

the SPOKEN WORD

July 2008

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President's Column –

Help needed (sound familiar?)

The club needs someone to step forward and volunteer to be the Program Chair. If “club” is too amorphous a word, I need someone to step forward and The next meeting is on September 24 and Discovery Cycle Tours will do the presentation. Also at the picnic Cynthia Simmons of BCLC recommended a good speaker they have used and will again; a certain amount of networking goes on between clubs' Program Chairs. So you have a head start on the next season's meetings AND will have the honor of being listed on the next page. Also a reminder, we only have 7 meetings a year. You may email me at: president@cyclearlington.com. Did I mention my unending gratitude?

Efforts were made earlier in the year to find a better, yet free and on Wednesday, meeting place. The new Village Hall, new Pioneer Park, and other park facilities were considered. As of last May's meeting we have been meeting in the upstairs room at Recreation Park; it has windows. 15 members attended the CBF talk comfortably. So if you didn't attend because of the décor or dungeon-like (someone else's description) atmosphere, show up in September.

Many club members are doing invitationals near and far. BRAT in Tennessee, RAGBRAI in Iowa, PAW rides (2) in Wisconsin, and GITAP in Illinois are some of the rides we are doing. The one week rides are fun to start and fun to finish i.e. fun at both ends. I did GITAP this year and enjoyed it. We saw not a few flooded parks and playgrounds along the Mississippi and Rock Rivers. Our core group of 5 enjoyed a day bumming around Rock Island and Moline visiting the Rock Island Botanical Garden, John Deere Museum, and a couple eating places. On the last evening, clubs got their photo taken for the GITAP website. See Paula's photos on our website.

Many thanks to Gary and Lisa for the picnic yard and preparations while most of us went for a ride led by Mitch. We all had a great time after we got back. *Spoken by – Al Gibbs*

AHBA Officers 2008

President, Al Gibbs
Vice-President, Christine VanDornick
Treasurer, Mitch Polonsky
Secretary, Scott Schaedel

Arlington 500	Don Ami	847) 358-8814
Bakery Rides	Mitch Polonsky	847) 255-1873
Banquet	Paula Matzek	847) 394-4920
Bike Swap	Dave Martin	847) 991-6795
Intermediate Rides	Tom Drabant	847) 882-0418
Membership	Paula Matzek	847)394-4920
Newsletter	<OPEN>	
Picnic	Gary Gilbert	847)577-4275
Meeting Programs	<OPEN>	
Refreshments	Jim McClure	847)705-7846
Ride Chair(s)	Chris/Dave VanDornick	847)259-7917
Tuesday Night rides	Laurie Larson	847)776-8813
Trail Rides	Art Cunningham	847)963-8746
Webmaster	Scott Schaedel	847)823-6421
Zero Mile "Rides"	Gary Gilbert	847)577-4275
Progressive Dinner	Vince & Jackie Kelley	847)259-6899

Top 25 riders as of 7/1/08

Al Gibbs	2155
Mitch Polonsky	2029
Paula Matzek	1801
Christine VanDornick	1394
Dave VanDornick	1273
Art Cunningham	1235
Barb Pontrelli	1228
Laurie Larson	1185
Reinhilde Geis	1019
Tom Drabant	985
Jim McClure	945
Len Geis	894
Earle Horwitz	867
Chris Wager	838
Frank Bing	784
Jim Shoemaker	775
Bob Dominski	774
Kurt Schoenhoff	705
Wayne Woodworth	676
John Theil	627
Dave Martin	609
Virginia Savio	580
Scott Schaedel	579
Geri McPheron	575
Jackie Kelley	567

**Intermediate Ride Schedule
(Coordinator – Tom Drabant)**

<p>Saturday, July 12 9 AM Willow Stream Park Buffalo Grove 10:15 to 10:30 AM Warren High School Gurnee</p>	<p>Mitch's Jelly Belly Ride Approximately 30 or 65 Miles</p>	<p>Leader: Mitch Polonsky 847-255-1873</p>	<p>Mitch will take us on an excursion to Wisconsin and the Jelly Belly Factory. Willow Stream Park is on Checker Road off Buffalo Grove Road, just west of the Deerfield Bakery. To get to Warren HS, take Lake Cook Road (east) to I-94, proceed north to IL 120 (Belvidere Road) Exit here and turn left onto O'Plaine Road to High School</p>
<p>Sunday, July 13 10:30 AM AHBA Club Ride and Picnic Gary's Back Yard At 814 East Hackberry, Arlington Heights</p>	<p>Gary Gilbert, Picnic Coordinator Approximately 20 miles</p>	<p>Leader: TBD</p>	<p>This is our annual AHBA Ride and Picnic The club will provide hamburgers, bratwurst or assorted hot dishes Please bring a dish to pass, or a dessert and a beverage of your choice, if a malted or vinted drink is desired. RSVP to Gary at 847-577-4275</p>
<p>Saturday, July 19 9:00 or 10:30 AM Frontier Park or Daniel Wright School</p>	<p>Armour Estates Ride 30 or 55 miles</p>	<p>Leader: Lee Venet Lee's e-mail address is saecoraven@juno.com</p>	<p>Lee will take us upon an historical journey through the Armour Estates (and half a dozen others) in Lake Forest. This is a fascinating trip to a time when wealthy business men and women like the meat packing families of the Armours, Wilsons, and Mayers, owned vast tracts of land and baronial mansions along the North Shore. Plan a trip of at least 7 hours if you leave from Frontier Park since we expect stops along the way to appreciate the beauty of some of these Aged Dowagers. (homes) Daniel Wright School is located at 1370 North Riverwood Road, Lincolnshire</p>

Friday, Saturday and Sunday July 25, 26 & 27	PAWS Ride Wisconsin Amish Farms & Lakes Ride Pardeeville, Wisconsin Choice of Rides between 25-60 Miles	SAG Support By Jerry Goldman's Group 847-707-6888	Come on out and ride through the Amish Farmland and experience a working Amish Farm as well as gently rolling hills, beautiful terrain, and friendly people. Stay at the Comfort Inn & Suites of Portage or camp at the local high school. Friday Rides leave between 1:00 and 2:00 PM for those early arrivals. Contact Jerry Goldman at drjpedal@sbcglobal.net You can check out his website at Pedalacrosswisconsin.com A number of club members will be doing this fun-filled ride, too, so come along and ride with us.
Saturday, July 26 9 AM Frontier Park 9:30 AM Kildeer School	"Ridin Around Wauconda Ride" Approximately 34 or 45 Miles	Leader: Nancy Wagner 847-298-7069	Nancy will lead us as we are "Ridin" around Wauconda to a Mystery Lunch Stop. This will be an interesting ride at an Intermediate pace.
Saturday, August 2 9 AM Frontier Park 9:30 AM Kildeer School	The Algonquin Adventure Ride 37 or 48 Miles	Leader: Tom Drabant 312-882-4213 312-882-4213	This fun-filled Ride will lead us out to Algonquin and include a few interesting hills along the way. Lunch will be in Algonquin
Saturday, August 9 9 AM Frontier Park	The Biker Chicks' (and Chick Magnets') New Eggcellent Adventure 35 Miles	Leader: Paula Matzek 847-394-4920	This ride reflects a new route, going north into Long Grove and vicinity, and will include a restaurant lunch "Eggsperience" for those interested bikers.
Saturday Aug 16 10:00 AM	Progressive Dinner Ride Start at dessert house TBA 25-30 miles	Coordinator: Jackie and Vince Kelley 847-259-6899	Need to RSVP by Aug 9 so the host houses can plan ahead. Surely this will be a culinary feast.
Saturday, August 23	TBD	TBD	TBD
Saturday, August 30	TBD	TBD	TBD
Monday, September 1 Labor Day Ride 10 AM Jan's House, Lindenhurst	Jan's Labor Day Adventure Ride Approximately 25-30 miles	Leader: Jan McCandless 847-643-7488	This is Jan's annual Labor Day Ride and picnic from her house in Lindenhurst. She will provide hamburgers, bratwurst, and a cue sheet. Please bring a dish to pass and/or a beverage of your choice. Contact Jan for directions at janicewmc@aol.com
Saturday, September 6 9 AM Frontier Park	Gary's Mystery Ride Frontier Park 50 Miles	Leader: Gary Gilbert 847-577-4275	TBD
Saturday, September 13	TBD	TBD	TBD

Friday, September 12 through Monday September 15 Door County, Wisconsin	Mitch's Door County Adventure Ride	Leader: Mitch Polonsky 847-255-1873	Mitch has put together a Door County ride weekend that will include rides on Friday, Saturday, Sunday, and Monday Contact him for information about directions, accommodations, etc.
Saturday, September 20	TBD	TBD	TBD
Saturday and Sunday September 20 & 21 Whitewater, Wisconsin	Dianne's Wonderful Whitewater Ride 40 or 60 Miles	Leader: Dianne Ghertner 708-524-1963 773-339-0241	This ride is a scenic tour of southern Wisconsin over a mostly flat or gently rolling terrain with wooded and prairie vistas. Come on out and see the fall colors as we ride low traffic county roads and lanes. Riders can ride one or both days, just be sure and make reservations at the Baymont Suites Motel on Main Street. We will start from here at 10 AM

**Advanced Ride Schedule
(Coordinators – VanDornicks)**

Saturday July 12 8:30 AM	Volo Bog Ride Frontier Park 62-70 miles	Leader	See the flora and fauna of a real bog and then chow down in McHenry
Sunday July 13 10:30 AM	Picnic and ride Gary's house 20 miles	Coordinator: Gary Gilbert	RSVP in advance and bring a dish to share.
Saturday July 19 8:30 AM	Long Way to Bartlett Ride Frontier Park 51 miles	Van Dornick	Ride to the south and west, relatively flat
Saturday July 26 8:30 AM	Woodstock Ride Lakewood Forest Preserve East side of Fairfield 75 miles	Van Dornick	Some hills but a great ride. Bring a snack along for the return ride
Saturday Aug 2 8:30 AM	Lamb' Farm Ride Frontier Park 54 miles	Van Dornick	An old favorite that's been updated
Saturday Aug 9 8:30 AM	McHenry Dam Ride Frontier Park 63 miles	Van Dornick	Lunch in McHenry
Saturday Aug 16 10:00 AM	Progressive Dinner Ride Start at dessert house TBA 25-30 miles	Coordinator: Vince Kelley	Need to RSVP by Aug 9 so the host houses can plan ahead. Surely a culinary feast.

Sunday Aug 17 8:00 AM	Lake Geneva Ride Hawthorne Woods Park Quentin and Old McHenry Roads 103 miles	Van Dornick	Bring energy snacks and lots of water Pace is advanced to moderate A good character building ride.
Saturday Aug 23 8:30 AM	Ride to Huntley Frontier Park 73 miles	Van Dornick	Go west to the newly developed areas; mostly flat ride.

Trail Rides
(coordinated by Art Cunningham)

Date	Time	Miles	Path/Trail	Start	Directions	Comments
July 9	9:00	60	Super Dawg Ride	Old Scholl Forest Preserve, lot D	IL 176 to St. Mary's Rd. south to Forest Preserve on the lft. Park in shelter D lot.	Crushed Stone & Pav Kurt Schoenhoff – 634-2634
July 16	9:00	55 48	Ride to Illinois Beach	Lakewood Forest Preserve Millennium trail access Countryside Golf Course (Mundelien)	East of Fairfield Rd. opposite Ivanhoe Rd. just south of IL 176 North on IL-83 to IL- 176: left 0.2 mi to parking west of Club building.	Packed stone and paved. Rough and sandy in Forest Preserve OK for road bikes. Earlier riders will meet here
July 23	9:00	55 loop	Medley of Trails - Poplar Creek to Ned Brown	Ned Brown F. P., Golf Road Parking Lot	South of Golf Rd. just east of I-290 / Hwy 53	Paved with connecting roads
July 30	9:00	57	Great Western Ride to Sycamore	South Elgin trail access	South on Rte 31 to W State St., turn lft. (east) then rt. just before the bridge to parking.	Paved, packed crushe stone
August 6	9:00	32	North Branch/ Botanic Garden	Lake Street parking, Harms Woods F.P.	East on Lake St., past I-294 and Waukegan Rd. to the Chicago River. Park on the right just past the bike path overpass	Paved path
August 13	9:00	54	Fox River Path south-Virgil Gilman Path	Bennet Park, Geneva	North Ave (IL 64) to St. Charles, south on IL 25 to park on rt. just past Geneva town line.	Paved, packed crushed stone

August 20	9:00	65	Moraine Hills to Hebron	Moraine Hills State Park	Go north on Rand (US12) to W Liberty (IL176); go left to River Rd.; go to the entrance on the right; park in the 1 st lot to the right	Packed crushed stone, paved and connecting roads
August 27	9:00	57	Plank Road Path	Pilcher Park Conservatory	South on IL-53/I-355 to IL- (Southwest Highway; go Rt. To Gougar Rd. ; go left. to Pilcher Park Conservatory 1 mi. on rt.	Paved path

**Leisure Ride Schedule
(Coordinated by Jim Shoemaker / Jim McClure)**

Leisure rides are announced on an *ad hoc* basis on ahabcyclists list service. Anyone may join, pending moderator approval, via cyclearlington.com website.

**BIKE PATH SCOOP JULY, 2008
By Art Cunningham**

CONDITIONS

The following is a review of bike paths toured during June. Unless mentioned on the comments, these paths were free of construction and in good condition.

- 1) June 4 Trails in the DuPage forest preserves : Blackwell F. P., Herrick Lake F. P. & Denada F. P. and connecting Aurora Spur Prairie Path. Elgin Spur Prairie Path County Line Rd. to Prince Crossing, West Branch F. P., Hawk Hollow F. P.
- 2) June 11 Des Plaines River Path Half Day F. P. to Independence Woods F. P. badly flooded and impassible; Independence Woods paths; Middlefork F. P. path.
- 3) June 18 Old School F. P., North Shore Path to Lake Bluff, McClory Path to Wisconsin border, Kenosha Co. Path to Kenosha, Pike Bike Path to Carthage College.
- 4) June 25 Ned Brown & Busse Woods F. P. path, Rolling Meadows Salt Creek Path.

OUTSTANDING RIDE – RIDE TO CARTHAGE COLLEGE (KENOSHA)

Dave Waycie, Al Berman, Joe Irons and I convened at Old School Forest Preserve in parking lot D, the starting point for today's Ride to Carthage College. Leaving the forest preserve by the back exit, we headed east on the North Shore Path that follows IL-176 to Lake Bluff. The crushed stone path is paved beyond Waukegan Rd. where it ends at the McClory Bike Path (mi.3.25). This stretch of path stays close to I-176 where there is considerable commercial development including a number of places for food. Ascending a short grade and a sharp turn to the left we head north on the McClory Path passing downtown Lake Bluff on our right. The paved, tree-covered path follows near Sheridan Rd. north to Great Lakes Naval Training Station where the path makes a right turn across Sheridan and bends around and under it at 24th St. The turn is not obvious one must be on the lookout for the sign posted for it (mi. 5.5). Passing under Sheridan and Lakefront Highway the path turns north on-road a short distance crossing Martin Luther King Drive, the main road into North

Chicago. The path then reverts to a crushed stone and continues north on a grassy green-way through North Chicago and Waukegan. The area is mixed residential and industrial and there are numerous intersections, some quite busy. Finally north of Waukegan we reach our first rest stop, the Waukegan YMCA where the nice people allow us to use their facilities. We might be tempted to use their pool too, but that isn't included (mi. 11.25).

Continuing north, we go through Zion crossing the Wisconsin border where the Kenosha Co. Path ends in Kenosha (mi 22.5.). Across the street to the left we continue on the Pike Bike Path following paved off road paths and city streets to Carthage College. The path goes along the park continuing straight on 89th St. to the end and rt. on 17th to the end and finally left on 60th St. bearing left on 7th Ave. Just past the sanitary water treatment plant we turn right on the first street entering a residential area keeping to the right to the lake.

The Pike Bike Path off-road starts here north along the lake in a parkway ending on a residential block. We continue north on streets staying as close as possible to the lake until we get on 3rd Ave., the Historic District with fine old homes. When we reach a park on the left. Go left on off road path through a park that goes along the Southwest Marina and straight to 2nd Ave fronting the Kenosha Public Museum and the new Civil War Museum ending at the Simmons Island Marine Basin channel. There we turn left along the channel following the trail to the end below the Best Western Hotel. Kenosha has done a remarkable job creating an outstanding lakefront. We turn left through the Best Western parking lot to 6th Ave./ 7th Ave., a busy downtown street for several blocks to 50th street and turn right across the channel bridge bearing left to a long off-road stretch of the Pike Path along the lakefront. Crossing the Pike River we climb up to the beautiful Carthage College (Kris Woodcock's alma mater) located on a bluff overlooking Lake Michigan. A recent addition to the path goes across the Pike River a short distance to Birch Rd. where it ends (mi. 31). Here we met a group of bikers ascending Birch Rd. They had arrived here on the short street link from the north part of Kenosha Co. Bike Path the goes to Racine.

We returned via the same route with a lunch stop and one detour. Our lunch stop was our usual one at the Boathouse Pub & Eatery overlooking the Simmons Island Marina where we lunched alfresco. Returning on 7th Ave we turn left at 85th St. and the first left on Lakeshore Dr. to follow a low traffic road about 3 miles along the lakeshore upscale homes before turning right on 116th back to the Kenosha Co. Path. We returned south on the Path as on the outgoing ride to our cars at the Old School F. P. (mi. 63).

NEW TRAILS

- 1) Paving is well underway on the Douglass F. P. path and it and the extension of the of the Algonquin Rd. path to Crabtree Nature Center and should be completed in July.
- 2) The gap in the Des Plaines River Path in Des Plaines will be closed with the completion of a path on a new levee to be completed later this summer.

Art's cycling mishap –

On June 28, Art Cunningham took a spill hitting a pothole in the shadows of Oak Knoll Road. Even though he went over the handlebars, he had road rash on the left side and a broken right wrist. He showed up at the July 10 (Thurs) Bakery Ride in good humor. The cast was off his right arm replaced by a wrist support. He said he was getting on the stationary bike that afternoon to “see how it feels”. Well, you can't keep a good man down or off the bike apparently.

Upcoming club events

Aug 16

Progressive Dinner Ride

Aug 23 - 24

GRAIL IV Ride

Sept 12 – 15

Mitch's Door County
Adventure Ride

Sept 24

Club meeting at Rec Park

Nov 15

Annual Banquet

July Birthdays

2 Karen Aldrich
4 Christina Preston
5 Nick Nowicki
9 Dorrie Merkel
12 Barbara Duffy
13 Rebecca Zarzecki
14 Keith North
18 Barry Wegner
22 Barb Pontrelli
22 George Huff
23 Dean Hoppesch
24 Geri McPheron
26 Marlene Stengle
26 Ernest Pergrem
29 Earle Horwitz
31 Carol Ranachowski
31 Jim Shoemaker

- compiled by Paula Matzek

Membership –

106 households
136 members

- also compiled by Paula Matzek

You may submit articles at:
newsletter@cyclearlington.com

AHBA Participates in Arlington Heights Parade

15 – you can count them down below - club members accompanied their bikes in the parade on the 4th of July. I can't say we all rode our bikes because parades are not that evenly paced but many rode around in circles, sometimes conflicting circles; it was interesting – you had to be there. Some of us had a chance to hand out club brochures to adults with bikes nearby. This was our second year participating in the parade and was organized, as much as we can be, by Don Ami and Dave Martin.



Fuzzy cell phone photo
(Paula / Bena)



On right – Mitch &
Barb H



May 28, 2008 Board Meeting minutes

5/28/08

Al Gibbs
Dave Martin
Chris Van Dornick
Scott Schaedel
Don Ami
Kris Sudrovich

The meeting was called to order at 6:30 p.m.

Bike Swap suggestions

- Have bike owners write up their own sales tickets. AHBA checkers would verify the information.
- Everyone works check in except for a few setting up registers and the bank.
- Station people by racks to keep an eye on tags.
- Need different method for accessories, both check in and checkout.
- Pricing advice: have a few specialists do this task exclusively.
- Sequencing of tickets – will not reuse any tickets returned by bike shops.
- Use different sales receipt tags for bikes and accessories. Only helmets are allowed to be brought into the sales area.
- Have more people disbursing money; divide up according to ticket number. Money in sealed envelopes with white card stapled to it.
- Set a disbursement window of 4 pm to 6 pm.
- Pioneer might be a better location due to the field house; need more enclosed space. Chris V. will check availability. Otherwise a tent may be needed.
- Marking the sales ticket (card stock) with green marker proved very valuable as a control, indicating the bike went through the cash register.

Arlington500

- 640 paid riders
- Don't need to print as many brochures next year.
- Use two sided printing for route sheets.
- Modify short route to make signage easier to place.
- Add porta-johns at the rest stop.
- It appears that the LIB mailing worked out very well.

Meeting was adjourned at 7:30 p.m.

Membership Application --- Arlington Heights Bicycle Association

Name (s)

Birthday (optional – may exclude year)

Address:

City/State/Zip Code:

Telephone: _____

E-mail Address:

In signing the release for myself and/or all named participants under the age of 18, I understand that Arlington Heights Bicycle Association officers and members are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. For myself, and/or said minor, my (and minor's) heirs and assignees, I hereby waive all claims for, forever discharge and release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing, or activity planned, arranged, sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature: _____

Date: _____

Signature: _____

Date: _____

Family Members under the age of 18 years,

Name: _____

Age: _____

Name: _____

Age: _____

Membership Fee for individuals and families or residents of the same household is \$15 per year

Make checks payable to: Arlington Heights Bicycle Association

Mail check to: Mitch Polonsky, 3219 Carriageway Drive, Arlington Heights, IL 60004

Ride schedules, events, news, and information are available in electronic form on the AHBA website:

www.cyclearlington.com

The club offers an email based discussion group. This is frequently used for cycling tips or for late breaking news such as change in the ride schedule. See the website home page to join the group.