

For Immediate Release

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Arlington Heights Bicycle Club participates in international Ride of Silence May 19, 2010

Arlington Heights, IL, February 1, 2010 - The Arlington Heights Bicycle Club is pleased to announce participation in the international Ride of Silence on May 19, 2010. The Ride of Silence is an international event to honor those who have been injured or killed while bicycling on public roadways. All cyclists are encouraged to join us. The Arlington Heights event is co-sponsored by the Arlington Heights Bicycle Commission.

The ride is 7:00PM on Wednesday May 19, 2010 and is a 10 mile loop; starting and ending location is Recreation Park, 500 E Miner St, Arlington Heights.

Arlington Heights Bicycle Club is one of several hundred locally organized rides around the world. In the Chicago metropolitan area, other rides are organized in Chicago, Joliet, Evanston, and Downers Grove.

Riders are requested to arrive at least 20 minutes before the start of the ride.

Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

In 2003, Chris Phelan organized the first Ride Of Silence in Dallas after endurance cyclist Larry Schwartz was hit by the mirror of a passing bus and was killed. In 2009, world-wide 13567 riders participated at 282 locations. See <http://www.rideofsilence.org> for information regarding other locations.

The Ride Of Silence is a free ride that asks its cyclists to ride no faster than 12 mph and remain silent during the ride. There is no brochure, no sponsors, no registration fees and no t-shirt. The ride, which is held during Bike Safety month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for those who have been killed or injured.

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