



President's Column

Bike Club Tidbits — February 2021

by Greg Konieczny

Let's have a safe year

According to our bylaws, the club's purpose includes promotion of safe bicycling. We'd like to emphasize that in 2021. Safe riding is best promoted by talking about it, teaching safe riding behavior, and correcting unsafe situations when they occur. Any of us can occasionally do something unsafe on the bike without realizing what we've done. Sometimes we become distracted when riding, which is a common cause of accidents. With all that in mind, we'd like to have a volunteer to be our club's safety advocate. If you're passionate about safety, perhaps you could share that passion with the club. The job is whatever you want it to be. You could send emails about safe riding technique, start a blog on our website, write newsletter articles, and/or help us ensure that club ride leaders are running safe rides. Please let me know if you're interested. Your efforts would be very much appreciated by everyone who has a safe year of riding in 2021.

Club rides in 2021

At this time, it's looking more positive that we'll be able to have a somewhat normal riding schedule in 2021. Therefore, it's time to start thinking about rides that you'd like to lead this year. I suggest that you begin to pick some dates when you would be free to lead. It's very early in the season, so don't feel that you need to make a firm commitment at this time. We can always adjust the schedule later as needed. If you have questions about leading rides or about posting your ride on the website calendar, contact Ride Chair Mitch Polonsky.

It's important for the club to have a full calendar of rides. Many prospective members look at our ride schedule before joining the club. A full schedule makes us look like an active group with a lot going on, which, of course, we are!

Hope to see you on the road this spring.

Greg

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Do you feel clueless?

Looking for new directions in Cycling?

Many in the club would be willing to lead a ride but don't have a route in mind or don't have the time or expertise to plan a new route. What if these members could find a list of routes on our website

<https://cyclearlington.com>

and print the related cue sheets? A plethora of cue sheets is out there in various members' files. Can you help to gather these and assist Gary is getting them onto our website?

Contact Gary

web@cyclearlington.com

to learn more or to volunteer to help.



AHBC 50th Anniversary by Bill Kragh

In the spring of 1971 four couples answered an ad in the newspaper. The meeting with the Recreation Park program director led to the formation of the Arlington Heights Bicycle Association. Shortly after that initial meeting, Tuesday night rides began. These were followed by weekend rides, shared meals, weeklong rides, the Arlington Adventure/500, and the Bike Swap – all the activities we have enjoyed for so many years.

2021 marks the 50th year of these enjoyable activities and gives us reason to celebrate. Currently, plans for a celebration are being considered, with the most likely time frame being summer or fall of 2021, when most COVID-19 considerations should be behind us. Barb Rappeport, Francine Grossi, and Bill Kragh have agreed to work on anniversary activities.

We would love to have other members join us or give us their suggestions and ideas.

Club member Tara Riley, a talented artist, has offered to help develop a 50th Anniversary logo. She would love to hear anniversary slogan or logo ideas from members.

Other anniversary ideas are to develop a consolidated club history and to recreate a historical club ride. We would really appreciate club members locating old photos or other club artifacts that they would loan us to be scanned to assist in the club history development.

You can contact Bill Kragh at bill.kragh@gmail.com or 847-910-8093 with any photos, materials, slogan ideas, other thoughts, or a desire to join in our planning efforts.

Renew Your Membership by Francine Grossi

Thank you to all of our members for their continued renewals, volunteer work, and contributions. Even though we were limited as to what club rides and social events we could host last year, we appreciate your continued support. The club has a number of fixed costs even when we are less active. And with the necessity to cancel both of our 2020 fundraising events and our 2021 Bike Swap, our only source of income is your dues.

Why not start 2021 right by getting back on your bike and renewing your AHBC membership?

To renew your membership, go to to <https://cyclearlington.com> and choose “Our Bike Club.” Then choose “Join AHBC.” You can renew by any one of these methods:

1. downloading the membership form, printing it, and mailing the form and your dues check to the membership chair, Francine. Her address is at the bottom of the form.
2. filling in the online membership form and mailing a dues check to the membership chair
3. filling in the online membership form and paying dues via PayPal.

All renewals are due by March 31. Take care of your renewal today and be ready to go when we start riding soon!

Remember to share our website and encourage a friend to join AHBC.



Arlington 500 on June 6, 2021

by Roger Hitchings

The decision whether to host the Arlington 500 will be made near the end of March. With the ongoing COVID-19 pandemic, there are many factors that will inform this decision. The availability of our venues, Barrington High School for registration and Spencer Loomis School for our rest stop, will be the most important factor. Without access to both of these venues, we will not be able to host the ride.

While we prefer access to the buildings for shelter and restrooms, it may be possible to just utilize their grounds. This will be explored with the school administrations in March.

In addition to the schools, we also require permits from the Lake County Department of Transportation and the Village of Barrington. It is expected that all government agencies will require a COVID-19 mitigation plan, which may entail additional costs and staff.

I am also concerned we will not have enough volunteers to conduct the Arlington 500. I understand and respect that, for many, the risk of COVID-19 will be too great to allow them to volunteer.

Here are the numbers. In 2019, it took 57 volunteers, each committing over six hours, to host the 500. It is possible to reduce the number of needed volunteers by asking volunteers to work multiple tasks and/or longer hours.

If the pandemic conditions improve enough for the schools to grant access, I will require the firm commitment in late March of at least 25 volunteers to show up on June 5 and 6 to do whatever it takes to host a successful ride for our participants.

Lastly, we need the Arlington 500 to be profitable. I have estimated the costs using the best available information. We will need at least 400 participants to make the Arlington 500 profitable at our current pricing of \$20 advance registration and \$30 day-of registration. We could increase the price, which would lower the break-even point but probably reduce the number of riders willing to pay and participate.

In summary, I will continue to monitor these and other factors to make an informed recommendation to the board in March. In making the decision, we will comply with federal, state, and local COVID-19 requirements and guidelines.



Ride Illinois Resources

by Paula Matzek

Ride Illinois, formerly League of Illinois Bicyclists, is our statewide bicycling advocacy organization. Check their website for a number of helpful resources for cyclists.

Have YOU taken the Bike Safety Quiz yet? You might be surprised by how much you do or do not know about how to legally and safely ride your bike on the road or drive your car when cyclists are present on the road. On the website, RideIllinois.org, click on “bike safety quiz.”

Did you know that Ride Illinois has hosted a number of cycling-related webinars? Topics have included bike law, basic bicycle maintenance, cold weather cycling, intro. to mountain biking, bicycle infrastructure, and more. On the website, <https://rideillinois.org>, click on “Events” and then on “Webinars” to see a list of upcoming topics. Not able to “attend” at the scheduled time? All previous webinars are also listed as available for viewing on You Tube.

An upcoming webinar of interest is **Route Planning for Cyclists**. The presenter, Sheri Rosenbaum, is an active member of our neighboring club, the Wheeling Wheelmen. (Since this webinar conflicts with the AHBC Board meeting, this will be one instance when many of us will want to view the presentation after the fact.)

- * 7 p.m. Wednesday, March 10, 2021
- * Want to learn tips and tricks for planning your next cycling adventure, be it local or afar? Join Ride Illinois and **Sheri Rosenbaum**, cycling industry influencer, writer, and advocate, for an informative webinar. In this webinar, you will discover resources, ideas, and ways to plan an exciting 2021 season filled with new routes and locations. Sheri will cover road, gravel, and trail route planning, so there is something for every type of rider.
- * Register on the Ride Illinois website, RideIllinois.org. Go to “Events” and select “Webinars.”

Bike Swap by Gene Zaworski

The Bike Swap for 2021 has been cancelled. The AHBC Board could not determine a way to safely host the Swap this year. Although Illinois is now in Phase Four of its COVID recovery plan, this phase limits gatherings to only 50 people. We know that in the past we have had hundreds of people on the tennis courts at one time. In addition, our Swap is very much a hands-on operation involving taking in and selling bikes, handling money, and providing paper receipts and vouchers. This would be difficult to accomplish while maintaining six-foot physical distancing and proper hand hygiene. Also, since the event is held on Arlington Heights Park District property, they would require a COVID plan before issuing a permit for use of their facility.

Phase Five of the state’s COVID plan will allow gatherings of more than 50 people. Our hope is that by next spring Illinois will be in Phase Five and will have achieved herd immunity. This would allow us to safely host the Bike Swap on Saturday, May 7, 2022.



Ever wonder what it takes to successfully plan and lead a safe, enjoyable AHBC ride? Curious about becoming a ride leader yourself? Read on for the thirteen key responsibilities.

If you are considering leading a ride in 2021, contact Mitch at oranges50@aol.com with your questions or preferred dates.

AHBC Ride Leader Responsibilities

1. Encourage safe riding by all members, whether they be experienced or new riders.
2. Prior to ride day, establish your start location, destination, and route. Ride (or drive) the route prior to the scheduled day.
3. List the ride on the club calendar (or ask the ride chairperson to help you.)
4. All members and guests **MUST** sign in on an official AHBC ride sheet that includes the club release and liability waiver. Turn the ride sheet in to the ride chair after the ride.
5. Announce at the beginning of the ride: distance, approximate time, general route, general safety, and known hazards. Ask that riders keep the leader informed of problems.
6. Before the start of the ride, make sure that new riders understand the pace and ride conditions. If a rider's bike does not appear to be in "rideable" condition, encourage them to reconsider going on the ride.
7. Provide riders with cue sheets. Announce any expected route changes/ alterations.
8. Know the number of riders. Utilize one of the following to keep track of riders and regroup as necessary:
 - a. Designate a sweep rider.
 - b. Split into smaller groups with a leader for each group.
 - c. Each rider makes certain that the rider behind them does not lose sight of the group.
9. Adhere to the advertised pace of the group.
10. The ride leader is **NOT** responsible for riders that ride ahead of the leader. Inform the other riders that you will not wait for them if they ride an alternate route.
11. Stop for all red lights and stop signs. At stop lights and signs, join the line of cars, don't bunch up.
12. Make sure that all riders know all fellow riders' names. One way is to go around the circle having everyone introduce him/herself.
13. Remind all riders to check for correct helmet use (position on head, tightness of strap).



AHBC Technology News

February 2021

by Gary Gilbert

Logging in to the Website

Members often ask about logging in to the website. Most of the website is publicly available. You have access to those portions without logging in.

Logging in to the website is only necessary for a few items. These are:

- to add, change, or delete an event on the club calendar
- to look at the member directory
- to look at the mileage logs
- to volunteer for the Arlington 500 or the Bike Swap.
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You can only log in to the website if your membership is current. Members who have not yet renewed have an expiration date of 3/31/2021 and will lose the ability to log in on 5/30/2021. Notably, you do not need to log in to the website to join the club or renew your membership.

A few words about the member directory. The membership directory contains the name, address, phone number, and email address of each member. You can control whether your address, phone number, and email address are available to other members. Log in to your account, and click on your account. You will see a toggle which lets you control whether this information is available to other members.

Most household memberships have a single login to the website. If you want separate logins for each member of a household, send an email to the webmaster at web@cyclearlington.com with the request.

AHBC Google Group

We migrated from Yahoo to Google Groups in December 2020 due to the elimination of Yahoo's group email service. It seemed to be a smooth process. Members of the group can send email to ahbccyclist@googlegroups.com, which is then delivered to all members of the Google group.

Adding yourself to the group is easy. Send a blank email to AHBCCyclist-subscribe@googlegroups.com

Removing yourself from a group is equally easy. Send a blank email to AHBCCyclist-unsubscribe@googlegroups.com

Members who use gmail for their email have additional features.

Log in to Google and visit <https://groups.google.com/>



AHBC Google Group Reminders.

Let's keep the Google Group a harmonious place for all of us. Each email that you send is delivered to several hundred other people, all with different levels of engagement with the club and different levels of interest in cycling topics. The full list of expected email etiquette is here: <https://cyclearlington.com/emailissues.php>. (CycleArlington.com -> Our Bike Club -> Resolving Club Email Issues FAQ.)

We receive the most complaints about:

- e-mails with non-cycling content
- pleas for money for charitable events.

Keep in mind that you do not need to read each email message that you receive. You can delete any email without penalty. It takes far less time to hit the delete key on an email message than to complain to the sender or to the club.

You also have the option of marking email from any given sender as spam to avoid receiving future emails from that member of the group. In addition, remember that you can configure your receipt of email from the Google Group to receive each email separately, emails as a digest, or no emails at all.

You can see all email messages which have been sent to the group here: <https://groups.google.com/g/ahbccyclist>, even if you have disabled receipt of email.

Contact the webmaster, web@cyclearlington.com, if you need help with this.

Social Media

AHBC is active on social media and related technology. You may have noticed the set of icons on the website.



These are:

1. Globe: Where we are located. We often get questions about cycling in Arlington, Virginia and Arlington, Texas, so we identify ourselves as an Illinois bike club.
2. Twitter: AHBC Twitter feed
3. Friends of AHBC: Cycling organizations we follow on Twitter
4. Instagram: AHBC Instagram feed
5. Strava: AHBC Strava leaders
6. Facebook: AHBC Facebook Group
7. Google Group Subscription: Click here to join our Google Group.
8. Search our website: Google Search targeted to our website.
9. Email the club: For those who are not members and have questions about AHBC
10. News: Recent news



Website Content

We are always searching for new content for the website. The better the content, the more useful it is for members. Besides information which is useful to members, content attracts new members to the club, new riders for the Arlington 500, and new buyers and sellers for the Bike Swap. Let me know your ideas.

Website Availability

In the coming weeks, from time to time the website may not be available. Some of the software used to host the website is out of date and no longer supported by our website hosting service. Work is underway to upgrade to the new software.

Website Layout

A revision of the website "look and feel" is underway. The goal is to be more aligned with the designs used by other websites and to make the website more adaptable to the variety of devices used to access the website. Let me know if you have experience in website design and are willing to assist.

Questions?

As always, questions can be sent to web@cyclearlington.com and I will do my best to give you a timely response.

See You on Zoom! by Paula Matzek

We can't meet in person right now, but that's no reason to miss a meeting or guest speaker!

Join the club on the **Zoom** platform every month to keep up with what's happening and to "see" your biking friends. Members are welcome to "attend" board meetings on the second Wednesday of the month. General meetings are held the fourth Wednesday of the month and always include a bicycling-related program presented by a guest speaker. Check the calendar on the website, and watch your email for details and the Zoom link.

While we all look forward to the time when the Arlington Heights Park District can allow us to meet in person at Pioneer Park, for now, we look forward to seeing you via Zoom every month.