



The Ride

The Arlington 500 is a recreational bike ride over lightly traveled roads in Lake County. You have the option of doing a 31, 44, 55 or 69 mile (500 furlongs) route.

The Arlington 500 is a fully supported ride. We provide:

- 🚲 Cue Sheet, map and route markings
- 🚲 Bike shop support
- 🚲 Rest stops with food and beverages
- 🚲 Clean toilet facilities
- 🚲 Roving support vehicles on the route

Our Bike Club

The Arlington Heights Bicycle Association provides a variety of weekly rides for the beginning, intermediate and advance cyclist. For a list of rides, information about club events and our club newsletter, visit our web site at:

www.cyclearlington.com

Don't forget:

Visit us at the Arlington Heights Annual Bike Swap being held on Saturday, April 24, 2010 (Rain or Shine).

Buy a new bike or sell your used bike – for additional details, please visit the website www.cyclearlington.com.

The Details

Date

Sunday, May 16, 2010

Starting Location

Barrington High School
West Parking Lot
616 W. Main Street
Barrington, Illinois

Registration Time

Starts at 7:00 a.m. for all riders/all routes
Closes at 9:00 a.m. for 55 and 69 mile riders
Closes at 10:00 a.m. for 31 and 44 mile riders

Registration Fee

\$10.00 for pre-registration mailed before May 8, 2010. Use the form at the right.
No pre-registration after May 8th please.
\$15.00 on day of the ride.

Terrain

Mostly level with some moderate hills.

Your Safety

Use of a SNELL approved bicycle helmet is strongly recommended for participating in the Arlington 500 and whenever you ride.

Obey Traffic Laws and No Ear Buds

Please share the road in a courteous way with other vehicles and pedestrians. Ride single file when necessary and obey all stop signs. Police officers in communities along our route will issue citations to bicyclists who don't properly follow the rules of the road.

More Information

Email to: 500@cyclearlington.com

Arlington 500 Registration, Waiver and Release

In signing this release for myself and/or named participant under the age of 18, I understand that bicycling is a potentially hazardous activity and that injuries can occur from accidents, negligence or carelessness. I agree that route marking and/or cue sheets are provided for my convenience only and do not guarantee a safe route or trip. For myself and/or said minor, my (and minor's) heirs and assignees, I hereby waive all claims for, forever discharge and agree to save harmless the Arlington Heights Bicycle Association, its officers and members, the organizers of the Arlington 500 and School District #220 from any and all liability from having sustained personal injuries or property damage as a result of participating in this activity.

Name _____

(Please print legibly)

Parent/Guardian Signature _____
(for participant under 18 years of age)

Address _____

City _____

State, ZIP _____

Signature _____

Date _____

One form per rider please!

Registration fee is \$10.00 **before** May 8, 2010
Day of ride registration fee is \$15.00.

Make checks payable to:

Arlington Heights Bicycle Association

Mail check and release to:

Don Ami

905 N. Cove Drive

Palatine, IL 60067

Arlington Heights Bicycle Association
c/o Don Ami
905 N. Cove Drive.
Palatine, IL 60067

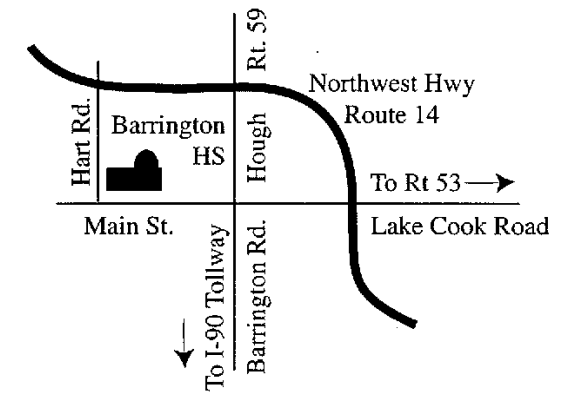
The Arlington 500

Bike ride
Featuring routes of
31, 44, 55 or 69 miles
Sponsored by the



Sunday
May 16, 2010

The Location – Barrington High School



From Chicago or the Near Northwest Suburbs

Take the Kennedy Expressway and Northwest Tollway (I-90) to Route 53. Exit on Route 53 northbound to Lake Cook Road. Continue west on Lake Cook Road (it becomes Main Street in Barrington) past Route 14 and Route 59. The High School is on Main Street about 0.6 miles west of Route 59. Turn right on Hart Road and park in the west lot.

From Western Lake County or DuPage County

Take Route 59 to Main Street in Barrington. Turn west on Main Street. The High School is on Main Street and is about 0.6 miles west of Route 59. Turn right on Hart Road and park in the west lot.

From McHenry County

Take Route 14 east to Hart Road. Turn south onto Hart Road and go 0.3 miles. The High School is on your left, park in the west lot.