

the SPOKEN WORD

March 2008

Volume 36 • Number 1

President's Column

Unfortunately winter is extending its effect on us and keeping us off the bike. However as I write this, the forecast is for temps in the 40s to 50s later next week i.e. the week of Mar 10. Earle Horwitz suggested in December, I think, that we of the Bakery Ride do a Bakery Walk at 9am and so we have been doing that most every Tuesday and Thursday. And Paula has lined up 6 hearty souls to hike the Lake Woods FP on March 9, the same area some of us in the club snow-shoed but starting at the north end and going south. And so we continue with club activities despite the cycling-adverse weather. In other news -

Tom Drabant will be the **Intermediate Ride Coordinator** for the intermediate speed / distance rides in 2008. Intermediate rides are held at 12-14 MPH and go for 25 to 45 miles. The first ride is scheduled for April 5 for 31 miles to the Gilmer Roadhouse. As he has a list of previous ride leaders, don't make him call you; step up and volunteer to lead a ride. If you have a friend – of course you do – the two of you can co-lead a ride. Also see the ride leader responsibilities on page 4 of this newsletter. Tom has a variety of q-sheets to help with your route.

The "Jims", i.e. Shoemaker and Maclure, will be leading **Leisure Rides** in May and probably beyond. See Jim's announcement on page 3.

The board is working to revamp the website. Don Ami has a contact at Northwest Nordic Ski Club who may be able to do it or put us in touch with someone who can. This is very much in the preliminary stages.

Planning for the Swap and Arlington 500 is coming along well. Centennial Park has been secured again for the Swap and insurance applied for the 500, a requirement for using Barrington High School

- *Spoken by* Al Gibbs

AHBA Officers 2008

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

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Zero Mile "Rides"	Gary Gilbert	847-577-4275
Progressive Dinner	<OPEN>	

Top 25 Riders

As of 2/1/08

1. Mitch Polonsky	401
2. Paula Matzek	227
3. Christine VanDornick	220
4. Kurt Schoenhoff	215
5. Laurie Larson	211
6. Dave VanDornick	195
7. Leonard Geis	154
8. Reinhilde Geis	151
9. Steve Flack	132
10. Al Gibbs	127
11. Bob Dominski	117
12. Tom Drabant	115
12. Barb Pontrelli	115
13. Earle Horwitz	96
14. Art Cunningham	83
15. Vince Kelley	77
16. Frank Bing	72
16. Sean Johnson	72
17. Jackie Kelley	66
18. Wayne Woodsworth	53
19. Roger Lofstrand	52
20. Virginia Savio	49
21. Scott Schaedel	46
22. Greg Konieczny	40
23. John Theil	32
24. Ken Kanniers	30

You may submit articles at:

newsletter@cyclearlington.com

Leisure Rides

from the Jims –

Jim (Maclure) and I are planning to lead rides on May 4, 11, and 25 at 10 a.m. {Sundays} at Frontier Park . Leisure speed and distances for all the rides. Helmets a “must”.

Any questions? Please call 847.910.8640 or

imjims@wowway.com. Newcomers are especially welcome.

Be prepared. Extra tube and tools to change a flat tire. Sometimes a pump is needed unless you have tremendous lung power.

Jim Shoemaker

Watch the website schedule
for updated information

Intermediate Ride Schedule

April 5

Schaumburg Tune-up Ride
Frontier Park, 10AM
30 miles, leader Dianne Guertner

April 12

The Chicks' and Chick Magnets' Eggcellant Adventure
Frontier Park
35 miles, leader: Paula Matzek

April 19

Koffee Kup in Lake Zurich
Frontier Park, 9AM
28 miles, Leader Jim Maclure

April 26 BIKE SWAP Be THERE @
Centennial Park

Advanced Ride Schedule

March 16, Sunday

St Pats Ride
Wauconda HS
Wheeling Wheelman Invitational
Registration: 8am – 10:30 am, \$10
16, 20, 36 miles

March 22, Saturday

Ride to Barrington
Frontier Park, 9:30am
32 miles, Leader VanDornick

March 29, Saturday

Ride to Bentleys
Frontier Park, 9:30am
38 miles, Leader VanDornick

April 5, Saturday

Mundelein Ride
Frontier Park, 9am
47 miles, Leader VanDornick

April 12, Saturday

Algonquin Ride
Frontier Park, 9am
48 miles, Leader VanDornick

April 19, Saturday

Wauconda Ride
Frontier Park, 9am
44 miles, Leader VanDornick

April 26, Saturday

BIKE SWAP @ Centennial Park in Arl Hts.
Come and help out. Good mental attitude and a smile are required. Lunch will be provided.

Volunteers Needed -

This bike club needs a **newsletter editor**. The newsletter provides a source of comprehensive knowledge about the club without numerous, fragmented emails and rumors of what is happening. No fancy, therefore expensive, software is needed - MS Word will do. Four newsletters a year (3 more for 2008) would do for now. Past issues would be available for ideas for articles. So who can help us?

We also need a **Program Chair** to schedule programs for our meetings. Only five more meetings this year need a program. So who can help us?

Ride Leader Responsibilities Refresher

1. Prior to ride day, establish your start, destination and route. Ride the route prior to the scheduled day.
2. All members and guests should sign in on an official AHBA ride sheet that includes the Club release and liability waiver.
3. Announce at the beginning of the ride: distance, approximate time, general route, general safety and hazards and ask that riders keep the leader informed of problems.
4. Before the start of the ride, make sure new riders understand the pace and ride conditions. If a rider's bike does not appear to be in "ride" condition, encourage them to reconsider going on the ride.
5. Provide riders with cue sheets. Announce any expected route changes/alterations.
6. Know the number of riders. Utilize one of the following to keep track of riders and regroup as necessary.
 - a. Designate a sweep rider.
 - b. Split into smaller groups with a leader in each group.
 - c. Each rider makes certain that the rider behind them does not lose sight of the group.
7. Adhere to the advertised speed of the ride.

Ride Leader Responsibilities (con't)

The ride leader is not responsible for riders that ride ahead of the leader.

9. Stop for red lights and stop signs. At a stop light/sign, join the line of cars; don't bunch up on the right.

Rides we DON'T want to see

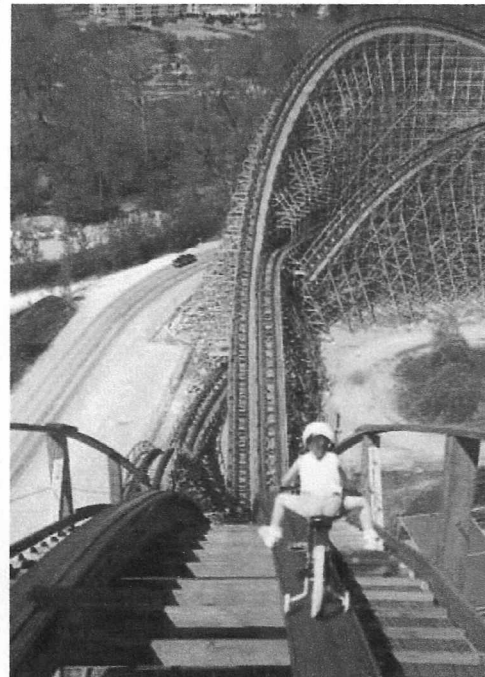
Busse woods, 4 loops on the 4th of July Race. The winner is the rider who manages to not hit a walker. Peter Barson

Tour de Hole(y) Roads Or 'Watch out for That Hole Ride! Christina Preston

Hilly Hundred. I don't like either name.
Earle Horwitz

The 99 Ride: 99 miles at 99 degrees Fahrenheit with 99% humidity. (Although right about now the 99 degrees sounds pretty good!)
Paula Matzek

The Rand Road Challenge Ride
Fox Lake and Back
Al Gibbs



NEXT MEETING –

When - March 26, 7:30pm

Where - Rec. Park, 500 E Miner, lower level

Program – Peter Barson of *Campbell Street Bicycle Shop* in Arlington Heights will tell of how he came from the restaurant business to start his own bicycle shop. Learn about Arlington Heights newest bicycle shop and the services he provides..

TRAIL RIDES:

The seventh 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. Phone Art Cunningham at 847-963-8746 for more information on rides unless otherwise indicated on schedule. During the morning of the ride reach me on my cell phone at 630-329-4802

April 2, 9:00, 32 miles

Green Bay / North Shore Canal to Lawrence Ave, Chicago

Ternbull Woods Forest Preserve

Directions: Lake Cook Road east to Green Bay, turn right to Preserve on left

April 9, 9:00, 46 miles

Fox River/ McHenry Prairie Trail to Ringwood

Start East Dundee Depot

Directions: West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left.

April 16

Chicago Lake Front Path, 10:30, 42 miles

Start: Foster Ave Beach

Directions: East on Peterson off Edens, rt. on Ridge, bear rt. on Broadway to Foster , left. under Lake Shore to 1st parking lot on left.

April 23, 9:00, 42 miles

Tinley Creek F. P. District Paths

Start: Lake Katherine Park., Palos Hts.

Directions: 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

April 30, 9:00, 55 mile loop

Medley of Trails - Poplar Creek to Ned Brown

Start: Ned Brown F. P., Golf Road Parking Lot

Directions: South of Golf Rd. just East of I-290

-- APRIL Birthdays --

- 11 Karin Hribar
- 12 John Pontrelli
- 13 Joyce Lewis
- 14 Milo Plavec
- 15 Hugh Wilkerson
- 19 Christine Van Dornick
- 25 Kathleen Sobarnia
- 25 Mikel Milks
- 27 Susan Winstead
- 30 Julie Barton

Compiled by Paula Matzek

the SPOKEN WORD

May 2008

Volume 36 • Number 2

President's Column –

Of interest this month from the magazine of League of American Bicyclists, a listing of communities earning a BFC (Bicycle Friendly City) rating. 72 communities with ratings of Platinum, Gold, Silver, and Bronze are covered in the magazine with a 1 or ½ page description of “Community Highlights”, “Most Recent Significant Accomplishment”, and “Best Result of Designation” except for Davis, CA which got 2 pages; guess who got the one Platinum rating.

Of local interest are Schaumburg (Bronze rating), Chicago (Silver rating), and Madison, WI (Gold rating). Schaumburg's most recent accomplishment is negotiating connecting paths with its neighboring communities; Hanover Park and Hoffman Estates. As happens in many of the communities covered, the designation has increased community prestige, increased interest in the program through publicity, and earned a reputation as a community that provides a higher level of service. Chicago was noted for its Bicycling Ambassadors program which educates drivers as well as cyclists. Trail designation and construction has gone from 50 miles to 350 miles in the last ten years. Also of note Bike Chicago is an annual three-month event that promotes safe cycling at hundreds of neighborhood events. Madison is targeting a Platinum rating by establishing the Platinum Biking City Planning Commission; it's in the name. The recently completed Yahara River Parkway Path has greatly increased student cycling and walking traffic to two nearby schools. On a larger scale, bicycle policies mandate that all needed bicycle facilities will be provided when constructing or reconstructing roads.

Communities have used innovative ideas to promote bicycling. Gilbert, AZ in a promotion with a local Ben and Jerry's honors certificates handed out by local firefighters when they “catch” kids wearing helmets while biking. Roswell, GA has BikeEd classes for kids and adults. Also the town has a bicycle fleet that any city employee can barrow a bike from to ride to work. Bend, OR has installed European-style raised bike lanes. (continued on page 7)

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Progressive Dinner	<OPEN>	

Top 25 riders as of 3/1/08 (no updates)

Mitch Polonsky	553
Christine Van Dornick	448
Dave Van Dornick	423
Paula Matzek	364
Laurie Larson	249
Bob Dominski	217
Kurt Schoenhoff	215
Tom Drabant	214
Al Gibbs	205
Barb Pontrelli	193
Len Geis	185
Reinhilde Geis	183
Art Cunningham	175
Earle Horwitz	138
Steve Flack	132
Frank Bing	114
Greg Konieczny	110
Vince Kelley	102
Carol Ranachoski	83
Jim Shoemaker	83
Jim Maclure	81
Sean Johnson	72
Jackie Kelley	66
Wayne Woodsworth	53
Virginia Savio	49

Intermediate Ride Schedule (Coordinator – Tom Drabant)

May 3 Saturday 9 AM	Happy Hills Adventure Ride Frontier Park 35 miles	Leader: Tom Drabant (H) 847.882.0418 (C) 312.882.4213	Fun-filled ride to Barrington. Lunch at Einstein's. A few hills along the way
May 10 Saturday 9 AM	Lake Forest Ride Frontier Park About 40 miles	Leader: Mitch Polonsky 847.255.1873	Different twists and turns along the way to beautiful Lake Forest.
May 17 Saturday 9 AM	Arlington 500 Pre-ride Barrington High School About 30 miles	Leader: TBD at time of ride.	Ride on familiar roads north and west of Barrington
May 24 Saturday 10 AM	Gilmer Road House Ride Frontier Park 32 miles	Leader: Al Gibbs (H) 847.398.1376 (C) 773.405.6727	A ride to a popular "Road House" on Gilmer; it's in the name. NOTE start time!
May 26 (Memorial Day) Monday 10 AM	Lake Front Adventure Ride Winthrop Harbor - remote start About 30 miles	Leader: Jim Shoemaker 847.910.8640 CALL for directions	Ride to Kenosha, WI with lunch and ice cream stops. Beautiful ride on lake front.
May 31 Saturday 9 AM	Lambs Farm Ride Frontier Park About 35 miles	Leader: Carol Ranachowski 847.297.4337	Ride to Libertyville with really good lunch stop at Lambs Farm
June 7 Saturday 9 AM	"No Broken Oar" Ride Frontier Park 35 – 40 miles	Leader: Earle Horwitz 847.444.0445	A fun-filled adventure ride northwest with "mystery food stop" i.e. yet TBD.
June 14 Saturday 9 AM	Culvers Restaurant Ride Frontier Park About 45 miles	Leader: Tom Drabant (H) 847.882.0418 (C) 312.882.4213	Ride through Poplar Creek and Shoe Factory Preserves with lunch Schaumburg Culvers.
June 21 Saturday 9 AM	Millie's Pancake Shoppe Ride Frontier Park About 46 miles	Leader: Dianne Guertner (C) 773.339.0241	A ride to a favorite restaurant and they have pancakes there. Terrain is flat.
June 27 – 29 Friday – Sunday	PAWS Ride Door County 25, 40, 50, & 70 miles	Leader: Jerry Goldman's group. SAG support supplied.	See website for extensive description and contact info
June 28 Saturday 9 AM	Ride to Cary Kildeer School About 45 miles	Leader: Mitch Polonsky 847.255.1873	A ride through Algonquin, up Blackhawk Hill to Cary for lunch. Interesting hills.

Advanced Ride Schedule (Coordinators – VanDornicks)

May 10 Saturday 9 AM / 10 AM	Ride to George's in Elgin 2 starts: Frontier Park and The Pavillion in Elk Grove About 62 miles / 45 miles	Leader: TBA	Good eats in Elgin
May 17 Saturday 9 AM	The Arlington 500 Pre-ride Barrington High School 30, 45, or 60 miles	Coordinated by Don Ami	Bring a snack along for the long Route. Play today, work tomorrow.
May 24 – 25 Saturday – Sunday	Blackhawk Country Roads (formerly Stateline 60) 10, 30, 45, or 60 miles	Ride either day for the Advanced Group Ride and report mileage.	Register online at active.com or on day of event.
May 26 Monday 9:30 AM	Show'n Go Ride Frontier Park 30 – 35 miles	Leader: Van Dornick	Short ride with short stop for food.
May 31 Saturday 9 AM	Evanston Ride Frontier Park 58 miles	Leader: VanDornick	Lunch in Evanston. Mostly urban Ride.
Continued	on	next	page

June 7 Saturday 9 AM	Schaumburg and Beyond Frontier Park 55 miles	Leader: VanDornick	Ride west into Streamwood and an IHOP breakfast stop.
June 14 Saturday 8:30 AM	Crystal Lake Ride Frontier Park 67 miles	Leader: VanDornick	Some hills but a great ride.

Trail Rides
(coordinated by Art Cunningham)

Date	Time	Miles	Path/Trail	Start	Directions	Comments
May 7	9 AM	32	North Branch Botanic Gardens	Harms Woods parking off Lake Street	East on Lake Street past I-294 and Waukegan Rd to Chicago River. Parking on the right after bike path overpass	Paved Path Len and Reinhilde are the ride leaders
May 14	9 AM	50/30 loops	Medley of trails Deer Grove Woods To Lake Arlington	Nickel Knoll Golf Course	From Dundee, turn north on Kennicott to end. Park hill on left.	Packed crushed stone and paved paths. Short unimproved trail roads
May 21	9 AM	42 partial loop	E Great Western Trail / E Prairie Path	Kline Farm Winfield	From North Ave lft (S) on County Farm ¾ mile, lot on left	Mostly paved, Crushed stone in sections
May 28	9 Am	60	Long Prairie Trail Ride	County Road Trail access	US 14 to Harvard, go Left on IL-173 to County Line Rd. Go 0.2 mile to parking on the left	Mostly paved, crushed sections

Leisure Ride Schedule
(Coordinated by Jim Shoemaker)

May 4, 11, 25 Sundays 10 AM	Frontier Park leisure distance	Leaders: Jim Shoemaker Jim Maclure	Leisure speed with food stop
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AHBA Annual Parade Participation –

Our club will participate in the Frontier Days July 4th parade again this year. Here is a great opportunity to get creative and have some fun. The theme of this year's parade is "In the Good Ol' Summertime". As we get closer to the parade date the parade organizers will send me more details as to start times and other rules that I will pass along to you. If you plan on joining us in the parade please let me know so I can get an approximate count for the application. Thanks and have fun!

Don Ami

Annual donations

Donations from last year's income have been made by our treasurer, Mitch Polonsky, to the following cycling charities:

Adventure Cycling - \$200
League of Illinois Bicyclists - \$200
League of American Bicyclists - \$200
Rails to Trails Conservancy - \$200
Chicago Bicycle Federation - \$400

Thanks to all club members who made this possible.

Upcoming club events

May 18 all day
Arlington 500 Invitational
Barrington High School

May 21
Ride of Silence
7 PM, Rec Park

July 4th Parade
See article this issue.

May Birthdays

9 Ken Haas
11 Cathy Witt
15 Dianne Ghertner
21 Debbie Watson
24 Wayne Woodworth
29 Bruce Cruz
29 Jerry Greco
30 Kurt Schoenhoff

- compiled by Paula Matzek

Membership --

84 households
107 members & Alan Berman

- also compiled by Paula Matzek

You may submit articles at:
newsletter@cyclearlington.com

Bike Swap Results

As of a week later Barb says we made about \$3000 net and incoming items required about 1,400 tickets written out at the Check-In station. All but one ticket has been resolved. Thanks to everyone who helped out. Many thanks to Dave Martin for his chairing this event and to Christine Van Dornick for her generous assistance of which office construction was only a part of it.

Quite a few showed up for the Pizza Party Sunday night and a lot of conversation revolved around how to make the Swap better next year. Tom D. generously volunteered to order the drinks (beer, etc.) and pizzas. He didn't go there NOT to eat and drink – thanks Tom.

Bike Swap Photos

(top photos Paula Matzek, bottom photos Al Gibbs)



continued from Page 1)

America, I believe, is learning what the rest of the world has known for a long time; bicycling is a healthful and economical way for getting around. According to this Bicycle Friendly Community Yearbook issue, there is reason for hope as progress opens eyes to possibilities not yet seen. Spoken by Al Gibbs

Some pictures below from this issue:



INVITATIONALS (courtesy of *Wheeling Wheelmen* newsletter)

May 14, 7PM Ride of Silence – Arlington Heights 10 miles
rideofsilence@cyclearlington.com

May 17, Rock 50 / 50 Bike Tour, Janesville, WI, 22/37/60 miles
Contact Dean Paynter, 608.756.1832, dpaynter2002@yahoo.com

May 23, - 25, Horsey Hundred, Georgetown, KY, Saturday
35/55/75/100 miles. Sunday 37/52/70 www.bgcycling.org

May 24 - 25, Blackhawk Country Roads, Rockton, IL 10/30/455/60 miles
\$16, after 5 / 16 \$21, Blackhawkbicycleclub.org

May 25, Bike the Drive, Chicago Ride on Lake Shore Drive, 15 / 30 miles, \$40
bikethedrive.org, btd07registration@biketraffic.org

June 7 -8, TOMRV,,Tour of the Mississippi River Valley, Saturday 106 or 67 miles
Sunday 88 or 44 miles, qcbc.org/tomrv

April 23, 2008 Board Meeting minutes

Attending:

Al Gibbs
Paula Matzek
Kris Ami
Don Ami
Chris Van Dornick
Dave Van Dornick
Mitch Polonsky
Dave Martin
Scott Schaedel
Gary Gilbert

Meeting was called to order at 6:30 p.m.

Bike Swap final arrangements are being made. Setup will begin on Friday evening around 5 p.m. and at 6:30 a.m. on Saturday. Dave M. will send out an email to update volunteers with specific information.

Arlington 500 update. Permits have been obtained for school and rest stop. There will be some minor route changes this year. Greg has some rest stop signs which are needed. There are 47 preregistered riders.

Membership. There are 84 household members who have mailed in applications. (108 members-Al)

Treasurer: report has been submitted.

New website will be built out over the next 4-6 weeks. There has been positive reaction to the new logo.

Program ideas for the fall are being solicited.

New Business: Banquet attendance was down last year. No change in price this year. We are looking for a new location for this year.

Helmet program: was cancelled 2 years ago but some coupons have recently been submitted. Probably some have been found in a school.

Meeting was adjourned at 7:25 p.m.

Scott Schaedel, Secretary

Helmut Myths

by Ken Keifer

Although the [Ontario Coalition for Better Bicycling](#) has provided a long list of helmet myths, I do not consider every argument I can't agree with to be a myth. A person who believes that a helmet will save his life in an accident is not believing a myth, even though he may be wrong. Likewise, the person who believes that a helmet can increase the chance of rotational injury is not believing in a myth, even though he may also be wrong. A myth - as I use the term -- is not an unproven point; instead it must be a point that is unprovable or that has no rational basis. Therefore, in my opinion there are just two helmet myths, one on each side of the argument.

The more common (major) helmet myth is that a helmet can prevent accidents. When I first saw statements of this nature, I assumed that the writers carelessly expressed themselves, meaning to say instead that a helmet can prevent injury; however, I have personally communicated with cyclists who truly believe that wearing a helmet helps to keep an accident from occurring. For this concept to be at all logical, it must have a cause and effect relationship, but I can discover none. Two have been suggested: 1) motorists will be more careful around a person wearing a helmet and 2) motorists will more easily see a person wearing a helmet. However, a safety vest would be a stronger reminder to be careful and would be much more visible, and yet these cyclists fail to see the need for safety vests. Personally, I find it hard to believe that a yellow helmet would be more visible than a yellow cap or that a motorist could spot the difference between the two.

The minor helmet myth is that a helmet increases the chance of an accident. Here again, a cause and effect relationship is missing. The best that has been advanced is that the helmet might block visibility somehow. That could be the case if cyclists had to wear motorcycling helmets, but it seems farfetched that a cycling helmet could block enough vision to make any difference.

Polling results for meeting preferences

28 votes were received during the polling period, a good turnout actually. The most common response (6) for not attending was scheduling difficulties; not really much we can do about that as we all have activities on weeknights. 5 "enjoy the meetings and try to come whenever I can." Another 5 come if the speaker is interesting; we're trying. A combined dinner and meeting got 2 votes. More on this point later. NotHavingPaidDuesGuilt got 2 votes but perhaps that has been cared for in the last 1 ½ months. To the person who didn't know the club had meetings, the club has meetings as listed on the website. Thanks to Gary for putting out the poll and formulating the questions and to the respondents for, well, responding.

After the May meeting we take a break in meetings until September as we will see enough of each other until then and perhaps even too much. I would like to kick off our Fall meetings with a dinner meeting. Would someone like to set up the dinner reservations somewhere nearby for a September meeting? In August that volunteer could poll for members & guests who would like to attend. Anybody? Anybody? I know it's a long time away but please think about it.



**1 picture is worth a 1000 words dept.
(Not all can be printed here!)**



**Last 2 miles on 40 lbs. pressure
Can you see George (\$) winking at you?**

LIB Extra – from the League of Illinois Bicyclists

Advocacy, rides, and more – for further details, check out LIB's website, www.bikelib.org

“Please Don't Squeeze” Radio Ads

During May, select radio stations will be broadcasting a message to motorists: "Please don't squeeze". The message is part of an IDOT-funded campaign by LIB to inform motorists of a new state law that requires cars and trucks to pass bicyclists with at least three feet of space. The 30-second spot will be heard on stations in Chicago, Rockford, Bloomington, Peoria, Quad Cities, Carbondale, Quincy, Springfield, St. Louis, and Champaign. The ad also urges bicyclists to do their part by obeying traffic laws. Listen to the ad at www.bikelib.org.

This is the second year that LIB, working with IDOT, has conducted a radio public service announcement campaign to promote safe sharing of the roads by both drivers and cyclists.

Planning Guides Sent To Towns

LIB is asking 250 Illinois towns to become more bike-friendly. Mayors and other local officials were just sent our newly-developed guide on doing a bike plan, in addition to information on achieving national Bicycle Friendly Community status. LIB is a resource to help your town and local cyclists make it happen! See our bike plan guide at www.bikelib.org.

You can help – just leave a message for your mayor, mentioning the mailing and your support of improving bike conditions in town. Call us to get more involved.

New! – Illinois Bicyclist Guide

LIB has released an informational pamphlet for those becoming more interested in bicycling. The *Illinois Bicyclist Guide* helps in finding bike maps, clubs, organized rides, and useful tips on riding confidently. Samples of the guide have been sent to clubs, shops, LIB members and more – see it at www.bikelib.org.

Bike club members: LIB's efforts to improve bicycling are supported by over 1000 members – many belonging to clubs that donate. Become an individual member at www.bikelib.org/join

Speaking of LIB - GITAP

7 members of the club will be going on this ride: Barb Pontrelli, Al Gibbs, Paula Matzek, Wayne Woodworth, Mitch Polonsky, Dave Martin, and Colleen Thoma. Starting in Dixon, IL on June 15, we'll travel about 300 miles through northwestern Illinois and go along the Mississippi River from Palisades Park to the north to the Quad Cities retracing some of the OGRRE ride some of us did a few years ago. The ride finishes on June 21 where we started or at least that is the plan.

Safety Check ✓

From the Safety Chick

STOP . . . ARRET . . . ALTO . . . PARE . . . STOP

Not very tall,
Just seven feet in height,
Recognizable by all,
A very common sight,

Sometimes at the end of the road,
Or entering the highway,
To all traffic, no matter the load,
It tells who has the right of way,

Almost always red and white,
The octagon is known to all,
Even in the lights of night,
The message is a clear call,

Upon a bike, seems easy to ignore,
That single word keeps everyone in line,
Even tho' halting you may abhor,
Please, please respect the sign.



Membership Application --- Arlington Heights Bicycle Association

Name (s)

Birthday (optional – may exclude year)

Address:

City/State/Zip Code:

Telephone:

E-mail Address:

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

Signature: _____

Date: _____

Signature: _____

Date: _____

Family Members under the age of 18 years,

Name: _____

Age: _____

Name: _____

Age: _____

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

Make checks payable to: Arlington Heights Bicycle Association

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

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the SPOKEN WORD

July 2008

Volume 36 • Number 3

President's Column –

Help needed (sound familiar?)

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

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

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

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

AHBA Officers 2008

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

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Banquet	Paula Matzek	847) 394-4920
Bike Swap	Dave Martin	847) 991-6795
Intermediate Rides	Tom Drabant	847) 882-0418
Membership	Paula Matzek	847)394-4920
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Picnic	Gary Gilbert	847)577-4275
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Zero Mile "Rides"	Gary Gilbert	847)577-4275
Progressive Dinner	Vince & Jackie Kelley	847)259-6899

Top 25 riders as of 7/1/08

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

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

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

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

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

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

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

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

Trail Rides
(coordinated by Art Cunningham)

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

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

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

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

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

CONDITIONS

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

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

OUTSTANDING RIDE – RIDE TO CARTHAGE COLLEGE (KENOSHA)

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

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

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

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

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

NEW TRAILS

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

Art's cycling mishap –

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

Upcoming club events

Aug 16

Progressive Dinner Ride

Aug 23 - 24

GRAIL IV Ride

Sept 12 – 15

Mitch's Door County
Adventure Ride

Sept 24

Club meeting at Rec Park

Nov 15

Annual Banquet

July Birthdays

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

- compiled by Paula Matzek

Membership –

106 households
136 members

- also compiled by Paula Matzek

You may submit articles at:
newsletter@cyclearlington.com

AHBA Participates in Arlington Heights Parade

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



Fuzzy cell phone photo
(Paula / Bena)



On right – Mitch &
Barb H



May 28, 2008 Board Meeting minutes

5/28/08

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

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

Bike Swap suggestions

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

Arlington500

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

Meeting was adjourned at 7:30 p.m.

Membership Application --- Arlington Heights Bicycle Association

Name (s)

Birthday (optional – may exclude year)

Address:

City/State/Zip Code:

Telephone: _____

E-mail Address:

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

Signature: _____

Date: _____

Signature: _____

Date: _____

Family Members under the age of 18 years,

Name: _____

Age: _____

Name: _____

Age: _____

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the SPOKEN WORD

October 2008

Volume 36 • Number 4

President's Column –

A Dangerous Trend

I usually don't comment on safety issues and therefore leave that to our Safety Chick, Nancy Wagner, but I've noted a number of incidents where riders followed the person in front of them even though those riders if riding separately would not have made the ill-advised left turn directly in front of oncoming traffic which in turn had to stop to avoid hitting said riders. Last year Gary advised we not call out "clear" at intersections because riders might not look for themselves. What I have seen recently is club members making left turns close to oncoming traffic such that traffic has stopped. Avoid the herd mentality and ride for yourself making an independent decision on when to cross an intersection. The rest of the group will wait for you. Calling out "stopping" has always worked.

Along this same line, if someone goes through a red light (don't do that), don't follow. See the red light, stop and wait for the green. This has happened also.


Paula has put considerable effort into finding us a new place for the banquet at Yanni's in south Arlington Heights at Algonquin and Arlington Heights Roads. The club is subsidizing more of the dinner than before because of the money we all have raised this year. And so we hope to get a good crowd out this year. Thank you, Paula for your efforts. More on this later in the newsletter; it's actually Paula's email copied in case you are not on the email distribution but heard about the newsletter.

The riding season is winding down though some will never stop completely. Rides of a Different Flavor (trail rides) and scheduled Intermediate/Advanced rides end after October and Bakery Rides start at 10am on October 14, Tuesday. Leisure rides are at the discretion (read "whim") of the Jims with notification by email. Show'n go rides will continue through the months each Saturday. Try to get out on that occasional good day as they become fewer and fewer. *Spoken by – Al Gibbs*

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Mitch Polonsky	3204
Paula Matzek	2436
Christine VanDornick	2214
Barb Pontrelli	2108
Dave VanDornick	2052
Laurie Larson	1811
Frank Bing	1720
Art Cunningham	1647
Len Geis	1622
Earle Horwitz	1571
Tom Drabant	1548
John Thiel	1466
Reinhilde Geis	1449
Wayne Woodworth	1396
Kurt Schoenhoff	1270
Jim MacClure	1264
Bob Dominski	1194
Jim Shoemaker	1177
Vince Kelley	1158
Dave Martin	1145
Jackie Kelley	1099
Carol Ranachowski	1075
Virginia Savio	1045
Chris Wager	1016

Intermediate Ride Schedule (Coordinator – Tom Drabant)

Saturday October 11, 9 AM, Frontier Park	The Millie's Pancake Ride Frontier Park Approximately 45 Miles	Leader: Dianne Ghertner (773-339- 0241)	This is a familiar ride to a popular restaurant and will include flat terrain and an easy pace. (Dianne's home phone number is 708-524-1963)
Sunday, October 12 Richmond Fall Fifty 7:00-12:00	Richmond Fire Department AFFF Bike Ride	Leader: Any Interested Bikers 8, 12, 20, 30 or 50 Miles	This is a benefit for the Richmond Firefighters Association. Come enjoy a day on flat to gently rolling terrain with a few good hills on the country roads of Northern McHenry County. Start at the Richmond Fire Department with rest stops at three other fire departments. Information at www.richmondffrideride.com
Saturday, October 18, Frontier Park, 9 AM	The Happy Hills Adventure Ride, Approximately 35 Miles	Leader: Dave Martin	Dave will assume the position of Ride Leader (instead of Sweep) and lead us out to Barrington for a scenic look at the Fall Colors. Dave's contact information is as follows: 847-991-6795 and dcmartin4@comcast.net
Saturday, October 25 8:30 AM Frontier Park, 10:00 AM The Pavilion, Elk Grove Village	Halloween Hullabaloo Ride Approximately 35 or 55 miles	Leaders: Christine Van Dornick and Tom Drabant 312-882-4213	This Halloween Hullabaloo Ride will have two starting points, one from Frontier Park (8:30 AM) and one from the Pavilion in Elk Grove Village (10:00 AM). http://www.cyclistshillcountry.com (Christine Drabant) This is our annual Halloween Dress-up so come out and ride in your spookiest outfit (or not) as we visit or ride by 5 Cemeteries. I will provide Chili, appetizers, desserts and libations after the ride at 680-C Versailles Circle (two blocks north of Belsterfield off Wellington and Chelmsford) Please RSVP by October 18 if you plan to ride so that I can make enough chili, for all to share. My home phone is 847-290-1763 and cell is 312-882-4213 (Tom)
Show & Go, Saturdays Until next Spring, Frontier Park 10:00 AM	TBD on day of ride	TBD on day of ride	

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


Saturday Oct 11 9:00 AM	Covered Bridge Ride Frontier Park 45 miles	Van Dornick	tbd
Saturday Oct 18 9:00 AM	Libertyville Loiter Frontier Park 40 miles	Van Dornick	Slightly different from Mitch's route Same good company!
Saturday Oct 25	Halloween Hullabaloo 9:00 AM Frontier Park 56 miles 10:00 AM The Pavillion 40 miles	Van Dornick to lead from Frontier Park, Tom Drabant to lead from the Pavillion	Tom is graciously hosting the Chili after the ride. Help with desserts if you can. See Intermediate Ride description of this joint ride.
Saturday Nov 1 10:00 AM	Show N Go Ride Frontier Park 30-45 miles	Distance depends on temperature and weather Van Dornick	General conditions are temps above freezing and dry pavement; we generally stop to eat.

**Trail Rides
(coordinated by Art Cunningham)**

Date	Time	Miles	Path/Trail	Start	Directions	Comments
10/15 9:00	Fox River/ McHenry Prairie Trail to Ringwood 46 mi	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path Phone	10/15 9:00	Fox River/ McHenry Prairie Trail to Ringwood 46 mi
10/22 9:00	Elgin- Geneva Prairie Path Loop - 45 mi.	East Dundee Depot	Dundee Rd. past IL-25 to Dundee, bear rt to E River St., park on the street by depot	Paved and well packed crushed stone	10/22 9:00	Elgin-Geneva Prairie Path Loop - 45 mi.

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

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



Upcoming programs -

October 22

Tom Jordon, RD, LDN
Licensed Dietician Nutritionist
Certified Personal Trainer

January 28, 2009

Sharon Kuhn
Certified Personal Trainer
Endurance athlete

February 25, 2009

(possible member swap of bike-related parts or silent auction for bike parts)

March 25, 2009

Brian Beamer of Cozy's Cyclery
"Never have to walk home again" program

Upcoming club events

Oct 25

Halloween Hullabaloo Ride
8:30 at Frontier Park
10 at The Pavillion (Elk Grove)

Nov 15

Annual Banquet
(see article)


October Birthdays

4 Sandy Hayden
5 Terry Donoghue
6 Bob Dominski
11 Tom Repede
12 Ron McPheron
16 Gerri Toth
17 David Martin
18 Elizabeth Diaz
19 Ralph Salle
20 Richard Carr
22 Chuck Friedrich
22 Mike Jendreas
23 Kevin Keehn
25 Tom Drabant
25 Don Ami
27 Al Theede
28 Tiffany Barson
29 Nancy Wagner
29 Ruth Horwitz
30 Marianna Veitsman
- compiled by Paula Matzek

Membership -

117 households
150 members
- also compiled by Paula Matzek

New members in the club this year



Jim Strasma
Ellen Strasma
Mary Carlisle
Nick Nowicki
Deirdre Schlunegger
John Young
Patty Young
Mike Jendreas
Roger Hitchings
Tom Repede
Kim Repede

Al Berman
Fran Green-Kelner
James Hodits
Mary Ann Hodits
Richard Carr
Geoffrey Sorensen
Robert Szumal
Dorothy Szumal
Ronald Silverman
Cary Cohen
Terry Donoghue

David Ritchie
Margaret Ritchie
Gayle Kreer
Michael LeVanti
Maureen LeVanti
Glenna Sullivan
John Baruch
Debra Baruch
Dan Randolph
Ron Schmalz
Gerri Toth

Club Banquet

YOU ARE INVITED

to the Arlington Heights Bicycle Association annual banquet!

Please join us in celebrating another fun year of cycling!

Yanni's Greek Restaurant, 10 E. Algonquin Rd. (at Arlington Hts. Rd.), Arlington Hts.

Saturday, November 15, 2008

6:00 social hour/cocktails/ appetizers

7:00 dinner

\$15 per person for members and their spouses

\$40 per person for non-members

Price includes appetizers, soup, salad, entree, dessert, all non-alcoholic beverages, tax and tip.

Entree choices (make your choice that evening):

salmon, spinach, onion, and feta baked in filo

chicken breast with artichokes

roasted lamb

vegetarian platter

R.S.V.P. by sending a check made payable to A.H.B.A. to

Mitch Polonsky

3219 Carriageway Dr.

Arlington Hts., IL 60004

R.S.V.P. DEADLINE TUES., NOV. 4 (Election Day!)

If you have found any unique "road treasures" this year, be sure to bring them to the banquet.

If you are interested in donating to the annual Toy Ride sponsored by Amling's Cycle in Niles, please bring a new unwrapped toy to the banquet. Or, you may make a cash donation if you wish.

See you at the banquet!

(Paula Matzek)

Membership Application --- Arlington Heights Bicycle Association

Name (s) _____

Birthday (optional - may exclude year) _____

Address: _____

City/State/Zip Code: _____

Telephone: _____

E-mail Address: _____

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

Signature: _____

Date: _____

Signature: _____

Date: _____

Family Members under the age of 18 years,

Name: _____

Age: _____

Name: _____

Age: _____

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

Make checks payable to: Arlington Heights Bicycle Association

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

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

www.cyclearlington.com

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

the SPOKEN WORD

December 2008

Volume 36 • Number 5

President's Column –

It's that time of the year at this latitude when most of us store away our bikes until next year. Yet some look reality in the face and deny it; reality is so relative. Four biked to the Rise and Dine Restaurant breakfast, not quite a "zero mile breakfast" for them. Bike pictures available on page 6. Along the way, Jim Shoemaker attained 3,000 miles for the year, quite a comeback from last year's episode in a parking lot.

Speaking of Jim, he and Jim McClure initiated a Leisure class ride of slower pace and lesser distance than the Intermediate rides. This has filled a need recognized but not fulfilled for several years. It has also occurred to this author that the Intermediate ride needed a slower ride with which to validate its intermediacy i.e. those qualities that make it an Intermediate ride. Some info that Jim shared with me is that there have been 62 rides covering over 7,600 miles. Average ride distance was 25.5 miles. Over 50 different riders participated with around 10 new riders. They incurred only 4 flats, 3 by advanced riders.

So even though the ride miles have gone down, there are still club activities to bridge us over the lean months. Listed later are the "zero mile" breakfasts and dinners; the breakfasts seem to be so much more popular. On New Years day, there is a ride (optional) and Chili lunch at Tom's in Elk Grove; see the Upcoming Events section. Meetings resume on January 28 with discussion and a talk by Sharon Kuhn, Certified Personal Trainer and endurance athlete. Her talk to the Lake County club was well received.

Dianne Guertner will be the newsletter editor starting next year. Thanks for doing this. NOW, would someone like to be Program chair? This position has been vacant for at least the last year and I have speakers scheduled through March. Rob Sadowski from the renamed CBF, now the Active Transportation Alliance, will speak to the club at his request to explain their renaming and mission. This will be in February or April.

Lastly, a current roster can be obtained by emailing president@cyclearlington.com. Put "roster" in the subject line. About 35 responded to the prior email notification.

Spoken by Al Gibbs

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

Final Top 25 riders of 2008

Arlington 500	Don Ami	847) 358-8814
Bakery Rides	Mitch Polonsky	847) 255-1873
Banquet	Paula Matzek	847) 394-4920
Bike Swap	Dave Martin	847) 991-6795
Intermediate Rides	Tom Drabant	847)290-1763
Membership	Paula Matzek	847)394-4920
Newsletter Editor	Dianne Guertner	773)339-0241
Picnic	Gary Gilbert	847)577-4275
Program Chair	<OPEN>	
Refreshments	Jim McClure	847)705-7846
Ride Chair(s)	Chris/Dave VanDornick	847)259-7917
Tuesday Night rides	Laurie Larson	847)776-8813
Trail Rides	Art Cunningham	847)963-8746
Webmaster	Scott Schaedel	847)823-6421
Zero Mile "Rides"	Gary Gilbert	847)577-4275
Progressive Dinner	Vince & Jackie Kelley	847)259-6899

Al Gibbs	5211
Mitch Polonsky	4237
Paula Matzek	2977
Barb Pontrelli	2668
Christine VanDornick	2646
Dave VanDornick	2484
Art Cunningham	2476
Len Geis	2209
Laurie Larson	2164
Frank Bing	2126
⁰⁸⁵ Earle Horwitz	2059
Reinhilde Geis	2005
¹⁶⁷⁷ Kurt Schoenhoff	1941
¹⁴⁶⁶ Tom Drabant	1841
⁷⁸¹ Wayne Woodworth	1835
John Theil	1774
Jim Shoemaker	1724
Vince Kelley	1692
Bob Dominski	1595
⁶⁷⁷ Carol Ranachowski	1588
¹¹⁵⁸ Jackie Kelley	1578
Jim McClure	1578
Virginia Savio	1507
Dave Martin	1280
Scott Schaedel	1194

Show'n Go Rides

These meet at Frontier Park each Saturday at 10am. Availability of this ride is meteorologically sensitive i.e. subject to the weather.

Bakery Rides

Tuesday & Thursday, 10am at Willow Stream Park on Old Checker Road in Buffalo Grove. We commonly walk for an hour if the weather is inclement and then retire to the bakery.

Leisure Ride Schedule

(Coordinated by Jim Shoemaker / Jim McClure)

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

Zero Mile Ride Schedule (NOT for miles but a lot of fun)

- Scheduled by Gary Gilbert -

Breakfast Rides (2nd Saturday @ 10AM)

December 13 (Saturday) 10AM,
Rise and Dine Restaurant, 102 S Milwaukee Ave, Wheeling

January 10 (Saturday) 10AM
Eggsperience, 3970 IL-22, Long Grove west of Old McHenry Rd

February 14 (Saturday) 10AM
Billy's Pancake House, 440 W Northwest Highway, Palatine

March 14 (Saturday) 10 AM
Egg'Lectic Café, 2905 Algonquin, Rolling Meadows

Dinner Rides (Mondays @ 6:30 PM)

January 5 (Monday) 6:30 PM
Mrs P and Me, 100 E Prospect, Mount Prospect

February 2 (Monday) 6:30 PM
Famous Dave's BBQ, 1101 East Dundee, Palatine

March 2 (Monday) 6:30 PM
California Pizza Kitchen, 3 S Evergreen, Arlington Heights

The VanDornick quilt by Beth Polonsky



Photo by Paula Matzek

Upcoming programs -

January 28, 2009

Sharon Kuhn
Certified Personal Trainer
Endurance athlete

February 25, 2009

(possible member swap of bike-related parts or silent auction for bike parts)

March 25, 2009

Brian Beamer of Cozy's Cyclery
"Never have to walk home again"
program

Upcoming club events

December 19, 6:30 AM

Toys for Tots Ride
Amling Cycle and Fitness in
Niles

New Years ride at Tom's

11AM to ride, 12 to eat
680-C Versailles Circle,
Elk Grove
Call Tom at 847-290-1763 or
email tdrabant@aol.com with
dessert or appetizer you can
bring.
2 kinds of chili will be
provided with drinks.

See **Zero Mile Breakfasts &
Dinners** article

December Birthdays

4 Joe Reichert
4 John Baruch
5 Leonard Geis
7 David Barclay
8 Stephanie Holly
9 Barbara Kulp
14 Donna Ponte
14 Laurie Larson
16 Jackie Kelley
16 Gary Gilbert
17 Paula Matzek
18 Kris Sudrovech Ami
21 Joan Kearney
22 Donald Bunce
22 Debra Baruch
23 Cathy Dulski
24 Greg Konieczny
26 Dolores Hanvey
26 Sue Freiburger
29 Melissa Wilson
31 Michele Maisel
- compiled by Paula Matzek



Breakfast at the Rise and
Dine



Breakfast at the Rise and
Dine

Membership -

121 households
157 members
- also compiled by Paula
Matzek

Reminder about renewing club membership (it's that time of the year yet again)

This is your first club-wide reminder that it is time to renew your membership for 2009. For the "everyday low price" - where have you heard that before? - of \$15, you get to associate with a great bunch of people who enjoy doing the same things often involving bikes and food. As always, there is a membership form at the end of the newsletter or it can be pulled off the website. Please send (check only) to Mitch's address listed on the form.

Membership Application --- Arlington Heights Bicycle Association



Name (s) _____

Birthday (optional – may exclude year) _____

Address: _____

City/State/Zip Code: _____

Telephone: _____

E-mail Address: _____

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

Signature: _____

Date: _____

Signature: _____

Date: _____



Family Members under the age of 18 years,

Name: _____

Age: _____

Name: _____

Age: _____

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

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Arlington Heights Bicycle Association
500 E Miner Street
Arlington Heights, IL - 60004