



# SPOKEN WORD

January 2006

Volume 35 • Number 1

*President's Column:*

## New Year Resolutions Wanted

Each year, cyclists think about their cycling goals for the year. For some they set their goal to be the number 1 rider in AHBA—to ride the most miles. While others set their sights on riding in a new state, new country, or even to dust the cobwebs off their bike and actually use it rather than letting it sit idle. One friend, set his 2005 goal to ride one century each month while another set his 2005 goal to ride at least 50% of the days in the year. What is your 2006 cycling goal? Share it with the rest of us.

The 2005 Annual Banquet was a great success. We had a private room at Hackneys, and despite all of our best efforts I think we left food on the table. After searching all the best cycling roads in Illinois for an appropriate contest entry, Don Ami won the road treasures contest. We expect to see him wearing the treasure during the 2006 cycling season. Thank you to Barbara Barr for organizing the banquet.

The Zero Mile winter breakfast rides are off to a great start. We filled 4 tables at Monica's in December. The menu at Monica's always makes it difficult to choose

breakfast. From French Toast stuffed with pumpkin and caramel sauce to Jalapeno stuffed omelets, everyone enjoyed their meals and each others company. Join us for one of the upcoming month's events.

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

The Board Meeting in January will focus on our 2006 budget and plan our annual calendar. Please come to the board meeting or make your suggestions know to any board member. Board meetings are the place where club plans and decisions happen. To be part of the process, all you need to do is attend board meetings and speak up.

The General Meeting in January will have another exciting program. Donna Ponte has volunteered to be our program chair. In addition to the program, there will be a motion to amend our club by-laws. Read about the proposed amendment elsewhere in the newsletter.

Membership fee is due by March 31. We are requiring all members to return the 2006 membership form, whether you are a founding

member, a new member, or somewhere in-between. Sue Smyczynski has taken over as membership chair from Jim Shoemaker. Please send your membership form and dues to Sue. Thank you to Jim who has handled this responsibility for several years.

Early last year, we announced that we would no longer be printing and mailing monthly newsletters after 2005. The expense to the club is great and we have better uses for our funds. We have modified that plan slightly. We will mail a newsletter each January to all members. The newsletter will be copied rather than printed to save costs. Newsletters will continue to be available on our web site. Members who want to receive monthly newsletters can pay \$12 additional dues.

AHBA is you and me rather than them. Many members volunteer to make our club a great place to ride, to contribute to the cycling community, and to have fun with friends. If you are not sure how to help, just ask. There is always more to be done. You can lead or simply lend a hand.

*On Your Left—Gary Gilbert*

# AHBA Officers 2005

Gary Gilbert, *President*

Christine/Dave VanDornick, *Vice Presidents*

Kris Sudrovech Ami, *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	Sue Smyczynski	805-403-6316
Newsletter	Laurie Liska	394-2407
New Years Day	Chris/Dave VanDornick	259-7917
Picnic	Gary Gilbert	577-4275
Postmaster	Sue Smyczynski	910-8640
Programs	Donna Ponte	670-6244
Refreshments	Jim Maclure	359-0575
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner	298-7069
Tuesday Night Rides	Laurie Larson	776-8813
Trail Rides	Art Cunningham	963-8746
Webmaster	Greg Konieczny	398-4633
Zero Mile Rides	Gary Gilbert	577-4275
Progressive Dinner	OPEN!!!	

## Zero Mile Breakfast Rides

Too cold to ride?  
Then join us for our  
Zero Mile Breakfast  
Rides this winter.

*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 S. Buffalo Grove,  
Buffalo Grove

## First Dinner Party 2006

**When:** January 21, 2006

**Where:** Heng Wing  
121 W. Palatine Road,  
Palatine, Illinois

**Tel:** 1.847.358.3061

**Questions to Nancy Wagner,  
Please RSVP by January 15.**

*Hope to see you there!!!*

Please send articles/photos  
for the next newsletter to  
Laurie by Jan. 10, 2006 at  
[newsletter@clearlinton.com](mailto:newsletter@clearlinton.com)

## 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>

## Board Meetings

Board Meetings are held on Monday evening, 9 days before each monthly meeting, 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.

January 16, 2006—Annual Calendar & Budget Meeting	
February 13, 2006	April 17, 2006
March 13, 2006	May 15, 2006

## 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.*

**January 25, 2006** Scandinavian Bicycle Trip with Pat Marshall. Travel in these countries is expensive, so why not enjoy the trip closer to home? Come and hear this amazing world traveler's presentation!

**February 22, 2006—PROGRAM OPEN**

**March 22, 2006** Cycling Safety in Urban Traffic with Christine VanDornick. This is sure to be useful information for every rider.

## Proposed By-Law Change

The following policy is presented for consideration by the membership of AHBA from the Board of AHBA after careful consideration of club liability.

Consultations have been made with other cycling clubs in the Chicago metropolitan area, other clubs affiliated with the Arlington Heights Park District, the club insurance carrier and a number of members of AHBA.

Our intent is that the following three paragraphs will be presented for a vote at the January club meeting. If passed, this policy will be added to the AHBA by-laws and be effective immediately upon acceptance by the membership.

*The Arlington Heights Bicycle Association welcomes minor riders to participate in all bicycle riding activities with the Club as long as they are accompanied in the event by their parent, guardian or another participating adult club member authorized to take responsibility for the minor. A minor is anyone under the age of 18.*

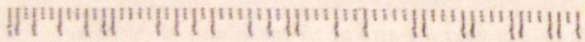
*Adult club members may sponsor an unaccompanied minor to participate in any activity. The parents or guardian of the minor child must supply written notification to a board member of AHBA that another named adult is responsible for the minor's participation in the AHBA event. Notification must be supplied prior to participation in that event. In addition, both parents and/or guardians of the minor child and the minor child must have a current signed waiver on file. The waiver is part of the membership application.*

*With no exceptions, non-members who choose to participate in a club ride must be 18 years or older.*

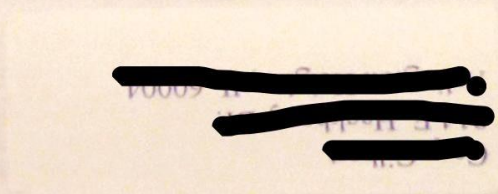
# Happy Birthday to...

Kris Ami .....12/18  
 John Amling .....12/21  
 Jeanne Dulski .....12/23  
 Gary Gilbert.....12/16  
 Dolores Hanvey .....12/26  
 Jackie Kelley .....12/16  
 Greg Konieczny.....12/24  
 Barbara Kulp .....12/9  
 Laurie Larson .....12/14

Paula Matzek.....12/17  
 Donna Ponte.....12/14  
 Joe Richert .....12/4  
 Lara Treguboff.....12/12  
 Deb Wilson .....12/7  
 Merrit Lewis.....1/4  
 Lorraine Maloy .....1/15  
 Sharon Mikula .....1/21  
 Bob Pletch .....1/1



600044444444444444444444444444444444



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



# the SPOKEN WORD

February 2006

Volume 35 • Number 2

*President's Column:*

## Spring is Around the Corner, Blogger Wanted

As the temperature hits the mid 40s, I have to look at the calendar. It sure seems like spring must be around the corner. According to the sun, spring doesn't start for another 2 months. Anyone have a prediction for the first 70 degree day of 2006?

During the time of year that the days are shorter and I'm not riding as much as I would like, I get my cycling fix from others. Four of the organizations that AHBA supports (LAB, LIB, CBF, Adventure Cycling) send regular email communications to us. I read those and forward those on to the members via our Yahoo Group. In addition, I belong to several email lists. Bike-Chi members discuss cycling in Chicago from a bike commuter viewpoint. Phreds members discuss cycle touring and all associated topics. I also participate in a few smaller active groups of cyclists that are made up of people I have met on some of my past tours. These ways of communicating enable all kinds of useful cycling information.

Cyclists love to ride and talk about riding. Lately I've been reading blogs of several prolific riders and writers. A blog, in case you haven't read one, is kind of like an online diary where others can make comments on your writing. Many of these blogs have colorful names. Wannebe Bike Girl, from Michigan writes that "i am not a lance girl. i am a cycling girl. i will some day live and breathe the sport. but for right now, i am just a girl who writes about cycling". The adventures of a Crazy Biker Chick writes "Maybe I'm just imagining things, but it really seems to me that Toronto drivers must have all made New Years Resolutions to be angrier in traffic. Or perhaps wearing my new bright yellow helmet cover is like waving a red cloth in front of a bull." In Terry's Cycling Diary he writes "Almost daily ramblings about me cycling to and from work. I do this all year and sometimes I get wet." Kent writes "Just a spot to dump various bicycle related thoughts". And finally, Sojournir writes in To Norway on a Bicycle, that "My fee takes me paces, and they don't

always touch the ground." Do we have any bloggers in AHBA?

The National Highway Traffic Safety Administration has released statistics of cyclist deaths and crashes in 2004, and the numbers make for sober reading. In 2004, 725 cyclists were killed in traffic crashes, and more than 41,000 were injured. This is a sharp increase from 2003's 629 deaths, although it is still lower than the 802 deaths in 1994. For more information <http://www-nrd.nhtsa.dot.gov/pdf/nrd30/NCSA/TSF2004/809912.pdf>

A club ride sign in sheet is available on the AHBA website. It is on the same page as the monthly newsletters. Please copy and use the sign in sheet for all rides you lead. Please sign the sign in sheet every time you ride. The purpose is for more than mileage credit, but in addition acknowledges your responsibility. Please sign your own complete name.

*On Your Left—Gary Gilbert*

# AHBA Officers 2006

Gary Gilbert, *President*  
Christine/Dave VanDornick, *Vice Presidents*  
Kris Sudrovech Ami, *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	Sue Smyczynski	805-403-6316
Newsletter	Laurie Liska	394-2407
New Years Day	Chris/Dave VanDornick	259-7917
Picnic	Gary Gilbert	577-4275
Postmaster	Sue Smyczynski	805-403-6316
Programs	Donna Ponte	670-6244
Refreshments	Jim Maclure	359-0575
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner	298-7069
Tuesday Night Rides	Laurie Larson	776-8813
Trail Rides	Art Cunningham	963-8746
Webmaster	Greg Konieczny	398-4633
Zero Mile Rides	Gary Gilbert	577-4275
Progressive Dinner	OPEN!!!	

## Top Riders

as of January 3, 2006

1. Mitch Polonsky	305
2. Christine Van Dornick	217
3. Greg Konieczny	189
4. Laurie Larson	177
5. Dave Van Dornick	152
6. Dave Slocum	126
7. Art Cunningham	113
8. Bena Gerber	111
9. Paula Matzek	111
10. Chris Wager	103
11. Bob Dominski	102
12. Dave Martin	89
13. Len Geis	85
14. Reinhilde Geis	84
15. Vince Kelly	81
16. Scott Schaedel	81

**Please send articles/photos for the next newsletter to Laurie by Feb. 10, 2006 at [newsletter@cyclearlington.com](mailto:newsletter@cyclearlington.com) If you sent articles to my personal email, it is no longer in service. PLEASE RESEND.**

## 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>

## 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.*

**February 22, 2006**—Joe Reichert of Amling's Cycle & Fitness in Niles will be making a presentation on bicycle lighting

**March 22, 2006**—Cycling Safety in Urban Traffic with Christine VanDornick. This is sure to be useful information for every rider.

**April 26, 2006**—"Bicycling with Experience Plus in Italy, Greece, and France" Joan Kearney may sound like an unpaid spokesperson, but that is OK since she can say from experience that they do a really nice job at a reasonable price. Catch your breath and grab your passport, here are the destinations Joan will feature at our meeting.

*Sardinia* — an Italian island (below Corsica, due west of Rome in the Mediterranean)

*Northern Italy* — Torino to Lake Maggiore (Barolo wine district)

*Tuscany* — Montalcino, Montepuciano, Sienna, Pienza (where "The English Patient" was filmed), San Quirico (Chianti, Brunello, Rosso wines)

*Greek Islands* — Mykonos, Paros, Naxos, Ios, Tinos, Evia, Santorini

*France, Provence* — starting in Aix-en-Provence and ending in the Mediterranean seaside town Sete (Cezanne and Van Gogh country - St. Remy)

## Board Meetings

Board Meetings are held on Monday evening, 9 days before each monthly meeting, 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.

**February 13, 2006**

**March 13, 2006**

**April 17, 2006**

**May 15, 2006**

# Safety Check—From the Safety Chick

## What makes a safe bicycle route?

As a rookie cyclist I became very familiar with the trails and paths throughout the Chicago area. Wishing to expand my cycling area, I joined the Arlington Heights Bicycle Association. I expected the club to be familiar with more trails and paths. To my surprise, I learned that most of the club rides would be on roads. ROADS . . . perhaps, I thought, these people are crazy or have a death wish.

Thankfully I found most of the members are not crazy and do not have a death wish. They do know the importance of using a safe route. Trails and paths can provide excellent alternatives to busy streets

but they too can be dangerous and should be ridden with caution. The trails and paths in our area have a high volume of users; pedestrians, bladders and other cyclists so stay aware.

Many items contribute to determining if a route is safe. The skill level of the riders, road conditions including traffic speed, width and number of lanes, volume of traffic and quantity of stop signs and signals.

Here are some items to look for when determining a safe route. (source: [www.cse.ucsc.edu](http://www.cse.ucsc.edu))

- When possible, use on-street routes. Sidewalks and parallel paths are more dangerous than roads especially at street intersections.
- Ride on the right side of the street with traffic.
- On a steep grade, novice riders have a tendency to weave. Until a rider can consistently maintain a straight line they should use caution on roads that have a steep grade and traffic.
- For cars and bicycles to share a road safely, the lane should be at least 14 feet wide.
- Left turns are more dangerous than right turns. Learn the proper way to make a left turn.
- Right turn lanes, when a cyclist is traveling straight can also become a difficult situation. Staying aware of the traffic around you is very important.
- The most direct route is not always the safest; detours may be necessary to stay safe.

*Tailwinds—Nancy*

---

## Zero Mile Breakfast Rides

Too cold to ride?

Then join us for our Zero Mile Breakfast Rides this winter.

*Saturday—February 11, 10AM*

**Egg Factory** 100 East Kensington, Mount Prospect

*Sunday—March 12, 10AM*

**Continental** 788 S. Buffalo Grove, Buffalo Grove

## Ride Schedule Update

*Show n' go rides continue on Saturdays*  
at 10:00 AM at Frontier Park through the winter.

*First Tuesday Night Ride*

April 4, 6:30 PM at Recreation Park

*First Saturday Scheduled Ride*

Saturday March 25, 2006

On Saturday, January 7, nine cyclists came out to ride and we rode 37 miles. Don't be a couch potato. Even if it is cooler than your temperature to ride outside, do something! Walk outside, join an interim spin class, do yoga, ride your trainer, or cross train with weights.

**Watch the ride schedule and website for up to date information.**



# Consequences, or Super Nanny Visits the Bike Club

by P.L. Matzek

**The newest television sensation of 2005 is the nanny shows—Nanny 911**

These nannies are great at helping families create order and discipline and have more fun together. So what if a Super Nanny came to the bike club?

We might have her address some of the safety violations that we sometimes see members commit. She would establish some consequences for these infractions. On the show, she is always setting up a time-out area called the naughty corner. Of course for cyclists, the naughty corner would have to be the tent closest to the loudest snorer on a week-long ride.

*The nanny always tries to be very fair and logical with the consequences she imposes, but in the bike club, we might suggest some more cruel and unusual punishments. For example,*

- being forced to listen to a fellow cyclist sing "Build Me Up Buttercup", "I Will Follow Him", etc., etc.
- being forced to listen to the Knox College song sung by any one, two or three of the clubs Knox alums
- being forced to ride with that group on TRIRI that counts and categorizes all of the road kill for the week
- being required to pick up all road treasures, including road kill
- being appointed vice president and ride chairperson of the

club... for about the next 15 or 20 years. (I wonder what Chris and Dave DID.)

- having to polish all of Mitchs, Benas, and Bob Hinkles road coins
- having to sweep (literally, with a broom) the North Shore Trail and the Prairie Path
- being forced to wear mismatched cycling garb
- being allowed to do the Milwaukee ride, but not being allowed to eat anything at Kopps
- mileage deductions
- confiscation of your club jersey. (No jersey for you!)
- being forced to ride without a cue sheet (or being given the cue sheet with the strategically placed wrong turns on it)
- unknowingly having your bike bag stuffed with rocks
- being designated the flat tire fixer for everyones flats for the entire year
- being designated the official bike cleaner for everyone after we get caught in the rain or have to ride on a freshly oiled road
- your week-long ride next year: the Great Annual Bike Adventure Along the Cal-Sag Channel
- being stuck with the check at lunch
- being stuck with the check at the banquet
- next year the banquet is at your house.

## Happy Birthday to...

Jim Barr 2/9

Randy Bonebrake 2/24

Carole Danillo 2/24

Reinhilde Geis 2/21

Jeanie Gain 2/10

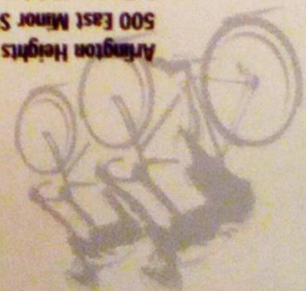
John Salemi 2/1

Dick Marr 2/10

Marty Stengle 2/20



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



# the SPOKEN WORD

March 2006

Volume 35 • Number 3

## President's Column

### Chief Procrastinator needs Help

I'm late with my column for the newsletter. The one thing a bike club president should never do is aggravate those who help make the club a success. I'm 6 days behind schedule and felt the need to write something really special. If I write something rather ordinary and dull, then our newsletter editor extraordinaire will wonder what she has been waiting for. Do you ever feel dull and uninspired? Sorry Laurie—consider this a public apology and it won't happen again... until next time. By nature, I'm a procrastinator. Just ask my boss or my family.

A couple of months ago I asked everyone for their 2006 cycling resolutions. This year my goal is to get those club members we rarely see on a bike, out joining us. Don't be surprised if I show up at your house and drag you around the block a few times. You know who you are!!! AG, JG, BK, AK, MF, and more... Anyone want to join me?

The board has been busy planning for a great 2006. This is the keeper edition of the newsletter. It contains the annual calendar for the major events of the year. No surprises:

**The Bike Swap** once again will be at Pioneer Park. The park district seems to have given us a reprieve and decided to defer the remodeling of the park facilities beyond April. This is our major fund raiser for the year—we need all club members to lend a helping hand. Please mark the weekend of April 29-30 on your calendar. Once again we plan for beautiful weather than accept whatever happens.

**The Arlington 500** is May 21 and that day too we need club members to help. Please mark that weekend on your calendar as well. Having the two events where we really need everyone to come out and help early in the year, means you can enjoy the rest of 2006 riding and enjoying life the way it is meant to be enjoyed—on a bicycle.

Once again we have listed several week long rides in the calendar. In order to qualify for club mileage credit, the rules are simple. **1**—the ride must be listed in the newsletter. **2**—For in-state rides, at least 2 club members must participate; For out-of-state rides, at least 3 club members must participate. **3**—An official sign in sheet must be given to the club ride directors (Christine or Dave).

**The board meeting for March 13 is focused on ride leaders.** If you will be leading a ride for this club this year, please, please, please come to this meeting. We need some consistency in certain aspects of leading a ride—even those of us who have been leading rides for years are expected. Everyone else is welcome too. If you are nervous about leading rides and haven't or don't like the way rides are led or just wonder what kind of snacks happen at the board meetings, this meeting is for you.

**Club jerseys have finally arrived.** Please don't make Jim come and find you, if you ordered a jersey, track him down and pick yours up.

For those who attended last November's club banquet and wondered what happened to the water bottles that we promised everyone? We're still working on that—it turns out the source for the bottles was damaged in Hurricane Katrina last fall.

*On Your Left—Gary Gilbert*

# AHBA Officers 2006

Gary Gilbert, *President*  
Christine/Dave VanDornick, *Vice Presidents*  
Kris Sudrovech Ami, *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	Sue Smyczynski	368-1266
Newsletter	Laurie Liska	394-2407
New Years Day	Chris/Dave VanDornick	259-7917
Picnic	Gary Gilbert	577-4275
Postmaster	Sue Smyczynski	368-1266
Programs	Donna Ponte	670-6244
Refreshments	Jim Maclure	359-0575
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner	298-7069
Tuesday Night Rides	Laurie Larson	776-8813
Trail Rides	Art Cunningham	963-8746
Webmaster	Greg Konieczny	398-4633
Zero Mile Rides	Gary Gilbert	577-4275
Progressive Dinner	OPEN!!!	

# Top Riders

as of February 10, 2006

1. Mitch Polonsky	660
2. Laurie Larson	549
3. Greg Konieczny	490
4. Christine Van Dornick	336
5. Dave Van Dornick	310
6. Len Geis	202
7. Bob Dominski	200
8. Reinhilde Geis	198
9. Dave Slocum	160
10. Vince Kelley	157
11. Kurt Schoenhoff	157
12. Bena Gerber	148
13. Art Cunningham	147
14. Chris Wager	138
15. Jim McClure	123

**Please send articles/photos for the next newsletter to Laurie by March 10, 2006 at [newsletter@cyclearlington.com](mailto:newsletter@cyclearlington.com) If you sent articles to my personal email, it is no longer in service. PLEASE RESEND.**

## 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>

## 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.*

**March 22, 2006**— Cycling Safety in Urban Traffic with Christine VanDornick. This is sure to be useful information for every rider.

**April 26, 2006**—"Bicycling with Experience Plus in Italy, Greece, and France" Joan Kearney may sound like an unpaid spokesperson, but that is OK since she can say from experience that they do a really nice job at a reasonable price. Catch your breath and grab your passport, here are the destinations Joan will feature at our meeting.

*Sardinia* — an Italian island (below Corsica, due west of Rome in the Mediterranean)

*Northern Italy* — Torino to Lake Maggiore (Barolo wine district)

*Tuscany* — Montalcino, Montepuciano, Sienna, Pienza (where "The English Patient" was filmed), San Quirico (Chianti, Brunello, Rosso wines)

*Greek Islands* — Mykonos, Paros, Naxos, Ios, Tinos, Evia, Santorini

*France, Provence* — starting in Aix-en-Provence and ending in the Mediterranean seaside town Sete (Cezanne and Van Gogh country - St. Remy)

## Board Meetings

Board Meetings are held on Monday evening, 9 days before each monthly meeting, 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.

**March 13, 2006    April 17, 2006    May 15, 2006**

## Zero Mile Breakfast Rides

Too cold to ride?  
Then join us for our Zero Mile Breakfast Rides this winter.

*Sunday—March 12, 10AM*

**Continental** 788 S. Buffalo Grove, Buffalo Grove

# AHBA 2006 Calendar

## March

- 3/19—St. Patrick's Day Ride starting at Wauconda High School. Registration from 8-10:30AM, \$10 fee day of the ride, Routes of 16, 20 and 36 miles
- 3/25—First regular scheduled Saturday ride (not Show-N-Go)

## April

- 4/4—First Tuesday Night Ride
- 4/29-30—Annual Bike Swap Pioneer Park

## May

- 5/17—Ride of Silence
- 5/20—Arlington 500 Club Pre-ride
- 5/21—Arlington 500 Invitational

## June

- 6/10-11—TOMRV
- 6/10-17—Bike Across Kansas
- 6/11-17—Grand Illinois Trails & Parks (GITAP)
- 6/17-24—GOBA  
Week long ride in Ohio
- 6/18-24—TRIRI  
Northeastern Indiana.
- 6/18-23—POWWOW
- 6/24-7/1—GRABAAWR

## July

- 7/4—Lincoln Park Zoo Ride
- 7/7-9—GRAIL II, Bus ride Friday night to ???, 2 day ride Saturday and Sunday to Arlington Heights

- 7/15—Waterford Bike Ride
- 7/16—Bike Club Picnic
- 7/29—Arlington Critterium
- 7/23-29—RAGBRAI
- 7/30-8/5—Heart of Wisconsin, Heartland Bicycle Ride

## August

- 8/12—Progressive Dinner  
*Still in need of a coordinator.*  
(also Mitch's birthday)
- 8/26-28—Manitowac (replaces Milwaukee Ride). Arrive Friday, ride Saturday and Sunday
- 8/30-9/2—DALMAC

## September

- 9/17-22—TRIRI September Escapade, Southern Indiana
- 9/26—Last Tuesday Night Ride

## October

- 10/6-8—Hilly Hundred
- 10/28—Last scheduled Saturday ride, Halloween Ride

## November

- 11/11—Annual Banquet

# Ride Schedule Update

**Show n' go rides continue on Saturdays**  
at 10AM at Frontier Park through the winter.

## Saturday March 25

Lake Opeka/ Twin Lakes Ride  
Breakfast at the Dunton House  
*Leader: TBA*  
Recreation Park 9:30AM  
30 miles

## Saturday April 1

Woodfield Wyndham Whoosh  
Food Stop half way  
*Leader: Van Dornick*  
Frontier Park 9:30AM  
30 miles—optional 10 mile loop

## Saturday April 8

Long Grove Ride with a twist  
Break in Long Grove  
*Leader: Van Dornick*  
Recreation Park 9:30AM  
35 miles

## Saturday April 15

Millies Pancake Ride  
A familiar destination Good Food  
*Leader: Van Dornick*  
Frontier Park 9AM  
42 miles

## Saturday April 22

Schaumburg and Beyond Ride  
Of course there is a food stop!  
*Leader: Van Dornick*  
Frontier Park 9AM  
45 miles

## Saturday May 6

Algonquin Ride  
A few hills but not too bad  
*Leader: TBA*  
Frontier Park 9AM  
42 miles

*Watch the ride schedule and website for up to date information.*

# Safety Check—From the Safety Chick

## Safety Reminders

1. **Stop at stop signs**, especially when there are vehicles at or near the stop sign.
2. When passing another rider, pass on the left and announce "**Passing on your left**" before you get there.
3. **Don't pass on the right.**
4. When riding, **stay to the right**, not the middle of the road.
5. Communicate, if riders in front or behind you say "**car up**" or "**car back**" pass the information along.
6. **Don't ride right next to the Ride Leader.** Rider Leaders need a little space; hanging just over their shoulder can be distracting.
7. **Riding side by side is dangerous** and should only be consider on low traffic side streets. **Never ride on the wrong side of the street.**
8. At intersections keep an awareness of intentions and positions of cars/trucks. **Make your intentions known**, signal if you are turning.
9. **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.
10. Many fellow riders announce "Clear" when crossing a road, intersection, etc.—**don't rely 100% on the other rider's judgment.** Do you really trust someone else's timing and perspective?

## Ride Safe

*Tailwinds—Nancy*

## Interstate Highway (source unknown)

It had been a quiet night at the local bar so far, but then the door was thrown open and an Interstate highway strode in.

"I'm an Interstate highway," he declared. "I stretch from coast to coast and have at least four lanes, shoulders, and a median almost my entire length. I have the highest speed limit of any highway. I'm the best of the highways, and I'm afraid of no highway and no road."

He then strode up to the bar, ordered a beer, and began drinking it, while looking around.

A short time later, a four-lane highway came in, went to the end of the bar, and ordered a beer.

The Interstate looked him over and walked over to him. "I'm an Interstate highway," he declared. "I stretch from coast to coast and have at least four lanes, shoulders, and a median almost my entire length. I have the highest speed limit of any highway. I'm the best of the highways, and I'm not afraid of you."

The four-lane highway said "I agree that you're the best. I don't want any trouble with you. Let me buy you a beer", and he did. They drank their beers and discussed their engineering specifications.

After a half hour, the door opened again and a two-lane road came in, went to the other end of the bar, and ordered a beer.

The Interstate looked him over and told the four-lane highway that he had to take care of the new arrival. He walked over to the two-lane road and said "I'm an Interstate highway. I stretch from coast to coast and have at least four lanes, shoulders, and a median almost my entire length. I have the highest speed limit of any highway. I'm the best of the highways, and I'm not afraid of you."

The two-lane road quivered a bit and said "You're absolutely right. You are the best of the highways. I'm just a lowly two-lane road. I don't want any trouble. Can I buy beers for you and the four-lane highway?"

The Interstate motioned the four-lane highway to come over, the two-lane road bought beers for each of them, and the three of them drank their beers and discussed the merits of various paving materials.

After another half hour, the door opened again and a strip of asphalt about eight feet wide came in. The Interstate highway ducked behind the bar and hid there quivering quietly.

The bartender was shocked.

After serving the asphalt strip, he walked over to where the Interstate was hiding. "I watched you stand up to the four-lane highway and the two-lane road. You said you weren't afraid of any highway or road. Why are you hiding from that little asphalt strip?"

The Interstate replied quietly. "It's true that I'm not afraid of any highway or road, but he's a cycle path."

### Thinking about doing a triathlon?

Or maybe just improving your running, biking, or swimming skills...

Forest Grove Athletic Club is forming a group for athletes, that are interested in improving their performance. Meetings are open to members and non-members.

**First meeting Saturday, March 4, 2006—  
2 PM**

Forest Grove Athletic Club  
1760 North Hicks Road, Palatine

For more information call 847-991-4646,  
ask for Frank.

**Come share your training tips!**

### Happy Birthday to...

Frank Bing 3/4

Richard Fontagneres 3/27

Beth Polonsky 3/1

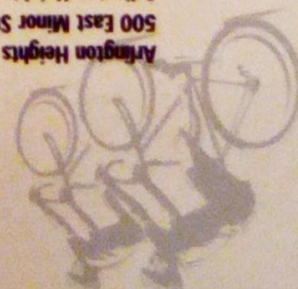
Al Gain 3/28

Robert Hess 3/3

Cecily Rood 3/24



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





# *the* SPOKEN WORD

April 2006

Volume 35 • Number 4

## *President's Column*

### **Where is PJ Hoff now that we need him?**

It is that time of year. We can almost taste the good weather around the corner. Good weather equates to good cycling. Despite being one of those people using the internet on a daily basis, sometimes I think weathermen like PJ Hoff were much more interesting to watch than any of the online weather web sites or the Weather channel. After all, PJ Hoff drew those weather maps by hand every day. I once read that Chicago weather forecasters would do a better job by saying "Tomorrow will be just like today" rather than trying to predict the weather.

The Bike Swap is April 29-30. Hopefully you all know how critically we need your help to make the swap a success which in turn means that AHBA can have a great year. Several club members spend their entire weekend and more making the swap a success. Please come do your part. We need your help and fortunately, we can find a place to use your particular talents. Don't Make Me Beg!

AHBA made some operational changes over the past year. We stopped mailing newsletters and also dropped our ride line both

in favor of email and our web site. Other bike clubs in the greater Chicago area are following suit. BCLC is also moving to making their newsletter available on line. EBC is considering dropping their ride line. AHBA is a trend setter!!!

Safety is always a concern. With the cycling season coming on strong, this is a great time to re-read all the newsletter articles posted by our Safety Chick. Remember, riding safe is not only for you, but for all of us.

The League Of Illinois Bicyclists (LIB) will be offering the Road I skills class sometime in April. Check out their web site [www.bikelib.org](http://www.bikelib.org) for details.

Thank you to Greg Konieczny for being our Webmaster for the past couple of years. Greg passes the torch to Scott Schaedel sometime very soon. Thank you to Scott for taking over this vital club resource.

*On Your Left—Gary Gilbert*

## **THE BIKE SWAP**

Saturday/Sunday, April 29-30  
Pioneer Park in Arlington Heights

**Come and Help or SWAP 'TILL YOU DROP**

**Call Al and Jeanie Gain to volunteer to help  
847-392-1547**

# AHBA Officers 2006

Gary Gilbert, *President*  
Christine/Dave VanDornick, *Vice Presidents*  
Kris Sudrovech Ami, *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	Sue Smyczynski	368-1266
Newsletter	Laurie Liska	394-2407
New Years Day	Chris/Dave VanDornick	259-7917
Picnic	Gary Gilbert	577-4275
Postmaster	Sue Smyczynski	368-1266
Programs	Donna Ponte	670-6244
Refreshments	Jim Maclure	359-0575
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner	298-7069
Tuesday Night Rides	Laurie Larson	776-8813
Trail Rides	Art Cunningham	963-8746
Webmaster	Scott Schaedel	823-6421
Zero Mile Rides	Gary Gilbert	577-4275
Progressive Dinner	OPEN!!!	

# Top Riders

as of March 10, 2006

1. Mitch Polonsky	967
2. Laurie Larson	848
3. Greg Konieczny	599
4. Dave Van Dornick	423
5. Christine Van Dornick	411
6. Bob Dominski	347
7. Len Geis	262
8. Reinhilde Geis	258
9. Art Cunningham	207
10. Vince Kelley	197
11. Earle Horwitz	162
12. Dave Slocum	160
13. Scott Schaedel	158
13. Kurt Schoenhoff	157
14. Bena Gerber	148
15. Chris Wager	138

**Please send articles/photos for the next newsletter to Laurie by April 10, 2006 at [newsletter@cyclearlington.com](mailto:newsletter@cyclearlington.com) If you sent articles to my personal email, it is no longer in service. PLEASE RESEND.**

## 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>

## 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.*

**April 26, 2006**—"Bicycling with Experience Plus in Italy, Greece, and France" Joan Kearney may sound like an unpaid spokesperson, but that is OK since she can say from experience that they do a really nice job at a reasonable price. Catch your breath and grab your passport, here are the destinations Joan will feature at our meeting.

*Sardinia* — an Italian island (below Corsica, due west of Rome in the Mediterranean)

*Northern Italy* — Torino to Lake Maggiore (Barolo wine district)

*Tuscany* — Montalcino, Montepuciano, Sienna, Pienza (where "The English Patient" was filmed), San Quirico (Chianti, Brunello, Rosso wines)

*Greek Islands* — Mykonos, Paros, Naxos, Ios, Tinos, Evia, Santorini

*France, Provence* — starting in Aix-en-Provence and ending in the Mediterranean seaside town Sete (Cezanne and Van Gogh country - St. Remy)

**May 24, 2006**—

## Board Meetings

Board Meetings are held on Monday evening, 9 days before each monthly meeting, 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.

**April 17, 2006**      **May 15, 2006**

## 2006 Chicago Bike Winter Weather Update

Nov. 1, 2005 - Feb. 28, 2006 **Days in period:** 120

**Max/Min/Avg Temperature:** 70, -7, 33

**Number of days +21F or warmer:** 81 68%

**Number of days temp. rose over +60F:** 11 9%

**Days with 1/10" or more of rain:** 18

**Total Rainfall (Inches):** 8.2

**Days with 1" or more of snow:** 5

**Total Snowfall (Inches):** 20.3

**Average wind speed (m.p.h.):** 10.4

Bob Matter, Chicago Bike Winter Meteorologist  
<http://www.bikewinter.org>

## Advanced Ride Schedule

**Tuesday/ Thursday 10:00 AM**

### **Bakery Rides**

From Streamside Park on Old Checker Road 1-1/2 mile west of the Deerfield Bakery.

**Tuesday Night Rides 6:30 PM**

From Recreation park

**Saturday April 1**

Woodfield Wyndham Whoosh

Food Stop half way

*Leader: Van Dornick*

Frontier Park 9:30 AM

30 miles—optional 10 mile loop

**Saturday April 8**

Long Grove Ride with a twist

Break in Long Grove

*Leader: Van Dornick*

Recreation Park 9:30 AM

35 miles

**Saturday April 15**

Millies Pancake Ride

A familiar destination Good Food

*Leader: Van Dornick*

Frontier Park 9 AM

42 miles

**Saturday April 22**

Schaumburg and Beyond Ride

Of course there is a food stop!

*Leader: Van Dornick*

Frontier Park 9 AM

45 miles

**Saturday May 6**

Algonquin Ride

A few hills but not too bad

*Leader: TBA*

Frontier Park 9 AM

42 miles

**Saturday May 13**

West Dundee Ride

Lunch at Lukes

*Leader: Van Dornick*

Frontier Park 8:30 AM

50 miles

*A joint ride with the Mount*

*Prospect Bicycle Club*

**Saturday May 20**

Arlington 500 Pre-ride

Greg K. Coordinator

*Bring a snack for all routes*

Barrington High School 9 AM

64, 45, or 32 mile routes

847-398-4633

## Intermediate

**Saturday April 1**

Oreganos Ride

Frontier Park 9:00 AM

Kildeer School 9:30 AM

*Ride around and to Oreganos*

*Restaurant in Midlothian*

Jan McCandless (847) 680-1749

50/Frontier 38/Kildeer school

**Saturday April 8**

Millies Pancake Shoppe

Frontier Park 9:00 AM

*A slower paced ride for those*

*getting up to speed*

Tom Drabant (847) 397-4497

46 miles

**Saturday April 15**

Dianne's Somewhat of a

Mystery Ride

Frontier Park 9:00 AM

*Distinctly intermediate pace with*

*distinct food stop*

Dianne Chertner (708) 524-1963

30-40 miles

**Saturday April 22**

Libertyville Ride

Frontier Park 9:00 AM

*Lunch in Libertyville*

Mitch Polonsky (847) 255-1873

35-40 miles

## Bike Path/ Trail Rides

The sixth 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.

**Wednesday April 5**

North Branch/Botanic Garden

Lake Street parking—

Harms Woods Forest Preserve

10:00 32 miles

*East on Lake St., past I-294 and*

*Waukegan Rd. to the Chicago River.*

*Parking on the right just past the*

*bike path overpass*

*Paved Path*

**Wednesday April 12**

Fox River/ McHenry Prairie Trail

to Ringwood —East Dundee Depot

9:00 46 miles

*West on Dundee (Rte. 68) bear rt.*

*at Barrington Ave. just past Rte. 25*

*to River St., depot to left*

*Paved path*

**Wednesday April 19**

Chicago Lake Front Path—

Foster Ave Beach

10:30 42 miles

*East on Peterson off Edens, rt. on*

*Ridge, bear rt. on Broadway to*

*Foster left, under Lake Shore to*

*1st parking lot on left*

*Paved path lunch at Navy Pier*

**Wednesday April 26**

Tinley Creek F. P. District Paths—

Lake Katherine Park., Palos Hts.

10:00 42 miles

*So. I-294, to 95th, go east to Harlem,*

*go right at College (IL 83) to 75th,*

*go right to Katherine Dr. and park*

*near the nature center*

*Paved path and connecting roads*

# Safety Check—From the Safety Chick

## **LED, Halogen, Burn Times, Beam**

**Do you commute to/from work?**

**Do you ride your bike to and from the Tuesday night ride?**

**After dinner, do you like to relax by cruising around the neighborhood?**

If you answer yes to any of these questions, lights for your bicycle can be an important addition.

As we begin the 2006 riding season, an important reminder about lighting. There are two reasons for bicycle lighting. First, to see where you are going and second, so drivers can see you.

A review of your riding style and the times of day that you ride, will determine what kind of lights you may need.

At the February AHBA Meeting, Joe Reicher of Amling Cycles in Niles joined us. Joe updated us on all kinds of new lighting options. The advances in battery technology have provided less weight and longer battery life. Joes demo provided the opportunity to compare approximately 20 headlights for weight, distance, brightness and clarity. From my perspective there was a vast difference, the ability to see them

at the same time, in the same (dark) conditions was a terrific advantage. Taillights have also seen improvements with greater brightness and variable flashing patterns.

## **Other considerations:**

Helmet lights  
Reflectors  
Reflective clothing

*For more information checkout these websites:*

[www.niterider.com](http://www.niterider.com)  
[www.planetbike.com](http://www.planetbike.com)  
[www.bikelights.com](http://www.bikelights.com)  
(Light & Motion)

*Tailwinds—Safety Chick*

## The League of Illinois Bicyclists bike safety/education seminars

The League of Illinois Bicyclists will be holding two bike safety/education seminars this spring in Wheaton, Illinois. Please pass the following information on to your members.

*On Sunday, April 9, we will offer Road I* - a curriculum developed by the League of American Bicyclists. This course teaches safe and effective cycling methods for commuters, recreational riders or anyone that is interested in becoming a better cyclist. Even those who have been cycling for years will learn something! This class is also ideal for those who attend large group rides and would like to share best practices with their group. The cost is \$40.

*May 7, we will offer a League Cycling Instructor (LCI) Certification Seminar.* Again, this is a curriculum developed by the League of American Bicyclists and is intended to teach the skills necessary to become an instructor. After attaining this certification, you may then go on to teach the LAB's Road I, Road II, Kids I and Kids II curricula. Becoming an LCI is a great way to help cyclists in your bike club or community. These certification seminars are only taught in a few places

each year, so we are very excited to be hosting one in the Chicago area. Please note: to attend the LCI seminar, you must first have successfully completed Road I and you must be an LAB member. Cost is \$175.

Both courses include classroom instruction as well as on-the-bike instruction. Please read more about these valuable classes and certifications at the League of American Bicyclists website at: <http://www.bikeleague.org/programs/education/index.php>

If you would like to register or have additional questions about the courses, please contact Nicole Kemerer at [Nicole@bikelib.org](mailto:Nicole@bikelib.org) or at 312-342-6338. More details will also be posted shortly at [www.bikelib.org](http://www.bikelib.org).

Nicole Kemerer  
Education Program Manager  
League of Illinois Bicyclists

phone: 312.342.6338  
fax: 312.842.7458  
email: [nicole@bikelib.org](mailto:nicole@bikelib.org)

## Happy Birthday to...

Karin Hribar 4/11

Joyce Lewis 4/13

Mikel Milks 4/25

Lowell Plavec 4/14

Chris Van Dornick 4/19



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



# *the* SPOKEN WORD

May2006

Volume 35 • Number 5

## *President's Column*

### **It is all about the ride, and then some?**

A club member wrote to me recently that cycling is all about the ride. I certainly agree with the statement. AHBA is all about the ride too—sometimes it happens to be about food, or a bike swap, or an invitational ride, or a picnic, or some other social event – but all those things are in support of the ride. Collectively we care about the success and future of AHBA since AHBA enhances the ride.

There is much more than can be done. I encourage everyone in some small or large way to take actions to enhance the ride. For example, the Springfield newspaper, The State Journal-Register, recently reported that the state of Illinois is using funds allocated for trails to fund reimbursements to the federal government rather than funds allocated for other purposes. See <http://www.sj-r.com/sections/news/stories/83829.asp> You may not ride on trails, but such actions affect all cyclists, which in turn affects your rides. Take a stand and become politically involved where it affects cyclists.

The Chicagoland Bicycle Federation runs an event called Bike the Drive during the Memorial Day weekend. You

may not be interested in riding on invitational rides nor riding on Lake Shore Drive but many other cyclists are interested. Volunteer to help CBF make Bike the Drive a success. Every additional cyclist helps to raise awareness of cycling as a sport. That in turn makes politicians more aware and will fund safer roads and places for us to ride. Every additional cyclist helps to make the bicycle industry stronger and with a positive impact on local bicycle shops, gives us a place to improve and maintain our bicycles.

Want to think even more grandiose. Take part in the 2007 Car Free event from Beijing to Paris. This event is focused on making the world better place for alternative transportation. What better way to work for change in the world than to combine it with the ride. <http://www.beijing-toparis.com/index.html>

Locally, the Arlington Heights Bicycle Association is once again participating in the annual Ride of Silence. This ride starts at 7:00PM sharp from Recreation Park at 500 East Miner in Arlington Heights on Wednesday May 17th. Please arrive by 6:45PM so we can get

organized and be on the road at 7PM. The ride is essentially a funeral procession to honor those who have been killed in bicycle—automobile collisions and to make drivers more aware that cyclists share the road with automobiles. The ride is 10 miles at a steady 12 mph. Those of us who participated last year had an truly moving and emotional experience. In 2006, AHBA is partnering with the Joliet Bicycle Club and also with a group in Chicago so there will be three coordinated events in the Chicago area. We've worked with CBF to get publicity generated for this event. See <http://www.rideofsilence.org> for more details or a copy of the press release in this newsletter.

The Arlington 500 is coming up very soon. Please call Greg Konieczny and offer to help out.

Finally, I've been far to busy lately. My total mileage for 2006 is about eight miles. I am hopeful to change that soon.

*On Your Left—Gary Gilbert*

# AHBA Officers 2006

Gary Gilbert, *President*  
 Christine/Dave VanDornick, *Vice Presidents*  
 Kris Sudrovech Ami, *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	Sue Smyczynski	368-1266
Newsletter	Laurie Liska	394-2407
New Years Day	Chris/Dave VanDornick	259-7917
Picnic	Gary Gilbert	577-4275
Postmaster	Sue Smyczynski	368-1266
Programs	Donna Ponte	670-6244
Refreshments	Jim Maclure	359-0575
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner	298-7069
Tuesday Night Rides	Laurie Larson	776-8813
Trail Rides	Art Cunningham	963-8746
Webmaster	Scott Schaedel	823-6421
Zero Mile Rides	Gary Gilbert	577-4275
Progressive Dinner	OPEN!!!	

# Top Riders

as of April 6, 2006

1. Laurie Larson	1203
2. Mitch Polonsky	1201
3. Greg Konieczny	692
4. Christine Van Dornick	530
5. Dave Van Dornick	474
6. Bob Dominski	434
7. Len Geis	321
8. Reinhilde Geis	317
9. Kurt Schoenhoff	268
10. Art Cunningham	233
11. Bena Gerber	208
12. Vince Kelley	197
13. Chris Wager	192
14. Scott Schaedel	191
15. Jim McClure	176
16. Earle Horwitz	162
17. Dave Slocum	161
18. Paula Matzek	148
19. Harlan McDaniel	132
20. Dave Martin	128

**Please send articles/photos for the next newsletter to Laurie by May 10, 2006 at [newsletter@cyclearlington.com](mailto:newsletter@cyclearlington.com)**



## 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>

## 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.*

May 24, 2006—

## Board Meetings

Board Meetings are held on Monday evening, 9 days before each monthly meeting, 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.

May 15, 2006

## Arlington Heights Ride of Silence

**Date:** May 17, 2006

**Time:** 7:00 P.M. prompt ride begins

**Where:** Recreation Park, 500 East Miner

**Distance:** 10.5 miles

For more information contact Gary Gilbert,  
[ride@cyclearlington.com](mailto:ride@cyclearlington.com), 847-577-4275.

Sponsored by: Arlington Heights Bicycle Association  
<http://www.cyclearlington.com> and Village of Arlington Heights BicycleCommission

**Started in 2003, the RIDE OF SILENCE WILL NOT BE SILENT and exists:**

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

On May 17th, the Ride of Silence will begin at 7:00 P.M. in North America and roll across the globe. Cyclists will take to the roads in a silent procession to honor fallen cyclists. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes are not aware of the cyclists themselves.

The Ride of Silence is a free ride. There is no brochure, no sponsor, no registration fee 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.

## Advanced Ride Schedule

**Tuesday/ Thursday 9:00 AM**

### **Bakery Rides**

From Streamside Park on Old Checker Road 1-1/2 mile west of the Deerfield Bakery.

**Tuesday Night Rides 6:30 PM**

From Recreation park

**Saturday May 6**

Algonquin Ride

A few hills but not too bad

*Leader: TBA*

Frontier Park 9 AM

42 miles

**Saturday May 13**

West Dundee Ride

Lunch at Lukes

*Leader: Van Dornick*

Frontier Park 8:30 AM

50 miles

*A joint ride with the Mount*

*Prospect Bicycle Club*

**Saturday May 20**

Arlington 500 Pre-ride

Coordinator: Greg K.

*Bring a snack for all routes*

Barrington High School 9 AM

64, 45, or 32 mile routes

847-398-4633

**Sunday May 21**

The Arlington 500

*Sign up to help and make our*

*invitational a success*

Barrington High School

Greg K., Coordinator

**Saturday May 27**

Wheaton Ride

*Going south and a few miles*

*on the Prairie Path*

Frontier Park 8:30 AM

Leader: Van Dornick

52 miles

**Monday May 29**

4 Lakes Ride

*Ride on your day off*

Recreation Park 8:30 AM

Leader: Van Dornick

44 miles

**Saturday June 4**

Crystal Lake Ride

*Step up the mileage and add*

*a couple hills*

Frontier Park 8:30 AM

Leader: Van Dornick

68 Miles

## Intermediate

**Saturday May 6**

The Lakeside Ride

Frontier Park 9:00 AM

Nancy Wagner (847) 298-7069

36 miles

**Saturday May 13**

Broken Oar ride

Frontier Park 9:00 AM—46 miles

Kildeer school 9:30 AM—34 miles

Earle Horwitz (847) 444-0445

**Saturday May 20**

Arlington 500 pre-ride

Ride leader: TBD

Barrington HS (west parking lot)

9:00 AM

30 / 44 miles

**Saturday May 21**

Arlington 500

*Come out and volunteer*

**Saturday May 27**

Mettawa Ride

Frontier Park 9:00 AM

Al Gibbs (847) 398-1376

43 miles

*Learn where Mettawa is. Lunch in*

*Vernon Hills (part of ride is on trails)*

## Bike Path/Trail Rides

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. 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.  
Art Cunningham

**Wednesday May 5**

Long Prairie Trail (Boone Co.)

9:00 46

*East Trail Head, near Chemung, IL*

*North on Rt. 14 to Rt. 173, lft. 4-*

*1/2 -mi to County Line Rd., rt. 1/2*

*mi. to parking lot on the lft. Paved,*

*packed crushed stone \*\*\**

**Wednesday May 12**

Loops Medley of Trails - Deer

Grove Woods to Arlington Lake

Nichols Hill Golf Course

9:00 50/30

*From Dundee Rd. turn north on*

*Kennicott to end, 1st lot on left, bot-*

*tom of hill. Packed crushed stone and*

*paved paths, short unimproved trail /*

*roads \*\**

**Wednesday May 19**

Partial loop E. Great Western Tr./E.

Prairie Path Kline Farm

9:00 42

*Winfield From North Ave, lft. (s) at*

*Country Farm Rd., 1/2 mi., lot on*

*right Packed crushed stone, some*

*paved \*\*\**

**Wednesday May 26**

North Channel/ Green Bay/N.

Shore Paths

9:00 32/54

*Turnbull Woods Forest Preserve Lake*

*Cook Rd., turn rt. on Green Bay Rd.,*

*0.2 mi. to lot on lft. Paved, some*

*packed crushed stone. \*\*\**

# Safety Check—From the Safety Chick

## Is your bike ready to ride???

Has it been a few months since the last time you rode your bike? Perhaps you are interested in buying a used bike at the Bike Swap. Has your bike been standing or hanging in the garage?

Every time you get on your bike you need it to be in a safe condition to ride. Brakes that don't work, a loose saddle or a broken spoke can all lead to major problems on the road. If you not familiar with your bike, the local bike shop may be the best to visit to have it checked out. If you know what to check it out and have the mechanical expertise, fixing it on your own maybe an option.

### Bicycle Safety Inspection Checklist

Item	X	Condition
Size		Can the rider straddle the frame with both feet flat on the ground?
Seat Height		(standard bike) When seated, the rider with feet on the pedals, should not rock from side to side. When the pedal is at the lowest point, the rider's knee should be just slightly bent. The leg is not fully extended, nor does it have more than a slight bend. (for proper fit, get measured at your local bike shop.)
Frame		all tubes should be in line, free of bends and kinks
Front fork		straight and in good condition, there should not be any play in the headset between the fork and the frame.
Handlebars		in line with front wheel and tight.
Wheels		Spokes should have good tension, none should be missing. No dents or kinks in the rim, good tires, inflated properly with valve stem straight.
Wheel alignment		Spin each wheel. Is it true, is it centered on fork, does it spin freely.
Brakes		Do they operate effectively and smoothly? Are the cables taut, no frayed ends? There should be at least 3/16 inch of rubber on the brake shoe. Do the brake shoes meet the rim squarely?
Pedals and cranks		Do they spin freely, are they on the bike securely?
Chain		Should be clean and free of rust, should be lubricated. Is the chain to loose?
Derailleur		Do the shifters operate correctly? Are the cable taut?
Seat		Is it in good condition, secure on the seatpost?
Reflectors		Bikes are required to have reflectors, does your bike meet requirements?
Head & Tail light		Check those batteries
Accessories		Racks, carriers, bottle cages – make sure they are all securely fastened to the bike.

*Tailwinds—Safety Chick*

## Happy Birthday to...

Ken Haas 5/9

Kurt Schoenhoff 5/30

Debbie Watson 5/21



## ROAD TREASURES 2006

It's time to start the search for the ultimate "road treasure" of 2006. Save those amazing finds from along the road and bring them to the **banquet in November!** Yes, it will be tough to beat the impressive objects we all found in 2005, but we'll have a good time trying. Keep your eyes open, and who knows? **YOU** might win the prize for best road treasure of 2006.

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



# *the* SPOKEN WORD

June 2006

Volume 35 • Number 6

## *President's Column*

### Literary License

I often get my ideas for writing this column from fellow cyclists and club members. I've been known to take comments out of context in order to pull together a column. I certainly don't mean any disrespect, just take it as a bit of literary license on my part. Maybe the club needs a great American author to be the next president?

We had a successful bike swap in April, despite the rain on Sunday. I'm writing this column before two great club events in May. The Arlington 500 is coming up in just a few days and by the time you read this will be over. I'm expecting another successful 500 furlongs to have been ridden. Thank you to Greg Konieczny for once again putting this event together.

The Ride of Silence also occurs just a few days from now. The Ride of Silence was started in 2003 in Dallas and this is our second year to participate. The ride honors those who have been killed or injured in cycling accidents with automobiles, trucks, busses and other vehicles. This year we had the opportunity to publicize the event with Sara Jo Briese (Joliet) and Elizabeth Adamczyk (Chicago) with the able help from Dan

Korman of Chicagoland Bicycle Federation. Sara Jo's mother Jan was killed by a automobile while leading a Joliet Bicycle Club event in May 2005. We ride to remind motorists that we share the road and we ride to remind ourselves of our own obligations to ride safely.

A friend wrote about his upcoming cross country tour following the Adventure Cycling northern route. We wrote "A quick note to let y'all know I am on track to start my cross country tour. I am signed on to the Northern Tier Expedition scheduled to start close to Seattle WA (Anacortes) on May 27. The scheduled completion date is August 27 in Bar Harbor where many of us rode on the Maine Coastal Tour. Yup, 3 months, count them... that's what my wife Kathy keeps reminding of. Hey, she's a good sport and will have plenty of diversions to keep her busy one of which is my daughter's return from grad school (degree speech pathology in hand)." I intend to follow Cal's trip vicarously by reading the blog of one his co-riders at <http://pauiltaylor.blogspot.com/>

Reading about Cal's trip made me think about the various

organizations supported by AHBA. Adventure Cycling's goal is to inspire people to travel by bicycle. You can read more about them at <http://www.adventurecycling.com/> In addition to Adventure Cycling, AHBA supports four other cycling organizations.

Help make our roads and towns better for bikes and walking. The League of Illinois Bicycles maintains a list of road projects in Illinois on their web site at <http://www.bikelib.org/completestreets/index.htm>. You can comment on individual road projects and send comments to the planners for those projects. This effort is part of the LIB Complete Streets program.

The Chicagoland Bicycle Federation has launched the Healthy Streets Campaign to make physically active transportation safe, convenient and fun. We need to redesign streets around the needs of people rather than catering only to motor vehicles. The Healthy Streets Campaign aims to win a balanced transportation environment that more wisely allocates resources and space to encourage walking, bicycling and public transit; and recreates streets to better serve all

*(continued on page 3)*

# AHBA Officers 2006

Gary Gilbert, *President*

Christine/Dave VanDornick, *Vice Presidents*

Kris Sudrovech Ami, *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
Programs	Donna Ponte	670-6244
Refreshments	Jim Maclure	359-0575
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner	298-7069
Tuesday Night Rides	Laurie Larson	776-8813
Trail Rides	Art Cunningham	963-8746
Webmaster	Scott Schaedel	823-6421
Zero Mile Rides	Gary Gilbert	577-4275
Progressive Dinner	OPEN!!!	

## Top Riders

as of May 16, 2006

1. Laurie Larson	1653
2. Mitch Polonsky	1601
3. Greg Konieczny	964
4. Christine Van Dornick	774
5. Dave Van Dornick	709
6. Bob Dominski	645
7. Len Geis	545
8. Art Cunningham	490
9. Kurt Schoenhoff	475
10. Earle Horwitz	465
11. Reinhilde Geis	460
12. Bena Gerber	445
13. Al Gibbs	404
14. Chris Wager	397
15. Vince Kelley	387
16. Scott Schaedel	386
17. Jim McClure	363
18. Harlan McDaniel	327
19. Paula Matzek	317
20. Dave Martin	304

**Please send articles/photos  
for the next newsletter to  
Laurie by June 10, 2006 at  
[newsletter@cyclearlington.com](mailto:newsletter@cyclearlington.com)**

## 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>

## Literary License, *continued*

aspects of community life. You can read about CBF's Healthy Streets Campaign at [http://www.biketraffic.org/content.php?id=655\\_0\\_11\\_0](http://www.biketraffic.org/content.php?id=655_0_11_0)

Communities as diverse as Milwaukee, Wis., Carrboro, N.C. and Longmont, Colo. now share an achievement—they are all Bicycle Friendly Communities, as designated by the League of American Bicyclists. This program analyzes bicycle friendliness in five areas: education, enforcement, encouragement, engineering and evaluation. Communities are rated platinum, gold, silver or bronze. Fifteen cities earned or renewed the designation in April 2006, and four communities earned an Honorable Mention. You can read about LAB's Bicycle Friendly Community program at <http://www.bikeleague.org/news/042406com.php>

This year Rails-to-Trails Conservancy celebrates 20 years of creating, protecting, serving and connecting America's rail-trails. Since RTC first opened its doors on February 7, 1986, the face of our nation's landscape has been transformed by a vital network of more than 13,000 miles of trail built from unused railroad corridors. You can read more about RTC 20th anniversary program at <http://www.railtrails.org/news/features/20thanniversary.asp>

*On Your Left—Gary Gilbert*

## Kettle Moraine Ride

Sept 30–Oct 1

An alternative to the overcrowded Hilly Hundred has been planned for Sept 30–Oct 1, in the northern Kettle Moraine region of Wisconsin. Rooms have been reserved at the Americinn for Saturday night 9/30 at the rate of \$89 for a two queen bed room. The roads are little traveled, smooth as butter, moderately hilly, and with miles of beautiful scenery. The rides will start around 10 am on Saturday to allow for the 2-1/2 hour trip from Arlington Heights and at 9 am on Sunday. Vince and Jackie are working on the routes and expect to keep them in the 50-60 mile range.

## Umbrella Found

A black umbrella, TOTES brand, I believe—with brown handle was left at the bike swap on Sunday. It was lying on the folded up orange plastic fence material at the end of the day when only us workers were still present. **To claim it, email [ag1bbs@yahoo.com](mailto:ag1bbs@yahoo.com) or call (847) 398-1376.**

## Advanced Ride Schedule

### Tuesday/ Thursday 9:00 AM Bakery Rides

From Streamside Park on Old Checker Road 1-1/2 mile west of the Deerfield Bakery.

### Tuesday Night Rides 6:30 PM From Recreation park

**Saturday, June 3**  
Crystal Lake Ride  
*step up the mileage and add a couple hills*  
Frontier Park 8:30 AM  
Leader: Van Dornick  
68 Miles

**Saturday, June 10**  
*See Intermediate Ride Schedule*  
9:00 AM

**Saturday, June 17**  
*See Intermediate Ride Schedule*  
9:00 AM

**Saturday, June 24**  
*See Intermediate Ride Schedule*  
9:00 AM

**Saturday, July 1**  
Volo Bog Ride  
*Get back to nature, then lunch in McHenry*  
Frontier Park 8:30 AM  
Leader: Van Dornick  
62 miles

**Saturday, July 8**  
Gurnee Gander Ride  
*North and east to a great hole in the wall place*  
Frontier Park 8:30 AM  
Leader: Van Dornick  
60 miles

**Saturday, July 15**  
Huntley Ride—west and beyond  
Frontier Park 8:00 AM  
*Lunch 1/2 way*  
Leader: Van Dornick  
73 Miles

## Intermediate

**Saturday, June 3**  
Culvers Ride  
Frontier Park 9:00 AM  
*Ride to Culvers in Schaumburg*  
Tom Drabant (847) 397-4497  
40 miles

**Saturday, June 10**  
Crystal Lake ride (*remote start*)  
East Dundee train station at Higgins & River Rd—9:00 AM  
*with food stop*  
Chris Wager (847) 397-7217  
35 miles

**Saturday, June 17**  
Show'n Go  
Frontier Park 9:00 AM

**Saturday, June 24**  
Independence Grove in Libertyville  
Frontier Park 8:30 AM  
Kildeer School 9:00 AM  
*Duel starting points*  
Jan McCandless (847) 680-1749  
52/40 miles

## Bike Path/Trail Rides

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. 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.  
Art Cunningham

**Wednesday, June 7**  
Prairie Path Aurora Branch Loops  
9:00  
40/62 miles—partial loops  
Roy C. Blackwell F. P., Warrenville  
*Go east on I-90 to IL-59; go south to Mack Rd.; go left. 1/2 mi to parking on the left.*  
Packed crushed stone, some paved  
\*\*\*

**Wednesday, June 28**  
North Portion Lake Co.  
Des Plaines Riv. Tr.  
9:00  
46 miles  
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 \*\*\*



# Safety Check—From the Safety Chick

## "Share the Trail"

Multi-use trails (or paths) are popular recreation areas for walkers, runners, skaters and cyclists. Their popularity also causes them to be congested and sometimes hazardous. Listed below are suggestions from a pamphlet created and distributed by the International Bicycle Fund to encourage the safe use of trails.

### Always exercise care and caution.

**Be courteous.** All users should be respectful of other users regardless of their mode, speed or level of skill.

**Be predictable.** Travel in a consistent and predictable manner.

**Don't block the trail.** When in a group use no more than half the

trail so as not to block the flow of other users.

**Keep right.** Unless posted otherwise, stay as far the right as is safe, except when passing another user.

**Pass on the left.** When passing others that are going in the same direction, pass on their left. Yield to slower and oncoming traffic. Use hand signals to alert those behind you of your moves. Look ahead and back to make sure the lane is clear before you pull out and pass. Pass with ample separation and do not move back to the right until safely past.

**Stopping.** Move off the trail when stopped. Announce your intent to stop, make sure others approaching from behind know you are pulling over.

Give audible warning before passing: give a clear signal by using voice, bell or horn. Give the person you are passing time to respond and watch for their reaction. Use extra care when passing children or pets.

So you can hear signals from other users, do not wear headphones.

Obey all traffic signs and signals. Use extra caution at intersections or where trails cross streets.

Use lights at night.

Respect private property that is adjacent to the trail.

When traveling with a large group, consider using alternate safe road routes.

*Tailwinds—Safety Chick*

## AHBA 2006 Bike Swap



## Happy Birthday to...

Kathleen Covi 6/10  
Art Cunningham 6/13  
Jeanette Fortmann 6/23  
Bena Gerber 6/7  
Mike Sackheim 6/6  
Dave VanDornick 6/4  
Ron Zazzara 6/15



## AHBA water bottles

Riders at the Arlington 500 received a water bottle.

AHBA would like to thank Wayne Mikes of Mikes Bikes in Palatine for co-sponsoring the bottle.

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



# *the* SPOKEN WORD

July 2006

Volume 35 • Number 7

## *President's Column*

### **SUMMER IS HERE!!!**

Summertime and the livin' is easy, Wheels are turnin' and the rides are easy. One of these mornings, You're going to rise up riding, Then you'll stretch your legs, And you'll take to the hills. With apologies to two guys named George and Ira, I hope you are enjoying the near perfect cycling weather we've been having.

Many riders are enjoying multi-day rides this time of year. I'm heading to Idaho to join a group of friends I've met on other multi-day rides and enjoy some breathtaking scenery. Whether you are riding from here to the grocery store or in New Zealand like one of our adventurous members, I hope your legs are strong and the wind is at your back.

We had nearly 600 riders on this years Arlington 500. A record number of riders participated. WOW!!! Thanks Greg and everyone else who helped make the ride a success.

Have you looked at the new website? Scott is doing a fantastic job keeping it up to date. Send him your favorite cycling photos and he will make them appear for the rest of us to enjoy aspects of community life. You can read

about CBF's Healthy Streets Campaign at [http://www.biketraffic.org/content.php?id=655\\_0\\_11\\_0](http://www.biketraffic.org/content.php?id=655_0_11_0)

Communities as diverse as Milwaukee, Wis., Carrboro, N.C. and Longmont, Colo. now share an achievement— they are all Bicycle Friendly Communities, as designated by the League of American Bicyclists. This program analyzes bicycle friendliness in five areas: education, enforcement, encouragement, engineering and evaluation. Communities are rated platinum, gold, silver or bronze. Fifteen cities earned or renewed the designation in April 2006, and four communities earned an Honorable Mention. You can read about LAB's Bicycle

Friendly Community program at <http://www.bikeleague.org/news/042406com.php>

This year Rails-to-Trails Conservancy celebrates 20 years of creating, protecting, serving and connecting America's rail-trails. Since RTC first opened its doors on February 7, 1986, the face of our nation's landscape has been transformed by a vital network of more than 13,000 miles of trail built from unused railroad corridors.

You can read more about RTC 20th anniversary program at [http://www.railtrails.org/news/features/20th\\_anniversary.asp](http://www.railtrails.org/news/features/20th_anniversary.asp)

## **2006 AHBA Picnic**

The 2006 edition of the Arlington Heights Bicycle Association is on Sunday July 16th. As is tradition, the ride starts at 10:30 and is approximately a 25 mile ride. The club provides main course and beverages. Please bring an appetizer or dessert to share. Picnic is at Gary Gilbert's house, in the backyard with plenty of shade. For those who are able, please RSVP by July 9th so we can have an appropriate amount of food.

*(continued on page 5)*

# AHBA Officers 2006

Gary Gilbert, *President*  
 Christine/Dave VanDornick, *Vice Presidents*  
 Kris Sudrovech Ami, *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
Programs	Donna Ponte	670-6244
Refreshments	Jim Maclure	359-0575
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner	298-7069
Tuesday Night Rides	Laurie Larson	776-8813
Trail Rides	Art Cunningham	963-8746
Webmaster	Scott Schaedel	823-6421
Zero Mile Rides	Gary Gilbert	577-4275
Progressive Dinner	OPEN!!!	

# Top Riders

as of June 6, 2006

1. Mitch Polonsky	2210
2. Laurie Larson	2085
3. Christine Van Dornick	1109
4. Greg Konieczny	1081
5. Dave Van Dornick	991
6. Al Gibbs	886
7. Len Geis	857
8. Earle Horwitz	853
9. Art Cunningham	831
10. Kurt Schoenhoff	830
11. Chris Wager	782
12. Bob Dominski	745
13. Reinhilde Geis	699
14. Scott Schaedel	595
15. Jim McClure	574
16. Vince Kelley	533
17. Bena Gerber	501
18. Paula Matzek	463
19. Dave Martin	459
20. Eugene Prye	438

**Please send articles/photos  
 for the next newsletter to  
 Laurie by July 10, 2006 at  
[newsletter@cycleclearington.com](mailto:newsletter@cycleclearington.com)**

## 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>

## Safety Check— From the Safety Chick

### Excuse me . . .

...I'm sorry to bother you, I know you are having a wonderful time, it is a beautiful day. Many of your friends are here with you... I just want to interrupt for a second to explain that there is a vehicle approaching. It is possible the vehicle is moving at an accelerated rate of speed, it is certainly moving faster than you are. The vehicle is large—well, it is larger than you and your bike. More than likely the driver of the vehicle will want to use part of the road. The road we are on has hills and curves and traffic. The driver may not be able to see if there is oncoming traffic. The vehicle passed me but you are still in the middle of the road and the driver is not slowing down so the driver may not be able to see you. If you were riding on the right side of the right lane, I wouldn't be so concerned. The middle of the lane, now, that is a scary place for a bicycle rider. There is another rider to your left that also needs to move out of harm's way, you may need to adjust your speed, communicate with each other, do the safe thing. You may need to slow down or speed up or adjust. If everyone were riding along the right side of the road, single file, then the car could pass us and be on it's way. You haven't moved out of the middle of the road and now there is another car approaching behind me. I guess you haven't heard me... I tried to make it simple, I said in a pretty loud voice CAR BACK. In fact, I said it twice. I know you are a safe rider—I'll say it one more time—CAR BACK!

*Tailwinds—Safety Chick*

## AHBA needs volunteers

The club runs well due to the help that many members give to our group. As one member pointed out in a recent email, we are a family; we support and help one another. AHBA is not Gary's, Christine, Dave, Mitch, and Kris's bike club— it is yours. I hear from many of you with great ideas. We can implement many of those ideas when someone steps forward and runs with that idea and makes it a reality.

Become a ride leader. If you are not comfortable leading a ride, ask one of the usual ride leaders to help you lead a ride; ask someone to help you develop a new route to your favorite lunch spot. Volunteer to give a talk at a club meeting. The list goes on an on.

# Advanced Ride Schedule

Watch the website ride schedule for updated information

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

**Tuesday Night Rides 6:30 PM**  
From Recreation park

**Saturday, July 1**  
Volo Bog Ride—62 miles  
*Get back to nature, then lunch  
in McHenry*  
Frontier Park 8:30 AM  
Leader: Van Dornick

**Tuesday, July 4**  
Zoo Ride—55 miles  
Recreation Park 7:00AM  
For more information contact  
Gary Gilbert at 847-577-4275

**Saturday, July 8**  
Gurnee Gander Ride—60 miles  
*North and east to a great hole in  
the wall place*  
Frontier Park 8:30 AM  
Leader: Van Dornick

**Saturday, July 15**  
Huntley Ride—73 miles  
west and beyond  
Frontier Park 8:00 AM  
*Lunch 1/2 way*  
Leader: Van Dornick

**Sunday, July 16**  
Picnic ride—25 miles  
*Work up an appetite before you pig out*  
814 E. Hackberry, AH 10:30 AM  
Leader: TBA  
*Bring an appetizer or dessert to share.  
Club to provide main course and  
beverages. RSVP to Gary by July 9  
at 577-4275*

## Intermediate Ride Schedule

**Saturday, July 1**  
Jim Maclure 847-359-0575  
Kelsey Roadhouse  
40 miles  
Frontier Park 9:00 AM  
*rolling hills*

**Saturday, July 8**  
Ron & Geri McPherons  
847-824-5091  
Schaumburg Ride  
30 miles  
Frontier Park 9:00 AM  
*Ride to and around Schaumburg*

**Saturday, July 15**  
Chris Wager 847-397-7217  
Crystal Lake ride (*remote start*)  
35 miles  
East Dundee train station at  
Higgins & River Rd  
9:00 AM  
*with food stop*

**Saturday, July 22**  
Tom Drabant 847-397-4497  
Capt'n Tom's Adventure Ride  
40-45 miles  
Frontier Park 9:00 AM  
*a few hills with a food stop*

**Saturday, July 29**  
Karen Zmhal 847-397-1499  
Willow Creek Ride  
35 miles  
Frontier Park 9:00 AM  
*ride to South Barrington area*

## Bike Path/Trail Rides

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. 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.  
Art Cunningham

**Wednesday, July 5**  
9:00  
52 miles  
Partial loop Fox Riv. / St. Charles  
& Elgin Prairie Path  
East Dundee Depot West on  
Dundee (Rte. 68) bear rt. at  
Barrington Ave. just past Rte. 25 to  
River St., depot to left Paved and  
packed crushed stone paths \*\*\*

**Wednesday, July 26**  
9:00  
55 miles  
Loop Medley of Trails - Poplar  
Creek to Ned Brown  
Ned Brown F. P., Golf Road  
Parking Lot South of Golf Rd.  
just East of I-290 Paved with  
connecting roads  
*Bring snacks and plenty of water  
to drink—Check with Art  
Cunningham 963-8746 for details*

## SUMMER IS HERE, *continued*

### 2007 BIKE SWAP

There is a meeting planned for July 17th, 2006 to discuss plans for the 2007 AHBA Bike Swap

The annual bike swap is the major fundraiser for the club and makes many of our other events possible. After 26 years of running the bike swap, Al and Jeanie Gain have decided to step down from chairing this event. After more than 10 years Bill Kragh has decided to step down from running the office at the swap as well. Additionally, the Arlington Heights Park District is likely to begin remodeling Pioneer Park which means a new location is necessary.

AHBA is at a critical point and we must begin talking about the future of the bike swap now in order to be able to hold the event in 2007.

We need your ideas and your help. Please consider stepping forward to run all or portions of this important club and community event.

Please come to this meeting with your creativity and support for AHBA. The meeting will be at 7:30PM  
814 E Hackberry Drive, AH  
847-577-4275

Please RSVP if you are able to attend. This meeting is the day after the annual picnic and perhaps there will be some leftovers for us to enjoy.

### 2006 ZOO

As many of you know, for several years I have led an annual ride to the Lincoln Park Zoo. This year there is a new route. No riding on Central anymore!!! This is an

opportunity for some city riding.

We will be joined by members of the Chicago Cycling Club at the Zoo and they will make the return journey to Arlington Heights with us. For that reason, we are starting earlier than usual so we can meet up with the CCC and they can get home at a reasonable hour. We expect to arrive at the Zoo around 10AM which should give us time to have something to eat and see some of the animals. The time set with CCC is to leave the zoo at 11AM.

Tuesday, July 4—7AM

Ride leaves from Recreation Park at 500 East Miner in AH  
Approximately 55 miles

For more information contact the ride leader, Gary Gilbert at 847-577-4275

*On Your Left—Gary Gilbert*

## Has cycling aged?

At a recent ride, one AHBA member was bemoaning that she was turning 50. It was a very hard audience to find any sympathy. On that ride, she was probably the second youngest out of 22. Has cycling aged? How can we get younger people involved? A friend sent me this email recently and it sounds just like AHBA

The SLO bike club celebrates its 35th anniversary this year and our club potluck was around that theme. The historian had a display of old photos, newspaper articles, etc. One article that caught my eye was from the early days of the club and was about a particular rider. It said that at 56 years old, she was one of the oldest people in the club. My, how times have changed. 56 would make someone

one of the younger members in today's club. In fact, we pretty much depend on the local college cycling team to fill in some of the jobs on our century rides like "truck loader" where strong backs are required.

At our potluck, we also had a slide show of club members from the 70s. It was fun to see how people & styles had changed. And there was a cute story, supposedly true: The picture was of a couple on their cross-country ride. In the picture, they are in full raingear—rainpants, big rainjacket with hood (with a big white Bell helmet peeking out), gloves, the whole nine yards. So they rode into a small Colorado town along the route, stopped and asked a local where they were. The local replied, "Well,

you are on the Planet Earth". And the husband turned to his wife and said, "See, Dear? I told you we went too far!"

At the potluck, the club took group photos with us sorted by the decade we joined the club. We moved here at the end of 2000, so are in the newest group.

The guy front-and-center in the 70s group picture is the guy who founded the club. I guess he was a reluctant founder. It is sort of like the RAGBRAI story. He wanted to get together small group of friends to ride and decided to put a notice in the paper in case anyone else wanted to come along. 100 people showed up to that first ride and he suddenly found himself the president of a new club.

## Happy Birthday to...

7-4 Christina Preston

7-12 Barbara Duffy

7-14 Keith North

7-22 Barbara Pontrelli

7-24 Sue Smyczynski

7-24 Geri McPheron

7-26 Ernest Pergrem

7-26 Marlene Stengle

7-26 Laurie Liska

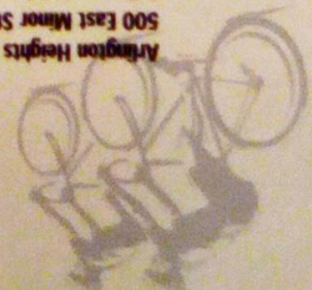
7-29 Earl Horwitz

7-31 Carol Ranachowski

7-31 Jim Shoemaker



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





# *the* SPOKEN WORD

August 2006

Volume 35 • Number 8

## *President's Column*

### **Etymology and Cycling**

One never knows what you might learn on a bike ride. Sometimes we talk about weird things and sometimes we meet others who teach us interesting trivia. These things we learn are not typically the answers to questions about the meaning of life but somehow enhance our lives anyway. Don Ami and I once discussed the origins of the phrase "two bits" on a ride. This particular discussion happened after we passed a bunch of drill bits laying on the pavement in the middle of an intersection. On a recent Saturday ride to the Volo Bog, we arrived just as a docent led tour was occurring. Did you know that in the olden-days, thieves and other unsavory characters were forced out of town and lived in the bogs. These people became known as Bog-Men and thus the origin of the word "bogeymen". Answers to these questions may one day win you fame and fortune on Jeopardy or perhaps you will know the answer to Dave VanDornick's weekly trivia quiz.

I hate to whine, but .... What do you bring with you on a bike ride? One member mentioned to me on a Tuesday night ride, that he had "lent" so many spare tubes to other club members that he didn't have one when he needed one. On a two recent rides, riders didn't carry enough water and didn't take the opportunities provided to refill. Another rider gave up their supply for the person who didn't carry enough. We all know those who don't think it is important enough to carry a bike lock, and are always looking for someone else who does carry a lock to keep their bike secure at lunch. There are some basic things that are required to ensure a good ride and to be considerate of your fellow riders. If you are not sure, ask your fellow riders next time you go out and see what they carry with them. That is a great topic for your next ride, along with discussions of the latest trivia.

Nominations for officers for next year occur at the September club meeting. Elections are in October. After 3 years as president, it is my

turn to step aside and let someone else become president of AHBA. Consider running for president or another club office. Talk to any board member to volunteer or suggest someone who you think would do a great job.

Laurie Liska has done a terrific job as newsletter editor for the past couple of years. She has informed us that she will continue to be newsletter editor through the end of the year and we need a replacement. That is a good time to ask the membership if we actually need the newsletter. Most of the information in the newsletter is available on the web site. Scott Schaedel has been doing a great job keeping the web site up to date. The ride schedule is on the website. Articles by our Safety Chick, Nancy Wagner, are also available on the web site. If the president were to post the monthly presidents column on the web site as well, I question whether we have any value in combining the information into a newsletter. What do you think? Let me know.

*On Your Left—Gary Gilbert*

# AHBA Officers 2006

Gary Gilbert, *President*  
Christine/Dave VanDornick, *Vice Presidents*  
Kris Sudrovech Ami, *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
Programs	Donna Ponte	670-6244
Refreshments	Jim Maclure	359-0575
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner	298-7069
Tuesday Night Rides	Laurie Larson	776-8813
Trail Rides	Art Cunningham	963-8746
Webmaster	Scott Schaedel	823-6421
Zero Mile Rides	Gary Gilbert	577-4275
Progressive Dinner	OPEN!!!	

# Top Riders

as of July 1, 2006

1. Mitch Polonsky	2556
2. Laurie Larson	2399
3. Al Gibbs	1843
4. Christine Van Dornick	1743
5. Dave Van Dornick	1625
6. Art Cunningham	1477
7. Earle Horwitz	1436
8. Greg Konieczny	1311
9. Chris Wager	1169
10. Len Geis	1139
11. Vince Kelley	1000
12. Kurt Schoenhoff	990
13. Bena Gerber	970
14. Paula Matzek	954
15. Reinhilde Geis	924
16. Dave Martin	856
17. Jim McClure	848
18. Scott Schaedel	837
19. Bob Dominski	805
20. Jackie Kelley	790
21. Tom Drabant	740
22. Frank Bing	716
23. Diane Ghertner	681
24. Eugene Prue	598
25. Geri McPheron	564

**Please send articles/photos  
for the Sept./Oct. 2006 issue  
to Laurie by Aug 15, 2006 at  
newsletter@cyclearlington.com**

## 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>

## 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. Next meetings are September 27, 2006 and October 25th, 2006. Mark your calendar.

### September Meeting — September 27, 2006

Rob Sadowsky, Executive Director of the Chicagoland Bicycle Federation will be presenting at the September meeting. Rob would like to share with AHBA recent work of CBF and solicit feedback from members on what we see as priorities for bicycle advocacy in the region. This is an opportunity to influence cycling in the Chicago metropolitan area.

Additionally, the business portion of the meeting traditionally includes nominations for club officers for next year

## Board Meetings

Board Meetings are held on Monday evening, 9 days before each monthly meeting. 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. Next Board meetings are September 18, 2006 and October 15th, 2006.

## Progressive Dinner Ride

Saturday August 12  
Prospect Hts. Lions Park 10 A.M.  
(Camp McDonald Rd. W. of Rt. 83)  
25 Miles  
Vince Kelley 847 259-6899

**Ride to eat?** This is the ultimate stuff yourself ride. Several club members have volunteered to allow the rest of us to tramp through their house and chow down on a four-course meal of appetizers, salads, meat, and dessert. Our job is to pedal from house to house and remove our cleated shoes before we trash their clean and shiny floors. Please **RSVP by the 8th** so we have enough food for you. Those willing to contribute a food item, please call Vince at 847 259-6899 or Barb Kulp at 847 952-9655.

## Advanced Ride Schedule

Watch the website ride schedule for updated information

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

**Tuesday Night Rides 6:30 PM**  
From Recreation park

**Saturday, August 12**  
The Progressive Dinner Ride  
(A club favorite, not for great  
distance, but caloric intake!)  
Coordinators: Vince Kelley and  
Barbara Kulp  
(see page 3)

**Saturday, August 19**  
The Lake County Ride  
*Ride into Lake County, lunch  
in Lake Forest*  
Frontier Park 8:30AM  
*mostly flat, urban riding*  
65 miles  
Leaders: Van Dornicks

**Saturday, August 26**  
Ride to Rancho Nuevo (*to a great  
spot for Mexican food in Round Lake*)  
Frontier Park 8AM  
*Some hills, some open areas*  
68 miles  
Leader: Gary Gilbert

**Saturday, Sept 2**  
Dawes Park ride (*East into Evanston*)  
Frontier Park 8:30AM  
*Lunch half way*  
60 miles  
Leaders: Van Dornicks

**Saturday, Sept 9**  
Lake Geneva Ride  
*Two routes 103 and 52 miles*  
Hawthorn Woods Community Park  
(*Quentin and Old McHenry  
Roads*)—8:00 AM  
  
Glacial Park (*off Keystone Road west  
of Tryon Grove Road*)—10:30 AM  
  
*Pack food and plenty of water. Terrain  
is rolling hills to flat mostly rural areas*

## Intermediate Ride Schedule

**August 5**  
Northwest ride  
40 miles  
Frontier Park 9:00 AM  
*Ride around the woods in Barrington,  
parts of Deer Park, Mundelien,  
Hawthorn Woods. Eating at Oreganos.*  
Al Gibbs (847) 398-1376

**August 12**  
Progressive dinner—SEE page 3

**August 19**  
Rancho Nuevo  
53 miles  
Frontier Park 8:00 AM  
Ride to Round Lake for Breakfast  
Gary Gilbert (847) 577-4275

**August 26**  
Covered Bridge Ride  
45 miles  
Frontier Park 9:00 AM  
*Rolling hills with food stop*  
Nancy Wagner (847) 298-7069

## Bike Path/Trail Rides

The bike paths/trails on the 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. 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.  
Art Cunningham

(see web site for August schedule)

Wishing **Babara Hackel** a fast recovery from an injury incurred July 24 on the M.S. 150 ride near Maple Park.

She fractured her clavicle [collar bone]. She thinks she will be back riding sometime in September.

Since she cannot use the brakes or shift gears she will be riding a unicycle until September.

# Safety Check From the Safety Chick

## **A split second... A fraction of an inch A blink of an eye... An accident happens.**

Every year we hear of fellow riders being involved in cycling accidents. Novices, experienced and professional riders (see Tour de France highlights) are involved in accidents. Riders come in contact with the pavement, vehicles, railroad tracks and other riders. Just as in any auto or household accident, no one intends for it to happen. Sometimes we don't even remember how it happened. Suddenly we are off the bike, maybe off the road and wondering how did I get here. To avoid the experience, perhaps we can learn from others.

### **Story 1**

October 2005—Weekend Club Ride

*Incident: Rider stopped quickly and went over the handlebars*

Just after making a left turn onto a busy street, he was riding a short distance, less than a tenth of a mile and then turning right, going about 3 mph. There was not a light or stop sign at either corner, numerous vehicles were in the area. Between the two turns, he had to cross railroad tracks. The rider thought taking the sidewalk across the tracks would be safer than the busy road. Once on the sidewalk, he realized the pavement on either side of the tracks was broken. Seeing that it would be difficult to ride over the surface he stopped... quickly. He flew over the handlebars, head first, landing on his face. The group had gone ahead of him a bit and was not aware that he had fallen. By the time he had righted himself and the bike, some of the riders had ridden back to check on him. His face was bleeding and he had jammed a finger. He made the decision to ride home, alone. His advice:

1. The road is safer than the sidewalk
2. Don't stick your arm out to break the fall.  
(The proper way to fall is tuck and roll)
3. He was not the best judge to determine if he could ride home alone. He'd been through a trauma and suffered mild shock.

### **Story 2**

June 2006—Organized, Invitational Ride with a large number of riders

*Incident: Rider fell when her front wheel came in contact with bike in front of her.*

Riding in a large pack, 4-5 riders abreast, riding 20+ miles per hour on a flat surface the rider's front wheel was approximately 12 inches behind the back wheel of the rider in front of her. Riding near the front of the pack, suddenly the two riders ahead of her stopped. There was no apparent reason to stop. Neither rider announced their intention to stop or slow. They just stopped. Our rider's front wheel hit the bike in front of her; our rider's front wheel turned sharply and she fell. (for newbies, the back rider nearly always falls and the front rider is unaffected.) Both of the riders in front of her rode on not even realizing there was a problem. Our rider's helmeted (fortunately) head hit the pavement, no damage. Unfortunately, her shoulder also hit the pavement, double break to the right collarbone. Her advice:

1. Never ride in a pack, especially with riders you do not know.
2. Always wear your helmet

### **Story 3**

June 2006—Weekend Club ride

*Incident: Rider stopped suddenly and went over the handlebars*

Riding up a small hill, the rider was steering with her right hand, using her left hand to flip her cue sheet. She was fumbling with the cue sheet a bit, trying to keep from dropping it. Suddenly, this simple action, a motion she has done many times before distracted her. As she was trying to catch the cue sheet, she adjusted her right hand and unintentionally applied the front brakes. She went over the handlebars landing face first. Her injuries will require dental work. Her advice: Need to make an adjustment, stop the bike for the 30 seconds it may take and take care of it. Then, proceed with ride.

*Tailwinds—Nancy*

---

*Many thanks to Gary Gilbert, Barb Hackel and Christine VanDornick for sharing their experiences and contributing to this article.*

### Weekend Rides

#### Manitowoc Ride, Manitowoc Wisconsin

August 5-6

9 AM start both days

85 mile/55 miles—Sat 50 miles/35 miles—Sun

Rides start from the Super 8 parking lot both days

Hotel options:

**Super 8:** 920 684-7841

**Comfort Inn:** 920 683-0220

**Holiday Inn:** 920 682-6000

*Terrain is rolling hills and farmland thru small communities. Bring water. Food stops for all options*

Ride Coodinators: Dave/Chris 847 259-7917

Grail 2—Sept 16-17

#### Kettle Moraine Weekend in Wisconsin

Sept 30-Oct 1

Ride 50-60 miles each day, on quiet roads.

Ride Coodinators: Jackie and Vince Kelley

## Happy Birthday to...

- |      |                 |
|------|-----------------|
| 8.6  | Terry Zmrhal    |
| 8.9  | Will Wagner     |
| 8.12 | Alan Gibbs      |
| 8.12 | Mitch Polonsky  |
| 8.21 | Matt Gruewald   |
| 8.22 | Diane Beveridge |
| 8.29 | Barbara Hackel  |
| 8.29 | Janet Harlow    |



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



# *the* SPOKEN WORD

Sept/Oct 2006

Volume 35 • Number 9

## *President's Column*

### Forgetful?

This edition of the club newsletter is a combined Sept/Oct edition.

The board meeting on July 17th focused on next years bike swap. Al and Jeanie Gain have stepped down as general chair of the swap and Bill Kragh has stepped down as swap office manager. There was general consensus that the club should continue to hold the annual bike swap, perhaps as a one-day event rather than a two-day event. There are 11 coordination jobs required in order to make the swap successful. Members attending the board meeting volunteered to lead 7 of the 11 positions. We are still in need of someone to take on the overall swap chair position and the office manager positions. Please step forward to take on one of the open positions. Planning starts now.

**Al and Jeanie and Bill are willing to help train their replacements.**

#### **2007 Swap Chair**

Open

#### **Office Chair**

Open

#### **Equipment Manager**

Al Gibbs

#### **Site Manager**

Dave Martin

#### **Bike Shop Coordinator**

Jim Shoe

#### **Check-Out Processor**

Open

#### **Food and Beverage Coordinator**

Dave and Chris Van Dornick

#### **Volunteer Coordinator**

Earl Horwitz

#### **Register Assistants**

Barb Pontrelli & Christina Preston

#### **Check-In Coordinator**

Vince Kelley

Nominations for 2007 club officers will take place at the September 27th meeting, with elections at the October 25th meeting. After three years, I am stepping down as president. Feel free to nominate yourself or your friends (with their approval).

I am happy to announce that at the July 17th board meeting, the membership approved donations to Chicagoland Bicycle Federation, League of Illinois Bicyclists, League of American Bicyclists, Rails to Trails, and Adventure Cycling. AHBA has supported these organizations over the past several years

and I hope will continue that support in the future. Support for these advocacy organizations is critical to the future of cycling. I encourage each of you to personally support one or more of these organizations as well.

At the September 27th meeting Rob Sadowsky, Executive Director of the Chicagoland Bicycle Federation will be presenting. Rob would like to share with AHBA recent work of CBF and solicit feedback from members on what we see as priorities for bicycle advocacy in the region. This is an opportunity to influence cycling in the Chicago metropolitan area. Make plans to attend this exciting meeting.

On a recent ride, two members arrived at the starting location in their vehicle. One of the members proceeded to open the rear hatch and remove their bike from the vehicle and then close the hatch. The other member was standing about gabbing with the rest of us until they realized that they didn't have a bike to ride. The situation, of course, caused everyone to laugh and watch as the second bike was extracted from the vehicle. We

*continued on page 3*

# AHBA Officers 2006

Gary Gilbert, *President*  
Christine/Dave VanDornick, *Vice Presidents*  
Kris Sudrovech Ami, *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
Programs	Donna Ponte	670-6244
Refreshments	Jim Maclure	359-0575
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner	298-7069
Tuesday Night Rides	Laurie Larson	776-8813
Trail Rides	Art Cunningham	963-8746
Webmaster	Scott Schaedel	823-6421
Zero Mile Rides	Gary Gilbert	577-4275
Progressive Dinner	OPEN!!!	

# Top Riders

as of Aug 29, 2006

1. Mitch Polonsky	3352
2. Laurie Larson	2918
3. Al Gibbs	2603
4. Christine Van Dornick	2379
5. Dave Van Dornick	2070
6. Art Cunningham	2022
7. Earle Horwitz	1958
8. Chris Wager	1662
9. Paula Matzek	1540
10. Greg Konieczny	1505
11. Len Geis	1419
12. Frank Bing	1378
13. Vince Kelley	1364
14. Bena Gerber	1323
15. Barb Pontrelli	1248
16. Jim McClure	1217
17. Reinhilde Geis	1198
18. Dave Martin	1187
19. Kurt Schoenhoff	1110
20. Jackie Kelley	1070
21. Geri McPheron	1004
22. Ron McPheron	996
23. Tom Drabant	978
24. Scott Schadel	982
25. John Thiel	935

**Please send articles for the  
Nov. 2006 issue to  
Laurie by Oct 10, 2006 at  
[newsletter@cyclearlington.com](mailto:newsletter@cyclearlington.com)**



## 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>

### Forgetful? *continued*

all laughed again, as the ride was about to start and someone realized that the driver had left the driver's door wide open. The point of the story is not just to relate a humorous event but to remind everyone that cycling requires us to be attentive. Sometimes it is difficult to pay attention when there is so much beautiful scenery to look at and when we want to enjoy being outside and the company of our fellow cyclists.

*On your Left—Gary*

## 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. Next meetings are September 27, 2006 and October 25th, 2006. Mark your calendar.

### September Meeting —September 27, 2006

Rob Sadowsky, Executive Director of the Chicagoland Bicycle Federation will be presenting at the September meeting. Rob would like to share with AHBA recent work of CBF and solicit feedback from members on what we see as priorities for bicycle advocacy in the region. This is an opportunity to influence cycling in the Chicago metropolitan area.

Additionally, the business portion of the meeting traditionally includes nominations for club officers for next year

## Board Meetings

Board Meetings are held on Monday evening, 9 days before each monthly meeting. 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. Next Board meetings are September 18, 2006 and October 15th, 2006.

# Advanced Ride Schedule

## Saturday, Sept 9

Lake Geneva Ride  
8 AM — Hawthorn Woods  
Community Park  
*(Quentin and Old McHenry Roads)*  
10:30 AM — Glacial Park  
*(off Keystone Road west of Tryon  
Grove Road)*  
103 and 52 miles  
*Pack some food for the long route and  
plenty of water. Terrain is rolling hills  
to flat through mostly rural areas*  
Leader: Van Dornick

## Saturday, Sept 16-17

Grail 2  
8:30 AM  
80 miles each day  
Coordinator: Gary Gilbert

## Saturday, Sept 23

Elgin Ride  
West to Elgin, two starting points  
8:30 AM—Frontier Park 68 Miles  
9:30 AM—The Pavillion 45 Miles  
*The Pavillion: Elk Grove Village at  
Wellington and Beisterfield*  
Leader: TBA

## Sept 30-Oct 1

Kettle Moraine Weekend Ride  
*(in Wisconsin)*  
50-60 miles each day, quiet roads.  
Leaders: Jackie & Vince Kelley

## Saturday, October 7

Woodstock Ride  
Some hills, bring a snack along  
9 AM—Lakewood Forest Preserve  
*Late breakfast 1/3 of the way out.*  
72 miles  
Leader: Van Dornick

## Saturday, October 14

Rawson Rendevouz  
More rural riding, Lunch at the  
Broken Oar  
9 AM—Frontier Park  
*Some hills*  
47 Miles  
Leader: TBA

## Saturday, October 21

Schaumburg and Beyond  
*Suburban riding on low traffic areas*  
*Lunch 1/2 way*  
9 AM—Frontier Park  
50 Miles  
Leader: Van Dornick

## Saturday, October 28

Halloween Hullabaloo  
A coordinated ride with two leaders  
8:30 AM—Frontier Park 56 miles  
9:30 AM—The Pavillion 34 miles  
*Come in costume or as your usual  
strange character*  
Leader: Marilyn Wilkerson leads  
from the Pavillion  
Leader: Van Dornicks lead from  
Frontier Park

*Watch the website ride schedule for updated information*

# Intermediate Ride Schedule

## Saturday, Sept 9

Culvers Ride  
9 AM—Frontier Park  
40 miles  
Tom Drabant (847) 397-4497  
*Ride to Culvers in Schaumburg*

## Saturday, Sept 16

NO Broken Oar Ride  
9:30 AM—Frontier Park 36 miles  
10 AM—Kildeer School 24 miles  
*Dining al fresco for lunch*  
Earle Horwitz (847) 444-0445

## Saturday, Sept 23

Barrington Loop with a twist  
9 AM—Frontier Park  
40-45 miles  
Jim Maclure (847) 359-0575  
*Expect rolling hills on this ride*

## Saturday, Sept 30

Show'n Go  
9 AM—Frontier Park

## Saturday, Oct 7

Ambling to Algonquin in Autumn  
9 AM—Frontier Park  
42 miles  
Diane Beveridge (847) 368-0185  
*Rolling hills with lunch stop*

## Saturday, Oct 14 and Oct 21

Show'n Go  
9 AM—Frontier Park

## Saturday, Oct 28

Marilyn Halloween Ride  
9 AM—Frontier Park  
35-40 miles  
*Dress up for this one!*

## Bakery Rides

Tuesday/Thursday

9:00 AM

From Streamside Park on Old  
Checker Road 1-1/2 mile west of  
the Deerfield Bakery.

## Tuesday Night Rides

6:30 PM

From Recreation park

## Show n' go rides:

Saturdays in November

10 AM from Frontier Park.

Distance varies depending on  
temperature. 30-50 miles and  
typically include a food stop.

## Bike Path/Trail Rides

The bike paths/trails on the 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. 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.  
Art Cunningham

### Wednesday, Sept 6

Des Plaines Ride to Old School  
Half Day Forest Preserve  
9:00

52 miles

*Off Milwaukee Ave. 1-1/2 mi. north of IL-22 – park at the 1st lot on the rt.*

*Crushed stone and Paved paths*

### Wednesday, Sept 20

Medley of Trails – Poplar Creek to Ned Brown loop  
9:00

55 miles

*Ned Brown F. P., Golf Road Parking Lot, South of Golf Rd. just East of I-290*

*Paved with connecting roads*

### Wednesday, Oct 4

Prairie/Fox Triangle ride  
9:00

50 miles

*Kline Farm, Winfield From North Ave, lft. (s) at Country Farm Rd., 1/2 mi., lot on right*

*Packed crushed stone, some paved NEW*

### Wednesday, Oct 18

Ride to Illinois Beach  
9:00

55 miles

*Lakewood Forest Preserve Millennium*

*Trail access East of Fairfield Rd. opposite Ivanhoe Rd. just south of IL 176*

*Packed stone and paved*

## Safety Check— From the Safety Chick

### BE PREPARED

The more you ride the more chance there will be that a mechanical or safety problem will occur when you are on the road. Even if you are going out for a 1-2 hour ride in the local area, any number of problems can arise. If you are properly prepared, they can be taken care of in a short amount of time. Minor irritations like a loose cleat or saddle are a simple fix. A simple twist of a wrench can fix them but it could be a miserable, costly and unsafe ride home without the wrench. For more serious items like a flat tire or broken spoke, it could be a long walk home. Being prepared to handle problems will depend a lot on what you carry with you on your bike. Carrying the tools but not understanding how to use them, well, hopefully you don't ride alone.

### My suggestion: BE PREPARED

- P** phone—'cell phone, that is' (program your own emergency contact number into your phone and name it ICE, known to emergency responders as In Case of Emergency)
- R** Repair Tools—hex wrenches, screwdriver, spoke wrench are all good and there is a wide selection of handy multi-task tools that include all of these in one piece.
- E** Extra clothing—possibly a wind proof jacket or tights, depending on weather
- P** Patch kit—and other tools to repair a flat including tire irons and a tube
- A** Air Source — frame pump a CO2 cartridge/pump is a handy alternative but may be good for only one use.
- R** Re-hydrate—Water or depending on the length of the ride an energy drink
- E** Energy food—or energy bar, if you expect to ride more than 1-2 hours
- D** Driver's license—or ID, insurance card or laminated card with basic information

*Extras:* personally, I always carry a few extra dollars, a credit card and the phone number for my favorite cab service is programmed into my cell phone

**This may sound like a lot of "stuff" but other than extra clothing, all of the items can fit in a pack that will fit under your saddle, attached to the seat tube.**

*Tailwinds—Nancy*

# Happy Birthday to...

## September B-Days

3     Jeanne Gain  
5     Pat Herrmann  
19    Bill Schwerin  
23    Jenny Okomoto  
24    Phil Castle

## October B-Days

6     Bob Dominski  
12    Ron McPheron  
17    Dave Martin  
19    Ralph Salle  
22    Chuck Friedrich  
23    Kevin Keehan  
25    Don Ami  
25    Cap'n Tom Drabant  
30    Marciana Veitsman



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



# the SPOKEN WORD

Nov/Dec 2006

Volume 35 • Number 10

## President's Column

### Je suis fini; Me acaban; Sono rifinito;

At the September meeting nominations for officers produced a slate of committed members who will lead our club for the next year. Our by-laws specify four positions that are filled by vote. All other positions are appointed by the board.

Nominations include Dave Martin (president), Christine and Dave Vandornick (vice-president), Kris Sudrovich-Ami (secretary), and Mitch Polonsky (treasurer). Voting for these positions will occur at the October meeting. Depending upon when the editor receives all input for the November newsletter, you may be reading this before or after that meeting.

I have enjoyed being the president of AHBA for the past three years. With your help, I started three years ago with a series of discussions on various aspects of the club activities, personality, and membership. Those discussions helped me frame an agenda for the future that met members' desires. AHBA completes our thirty-five year in 2006 and we have successfully moved from paper and pencils to the modern age with internet access and email as our primary communication vehicle; we have established a yearly budget and managed our expenses and are

financially stable; we have started the year with an annual calendar of club events; as in past years we continued to contribute to bicycling with donations to advocacy groups and participation with those same groups; we continue to attract new members; and most importantly we have more rides and social events.

Change is never easy but I believe the changes we have made in the past three years have made AHBA more successful. We have had challenges and met them with passion for AHBA and cycling.

Being president was made easy with the many others of you who volunteer your time to make

AHBA a great club. I especially want to thank Christine, Dave, Mitch, Kris, Sue, Jim, Laurie, Lori, Nancy, Greg, Al, Jeanie, Bill, Bena, Barb, Scott, and Ernie for all your help and encouragement. For those who I have forgotten to mention, or helped as ride leaders, or provided support for the bike swap, or provided support for the 500 and more, thank you for your help as well.

Au futur; En al futuro; Al futuro;

Please come to the 2006 Club Banquet. It is always a fun evening.

Please volunteer to help next year's officers and continue to make AHBA a great club for cycling.

*On your Left—Gary*

### 2006 AHBA Banquet

Hackney's In Wheeling  
241 S. Milwaukee Avenue  
(Milwaukee Avenue, 1/2 mile South of Dundee Road)

**November 11, 2006**

6:00 p.m. Cocktails and Social Hour

7:00 p.m. Dinner/Program

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

\$35 per person – non-members

Send your check to Mitch Polonsky by October 31 (*payable to AHBA*)  
3219 Carriageway Drive, Arlington Heights, IL 60004

# AHBA Officers 2006

Gary Gilbert, *President*  
Christine/Dave VanDornick, *Vice Presidents*  
Kris Sudrovech Ami, *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
Programs	Donna Ponte	670-6244
Refreshments	Jim Maclure	359-0575
Ride Chair	Chris/Dave VanDornick	259-7917
Safety	Nancy Wagner	298-7069
Social	Nancy Wagner	298-7069
Tuesday Night Rides	Laurie Larson	776-8813
Trail Rides	Art Cunningham	963-8746
Webmaster	Scott Schaedel	823-6421
Zero Mile Rides	Gary Gilbert	577-4275
Progressive Dinner	OPEN!!!	

# Top Riders

as of Oct 9, 2006

1. Mitch Polonsky	4248
2. Laurie Larson	3463
3. Al Gibbs	3099
4. Christine Van Dornick	2917
5. Earle Horwitz	2448
6. Dave Van Dornick	2358
7. Art Cunningham	2262
8. Chris Wager	2078
9. Greg Konieczny	1870
10. Paula Matzek	1812
11. Len Geis	1757
12. Vince Kelley	1610
13. Frank Bing	1577
14. Reinhilde Geis	1536
15. Scott Schadel	1462
16. Dave Martin	1435
17. Bena Gerber	1403
18. Barb Pontrelli	1399
19. Kurt Schoenhoff	1390
20. John Thiel	1364
21. Jim McClure	1356
22. Jackie Kelley	1249
23. Ron McPheron	1241
24. Tom Drabant	1186
25. Bob Dominski	1150

**Please send articles for the  
Dec. 2006 issue to  
Laurie by Nov 10, 2006 at  
newsletter@cyclearlington.com**

## 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>

## 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. Next meetings are September 27, 2006 and October 25th, 2006. Mark your calendar.

**Meetings resume in January.**

## Board Meetings

Board Meetings are held on Monday evening, 9 days before each monthly meeting. 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. **Meetings resume in January.**

## Zero Mile Breakfast Rides

Come join our Zero Mile Breakfast Rides this winter.  
**You don't have to ride to eat.**

**Monica's**  
December 2, 2006—Saturday  
10:00AM  
401 E Euclid, Mount Prospect

**Billy's**  
January 7, 2007—Sunday  
10:00AM  
440 W Northwest Hwy, Palatine

**Ride N Dine**  
February 3, 2007—Saturday  
10:00AM  
102 S Milwaukee Wheeling

**Egg'lectic**  
March 4, 2007—Sunday  
10:00AM  
2905 Algonquin Rd, Rolling Meadows

## Bakery Rides

Tuesday/ Thursday

10:00 AM

From Streamside Park on Old Checker Road 1-1/2 mile west of the Deerfield Bakery.

## Tuesday Night Rides

6:30 PM

From Recreation park  
Resume spring 2007

## Show n' go rides

Saturdays in November

10 AM from Frontier Park.

Distance varies depending on temperature. 30-50 miles and typically include a food stop.

## Thanksgiving Day Ride

25-30 miles

9:30 AM

Recreation Park

Make room for the calories consumed at great feast later in the day.

Leaders: Van Dornicks

## New Year's Day Ride and festivities

11:00 AM

2104 Wren Lane in Rolling Meadows

20 miles or less.

*Bring a dish to share after the ride.*

*If you are not riding, show up at 1:00 PM*

Leaders: Van Dornicks

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

*Watch the website ride schedule for updated information*

# Safety Check—From the Safety Chick

## Rating Scale

1=Never

2=Sometimes

3=Most of the time

4=Almost Always

5=Always

- \_\_\_ 1. Is your bike in good, safe condition?  
*Tires in good condition and properly inflated?*  
*Pedals securely fastened?*  
*Handlebar securely fastened and proper height?*  
*Seat securely fastened and proper height?*
- \_\_\_ 2. Do you wear a helmet?
- \_\_\_ 3. Do you obey traffic signals and signs?
- \_\_\_ 4. Do you ride in a straight line without weaving?
- \_\_\_ 5. Do you signal for turns?
- \_\_\_ 6. When you ride at night, do you use lights?
- \_\_\_ 7. Do you wear clothing that makes you easier to see?  
*Do you wear bright colors in daytime?*  
*Do you wear reflective clothing at night?*

- \_\_\_ 8. Are you courteous to other riders, pedestrians and vehicles?
- \_\_\_ 9. Are you physically fit for the ride?
- \_\_\_ 10. Do you try to ride more miles than you are really comfortable?
- \_\_\_ 11. Do you feel comfortable and safe in the area where you ride? *Trail, Road 25-35 mph, Road 35+ mph*
- \_\_\_ 12. Do you carry water, flat repair kit, identification?

## Add up your rating.

- 55-60 *GREAT – you should take the Safety Chick job*
- 40-54 *Good Job – hope to ride with you on the next ride.*
- 20-39 *Could use some improvement; maybe you need to ride more.*
- 10-19 *There are lots of reasons to ride safely (see website for more articles on safe riding)*
- 0-9 *Maybe you aren't a member of AFIBA, join soon.*



# Happy Birthday to...

## November

11.20 Barb Barr  
11.17 Steve Hadden  
11.7 Jim McClure  
11.14 Aaron Polonsky  
11.24 Velda Knorr  
11.11 Grace Wagner

## December

12.18 Kris Ami  
12.7 Dave Barclay  
12.5 Leonard Geis  
12.16 Gary Gilbert  
12.21 Joan Kearney  
12.14 Laurie Larson  
12.31 Michele Maisel  
12.17 Paula Matzek  
12.14 Donna Ponte



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

