

the SPOKEN WORD

March 2009

Volume 37 • Number 1

President's Column –

So why are you receiving this newsletter in the mail? With all the junk mail you get you probably had to give it a second look to be sure. As the website copy of the newsletter doesn't get a lot of readership as determined from my personal survey and (more importantly) as we want those who have NOT renewed their membership to do so, this copy is coming to your mailbox. As of earlier this week, there were 71 members who are still members for 24 days (tick tock, tick tock) and we would like them to renew their membership again. It won't be as much fun without you and you know who you are. Regarding the membership fee of \$15, there is no prorated fee for a partial year and the membership year ends March 31 regardless of when in the year you sign up. As we need current information on members and need members to sign and actually read the release, a membership form needs to be filled out and not handed to me but delivered with a check, not cash, to Mitch Polonsky; name and address on form.

The club calendar has pretty much been nailed down for the year with a few exceptions but ready for publication on page 3 or refer to the events list (same thing) on the website. It might be good to print it out for the year.

A lot has been said about the new cycling ordinance from Barrington Hills. A copy of the letter is on Page 6. An Attorney at Law, James Freeman, had some things to say about it at the Wheeling Wheelmen meeting on March 3rd. He is tentatively scheduled to speak to us on May 28 and would invite questions especially challenging ones, something he can get his legal teeth into. He is a Personal Injury Attorney concentrating on bicycle injuries something he has experience with "up close and personal." Upcoming programs for our monthly meeting are listed on page 8.

Spoken by Al Gibbs

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

Arlington 500	Don Ami	847) 358-8814
Bakery Rides	Mitch Polonsky	847) 255-1873
Banquet	Paula Matzek	847) 394-4920
Bike Swap	Dave Martin	847) 991-6795
Intermediate Rides	Tom Drabant	847)290-1763
Membership	Paula Matzek	847)394-4920
Newsletter Editor	Dianne Gherbner	773)339-0241
Picnic	Gary Gilbert	847)577-4275
Program Chair	<OPEN>	
Refreshments	Jim MacClure	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	<OPEN>	

**Top riders as of
 March, 2009**

Jim Shoemaker	681
Mitch Polonsky	481
Jim MacClure	463
Dave Van Dornick	379
Christine Van Dornick	319
Terry Donoughue	308
Tom Drabant	288
Richard Carr	212
Paula Matzek	264
Laurie Larson	261
Al Gibbs	234
Richard Carr	212
Carol Ranachowski	193
Kurt Schoenhoff	140
Vince Kelley	123
Roger Lofstrand	121
Ron Silverman	104
Len Geis	103
Reinhilde Geis	103
Art Cunningham	100

Arlington Heights Bicycle Club 2009

Upcoming Club Events

Sat, April 25 Arlington Heights Bicycle Swap,
Centennial Park

Contact: Dave Martin @ 847-991-6795

dcmartin4@comcast.net

Sat, May 16 – Arlington 500 Pre-Ride

MEMBERS ONLY

Contact: Don Ami 847-358-8814 donwaus@yahoo.com

Sun, May 17 – Arlington 500, Barrington High School.

Contact: Don Ami 847-358-8814 donwaus@yahoo.com

Wed, May 20 , 7:00 P.M. -- Ride of Silence, Recreation
Park (500 E Miner)

Contact: Gary Gilbert 847-577-4275

gary.bicycles@comcast.net

date TBD – Club Picnic at Mitch's

Contact: Mitch Polonsky 847-225-1873

oranges50@aol.com

Sat., Aug 16 – Progressive Dinner Ride

Contact: TBD

date TBD– GRAIL V

Contact: Gary Gilbert 847-577-4275

gary.bicycles@comcast.net

date TBD – Annual Banquet

MEMBERS ONLY

Contact: Paula Matzek (847-394-4920)

PLMatzek@aol.com

Meetings

6:30 Board Meeting

7:30 General Membership

Jan 28 Feb 25 March 25 April 22

May 27 Sept 23 Oct 28

Ride Schedule

Tuesday/Thursday Morning Bakery Rides

Contact: Mitch Polonsky, 847-255-1873 oranges50@aol.com

Tuesday Evening Rides

Laurie Larson 847-776-8813 larsen_l_l@sbeglobal.net

Wednesday Morning Trail Rides

Art Cunningham 847-963-8746 kunspoke@sbeglobal.net

Saturday Mornings – Advanced & Intermediate Rides

Contact: Christine Van Dornick 847-259-7917 christiv@golencoe.com

- Other Events of Interest -

March 22 (Sun)-- St. Patrick's Day Invitational Ride, Wauconda H.S.,
Wheeling Wheelmen, www.wheelmen.com

May 23 (Sat) to May 24 (Sun), Blackhawk Country Roads

Formerly Stateline 60, Rockton, IL, www.blackhawkbicycleclub.org

May 23 (Sat) to May 24 (Sun), Horsey Hundred in KY

www.bgcycling.net/index.php

optional riding Friday before and Monday after

May 24 (Sun), Bike the Drive

www.activetrans.org

June 7 (Sat) to June 8 (Sun) – TOMRV (Tour of the Mississippi River
Valley), Clinton, IA to Dubuque and back, www.qcbbc.org

Contact: Scott Schaedel 847-823-6421 schas@ameritech.net

June 7 (Sun), Milwaukee Ride for the Arts

<http://www.millerliteride.com>

June 13 – 14 (Sat – Sun), MS Tour de Farms in Dekalb

June 14 (Sun) – June 19 (Fri) POWWOW Fox Valley

www.wisconsinbicycletours.com/foxvalley.php

June 14 (Sun) to June 19 (Fri), Ride the Rockies

Contact: Barb Pontrelli 847-259-8198, jbpont@wowway.com

June 14 (Sun) to June 20 (Sat) – GITAP (Grand Illinois Trails and Parks
tour), www.bikelib.org/gitap

June 19 (Fri) - June 24 (Wed), Bike Virginia, www.bikevirginia.org

June 20 (Sat) to June 27 (Sat), GRABAAWR

Contact Mitch @ oranges50@aol.com

July 11 (Sat) – July 18 (Sat), Bicycle Illinois, www.bicyclicillinois.com/

Contact: Dave Martin, dcmartin4@comcast.net

July 19 (Sun) - July 25 (Sat) – RAGBRAI, www.ragbrai.org

Contact: Barb Pontrelli 847-259-8198, jbpont@comcast.net

July 26 (Sun) to Aug 1 (Sat) - Bon Ton Roulet

Contact Mitch @ oranges50@aol.com

Aug 1 (Sat) to Aug 7 (Fri), SAGBRAW

<http://bikenorthwoods.com/Sagbraw/index.html>

Aug 2 (Sun) to Aug 8 (Sat), PAW Northwoods Ride

<http://www.pedalaacrosswisconsin.com/northwoodsride.html>

Contact Al Gibbs @ alan.bikes@yahoo.com

Aug. 8 (Sat) to Aug 9 (Sun), Amishland and Lakes

Optional riding Friday

<http://www.mhabike.com/amish.htm>

TBD (Sun) – Harmon Hundred Ride, Wilmot, WI, Wheeling

Wheelmen, www.wheelmen.com

Sept 13 (Sun) – North Shore Century

<http://www.evansstonbikeclub.org/nsc/>

Sept 27 (Sun) - Apple Cider Century

<http://www.applecidercentury.com>

Oct 12 (Sun) – Richmond Assoc. Firefighters Fall Fifty

www.aftfbikeride.org/home.htm

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 reretire – some are already retired - to the bakery.

Leisure Ride Schedule

(Coordinated by **Jim Shoemaker / Jim McClure**)

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

Scheduled Rides (Advanced)

Saturday March 14 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.
Saturday March 21 9:30 AM	Ride to Bentleys Frontier Park 38 miles	Going south into Itasca Leader: Van Dornick	Breakfast at Bentleys
Sunday March 22 Reg. 8-10:30	St. Pat's Ride Wauconda High School Sponsored by Wheeling Wheelmen	Meet at 10:00 AM to ride as a group, cost is \$10, routes of 10, 26, or 36 miles	Cookies and cider served Some hills, nice ride
Saturday March 28 9:30 AM	Covered Bridge Ride Frontier Park 41 miles	Breakfast stop, of course Leader Van Dornick	Mostly flat and some trails
Saturday April 4 9:30 AM	Libertyville Ride Frontier Park 38 miles	Ride north and east Leader Van Dornick	
Saturday April 11 9:00 AM	Addison Ride Frontier Park 43 miles	Joint ride with Mount Prospect club Leader Van Dornick	Aunt Millie's Pancake house is always a favorite
Saturday April 18 9:00 AM	Happy Trails ride Recreation Park 44 miles	An older route that still works Trails are paved or crushed stone Leader Van Dornick	Lunch stop
SWAP April 25	Centennial Park, Arlington Hts.	Coordinator: Dave Martin	We need lots of people power to make this work. Support the efforts of your club.
Saturday May 2 9:00 AM	Wauconda Ride Frontier Park 45 miles	Leader Van Dornick	Some hills good place to eat
Saturday May 9 9:00 AM	Mundelein Ride Frontier Park 48 miles	Leader Van Dornick	Chow at Grandma V's

Special Invite for joint ride with Wheeling Wheelmen			
Sunday March 15 10AM	Apple Cider Ride Kildeer School 36 miles	Leader: Kurt Schoenhoff	Slow to moderate speed You may go faster with other WW members.

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

Watch the ride schedule and website for up to date information

Show N Go Rides continue until March 14, 2009, from Frontier Park at 10:00 AM on Saturdays as weather conditions allow.

This generally means that the pavement is dry and temperatures at 32 F or above.

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

- Scheduled by Gary Gilbert -

Breakfast Ride (2nd Saturday @ 10AM)

March 14 (Saturday) 10 AM

Egg'Lectic Café, 2905 Algonquin, Rolling Meadows

Reminder about renewing club membership (membership ends March 31)

This is NOT 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.



**BARRINGTON HILLS
POLICE DEPARTMENT**

112 ALGONQUIN ROAD
BARRINGTON HILLS, ILLINOIS 60010-5199

NON-EMERGENCY (847) 551-3006
FACSIMILE (847) 551-3055



Nationally Accredited

February 5, 2009

RE: Village of Barrington Hills Bicycle Ordinances

During the spring and summer months, large numbers of bicyclists ride throughout the Village of Barrington Hills. A 2008 Barrington Hills Police Department survey indicated that bicyclists were a major concern for members of the community. Large groups of bicyclists frequently occupy entire lanes on roadways and impede the normal flow of traffic. Complaints of bicyclists disobeying stop signs and other rules of the road were also raised in the survey. The Barrington Hills Police Department responds to a number of bicycle related complaints during the spring and summer.

In response to these issues and in the interest of public safety for all bicyclists and motorists, the Village of Barrington Hills recently adopted two new ordinances that pertain to bicycles and their safe operation on roadways. The first is the mandate of single file bicycle riding. This ordinance states that persons riding bicycles upon a Village maintained roadway are prohibited from riding side by side and shall only ride single file.

The second ordinance is negligent operation of bicycles which states that it shall be unlawful for any person to operate a bicycle upon any public roadway (Village/County/State) in a manner which is negligent or creates a risk of bodily injury or damage to or loss of property.

These new ordinances aim to ensure that both bicyclists and motor vehicles can share the roadway in a safe and responsible manner. The Barrington Hills Police Department will be enforcing these ordinances especially during the spring and summer months as the weather gets warmer.

Any requests for additional information on these ordinances may be directed to Officer Sabas Parada at (847) 551-3006.

AN ENHANCED 911 AND HOME RULE COMMUNITY • COOK, KANE, LAKE AND McHENRY COUNTIES

Safety Check

From the Safety Chick

2009 - Think Safety First

Bicycle Safety Tips (from the City of Austin, TX)

<http://www.ci.austin.tx.us/bicycle/pw/bisafe.htm>

OBEY TRAFFIC SIGNS AND SIGNALS

Bicycles must drive like other vehicles if they are to be taken seriously by motorists.

NEVER RIDE WITH HEADPHONES; ALWAYS WEAR A HELMET

Always wear a helmet. Never wear headphones while riding

NEVER RIDE AGAINST TRAFFIC

Motorists aren't looking for bicyclists riding on the wrong side of the road. State law and common sense require that bicycles drive like other vehicles.

USE HAND SIGNALS

Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection

DON'T WEAVE IN BETWEEN OR LEAVE THE CURB BETWEEN PARKED CARS

Don't ride out from between parked cars. Motorists may not see you when you enter traffic.

FOLLOW LANE MARKINGS

Don't turn left from the right lane. Don't go straight from a lane marked "right-turn only" unless "except bikes" is posted

RIDING IN THE MIDDLE OF THE LANE IS SAFEST WHEN:

- the lane is too narrow to share safely
- debris or glass is on the edge
- obstructions force you away from the edge
- traveling the same speed as traffic

CHOOSE THE BEST WAY TO TURN LEFT

There are two ways to make a left turn. (1) Like an auto: signal, move into the left turn lane and turn left. (2) Like a pedestrian: ride straight to the far-side crosswalk. Walk your bike across

DON'T PASS ON THE RIGHT

Motorists may not look for or see a bicycle passing on the right. Pass on the left like other vehicles.

MAKE EYE CONTACT WITH DRIVERS

Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver which might pose a threat to your safety.

SCAN THE ROAD BEHIND

Learn to look back over your shoulder without losing your balance or swerving. Some riders use rear-view mirrors, but still look before turning.

AVOID ROAD HAZARDS

Watch out for parallel-slat sewer grates, gravel, ice or debris. Cross railroad tracks at right angles.

KEEP BOTH HANDS READY TO BRAKE

You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since brakes are less efficient when wet.

BE VISIBLE: WEAR BRIGHT COLORS IN DAYLIGHT AND USE LIGHTS AT NIGHT

Check the local law requirements for a white headlight and a rear reflector or taillight.

KEEP YOUR BIKE IN GOOD REPAIR

Adjust your bike to fit you and keep it working properly. Check brakes and tires regularly. Routine maintenance is simple and you can learn to do it yourself

Upcoming programs -

March 25 , 2009

John Cargill from Johnny G Spinning talks about training on a stationary bike. The Lake County (BCLC) club enjoyed his presentation.

April 22, 2009

Brian Dehmer of Cozy's Cyclery "Never have to walk home again" program and just in time (JIT). He is Donna Ponte's bike mechanic.

May 28, 2009 (tentative)

Jim Freeman, Attorney at Law, will speak about legal aspects of cycling and what best to do in case of an accident or other altercation. He will also address the 2 bicycle ordinances recently enacted by Barrington Hills.

Upcoming club events

April 25, 2009

AHBC Bike Swap (have you volunteered yet?) Contact dcmartin4@comcast.net for volunteer opportunities.

May 17, 2009

Arlington 500 Invitational (have you volunteered yet?) Contact donwaus@yahoo.com for volunteer opportunities.

See ride list

(every ride is an event)

March Birthdays

- 1 Beth Polonsky
- 3 Mary Anne Hodits
- 4 Frank Bing
- 6 Virginia Savio
- 11 Scott Horwitz
- 20 Roger Hitchings
- 24 Cecily Rood
- 24 Ronald Silverman
- 27 Deirdre Schlunegger
- 27 Richard Fontagneres

Compiled by:
Paula Matzek
Membership Chair

the SPOKEN WORD

June 2009

Volume 37 • Number 2

President's Column –

- IN MEMORIAM -



ART CUNNINGHAM

I first got to know Art on the POWWOW ride a few years ago. As I ventured out from Watertown, WI into the rain and hopefully on the route, I eventually saw, I thought, 2 familiar jerseys in the distance, way distant in fact. But nothing makes me want to catch up as “way distant” and so I did. I knew Bob Hinkle, one of the jerseys, but not Art. Both cheerfully welcomed me and so we traveled together to the first town, perhaps Ripon, Bob knowing every town by its water tower and multiple ways to enter each town. Once I figured out their *modus operandi* of biking out from the breakfast hall, I biked with them for the rest of the week. Both had such an upbeat and friendly attitude I couldn't help but ride with them. Also I liked getting into town early so I could go exploring; every town has something to see.

A year later I was retired and could explore the trail riding options Art afforded us. He effortlessly guided us through paths to Channahon, Romeoville, Rockton, and Kenosha and everything in between. After a year, I became a regular client driving to remote areas to experience new trails.

Most of his biking was with the Wheeling Wheelmen or with WW/AHBC joint rides as the Bakery Rides or Wednesday trail rides. For this reason, most Arlington club members didn't know him well. However those who did were affected by his youthful spirit which never let us down. I feel he lived his life on his own terms until the last moment. And you can't do better than that.

Spoken by Al Gibbs

As read at Art's Funeral Service:

The deep pain that is felt at the death of every friendly soul, arises from the feeling, that there is in every individual something which is inexpressible, peculiar to him alone, and is therefore, absolutely and irretrievably lost.

I can only speak to my own experiences and feelings for Art, but I'm sure I echo those of most you. To describe Art is to describe a man who always had a smile for you, cheery personality, the energy of a 20 year old. He looked lost without a bike and was more comfortable in a colorful jersey and spandex than a suit.

I met Art about ten years ago when I joined the Wheeling Wheelmen. From my first ride with him, I was taken aback by how strong of a rider he was. And that was when he was a spring chicken at 70 years old!

One memory I have of riding with Art was a number of years ago. He was hosting an excursion ride out near Mt Horeb, Wisconsin. I opted to meet up with him the second day at the Wright Stuff invitational. This is a 65 mile ride with 100s of feet of climb. Unfortunately, we missed each other at the start, since cell phone coverage was non-existent in the area. About 20 miles into the ride, I got a flat tire. And I never get a flat. Of course, there wasn't a rider or SAG support in sight. So I started fumbling with my wheel, cursing under my breath. Then in the distance I hear that familiar boisterous voice. No, not the bike gods, but close. It was Art. He helped me with my tire and we were able to finish the ride together. He climbed the endless hills, passing me on the way up. But I always passed him on the way down as he was too skinny to get gravity to help.

I will truly miss showing up to the Bakery Rides to see his smiling face, being greeted with that boisterous voice teasing me that I was playing hooky from work, even if I had legitimate vacation. He always put me in a good mood.

I think we are all a little envious of Art. He got to bike almost every day until his passing. And if it is your time to go, it should be doing something you love with dear friends like Killian, Len, Reinhilda, Joe and Al surrounding you.

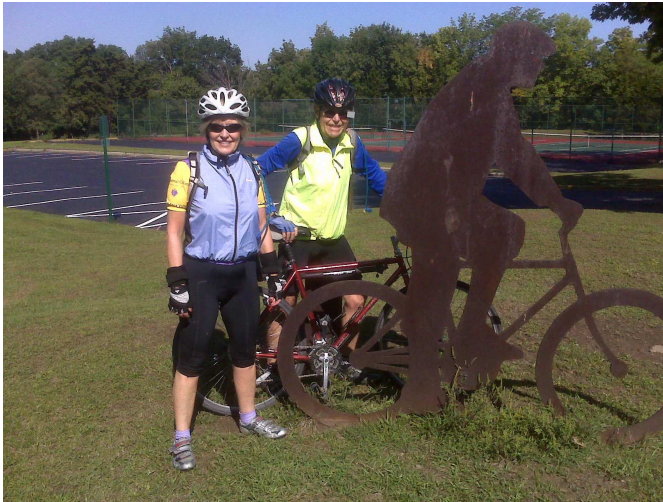
Art, may the wind always be at your back, the sun always shine on your face and the road flatten to meet you.

Please leave a cue sheet at heaven's gates so we can catch up to you and Bob Savio.

Art, you will be missed but we are all richer for having been your friend and riding partners.

Sheri Rosenbaum

Trail Ride Photos



Kris Woodcock, Art, and Walter Olin, steelworker



Ice cream in Frankfort with Art, Kris, & Dave



Dave, Art, Kris, and Joe Irons at Joliet greenhouse



Art and Kris in shadows & Donna Ponte

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Top 29 riders as of June 9		
Al	Gibbs	1985
Mitch	Polonsky	1925
Jim	Shoemaker	1829
Paula	Matzek	1157
Dave	VanDornick	1122
Richard	Carr	1055
Christine	Van Dornick	961
Tom	Drabant	850
John	Thiel	804
Jim	MacClure	782
Reinhilde	Geis	770
Len	Geis	748
Frank	Bing	726
Laurie	Larson	683
Barb	Pontrelli	683
Earle	Horwitz	682
Carol	Ranachowski	677
Ron	Silverman	630
Kurt	Schoenhoff	552
Vince	Kelley	549
Roger	Lofstrand	544
Wayne	Woodworth	512
Bob	Dominsky	493
Terry	Donoughue	476
Scott	Schaedel	476
Virginia	Savio	437
Donna	Ponte	415
Mike	LeVanti	407
Ken	Kanners	403

Arlington Heights Bicycle Club 2009

Bakery Rides

Tuesday & Thursday, 9:00am at Willow Stream Park on Old Checker Road in Buffalo Grove.
Distances are various and we meet at the (where else) Bakery afterwards.

Leisure Ride Schedule

(Coordinated by Jim Shoemaker / Jim McClure)

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

Scheduled Rides (Intermediate)

Saturday, June 27 9:00 AM Frontier Park	The Happy Trails Ride Approximately 40-45 Miles	Leader: Tom Drabant	Always an interesting adventure, this Ride will roll along some trails, including those through the Poplar Creek and Shoe Factory Woods Forest Preserves. Lunch stop will be at the Culver's Restaurant in Schaumburg. Tom's address and phone number are as follows: tdrabant@comcast.net and 847-290-1763
Fourth of July Ride Winthrop Harbor 9:00 AM	The Kenosha Ride Approximately 30 Miles at a Leisure/ Intermediate Pace 9:00	Leader: Jim Shoemaker	This is the same Ride with the BCLC that we did on Memorial Day. It will take us again on a picturesque ride along the shore of Lake Michigan. Proceed on I-94 North to rte 173, East on 173 to Lewis Avenue. Turn left (or north) on Lewis and then right (or east) on 9th Street to the McClory Trail Parking Lot. Shoe's phone number and address are 847-910-8640 and imjims@wowway.com
July 10, 11, and 12 Friday, Saturday and Sunday	PAW Ride Wisconsin Amish Farms and Lakes Ride Pardeeville, Wisconsin Rider's choice 25-60 Miles	SAG Support by Jerry Goldman's Group 847-707-6888	Come out, ride through the Amish Farmland and experience a working Amish Farm, 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 1:2:00 PM for early arrivals. Contact Je Goldman at drjpedal@sbcglobal.net or check out the web site at pedalacrosswisconsin.com A number club members will be doing this fun-filled ride, so come along and join us.
July 11, Saturday\ Frontier Park 9:00 AM	Nancy's Surprise Ride Approximately 35 Miles	Leader: Nancy Wagner	Nancy will lead us on a Mystery Ride with a surprise lunch stop Her address is wagnerdn@wowway.com

July 18 , Saturday Frontier Park, 9:00 AM	Gary's Poetry Ride Approximately 50 Miles	Leader: Gary Gilbert	Come join our Second Annual Poetry Ride, as Gary will take us upon a literary bike trip with Lake Bluff as our lunch stop. We will stop along the way to read some appropriate poetry and you may bring your favorite poems to read to the group. Ice cream, you scream, we all scream ice cream. Gary's address is garygilbert@comcast.net
July 19, Sunday - AHBC Annual Picnic and Ride 3219 Carriageway Drive, Arlington Heights	Mitch & Beth Polonsky's House Approximately a 25 mile ride	Leaders: Mitch & Beth	Come out and savor the fine picnic cuisine offered by our club. We will provide the main course and ask that our members bring side dishes, drinks and desserts to share. For information, including ride start time and picnic directions, please RSVP to Mitch at 847-255-1873 or Oranges50@aol.com
July 25 , Saturday Frontier Park, 9:00 AM The Pavilion, Elk Grove Village, 10:00 AM	Paula's Roots Ride 30 or 55 Miles	Leader: Paula Matzek	Paula will take us on a trip down memory lane as we ride to Lombard, the town where she grew up. Note there are two starting locations, one at Frontier Park and the other at the Pavilion, in Elk Grove Village; It is located at the corner of Beisterfield and Wellington. Paula's address is PLMatzek@aol.com
August 1 , Saturday Frontier Park, 9:00 AM Kildeer School, 9:30 AM	The Algonquin Adventure Ride 38 or 50 Miles	Leader: Tom Drabant	This fun-filled ride will take us out to Algonquin and include a few interesting hills along the way. Lunch will be in Algonquin. Tom's address and phone numbers are tdrabant@comcast.net , 847-290-1763 and 312-882-4213 (cell) Please note the two starting points for the ride
Friday, August 7, Saturday, August 8 and Sunday, August 9 Howe, Indiana	Amishland & Lakes Ride Howe, Indiana Rider's choice 25-100 Miles	Leaders: Various AHBC Members	Come out again, ride through Amish Farmland over relatively flat terrain, experience warm, friendly people and taste wonderful Amish Cuisine. Stay at the Howe Military Academy Do in local motels or B&Bs. Friday Rides leave after 4:00 PM for early arrivals. For information and registration, go to the web site at www.mbabike.com A number of club members will be doing this fun-filled ride, so come along and join us.

Scheduled Rides (Advanced)

June 27 Saturday 8:30 AM	Crystal Lake Ride Frontier Park 68 miles	Leader: Van Dornicks	Bring lots of water for this warm day.
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Call the Van Dornick's at 847-259-7917 to add rides or for ride schedule details.

Fourth of July Parade details

Once again – I believe this is our fourth year of participation – our club will march, bike, and probably do figure-8s in the annual Arlington Heights Frontier Day Parade. Come and join the fun. Details as listed in the email follow:

Theme: Land of Lincoln, 200 Years of Pioneer Spirit

Assembly time: 9:30 - 9:45 (leading units start the parade at 10AM sharp.)

Staging area: South of Highland and Olive in the St. Peter Lutheran parking lot (same as last year)

Unit number: 74

As before, let's assemble in no particular order at Frontier Park at 9:00 - 9:15, then bicycle down as a group to the staging area. If you are running late, meet us there; we'll be the ones with the bicycles. Parking a vehicle will be limited around the staging area. WEAR YOUR CLUB JERSEYS for this one. We will pass out our club brochures to those adults we think may be interested in cycling.

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.



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