

# *the* SPOKEN WORD

January 2005

Volume 34 • Number 1

*President's Column:*

## Imagination and Cycling, Help Wanted?

**Imagine a car free world populated with cyclists.**

"I shall not bring an automobile with me. These inventions infest France almost as much as Bloomer cycling costumes, but they make a horrid racket, and are particularly objectionable. So are the Bloomers. Nothing more abominable has ever been invented. Perhaps the automobile tricycles may succeed better, but I abjure all these works of the devil." Henry Brooks Adams (1838-1918), U.S. historian. Letter, August 26, 1896, to Rebecca Gilman Rae.

Many of us are avid, passionate cyclists with a love for our bicycles. Unfortunately the suburban world where we live does not look upon us with the same admiration as we have for ourselves. The disdain Henry Brooks Adams expresses towards automobiles is often directed at cyclists. The good news is that we can do something about it.

Ride your bicycle responsibly. Be on the lookout for other vehicles. Automobile drivers may be distracted, having a bad day, or had previous unpleasant encounters with cyclists. We can help with a friendly smile or wave or simple courtesy. Being right is more than following the law and claiming your right to be in the road.

The 2004 Annual Banquet was a great success. Everyone had a good time. Wear your Arlington Heights Bike Club fun-o-meters with pride. Sixty-five club members enjoyed each other's company and shared a meal. The photography contest encouraged several displays of our collective cycling adventures.

The Zero Mile winter breakfast rides are off to a great start. We filled four tables with eaters at Monica's in December. One member was so excited and hungry that he showed up at the restaurant 24 hours ahead of time and had a table for 15 ready. He feared entering the restaurant ahead of the group on Sunday and was discovered slinking around the parking lot.

The New Years Day ride and pot-luck is being held at the home of Christine and Dave VanDornick. I hope to see you all there.

Membership fee is due by March 31. We are requiring all members to return the membership form, whether you are a new member or a founding member or somewhere in between. That will allow us to have valid waivers on file for all club members. Please read the form carefully; there are a number of additions to the form. Memberships are for the calendar year.

Chairpersons have been appointed for many club events. Please support them as vigorously as you have in the past. There are several positions still open. Consider stepping forward for one of the open positions or other tasks that need your help... AHBA prospers due to the efforts of our volunteers.

*On Your Left—Gary Gilbert*

# AHBA Officers 2005

Gary Gilbert, *President*

Christine/Dave VanDornick, *Vice Presidents*

Kris Sudrovech, *Secretary*

Mitch Polonsky, *Treasurer*

Arlington 500	Greg Konieczny
Arlington Criterium	Karen Zmrhal
500 Arrow Man	Dave Martin
Bakery Rides	Bob Hinkle
Banquet	Barbara Barr
Bike Swap	Al & Jeanie Gain
Intermediate Rides	Al Gibbs
Membership	Jim Shoemaker
Newsletter	Laurie Liska
New Years Day	Christine/Dave VanDornick
Picnic	Gary Gilbert
Postmaster	Jim Shoemaker
Refreshments	Carl Jester
Ride Chair	Christine/Dave VanDornick
Ride Line	Don Ami
Safety	Nancy Wagner
Tuesday Night Rides	Laurie Larson
Trail Rides	Art Cunningham
Webmaster	Greg Konieczny
Zero Mile Rides	Gary Gilbert
Progressive Dinner	OPEN !!
Social	OPEN !!

# Club Internet Access

The club has an active Yahoo group available on the Internet. This group allows us to exchange email with other club members without having to worry about everyone's individual email address. You can subscribe to the group and post messages to the other group members by sending an email to the email addresses below. You must subscribe before you can send a message.

The group name is **ahbacyclists** and is available at <http://groups.yahoo.com/group/ahbacyclists>

Post message:

[ahbacyclists@yahoogroups.com](mailto:ahbacyclists@yahoogroups.com)

Subscribe:

[ahbacyclists-subscribe@yahoogroups.com](mailto:ahbacyclists-subscribe@yahoogroups.com)

Unsubscribe:

[ahbacyclists-unsubscribe@yahoogroups.com](mailto:ahbacyclists-unsubscribe@yahoogroups.com)

Our Web Site is <http://www.cyclearlington.com>

Please send all updates to Greg Konieczny.

Via [web@cyclearlington.com](mailto:web@cyclearlington.com)

Members using AOL as their Internet service provider sometimes have problems when accessing the Yahoo group or the AHBA Web site. Please call AOL customer support to resolve any problems you may encounter. In most situations, you have AOL configured to prohibit attachments and that is the source of your problems.

We have a new set of email addresses available. These email addresses are available and remove the necessity of making members email addresses public in the newsletter. Messages sent to these addresses are automatically directed to the appropriate members.

General Info	<a href="mailto:ride@cyclearlington.com">ride@cyclearlington.com</a>
President	<a href="mailto:president@cyclearlington.com">president@cyclearlington.com</a>
Newsletter	<a href="mailto:newsletter@cyclearlington.com">newsletter@cyclearlington.com</a>
Membership	<a href="mailto:membership@cyclearlington.com">membership@cyclearlington.com</a>
Arlington 500	<a href="mailto:500@cyclearlington.com">500@cyclearlington.com</a>
Web	<a href="mailto:web@cyclearlington.com">web@cyclearlington.com</a>
Bike Swap	<a href="mailto:swap@cyclearlington.com">swap@cyclearlington.com</a>

**Please send articles/photos for the next newsletter to Laurie by January 10 at [newsletter@cyclearlington.com](mailto:newsletter@cyclearlington.com)**

## Winter Pancake Zero Mile Rides

This winter we will again be offering club miles for each pancake eaten. The December event was a success, nearly 20 members feasted.

Saturday, January 8, 2005—10 AM  
Egg'lectic Café, 2905 Algonquin, Rolling Meadows

Sunday, February 6, 2005—10:30 AM  
Curragh Irish Pub, 1700 Woodfield Road, Schaumburg

Saturday, March 5, 2005—10 AM  
Egg Harbor Café, 140 E Wing Street, Arlington Heights

## Upcoming Meetings

*Meetings are held at Recreation Park, 500 East Miner, Arlington Heights. Meetings start promptly at 7:30 PM, social time precedes the meeting starting about 7:15. Our goal is to keep the business portion of the meeting brief to allow more time for the presentation.*

January 26, 2005

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Bike Winter. A representative from Bike Winter will be coming to talk about winter cycling. Bike Winter holds training sessions on cold weather riding and hosts a variety of events including the Bike Winter Film Festival; the Frozen Snot Century, and the Santa Rampage. Check out [www.bikewinter.org](http://www.bikewinter.org) for more information.

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Sara Tillotson will be talking about Racing and Women in Cycling. Sara won the Old Country Buffet Women's Open at the Arlington Classic Criterium in 2004.

## Board Meetings

*Board Meetings are held on Monday evening, 9 days prior to general club meetings. They are held at the home of Gary Gilbert at 7:30 PM. Board meetings are open to all club members.*

January 17, 2005

Meeting is a calendar and budget meeting. Club events for 2005 will be planned.

*Future board meetings are planned for February 14 and March 14, 2005.*

## Welcome Newcomers

Laurie Liska —AH

Barbara Haekel and Steve Hadden  
[husband and wife]—MP

Carol Ranachowski—MP

Chris and Ron Spieght—Palatine

Dave Slocum—Deerfield

## ABHA Jerseys

Eight jerseys were ordered for Nov 19. A Minimum of 25 were needed to place the order.

The next chance to order will be April 05, for May delivery.

Any questions contact Jim Shoe.

*Dear Abby:*

## Dear Confused

It is possible that you are being given some less than ideal advice by my sister (or her staff). Solving your specific bicycling problems, one by one, is not the answer.

You are so overreacting to what are normal an minor bicycling experiences that I wonder if perhaps it is not a good activity for you.

I suggest you take advantage of the winter bicycling break and try something completely different. Perhaps you should move to Alaska and take up sled dog racing.

*Ann L*

# Ride Schedule Update

## New Year's Day Ride

Ride starts at 10:30 AM from 2104 Wren Lane in Rolling Meadows. Length of ride will depend on the weather (generally 20 miles). Food later starting at 12:30 PM. Bring a dish to pass. There will be chili, and hot and cold drinks. Please RSVP to Chris and Dave Van Dornick at 847-259-7917 or to email at [christiv@goglencoe.com](mailto:christiv@goglencoe.com)

## Saturday Show N' Go rides

Continue on Saturdays from Frontier Park at 10:00 AM throughout the winter. Length of ride generally 35-45 miles with a breakfast stop.

## Saturday Scheduled Rides

The first regularly scheduled ride will be on Saturday, March 26, 2005.

## Bakery Rides

Continue at 10:00 AM Tuesday and Thursday throughout the winter.

## Tuesday Night Rides

The first Tuesday Night Ride will be Tuesday, April 5, 2005

Watch for news on Wheeling Wheelman's St Patrick's Day Ride

*Call the Van Dornicks at 847-259-7917 to add rides or for ride schedule details.*

# Safety Check— From the Safety Chick

## Resolve to Ride Safe in 2005 — A few items to keep in mind

**R**OAD—keep an eye on the road and the hazards that may come your way.

**I**NTERSECTIONS—  
Can be a dangerous place for any cyclist, proceed with caution.

**D**RIVEWAYS—  
Look out for cars backing out.

**E**QUIPMENT—Make sure your gear (brakes, wheels, shifters etc) are in safe condition.

**S**IGNAL—don't forget the riders and drivers around you, use the appropriate traffic signals and verbal warnings.

**A**LERT—  
there is a lot going on around you, pay attention.

**F**LUIDS—  
any time of the year, we need fluids.

**E**NERGY—it's a good idea to make sure you are in shape to ride. If you haven't ridden for a while, you may need to build up a few miles before heading out for 30+ miles

# Top 20

as of 10/31/04

1. Mitch Polonsky	3833
2. Bob Hinkle	3708
3. Art Cunningham	3132
4. Len Geis	2682
5. Christine Van Dornick	2638
6. Paula Matzek	2404
7. Reinhilde Geis	2384
8. Chris Wager	2298
9. Kurt Schoenhoff	2253
10. Earle Horwitz	2218
11. David Van Dornick	2175
12. Scott Schaedel	1937
13. Bena Gerber	1881
14. Geri McPheron	1643
15. Bob Dominski	1535
16. Greg Konieczny	1502
17. Tom Drabant	1497
18. Jim Shoemaker	1480
19. Kris Sudrovech	1413
20. Jan McCandless	1395

# Survivor: AHBA

by P. L. Matzek

What if the Arlington Heights Bicycle Association played a game of Survivor every year? How would you fare? Here are some tips to help you to outwit, outplay, and outlast your fellow club members.

## *Things to do to help insure that you will not get voted out:*

Use your recent gambling winnings to buy lunch for everyone on the ride

Host any event involving food

Bake dessert for any club function

Be an officer, event chairperson, webmaster, newsletter editor, ride coordinator...

Fix other peoples flat tires

Help the ride leader plan the route, or join her on an 8-hour pre-ride

Fill everyones water bottles with ice water

Volunteer to sweep the ride and bring your own GPS and walkie-talkies

Volunteer to sweep the ride and bring your own broom

## *Behaviors that would surely get you voted out:*

Stealing Roy's Tuesday night sign-in board and burning it for fire wood

Riding ahead of the ride leader

Knowingly avoiding an ice cream stop

Refusing to pick up road coins

Wearing a bike outfit that isn't properly color-coordinated

Drinking alcohol on school grounds in Wisconsin

Blowing an obnoxious bike horn

Making improper right turn hand signals

Remarking in front of Jeannie and Al, since there are no scheduled bike rides the last weekend in April, I think I'll go out of town.

Practicing peeling up arrows with your stubby the day before the Arlington 500

On the Progressive Dinner, hiding out and sampling the wares at the dessert house all day

On a long ride, volunteering to fill everyones water bottles ... with water from the Volo Bog

On the same ride, remarking, your bike is so light, lets see if it floats!

Throwing a tantrum at the banquet —What do you mean there are no door prizes?

# AHBA Happenings

## Birthdays

For some, birthdays and ages are a sensitive subject. For others, they are an excuse to celebrate and party. Some members lead rides on or near their birthday. Others always seem to have an extra birthday card in their bike bag just in time to gather signatures for a members upcoming birthday.

For those of us in the "lets celebrate" category, Jim Shoemaker wants to know the month and day you were born. The year is optional. Please send Jim an email or give him a phone call with your information.

There is one group of members who choose to jointly celebrate their December birthdays. Perhaps other months have ringleaders to organize similar events?

## Future activities

Chris and Dave are planning a date for a future bowling outing in February.

More information to come.

## Food Event

Shoe and Nancy are scouting the area for another exciting dinner location.

**Date:** Saturday, January 22, 2005

**Location:** To be announced

We will list more details after the New Year.

Tailwinds,  
Shoe and Nancy

# The Chicago Bicycle Federation (CBF)

## Tell CBF About Your Crash

The Chicagoland Bicycle Federation is assembling data from those involved in bicycle crashes in Chicago over the past year. If you have experienced a crash on your bicycle in Chicago in the year 2004, please take five or ten minutes and fill out our survey at [www.biketraffic.org/crash](http://www.biketraffic.org/crash). If you have any questions or problems with the survey, please contact Matt Maloney at [matt@biketraffic.org](mailto:matt@biketraffic.org).

## CBF News

AHBA financially supports the Chicagoland Bicycle Federation (CBF) and CBF reciprocates with their support of AHBA. The AHBA president participates in the CBF Bike Club Presidents Council. CBF is our source for the bike racks we use at the swap.

AHBA Members are encouraged to consider an individual membership to CBF to promote safe cycling in the Chicago Area. Individual Memberships start at \$25.

Contact CBF at:  
(312) 42-PEDAL  
650 S Clark Street, #300,  
Chicago Illinois  
[www.biketraffic.org](http://www.biketraffic.org)

CBF sponsors the annual *Bike-The-Drive and Boulevard-Lakefront-Tour*. If you have never participated in those events; they are very well run and cyclists enjoy the experience.

The CBF Bike Bulletin is available to all CBF members. The CBF Bike Bulletin is re-posted on the AHBA Yahoo Group.

## CBF Mission

The mission of the Chicagoland Bicycle Federation, founded in 1985, is to improve the bicycling environment and thereby the quality of life in the region. The Federation does this by promoting bicycle safety, education and facilities, and by encouraging use of the bicycle as an energy-efficient, economical and nonpolluting form of transportation and as a healthful and enjoyable form of recreation.

## CBF Vision

We at the Chicagoland Bicycle Federation are working to make the Chicago area a better place to live, work and play. We envision a region where:

- *individuals can ride their bicycles on any public right-of-way to any destination safely and conveniently*
- *the 40 percent of the population who cannot afford or aren't old enough to drive motor vehicles can still have wide-ranging mobility*
- *everyone — young or old — enjoys better air quality because bicycle trips replace many car trips*

- *safe bicycle access is considered every time money — public or private — is spent to improve the network of roads, trails, transit and parking*
- *safe bicycling is taught as part of a comprehensive transportation education program*
- *individuals combine recreation, exercise and transportation in bicycling*
- *bicycling is an enjoyable lifetime activity*

## Why the Chicagoland Bicycle Federation Works

Since 1999, more than \$100 million worth of trails, bike lanes, bike racks and other projects became a reality because the Chicagoland Bicycle Federation was there helping, asking, training and working. The Chicagoland Bicycle Federation brings cyclists in the region together with the know-how to make bicycling a safe, convenient and fun way to get around. Our achievements rely on three key elements:

A professional staff that sits elbow-to-elbow with government officials in the meetings that affect your cycling environment

Dedicated volunteer project leaders and a board of directors who meet regularly to keep us on track

Active members who combine the strengths of bike clubs and individual cyclists to create a potent constituency

# Riding a Bike For an Hour — Going Absolutely Nowhere

I started out my riding career like most of you, on my bike outside. After nearly 15 years of high-impact aerobics and step classes, my knees were shot—running outside wasn't an option anymore either. I turned to the bike.

I worked my way up to about 60 miles, mostly trail riding—I was afraid of traffic. For about 7 years I would end the season strong, making those miles easily. Unfortunately, I would only ride when the temperature was above 70° so my off season was very long. When it was over, and spring finally came, I was totally deconditioned. Year after year, my boyfriend would kick my butt, especially on the hills.

Being an instructor I was not happy about having my butt kicked, and decided to take drastic measures. I attended an indoor cycling class. Well, it was love at first sight, great music, challenging cardiovascular workout, and I could feel my legs getting stronger every week. The only butt kicking that would be going on next season, would be me kicking his. And I did.

I started teaching my own class a year later. Indoor cycling truly is a great off season way to stay on your training program. There are some major differences however. It took a little while to get use to turning up the resistance to “climb a hill”, and the indoor bikes DO NOT COAST so you have to slow your pace to a stop. You do a lot more

standing on the indoor bikes, but that trains your core to be stronger when you're in the saddle. Overall, you get a more intense workout in a shorter space of time, and you never get caught in the rain.

I would never try to convince you that riding indoor is better than riding outside—I do not believe that my self. When I joined the AHBA this past August I had not ridden outside in years, and I had been doing ONLY indoor classes 3-times a week. My first long ride was 65 miles on a 7-year-old hybrid bike. I could not keep up with Chris, but I finished the ride no worse for wear. Within the next few weeks however, I did purchase a Giant road bike. I still can't keep up with Chris, but I'm

riding closer to the middle of the pack now.

I am looking forward to springtime, warmer temperatures, and getting back to riding with you all again. For those of you who know no cold... carry on!

If you are interested in checking out an indoor cycling class or have questions drop me an email and I can set you up with some locations and schedules for gyms in the area that have good indoor cycling programs. You can even attend one of my classes!

*It's not about the destination,  
it's about the journey.*

*Ride Strong—Laurie Liska*

## Cycling in Vietnam

### Ride to eat, or eat to ride?

One attempt to answer the ageold question and also a great way to beat the cold and meet the nicest people is through Culinary and Cycling Adventures in Vietnam.

Donna Ponte is planning another excursion to Vietnam, this time to the Mekong Delta and add-on trip to Angkor Wat, Cambodia, the last two weeks of February, 2005. You bring your own bicycle and pedal as much as you like, up to 50 miles a day (only) on the Delta tour, more on the Hanoi to Saigon trip which includes two century days. Support is superb and includes a mechanic, 5\* hotels when available, all food, and gourmet dinners every evening.

Call Hans Krausche at 800-613-0390 or  
Check out [www.discovervietnam.com](http://www.discovervietnam.com).

## Membership Dues 2005

*There is a new membership form for 2005 that must be filled out by all members.* The form is available in this newsletter and is already posted on the web site.

The dues for 2005 will remain \$15.00 for individual and family, and are to be sent to the NEW membership chairman:

Jim Shoemaker  
1736 N. Kaspar  
Arlington Hts., IL 60004-3718.



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AHBA • Ride Hotline 847-255-3468 • Website <http://www.cyclclearlington.com>

Arlington Height Bicycle Association  
500 East Minor Street  
Arlington Heights, IL 60004





# the SPOKEN WORD

February 2005

Volume 34 • Number 2

*President's Column:*

## Grace and Beauty, Help Wanted?

I heard this question asked at the New Years Day ride: "What was your best ride of 2004?" My best ride was getting back on the bike in October after being off the bike for nearly 3 months.

I took a trip north to Minneapolis in October. It was a beautiful time of year, the leaves were changing and the air was crisp. While I write today in early January, there is about 8 inches of snow in my driveway in Arlington Heights. Minneapolis has no snow but the temperature is 1 degree.

My trip north was an opportunity for 4 short rides. My first 2 rides were on the Root River Trail.

When the Southern Minnesota Railway Company cut its right-of-way through the bluffs of southeast Minnesota circa 1860, no one could have guessed that it would someday become one of the most popular recreational trails in the nation. The Root River State Trail System boasts more than 60 miles of paved surface bounded on the west by the city of Fountain, on the south by Harmony and on the east by Houston. Other towns on the trail are Preston, Whalan, Peterson and, of course, Lanesboro, the hub of the Root River Trail.

Thousands of cyclists, roller-bladers and hikers each year experience the beauty of the Root River Valley via this magnificent trail as it meanders along the peaceful Root River. The Minnesota Department of Natural Resources owns and maintains the trail and charges no use fees, except for cross-country skiing during the winter.

I arrived in Houston, Minnesota (a short distance from La Cross Wisconsin) late afternoon and rode to Rushford, a 26 mile round trip. The trail head in Houston has a nature center and free showers for cyclists.

I spent the night in Lanesboro at Brewster's Red Hotel. Mark Brewster is a cyclist and his hotel caters to cyclists. I highly recommend his hotel. <http://www.brewstersredhotel.com/> I had previously met Mark in 2001 when I went to ride in Nova Scotia and again in Louisiana when I went to ride Cycle Zydeco in 2003. The next morning I rode from Lanesboro back to Rushford, a 38 mile round trip. The highlight of that ride was a stop at Whalan, home of the best pie shop in the world.

My third ride that weekend was a tour of Lake Calhoun in Minneapolis. Minneapolis has a number of bike-ways, separate from the roads, with wide paved trails around the city.

On my way home, I stopped in Augusta Wisconsin to ride the Stage Coach Route that goes through Amish farmlands. A round trip of 31 miles completed a terrific and beautiful weekend. My sense of grace and beauty is probably more aligned with yours than with Marie Louise De La Ramée

"If all feeling for grace and beauty were not extinguished in the mass of mankind at the actual moment, such a method of locomotion as cycling could never have found acceptance; no man or woman with the slightest aesthetic sense could assume the ludicrous position necessary for it."  
ATtribution: Ouida [Marie Louise De La Ramee] (1839-1908), British novelist. "The Ugliness of Modern Life,"  
—*Critical Studies* (1900).

*(continued on page 3)*

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Unsubscribe:

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General Info	<a href="mailto:ride@cyclearlington.com">ride@cyclearlington.com</a>
President	<a href="mailto:president@cyclearlington.com">president@cyclearlington.com</a>
Newsletter	<a href="mailto:newsletter@cyclearlington.com">newsletter@cyclearlington.com</a>
Membership	<a href="mailto:membership@cyclearlington.com">membership@cyclearlington.com</a>
Arlington 500	<a href="mailto:500@cyclearlington.com">500@cyclearlington.com</a>
Web	<a href="mailto:web@cyclearlington.com">web@cyclearlington.com</a>
Bike Swap	<a href="mailto:swap@cyclearlington.com">swap@cyclearlington.com</a>

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Monday, March 14, 2005.

*Grace and Beauty, continued*

Thank you to Christine and Dave Van Dornick for hosting the New Years Day ride and potluck. I did notice that no one offered to help finish their remodeling.

Thank you to Don Ami for organizing the decorating of the AHBA Christmas Tree in downtown Arlington Heights.

Please write about your favorite bike ride of 2004 and submit it to your newsletter editor at [newsletter@cyclclearlington.com](mailto:newsletter@cyclclearlington.com)

*On Your Left—Gary Gilbert*



**Happy  
Birthday  
to...**

Merritt Lewis

Loraine Maloy

Jan Mc Candless

Bob Pletch

Warren Wilmeth

Jim Barr

Dick Marr

# Ride Schedule Update

## St. Patricks Day Ride

Wheeling Wheelman will host the St. Patrick's Day Ride on March 13, 2005, from Wauconda High School.

The fee is \$10.00. Registration is from 8:00 AM to 10:30 AM  
Ride loops of 16, 20 and 36 miles

Directions: Rand Road (Route 12) north to Rte 176, Turn right (east)  
Go 0.7 miles to Main Street, turn left on Main 0.6 miles to the school.

Cookies and cider will be served.

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Guess who?

# Top 15

as of 1/08/05

*There are some Bakery Ride miles missing from this total. They will be added in as soon as more data is available.*

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1. Christine Van Dornick	263
<hr/>	
2. Mitch Polonsky	248
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3. Dave Slocum	248
<hr/>	
4. Bena Gerber	239
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5. Greg Konieczny	228
<hr/>	
6. Art Cunningham	214
<hr/>	
7. Dave Van Dornick	199
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8. Dave Martin	164
<hr/>	
9. Bob Hinkle	125
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10. Scott Schaedel	118
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11. Paula Matzek	105
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12. Harlan McDaniel	85
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13. Vince Kelly	65
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14. Earle Horwitz	44
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15. Michael Branson	40

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# LIB News

AHBA financially supports the League of Illinois Bicyclists (LIB) with an annual donation.

AHBA Members are encouraged to consider an individual membership to LIB to promote safe cycling in the Chicago Area. Individual Memberships start at \$20; For more information contact League of Illinois Bicyclists, 2550 Cheshire Dr., Aurora, IL 60504 or [www.bikelib.org](http://www.bikelib.org) or Ed Barsotti, Executive Director Phone: 630-978-0583

LIB and the Illinois Department of Natural Resources are again sponsoring the Grand Illinois Trail and Parks (GITAP) ride in 2005. The third Grand Illinois Trail And Parks (GITAP) ride is set to roll in mid-June of 2005. Make plans to be a participant. With new routes, parks, plans, and events, the ride will offer unique explorations of northern Illinois. Club members participated in this ride in past years. Ask Marilyn Wilkerson or Bill Kragh about their experiences. See <http://www.bikelib.org/gitap> or email Chuck Oestreich [oestreich@qconline.com](mailto:oestreich@qconline.com) or phone 309-788-1845.

LIB also sponsors the Celebrate National Bicycle Month license plate program for your car. The plates are approved by the Secretary of State's office and you may display them instead of your regular plates during the months of April and May 2005. The colors are: a light blue background with black and yellow print. A color picture of the plate can be seen on the League of Illinois Bicyclist web site. Cost is \$25. Club members have

participated in this program in past years. Ask Gary Gilbert or Barbara Barr about their experiences.

The League of Illinois Bicyclists (LIB) is an independent, not-for-profit organization

dedicated to making Illinois a better place for bicyclists. LIB is the statewide advocacy voice for all Illinois bicyclists, promoting bicycle access, education, and safety.

## LIB Objectives:

- Maintain and increase access to public facilities to enhance the use of bicycles for transportation and recreation.
- Educate bicyclists and motorists about their mutual rights and responsibilities.
- Educate cyclists on safe cycling practices.
- LIB works with local, state, and federal officials on behalf of bicyclists.
- Advocate bike-friendly road designs
- Promote trail development and funding
- Serve on transportation policy-making committees
- Propose legislation protecting cyclists' rights on the roads
- Facilitate bicycle safety education
- LIB works with individual bicyclists to guide their local efforts.
- Alert you about upcoming public meetings and road project studies near you
- Help to get your input to the appropriate road designer or local official
- Distribute bicycle safety information
- Act as a technical resource
- LIB works in cooperation with other bicycle organizations.
- Member of national organizations promoting favorable policies and funding levels for bike facilities
- The Chicagoland Bicycle Federation and most local bike clubs in Illinois support and collaborate with LIB

# Safety Check— From the Safety Chick

## Starting at the Top The Helmet

Perhaps the most important item of safety gear that a cyclist can use is the bike helmet. According to a Healthcast article from ABC Boston (2003), 900 people die in bike-related accidents each year. Over half of them from head injuries. Any research on bike helmets will lead to articles about the importance of helmets, especially for children. (Maybe brain damage to the parent is ok.) An important part of wearing a helmet is proper fit. The helmet should be worn level over the top of the head; it should not tilt backwards or forwards. The helmet should be snug with the chinstrap tight and buckled. Numerous articles are available with proper fitting instructions. One of the best is the Consumer Products Safety Commission website ([www.cpsc.gov](http://www.cpsc.gov)).

Another site with a tremendous amount of information is the Bicycle Helmet Safety Institute ([www.bhsi.org](http://www.bhsi.org)). This is a group that provides helmet information including comparisons, statistics, laws and standards. Their F.A.Q. section has an interesting group of questions and answers.

### What's the best helmet to buy?

**Is a cheap helmet as safe as an expensive one?**

**Where can I find a helmet for my big head?**

**What about my baldhead?**

### And my personal favorite, when do I need to replace a helmet?

- Did you crash it?  
REPLACE!
- Is it from the 1970's  
REPLACE!
- Is the outside just foam or cloth instead of plastic?  
REPLACE!
- Does it lack a CPSC, ASTM or Snell Sticker?  
REPLACE!
- Can you adjust it to fit correctly?  
REPLACE!
- Do you hate it?  
REPLACE!

Another website

[www.bicyclesource.com](http://www.bicyclesource.com) with information on helmet standards and comparisons between CPSC/ASTM/Snell B-90S/Snell B95/ANSI. Do you know which is the most stringent?

In addition to the safety information I found on helmets, I came across a nifty helmet that has a built in rear view visor. Made by Reevu ([www.reevu.com](http://www.reevu.com)) Availability seems to be in the UK so standards may not be as stringent at USA of standards but check out the rear view visor.

# Car/Bike Collision— Always Report It

*From the Newsletter of the Silicon Valley Bicycle Coalition and the Peninsula Bicycle & Pedestrian Coalition (California)*

League member who is an attorney in North Carolina urges cyclists: All bike-car collisions should be reported to police officers immediately for safety as well as insurance reasons, even if you don't think you are hurt. If you're involved in a hit-and-run crash while riding your bike, be sure to file a police report that same day. Your own auto insurance may cover you. If you delay and injuries crop up at a later date, you risk losing the benefits you've paid for under your own auto policy.

Recently, a North Carolina cyclist was struck and brushed off the road by a passing motorist. Initially, he thought he'd merely sprained his wrist and did not call the police. Five days later, however, when his pain worsened, he discovered he'd fractured his arm. He asked his own auto insurer to pay for "uninsured motorist" benefits, which cover your personal injuries when another at-fault motorist is uninsured or when a hit-and-run motorist cannot be located. The cyclist's insurer denied the claim and the North Carolina Court of Appeals agreed, because the state's controlling statute says you must file a police report within 24 hrs of the accident.

For more information on the case, see <<http://www.aoc.state.nc.us/www/public/coa/opinions/2004/030947-1.htm>>

# Up and Running (cycling) for Spring

Here it is again, the end of an old year (bike season) and the beginning of a new year (and bike season). How will you keep in shape so you are up and running (cycling) in the Spring? Well, maybe you are still riding in the cold until the snow comes, but, if you are like me, I can't/won't ride in the cold and take all of my training inside.

For those members who don't already know, I am an indoor cycling instructor (sometimes referred to as Spin when you have paid the licensing fee). There are classes all over for indoor cycling, but, if you would like to come to one of my classes, here is the information:

## Wheeling Park District

Dundee Road (adjacent Wickes Furniture)

Mondays 6:00 a.m. and 9:30 a.m.

Wednesdays 6:00 a.m.

*Your first one of these classes is free. A punch card can be purchased.*

## Addison Park District

Rohlwing Road and Lake Street in Addison  
(about one mile from Millie's Pancakes)

Wednesdays 12:00 30 min  
5:30 p.m. 30 min

Fridays 5:45 a.m. 45 min  
9:00 a.m. 60 min

Saturdays 8:00 a.m. 60 min

*A punch card can be purchased.*

Of course, this facility has other cycling instructors and offer additional classes on Tuesdays and Thursdays at 5:45 a.m. and at 5:45 p.m.

You may call me at 630/628-6267 or e-mail me at [powerbarb@comcast.net](mailto:powerbarb@comcast.net).

*Barb Barr*



**Holiday  
Tree  
Trimming  
2004**



## Membership Dues 2005

*There is a new membership form for 2005 that must be filled out by all members.* The form is posted on the web site.

The dues for 2005 will remain \$15.00 for individual and family, and are to be sent to the NEW membership chairman:

Jim Shoemaker  
1736 N. Kaspar  
Arlington Hts., IL 60004-3718.



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AHBA • Ride Hotline 847-255-3468 • Website <http://www.cyclearlington.com>

Arlington Height Bicycle Association  
500 East Minor Street  
Arlington Heights, IL 60004





# the SPOKEN WORD

March 2005

Volume 34 • Number 3

*President's Column:*

## Never Stop Pedaling, Help Wanted?

I recently read a quote from the late U.S. Senator Claude Pepper:

"Life is like riding a bicycle: you don't fall off unless you stop pedaling."

Arlington Heights Bicycle Association is like a bicycle. Our most busy parts of the season are during the warmer months but we never stop even when we are not riding. When we're not riding, you might find us having breakfast, attending a spin class, talking about riding, planning our riding season, or dreaming about a new bicycle.

Recently the board met to develop a **Master Schedule for 2005**. We had help from other members who volunteer their time to make sure that 2005 is a fabulous year for AHBA. The schedule is printed in this newsletter. Today is a great day to reserve dates on your family's calendar.

You will notice some new adventures as well as some old favorites on this year's calendar. Contact the organizer if you want more information or to help out.

The Touring Ride In Rural Indiana (TRIRI) has been chosen as the primary week long ride for the 2005 season. This 7-day tour of southwest Indiana highlights scenic

and historic sites of the area as the participants enjoy what have become TRIRI, trademarks: overnight camping in the beautiful Indiana State Parks and delicious sit-down professionally catered meals served under blue-striped state park awnings. The ride is scheduled for June 19-25, 2005. Please contact Mitch Polonsky if you are planning on participating.

Scott Schaedel is organizing a group to ride DALMAC in September. DALMAC is a 4-day ride. The 2005 tour is the 35th annual ride from East Lansing, Michigan to and/or across the Mackinac Bridge. The Mackinac Bridge is normally closed to cyclists so this is a rare experience.

Barb and Jim Barr are organizing a group going to the TRIRI Fall Escapade. This central route features overnights at Turkey Run State Park and Turkey Run Inn (2 nights), McCormick's Creek State Park and Canyon Inn (2 nights), and Brown County State Park and Abe Martin Lodge. The ride is limited to 250 participants. At each state park overnight site, TRIRI SE has 76 inn rooms for those who don't wish to camp. The state park inn dining rooms will host TRIRI SE

participants with delicious breakfast and dinner buffets.

You will also find some new weekend rides this year. Scott Schaedel is organizing a group heading to Ohio in May for challenging 44th annual Tour of the Scioto River Valley (TOSVR). The Tour Of the Scioto River Valley is a 2-day, 200-mile bicycle tour from Columbus, Ohio, to Portsmouth, Ohio, and back again

Ever want to ride your bicycle across Illinois? Early plans are being drawn up for the first annual ARIA ride — **Arlington Rides Across Illinois** on July 23-24. This is a 2-day, self supported ride, from Clinton Iowa to Arlington Heights. Optionally riders may continue to Lake Michigan to truly cross the entire state. More details will be available soon. You won't be required to sing an aria but rather to ride one.

The **InterPlanetary Bicycle Ride** is planned for August. Follow the orbits of Planetary Explorers though the World's Largest Complete Model of the Solar System. Sponsored by the Peoria Academy of Sciences and Peoria Astronomical Society and the Illinois Valley Wheelmen. Saturday

*(continued on page 3)*

# AHBA Officers 2005

Gary Gilbert, *President*  
 Christine/Dave VanDornick, *Vice Presidents*  
 Kris Sudrovech, *Secretary*  
 Mitch Polonsky, *Treasurer*

Arlington 500	Greg Konieczny
Arlington Criterium	Karen Zmrhal
500 Arrow Man	Dave Martin
Bakery Rides	Bob Hinkle
Banquet	Barbara Barr
Bike Swap	Al & Jeanie Gain
Intermediate Rides	Al Gibbs
Membership	Jim Shoemaker
Newsletter	Laurie Liska
New Years Day	Christine/Dave VanDornick
Picnic	Gary Gilbert
Postmaster	Jim Shoemaker
Ride Chair	Christine/Dave VanDornick
Ride Line	Don Ami
Safety	Nancy Wagner
Social	Nancy Wagner Jim Shoemaker
Tuesday Night Rides	Laurie Larson
Trail Rides	Art Cunningham
Webmaster	Greg Konieczny
Zero Mile Rides	Gary Gilbert
Programs	OPEN !!
Progressive Dinner	OPEN !!
Refreshments	OPEN !!

# Club Internet Access

The club has an active Yahoo group available on the Internet. This group allows us to exchange email with other club members without having to worry about everyone's individual email address. You can subscribe to the group and post messages to the other group members by sending an email to the email addresses below. You must subscribe before you can send a message.

The group name is **ahbacyclists** and is available at <http://groups.yahoo.com/group/ahbacyclists>

Post message:  
 ahbacyclists@yahogroups.com

Subscribe:  
 ahbacyclists-subscribe@yahogroups.com

Unsubscribe:  
 ahbacyclists-unsubscribe@yahogroups.com

Our Web Site is <http://www.cyclearlington.com>  
 Please send all updates to Greg Konieczny.  
 Via [web@cyclearlington.com](mailto:web@cyclearlington.com)

Members using AOL as their Internet service provider sometimes have problems when accessing the Yahoo group or the AHBA Web site. Please call AOL customer support to resolve any problems you may encounter. In most situations, you have AOL configured to prohibit attachments and that is the source of your problems.

We have a new set of email addresses available. These email addresses are available and remove the necessity of making members email addresses public in the newsletter. Messages sent to these addresses are automatically directed to the appropriate members.

General Info	<a href="mailto:ride@cyclearlington.com">ride@cyclearlington.com</a>
President	<a href="mailto:president@cyclearlington.com">president@cyclearlington.com</a>
Newsletter	<a href="mailto:newsletter@cyclearlington.com">newsletter@cyclearlington.com</a>
Membership	<a href="mailto:membership@cyclearlington.com">membership@cyclearlington.com</a>
Arlington 500	<a href="mailto:500@cyclearlington.com">500@cyclearlington.com</a>
Web	<a href="mailto:web@cyclearlington.com">web@cyclearlington.com</a>
Bike Swap	<a href="mailto:swap@cyclearlington.com">swap@cyclearlington.com</a>

**Please send articles/photos for the next newsletter to Laurie by March 10 at [newsletter@cyclearlington.com](mailto:newsletter@cyclearlington.com)**

## Upcoming Meetings

*Meetings are held at Recreation Park, 500 East Miner, Arlington Heights. Meetings start promptly at 7:30PM. Our goal is to keep the business portion of the meeting brief to allow more time for the presentation.*

### February 23, 2005

Bike Winter. A representative from Bike Winter will be coming to talk about winter cycling. Bike Winter holds training sessions on cold weather riding and hosts a variety of events including the Bike Winter Film Festival, the Frozen Snot Century, and the Santa Rampage. Check out [www.bikewinter.org](http://www.bikewinter.org) for more information.

### March 23, 2005

Sara Tillotson will be talking about Racing and Women in Cycling. Sara won the Old Country Buffet Women's Open at the Arlington Classic Criterium in 2004.

April 27, 2005—TBD    May 25, 2005—TBD

## Board Meetings

*Board Meetings are held on Monday evening, 9 days prior to general club meetings. They are held at the home of Gary Gilbert at 7:30 PM. Board meetings are open to all club members.*

Board meetings are planned for March 14, 2005, April 18, 2005 and May 16, 2005.

## Safety Check—From the Safety Chick

### Next . . . sunglasses!

You may not think of sunglasses as a safety item but consider the protection they give your eyes from debris, dirt and other airborne objects. In summer and winter, they can provide protection from ultraviolet light. In recent years, outdoor sports enthusiasts have enjoyed the availability of a number of sunglass options. Manufacturers continue to develop glasses that are good for the majority of people but they have also tried to develop lines specific to sports. Enhancements have included a variety of lens colors, lens materials and polarized lenses. When choosing a lens

consider if the lens has Ultraviolet light protection, is shatter resistant and the correct lens color.

Originally a favorite with boaters, polarized lenses have become popular in other sports including cycling. Polarized lenses reduce the glare from a flat surface, such as the road.

The top five trends in Sports and Performance Sunglasses (from [www.allaboutvision.com](http://www.allaboutvision.com))

1. Changeable lens systems. Color options allow the wearer to change the lens based on the light conditions.
2. Frame Materials are lightweight and durable, such as polyamide.

### Never Stop Pedaling, *continued*

is a ride to Pluto and back while Sunday is reserved for the inner solar system.

New Saturday rides are planned as well. June 4 will find us on a one-day LBS ride, traveling to several **local bicycle shops**. It is important that we support local bicycle shops. We have seen several close recently and our sport depends on these businesses. Our July 2 adventure will find us **Circumnavigating Arlington Heights**.

There are many good weekends available for you to organize a ride. Contact any of the club officers or ride chairs. Lets make 2005 our best riding year ever!!!!

On Your Left—*Gary Gilbert*

*p.s. If you have not yet paid, 2005 dues are due by the end of March.*

3. Styles developed for performance and fashion.
4. Polarized lenses.
5. No slip temple grips and nose pads, allowing full functionality in all temperatures.

The website noted above has additional information on nutrition and eyes. In addition to explaining some common eye ailments, they list a number of vitamins that aid in reducing risk. Vitamins include Lutien, zeaxanthin, Vitamins A, C and E, Zinc and more.

Tailwinds—*Nancy*

# Ride Schedule Update

## St. Patricks Day Ride

Wheeling Wheelman will host the St. Patrick's Day Ride on March 13, 2005, from Wauconda High School.

The fee is \$10.00. Registration is from 8:00 AM to 10:30 AM  
Ride loops of 16, 20 and 36 miles

Directions: Rand Road (Route 12) north to Rte 176, Turn right (east)  
Go 0.7 miles to Main Street, turn left on Main 0.6 miles to the school.  
Cookies and cider will be served.

## Saturday Show N' Go rides

Continue on Saturdays from Frontier Park at 10:00 AM throughout the winter. Length of ride generally 35-45 miles with a breakfast stop.

## Saturday Scheduled Rides

Saturday rides begin Saturday, March 26, 2005.

## Bakery Rides

Continue at 10:00 AM Tuesday and Thursday throughout the winter.

## Tuesday Night Rides

Tuesday Night Rides begin Tuesday, April 5, 2005,  
From Recreation park at 6:30 PM.

## March 26, Saturday—9:30 AM Park Ridge Pancake Ride

From Frontier Park—35 miles

Joint Ride with Mount Prospect Group

Leader: *Van Dornicks*

## April 2, Saturday—9:00 AM Long Grove Ride

From Recreation Park—30 miles

Break in Long Grove, Breakfast at Uptown Café in  
Arlington Heights at the finish

Leader: *Van Dornicks*

## April 9, Saturday—9:00 AM Wauconda Ride

From Frontier Park—45 miles

Some hills, breakfast in Wauconda

Leader: *Van Dornicks*

## April 16, Saturday—9:00 AM Millies Pancake Ride to Addison

From Frontier Park—42 miles

A familiar spot with great chow

Leader: *Van Dornicks*

## April 30, Saturday—8:00 AM Ride to Elgin for Breakfast

From Frontier Park—56 miles

9:00 AM from the Pavillion in Elk Grove—45 miles

Leader: *Greg Konieczny*

## May 7, Saturday—9:00 AM Ride to West Dundee

From Frontier Park—50 miles

Lukes, ice cream and more! Joint Ride with Mount Prospect Group

Leader: *Van Dornicks*

*Call the Van Dornicks at 847-259-7917  
to add rides or for ride schedule details.*

# Top 15

as of 1/08/05

*Only a few rides took place since the January tally. Another update will be made for the next newsletter.*

1. Christine Van Dornick	263
2. Mitch Polonsky	248
3. Dave Slocum	248
4. Bena Gerber	239
5. Greg Konieczny	228
6. Art Cunningham	214
7. Dave Van Dornick	199
8. Dave Martin	164
9. Bob Hinkle	125
10. Scott Schaedel	118
11. Paula Matzek	105
12. Harlan McDaniel	85
13. Vince Kelly	65
14. Earle Horwitz	44
15. Michael Branson	40

# Winter Pancake Zero Mile Rides

The final winter breakfast of the season is scheduled for the first weekend in March. These popular events will resume again in December 2005.

**Saturday, March 5, 2005—10 AM**  
Egg Harbor Café, 140 E Wing  
Street, Arlington Heights

# 2005 CALENDAR

## March 5, 2005—Saturday 10AM

Zero Mile Breakfast Ride  
Egg Harbor Café, 140 E Wing Street, Arlington Heights  
Organizer: *Gary Gilbert*

## March 13, 2005

St Patrick Day Ride  
Organizer: *Tom Wilson*

## March 26, 2005—Saturday AM

First Scheduled Ride of 2005 — continues nearly every Saturday until the end of October.  
Organizer: *Christine Van Dornick*

## April 1-3, 2005—Friday thru Sunday

Chicago Bike Show  
Organizer: *On your own*

## April 5, 2005—Tuesday 6:30PM

First Tuesday Night Ride of 2005 — continues nearly every Tuesday until the end of September.  
Organizer: *Laurie Larson*

## April 23-24, 2005—Saturday/Sunday

25th Annual Bike Swap  
Organizer: *Al and Jeannie Gain*

## May 7-8, 2005—Saturday/Sunday

TOSRV Tour of the Scioto River Valley  
Organizer: *Scott Schaedel*

## May 21, 2005—Saturday

Arlington 500 Pre-Ride  
Organizer: *Greg Konieczny*

## May 22, 2005—Sunday

Arlington 500  
Organizer: *Greg Konieczny*

## May 29, 2005—Sunday

Bike the Drive  
Organizer: *Nancy Wagner*

## June 4, 2005—Saturday

Bike Shop Ride  
Organizer: *Gary Gilbert*

## June 11-12, 2005—Saturday/Sunday

TOMRV  
Organizer: *TBD*

## June 19-25, 2005—Sunday/Saturday

TRIRI Indiana State Parks  
Organizer: *Mitch Polonsky*

## July 2, 2005—Saturday

Circumnavigate Arlington Heights  
Organizer: *Gary Gilbert*

## July 4, 2005—Monday

Lincoln Park Zoo  
Organizer: *Gary Gilbert*

## July 23-24, 2005—Saturday/Sunday

Arlington Rides Across Illinois  
Organizer: *Gary Gilbert*

## July 24 - 30, 2005—Sunday/Saturday

RAGBRAI  
Organizer: *Milo Plavec*

## July 30, 2005—Saturday

Arlington Criterium  
Organizer: *Karen Zmrhal*

## July 31, 2005—Sunday

Annual Picnic  
Organizer: *Gary Gilbert*

## August 13-14, 2005—Saturday thru Sunday

Planetary Ride  
Organizer: *TBD*

## August 27, 2005—Saturday

Progressive Dinner  
Organizer: *TBD*

## September 1-4, 2005—Thursday thru Sunday

DALMAC (Dick Allen Lansing to Mackinaw Classic)  
Organizer: *Scott Schaedel*

## September 11, 2005—Sunday

Harmon 100  
Organizer: *TBD*

## September 17-19, 2005—Saturday thru Monday

Milwaukee Ride  
Organizer: *Christine and Dave Van Dornick*

## September 18-23, 2005—Sunday thru Friday

TRIRI September Escapade  
Organizer: *Barb and Jim Barr*

## September 27, 2005—Tuesdays

Last Tuesday Night Ride of 2005  
Organizer: *Laurie Larson*

## October 15-16, 2005—Saturday/Sunday

Hilly 100  
Organizer: *TBD*

## October 29, 2005—Saturday

Halloween Hallobaloo  
Last Scheduled Ride of 2005  
Organizer: *Marilyn Wilkerson*

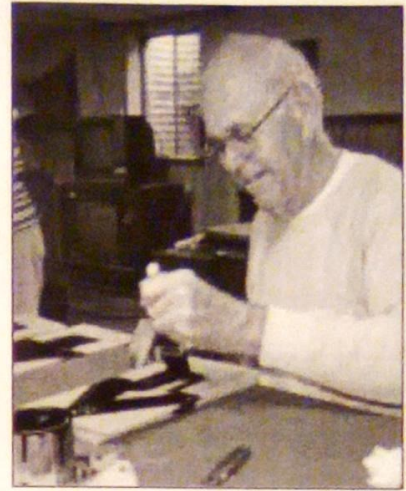
## November 12, 2005—Saturday

Annual Banquet  
Organizer: *Barbara Barr*

# New Arrows For The 500



*Len Geis & Bob Dominski tracing and taping arrows pattern to plastic.*



*Art Cunningham painting arrow on yellow plastic.*

*By Bob Hinkle*

You can tell spring is getting close. Flyers announcing bicycle tours are arriving in the mail and more riders are showing up for the show and go rides. Another indication that the new riding season is nearing is that preparation is underway for the Arlington 500.

Recently many of the bakery riders both AHBA & Wheeling members met at Len and Reinhilde Geis's house to make arrows for the Arlington 500 in May. We owe a huge thank you to Len and Reinhilde who organized the creation and painting of the signs along with their able assistants Art Cunningham, Bob Dominski, Bob Hinkle, Earle Horwitz, Ralph and Jean Salle, Kurt Schonhoff, Chris Wager, Ulfert Broochman, Kilian Emanuel, and Marianne Kron.

The new signs were fashion out of yellow corrugated plastic painted with a black arrow. Wire was then passed through the corrugated spaces in the plastic so the signs can be driven into the ground.



*Marianne Kron & Earl Horwitz affixing wires to the signs.*

The signs will be easy to see and should last for many years. There will be no need to endanger a club member by painting an arrow on the road.



*Arrows set aside to dry.*

# League Of American Bicyclists

AHBA financially supports the League of American Bicyclists (LAB) with an annual donation.

AHBA Members are encouraged to consider an individual membership to LAB. Individual Memberships start at \$30; For more information contact League of American Bicyclists, 1612 K Street NW, Suite 800, Washington, DC 20006-2850 or <http://www.bikeleague.org/support/join.htm> or Phone: 202-822-1333. Among other benefits, members receive *Bicycling Magazine* and the annual cycling tour finder.

Bike League News is available via email to all LAB members. The news is also re-posted on the AHBA Yahoo Group.

The League was founded as the League of American Wheelmen in 1880. Bicyclists, known then as "wheelmen", were challenged by rutted roads of gravel and dirt and faced antagonism from horsemen, wagon drivers, and pedestrians. The LAB mission is to promote bicycling for fun, fitness and transportation and work through advocacy and education for a bicycle-friendly America. LAB represents the interests of the nation's 57 million cyclists. With a current membership of 300,000 affiliated cyclists, including 40,000 individuals and 600 affiliated organizations, the League works to bring better bicycling to your community.

## The League's Key Programs are:

**Bicycle Friendly Communities Program**  
<http://www.bicyclefriendlycommunity.org/>  
Changing the look of America, town by town, city by city by encouraging communities to provide

better facilities for cyclists and publicly rewarding them for doing so.

## Bicycle Safety and Education

<http://www.bikeleague.org/educenter/education.htm>  
Providing materials and training courses to help people feel more secure about getting on their bikes.

## National, State and Local Bicycle Advocacy

<http://www.bikeleague.org/educenter/advocacy.htm>  
Leadership at the national, state and local levels.

## National Bike Month

<http://www.bikemonth.com/>  
National sponsorship of Bike Month and Bike to Work Day.

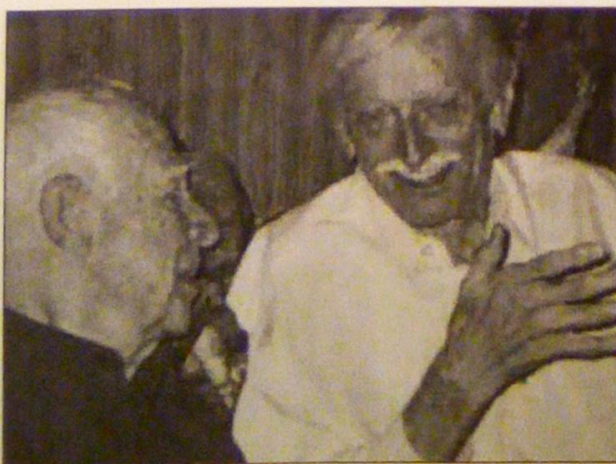
Like many national organizations, these are some controversy surrounding the focus of LAB. There is an active LAB Reform group concerned about the direction that LAB has taken in recent years exerting pressure on the board of directors of LAB. The LAB Reform group has a truce with LAB and the organizations are working together to strengthen LAB.

## <http://www.labreform.org/>

Since 1880, the League of American Bicyclists defended the rights and interests of lawful, competent cyclists. Until the mid-90's, LAB offered many useful member services, usually through low-cost programs run by volunteers. During the last few years, as a faction seized control of the Board, LAB abandoned its role of protecting members' interests and it dropped most of the services to become just another Washington lobbying and fundraising group

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## New Years Day Ride—2005



## Membership Dues 2005 —

**Due by March 31, 2005**

*There is a new membership form for 2005 that must be filled out by all members. The form is posted on the web site.*

The dues for 2005 will remain \$15.00 for individual and family, and are to be sent to the NEW membership chairman:

Jim Shoemaker  
1736 N. Kaspar  
Arlington Hts., IL 60004-3718.

### Happy Birthday to...

Beth Polonsky  
Cecily Rood



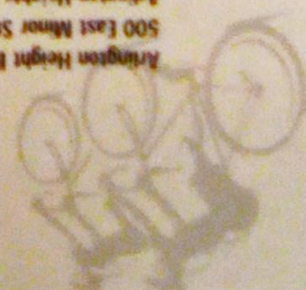
### Welocme Newcomers...

Wayne Mikes, *Palatine*  
Matthew Mikes, *Palatine*

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AHBA • Ride Hotline 847-255-3468 • Website <http://www.cycllearlinton.com>

Arlington Height Bicycle Association  
500 East Minor Street  
Arlington Heights, IL 60004





# the SPOKEN WORD

April 2005

Volume 34 • Number 4

*President's Column:*

## Potholes are Personal, Help Wanted?

"A bicycle does get you there and more. And there is always the thin edge of danger to keep you alert and comfortably apprehensive. Dogs become dogs again and snap at your raincoat; potholes become personal. And getting there is all the fun." ... Bill Emerson.

A frequent topic of conversation among club members is riding safely and the riding habits of our club members. As we come closer to warmer weather, more and more of us are getting back on the bike for another enjoyable season of cycling. Please be alert, be wary of potholes, and have fun. Lets help each other become safer cyclists. We all make mistakes while riding. This happens because we are distracted, tired, or forgetful. If we all take the time to be responsible for each other then we will all collectively improve our cycling skills. In 2005, I'm asking all members to tell **ME** when **I** do something unsafe on my bicycle this year. I hope you will join me in asking everyone to tell **YOU** when you do likewise. Rather than silently noticing mistakes, let us all calmly and directly help each other.

You may start noticing changes in AHBA this year. As I wrote last month we're introducing some new rides this summer. We've moved club business out of the monthly meeting in order to have more time for the program. Elsewhere in this month's newsletter you will read about the new Leisure Pace rides as well as changes to the Ride Line and the Newsletter. These changes are in direct response to member's suggestions. Change can be difficult for some of us or it can invigorate us as well. I'm expecting the latter. In 2004, we had a number of planning sessions where members discussed the future of the club. I hope this summer than we can implement a few of those suggestions as well.

**Bike Swap**  
**April 23-24, 2005**

**Arlington 500**  
**May 22, 2005**

AHBA needs your help. Please step forward, offer your help to Al and Jeannie Gain for the 25th Annual Bike Swap; offer your help to Greg Konieczny for the Arlington 500;

and offer your help to Christine, Al, Mary, and Laurie who are always searching for ride leaders. Taking responsibility for the Bike Swap, 500, or coordinating ride schedules is the backbone of this bike club. We all are grateful to those who organize. Make their life a little easier and volunteer to help; don't wait to be asked; and don't make them assume that you will offer the same help you have in previous years.

As long as we are on the topic of Help Wanted... There are two board appointed positions open: Refreshments chair which means bringing snacks to the monthly meetings. Programs chair which means finding speakers for our monthly meetings.

The Emil Donkers helmet program has resumed. Each year AHBA donates one helmet a month to a school aged bicycle rider in memory of long time member Emil Donkers. With the closing of ABC in December, we had to find a new source for helmets. Thank you to Roy Euclide for keeping this program going. We have also donated helmets to a Bike Rodeo.

*(continued on page 3)*

# AHBA Officers 2005

Gary Gilbert, *President*

Christine/Dave VanDornick, *Vice Presidents*

Kris Sudrovech, *Secretary*

Mitch Polonsky, *Treasurer*

Arlington 500	Greg Konieczny	398-4633
Arlington Criterium	Karen Zmrhal	397-1499
500 Arrow Man	Dave Martin	991-6795
Bakery Rides	Bob Hinkle	259-1423
Banquet	Barbara Barr	630-628-6267
Bike Swap	Al & Jeanie Gain	392-1547
Intermediate Rides	Al Gibbs	398-1376
Membership	Jim Shoemaker	910-8640
Newsletter	Laurie Liska	394-2407
New Years Day	Chris/Dave VanDornick	259-7917
Picnic	Gary Gilbert	577-4275
Postmaster	Jim Shoemaker	910-8640
Progressive Dinner	Joan Willmeth Cindy Barba	397-0723
Ride Chair	Chris/Dave VanDornick	259-7917
Ride Line	Don Ami	358-8814
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner Jim Shoemaker	910-8640
Tuesday Night Rides	Laurie Larson	
Trail Rides	Art Cunningham	963-8746
Webmaster	Greg Konieczny	398-4633
Zero Mile Rides	Gary Gilbert	577-4275
Programs	OPEN !!	
Refreshments	OPEN !!	

## Top Riders

as of 3/09/05

1. Mitch Polonsky	495
2. Dave Slocum	487
3. Dave Van Dornick	401
4. Christine Van Dornick	390
5. Bob Hinkle	386
6. Bena Gerber	362
7. Art Cunningham	345
8. Greg Konieczny	289
9. Dave Martin	287
10. Scott Schaedel	188
11. Earle Horwitz	163
12. Len Geis	140
13. Reinhilde Geis	140
14. Harlan McDaniel	128
15. Vince Kelly	110
16. Paula Matzek	105
17. Bob Dominsky	103
18. Ralph Salle	89
19. Marilyn Wilkerson	85
20. Jackie Kelly	70

Please send articles/photos  
for the next newsletter to  
Laurie by April 10, 2005 at  
[newsletter@cyclearlington.com](mailto:newsletter@cyclearlington.com)

## Upcoming Meetings

*Meetings are held at Recreation Park, 500 East Miner, Arlington Heights. Meetings start promptly at 7:30 PM. Our goal is to keep the business portion of the meeting brief to allow more time for the presentation.*

### March 23, 2005

Sara Tillotson will be talking about Racing and Women in Cycling. Sara won the Old Country Buffet Women's Open at the Arlington Classic Criterium in 2004.

### April 27, 2005

Cindy Trent is the featured speaker. She will be talking about her cycling tour in France in the summer of 2004. Cindy was able to watch portions of the Tour de France.

### May 25, 2005

Bike Club roundtable. We have invited 7 other Chicago area bike clubs to come and talk about their clubs. Each club has a distinctive personality and events. This is a way to support each other and make all the individual clubs stronger. Come with your ideas for joint events.

## Board Meetings

*Board Meetings are held on Monday evening, 9 days prior to general club meetings. They are held at the home of Gary Gilbert at 7:30 PM. Board meetings are open to all club members.*

**Wednesday, April 20, 2005.** If you are likely to lead a ride, please attend this meeting. We will be discussing ways ride leaders can encourage safety.

**Monday, May 16, 2005.**

## Safety Check—From the Safety Chick

### Keep Your Bike in Good Repair

Many things can contribute to unsafe riding, a bike in poor repair shouldn't add to the problems. Poorly maintained wheels, brakes and cables can change a nice ride to a very long day. Here is list of items that should be checked every time you ride.

**"go from front to back so you'll remember everything"**

#### from the front . . .

1. Check the front tire to see if it needs air
2. Check the wheel bearing adjustment and axel nut for tightness
3. Check the wheel rim for wobbles
4. Check the front brakes – do the pads contact the rim? Do they rub on the tire?

#### in the middle . . .

1. Check the handlebars for tightness
2. Check the headset — is it loose or making noises
3. Are the pedals secure
4. Check the crankarms
5. Check the seat – is it loose or out of line
6. Check the chain tension

#### now the back . . .

1. Check the back tire to see if it needs air
2. Check the wheel bearing and axel nut for tightness
3. Check the wheel rim for wobbles
4. Check the rear brakes

*These steps won't completely avoid problems but they can go along way to finding a problem before you get stranded.*

### Potholes are Personal, *continued*

Thank you to Bob Hinkle for organizing our involvement in that program.

Finally, Celebrate National Bicycle Month with a limited edition license plate set. The plates are approved by the Secretary of State's office and you may display them instead of your regular plates during the months of April and May 2005. Cost is a small \$25. Contact League of Illinois Bicyclists for details.

On Your Left—*Gary Gilbert*

### Bike Swap April 23-24, 2005

For club member volunteers who have not participated in our Annual Bike Swap, please come to Al and Jeannie Gains after the Tuesday night ride on April 12, for a brief training session.

## Club Internet Access

The club has an active Yahoo group available on the Internet. This group allows us to exchange email with other club members without having to worry about everyone's individual email address. You can subscribe to the group and post messages to the other group members by sending an email to the email addresses below. You must subscribe before you can send a message.

The group name is **ahbacyclists** and is available at <http://groups.yahoo.com/group/ahbacyclists>

Post message:  
[ahbacyclists@yahoogroups.com](mailto:ahbacyclists@yahoogroups.com)

Subscribe:  
[ahbacyclists-subscribe@yahoogroups.com](mailto:ahbacyclists-subscribe@yahoogroups.com)

Unsubscribe:  
[ahbacyclists-unsubscribe@yahoogroups.com](mailto:ahbacyclists-unsubscribe@yahoogroups.com)

Our Web Site is <http://www.cyclearlington.com>  
Please send all updates to Greg Konieczny.  
Via [web@cyclearlington.com](mailto:web@cyclearlington.com)

Members using AOL as their Internet service provider sometimes have problems when accessing the Yahoo group or the AHBA Web site. Please call AOL customer support to resolve any problems you may encounter. In most situations, you have AOL configured to prohibit attachments and that is the source of your problems.

We have a new set of email addresses available. These email addresses are available and remove the necessity of making members email addresses public in the newsletter. Messages sent to these addresses are automatically directed to the appropriate members.

General Info	<a href="mailto:ride@cyclearlington.com">ride@cyclearlington.com</a>
President	<a href="mailto:president@cyclearlington.com">president@cyclearlington.com</a>
Newsletter	<a href="mailto:newsletter@cyclearlington.com">newsletter@cyclearlington.com</a>
Membership	<a href="mailto:membership@cyclearlington.com">membership@cyclearlington.com</a>
Arlington 500	<a href="mailto:500@cyclearlington.com">500@cyclearlington.com</a>
Web	<a href="mailto:web@cyclearlington.com">web@cyclearlington.com</a>
Bike Swap	<a href="mailto:swap@cyclearlington.com">swap@cyclearlington.com</a>

## Rails To Trails

**AHBA financially supports Rails to Trails with an annual donation.**

AHBA Members are encouraged to consider an individual membership to Rails to Trails. Individual Memberships start at \$18; For more information contact Rails-to-Trails Conservancy, 1100 17th Street, NW, Washington, D.C. 20036; phone 202-331-9696; or online at [www.railstrails.org](http://www.railstrails.org). Among other benefits, members receive Rails to Trails Magazine and discounts on guidebooks.

The club receives the Rails to Trails Magazine. Contact the AHBA president if you want to see a copy.

*Rails-to-Trails Conservancy (RTC) is: Creating a nationwide network of trails from former rail lines and connecting corridors to build healthier places for healthier people.* RTC has more than 100,000 members and supporters. Founded in 1986, Rails-to-Trails Conservancy is located in Washington, D.C., with state and regional offices in California, Florida, Massachusetts, Michigan, Ohio and Pennsylvania.

*TrailLink* is a Rails to Trails initiative dedicated to providing detailed, up-to-date information on trail access, services and activities. TrailLink helps you take advantage of trails for pleasure, exercise and transportation anywhere around the country or in your own community. Through its extensive network of local trails, databases of current trail reviews and contacts and interactive, consumer-friendly trail information resources, TrailLink is your primary resource for trail activities and travel. Check it out online at <http://www.trailink.com/default.asp>.

In Illinois, TrailLink contains 50 distinct trails. The longest is Hennepin Canal Parkway – Bureau Jct. to Atkinson, IL (91 miles) while the shortest is the El Paso Walking Trail, IL (2 miles)

Trails promote a sense of community. They encourage outdoor activity and fitness, and they serve as historic and wildlife conservation areas. Most importantly, they represent a tangible, useful community product which comes from a collaborative community effort. You can help to build and maintain these valuable trails and greenways by choosing to participate in the rails-to-trails movement.

## Mikes Bikes

**Wayne of Mikes Bikes, now supports our helmet program.**

Mikes Bike Shop is having an Anniversary Sale April 30 and May 1. *All stock items on sale.* Come by and check out the store.

155 N. Northwest Highway, Palatine  
847 358-0948

# 2005 CALENDAR

## March 26, 2005—Saturday AM

First Scheduled Ride of 2005 — continues nearly every Saturday until the end of October.

Organizer: *Christine Van Dornick*

## April 1-3, 2005—Friday thru Sunday

Chicago Bike Show

Organizer: *On your own*

## April 5, 2005—Tuesday 6:30 PM

First Tuesday Night Ride of 2005 — continues nearly every Tuesday until the end of September.

Organizer: *Laurie Larson*

## April 23-24, 2005—Saturday/Sunday

25th Annual Bike Swap

Organizer: *Al and Jeannie Gain*

## May 7-8, 2005—Saturday/Sunday

TOSRV Tour of the Scioto River Valley

Organizer: *Scott Schaedel*

## May 21, 2005—Saturday

Arlington 500 Pre-Ride

Organizer: *Greg Konieczny*

## May 22, 2005—Sunday

Arlington 500

Organizer: *Greg Konieczny*

## May 29, 2005—Sunday

Bike the Drive

Organizer: *Nancy Wagner*

## June 4, 2005—Saturday

Bike Shop Ride

Organizer: *Gary Gilbert*

## June 11-12, 2005—Saturday/Sunday

TOMRV

Organizer: *TBD*

## June 19-25, 2005—Sunday/Saturday

TRIRI Indiana State Parks

Organizer: *Mitch Polonsky*

## July 2, 2005—Saturday

Circumnavigate Arlington Heights

Organizer: *Gary Gilbert*

## July 4, 2005—Monday

Lincoln Park Zoo

Organizer: *Gary Gilbert*

## July 23-24, 2005—Saturday/Sunday

Arlington Rides Across Illinois

Organizer: *Gary Gilbert*

## July 24 - 30, 2005—Sunday/Saturday

RAGBRAI

Organizer: *Milo Plavec*

## July 30, 2005—Saturday

Arlington Criterium

Organizer: *Karen Zmrhal*

## July 31, 2005—Sunday

Annual Picnic

Organizer: *Gary Gilbert*

## August 13-14, 2005—Saturday thru Sunday

Planetary Ride

Organizer: *TBD*

## August 27, 2005—Saturday

Progressive Dinner

Organizer: *TBD*

## September 1-4, 2005—Thursday thru Sunday

DALMAC (Dick Allen Lansing to Mackinaw Classic)

Organizer: *Scott Schaedel*

## September 11, 2005—Sunday

Harmon 100

Organizer: *TBD*

## September 17-19, 2005—Saturday thru Monday

Milwaukee Ride

Organizer: *Christine and Dave Van Dornick*

## September 18-23, 2005—Sunday thru Friday

TRIRI September Escapade

Organizer: *Barb and Jim Barr*

## September 27, 2005—Tuesdays

Last Tuesday Night Ride of 2005

Organizer: *Laurie Larson*

## October 15-16, 2005—Saturday/Sunday

Hilly 100

Organizer: *TBD*

## October 29, 2005—Saturday

Halloween Hallobaloo

Last Scheduled Ride of 2005

Organizer: *Marilyn Wilkerson*

## November 12, 2005—Saturday

Annual Banquet

Organizer: *Barbara Barr*

# AHBA Rides

Please volunteer to lead a ride. The ride coordinators can use your help. Don't wait for them to ask for help. Each of the riding groups have a rolling pace defined for that class of ride. Rolling pace is the speed you should be riding on flat ground, with no wind, without stopping. Your average speed may vary as much as 3 or 4 miles an hour depending on the frequency of stop signs, stoplights, hills, and wind.

Riders often complain that the various groups ride too fast or too slow. Often this is the result of one of the riders hijacking the ride and taking the group off the ride leaders cue sheet or riding ahead of the group and encouraging others to speed up or harassing ride leaders into changing the route. The rolling paces are defined to address the collective needs of club members. As a result they may differ from your own individual desires. Please choose a group that is closest to

your needs and match your speed to the group.

*Advanced Pace rides* are 14 to 16 miles per hour. Rides average from 30-100 miles in length with the shorter rides earlier in the season. Christine VanDornick is the ride coordinator for Advanced Pace rides. This group normally will include a lunch stop. Prior to May, the Advanced Pace rides will ride at a slower pace to accommodate Intermediate Pace Riders.

*Intermediate Pace rides* are 12 to 14 miles per hour. Rides average from 25 to 45 miles in length with the shorter rides earlier in the season. Intermediate pace rides start in May. Al Gibbs is the ride coordinator for Intermediate Pace rides. This group also includes lunch stop.

*Leisure Pace rides* are 10 to 12 miles per hour. This is a new group starting this year. The rides will use the same cue sheet as the Intermediate

Pace ride or will be a Show-and-Go style ride. Ride does NOT include a lunch stop at a restaurant. Riders are encouraged to bring their own snack for the longer rides. Mary Fitzwater is the ride coordinator for the Leisure Pace rides.

*Tuesday Night rides* are targeted at 12 to 13 miles per hour. Laurie Larson is the ride coordinator for Tuesday Night Rides.

*Bakery Rides* run Tuesday and Thursday mornings. These rides are at your own pace. Groups form that ride at a wide range of paces. There is always someone to ride with on these rides. Bob Hinkle is the contact for the Bakery Rides. These rides are joint rides with the Wheeling Wheelmen.

*Trail Rides* run Wednesday mornings. Art Cunningham is the contact for Trail Rides. These rides are joint rides with the Wheeling Wheelmen.

# Newsletter Changes

As many members are aware, we have been moving in the direction of eliminating the monthly paper newsletter. We spend a significant portion of the club's annual income on printing and mailing the newsletter. The newsletter has been available on the club's web site <http://www.cyclearlington.com> for one year.

The 2005 Membership application asked members to choose between receiving a paper copy of the newsletter and downloading the newsletter from our web site. Nearly 2/3 of our members currently receive the newsletter online rather than a paper copy. They are able to enjoy reading the newsletter and planning

for upcoming events approximately one week ahead of those receiving paper copies.

Our intent is that later this year we will move from printing the newsletter and begin using copy services instead for those still receiving a printed newsletter. The newsletter editor Laurie Liska and previous newsletter editors over the years (Tom Wilson, Barb Barr) have produced a high quality product worthy of printing. Using copy services lessens the quality of the printed materials contrasted to using a printer.

The club has used the monthly newsletter for recruiting new members. Last year Bena Gerber

and Barb Barr redesigned a new club brochure. We will be moving to use the club brochure as our recruiting device rather than the newsletter. Newsletters become quickly out of date. The brochure has a much longer shelf life.

Our intent is that in 2006 we move from printing a monthly newsletter to printing an annual membership renewal request that will be mailed each January. We expect to be able to use the savings from printing and mailing the newsletter for more meaningful club activities.

If any members have serious objections to this change, please make your opinions known to the AHBA board.

# Arlington Rides Across Illinois—July 22-24, 2005

## Clinton Iowa to Arlington Heights, IL 2 Days —150 Miles

*July 22:* Coach Bus ride from Arlington Heights to Clinton Iowa.

*July 23:* Bicycle from Clinton Iowa to Rochelle Illinois

*July 24:* Bicycle from Rochelle Illinois to Arlington Heights

**Route:** We mostly ride on lightly traveled secondary roads. The route takes us through Morrison, Yorktown, Dixon, Franklin Grove, Ashton, Rochelle, DeKalb, Wasco, St Charles, Elgin, and Hoffman Estates. Food and bathroom stops are possible every 10 to 15 miles depending upon need.

**Accommodations:**  
Country Inn – Clinton  
Comfort Inn – Rochelle

Both hotels have indoor pools and expanded breakfast.

You need to be able to ride approximately 75 miles on two consecutive days; follow a cue sheet;

and carry your personal belongings. Riders may ride solo or in a group depending on individual preferences and abilities. There is no SAG support. Bring a cell phone in case of emergencies.

The ride is open to members and friends of the Arlington Heights Bicycle Association. We have space for 20 riders. Ride will be cancelled if we don't have 20 riders.

You will be required to remove the front wheel and your seat and post in order to place your bicycle in the luggage compartment. Each rider is responsible for bringing an empty bike box to protect the bikes while they are stored and disposing of the box upon arrival in Clinton. Boxes are generally available for free at any local bicycle shop.

The Bus leaves from (TBD) at 6 PM in Arlington Heights. Parking is available. AHBA or the parking facility assumes no liability for your vehicle. Arrive at the school no later than 5 PM. Bring your dinner, No Alcohol allowed on the bus.

Bus Ride cost is \$40. NON REFUNDABLE checks are due by May 1, 2005. Make your check payable to AHBA and mail to Gary Gilbert. Non-Members are required to sign the release on the 2005 Annual Membership form before participating. Please include your cell phone number to be used on the ride.

Hotel cost in Clinton is \$79 plus tax. Hotel cost in Rochelle is \$65 plus tax. Rooms are single or double occupancy. Hotel fees are NOT REFUNDABLE if you cancel after June 22, 2005 and are unable to find a substitute. Provide your credit card number to Bena Gerber at 847-480-2100 x220 or email [bena39@ridgebrooktravel.com](mailto:bena39@ridgebrooktravel.com)  
*Information is subject to change.*

**For more information contact:**  
**Gary Gilbert; 814 E Hackberry Drive; Arlington Heights, 60004; Phone 847-577-4275 or Email [gary.bicycles@comcast.net](mailto:gary.bicycles@comcast.net)**

## Ride Line Changes

As many members are aware the AHBA Ride Line was not answered for several months beginning in July 2004 until January 2005. The ride line had 4 voice mailboxes. One each for the Bike Swap, the Arlington 500, for Ride Information, and a General Mailbox. Don Ami took over the responsibility for the ride line late last year. He discovered that messages had been left on the ride line going back 18 months and that no one had ever responded to the requests left in the voice mail boxes. At the current time, there is a single voice mailbox and Don Ami will

monitor messages and contact the appropriate club member to respond.

**Based on five facts:** 1— analysis of the number of incoming calls to the ride line, 2—availability of our web site <http://www.cyclearlington.com>, 3—availability of the Yahoo mail message board <http://sports.groups.yahoo.com/group/ahbacyclists/>, 4—the inaccessibility of the ride line for nearly 6 months, and 5—the cost of the line is approximately \$400 per year; the board has decided to terminate the ride line at the end of May 2005, subsequent to the 2005

Arlington 500. The board does not feel the club is receiving sufficient value from the ride line. Furthermore we are concerned that our image suffered since no one was able to access the ride line for such a long period.

*If you are aware of any club materials that include the ride line phone number, please remove the phone number soon.*

If any members have serious objections to this change, please make your opinions known to the AHBA board.

# Ride Of A Different Flavor

The fifth annual tour of local bike paths and touring trails kicks off on the first Wednesday of April. A unique ride features a different trail or combination of trails every week. All roadies are welcome to join in a Ride of a Different Flavor featuring scenery unmatched in our usual highway and byway rides. All April rides are on paved paths.

## Chicago Area Bike Path / Trail Rides April 2005—Wednesdays

<i>Date</i>	<i>Time</i>	<i>Miles</i>	<i>Path/Trail</i>	<i>Start Directions</i>	<i>Comments</i>
4/6	10:00	32	North Branch Botanic Garden	Lake Street parking, Harms Woods Forest Preserve East on Lake St., past I-294 and Waukegan to the Chicago River. Turn left just past the bike path overpass	Paved Path, Lunch at the Botanic Garden optional (bring a bike lock)
4/13	9:00	46	Fox River/ McHenry Prairie Trail to Ringwood East Dundee Depot	West on Dundee (Rte. 68) bear right. at Barrington Ave. just past Rt. 25 to River St., depot to left	Paved path
4/20	10:30	42	Chicago Lake Front Path Foster Avenue Beach	East on Peterson off Edens, right. on Ridge, bear right. on Broadway to Foster, left. under Lake Shore to 1st parking lot on left	Paved path lunch at Navy Pier
4/27	10:00	42	Tinley Creek F. P. District Paths	Lake Katherine Park., Palos Hts. So. I-294, to 95th, go east to Harlem, go right at Katherine Dr. and park near the nature center	Paved path and connecting roads

## Bike Rodeo

*By Bob Hinkle*

Ivy Hill Elementary School will hold it's annual bicycle rodeo on Wednesday, May 11th at 3 PM on the school's playground. Thursday, May 12th is scheduled as a rain date. Last year the AHBA donated 10 youth helmets and helped the Arlington Heights Bicycle Advisory Commission set up and run the bicycle-riding course. The club will again donate helmets. Volunteers are also needed this year to help with the bicycle-riding course.

*Call Bob Hinkle at 847-259-1423 if you can help.*



Roy Euclide directing riders on the bicycle-riding course

—2004 Ivy Hill Bike Rodeo



Checking to make sure the bike helmet is properly adjusted

—2004 Ivy Hill Bike Rodeo



# Ride Schedule Update

**Saturday Show N' Go rides**  
Saturdays from Frontier Park at 10:00 AM throughout the winter. Length of ride generally 35-45 miles with a breakfast stop.

**Saturday Scheduled Rides**  
Saturday rides begin Saturday, March 26, 2005.

**Bakery Rides**  
Continue at 10:00 AM Tuesday and Thursday throughout the winter.

**Tuesday Night Rides**  
Tuesday Night Rides begin Tuesday, April 5, 2005, From Recreation park at 6:30 PM.

## Scheduled Rides April/May 2005—Saturdays

<i>Date</i>	<i>Time</i>	<i>Miles</i>	<i>Destination</i>	<i>Start</i>	<i>Comments</i>
3/26	9:30	35	Park Ridge Pancake Ride	Frontier Park	Joint Ride with Mount Prospect Group <i>Leader: Van Dornicks</i>
4/2	9:00	30	Long Grove Ride	Recreation Park	Break in Long Grove, Breakfast at Uptown Café in Arlington Heights at the finish. <i>Leader: Van Dornicks</i>
4/9	9:00	45	Wauconda Ride	Frontier Park	Some hills, breakfast in Wauconda <i>Leader: Van Dornicks</i>
4/16	9:00	42	Millies Pancake Ride to Addison	Frontier Park	A familiar spot with great chow <i>Leader: Van Dornicks</i>
4/30	8:00	56	Ride to Elgin for Breakfast	Frontier Park	<i>Leader: Van Dornicks</i>
	9:00	45		Pavillion in Elk Grove	<i>Leader: Greg Konieczny</i>
5/7	9:00	50	West Dundee Ride	Frontier Park	Lukes, ice cream and more! Joint Ride with Mount Prospect Group <i>Leader: Van Dornicks</i>

*Call the Van Dornicks at 847-259-7917 to add rides or for ride schedule details.*

## Arlington 500 Update

**The Arlington 500 is set to go on May 22, 2005.**

**Please contact Greg Konieczny at 847-398-4633 if you can help with any of the following:**

1. Distribute flyers to the bike shops, park districts etc.
2. Flyer mailing party (at my house on April 18th)
3. Sandwich making party on May 21st
4. Registration, sag stops, sag drivers and sweep riders

Also, we need volunteers to place the new route making signs on Saturday afternoon before the ride and pick them up Sunday.

At least 2 crews of 2 people each working out of cars will be needed to cover the entire route. Contact Dave Martin at 847-991-6795 if you can help with this.

# Membership Dues 2005 — Due by March 31, 2005

*There is a new membership form for 2005 that must be filled out by all members. The form is posted on the web site.*

The dues for 2005 will remain \$15.00 for individual and family, and are to be sent to the NEW membership chairman:

Jim Shoemaker  
1736 N. Kaspar  
Arlington Hts., IL 60004-3718.

## Happy Birthday to...

Bob Hess  
Al Gain  
Joyce Lewis  
Mikel Milks  
Lowell (Milo) Plavec



## Welcome Newcomers...

Harlan Mc Daniel  
Lara Urtuzuastegui, *Addison*  
Andrew Treguboff, *Addison*

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AHBA Website <http://www.cyclcarlington.com>

Arlington Heights Bicycle Association  
500 East Minor Street  
Arlington Heights, IL 60004



# the SPOKEN WORD

May 2005

Volume 34 • Number 5

*President's Column:*

## Warm Weather, Help Wanted?

My crocuses have finally bloomed as well as the magnolia tree. The tulips are showing their first signs of having survived the winter. So have we, and it is time to start some riding.

As I'm writing this in early April, I can predict that the 2005 Bike Swap was a success. Al and Jeanie have outdone themselves for the 25th time. If you happen to be reading this before April 23rd, please head over to Pioneer Park and make sure that I have correctly predicted the result. The result is only possible due to the help and assistance of the dedicated club members who make it happen.

Plans continue for the Arlington Ride Across Illinois. As of April 10th, 8 members have signed up for the ride and another 8 have expressed their intent to ride. That means we still have 4 more openings. Contact me or read the April newsletter for more details. Those who have expressed their intent to ride need to give me their bus fee.

Wednesday evening, May 18th, Arlington Heights Bicycle Association will be participating in the national Ride of Silence. AHBA is holding this ride as a club event rather than a wider community event. The ride was started to honor those who have been killed or injured while riding a bicycle. The tone of the ride is similar to a funeral procession. The ride begins at Recreation Park at 7 PM, continues for approximately 10 miles at 12 mph. Please join us.

A little history of last year's Ride of Silence and how this came to be... Last year's ride at White Rock Lake in Dallas drew 1,000 cyclists through word of mouth and email communication over a period of only ten days. There was no registration, no fees, no t-shirt. Local media reported the ride to be incredibly moving as these cyclists rode in silence, occasionally wiping away a tear or patting a friend on the back.

Plans continue for the Arlington 500 later this month — May 22nd to be precise. Contact Greg Konieczny and help make the 2005 Arlington 500 a successful invitational event. Next month

I'll be again predicting the results of the 500 before the event takes place.

I'm feeling a little bit less creative this month, I conclude with a few words of others about this great sport we all enjoy.

"Nobody ever died from not knowing how to play flag football. Yet we spend tax money teaching kids its nuances in gym classes, while bicycle safety is still foreign to most school curriculums. That isn't right."

—Don Cuerdon,  
cycling journalist who uses the  
pen name "Captain Dondo"

My dog is a nuisance.  
He chases everyone on a bicycle.  
What can I do? Take his bike away.

—author unknown

muscle in motion  
and the bliss of solitude  
what could be better

—martin newstead

*On Your Left*—Gary Gilbert

# AHBA Officers 2005

Gary Gilbert, *President*

Christine/Dave VanDornick, *Vice Presidents*

Kris Sudrovech, *Secretary*

Mitch Polonsky, *Treasurer*

Arlington 500	Greg Konieczny	398-4633
Arlington Criterium	Karen Zmrhal	397-1499
500 Arrow Man	Dave Martin	991-6795
Bakery Rides	Bob Hinkle	259-1423
Banquet	Barbara Barr	630-628-6267
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Social	Nancy Wagner Jim Shoemaker	910-8640
Tuesday Night Rides	Laurie Larson	
Trail Rides	Art Cunningham	963-8746
Webmaster	Greg Konieczny	398-4633
Zero Mile Rides	Gary Gilbert	577-4275
Programs	OPEN !!	
Refreshments	OPEN !!	

## Top Riders

as of 4/08/05

1. Mitch Polonsky	569
2. Dave Slocum	555
3. Bena Gerber	499
4. Bob Hinkle	499
5. Christine Van Dornick	497
6. Dave Van Dornick	473
7. Greg Konieczny	460
8. Dave Martin	424
9. Art Cunningham	345
10. Scott Schaedel	256
11. Earle Horwitz	163
12. Harlan McDaniel	161
13. Len Geis	140
14. Reinhilde Geis	140
15. Vince Kelly	140
16. Paula Matzek	105
17. Bob Dominsky	103
18. Ralph Salle	89
19. Marilyn Wilkerson	85
20. Donna Ponte	73

**Please send articles/photos  
for the next newsletter to  
Laurie by May 10, 2005 at  
[newsletter@cyclearlington.com](mailto:newsletter@cyclearlington.com)**

# Safety Check—From the Safety Chick

## Safety Reminders to Start 2005 Cycling Season

The weather is starting to improve, the ride schedule is filled and Tuesday night rides have begun... it must be Spring. Listed below are some safety reminders for everyone. If you are new rider and have questions about riding, please ask a fellow rider. The club members have lots of experience and are a wealth of information.

1. **Stop** at stop signs, especially when there are vehicles at or near the stop sign.
2. When you are going to pass a rider, announce **"Passing on your left"** before you get there, don't just breeze by. Always pass on the left.
3. **Stay to the right**, do not ride in the middle of the road.
4. **Communicate**, if riders in front or behind you say "car up" or "car back" pass the information along. Car up or back is a gentle reminder to "Get out of the middle of the road."
5. At intersections keep an awareness of intentions and positions of cars/trucks. Cars turning right may not see you next to them. **Pay attention to the car's turn signals** and the direction that their wheels are turned.
6. **Don't ride erratically**, other riders and drivers can't guess what you plan to do. Learn to ride in a straight line and until you do, don't crowd other riders.
7. **When a fellow rider announces "Clear"** when crossing a road, intersection, etc.—don't rely 100% on the other rider's judgment.

You are responsible when riding your bike and it is your responsibility to make decisions based on the assessment of a specific situation.

It only takes a few seconds to lose your concentration and make a mistake and when riding, some mistakes are much more serious than others.

*Tailwinds—Nancy*

## Upcoming Meetings

*Meetings are held at Recreation Park, 500 East Miner, Arlington Heights. Meetings start promptly at 7:30 PM. Come a few minutes early to socialize.*

### April 27, 2005

Cindy Trent will talk about her cycling trip to France last summer. Her trip co-incided with the Tour de France and she was able to watch several stages of the race. It should be an exciting presentation.

### May 25, 2005

Bike Club roundtable. We will be joined by officers from other local bike clubs including: BCLC, Evanston, Schaumburg, Wheeling Wheelmen, and Mount Prospect. We've also invited Elmhurst and McHenry County clubs to participate. We hope to plan some joint activities and concerns.

## Board Meetings

*Board Meetings are held on Monday evening, 9 days prior to general club meetings. They are held at the home of Gary Gilbert at 7:30 PM. Board meetings are open to all club members.*

**Monday, May 16, 2005.**

### Second Annual

## Road Treasures Contest

Save those unusual items found along the way when you are out cycling this season.

Bring your treasures to the banquet in November for all to enjoy. You may even win a valuable prize! *(Or not.)*

**Questions? Ask Paula Matzek.**

## Club Internet Access

The club has an active Yahoo group available on the Internet. This group allows us to exchange email with other club members without having to worry about everyone's individual email address. You can subscribe to the group and post messages to the other group members by sending an email to the email addresses below. You must subscribe before you can send a message.

The group name is **ahbacyclists** and is available at <http://groups.yahoo.com/group/ahbacyclists>

Post message:  
[ahbacyclists@yahoogroups.com](mailto:ahbacyclists@yahoogroups.com)

Subscribe:  
[ahbacyclists-subscribe@yahoogroups.com](mailto:ahbacyclists-subscribe@yahoogroups.com)

Unsubscribe:  
[ahbacyclists-unsubscribe@yahoogroups.com](mailto:ahbacyclists-unsubscribe@yahoogroups.com)

Our Web Site is <http://www.cyclearlington.com>  
Please send all updates to Greg Konieczny.  
Via [web@cyclearlington.com](mailto:web@cyclearlington.com)

Members using AOL as their Internet service provider sometimes have problems when accessing the Yahoo group or the AHBA Web site. Please call AOL customer support to resolve any problems you may encounter. In most situations, you have AOL configured to prohibit attachments and that is the source of your problems.

We have a new set of email addresses available. These email addresses are available and remove the necessity of making members email addresses public in the newsletter. Messages sent to these addresses are automatically directed to the appropriate members.

General Info	<a href="mailto:ride@cyclearlington.com">ride@cyclearlington.com</a>
President	<a href="mailto:president@cyclearlington.com">president@cyclearlington.com</a>
Newsletter	<a href="mailto:newsletter@cyclearlington.com">newsletter@cyclearlington.com</a>
Membership	<a href="mailto:membership@cyclearlington.com">membership@cyclearlington.com</a>
Arlington 500	<a href="mailto:500@cyclearlington.com">500@cyclearlington.com</a>
Web	<a href="mailto:web@cyclearlington.com">web@cyclearlington.com</a>
Bike Swap	<a href="mailto:swap@cyclearlington.com">swap@cyclearlington.com</a>

## Ride of Silence

Date: May 18, 200

Time: 7:00 PM

Where: In more than 50 cities across the U.S.A. including Recreation Park, 500 East Miner, Arlington Heights

Distance: 10 miles

Join cyclists nationwide in a silent slow-paced ride (12 mph max.) in honor of those who have been injured or killed while cycling on America's public roadways.

### Why does this ride exist?

To HONOR those who have been injured or killed  
To RAISE AWARENESS that we are here  
To ask that we all SHARE THE ROAD

### *THE RIDE OF SILENCE WILL NOT BE QUIET*

On May 18, the Ride of Silence will roll across the country, starting at 7:00 PM. In more than 50 cities in the U.S. and Canada, 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.

Chris Phelan organized the first Ride of Silence in Dallas last May after endurance cyclist Larry Schwartz was hit by the mirror of a passing bus and was killed.

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 being 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.

See <http://www.rideofsilence.org/> for general information about the Ride of Silence.

## Mikes Bikes

Wayne of Mikes Bikes, now supports our helmet program.

Mikes Bike Shop is having an Anniversary Sale April 30 and May 1. *All stock items on sale.* Come by and check out the store.

155 N. Northwest Highway, Palatine  
847 358-0948

# Adventure Cycling

AHBA financially supports Adventure Cycling with an annual donation. Along with Adventure Cycling, we support CBF, LIB, LAB, and Rails to Trails. You can read about those other organizations in the January through April 2005 newsletters. Founded in 1973 as Bikecentennial, Adventure Cycling Association is America's premier nonprofit organization dedicated to bicycle travel, with 41,100 members nationwide. Adventure Cycling is America's bicycle travel inspiration and resource, offering many programs for cyclists, including a national network of bicycle touring routes and organized trips.

AHBA Members are encouraged to consider an individual membership to Adventure Cycling. Individual Memberships start at \$33; For more information contact Adventure Cycling, 150 East Pine Street, P.O. Box 8308, Missoula, MT 59802; phone 800 755-2453; or online at [www.adventurecycling.org](http://www.adventurecycling.org). Among other benefits, members receive Adventure Cyclist Magazine, The Cyclist's Yellow Pages, Cyclosource Catalog, and discounts on route maps.

The club receives the Adventure Cyclist Magazine. Contact the AHBA president if you want to see a copy.

## MISSION

The mission of Adventure Cycling Association is to inspire people of all ages to travel by bicycle. We help cyclists explore the landscapes and history of America for fitness, fun, and self-discovery. Board of Directors, Adventure Cycling Association, May 2002

## VISION

We envision a future in which:

- Adventure Cycling Association is the premier resource for bicycle travel.
- Adventure Cycling's route network is the backbone of a nationwide system of bicycle routes.
- Everyone is aware of the amazing power and magic of traveling by bicycle.
- Barriers to bicycle travel are eliminated.

## VALUES

- We are committed to and passionate about bicycle travel and recognize that it is a fun and worthwhile activity.
- We respect and value a committed partnership among the board of directors, staff, members, volunteers, and others in the cycling community.

- We appreciate the creativity and diversity of talent the staff brings to the organization.
- We embrace the use of education and technology to achieve our organizational mission.
- We value bicycle travel as a key that fosters an ethic of environmental stewardship and cultural understanding.
- We honor the financial contributions that individuals invest in our work, and we pledge to use contributions in a fiscally responsible manner.

## CAMPAIGNS

Our strategic plan for the years 2004-2006 includes three major campaigns:

- Creating Bike Routes for the Nation
- Getting Americans Bicycling
- Supporting Bicycling Communities

## Social Event

**Megon McDonough**  
**Friday, June 3—7:30 PM**

Forest View Educational Center  
2121 S Goebbert Road  
Arlington Heights

Megon McDonough performs as part of the Friendship Concert Series sponsored by District 214 Community Education. From the program announcement "Megon's one-woman show features the music of 8 of her favorite divas: Edith Piaf, Billie Holiday, Doris Day, Connie Francis, Patsy Cline, Karen Carpenter, Cher, and Joni Mitchell."

Megon puts on a great show. Megon was at one time part of the group *Four Bitchin' Babes*. She had the lead in *Always Patsy Cline*.

Tickets are \$16 in advance or \$18 at the door; \$1 surcharge for credit card orders. The performance is open seating so purchase your own tickets.

Tickets are available at the Community Education Center at Forest View or call 847 718-7700 M-F, 9 AM - 4 PM.

Please Arrive by 7 PM, so we can sit together.

*On Your Left—Gary Gilbert*

# Ride Schedule Update

## Bakery Rides

9:00 AM Tuesday/Thursday. From Streamside Park, 1/2 mile west of the Deerfield Bakery on Old Checker Road.

## Tuesday Night Rides

Tuesday Night Rides begin Tuesday, April 5, 2005, From Recreation park at 6:30 PM.

## Scheduled Rides—Advanced 2005—Saturdays

<i>Date</i>	<i>Time</i>	<i>Miles</i>	<i>Destination</i>	<i>Start</i>	<i>Comments</i>
4/30	8:00	56	Ride to Elgin for Breakfast	Frontier Park	<i>Leader: Van Dornicks</i>
	9:00	45		Pavillion in Elk Grove	<i>Leader: Greg Konieczny</i>
5/7	9:00	50	West Dundee Ride	Frontier Park	Lukes, ice cream and more! Joint Ride with Mount Prospect Group <i>Leader: Van Dornicks</i>
5/14	9:00	50	Ride to Wheaton	Frontier Park	<i>Leader: Van Dornicks</i>
5/21	9:00	30 44	Arlington 500 Pre Ride	Barrington High School, west parking lot	Lunch is on your own depending on the route you choose. Bring a snack along <i>Coordinator: Greg Konieczny</i>
5/28	9:00	44	The Covered Bridge Ride		<i>Leader: Van Dornicks</i>
6/4	8:30	64	Ride to Crystal Lake	Frontier Park	Some hills but a great ride <i>Leader: Van Dornicks</i>

Call the Van Dornicks at 847 259-7917 to add rides or for ride schedule details.

## Scheduled Rides—Intermediate 2005—Saturdays

<i>Date</i>	<i>Time</i>	<i>Miles</i>	<i>Destination</i>	<i>Start</i>	<i>Comments</i>
5/7	9:00	30	Schaumburg Ride	Frontier Park	<i>Leader: Ron And Geri McPheron</i> 847 824-5091
5/14	9:00	40	Culvers Ride	Frontier Park	Ride to Culvers <i>Leader: Tom Drabant</i> 847 397-4497
5/28	9:00	40	Barrington Hills Ride	Frontier Park	Rolling hills <i>Leader: Joan Willmeth</i>
5/30 <i>Monday</i>	9:00	30	Winthrop Harbor to Kenosha lakefront area	The McClory Trail Parking Lot	Go east on RT 173 then turn north on Kenosha Road, Turn right on 9th Street. Past Lewis Avenue and look for the water tower by the parking lot. Joint ride with Bike Club of Lake County  <i>Leaders: Jim Shoemaker</i> <i>Dave Ackert</i>



# Rides Of A Different Flavor

The bike paths/trails on the May Schedule include some with packed crushed limestone surfaces. I generally use my hybrid bike on these trails but many are smooth, hard and well maintained and suitable for narrow tired road or touring bikes. At worst one may have to dismount and walk across an area where there has been water erosion or the surface isn't packed because of fresh repairs. These are rated,\*\*\* approved for narrow tires although narrow tires lose the advantage that they have on smooth pavement. Other trails where rougher, less packed surfaces are more likely to be encountered are rated,\*\* wide tires recommended. The less developed trails or those where the condition is not known are rated,\* wide tires required. Let me emphasize that all trails are well developed, no off road conditions. Of course road bikes are well suited for paved trails.

## Chicago Area Bike Path / Trail Rides 2005—Wednesdays

<i>Date</i>	<i>Time</i>	<i>Miles</i>	<i>Path/Trail</i>	<i>Start Directions</i>	<i>Comments</i>
4/27	10:00	42	Tinley Creek FP District Paths	Lake Katherine Park., Palos Hts. So. 1-294, to 95th, go east to Harle, go right at Katherine Dr. and park near the nature center	Paved path and connecting roads
5/4	9:00	46	Long Prairie Trail (Boone Co.)	East Trail Head, near Chemung, IL North on Rt. 14 to Rt. 173, left. 4-1/2 -miles to County Line Rd., right. 1/2 mile to parking lot on the left.	Paved, packed crushed stone ***
5/11	9:00	50/30	Loops medley of trails - Deer Grove Woods to Arlington Lake	Nichols Hill Golf Course from Dundee Road. turn north on Kennicott to end, 1st lot on left, bottom of hill.	Packed crushed stone and paved paths, short unimproved trail/roads **
5/18	9:00	42	Partial loop East. Great Western Trail/East Prairie Path	Kline Farm, Winfield From North Ave, left(s) at Country Farm Road, 1/2 mile, lot on right	Packed crushed stone, some paved***
5/25	9:00	32/54	North Channel/ Green Bay/North Shore Paths	Turnbull Woods Forest Preserve Lake Cook Road, turn right. on Green Bay Road, 0.2 mile, to lot on left.	Paved, some packed crushed stone ***

## Three Day Self Contained Ride

I plan to do a self contained 3-day, 2-night camping ride June 1st, 2nd, and 3rd. Starting at Harper College bike to Shabbona State Park the first day, and then to a private campground in Garden Prairie the second day, and back to Harper College the third day. Each day ride will be approximately 65 to 70 miles. Camping fees should be around \$35 to \$40.

**If you would like to join me e-mail me at: [rlhinkle2@aol.com](mailto:rlhinkle2@aol.com).**

—Bob Hinkle

## Dinner Party

May 14—6:00 PM

Torero Restaurant  
383 W. Northwest Hwy, Palatine  
847-358-2360

RSVP by May 12 to Jim at  
847-910-8640 or Nancy Wagner

## Welcome Newcomers...

Diane Beveridge, *AH*

Richard Fontagneres, *Niles*

Mitchell Gabel, *Palatine*

Roger Kenney, *AH*

Curtis Mayfield, *Buffalo Grove*

Sharon Mikula, *Libertyville*

## Happy Birthday to...

Dianne Ghertner

Ken Haas

Mathew Mikes

Kathy Witt

Tom Wilson

Debbie Watson

Wayne Woodworth



Arlington Heights Bicycle Association  
500 East Minor Street  
Arlington Heights, IL 60004



# the SPOKEN WORD

June 2005

Volume 34 • Number 6

*President's Column:*

## Shemp and more, Help Wanted?

I recently returned from St. Louis, Missouri where I participated in the Tour de Stooges. I lived in St. Louis for two years but hadn't spent much time there since the mid-1970s. The weather was beautiful and had some time outside of the Tour to do a little sightseeing. The Tour de Stooges starts in Lebanon, Illinois about a 20 minute ride from downtown St. Louis. I met up with a RAGBRAI friend, and we did the Shemp loop. The ride was well run and it was a beautiful day for riding. The highlight of this invitational, if you haven't deduced by now, is to celebrate the masters of comedy: Moe, Curly, Larry, Shemp, and Joe otherwise known as the Three Stooges. If you wonder why there were five, you must be not be old enough to remember when TV and the Movies were in black and white.

The Arlington 500 was a great success. Once again this month I'm prognosticating since I'm writing about 10 days before the actual event. If I could only bend spoons, I might have an act worthy of Las Vegas. Thank you to Greg Konieczny for putting it all together.

In the better late than never category, we say thank you to Bill's Bike Swap office staff. These volunteers don't get to share in much of the fun of the swap, watching people test ride and purchase bikes; rummaging through the odds and ends; and the smiles on everyone making a purchase. This staff includes FOB: Christy Horn, Rob Erickson, and Rafaele Ortuso as well as members Patricia Vassos, Sherry Masters, Carolyn Kragh, Milo Plavec, and Bena Gerber all under the watchful eye of Bill Kragh. Bob Hinkle, John Amling, Christine Van Dornick, Dave Van Dornick, and the Guardian of the Gate Roy Euclide also are worthy of special mention.

Plans continue for the Arlington Ride Across Illinois. As of May 10th, 8 members have signed up for the ride and another 7 have expressed their intent to ride. That means we still have 5 more openings. Contact me for more details. Those who have expressed their intent to ride need to give me their bus fee. We've extended the deadline to June 15.

From the League of Illinois Bicyclists: Bad news from Springfield on May 3rd. Our Boub bill, House Bill 2390, was defeated in the Senate Local Government committee. It had previously squeaked by in the House 60-55. Senators Link, Maloney, and Crotty voted Yes, but Dahl, DeLeo, Risinger, Althoff, W. Jones, Sandoval, and Wilhelmi all voted No. Opposition from the City of Chicago was crucial, in placement of the bill into a difficult committee, in conversion of a Yes vote, and in extremely powerful testimony by one of its lead attorneys. Other local government groups showed up in full force. They obviously had been very busy in scaring up opposition to the bill from municipal and township officials from around the state. And, as has been the norm, we have serious problems with the accuracy of the claims made in their testimony and elsewhere. Thanks very much to all of you who spent time helping us in this effort. Once again, we must re-group and consider the next steps to this crucial issue for Illinois bicycling.

*(continued on page 3)*

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 Kris Sudrovech, *Secretary*  
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# Top Riders

as of 5/10/05

1. Dave Slocum	865
2. Christine Van Dornick	736
3. Dave Van Dornick	706
4. Art Cunningham	689
5. Mitch Polonsky	689
6. Dave Martin	671
7. Bob Hinkle	641
8. Bena Gerber	637
9. Greg Konieczny	568
10. Harlan McDaniel	435
11. Bob Dominsky	379
12. Len Geis	378
13. Scott Schaedel	343
14. Earle Horwitz	303
15. Chris Wager	299
16. Paula Matzek	277
17. Reinhilde Geis	252
18. Donna Ponte	225
19. Laurie Larson	218
20. Vince Kelly	197
21. Jim McClure	189
22. Jim Shoemaker	143
23. Tom Drabant	132
24. Ralph Salle	129
25. Dan Carrier	117

**Please send articles/photos  
 for the next newsletter to  
 Laurie by June 10, 2005 at  
[newsletter@cyclearlington.com](mailto:newsletter@cyclearlington.com)**

# Upcoming Meetings

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## May 25, 2005

Bike Club roundtable. We will be joined by officers from other local bike clubs including: BCLC, Evanston, Schaumburg, Wheeling Wheelmen, and Mount Prospect. We've also invited Elmhurst and McHenry County clubs to participate. We hope to plan some joint activities and address any joint concerns.

## June 2005 – No Meeting

## July 31, 2005 – Sunday, Picnic

## August 27, 2005 – Saturday, Progressive Dinner

## September 28, 2005 – Bill Kragh's cycling trip to Costa Rica, tentative.

## October 26, 2005 – Donna Ponte's cycling trip to Vietnam, tentative.

## November 12, 2005 – Saturday, Banquet

## December 2005 – No meeting

# Board Meetings

Board Meetings are held on 3rd Monday evening of each month. They are held at the home of Gary Gilbert at 7:30PM. Board meetings are open to all club members. Summer Board meetings may or may not occur. Please confirm a week in advance if you plan to attend or have issues that you wish the board to consider.

# Arlington Heights Park District

## AHBA is supported by the Arlington Heights Park District.

The Arlington Heights Park District is a public park and recreation agency located in Arlington Heights, Illinois, the largest community in Chicago's prestigious northwest suburban corridor, only 25 miles from business and entertainment in downtown Chicago. It has a current population of 78,549 and encompasses 16.2 square miles. The District serves most of Arlington Heights and small portions of Palatine, Mt. Prospect, Prospect Heights, and Rolling Meadows.

Within the Park District, certain activities or programs can be best implemented through the development of affiliates. AHBA is such an affiliate of the Arlington Heights Park District and provides additional recreational outlets for the Arlington Heights' residents.

The facilities for our meetings, mailing address, and the location for the Bike Swap are supported by AHPD.

## Shemp and more, Help Wanted? *continued*

Congratulations to Mitch Polonsky, recently appointed to the Arlington Heights Bicycle Commission.

Finally my traditional pitch for Help. Volunteer to lead a ride, run an event and become famous. The club is only successful due to everyone's help. Just riding isn't enough.

On a serious note, one of the duties of President is to listen to complaints from club members and try to improve the situation. Despite the efforts of safety minded individuals in the club, a few members continue to endanger their fellow riders. As we continue our efforts to improve safety. Please consider the rest of us when you decide to ride 3, 4, 5, or 6 across; block traffic; weave back and forth; refuse to call out car back; etc. I can't do this alone and neither can our Safety Chick Nancy Wagner. It is all our responsibility

*On Your Left—Gary Gilbert*

## Second Annual

# Road Treasures Contest

Save those unusual items found along the way when you are out cycling this season.

Bring your treasures to the banquet in November for all to enjoy. You may even win a valuable prize!  
*(Or not.)*

**Questions? Ask Paula Matzek.**

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The group name is **ahbacyclists** and is available at <http://groups.yahoo.com/group/ahbacyclists>

Post message:  
[ahbacyclists@yahoogroups.com](mailto:ahbacyclists@yahoogroups.com)

Subscribe:  
[ahbacyclists-subscribe@yahoogroups.com](mailto:ahbacyclists-subscribe@yahoogroups.com)

Unsubscribe:  
[ahbacyclists-unsubscribe@yahoogroups.com](mailto:ahbacyclists-unsubscribe@yahoogroups.com)

Our Web Site is <http://www.cyclearlington.com>  
Please send all updates to Greg Konieczny.  
Via [web@cyclearlington.com](mailto:web@cyclearlington.com)

Members using AOL as their Internet service provider sometimes have problems when accessing the Yahoo group or the AHBA Web site. Please call AOL customer support to resolve any problems you may encounter. In most situations, you have AOL configured to prohibit attachments and that is the source of your problems.

We have a new set of email addresses available. These email addresses are available and remove the necessity of making members email addresses public in the newsletter. Messages sent to these addresses are automatically directed to the appropriate members.

General Info	<a href="mailto:ride@cyclearlington.com">ride@cyclearlington.com</a>
President	<a href="mailto:president@cyclearlington.com">president@cyclearlington.com</a>
Newsletter	<a href="mailto:newsletter@cyclearlington.com">newsletter@cyclearlington.com</a>
Membership	<a href="mailto:membership@cyclearlington.com">membership@cyclearlington.com</a>
Arlington 500	<a href="mailto:500@cyclearlington.com">500@cyclearlington.com</a>
Web	<a href="mailto:web@cyclearlington.com">web@cyclearlington.com</a>
Bike Swap	<a href="mailto:swap@cyclearlington.com">swap@cyclearlington.com</a>

## Extra Rides/Events

**GITAP-05 Grand Illinois Trails and Parks**  
June 12-18, 2005  
Contact Bob Dominski for more information.

**The Arlington Criterium**  
July 30, Saturday  
Coordinator: Karen Zmrhal  
Club members needed to volunteer at the Criterium

**AHBA Picnic**  
July 31, Sunday—10:30 start, Ride 25 miles  
From 814 E. Hackberry in AH.  
Bring a dessert or appetizer to pass, club will provide meat, buns, beverage

**BCLC Ramble—Bike Club of Lake County**  
June 12, Sunday  
30, 50, 70, and 100 mile routes  
Fee: \$15.00  
Registration: 6:00 AM Kenosha County Fairgrounds  
Wilmot, WI

**TOMRV (Tour of the Mississippi River Valley)**  
June 11-12  
Description: Ride the rolling hills of Iowa (ok, sometimes a little more than rolling) in this challenging but fun jaunt from Davenport to Dubuque. Overnight at Clark College and enjoy the beer garden and one great buffet dinner in the dining hall. Century and metric century route options on Saturday, with slightly less miles on the return trip. Quickly becoming a club favorite.  
([www.qcbc.org/tomrv](http://www.qcbc.org/tomrv))

**TRIRI (Touring Ride in Rural Indiana)**  
June 19-25  
There is a State Parks and Reservoirs tour from June 19-25. TRIRI 2005 travels over hard surface roads to tour the scenic and historic sites of southwest Indiana and stays at three of Indiana's beautiful state properties. Terrain ranges from rolling to hilly with some challenging hills.

**TRIRI (Touring Ride in Rural Indiana)**  
September 18-23  
The September Escapade has similar terrain as June.  
[www.triri.org](http://www.triri.org)

**DALMAC (Dick Allen Lansing to Mackinaw Classic)**  
September 1-4  
(west route, 4 days, about 300 miles) Similar to the West Michigan Shoreline Ride (with the same mandatory flags) but includes a ride over the bridge at the end of the ride! Camping at localschools.  
[www.lmb.org](http://www.lmb.org)

# Safety Check—From the Safety Chick

## To See or To Be Seen?

*(That is an important question)*

One recent Friday evening, a good half hour after darkness fell, I was driving my car south along Wheeling Road between Palatine and Camp McDonald Roads in Prospect Heights. This stretch of road has two lanes, a pretty rough surface (even for a car) and a gravel shoulder. Since I drive this route at least once a week, I feel pretty familiar with the conditions. What I was not expecting was a cyclist. To my surprise... there was a cyclist, suddenly, right in front of me. No lights, no headlight, no taillight. If there was a rear reflector I didn't see it. The backs of his shoes did have reflective tape. As the car headlights illuminated him, I was able to move to the left and give him some space.

If you are riding at night, the proper bicycle lighting is important. You may think it is important so you can see the road. Just as important is so you can be seen. Drivers need to recognize you as a bicycle so they can predict how fast you are moving and your expected direction.

## Illinois law states . . .

"Every bicycle, when in use at nighttime, shall be equipped with a lamp on the front, which shall emit a white light visible from a distance of at least 500 feet to the front and with a red reflector on the rear, of a type approved by the department, which shall be visible from all distances from 100 feet to 600 feet to the rear when directly in front of lawful lower beams of headlamps on a motor vehicle..."

Researching a few of the more popular bicycle oriented websites will produce a lot of information on lighting systems. Improved technology continues to upgrade features to meet the needs for range, light output, style and cost. There are plusses and minuses to each system, a combination of systems maybe needed to meet your needs. Adding reflective tape or apparel also adds to the ability to be seen.

## Some factors to consider . . .

1. How long will you be riding after dark? There are disposable battery systems and rechargeable battery systems. Riding for 15 minutes after dark, the basics may be great. Riding

for an hour or two, you need a powerful system.

2. Will you be riding on well-lit or un-lit streets? Some systems have high and low beam with "logical switching." Move from low beam – to high beam – back to low beam without a blackout.

3. You need to be seen from all directions. A handle-bar mounted headlamp is a good stable light pointing straight ahead. Cars coming towards you should be able to see you clearly. Add a helmet mounted headlamp, now you've got a light that illuminates the direction that you are looking in. A big help when you are turning a corner or checking for traffic on side streets. On the other hand, if the helmet light is looking all around, will the head-on traffic distinguish you as a bicycle?

There are a lot of options, you can find information on many websites including: Adventure Cyclist, TurboCat Lighting Systems, Bluedome and KenKifer.

*Tailwinds—Nancy*

## Ride Line

As previously announced, the Ride Line was terminated the day after the Arlington 500. Thank you to Don Ami for monitoring the line the past few months. Thank you to Bill and Ann Kragh for hosting the line in their home for many years.

### Megon McDonough Concert

Friday, June 3—7:30 PM

Forest View Educational Center  
2121 S Goebbert Road  
Arlington Heights

Tickets are \$16 in advance or \$18 at the door; \$1 surcharge for credit card orders. The performance is open seating so purchase your own tickets.

Tickets are available at the Community Education Center at Forest View or call 847 718-7700 M-F, 9 AM – 4 PM.

Please Arrive by 7 PM, so we can sit together.

# Ride Schedule Update

## Bakery Rides

9:00 AM Tuesday/Thursday from Streamside Park, on Old Checker Road, 1/2 mile west of the Deerfield Bakery

## Tuesday Night Rides

Tuesday Night Rides begin from Recreation park at 6:30 PM.

### Scheduled Rides—Advanced 2005—Saturdays

<i>Date</i>	<i>Time</i>	<i>Miles</i>	<i>Destination</i>	<i>Start</i>	<i>Comments</i>
5/28	9:00	44	The Covered Bridge Ride	Frontier Park	<i>Leader: Van Dornicks</i>
6/4	8:30	64	Ride to Crystal Lake	Frontier Park	Some hills but a great ride <i>Leader: Van Dornicks</i>
6/4	9:00	55	Bike Shop Ride—Ride to several local shops	Frontier Park	Recent years have seen the closing of many local bicycle shops to the detriment of our sport. Show our support for these businesses <i>Leader: Gary Gilbert</i>
6/11	9:00	42	Wheeling Ride (see intermediate)	Potawatomi F.P. in Wheeling.	<i>Leader: Nancy Wagner 847-298-7069</i>
6/18	9:00	50	Oreganos Ride (see intermediate)	Frontier Park	<i>Leader: Janice McCandless 847-680-1749</i>
	9:30	38		Kildeer School	
6/25	9:00	51	Ride to Algonquin	Frontier Park	<i>Leader: Vince Kelley</i>
7/2	9:00	35	Circumnavigate Arlington Heights Ride	Lake Arlington parking lot off Windsor Road	<i>Leader: Gary Gilbert</i>
		70			
7/9	8:00	65	Bob's ride to Huntley	Frontier Park.	<i>Leader: Bob Hinkle</i>
7/16	9:00	70	Liberty Metric Plus	Streamside Park on Old Checker Road	(same as the start for the bakery rides) <i>Leader: Van Dornicks</i>
7/23-24		150	The GRAIL Ride		<i>Coordinator: Gary Gilbert</i> See the newsletter for details

### Scheduled Rides—Intermediate 2005—Saturdays

<i>Date</i>	<i>Time</i>	<i>Miles</i>	<i>Destination</i>	<i>Start</i>	<i>Comments</i>
5/28	9:00	40	Barrington Hills Ride	Frontier Park	Rolling hills <i>Leader: Joan Willmeth</i>
5/30 <i>Monday</i>	9:00	30	Winthrop Harbor to Kenosha lakefront area	The McClory Trail Parking Lot	Go east on RT 173 then turn north on Kenosha Road, Turn right on 9th Street. Past Lewis Avenue and look for the water tower by the parking lot. Joint ride with Bike Club of Lake County <i>Leaders: Jim Shoemaker, Dave Ackert</i>
6/4	9:00	42	Bike Shop Ride (see advanced)	Frontier Park	Touring the area bike shops <i>Leaders: Alan Gibbs</i>



## Scheduled Rides—Intermediate 2005—Saturdays, CONTINUED

Date	Time	Miles	Destination	Start	Comments
6/11	9:00	42	Wheeling Ride	Potawatomi F.P. in Wheeling.	Enter off Dundee Rd, 1/2 mile east of Milwaukee Ave. We will head east, lunch along the way.  <i>Leader: Nancy Wagner 847-298-7069</i>
6/18	9:00 9:30	50 38	Oreganos Ride (Midlothian and Gilmer Roads, Hawthorn Woods)	Fronteir Park Kildeer School	Ride around and to Oreganos Restaurant, Hawthorn Woods  <i>Leader: Janice McCandless 847-680-1749</i>
6/25	9:00	42	Woodstock Ride	East Dundee	East Dundee to Woodstock (and back) with foodstop  <i>Leader: Chris Wager 847-397-7217</i>

## Rides Of A Different Flavor

### Chicago Area Bike Path / Trail Rides 2005—Wednesdays

Date	Time	Miles	Path/Trail	Start Directions	Comments
5/25	9:00	32/54	North Channel/ Green Bay/North Shore Paths	Turnbull Woods Forest Preserve Lake Cook Road, turn right on Green Bay Road, 0.2 mile, to lot on left.	Paved, some packed crushed stone***
6/1	9:00	40/62	Prairie Path Aurora Branch	Roy C. Blackwell F.P., Warrenville Go east on I-90 to IL-59; go south to Mack Rd.; go left. 1/2 mile to parking on the left.	Packed crushed stone, some paved***
6/8	9:00	40/52	Salt Creek to Waterfall Glen	Willow Springs Access I&M Canal F.P. Go south on I-294 to I-55; go east to Lagrange (US-45); go south to Archer (IL-171); go west to Colone just past Willow Spring bridge, park in lot under bridge	Paved with connecting roads
6/15	9:00	55	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	Paved with connecting roads  <i>Bob Hinkle 259-1423</i>
6/22	9:00	46	North Portion Lake Co.	Des Plaines River Trail. Parking Lot D, Old School Forest Preserve IL 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D lot.	Packed crushed stone***
6/29	9:00	73	Milwaukesha Loop Fox River Sanctuary	Go north on I-94 or US 45 to WI-20: go left to WI-36; go right to WI-164; go right to WI 59; go str. across WI-59 to N East; go Right on College to the Fox River Sactuary on the right	Bring snacks and plenty of water to drink  <i>Art Cunningham 963-8746</i>

\*\*\* Paved, crushed stone, connecting roads and streets approved for narrow tires. \*\*wide tires recommended. \*wide tires required

## Welcome Newcomers...

Randy Bonebrake, *Palatine*

Michele Caffarello, *AH*

Steve Cohen, *Palatine*

Desmond Wong, *Palatine*

Jim Gajos, *AH*

## Happy Birthday to...

Mike Sackheim—6.6

Cindy Cochrane—6.2

Art Cunningham—6.13

Kathleen Covi—6.10

Linda Machas —6.18

Bena Gerber—6.7

Steve Holland —6.12

Louis Lischko—6.16

Chris Van Dornick—"noydb"



Arington Heights Bicycle Association  
500 East Miner Street  
Arington Heights, IL 60004



# the SPOKEN WORD

July 2005

Volume 34 • Number 7

*President's Column:*

## Long Downhills and Tailwinds Wanted?

The weather recently changed and we've gone from temperatures around 60 to temperatures in the mid 80s and above. For all of you who have been waiting for warmer weather to start your riding season, your time has arrived. Ask any of us who have been riding in cooler temperatures, we've been riding downhill with tailwinds all spring.

In addition to our traditional weekday and weekend rides we have a number of important events this month. I hope you will all participate in these three events.

July 13, Wednesday AHBA and Mount Prospect Bicycle Club are co-sponsoring the Chicagoland Bicycle Federation Bike Club Presidents Roundtable. CBF holds this event quarterly which brings together people from cycling organizations around the area. The event is at Jake's Pizza, 302 W. Northwest Highway, Mount Prospect from 6 until 8PM. We'd like to have a good turnout to represent cycling in the northwest suburbs. Please join us. CBF and other clubs are well represented.

**July 30, Saturday is the annual Arlington Criterium**

An amateur road race on a loop in Arlington Heights. We intentionally don't have any rides scheduled for that day so club members can help at this community event. Please call Karen Zmrhal and offer to help out at 847-397-1499.

**July 31, Sunday is the annual AHBA Picnic**

Location this year is at the home of Gary Gilbert. Bring a salad, appetizer, or dessert to share. Traditionally we have a ride around 30 miles to work up an appetite. It wouldn't be a club ride if we weren't able to "ride to eat and eat to ride". Please RSVP to Gary by July 24 at [president@cyclearlington.com](mailto:president@cyclearlington.com) or call 847-577-4275.

Ride Leaders and Safety were discussed at the May board meeting. The board and other members participating at this meeting have taken some actions to improve the safety of our rides,

Cyclists generally choose to join a bike club since they enjoy riding with a group of other cyclists. Lets face it, if you wanted to ride alone all the time, you probably wouldn't be reading this newsletter or riding with us. Elsewhere in this newslet-

ter, you will read about responsibilities of ride leaders. One of those responsibilities is to remind everyone on a ride you lead about expectations of all riders..

Secondly, there a number of riders in the club whose riding habits are dangerous. The rest of us are not interested in watching you crash or endanger yourself. These riders are often the topic of conversation among other riders who observe your habits. We believe that they are simply unaware of their cycling habits and the impact is has on others rather than a desire to ride inappropriately. It is likely they will receive an email or phone call from a board member based on observations of others. We're not planning any public floggings but a considerate and private message from the club. At least one club member has already been informed in this manner. We will ask those with continual flagrant disregard for safety not to ride with us.

We have a few club members who go above and beyond helping us be the kind of club that we all want to be. This month, we recognize Roy Euclide. Roy can always be counted on to help lead slower riders on

*(continued on page 3)*

# AHBA Officers 2005

Gary Gilbert, *President*  
 Christine/Dave VanDornick, *Vice Presidents*  
 Kris Sudrovech, *Secretary*  
 Mitch Polonsky, *Treasurer*

Arlington 500	Greg Konieczny	398-4633
Arlington Criterium	Karen Zmrhal	397-1499
500 Arrow Man	Dave Martin	991-6795
Bakery Rides	Bob Hinkle	259-1423
Banquet	Barbara Barr	630-628-6267
Bike Rodeo	Bob Hinkle	259-1423
Bike Swap	Al & Jeanie Gain	392-1547
Emil Donkers' Helmet Program	Roy Euclide	437-0442
Intermediate Rides	Al Gibbs	398-1376
Membership	Jim Shoemaker	910-8640
Newsletter	Laurie Liska	394-2407
New Years Day	Chris/Dave VanDornick	259-7917
Picnic	Gary Gilbert	577-4275
Postmaster	Jim Shoemaker	910-8640
Progressive Dinner	Joan Willmeth Cindy Barba	397-0723
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner Jim Shoemaker	910-8640
Tuesday Night Rides	Laurie Larson	
Trail Rides	Art Cunningham	963-8746
Webmaster	Greg Konieczny	398-4633
Zero Mile Rides	Gary Gilbert	577-4275
Programs	OPEN !!	
Refreshments	OPEN !!	

# Top Riders

as of 6/7/05

1. Dave Slocum	1428
2. Mitch Polonsky	1272
3. Art Cunningham	1134
4. Christine Van Dornick	990
5. Dave Van Dornick	890
6. Bob Hinkle	862
7. Dave Martin	855
8. Greg Konieczny	771
9. Bena Gerber	753
10. Len Geis	710
11. Harlan McDaniel	631
12. Bob Dominsky	567
13. Reinhilde Geis	566
14. Scott Schaedel	543
15. Earle Horwitz	534
16. Laurie Larson	531
17. Chris Wager	528
18. Jim McClure	514
19. Vince Kelly	484
20. Paula Matzek	452
21. Donna Ponte	371
22. Jim Shoemaker	370
23. Jackie Kelly	353
24. Geri McPheron	343
25. Barbara Barr	327

**Please send articles/photos  
 for the next newsletter to  
 Laurie by July 10, 2005 at  
[newsletter@cyclearlington.com](mailto:newsletter@cyclearlington.com)**

## Upcoming Meetings

*Meetings are held at Recreation Park, 500 East Miner, Arlington Heights. Meetings start promptly at 7:30PM. Come a few minutes early to socialize.*

July 31, 2005 – Sunday, Picnic

August 27, 2005 – Saturday, Progressive Dinner

September 28, 2005 – Bill Kragh's cycling trip to Costa Rica, tentative.

October 26, 2005 – Donna Ponte's cycling trip to Vietnam, tentative.

November 12, 2005 – Saturday, Banquet

December 2005 – No meeting

## Board Meetings

*Board Meetings are held on 3rd Monday evening of each month. They are held at the home of Gary Gilbert at 7:30PM. Board meetings are open to all club members. Summer Board meetings may or may not occur. Please confirm a week in advance if you plan to attend or have issues that you wish the board to consider.*

July 18, and August 15 are tentative dates.

## Ride Leader Responsibilities

If you are leading a ride, please make the following six announcements prior to each ride. We know that most of our members do many or all of these already but a small reminder helps us all. We also know that we're busy socializing before a ride, please give the ride leader consideration when they make these announcements. If you are uncomfortable addressing the group, ask another experienced ride leader to help make the announcements.

- Announce who will be Sweeping the Ride.
- Announce that we all should use hand signals for left and right turns and slowing or stopping. Left arm out for a left turn; right arm out or left arm bent for a right turn; and hand down for slowing or stopping.
- Announce that we should all call out Car Back, Car Up, Car Left, and Car Right as appropriate.
- Announce that we are to ride single file or two abreast. Never more than two abreast.
- Announce that we do NOT want anyone calling out CLEAR at intersections. We all need to make our own choices as to the safety of each intersection.
- Announce that the ride leader has chosen the route. If you do not want to follow the route, you are free to go your own way, but don't hijack the ride and take everyone your favorite way. We have a number of people who now refuse to lead rides since a few of us refuse to follow.

### Long Downhills and Tailwinds Wanted? *continued*

Tuesday nights. He has stepped forward, without being asked, and taken up the cause to help keep the slower riders involved in the club. Thanks Roy!

The Ride of Silence was held May 18th. We had 21 riders including an escort from the Arlington Heights Police Department Bicycle Patrol. This ride honors those who have been killed while riding a bicycle. The common feeling of everyone who participated was that the experience was both inspirational and a bit eerie. We rode silently, using hand signals only, for 10 miles at a constant 12 mph, additionally we rode 2 by 2 about a bike length between riders. The word from the riders near the back of the group said it was truly awesome to see everyone signal in unison at every turn. Thanks to Barb Barr for suggesting that we participate and to Mitch Polonsky for arranging the police escort and the Pioneer Press reporter.

*On Your Left—Gary Gilbert*

## Club Internet Access

The club has an active Yahoo group available on the Internet. This group allows us to exchange email with other club members without having to worry about everyone's individual email address. You can subscribe to the group and post messages to the other group members by sending an email to the email addresses below. You must subscribe before you can send a message.

The group name is **ahbacyclists** and is available at <http://groups.yahoo.com/group/ahbacyclists>

Post message:  
[ahbacyclists@yahoo.com](mailto:ahbacyclists@yahoo.com)

Subscribe:  
[ahbacyclists-subscribe@yahoo.com](mailto:ahbacyclists-subscribe@yahoo.com)

Unsubscribe:  
[ahbacyclists-unsubscribe@yahoo.com](mailto:ahbacyclists-unsubscribe@yahoo.com)

Our Web Site is <http://www.cyclearlington.com>  
Please send all updates to Greg Konieczny.  
Via [web@cyclearlington.com](mailto:web@cyclearlington.com)

Members using AOL as their Internet service provider sometimes have problems when accessing the Yahoo group or the AHBA Web site. Please call AOL customer support to resolve any problems you may encounter. In most situations, you have AOL configured to prohibit attachments and that is the source of your problems.

We have a new set of email addresses available. These email addresses are available and remove the necessity of making members email addresses public in the newsletter. Messages sent to these addresses are automatically directed to the appropriate members.

General Info	<a href="mailto:ride@cyclearlington.com">ride@cyclearlington.com</a>
President	<a href="mailto:president@cyclearlington.com">president@cyclearlington.com</a>
Newsletter	<a href="mailto:newsletter@cyclearlington.com">newsletter@cyclearlington.com</a>
Membership	<a href="mailto:membership@cyclearlington.com">membership@cyclearlington.com</a>
Arlington 500	<a href="mailto:500@cyclearlington.com">500@cyclearlington.com</a>
Web	<a href="mailto:web@cyclearlington.com">web@cyclearlington.com</a>
Bike Swap	<a href="mailto:swap@cyclearlington.com">swap@cyclearlington.com</a>

## Extra Rides/Events

**The Arlington Criterium**  
July 30, Saturday  
Coordinator: Karen Zmrhal  
Club members needed to volunteer at the Criterium

**AHBA Picnic**  
July 31, Sunday—10:30 start, Ride 25 miles  
From 814 E. Hackberry in AH.  
Bring a dessert or appetizer to pass, club will provide meat, buns, beverage

**All Day Culinary Cruise!**  
August 27, Saturday,—10:00 AM  
Start from the desert house at 732 Plum Tree Lane, Wheeling (South of Lake Cook Road, off of Lexington Avenue, turn left at first street, left at Plum Tree). 35-40 miles.

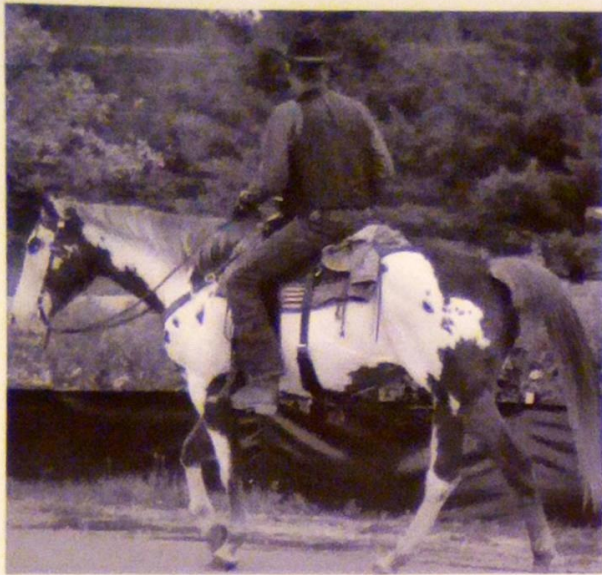
*Must RSVP to coordinator Joan Wilmeth  
847-397-0723 by 8/20 (FIRM)—  
Hosts need to know how much food to prepare.*

**TRIRI** (*Touring Ride in Rural Indiana*)  
September 18-23  
The September Escapade has similar terrain as June.  
[www.triri.org](http://www.triri.org)

**DALMAC**  
(*Dick Allen Lansing to Mackinaw Classic*)  
September 1-4  
(west route, 4 days, about 300 miles) Similar to the West Michigan Shoreline Ride (with the same mandatory flags) but includes a ride over the bridge at the end of the ride! Camping at localschools.  
[www.lmb.org](http://www.lmb.org)



**SAG ladies—Arlington 500**



Does he have a rider number?—Arlington 500



Greg happy about the weather—Arlington 500

## Safety Check—From the Safety Chick

### Bicycle Collisions

A number of states now keep statistics on bicycle/car collisions. Reviewing the available information may bring to your attention where cyclists encounter the greatest dangers.

#### General information

In one study, approximately half the collisions occurred at intersections. Whose fault was the accident? In 22% of the cases the action of the cyclist was at fault. Motorist's actions caused 19% of the accidents and in 9% it was impossible to determine the fault. Cyclists moving in the opposite direction of traffic accounted for 16% of all collisions. Rates of collisions between cyclists and motor vehicles increase in higher populated areas. However, county roads and state routes have a higher rate of fatal collisions.

#### The top ten ranking of Car-Bike Collisions in Washington

1. Cyclist on proper side of road runs the stop sign (9.3%)
2. Motorist turning left hits cyclist head-on (7.6)
3. Motorist restarting from stop sign hits wrong way cyclist (6.8%)
4. Cyclist turns left in front of overtaking car (6.1%)
5. Cyclist hit on light change (5.9%)
6. Motorist turns right (4.8%)
7. Cyclist exits residential driveway (4.3%)
8. Motorist restarts from stop sign (4.2%)
9. Cyclist exits commercial driveway (3.9%)
10. Cyclist on sidewalk turns to exit driveway (3.0%)

*Note:* Recently I have been on a number of rides where I witnessed unsafe riding techniques. I'd like to take a moment and ask everyone to ride more carefully. Distractions are all around us, it only takes a second to miss the edge of a path, to veer into traffic, to ride too close to other riders. The drivers around us are distracted too. They are talking on cell phones, watching their kids, driving erratically but they are still bigger than we are.

*Tailwinds—Nancy*

# Ride Schedule Update

## Bakery Rides

9:00 AM Tuesday/Thursday from Streamside Park, on Old Checker Road, 1/2 mile west of the Deerfield Bakery

## Tuesday Night Rides

Tuesday Night Rides begin from Recreation park at 6:30 PM.

## Scheduled Rides—Advanced 2005—Saturdays

<i>Date</i>	<i>Time</i>	<i>Miles</i>	<i>Destination</i>	<i>Start</i>	<i>Comments</i>
7/2	9:00	35 70	Circumnavigate Arlington Heights Ride	Lake Arlington parking lot off Windsor Road	<i>Leader: Gary Gilbert</i>
7/4	8:00	65	Ride to Lincoln Park Zoo	Recreation Park	<i>Leader: Gary Gilbert</i>
7/9	8:00	65	Bob's Ride to Huntley	Frontier Park.	<i>Leader: Bob Hinkle</i>
7/16	9:00	70	Liberty Metric Plus	Streamside Park on Old Checker Road	(same as the start for the bakery rides) <i>Leader: Van Dornicks</i>
7/23	9:00	40	Show 'n go with intermediate riders	Frontier Park	
7/23-24		150	The GRAIL Ride		<i>Coordinator: Gary Gilbert</i> See the April newsletter for details
7/30	4:00 PM	25	Ride for Ice Cream	Frontier Park	<i>Leader: Van Dornicks</i>
8/6	8:00  10:00	100  50	Lake Geneva Ride	Kildeer School— Long Grove  Veteran's Memorial Park— McHenry	Bring a snack for the long route, rolling hills on both routes. Lunch in Lake Geneva  <i>Leader: Van Dornicks</i>
8/13	8:30	72	Volo Bog Ride	Frontier Park	Take a break at the bog to be with nature, lunch in McHenry  <i>Leader: Van Dornicks</i>
8/20	8:30	60	Dawes Park Ride	Frontier Park	Urban riding through some interesting architectural areas. Lunch in Evanston  <i>Leader: Van Dornicks</i>



### Scheduled Rides—Intermediate 2005—Saturdays

<i>Date</i>	<i>Time</i>	<i>Miles</i>	<i>Destination</i>	<i>Start</i>	<i>Comments</i>
7/2	9:00	35-40	Ride around Arlington Hts.	Frontier Park	A new ride around the perimeter of Arlington Hts. with a food stop. <i>Leader: Gary Gilbert 847-577-4275</i>
7/9	9:00	40	Libertyville Ride	Frontier Park	And lunch in Libertyville <i>Leader: Mitch Polonsky 847-255-1873</i>
7/16	9:00	46 34	Broken Oar ride Duel start (time/place)	Frontier Park Kildeer school	Earle Horwitz 847-374-1129
7/23	9:00	40	Show 'n go	Frontier Park	

## Rides Of A Different Flavor

### Chicago Area Bike Path / Trail Rides 2005—Wednesdays

<i>Date</i>	<i>Time</i>	<i>Miles</i>	<i>Path/Trail</i>	<i>Start Directions</i>	<i>Comments</i>
7/6	9:00	57	Great Western Ride to Sycamore	South on Rte 31 to W. State St., turn left. (east) then right. just before the bridge to parking.	Paved, packed crushed stone ***
7/13	9:00	65	M&I Path – Morris to Lockport	I-55 south to US-6; left on Canal St. to parking on the right	Packed stone, city streets through Joliet
7/20	9:00	55	Ride to Illinois Beach  Lakewood Forest Preserve Millennium	Trail access East of Fairfield Rd. opposite Ivanhoe Rd. just south of IL 176	Packed stone and paved
7/27	9:00	52	Fox Riv. /St. Charles & Elgin Prairie Path —Partial loop	East Dundee Depot. West on Dundee (Route. 68) bear right at Barrington Ave. just past Route. 25 to River St., depot to left	Paved and packed crushed stone paths *** <i>Joe Irons 359-0551</i>

\*\*\* Paved, crushed stone, connecting roads and streets approved for narrow tires. \*\*wide tires recommended. \*wide tires required  
Bring snacks and plenty of water to drink. Call Art Cunningham at 963-8747 for details.

## Welcome Newcomers...

Carol Danillo, *Lombard*

Barbara Kulp, *Wheeling*

Barbara Pontrelli, *AH*

Pamela Schmidt, *Third Lake*

Kimberly Van Nostern, *Mt. Prospect*

## Happy Birthday to...

July 2 Gloria Amling

July 2 Karen Aldrich

July 12 Barbara Duffy

July 14 Keith North

July 22 Joan Willmeth

July 24 Geri McPheron

July 26 Laurie Liska

July 27 Barbara Pontrelli

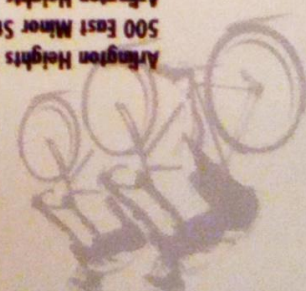
July 29 Earl Horwitz

July 31 Carol Ranachowski

July 31 Jim Shoemaker



Arlington Heights Bicycle Association  
500 East Minor Street  
Arlington Heights, IL 60004



# *the* SPOKEN WORD

August 2005

Volume 34 • Number 8

*President's Column:*

## Seven WOW, Favors Wanted?

Like many other club members, I'm mesmerized by the Tour de France and Lance Armstrong's attempt at a seventh victory. There are races within races, fierce competition for individual stage wins, points, and breakaways during individual stages. The good news is that all the publicity about Lance and the TDF has increased interest in all forms of cycling in the US. Many people are watching and reading about the TDF and trying to understand the rules. Road Racing is only slightly more confusing than Cricket or 43 Man Squamish.

In addition to our traditional weekday and weekend rides we have a number of important events coming up. I hope you will all participate in these events.

**Saturday, July 30** is the annual Arlington Criterium, an amateur road race on a loop in Arlington Heights. We have a late afternoon Ice Cream ride that day, so club members can help at this community event. Please call Karen Zmrhal and offer to help out at (847) 397-1499.

**Sunday, July 31** is the annual AHBA Picnic. Location this year is at the home of Gary Gilbert. Bring

a salad, appetizer, or dessert to share. Traditionally we have a ride around 30 miles to work up an appetite. It wouldn't be a club ride if we weren't able to "ride to eat and eat to ride". Please RSVP to Gary by July 24 at [president@cyclearlington.com](mailto:president@cyclearlington.com) or call (847) 577-4275.

**Saturday, August 27** is the annual Progressive Dinner Ride. Joan Willmeth is organizing this ride and grazing extravaganza. Please RSVP to Joan by August 20 at (847) 397-0723

**Saturday, September 31** is the first annual ride across the estuary to visit Conwy quay and the quiet lanes and villages of the Conwy valley. Starts at Llandudno Junction Railway Station. There is on road car parking in a cul-de-sac nearby. The cul-de-sac is reached by driving in the Llandudno and Deganwy direction from the roundabout at the end of Conwy cob and turning first left. Ride starts at 8:00AM GMT. Call Fred at (847) 910-8640 for details.

We have a few club members who go above and beyond, and are helping us be the kind of club that we all want to be. This month, we recognize Jim Shoemaker. In addition

to being the Membership Chair and club jokester, Jim can always be counted on to work behind the scenes and encourage others to step forward to volunteer. He is always on the lookout for new cyclists who fit into AHBA and encourages them to participate. Thanks Jim!

Please do me and our club a favor. We have a number of new members who are very interested in cycling. Many of these riders are trying to get over the 10 or 11 mph hump or over the 20 mile hump. They often call or email me asking how can they learn to be faster riders or to be able to ride longer distances. Talk to our new members. Remember your days as a new rider and coach these cyclists. Arrange to meet them for a short ride.

Nominations for officers will be taken at the September meeting. If you are interested in one of the board positions, nominate yourself or another member. Voting occurs at the October meeting.

*On Your Left—Gary Gilbert*

# AHBA Officers 2005

Gary Gilbert, *President*

Christine/Dave VanDornick, *Vice Presidents*

Kris Sudrovech, *Secretary*

Mitch Polonsky, *Treasurer*

Arlington 500	Greg Konieczny	398-4633
Arlington Criterium	Karen Zmrhal	397-1499
500 Arrow Man	Dave Martin	991-6795
Banquet	Barbara Barr	630-628-6267
Bike Rodeo	Bob Hinkle	259-1423
Bike Swap	Al & Jeanie Gain	392-1547
Emil Donkers' Helmet Program	Roy Euclide	437-0442
Intermediate Rides	Al Gibbs	398-1376
Membership	Jim Shoemaker	910-8640
Newsletter	Laurie Liska	394-2407
New Years Day	Chris/Dave VanDornick	259-7917
Picnic	Gary Gilbert	577-4275
Postmaster	Jim Shoemaker	910-8640
Progressive Dinner	Joan Willmeth Cindy Barba	397-0723
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner Jim Shoemaker	910-8640
Tuesday Night Rides	Laurie Larson	
Trail Rides	Art Cunningham	963-8746
Webmaster	Greg Konieczny	398-4633
Zero Mile Rides	Gary Gilbert	577-4275
Bakery Rides	OPEN !!	
Programs	OPEN !!	
Refreshments	OPEN !!	

# Top Riders

as of 7/8/05

1. Mitch Polonsky	2145
2. Dave Slocum	2120
3. Christine Van Dornick	1704
4. Greg Konieczny	1652
5. Dave Van Dornick	1624
6. Bob Hinkle	1403
7. Art Cunningham	1399
8. Scott Schaedel	1232
9. Len Geis	1013
10. Paula Matzek	1010
11. Dave Martin	975
12. Bena Gerber	933
13. Laurie Larson	903
14. Reinhilde Geis	869
15. Harlan McDaniel	858
16. Earle Horwitz	843
17. Jim McClure	731
18. Barbara Barr	595
19. Chris Wager	549
20. Alan Gibbs	526
21. Vince Kelly	519
22. Jim Shoemaker	516
23. Milo Plavec	492
24. Jim Barr	483
25. Geri McPheron	460

**Please send articles/photos  
for the next newsletter to  
Laurie by August 10, 2005 at  
newsletter@cyclearlington.com**

# TRIRI: Once Upon A Time In Indiana

by P. Matzek and C. VanDornick

Once upon a time in the kingdom of Indiana, seven cycling weasels from the hamlet of Arlington Heights in the kingdom of Illinois came seeking a new week-long adventure. They had heard tales of the scenery in the rural southwestern part of the kingdom of Indiana, so they arrived in the town of Huntingburg to begin their tour. Along the way they stayed in the region's finest parks — Harmonie State Park, Lincoln State Park, and Newton-Stewart State

Recreation Area. Each day they mounted their steel steeds for a ride of 50 to 100 miles in the increasing summer heat. Lo, they found that as the temperature increased, so did the height and frequency of the hills. To quench their thirst they relied on the Dukes of DNR, who always appeared with their carriages full of jugs of ice cold water at just the right spot at the top of a hill. The seven adventurers also stopped often for ice at Ye Olde Subway Sandwich Shoppe.

Morning and evening banquets were provided by the catering wizards of Schnitzelbank Restaurant of the town of Jasper, who did a fine job of serving a variety of hot food to all of the 350 riders from near and far. And after a hot day's ride, the seven adventurers often took a refreshing dip in the lake at the state park.

The seven adventurers from Arlington Heights were led by King and Queen Weasel, who brewed coffee on their little camp stove every morning. At times, the Queen became finicky with the culinary selections. Thus she became faint and flushed.

The king pondered this dilemma and thought it best to leave the queen one day in search of the ultimate hill to show his might. He and his trusted companion,

The Chief Hill Climbing Weasel, thus found, near the hamlet of Derby, the highest, most challenging hill they had ever encountered. Even the kingdom of Wisconsin could not surpass this monster. With courage and persistence, they conquered the hill and returned that evening to tell the tale to the Queen and the rest of the weasels. The King doffed his helmet to the Chief Hill Climbing Weasel, who, as always, had humbly displayed his superior climbing ability.

Princess Weasel had the distinction of having two flat tires on her steed in one day. Although several other subjects rushed to assist her, she felt that two flat tires was a great injustice to a princess. In an attempt to cheer herself and others up, she told her best jokes at the evening banquet, but, alas, few people were amused.

The Court Jester Weasel was far more bold in his attempts to

entertain the group. He sang many songs all day long and provided the soundtrack for the week. He interviewed many of his fellow adventurers, asking probing questions, in much the style of Barbara Walters and famous Indiana native David Letterman.

Meanwhile, Professor Weasel kept everyone's intellect sharp as he led many a philosophical discussion during the week. He sought cultural and historical enlightenment along the journey.

The C.F.O. Weasel, with his inspiring tales of brave encounters with the treacherous IRS, proved that he could stand up to any challenge, be it a broken spoke, road oil all over his steed, or a very long walk to the river. He was, most assuredly, not a whiner.

Along the way, the seven adventurers saw many sights, including the

*continued on page 7*

## Upcoming Meetings

*Meetings are held at Recreation Park, 500 East Miner, Arlington Heights. Meetings start promptly at 7:30PM. Come a few minutes early to socialize.*

**July 31, 2005** – Sunday, Picnic

**August 27, 2005** – Saturday, Progressive Dinner

**September 28, 2005** – Bill Kragh's cycling trip to Costa Rica, tentative.

**October 26, 2005** – Donna Ponte's cycling trip to Vietnam, tentative.

**November 12, 2005** – Saturday, Banquet

**December 2005** – No meeting

## Board Meetings

*Board Meetings are held on 3rd Monday evening of each month. They are held at the home of Gary Gilbert at 7:30PM. Board meetings are open to all club members. Summer Board meetings may or may not occur. Please confirm a week in advance if you plan to attend or have issues that you wish the board to consider.*

**August 15**—tentative date.

## Club Internet Access

The club has an active Yahoo group available on the Internet. This group allows us to exchange email with other club members without having to worry about everyone's individual email address. You can subscribe to the group and post messages to the other group members by sending an email to the email addresses below. You must subscribe before you can send a message.

The group name is *ahbacyclists* and is available at <http://groups.yahoo.com/group/ahbacyclists>

Post message:  
[ahbacyclists@yahoogroups.com](mailto:ahbacyclists@yahoogroups.com)

Subscribe:  
[ahbacyclists-subscribe@yahoogroups.com](mailto:ahbacyclists-subscribe@yahoogroups.com)

Unsubscribe:  
[ahbacyclists-unsubscribe@yahoogroups.com](mailto:ahbacyclists-unsubscribe@yahoogroups.com)

Our Web Site is <http://www.cyclearlington.com>  
Please send all updates to Greg Konieczny.  
Via [web@cyclearlington.com](mailto:web@cyclearlington.com)

Members using AOL as their Internet service provider sometimes have problems when accessing the Yahoo group or the AHBA Web site. Please call AOL customer support to resolve any problems you may encounter. In most situations, you have AOL configured to prohibit attachments and that is the source of your problems.

We have a new set of email addresses available. These email addresses are available and remove the necessity of making members email addresses public in the newsletter. Messages sent to these addresses are automatically directed to the appropriate members.

General Info	<a href="mailto:ride@cyclearlington.com">ride@cyclearlington.com</a>
President	<a href="mailto:president@cyclearlington.com">president@cyclearlington.com</a>
Newsletter	<a href="mailto:newsletter@cyclearlington.com">newsletter@cyclearlington.com</a>
Membership	<a href="mailto:membership@cyclearlington.com">membership@cyclearlington.com</a>
Arlington 500	<a href="mailto:500@cyclearlington.com">500@cyclearlington.com</a>
Web	<a href="mailto:web@cyclearlington.com">web@cyclearlington.com</a>
Bike Swap	<a href="mailto:swap@cyclearlington.com">swap@cyclearlington.com</a>

## Extra Rides/Events

**The Arlington Criterium**  
July 30, Saturday  
Coordinator: Karen Zmrhal  
Club members needed to volunteer at the Criterium

**AHBA Picnic**  
July 31, Sunday—10:30 start, Ride 25 miles  
From 814 E. Hackberry in AH.  
Bring a dessert or appetizer to pass, club will provide meat, buns, beverage

**All Day Culinary Cruise!**  
August 27, Saturday,—10:00 AM  
Start from the desert house at 732 Plum Tree Lane, Wheeling (South of Lake Cook Road, off of Lexington Avenue, turn left at first street, left at Plum Tree). 35-40 miles.

*Must RSVP to coordinator Joan Wilmeth  
847-397-0723 by 8/20 (FIRM)—  
Hosts need to know how much food to prepare.*

### 3-Day Milwaukee Ride

September 17-19— 9:00 AM start  
76 miles from the marina  
Coordinators: Van Dornick

The 3-Day Ride starts from Dave and Chris house in Rolling Meadows. Those who are riding all three days should have booked a room by now.

The ride in Milwaukee will be from McKinley Marina slips A-E in Milwaukee (2 hours by car)  
Call for directions.

**TRIRI** (*Touring Ride in Rural Indiana*)  
September 18-23  
The September Escapade has similar terrain as June.  
[www.triri.org](http://www.triri.org)

**DALMAC**  
(*Dick Allen Lansing to Mackinaw Classic*)  
September 1-4  
(west route, 4 days, about 300 miles) Similar to the West Michigan Shoreline Ride (with the same mandatory flags) but includes a ride over the bridge at the end of the ride! Camping at localschools.  
[www.lmb.org](http://www.lmb.org)

# Safety Check—From the Safety Chick

## Is Cycling Safe?

The importance of safety is an everyday topic in our lives. Recently, the city of Chicago banned the use of hand-held phones while driving. The village of Mt Prospect has been discussing the addition of speed bumps to discourage speeding on village streets.

Do you think cycling is safe? I found an interesting article titled "Perceptions of Bicycle Safety" by Frank Krygowski. Found on [www.bicyclinglife.com](http://www.bicyclinglife.com) website, I encourage you to review Frank's article. Five of the ten questions he answers are listed below. For the complete questions and answers, please visit the website. You will find a wealth of cycling information.

1 Rank these activities from MOST dangerous (#1) to LEAST dangerous (#5). Here, we're talking about the number of fatalities per million hours of people doing these activities.

- bicycling
- swimming
- on-road motorcycling
- flying in small planes
- walking near traffic

2 Rank these in order, giving #1 to the item causing the most ER visits per year in the USA; Give #5 to the activity or device causing the fewest ER visits per year.

- bicycling
- basketball
- beds
- carpets & rugs
- chairs & sofas

3 Of all the people who die of head injuries in the US, what percentage are killed while riding bicycles?

- a. 30%
- b. 20%
- c. 10%
- d. 5%
- e. less than 1%

4 On average, how often do enthusiastic cyclists (that is, bike club members) crash badly enough to damage equipment or require medical treatment? Roughly every:

- a. 1500 miles
- b. 5000 miles
- c. 10000 miles
- d. 30000 miles
- e. 100000 miles

5 For a cyclist being treated in an ER, rank the most common injury being treated #1, and rank the least common injury #5:

- minor injuries to legs (like skinned knees)
- minor injuries to arms (like skinned elbows)
- minor injuries to shoulders
- moderate or worse injuries to arms
- moderate or worse head injuries

*Tailwinds—Nancy*

**Answers:**

1 Most dangerous, flying small planes.  
 2 Most ER visits, basketball. Least visits, carpets and rugs. Bicycling ranked #2  
 3 Less than 1%, approximately 600. Roughly every 30,000 miles.  
 4 Most common treatment, minor injury to legs—37%. Least injury to arms—9%.  
 5

**10% OFF**  
**Runners High**  
**Arlington Heights**

Runners High offers all AHBA club members 10% off on store merchandise. Come by and see Mark.

7 South Dunton Street, Arlington Heights  
 847-670-9255

# Ride Schedule Update

## Bakery Rides

9:00 AM Tuesday/Thursday from Willow Stream Park, on Old Checker Road, 1/2 mile west of the Deerfield Bakery (same place as always)

## Tuesday Night Rides

Tuesday Night Rides begin from Recreation park at 6:30 PM.

## Scheduled Rides—Advanced 2005—Saturdays

Date	Time	Miles	Destination	Start	Comments
8/6	8:00	100	Lake Geneva Ride	Kildeer School— Long Grove	Bring a snack for the long route, rolling hills on both routes. Lunch in Lake Geneva <i>Leader: Van Dornicks</i>
	10:00	50		Veteran's Memorial Park— McHenry	
8/13	8:30	72	Volo Bog Ride	Frontier Park	Take a break at the bog to be with nature, lunch in McHenry <i>Leader: Van Dornicks</i>
8/20	8:30	60	Dawes Park Ride	Frontier Park	Urban riding through some interesting architectural areas. Lunch in Evanston <i>Leader: Van Dornicks</i>
8/27	10:00	30-ish	Progressive Dinner Ride	Bena's 732 Plumtree, Wheeling, IL	See intermediate schedule
9/3	8:30	60	Lakewood Bridge Ride	Recreation Park	Lunch in Highland Park <i>Leader: Van Dornicks</i>
9/5	9:00	50	Schaumburg and Beyond ride	Frontier Park	Lunch on the way <i>Leader: Van Dornicks</i>
<i>Monday</i>					
9/10	9:00	72	Woodstock Ride	Lakewood Forest Preserve	Breakfast in Woodstock, bring a snack along for later <i>Leader: Van Dornicks</i>

## Scheduled Rides—Intermediate 2005—Saturdays

Date	Time	Miles	Destination	Start	Comments
8/6	9:00	35	Long Ride to Village Tavern	Frontier Park	Joint ride with BCLC, Lunch in Long Grove <i>Jim Shoemaker, Diane Gbertner</i> <i>Sharon Mikula</i>
	9:30	25		Kildeer School	
8/13	9:00	40-45	Algonquin Ride	Frontier Park	Ride to Algonquin for lunch <i>Laurie Larson</i>
8/20	9:00	40	Mettewa Ride	Frontier Park	Learn where Mettewa is Lunch in Vernon Hills <i>Al Gibbs</i>
8/27	10:00	30-ish	Progressive Dinner Ride	Bena's 732 Plumtree, Wheeling, IL	Start .....Bena's Appetizer .....Joan Willmeth Salad's .....Tom Drabant Main .....Dave and Chris Dessert's .....Bena



# Rides Of A Different Flavor

## Chicago Area Bike Path / Trail Rides 2005—Wednesdays

Date	Time	Miles	Path/Trail	Start Directions	Comments
8/3	9:00	77	I & M Trail Morris to La Salle	Gebhard Woods St. Park, Morris Exit I-80 S; R on US 6 ; follow signs to park.	Packed stone, some paved***
8/10	8:00	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***
8/17	9:00	60	Old School Forest Preserve to Kenosha	Parking Lot D, Old School Forest Preserve IL 176 to St. Mary's Rd.; south to Forest Preserve on the left Park in shelter D lot.	Packed crushed stone, paved *** <i>Joe Irons 359-0551</i>
8/24	9:00	57	Plank Road Path Frankfort, IL	I-294 south to I-80 west; US 45 south to Frankfort; turn left at sign to Historic Frankfort; parking in town on trail on N White St.	Paved path <i>Kilian Emanuel 296-7874</i>
8/31	????	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 park entrance on the right; park in the 1st lot to the right	Packed crushed stone, paved and connecting roads

\*\*\* Paved, crushed stone, connecting roads and streets approved for narrow tires. \*\*wide tires recommended. \*wide tires required  
Bring snacks and plenty of water to drink. Call Art Cunningham at 963-8747 for details.

### TRIRI: Once Upon A Time In Indiana *continued*

church and the labyrinth in New Harmony, the Monastery in Ferdinand (where one adventurer fell into the holy water pit and may have undergone an amazing religious conversion), the Abbey in St. Meinrad, the Abe Lincoln boyhood sites and musical drama, and the spectacular West Baden Springs Hotel. Along the way, they dined like the royalty they are, tasting delectable pies at Windell's in the burg of Dale and enjoying all manner of breakfast and lunch delights at Deb's Truck Stop in Birdseye.

The Arlington Heights adventurers, perhaps inspired by Professor Weasel, daringly participated in the traditional TRIRI math contest. Congratulations to the Queen, the

C.F.O, and the Court Jester for their fine efforts! There was much celebrating among the seven, especially when the C.F.O. shared his prize with all!

Alas, many animals met their demise along the road in the kingdom of Indiana, and one cycling family from that kingdom took it upon themselves to count and categorize all of the unfortunates seen during the week. The Princess Weasel was tempted to bring a specimen home to the kingdom of Illinois for the Road Treasures Contest, but she resisted the temptation.

Both the Chief Hill Climbing Weasel and the Queen met fellow cyclists that had gone to their high schools in the kingdoms of Illinois

and Wisconsin, respectively. Hill Climbing Weasel and his fellow Gordon Tech. alum treated us to a stirring rendition of their school song.

Congratulations to the Court Jester for successfully completing his first week-long cycling tour and for riding his longest single day ever, 80 miles.

This was also his first camping experience, and he was lucky enough to do it without enduring one single drop of rain the entire week! The Princess is quite jealous, since on her first camping night in the year 2000 in the hamlet of Eagle River in the kingdom of Wisconsin, she had to endure a raging thunderstorm.

## Welcome Newcomers...

Jerry Granath, *Rolling Meadows*

Brad Barchas, *Schaumburg*

Dave Zavasnik, *AH*

Kevin Keehn, *Palatine*

## Happy Birthday to...

Mitch Polonsky      ???

Terry Zmrhal      8.6

Louis Lambros      8.11

Geoffery Anderson      8.13

Mary Fitzwater      8.20

Glen Phillips      8.22

Diane Beveridge      8.22

Barbara Hackel      8.29 [tba]



Arlington Heights Bicycle Association  
500 East Minor Street  
Arlington Heights, IL 60004



# the SPOKEN WORD

September 2005

Volume 34 • Number 9

*President's Column:*

## Ride to Eat, Eat to Ride, Help Wanted?

Seventeen riders participated in the first GRAIL ride in late July. Riders took a bus from Arlington Heights to Clinton Iowa. Saturday's ride was a somewhat wet 80 miles to Rochelle Illinois. Sunday tested riders with scorching heat over 80 additional miles and returning to Arlington Heights. Despite the weather, all great time was had by everyone and early discussions indicate we will have a similar weekend ride in 2006 starting in a different location. Everyone was amazed at how quickly we were able to load and unload bikes into the bus. Both routes were on lightly traveled roads in good condition. Thanks to Bena Gerber for being our travel arranger and to Jim Barr for helping design the route, producing the cue sheets, and providing SAG support.

A friend of mine from Ohio who rode with us commented: I've never drunk water that was as hot as what I had on Sunday. AHBA has the nicest people. They don't just talk the talk, they walk the walk when it comes to ice cream. Five of us stopped at the DQ just a block before finishing the ride

Saturday. On the way into DQ, two riders were just leaving and two more arrived while we were inhaling our ice cream. Those that didn't stop before finishing the ride, went for ice cream at another shop on their way TO dinner. I love it!

We have a few club members who go above and beyond, and are helping us be the kind of club that we all want to be. This month, we recognize Vince Kelly. In the past few weeks, Vince has stepped in and abandoned his own rides to help other riders on three separate occasions. One one ride, a member became ill. Vince rode back to his car and came back to assist the rider home. Another rider bonked and again Vince came to the rescue. Finally, on the picnic ride, one rider was unable to keep up with the pace and Vince escorted her back to the start. Thanks Vince!

Club meetings are at risk. We need someone to step forward to organize speakers and some else to organize refreshments for our monthly meetings. Meetings are held 7 months each year: January

through May, September, and October. The club meetings are a great time to socialize with club members as well as listen to interesting cycling related topics.



Congratulations to Dave Martin for successfully completing his 50 day ride across the United States. We're anxious to hear more about his adventure.

Nominations for officers will be taken at the September meeting. If you are interested in one of the board positions, nominate yourself or another member. Voting occurs at the October meeting.

*On Your Left—Gary Gilbert*

# AHBA Officers 2005

Gary Gilbert, *President*  
 Christine/Dave VanDornick, *Vice Presidents*  
 Kris Sudrovech, *Secretary*  
 Mitch Polonsky, *Treasurer*

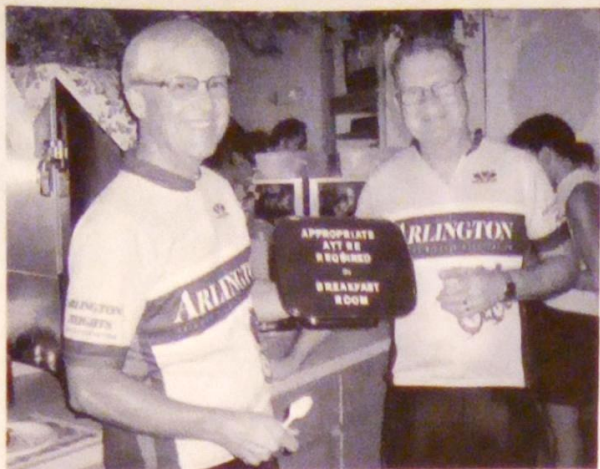
Arlington 500	Greg Konieczny	398-4633
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Programs	OPEN !!	
Refreshments	OPEN !!	

# Top Riders

as of 8/18/05

1. Dave Slocum	2890
2. Mitch Polonsky	2799
3. Christine Van Dornick	2190
4. Dave Van Dornick	1958
5. Bob Hinkle	1933
6. Greg Konieczny	1801
7. Art Cunningham	1759
8. Scott Schaedel	1564
9. Len Geis	1547
10. Laurie Larson	1461
11. Reinhilde Geis	1324
12. Bena Gerber	1262
13. Harlan McDaniel	1242
14. Paula Matzek	1227
15. Earle Horwitz	1094
16. Bob Dominski	1072
17. Vince Kelly	1050
18. Jim McClure	1050
19. Barbara Barr	1020
20. Chris Wager	1019
21. Dave Martin	975
22. Jackie Kelly	852
23. Alan Gibbs	785
24. Donna Ponte	707
25. Geri McPheron	658

**Please send articles/photos  
 for the next newsletter to  
 Laurie by August 10, 2005 at  
 newsletter@cyclearlington.com**



GRAIL—Appropriate Dress



GRAIL—No Loitering



AH 500—Sweep Riders



AH 500—Registration



TRIRI—Refuel

## Club Internet Access

The club has an active Yahoo group available on the Internet. This group allows us to exchange email with other club members without having to worry about everyone's individual email address. You can subscribe to the group and post messages to the other group members by sending an email to the email addresses below. You must subscribe before you can send a message.

The group name is **ahbacyclists** and is available at <http://groups.yahoo.com/group/ahbacyclists>

Post message:  
[ahbacyclists@yahoogroups.com](mailto:ahbacyclists@yahoogroups.com)

Subscribe:  
[ahbacyclists-subscribe@yahoogroups.com](mailto:ahbacyclists-subscribe@yahoogroups.com)

Unsubscribe:  
[ahbacyclists-unsubscribe@yahoogroups.com](mailto:ahbacyclists-unsubscribe@yahoogroups.com)

Our Web Site is <http://www.cyclearlington.com>  
Please send all updates to Greg Konieczny.  
Via [web@cyclearlington.com](mailto:web@cyclearlington.com)

Members using AOL as their Internet service provider sometimes have problems when accessing the Yahoo group or the AHBA Web site. Please call AOL customer support to resolve any problems you may encounter. In most situations, you have AOL configured to prohibit attachments and that is the source of your problems.

We have a new set of email addresses available. These email addresses are available and remove the necessity of making members email addresses public in the newsletter. Messages sent to these addresses are automatically directed to the appropriate members.

General Info	<a href="mailto:ride@cyclearlington.com">ride@cyclearlington.com</a>
President	<a href="mailto:president@cyclearlington.com">president@cyclearlington.com</a>
Newsletter	<a href="mailto:newsletter@cyclearlington.com">newsletter@cyclearlington.com</a>
Membership	<a href="mailto:membership@cyclearlington.com">membership@cyclearlington.com</a>
Arlington 500	<a href="mailto:500@cyclearlington.com">500@cyclearlington.com</a>
Web	<a href="mailto:web@cyclearlington.com">web@cyclearlington.com</a>
Bike Swap	<a href="mailto:swap@cyclearlington.com">swap@cyclearlington.com</a>

## Extra Rides/Events

### All Day Culinary Cruise!

August 27, Saturday,—10:00 AM  
Start from the desert house at 732 Plum Tree Lane, Wheeling (South of Lake Cook Road, off of Lexington Avenue, turn left at first street, left at Plum Tree). 35-40 miles.

*Must RSVP to coordinator Joan Wilmeth  
847-397-0723 by 8/20 (FIRM)—*

*Hosts need to know how much food to prepare.*

### 3-Day Milwaukee Ride

September 17-19— 9:00 AM start from marina  
76 miles from the marina  
Coordinators: Van Dornick

The 3-Day Ride starts from Dave and Chris house in Rolling Meadows. Those who are riding all three days should have booked a room by now.

The ride in Milwaukee will be from McKinley Marina slips A-E in Milwaukee.

Take 94 north to Milwaukee exit 794 East. Move to left lanes, exit to Lincoln Memorial Drive proceed about 1.5 miles to the Marina entrance slips A-E. (2 hours by car)

### TRIRI (*Touring Ride in Rural Indiana*)

September 18-23

The September Escapade has similar terrain as June.  
[www.triri.org](http://www.triri.org)

### DALMAC

(*Dick Allen Lansing to Mackinaw Classic*)

September 1-4

(west route, 4 days, about 300 miles) Similar to the West Michigan Shoreline Ride (with the same mandatory flags) but includes a ride over the bridge at the end of the ride! Camping at local schools.  
[www.lmb.org](http://www.lmb.org)

### Hilly Hundred Weekend in Indiana

Oct 15-16

Plan for pot luck supper on Saturday night  
Room coordinator: Greg Konieczny

**Please turn in all sign in sheets prior to the end of October to be included in the 2005 Mileage.**

# Safety Check—From the Safety Chick

Finally, I had the pleasure of taking part in a club ride on a Saturday. My schedule hasn't allowed for much club riding this year so I was pleased to see many riders making an effort to ride safely. As suggested by Gary in a recent newsletter, the ride leader introduced herself to the group, explained the route and a few specifics about the day's ride. Since it was a large group, the ride leader made a few safety decisions and announced them to the group.

1) She divided us into two groups; assigning a leader for the first group, she stayed with the second group. 2) Explained how to safely go through intersections. 3) Changed the route to avoid construction and unsafe riding areas.

I don't know if anyone was specifically thinking about how to ride safely but everyone did a great job. The group "rolled" through a few stop signs, but only when cars and other traffic were not in the area. On busy roads, everyone rode single file.

The only safety concern that I noticed was on the side streets. Riders rode 3 or 4 abreast and occasionally a rider was riding on the wrong side of the street. Many riders, especially, those on the Tuesday night rides, have mentioned this particular issue to me. Riding on the wrong side of the street is an obvious problem for an oncoming car but it can also be a problem if a car is trying to pass the group. Also, cars exiting driveways or side streets will be looking to their left not their right for traffic in their lane.

Below are portions of two articles that talk about safe bicycling.

## **BICYCLING STREET SMARTS**

*by John S. Allen*  
[www.bikexpert.com](http://www.bikexpert.com)

## **THE SAFETY COCOON**

Imagine a "cocoon" of space around each bicycle in your group of riders. It's easy to think that you can safely pass closer to a bicycle than a car, because the bicycle is smaller. But the bicycle can turn to the side just as fast as a car. Keep 3 feet of clearance when you're passing another bicyclist - more at high downhill speeds.

At any time, one of your riding companions might be about to pass you, so be especially careful to ride in a straight line. You don't have eyes in the back of your head, and you can't constantly trace the position of bicyclists behind you as you ride.

When you're about to pass another bicyclist, it's your responsibility to do it safely. The other members of your group can't read your mind to know that you are about to change position in the group. Check behind you before you change your lane position. Call out, "On your left" to the bicyclist you're passing, and pass on the left.

Never sneak past another bicyclist on the right—if you do, you force the other bicyclist farther toward the middle of the road without warning.

## **RIDING SIDE BY SIDE**

Bicyclists often like to ride side by side so they can talk with each other. Riding two abreast is legal in most places. It's okay on a straight, flat road. There, drivers can see you from behind, and you can usually see or hear them approach.

Side-by-side bicyclists occupy a whole lane. On a multilane road with light traffic, cars can pass in the next lane. On a narrow road or with heavier traffic, be courteous! Don't make drivers wait for you. Pull into a single line well before cars reach you. It takes only one thoughtless rider out to the left of the group to endanger the whole

group. Call out, "Car back" to let the group know it's time to single up.

A rear-view mirror helps you to check on the cars behind you. With a mirror, you can ride side by side more often and still pull back into a single line to let the cars pass you. Never ride side by side on a hilly or winding road. Don't make yourself into a last-moment surprise to a motorist coming around a curve or over a hilltop.

## **HOW NOT TO GET HIT BY CARS**

*by Michael Bluejay*  
[www.Bicyclesafe.com](http://www.Bicyclesafe.com)

**Don't ride against traffic. Ride with traffic, in the same direction.**

Riding against traffic may seem like a good idea because you can see the cars that are passing you, but it's not. Here's why:

Cars which pull out of driveways, parking lots, and cross streets (ahead of you and to the left), which are making a right onto your street, aren't expecting traffic to be coming at them from the wrong way. They won't see you, and they'll plow right into you.

**How the heck are you going to make a right turn?**

Cars will approach you at a much higher relative speed. If you're going 15mph, then a car passing you from behind doing 35 approaches you at a speed of only 20 (35-15). But if you're on the wrong side of the road, then the car approaches you at 50 (35+15), which is 250% faster! Since they're approaching you faster, both you and the driver have lots less time to react. And if a collision does occur, it's going to be ten times worse.

Riding the wrong way is illegal and you can get ticketed for it. Bruce Mackey says that 25% of cycling collisions are the result of the cyclist riding the wrong way.

# Ride Schedule Update

## Bakery Rides

9:00 AM Tuesday/Thursday from Willow Stream Park, on Old Checker Road, 1/2 mile west of the Deerfield Bakery (same place as always)

## Tuesday Night Rides

Tuesday Night Rides begin from Recreation park at 6:30 PM.

## Scheduled Rides—Advanced 2005—Saturdays

Date	Time	Miles	Destination	Start	Comments
9/3	8:30	60	Lakewood Bridge Ride	Recreation Park	Lunch in Highland Park Leader: Van Dornicks
9/5	9:00	50	Schaumburg and Beyond ride	Frontier Park	Lunch on the way Leader: Van Dornicks
<i>Monday</i>					
9/10	9:00	72	Woodstock Ride	Lakewood Forest Preserve	Breakfast in Woodstock, bring a snack along for later Leader: Van Dornicks
9/24	8:30	56	Rawson Bridge Ride	Frontier Park	Leader: Van Dornicks
10/1	8:30	68	Botanic Garden Ride	Recreation Park	Belleau Lake Forest Preserve is located on Busse Hwy south of Route 14 about 2 mile on the left, or north side of Busse Hwy. Leader: Van Dornicks
	9:30	48		Belleau Lake Forest Preserve in Des Plaines	
10/8	8:30	60	Ride to Round Lake to the Mexican Restaurant	Frontier Park	Leader: Gary Gilbert
10/22	9:00	60	Ride to McHenry	Frontier Park	Leader: Van Dornicks
10/29	8:00	57	Ride to McHenry	Recreation Park	The Pavillion is located just south of Beisterfield Road at Wellington Leader: Marilyn Wilkerson
	9:30	35		The Pavillion in Elk Grove	

## Scheduled Rides—Intermediate 2005—Saturdays

Date	Time	Miles	Destination	Start	Comments
9/3	9:00	43	Algonquin Ride	Frontier Park	A few hills Tom Drabant 847.397.4497
9/10	9:00	52	Independence Grove Ride	Frontier Park	Dual Starting places. Jan McCandliss 847-265-0130
	9:30	40		Kildeer School in Long Grove	
9/17	9:00	37	Paula's 20,000 ride	Frontier Park	Paula Matzek 847-394-4920
9/24	9:00	45	Mystery ride	Frontier Park	Be adventurous and SHOW UP.



# Rides Of A Different Flavor

## Chicago Area Bike Path / Trail Rides 2005—Wednesdays

Date	Time	Miles	Path/Trail	Start Directions	Comments
9/7	9:00	52	Des Plaines Ride to Old School	Half Day Forest Preserve off Milwaukee Ave. 1-1/2 miles. north of IL-22 – park at the 1st lot on the rt.	Crushed stone and Paved paths
9/14	9:00	55	Waubansee Glacial to Manhattan Frankfort, IL	I-294 south to I-80 west; US 45 south to Frankfort; turn left at sign to Historic Frankfort; parking in town on trail on North White St.	Paved Path—crushed stone connecting roads***
9/21	9:00	50/30	Medley of Trails Cuba Marsh to Arlington Lake Nichols Hill Golf Course	From Dundee Rd. turn north on Kennicott to end, 1st lot on left at bottom of hill.	Packed crushed stone and paved paths, short unimproved trail/roads ** Joe Irons – 359-0551
9/28	10:30	40	Chicago Lake Front Path	Foster Ave Beach East on Peterson off Edens, right. on Ridge, bear right on Broadway to Foster, left under Lake Shore to 1st parking lot on left.	Paved path

\*\*\* Paved, crushed stone, connecting roads and streets approved for narrow tires. \*\*wide tires recommended. \*wide tires required  
Bring snacks and plenty of water to drink. Call Art Cunningham at 963-8747 for details.

## Upcoming Meetings

*Meetings are held at Recreation Park, 500 East Miner, Arlington Heights. Meetings start promptly at 7:30PM. Come a few minutes early to socialize.*

**August 27, 2005** – Saturday, Progressive Dinner

**September 28, 2005** – Bill Kragh's cycling trip to Costa Rica, tentative.

**October 26, 2005** – Donna Ponte's cycling trip to Vietnam, tentative.

**November 12, 2005** – Saturday, Banquet

**December 2005** – No meeting

## Board Meetings

*Board Meetings are held on 3rd Monday evening of each month. They are held at the home of Gary Gilbert at 7:30PM. Board meetings are open to all club members. Summer Board meetings may or may not occur. Please confirm a week in advance if you plan to attend or have issues that you wish the board to consider.*

**September 19 and October 17**—tentative dates.



## Welcome Newcomers...

Frank Bing, *Buffalo Grove*

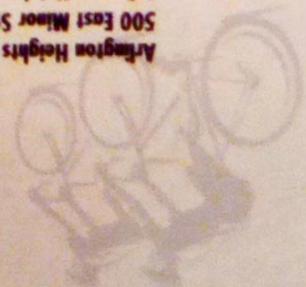
Christina Preston, *AH*

## Happy Birthday to...

- 9-3 Jeanne Salle
- 9-3 Scott Schaedel
- 9-9 Wayne Mikes
- 9-9 Barbara Kulp
- 9-19 Bill Schwerin
- 9-22 Bill Lance
- 9-24 Cindy Trent
- 9-28 Karen Zmrhal
- 9-30 John Hendrickson



Arlington Heights Bicycle Association  
500 East Minor Street  
Arlington Heights, IL 60004



# the SPOKEN WORD

October 2005

Volume 34 • Number 10

*President's Column:*

## Gone Riding!

The president has a very brief column for October. I've gone riding and am currently in Summerville, South Carolina. I've been cycling in 11 eastern states and if Hurricane Ophelia cooperates I'll add two more in the coming days. See you all when I return.

Elections for officers will occur at the October meeting. If you are interested in becoming an officer or recommending someone else for office, please come to the September and October meetings. Nominations are traditionally made at the September meeting and voting takes place at the October meeting.

The annual AHBA Banquet is scheduled for Saturday November 12th at Hackney's in Wheeling on Milwaukee Avenue, 1/2-mile South of Dundee Road. Cocktails and social hour at 6:00 PM, dinner at 7:00 PM, and program to follow. Thank you to Barb Barr for organizing this years banquet.

You need to RSVP to Mitch Polonsky, along with sending a check for \$20 per person for members (spouses are members), \$35 per person for non-members,

by October 31. Send the checks to Mitch at: 3219 Carriageway Drive, Arlington Heights, IL 60004.

Our meetings resume in September and October. September 28 join us

to hear Bill Kragh talk about his cycling trip to Costa Rica. October 26 we will hear from Donna Ponte about her cycling trip to Vietnam.

On Your Left—Gary Gilbert

## 2005 AHBA Banquet

### Hackney's in Wheeling

241 S. Milwaukee Avenue  
(Milwaukee Avenue,  
1/2-mile South of Dundee Road)

**Saturday, November 12**

**6:00 p.m.** Cocktails and social hour

**7:00 p.m.** Dinner/program

*Please RSVP to Mitch Polonsky by October 31.*

*\$20 per person — members (spouses are members)*

*\$35 per person — non-members*

*Send checks to Mitch Polonsky (payable to AHBA):*

*3219 Carriageway Drive, Arlington Heights, IL 60004.*

# AHBA Officers 2005

Gary Gilbert, *President*  
Christine/Dave VanDornick, *Vice Presidents*  
Kris Sudrovech, *Secretary*  
Mitch Polonsky, *Treasurer*

Arlington 500	Greg Konieczny	398-4633
Arlington Criterium	Karen Zmrhal	397-1499
500 Arrow Man	Dave Martin	991-6795
Bakery Rides	Mitch Polonsky	255-1873
Banquet	Barbara Barr	630-628-6267
Bike Rodeo	Bob Hinkle	259-1423
Bike Swap	Al & Jeanie Gain	392-1547
Emil Donkers' Helmet Program	Roy Euclide	437-0442
Intermediate Rides	Al Gibbs	398-1376
Membership	Jim Shoemaker	910-8640
Newsletter	Laurie Liska	394-2407
New Years Day	Chris/Dave VanDornick	259-7917
Picnic	Gary Gilbert	577-4275
Postmaster	Jim Shoemaker	910-8640
Progressive Dinner	Joan Willmeth Cindy Barba	397-0723
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner Jim Shoemaker	910-8640
Tuesday Night Rides	Laurie Larson	
Trail Rides	Art Cunningham	963-8746
Webmaster	Greg Konieczny	398-4633
Zero Mile Rides	Gary Gilbert	577-4275
Programs	OPEN !!	
Refreshments	OPEN !!	

## Top Riders

as of 8/18/05

1. Dave Slocum	3341
2. Mitch Polonsky	3318
3. Christine Van Dornick	2452
4. Art Cunningham	2387
5. Greg Konieczny	2358
6. Bob Hinkle	2297
7. Dave Van Dornick	2174
8. Scott Schaedel	2004
9. Laurie Larson	1987
10. Len Geis	1940
11. Reinhilde Geis	1714
12. Bena Gerber	1519
13. Jim McClure	1403
14. Paula Matzek	1397
15. Chris Wager	1372
16. Earle Horwitz	1366
17. Harlan McDaniel	1302
18. Dave Martin	1232
19. Bob Dominski	1192
20. Vince Kelly	1139
21. Barbara Barr	1092
22. Donna Ponte	963
23. Geri McPheron	958
24. Alan Gibbs	941
25. Jackie Kelly	941

**Please send articles/photos  
for the next newsletter to  
Laurie by October 10, 2005 at  
newsletter@cyclearlington.com**

# Safety Check—From the Safety Chick

Here are a few safety reminders for cyclists and motorists, courtesy of the Missouri Bike Federation.

## Bob's Rules For cyclists:

1. **Obey the law.** Blowing by a stop sign is dangerous and generates a feeling of "it's not fair" to motorists.
2. **People in cars have someplace to go.** Don't hold them up unnecessarily.
3. **Take a traffic lane when you have to.** It's safer than being squeezed to the side of a narrow lane or dodging fireplugs, utility poles or cars coming out of driveways onto the sidewalk.
4. **Nighttime is six times more dangerous than daytime for a ride.** People who ride at night should have bright lights and wear reflective clothing.
5. **Ride single file in traffic.**

## For motorists:

1. **Please be patient.** Cyclists are not trying to slow you down. They have somewhere to go, too.
2. **Minimize your distractions.**
3. **Don't squeeze cyclists.** Wait until you have room to pass, giving the cyclist at least three feet of clearance.
4. **Bicyclists pay taxes and have a right to the road, too.**
5. **Remember, cyclists are taking up one less parking space and one less place in line at the gas station.**

## Upcoming Meetings

*Meetings are held at Recreation Park, 500 East Miner, Arlington Heights. Meetings start promptly at 7:30PM. Come a few minutes early to socialize.*

**October 26, 2005** – Donna Ponte's cycling trip to Vietnam, tentative.

**November 12, 2005** – Saturday, Banquet, No meeting

**December 2005** – No meeting

*The January meeting will be a calendar meeting where we will set the schedule for 2006.*

## Board Meetings

*Board Meetings are held on 3rd Monday evening of each month. They are held at the home of Gary Gilbert at 7:30PM. Board meetings are open to all club members. Summer Board meetings may or may not occur. Please confirm a week in advance if you plan to attend or have issues that you wish the board to consider.*

**October 11.**

## Club Internet Access

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Subscribe:  
[ahbacyclists-subscribe@yahogroups.com](mailto:ahbacyclists-subscribe@yahogroups.com)

Unsubscribe:  
[ahbacyclists-unsubscribe@yahogroups.com](mailto:ahbacyclists-unsubscribe@yahogroups.com)

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Via [web@cyclearlington.com](mailto:web@cyclearlington.com)

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We have a new set of email addresses available. These email addresses are available and remove the necessity of making members email addresses public in the newsletter. Messages sent to these addresses are automatically directed to the appropriate members.

General Info	<a href="mailto:ride@cyclearlington.com">ride@cyclearlington.com</a>
President	<a href="mailto:president@cyclearlington.com">president@cyclearlington.com</a>
Newsletter	<a href="mailto:newsletter@cyclearlington.com">newsletter@cyclearlington.com</a>
Membership	<a href="mailto:membership@cyclearlington.com">membership@cyclearlington.com</a>
Arlington 500	<a href="mailto:500@cyclearlington.com">500@cyclearlington.com</a>
Web	<a href="mailto:web@cyclearlington.com">web@cyclearlington.com</a>
Bike Swap	<a href="mailto:swap@cyclearlington.com">swap@cyclearlington.com</a>

## Extra Rides/Events

### Hilly Hundred Weekend in Indiana

Oct 15-16

Plan for pot luck supper on Saturday night  
Room coordinator: Greg Konieczny

## Road Treasures Contest

Remember the May newsletter where you were told to save all of your items you found along the road while you were out cycling? The banquet is where you are suppose to bring them for all to enjoy. You may even win a valuable prize! (or not).

## Join us for another dining adventure!!!

**When:** Saturday, October 8  
5:30 pm

**Where:** Fritzels (German Cuisine)  
377 N. Rand Road  
Lake Zurich, Illinois

**Tel:** 1.847.540.8844

**Please RSVP to Jim Shoemaker no later than Wednesday October 5, at 847-910-8640 or [imjims@wowway.com](mailto:imjims@wowway.com)**

Hope to see you there!!!

# Ride Schedule Update

## Bakery Rides

9:00 AM Tuesday/Thursday from Willow Stream Park, on Old Checker Road, 1/2 mile west of the Deerfield Bakery (same place as always)

## Tuesday Night Rides

Tuesday Night Rides begin from Recreation park at 6:30 PM.

## Scheduled Rides—Advanced 2005—Saturdays

<i>Date</i>	<i>Time</i>	<i>Miles</i>	<i>Destination</i>	<i>Start</i>	<i>Comments</i>
10/1	8:30	68	Botanic Garden Ride	Recreation Park	Belleau Lake Forest Preserve is located on Busse Hwy south of Route 14 about 1/2-mile on the left, or north side of Busse Hwy. <i>Leader: Van Dornicks</i>
	9:30	48		Belleau Lake Forest Preserve in Des Plaines	
10/8	8:30	60	Ride to Round Lake to the Mexican Restaurant	Frontier Park	<i>Leader: Gary Gilbert</i>
10/22	9:00	60	Ride to McHenry	Frontier Park	<i>Leader: Van Dornicks</i>
10/29	8:00	57	Halloween Ride—wear your costume!	Recreation Park	The Pavillion is located just south of Beisterfield Road at Wellington <i>Leader: Marilyn Wilkerson 847-439-4496</i>
	9:30	35	Last scheduled ride of the season.	The Pavillion in Elk Grove	

## 2006 Bike trips

We are trying to set up a meeting to discuss options for a week-long ride for 2006. In preparation for this Meeting, please research your favorite state or ride destination so that we have dates, sleeping options, and Ideas on the terrain and distance for various choices. Look for more details in the next newsletter.

## Show N' Go Rides

Our regular ride schedule ends at the end of October with the Halloween Hullabaloo Ride. That doesn't mean the riding ends. The club has Show N' Go rides that start at 10:00 AM at Frontier Park each Saturday from November 5 through late March. These rides have generally been between 30-45 miles and typically involve a food stop. The criteria has been that the temperatures are above freezing and the pavement generally free of snow.

**Please turn in all sign in sheets prior to the end of October to be included in the 2005 Mileage.**

## Scheduled Rides—Intermediate 2005—Saturdays

<i>Date</i>	<i>Time</i>	<i>Miles</i>	<i>Destination</i>	<i>Start</i>	<i>Comments</i>
10/1	9:00	42	Millies Pancake House Ride	Frontier Park	Bring your appetite (and bike) <i>Leader: Al Gibbs 847-398-1376</i>
10/8	9:00	30	Schaumburg Ride	Frontier Park	A slower ride around Schaumburg <i>Leader: Geri McPheron 847-824-5091</i>
10/15	9:00	40	Barrington Hills	Frontier Park	Touring the hills of Barrington Hills <i>Leader: Diane Guertner 708-524-1963</i>
10/22	9:00	45	Mystery ride Show N' Go	Frontier Park	<i>for updates on show'n go, as of publication call Al Gibbs 847-398-1376</i>
10/29	9:30	35	Halloween Ride <i>(with advanced riders)</i>	The Pavillion in Elk Grove	Dress up for this one! <i>Leader: Marilyn Wilkerson 847-439-4496</i>

## Rides Of A Different Flavor

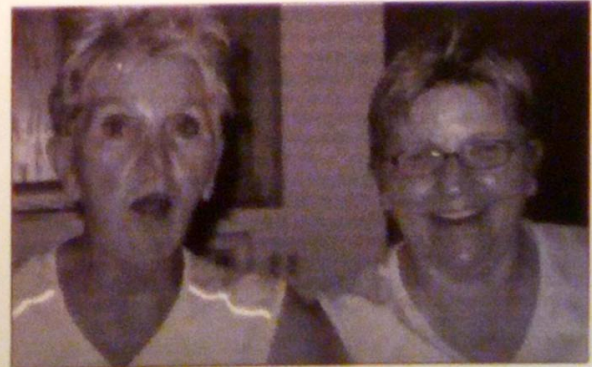
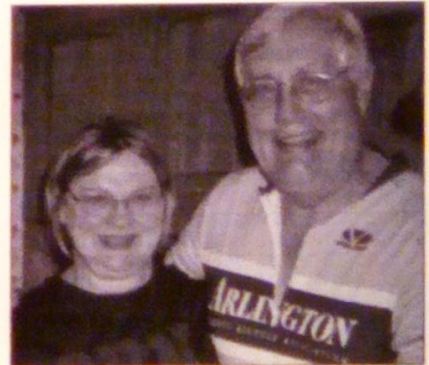
### Chicago Area Bike Path / Trail Rides 2005—Wednesdays

<i>Date</i>	<i>Time</i>	<i>Miles</i>	<i>Path/Trail</i>	<i>Start Directions</i>	<i>Comments</i>
10/5	9:00	50	Prairie/Fox Triangle ride	Kline Farm, Winfield From North Ave, left (s) at Country Farm Road, 1/2- mile, lot on right	Packed crushed stone, some paved.
10/12	9:00	40	Trails of Naperville	Roy C. Blackwell F. P., Warrenville (Mack Road entrance) Go east on I-90 to IL-59; go south to Mack Road; go left. 1/2-mile to parking on the left.	Crushed stone/paved paths & connecting streets.
10/19	9:00	55	Discovery Ride White River Trail Ride to Wind Lake Lyons, WI	Go North on I-94 to WI-50; go left to South/Lyons Road to Lyons; park near Jenies Store.	Crushed stone path and connecting roads.
10/26	9:00	50	Des Plaines/McClory Lake County Loop	Parking Lot D, Old School Forest Preserve IL 176 to St. Mary's Road; south to Forest Preserve on the left. Park in shelter D lot.	Packed crushed stone.

*\*\*\* Paved, crushed stone, connecting roads and streets approved for narrow tires. \*\*wide tires recommended. \*wide tires required*  
Bring snacks and plenty of water to drink. Call Art Cunningham at 963-8747 for details.



# Thanks to all of the progressive dinner hosts!



## Welcome Newcomers...

**Greg Marsh, *Palatine***

**Joan Kearney, *Palatine***

**Mike and Marilyn Albano, *Algonquin***

**Pat Cravens, *AH***

## Happy Birthday to...

- 10.6 Bob Dominski
- 10.12 Ron Mc Pheron
- 10.17 Dave Martin
- 10.19 Ralph Salle
- 10.25 Don Ami
- 10.29 Ruth Horwitz
- 10.29 Nancy Wagner
- 10 Michelle Cafferella
- 10.31 Andrew Treguboff



Arrington Heights Bicycle Association  
500 East Minor Street  
Arrington Heights, IL 60004



# *the* SPOKEN WORD

November/December 2005

Volume 34 • Number 11

*President's Column:*

## Wanted Warmer Weather!

For many riders in AHBA the riding season is winding down as the temperatures and number of daylight hours both decline. We all have our own lowest temperature at which we won't ride any more.

For some this is 60 degrees and for others it might be 40 or even 15. This past year, we had a presentation on winter cycling. The speaker suggested that each year, one needed to set a goal to ride 10 degrees below their comfort zone. After a few years, one is able to ride year round. The answer of course is dressing appropriately. Maybe this is your year? The winter time show-n-go rides continue this year. The club rides on Saturday mornings when temperatures are above freezing and the roads are clear. In past years, there have been between 3 and 10 riders on a typical Saturday. What a great way to start your 2006 mileage goal!

Despite the season winding down, there are a full set of activities planned. Many of these are organized around food—no one should be surprised by that! The

annual banquet is in early November. Read on for more details. Again this winter, we have planned a once a month Zero Mile Breakfast Rides December through March. For those who need explanation: We Don't Ride (thus the zero miles) but we do Eat. The New Years day ride will occur on January 1st. The social committee is planning several dinners. If you have a suggestion for an unique restaurant, talk to Nancy Wagner or Jim Shoemaker. Finally the January board meeting will be a calendar meeting to plan for 2006. If you want certain events to be on the club calendar, please come to that meeting.

The September and October board meetings addressed the issue of unaccompanied minors riding with the club. The discussions were vigorous and all sides of the issue were considered. We know that members have strong opinions on the subject on both sides of the issue and coming to a decision was imperative. At the October board meeting, it was decided that the club will not allow unaccompanied minors to ride with us. In our

decision, in addition to members opinions, we collected information from our insurance carrier, other bike clubs, other recreational clubs, and the Arlington Heights Park District. The next step is to draft language to be added to the club By-Laws. We hope to have proposed text in the January newsletter which would then be voted on at the general meeting in January.

As we near the end of 2005 the club is financially healthy. We are able to pay our bills and will have sufficient funds on hand to run the Swap and 500 again in 2006. Members with specific questions should contact Mitch Polonsky.

AHBA has made our 2005 annual donations to other groups advocating for cycling. As in the past few years, this list includes League of American Bicyclists, Chicagoland Bicycle Federation, League of Illinois Bicyclists, Adventure Cycling, and Rails-to-Trails. These organizations all improve our lives as cyclists.

*On Your Left—Gary Gilbert*

# AHBA Officers 2005

Gary Gilbert, *President*  
 Christine/Dave VanDornick, *Vice Presidents*  
 Kris Sudrovech, *Secretary*  
 Mitch Polonsky, *Treasurer*

Arlington 500	Greg Konieczny	398-4633
Arlington Criterium	Karen Zmrhal	397-1499
500 Arrow Man	Dave Martin	991-6795
Bakery Rides	Mitch Polonsky	255-1873
Banquet	Barbara Barr	630-628-6267
Bike Rodeo	Bob Hinkle	259-1423
Bike Swap	Al & Jeanie Gain	392-1547
Emil Donkers' Helmet Program	Roy Euclide	437-0442
Intermediate Rides	Al Gibbs	398-1376
Membership	Jim Shoemaker	910-8640
Newsletter	Laurie Liska	394-2407
New Years Day	Chris/Dave VanDornick	259-7917
Picnic	Gary Gilbert	577-4275
Postmaster	Jim Shoemaker	910-8640
Progressive Dinner	Joan Willmeth Cindy Barba	397-0723
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner Jim Shoemaker	910-8640
Tuesday Night Rides	Laurie Larson	
Trail Rides	Art Cunningham	963-8746
Webmaster	Greg Konieczny	398-4633
Zero Mile Rides	Gary Gilbert	577-4275
Programs	OPEN !!	
Refreshments	OPEN !!	

# Top Riders

as of 9/5/05

1. Mitch Polonsky	4157
2. Dave Slocum	3974
3. Art Cunningham	3107
4. Greg Konieczny	2989
5. Christine Van Dornick	2936
6. Dave Van Dornick	2650
7. Laurie Larson	2610
8. Bob Hinkle	2544
9. Scott Schaedel	2317
10. Len Geis	2124
11. Reinhilde Geis	1948
12. Bena Gerber	1804
13. Jim McClure	1716
14. Earle Horwitz	1684
15. Paula Matzek	1623
16. Chris Wager	1577
17. Dave Martin	1455
18. Harlan McDaniel	1395
19. Vince Kelly	1277
20. Bob Dominski	1258
21. Milo Plavec	1241
22. Geri McPheron	1156
23. Alan Gibbs	1090
24. Jackie Kelly	1079
25. Donna Ponte	963

**Please send articles/photos  
 for the next newsletter to  
 Laurie by Dec. 10, 2005 at  
 newsletter@cyclearlington.com**

## 2005 AHBA Banquet

### Hackney's in Wheeling

241 S. Milwaukee Avenue  
(Milwaukee Avenue,  
1/2-mile South of Dundee Road)

**Saturday, November 12**

**6:00 p.m.** Cocktails and social hour

**7:00 p.m.** Dinner/program

*Please RSVP to Mitch Polonsky by October 31.*  
\$20 per person — *members (spouses are members)*  
\$35 per person — *non-members*

*Send checks to Mitch Polonsky (payable to AHBA):*  
3219 Carriageway Drive, Arlington Heights, IL 60004.

## AHBA Jerseys

### Order new Arlington Heights Bike Club Jerseys

Over 25 people have already ordered. New up-graded, high tech fabric. Make check payable to AHBA for \$68.80.

Please indicate size on the check in the "memo" area. I have samples if you are not sure about the size.

**Mail to:** Jim Shoemaker 1736 N. Kaspar Arl. Hts IL 60004-3718.

**Money must be in by Dec 1.**  
Delivery in early March.

**Any questions:** Call Jim Shoe (847) 910.8640 or (847) 259.1692 [leave message], or E-Mail: [membership@cyclearlington.com](mailto:membership@cyclearlington.com) or [imjims@wowway.com](mailto:imjims@wowway.com) Thanks everyone, especially Dave Slocum.

When 25 payments have been received, the processing will start. Four days after 25 checks are received the order is going to be placed.

## Upcoming Meetings

*Meetings are held at Recreation Park, 500 East Miner, Arlington Heights. Meetings start promptly at 7:30PM. Come a few minutes early to socialize.*

**November 12, 2005** – Saturday, Banquet, No meeting

**December 2005** – No meeting

**January 25, 2006** – No meeting

The January meeting will be a calendar meeting where we will set the schedule for 2006. We need someone to step forward and organize speakers for our meetings.

## Board Meetings

Board Meetings are held on 3rd Monday evening of each month. They are held at the home of Gary Gilbert at 7:30PM. Board meetings are open to all club members. Please talk or email any board member if you have issues that you wish the board to consider. No board meetings are planned for November or December as we wind down the year. The first board meeting of 2006 is **January 16th**. This meeting will be the annual calendar meeting where we will pick dates for many 2006 events.

## Show N' Go Rides

Our regular ride schedule ends at the end of October with the Halloween Hullabaloo Ride. That doesn't mean the riding ends. The club has Show N' Go rides that start at 10:00AM at Frontier Park each Saturday from November 5 through late March. These rides have generally been between 30-45 miles and typically involve a food stop. The criteria has been that the temperatures are above freezing and the pavement generally free of snow. **For further information, call Dave and Chris at (847) 259-7917**

# Safety Check—From the Safety Chick

Unscramble these four "tumbles," one letter to each square to form four ordinary words or phrases.

*answer: safe cyclist*

TPSO

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GLENSI-ELIF (two words)

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--	--	--	--

RELAT

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LICBCEY

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Now arrange the letters from the shaded squares to complete this sentence.

**My Goal is to be a**

--	--	--	--

--	--	--	--	--	--	--	--

(two words)

*Tailwinds—Nancy*

## 2006 Ride Schedule

**October 29—6:30PM**

Planning meeting for 2006 rides will be on October 29, at 6:30 PM at the Van Dornick's house in Rolling Meadows. In preparation for this meeting, please research your favorite state or ride destination so that we have dates, sleeping options, and Ideas on the terrain and distance. We want to get several options up and advertised because of different riders choices.

### LIB Job Opening – Education Program Manager

The League of Illinois Bicyclists (LIB) seeks an enthusiastic individual to head our growing bicycle safety education program from his or her home office. LIB is an Aurora-based non-profit advocacy organization promoting bicycle access, education, and safety in Illinois.

**Major tasks:**

Coordinate opportunities to teach bicycling skills to adults and children in Illinois. Publicize and distribute bicycle safety information to local organizations, schools, bike shops, bike clubs, and others.

Become familiar with selling points, delivery models, and materials for "Safe Routes to School" programs. Publicize these and be a resource to Illinois teachers, parents, and school administrators.

Assist with LIB's Driver Education "Share the Road" video production project.

Identify and pursue relevant grants and partnerships from foundations and government sources, to support ongoing activities and new initiatives.

Assist in LIB's other programs, initiatives, and events, as appropriate.

This position is open until filled, but applications received by November 7th, 2005 will take priority. Further details visit <http://www.bikelib.org>

Support LIB's efforts to improve Illinois bicycling; [www.bikelib.org/join](http://www.bikelib.org/join)

## Club Internet Access

The club has an active Yahoo group available on the Internet. This group allows us to exchange email with other club members without having to worry about everyone's individual email address. You can subscribe to the group and post messages to the other group members by sending an email to the email addresses below. You must subscribe before you can send a message.

The group name is **ahbacyclists** and is available at <http://groups.yahoo.com/group/ahbacyclists>

Post message:  
[ahbacyclists@yahoo.com](mailto:ahbacyclists@yahoo.com)

Subscribe:  
[ahbacyclists-subscribe@yahoogroups.com](mailto:ahbacyclists-subscribe@yahoogroups.com)

Unsubscribe:  
[ahbacyclists-unsubscribe@yahoogroups.com](mailto:ahbacyclists-unsubscribe@yahoogroups.com)

Our Web Site is <http://www.cyclearlington.com>  
Please send all updates to Greg Konieczny.  
Via [web@cyclearlington.com](mailto:web@cyclearlington.com)

Members using AOL as their Internet service provider sometimes have problems when accessing the Yahoo group or the AHBA Web site. Please call AOL customer support to resolve any problems you may encounter. In most situations, you have AOL configured to prohibit attachments and that is the source of your problems.

We have a new set of email addresses available. These email addresses are available and remove the necessity of making members email addresses public in the newsletter. Messages sent to these addresses are automatically directed to the appropriate members.

General Info	<a href="mailto:ride@cyclearlington.com">ride@cyclearlington.com</a>
President	<a href="mailto:president@cyclearlington.com">president@cyclearlington.com</a>
Newsletter	<a href="mailto:newsletter@cyclearlington.com">newsletter@cyclearlington.com</a>
Membership	<a href="mailto:membership@cyclearlington.com">membership@cyclearlington.com</a>
Arlington 500	<a href="mailto:500@cyclearlington.com">500@cyclearlington.com</a>
Web	<a href="mailto:web@cyclearlington.com">web@cyclearlington.com</a>
Bike Swap	<a href="mailto:swap@cyclearlington.com">swap@cyclearlington.com</a>

## Holiday Rides

**November 24—Thanksgiving Day Ride**  
10 AM from Recreation Park—30 miles  
*Leaders: The VanDornick's*

**January 1—New Years Day Ride**  
11 AM from the VanDornick's—20 miles  
Chili will be provided. Join us for food around 1 PM, even if you don't ride. Please bring a dish to share.  
*Leaders: The VanDornick's*

## Zero Mile Breakfast Rides

Too cold to ride? Then join us for our Zero Mile Breakfast Rides this winter.

*Saturday—December 10, 10AM*

**Monicas** 401 East Euclid Ave, Mount Prospect

*Sunday—January 8, 10AM*

**Elly's Pancake House** 372 East Golf, Arlington Heights

*Saturday—February 11, 10AM*

**Egg Factory** 100 East Kensington, Mount Prospect

*Sunday—March 12, 10AM*

**Continental** 788 South Buffalo Grove, Buffalo Grove

## Congratulations

**Linda Tandet completed the Chicago Marathon on October 8, 2005. Way to go Linda!**

## First Dinner Party of the year 2006

**When:** January 21, 2006

**Where:** Heng Wing  
121 W. Palatine Road, Palatine, Illinois

**Tel:** 1.847.358.3061

**Questions to Jim Shoemaker or Nancy Wagner  
RSVP by January 15.  
Hope to see you there!!!**

## Welcome Newcomers...

**John and Kathy Thiel, AH**

**Joe Reichert, Niles**

*If you have a freind who  
loves to ride, send them  
to [cyclearlington.com](http://cyclearlington.com)  
or contact Jim Shoemaker  
in membership.*

## Happy Birthday to...

11-6 Vince Kelley

11-17 Steve Hadden

11-20 Barb Barr

11-20 Howard Bronson

Belated Happy Birthday to Cap'n  
Tom Drabant—October 25

