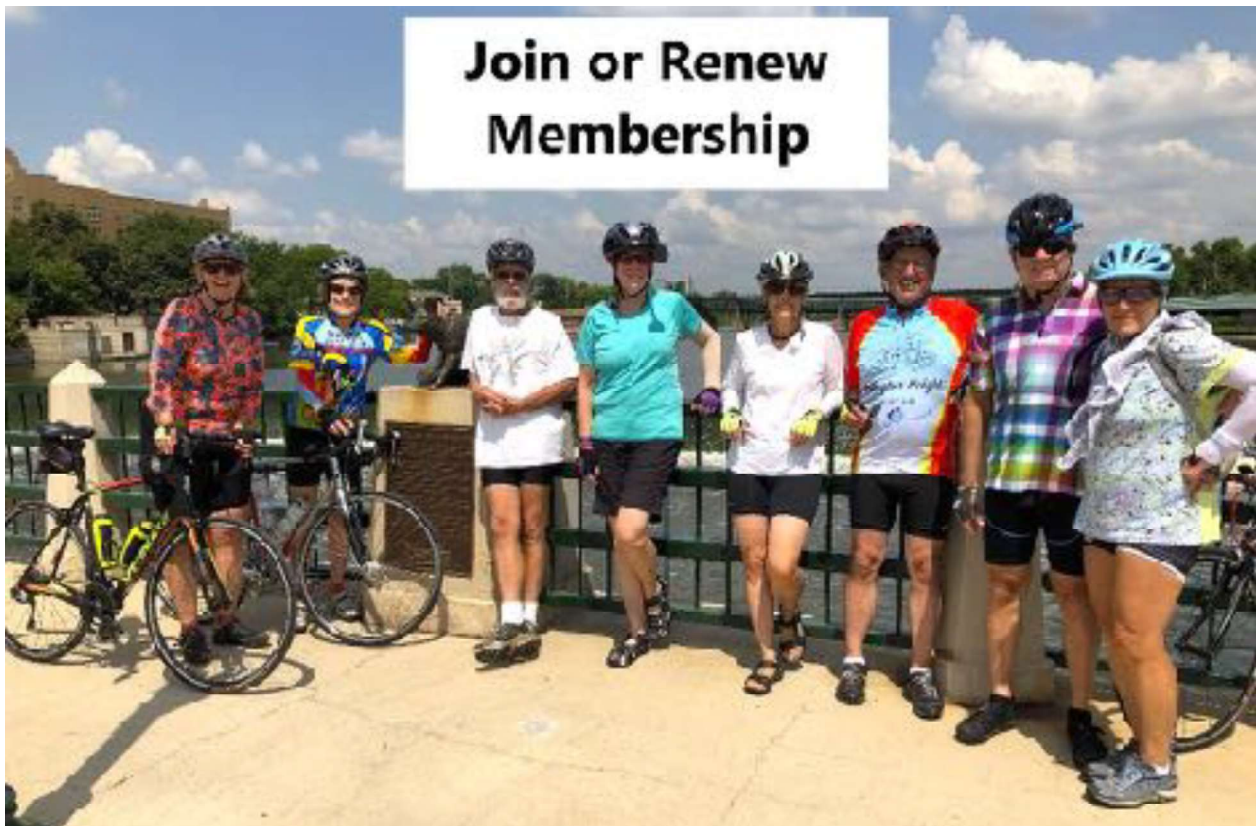
Membership Renewal
by Gary Gilbert

The Arlington Heights Bicycle Club membership application is available on the club website <https://cyclearlington.com>

Joining or renewing your membership is easy and can be done by downloading the membership form and sending it with your check to the membership chair OR by filling in the form online and using PayPal to pay your dues. Dues are still the best bargain in town, only \$15.

Click on the "Join or Renew Membership" button on the home page.

Dues for 2020 are due by March 1. Beat the rush by renewing now!



Q: Why can't a bicycle stand up on its own?
A: Because it's too tired!



Upcoming Events on the Calendar:

- * Amlings Toy Ride December 13, 2019 6:30AM
- * New Years Day Party January 1, 2020 12:00 Noon Pioneer Park
- * Arlington Heights Bike Swap May 2, 2020 (Note - new weekend in 2020)
- * Arlington 500 June 7, 2020 (Note - new weekend in 2020)
- * Traditionally, there is a show-and-go ride each Saturday in November through March leaving from Frontier Park when the roads are clear and safe. The riders who show up determine the pace and distance.
- * Also Tuesday/Thursday bakery rides continue from Willow Stream Park in Buffalo Grove during the winter at 10 AM. When the roads are too slick or temperatures are too cold, you can find members taking a brisk 3 to 4 mile walk at the designated time. If it's too cold to walk outdoors then an indoor walk on the indoor track at Camelot Park is used. Post ride or walk social time at the Deerfields Bakery follows.

For more details check AHBC web site:

<https://cyclearlington.com/index.php>

Q: Why did the little boy take his bicycle to bed with him?
A: Because he didn't want to walk in his sleep.

Looking Ahead:

Your photos of and articles about club rides and events are needed for future newsletters. Submit to Paula Matzek, plmatzek@aol.com

Newsletter edited by Paula. Matzek. Layout design by Jackie Kelley