

For Immediate Release

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The 31st Annual Arlington 500 Bicycle Ride is Scheduled for May 16, 2010

Arlington Heights, IL, February 1, 2010 - The Arlington Heights Bicycle Club is pleased to announce the Arlington 500 Bicycle Ride is scheduled for Sunday May 16, 2008. The Arlington 500 follows lightly traveled roads in Lake County, Illinois and is designed for the recreational bicyclist. 2010 is the 31st year for this popular ride which attracts cyclists from Illinois, Wisconsin, and Iowa.

All recreational cyclists are invited to participate. The ride features a choice of 4 routes with distances of 30, 44, 54, or 68 miles. The longest route, 68 miles, is slightly longer than 500 furlongs.

The ride begins and ends at Barrington High School, West Parking Lot, 616 W. Main Street, Barrington Illinois. The ride opens at 7:00AM and closes at 4:00PM. Riders choosing the 54 or 68 mile route are expected to start before 9:00AM. All other riders are expected to start before 10:00AM.

Registration forms for the event are available after March 1st 2010 on the Arlington Heights Bicycle Club web site www.cycleclearlington.com and will also be available the morning of the ride. Rider fees are \$15. A discount is available for pre-registrations received prior to May 8, 2010. Pre-registered rider fees are \$10. All riders must register before starting to ride.

The ride is fully supported by members of the Arlington Heights Bicycle Club. Rest stops with a choice of food and beverages and clean toilet facilities are offered to all riders. The routes are clearly marked and each rider will receive a detailed cue sheet to follow. Mechanical support is available prior to the ride and roving support vehicles are available throughout the ride.

Riders are strongly urged to use a SNELL approved bicycle helmet while participating in the Arlington 500.

Additional information is available on the web site of the Arlington Heights Bicycle Club www.cycleclearlington.com or by sending an email to 500@cycleclearlington.com

ABOUT Arlington Heights Bicycle Club – The Arlington Heights Bicycle Club is a recreational bicycle club affiliated with the Arlington Heights Park District. The club provides a variety of weekly rides for the beginning, intermediate, and advanced cyclist. Safe cycling is a prime concern and promoted by Arlington Heights Bicycle Club. Bicycle advocacy is accomplished by support for: Active Transportation Alliance (www.activetrans.org) , League of Illinois Bicyclists (www.bikelib.org) , League of American Bicyclists (www.bikeleague.org) , Rails-to-Trails Conservancy (www.railtrails.org) , and Adventure Cycling (www.adventurecycling.org) .

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