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# ARLINGTON HEIGHTS BICYCLE CLUB

April

2022

*Arlington Heights Bicycle Club, rolling with our community since 1971.*

## AHBC Benefits Go Beyond Biking

Pete Schmelzer, AHBC President

“That really looks like fun,” was my thought as I watched 10-15 bike riders regularly cruise past my house near Recreation Park on Tuesday evenings. “I wonder if they would let me ride with them.”

That was 15 years ago when I was a solo, novice, casual rider without much knowledge of where to ride, how to ride safely, or group riding etiquette. Eventually I found the AHBC website and joined the club.

During the early years, I simply enjoyed gathering with a group of friendly people and following the ride leader to many places I never knew I could safely ride on a bike. These experienced riders would

kindly warn me of approaching holes and bumps in the road and if a car was approaching from behind. And when I once “bonked” on a longer ride, I learned the value of a “sweep.”

I began to ride more frequently and really enjoyed AHBC group rides — the variety of destinations and distances — and I learned so much from people who shared their knowledge of bike equipment and riding techniques.

But over time I learned that the

AHBC offers members so much more than a variety of fun riding experiences. Here’s how you, too, can make the most of your AHBC membership!

### Education/Safety

Through presentations at monthly membership meetings, conversations during rides, and this newsletter, you can learn everything from how to change a flat to how to change lanes when

riding in traffic. Yes, there is a right way...and a wrong way!

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# Welcome

No matter how far, how fast, where you ride, or why -- the Arlington Heights Bicycle Club has something for you: leisurely to advanced-paced rides; social functions; and a commitment to safe riding. And we don't take ourselves too seriously. Come ride with us!

## The Arlington 500 is Back!

by Roger Hitchings

The Arlington 500 will be held on Sunday, June 5, 2022.

Plans are underway to host our "annual" AHBC Arlington 500 Invitational Bike Ride, and we need your help. Hosting the event requires volunteers to work over 60 tasks. Some of the tasks are on the days before the ride and others are on the day of the ride. Please volunteer for several tasks and, if available, on several days.

To volunteer, go to our website at [www.cyclearlington.com](http://www.cyclearlington.com), Log-In as a member. Under the Members pull-down tab, select Volunteer for Swap and 500 and then Volunteer

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### Bike Swap

The Arlington Heights Bicycle Club sponsors a bike swap once every year. This event is an opportunity for the community to sell or buy their unneeded bicycles or bike equipment. Learn more at [cyclearlington.com/swap](http://cyclearlington.com/swap)

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### Ride of Silence

The International Ride of Silence is held in remembrance and honor of those who have suffered injury or death while cycling. The ride leaves from Recreation Park in Arlington Heights starting at 7:00 p.m. Learn more at [cyclearlington.com/PostRideOfSilence.php](http://cyclearlington.com/PostRideOfSilence.php)

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*Benefits, Continued from Page 1*

The annual Ride of Silence is a worldwide observance of those who have been injured or died in cycling accidents, drawing public attention to safely sharing the road. On **May 18 at 6:30 p.m.**, we will gather at Recreation Park to ride slowly and silently through Arlington Heights neighborhoods.

**Social Events** In addition to the interactions that happen on rides and during rest stops and lunch breaks, the AHBC offers a summer picnic, a progressive dinner, and a year-end banquet — great fellowship and food!

**Community Service** The **May 14 Bike Swap** provides the general public with a venue to test, buy,

and sell bikes for riders of all ages and abilities. Also, in the coming months, we will be working with the Arlington Heights Police Department regarding safety initiatives. We also hope to lead weekly leisure rides for area adults later in the year under the auspices of District 214 Continuing Education.

**Volunteerism** You can give back to the AHBC and the greater cycling community by helping with a variety of tasks related to the Bike Swap and the **June 5 Arlington 500**. We need 40-60 volunteers for each event, so please sign up for one or more tasks through the AHBC website!

**Website** The Ride Calendar allows you to find rides that match

your pace and distance and to plan when you will be riding during the daytime, evenings, and weekends. By adding your email address to our Google group, you'll get notices and updates for upcoming rides.

**Ride With GPS** Our new club account allows you to download favorite routes to your bike computer or mobile phone.

You can read more about the official purposes of the Arlington Heights Bicycle Club at <https://www.cyclearlington.com/aboutus.php>.

If you have questions or suggestions regarding your AHBC membership, please contact me at [president@cyclearlington.com](mailto:president@cyclearlington.com)

# The Arlington Heights Bike Swap is Back!

by Dave Martin

The Bike Swap is on for Saturday, May 14, 2022.

For about 30 years, with the exception of the last two COVID years, the Arlington Heights Bicycle Club has successfully run an annual Bike Swap, a consignment sale of bicycles and bicycle equipment for the residents of the northwest suburbs. We provide a safe place at Centennial Park (1209 E. Burr Oak Dr., Arlington Heights) for members of the public to sell and purchase bicycles. This commu-



nity service provides parents the opportunity to sell their kids' bikes that they have outgrown and provides the opportunity for their kids to comparison shop for their replacements. It also provides a convenient venue for adult cyclists to upgrade their rides.

During COVID, many other venues have stepped up their sales of bikes.

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## Time is Ticking...

Membership renewals were due March 31st! Don't lose access to your member benefits!

Get your friends and family aboard for only \$20! [Click here to renew!](#)



# 05

## The Arlington 500

The Arlington 500 is a recreational bike ride on scenic roads in Lake County, Illinois. You have the option of doing a 25, 42, 51, or 70 mile (500 furlongs) route. Learn more at [cyclearlington.com/500](http://cyclearlington.com/500)

# Spring has sprung!

## Spring Maintenance

by Don Ami

As some of you know, I work on a lot of bikes. With warmer weather coming soon (I promise), now is a good time to check your bike for maintenance and wear. Start with the chain. It is the heart of your drivetrain, and if it fails, you're not pedaling anywhere, no matter how expensive your bike is. Some of you replace the chain every year. While there is nothing wrong with that, you may be wasting money. I own a Park Tool CC-2 Chain Checker. Unlike a go/no-go chain wear tool, the CC-2 gives you an actual reading on a gauge of how much the chain has worn. And at only \$29, this tool has paid for itself many times over. If the chain is still good,

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Getting out and enjoying the Wauponsee Trail



The spring opener of group rides!

Photo courtesy of Rebecca Robinson-Frank

500, Continued from Page 2 for the Arlington 500. You will find a spreadsheet listing the tasks and a detailed description of the tasks at the bottom. Please enter your name for the tasks you prefer.

Alternatively, you can sign-up at our monthly member meetings or by contacting me at [rlhitchings@gmail.com](mailto:rlhitchings@gmail.com) or by phone/text at **847-846-5252**.

Much has changed since our last event in 2019. We will be using BikeReg.com to handle our participant registration, payment, and check-in activities. This will move us into the future and allow contactless payment and check-in of riders.

We are also implementing tiered pricing to encourage participants to register early. This enables our club to better cover the fixed costs of hosting the 500 and to more accurately plan our food purchase, the largest variable cost of hosting the 500. The price tiers are \$30

for Early-Bird registration, \$40 for advanced registration, and \$50 for Week of Ride registration. These prices are competitive with 2022 pricing of other invitational ride events and reflect the significantly higher costs associated with hosting our event.

As a benefit to our riders, we are providing Ride with GPS route downloads to their devices, with turn by turn voice navigation features for the day of the ride.

With the future of COVID remaining unknown, we will be offering pre-packaged and commercially prepared foods and drinks. All volunteers and riders will be expected to follow any state and local COVID mitigations in place on the day of the ride.

Other changes may be required as well. Our two venues, Barrington High School for registration and Spencer Loomis School for rest stop, remain uncommitted for the

usage of their facilities. Both have indicated that only outdoor usage is likely. In addition, Barrington High School will be starting an extensive renovation of their building, parking lots, and athletic fields at the beginning of June.

While these venues remain our preferred choices, we need to be prepared with alternative locations and related route changes. Any suggestions you have for suitable alternative registration and rest stop locations in Lake County would be greatly appreciated. In particular, the registration location needs parking for at least 500 vehicles with safe access to routes. Our rest stop location requires safe access to our routes and a water supply. Access to shelter and rest rooms at these alternative locations is desirable. If you know of a school, a park with shelter, or a commercial building suitable for use on Sunday, June 5, please let me know at the above contact information.

# Alternative for Staying Hydrated — And My Biggest Pet Peeve!

by Kris Sudrovehc Ami

It is common knowledge that, as we age, we must stay hydrated to avoid side effects such as dizziness, fainting, and any number of other disagreeable issues. We, as cyclists, are expending a lot of energy riding our bikes, and the more miles we ride, the more important hydration becomes.

When I started cycling with AHBC in 2002, I was riding more miles than I had ever expected to, often in very different weather conditions. I was using a water bottle for hydration, keeping it in the cage on my bike. Regularly I found at the end of a ride I would be totally wiped out and done for the day, sometimes even experiencing cramping in my feet or legs. I realized I needed more hydration but was unable to accomplish that using only a water bottle. In order to increase my hydration, I started using a Camelbak. What I found in using a Camelbak was that I could drink more frequently, often while I was pedaling, and that I was getting better hydration than I had by just drinking from a water bottle at stop lights and rest stops. Although it took a little bit of getting used to, before long I didn't even notice the "pack" on my back! I have been using a Camelbak regularly ever since and find it quite a convenience for staying hydrated.

This past summer I was looking to replace my Camelbak, but the one I had been using was no longer available. As I started doing research for a replacement system, I noticed a new option from Osprey that I found sold locally at REI. This hydration system was available in what I would call a "fanny pack" option, in which the system strapped around my waist at my lower back instead of around my shoulders

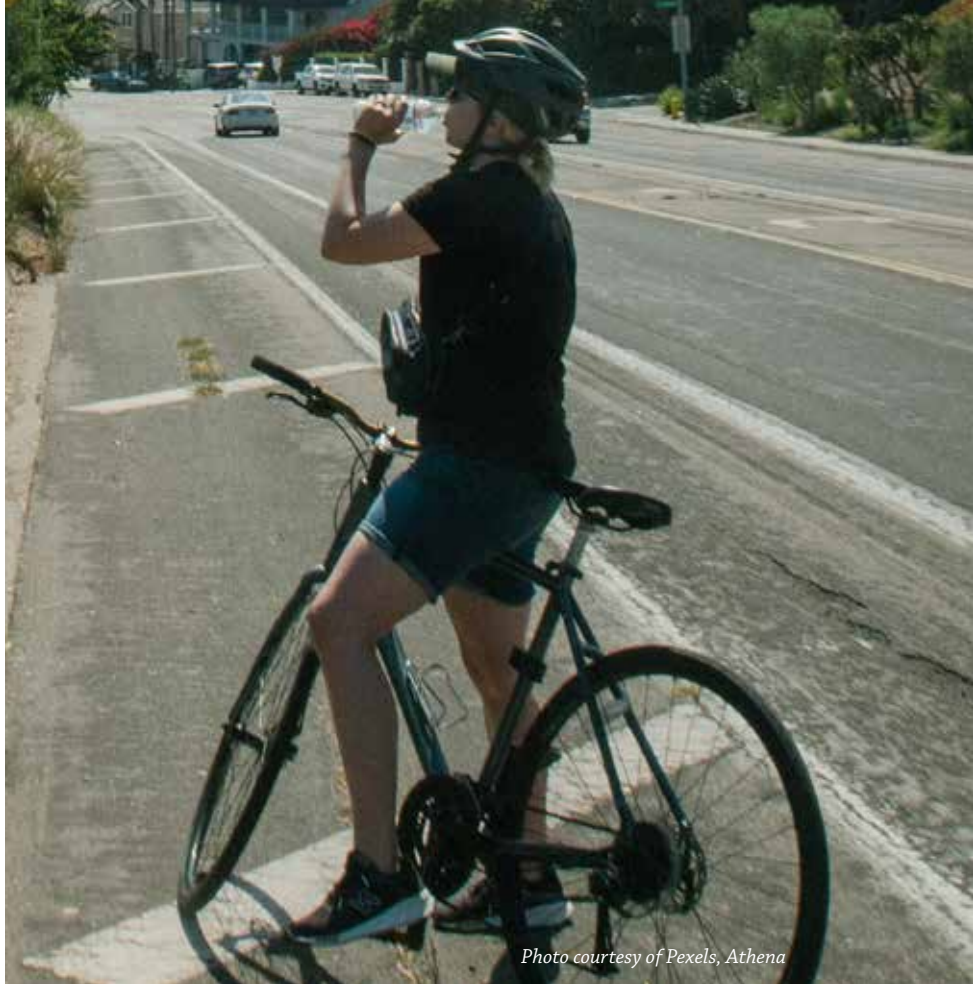


Photo courtesy of Pexels, Athena

and back. The bladder holding the water was just a little bit smaller than my Camelbak but still gave me enough liquid for any length of ride, particularly if I refilled it at a lunch stop. I really like this new option, and, as an added bonus, you can now see the backs of my very cool cycling jerseys when I'm riding!

If you've ever been wiped out after a ride and realized you hadn't been hydrating enough, I encourage you to try a Camelbak or other hydration option instead of a standard water bottle. Your health (and your doctors) will thank you for keeping yourself hydrated!

Now that I have your attention, I'd like to share one of my biggest cycling pet peeves.

Back in early 2002 when I started doing the Sunday Jim Shoe beginners' rides, I learned a lot about cycling in a group. One of the most important things that I remember Jim telling us was to call out hazards to alert our fellow riders. One of those important messages was "car back" to alert everyone in the

group that a car was approaching from the rear. The purpose of the alert was to get all riders to move over to the right and ride single file so that the car could safely pass the group.

My biggest cycling pet peeve is those riders who ignore the "car back" alert. If you hear it, you need to move over to the right. If you hear it and you have someone on your left who needs to move right, slow down and let him/her in. You should never continue riding two abreast in a "car back" situation. And your fellow riders shouldn't have to repeat themselves over and over (often at increasing volumes) to get you to move over. By failing to ride single file, you are endangering yourself and all others with whom you are riding.

Next time you hear "car back," please heed the warning and get into single file. It will eliminate one of my biggest pet peeves and make everyone cycling around you safer!

Let's make it a healthy and safe 2022 riding season!

## Social Media

by Gary Gilbert

I think it was Buckaroo Banzai who first said: "No matter where you go, there you are."

The same might be said for AHBC. When your travels around the world take you off your bicycle seat to the Internet, no matter where you go, you will find AHBC. We're not hiding behind a rock, but right there in plain sight. We have our club website, <https://cyclearlington.com>, but we also have a presence elsewhere. All of these are important for the growth of AHBC and long term sustainability. You can help by participating and posting. Send your questions, comments, and suggestions to [web@cyclearlington.com](mailto:web@cyclearlington.com)



We are on Facebook. In fact we have many members of our Facebook group in addition to club members.

Some are folks who have moved away from Arlington Heights, family members of club members, members of other clubs, and more. Ford Sakata, Vince Kelly, and Al Gibbs are moderators of this group, and any group member can post here.

<https://www.facebook.com/groups/ArlingtonHtsBikeClub>



We are on Twitter. We do post here about upcoming events and rides as well as events and rides we have completed.

[@AHBCcyclists](https://twitter.com/AHBCcyclists) #Arlington500 #AHBCcyclists Post your ride photos and ride commentary here.



We are on Instagram. We post here also, mostly post-ride photos and information about upcoming events and rides.

[ahbccyclists](https://www.instagram.com/ahbccyclists) Post your ride photos and more here.



We are on Strava. Those who are interested in publicly sharing their miles may join this group. It is open to everyone, including non-members.

<https://www.strava.com/clubs/556998> Post your miles here.



We have a YouTube channel, AHBC Cyclists.

<https://tinyurl.com/AHBCVideos>

[AHBCVideos](https://tinyurl.com/AHBCVideos)

Did you miss the February member meeting? You can watch both Paula and Pete present their experiences on Ride Across Illinois and Pedal Across Wisconsin. Or perhaps you want to watch the wonderful 50th Anniversary Party video. Check them out. Do you have a video from a past event? Let us know. Do you have plans to video a future event? Wonderful!

Questions and suggestions are always welcome. Email the webmaster at [web@cyclearlington.com](mailto:web@cyclearlington.com)

There is always more to be done. If you would like to assist in increasing AHBC's presence on the Internet, talk to any board member or Gary Gilbert. We have an active publicity plan which currently is centered on the Bike Swap and the Arlington 500. We can always use help to expand our reach and attract members to the club.

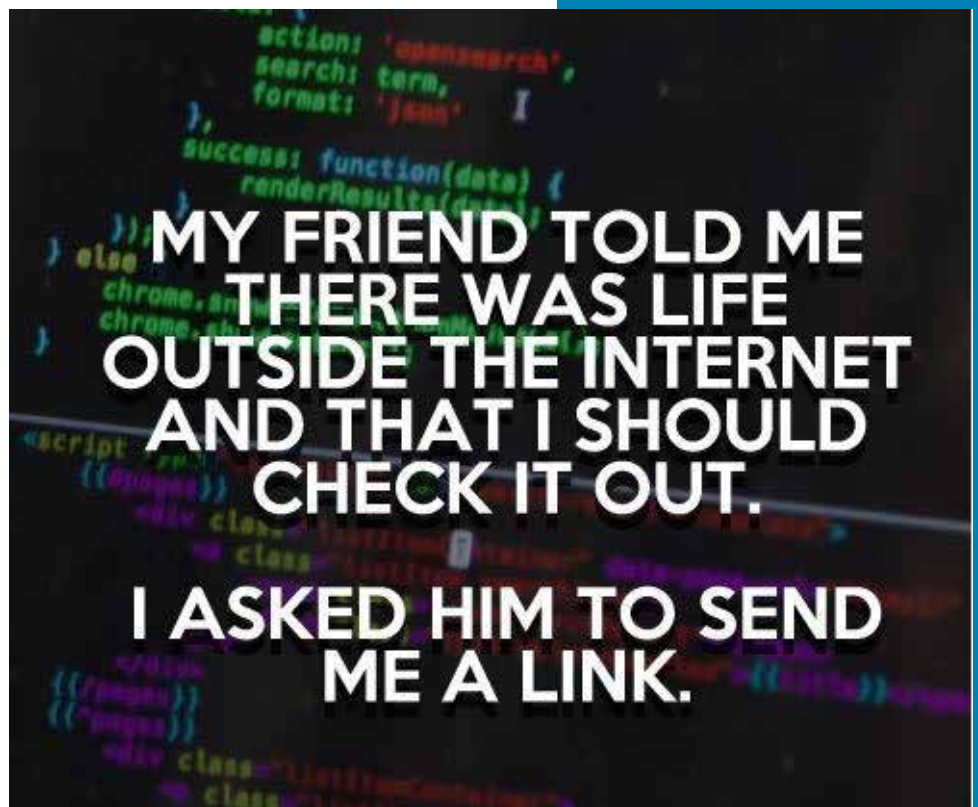




Photo courtesy of Pexels, Jean Daniel Francoeur

## Ride With GPS

by Rebecca Frank

Do you want to use the **Ride with GPS** application for navigation and route planning? Here are some great resources and how we are using these features for the **Arlington Heights Bicycle Club!**

**What is Ride with GPS?** The company motto is “We empower people to get outside, reconnect with nature, and embark on two-wheeled adventures.” So, there you have it.

Now, how do you use the app? Ride with GPS has an extensive library of help articles to assist you in getting the most out of the application. Below links are a few to get you started after you download Ride with GPS to your phone or other device.

The AHBC Board has arranged for all active paid club members to have access to premium navigation features for all club routes and events!

1. [Record a Ride](#): Track any of your own rides.
2. [Navigating Routes on the App](#): Follow a pre-created route from the Arlington Heights Bicycle Club Ride with GPS club account
3. [Offline Maps](#) and [Battery Saving Tips](#): How not to drain your phone battery.
4. [Create a Route](#): Get fancy and create your own route from a saved ride!

### **AHBC Ride with GPS Club Account:**

Rides have been added, with more coming as we ride in 2022!

1. All routes with cues are available in the **Route Library**. Route names have start locations abbreviated (FP=Frontier Park, WS=Willow Stream, LP=Lions Park.)
2. Routes are also available within **Collections**, which are grouped by start location.
3. **Events** has the list of upcoming Board and Member meetings and other club events, such as the Arlington 500.

Enjoy the application and SEE YOU OUTSIDE!

None of them, however, allow the purchaser to look over a multitude of bikes to pick out the one that they want.

Due to limited resources, we are limiting this year's Swap to complete fully-functional bicycles, tag-alongs (single wheeled devices to allow a child to ride attached to an adult bicycle), trailers (Burley-type child trailers), and automotive bike racks (to carry your bike on a vehicle). We will not be accepting bike accessories for sale this year. Since all sales are final, we provide a safe place to try out a bike before the purchase. We return 85% of the purchase price in cash to the seller at the end of the day, so all purchases must be in cash. The club retains 15%, rounded to the nearest dollar, to pay for expenses involved in running the event (insurance, storage of materials, rental of equipment, etc.)

As always, we cannot run this community service event without your help. Sign up using the club website, [www.cyclearlington.com](http://www.cyclearlington.com). Under the "Members" tab, select "Volunteer for Swap and 500." Dates, times and positions are listed. If you plan to be there all day, please sign up under that option. If you need help with volunteer sign-up, contact me at [dcmartin4@gmail.com](mailto:dcmartin4@gmail.com).

Thank you in advance for helping to make the Bike Swap a success.





clean and lube it. Don't forget to clean the derailleur pulleys, cassette and chainrings.

While down at the chain, take a pedal in each hand and try to move it laterally, side to side. The pedals should not move this direction at all. If they do, it is an indication that the bottom bracket is worn. Now grab each wheel at the top and try moving it side to side. Again, it should not move that way. If it does, you may have worn wheel bearings. If your wheels have sealed cartridge bearings (Mavic or Easton hubs), replacement bearings are available for much less than new wheels. If your wheels have loose ball bearings (Shimano or Bontrager hubs), they require more maintenance. These bearings need to be taken apart to clean them and apply fresh grease. This is an

easy procedure and not as scary as it sounds. Now is a good time to do this.

Now look at the brake pads. All rim brakes have grooves in them. If the grooves are gone, replace the pads. Some disc brake pads are hard to see without removing the wheel. You will need to check these pads for wear as well and replace as necessary.

Check your tires for wear. Some models (Continental) have wear dimples. If those are gone or the inner fabric of the tire is showing, replace the tire. Check the braking surfaces (discs or wheel rims). If they are worn concave, it may be time for new wheels or discs.

Check the cables for fraying, and replace if needed. And last, get a good spray lube and apply to the brake calipers and derailleur pivots.

If you attend to this spring maintenance now, you will be in for a great spring and summer of worry-free riding.

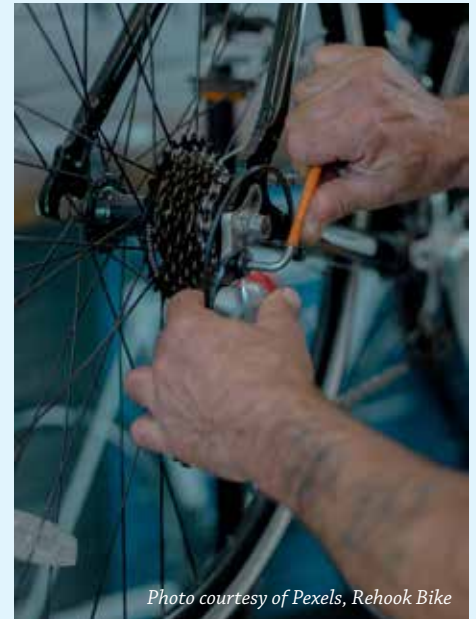


Photo courtesy of Pexels, Rehook Bike



Photo courtesy of Pexels, Vladislav Vasnetsov



# Meet a Member!

Want to know more about the folks who ride with you?  
We're interviewing a different member each month.

This month, we caught up with member Brian Larson.

## **Who taught you to ride a bike?**

I was taught at a young age by my parents to ride a bike. With my elementary school nearby, it encouraged independent riding early on!

## **When and why did you join the club?**

I joined the club in the fall of 2020. I was new to Arlington Heights and looking for a group to do social rides with and get to know my neighbors better.

## **What group in the club do you typically ride with and why?**

I'm most often in the Intermediate group. I keep getting egged on to join Advanced-Intermediate, but I enjoy the conversations! :)

## **What bikes do you currently own?**

I only own one since we have a small apartment. My bike "Rei" (sounds like "Jay") is a blue Jetter steel road bike I've converted since my college days into an upright cruiser and all-around workhorse. I just got a bike trailer for the kid so you'll see me hauling her and groceries just as often as going on a ride with it.

## **What is your favorite lunch stop on a ride and why?**

I haven't gotten to do one of these yet. I'm excited for the opportunity soon.

## **What was your favorite ride in the past year?**

The Holiday Lights Ride has to be my favorite hands-down. So many people, especially adults, were so excited to see us ride by. It's wonderful to share cheer and happiness while riding a bike!

## **Have you ridden a century?**

Only once! The Pedal4Possible 100K in Boulder County, Colorado. That was an exercise in endurance and I am not too proud to admit dismounting to walk my bike up a 12% grade!

## **What volunteer jobs have you done (or intend to do) at the Bike Swap or Arlington 500?**

I hope to help with prep work.

## **Do you ride year-round?**

Sure do! There's no such thing as bad weather, only bad clothing. Plus, I ride my bike to handle errands!

## **What are your favorite non-cycling activities?**

I enjoy playing strategy and co-op board games, casual video games, and going on walks with my family.